

Recipes by Paramhansa Yogananda

Compiled by Gitabai Heater

Introduction by Gitabai Heater

Paramhansa Yogananda's recipes were amazingly healthy for the 1930's. They include concepts of health we are familiar with like, vegetized salt, "raw" sugar, honey, ground raw beets, carrots, nuts, dates and raisins. I was happy to see an *Uncooked Apple-Banana Pie* using a crust of raisins, and whole wheat or carob meal that is dried in the sun! Then, on the other hand, there are surprises with many recipes using sugar, butter, American Cheese, canned food, and, my personal favorite, cinnamon (candy) drops on top of cooked sweet potatoes and apples. After all, sugar was first discovered in India!

We have to consider, the time period the recipes were written in. Yogananda had to introduce vegetarian eating in a palatable form and in a way that people were used to. When I think of how I grew up in the 1950's when all our food was cooked to death, and meat was the main course at each meal, I can see that his recipes were groundbreaking for Americans at that time.

My advice is to substitute where necessary using ingredients from your own diet regime. There are some new ideas and combinations in these recipes that will be fun to try out, like Peanut Butter Tomato Soup!?? Let me know what you like or some new combinations you have discovered. There are so many health food products out there now, there are endless possibilities to substitute and discover. Have fun and healthy eating!

Products used in recipes

Some products mentioned are no longer available like Savita, Somo, Smoein, and India Nut Steak.

American cheese: *Please substitute a good cheese, preferably organic or raw milk.*

Cardamom seeds: These are available at any health food store. Because cardamom powder loses potency quickly, it is best to buy the cardamom pods. Use a mortar and pestle to break the pods open, then, grind the little black seeds for each use.

Poultry seasoning: A blend of sage, thyme, celery salt and savory.

Powdered okra: (sodium content is high) I could not find online in the USA, but it is available on Indian sites.

Vegetable stock: This can be bouillon or the vege stocks in aseptic boxes at health food stores.

VegeX: (Brewer's yeast extract) This is available online.

Editor's Note: There is some question about if "smoked" seasonings and if smoking anything is healthy, but I could not find anything definitive on smoking chilies.

Somo - (a powdered seasoning with flavor like smoked meat. Editor's note: No longer available. Substitutes: smoked paprika, or chipotle powder (this is spicy).

Smoein (vegetable smoked meat seasoning): Substitutes: Stripples or veggie bacon strips, Smoked Apple Sage and Mexican Chipotle Sausage made by Field Roast, smoked paprika, or chipotle powder (this is spicy).

Recipes: These recipes are from Paramhansa Yogananda's Praecepta Lessons and are in alphabetical order.

APPLE CUSTARD

Yolks of 3 eggs beaten slightly

2 cups milk

1/2 cup maple syrup

Mix in order given and put into well-buttered custard cups. Set in pan of hot water and bake for about 1 hour in a slow oven. (300 degrees)

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APPLE SNOW

Beat together 3 cups finely grated or ground apples and 1/2 cup whipped cream. Sweeten with honey or serve with a sauce made with maple syrup and lemon juice.

APPLE STREUSEL

2 pounds tart apples	2 tablespoons raw sugar
1/2 Cup brown sugar	1/2 cup butter
1 cup whole wheat flour	2 teaspoon nutmeg or cinnamon

Peel apples, remove core and seeds and cut into eighths. Place apples as close as possible in parallel rows in a well-buttered coffeecake pan. Mix raw sugar and nutmeg, or cinnamon, and sprinkle over apples. Mix flour and brown sugar, cut in butter and then rub mixture to crumbs with finger tips. Sprinkle over and between the apples and pat to make a smooth surface. Bake about 1/2 hour, or until apples are tender, in a quick oven.

AVOCADO and BEET SALAD

2 large avocados	4 tablespoons grated American cheese
lemon juice	4 tablespoons well-seasoned mayonnaise
1 cup diced beets, pickled in lemon juice	1/2 cup sliced green onions
lettuce	

Cut avocados in half lengthwise and sprinkle cut side with plenty of lemon juice and a little vegetized salt. Mix diced beets and green onion rounds and fill avocado centers with mixture. Blend mayonnaise and grated cheese and serve on top of salad. Place avocado halves on crisp lettuce leaves and serve.

AVOCADO AND ORANGE SALAD

Peel avocado and slice crosswise. Peel three oranges and separate into segments, removing all membrane. Place alternate slices of avocado and orange on crisp lettuce. This salad is delicious without dressing, but a little French dressing made with lemon juice may be added if desired.

AVOCADO and PINEAPPLE SALAD

1 avocado or alligator pear	2 tablespoons lemon juice
1 teaspoon lime juice	1/4 teaspoon paprika
2 slices pineapple, fresh or canned	lettuce – crisp
1 teaspoon salt	

Peel and dice avocado, cut pineapple in small pieces. There should be twice as much avocado as pineapple. Arrange on lettuce. Mix the lemon juice, lime juice, salt, and paprika, and pour over salad. French dressing may be used if preferred.

BAKED ONION SOUP

Slice small onions very thin, one for each serving, and place in bottom of individual baking dishes. Add 1 teaspoon of butter to each dish and set in a hot oven until the onions are a light brown. Then add to each dish 1 cupful of onion-flavored vegetable stock to which a little Vegex has been added. Top each with a round of whole wheat toast and sprinkle thickly with Parmesan cheese. Cover and bake ten minutes.

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BAKED SPANISH ONIONS

4 large onions
vegetized salt

1 cup well-seasoned vegetable stock

Peel onions, sprinkle with salt and place in baking dish. Pour vegetable stock in bottom of baking dish, cover and bake about 30 minutes until tender. Baste with juices in dish, brown under broiler and serve.

BAKED SPINACH AND CHEESE ROLL

Cook 3 quarts of washed spinach for 5 minutes without adding water. Just cover and the moisture on the leaves will be enough. Drain, add 1 tablespoon butter, chop fine, and add 1/3 lb. American cheese grated, seasoning, and enough whole wheat bread crumbs to make a stiff mixture. Shape into a roll and bake in a moderate oven until brown. Baste occasionally with melted butter and water.

BEET CELERY SALAD

1 cup chopped celery
1 cup ground, raw beets

1 cup watercress tips in small pieces

Mix with French dressing.

BEET TOPS

Wash thoroughly, preparing like spinach, mincing to desired size. Steam gently. Add butter or olive oil and lemon (half and half) when serving. A bit of your favorite powdered flavoring herb may be added. An interesting, as well as highly beneficial change, from spinach greens.

BRAISED BROCCOLI

1/2 cup shredded carrot
1 cup minced onion

1 lb. broccoli – washed and cut into small pieces
Vegetable stock seasoned with Vegex or Savita

Editor's note: Savita no longer available but there are many vegetable stock options on the market. Search for vegetable bouillon and broth.

Put carrot and onion in bottom of buttered baking dish. Add broccoli. Cover with the well- seasoned stock. Cover and bake until tender. Spinach or Swiss chard may be used in place of the broccoli.

BRAISED SAUERKRAUT

Wash the sauerkraut thoroughly and drain. Chop a carrot and an onion and brown them with 2 or 3 cloves in butter. Add a bouquet of thyme, half a bay leaf, parsley and a little tarragon. Add this mixture to the sauerkraut along with a little vegetable stock. Put into a baking dish and bake from 2 to 3 hours.

BRUSSELS SPROUTS WITH CHESTNUTS

1 qt. Brussels sprouts
1 lb. chestnuts

1/3 cup butter

Pick over sprouts; wash and soak in cold salted water for 10 minutes. Drain, and cook uncovered until just barely tender in boiling salted water and drain. Put chestnuts on to cook in cold water and boil five minutes. Remove skins and cut in halves or quarters.

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Arrange alternate layers of sprouts and chestnuts in buttered baking dish. Dot with plenty of butter and add just enough water to moisten. Bake 30 minutes in moderate oven.

CABBAGE AND TOMATO SOUP

1 can or 6 large fresh tomatoes	1 medium head cabbage, shredded
1/2 teaspoon vegetized salt	4 tablespoons butter
1 large onion sliced	1 quart boiling water

Somo - (a powdered seasoning with flavor like smoked meat. Get it at Health Food Store.) Editor's note: No longer available. Try smoked paprika or chipotle powder (spicy).

Brown the onion and cabbage slightly in the melted butter. Add seasoning, tomatoes, and water. Simmer in covered saucepan for about one hour.

CANDIED CARROTS

Cut carrots in two lengthwise and cook in very little water, or steam until almost tender. Place in buttered baking dish and pour over them a syrup made by boiling 1/4 cup water and 1/2 cup brown sugar for 5 minutes. Dot with butter, brown in a hot oven.

CAULIFLOWER, CRESS, AND TOMATO SALAD

Cook one head of cauliflower whole, with inside ring of leaves left on, in boiling salted water until just tender. Do not overcook. Set it aside to chill. Chop 2 bunch of watercress and add it to 1 cup of French dressing. Pour this over the chilled head of cauliflower. Surround with a border of sliced tomatoes and garnish with parsley.

CELERY SAUTE

1 bunch celery cut in 3 inch lengths	8 tablespoons butter
1/2 Cup hot water	vegetized salt

VegeX or Savita seasoning Editor's note: Savita no longer available. There are many vegetable seasonings on the market.

Melt butter in a frying pan and add enough celery to cover bottom of pan. Cook slowly and turn frequently until the celery is browned and tender. (Do not overcook.) Add hot water mixed with about 1 teaspoon VegeX, cook 5 minutes and serve.

CHESTNUT BALLS

Shell, boil, remove brown skin and grind 1 quart of chestnuts (1 qt. when ground), add two beaten eggs, 2 cups diced celery, 1 cup whole wheat crumbs, 4 tablespoons melted butter and one teaspoon salt. Mix into balls, put into well-buttered baking pan and bake in a hot oven until browned. Baste with juice of 1 lemon and 1 tablespoon of butter.

CHINESE TOMATO SOUP

1 quart stewed tomatoes	1 egg, slightly beaten
vegetized salt	2 stalks chopped celery
1 small onion	2 teaspoons minced parsley

VegeX or Savita Editor's note: Savita no longer available, but there are many vegetable seasonings on the market.

Put tomatoes, onion, celery, and salt into pan and cook for 20 minutes. Strain, add VegeX or Savita and heat again. When soup is boiling rapidly, pour in the egg through a coarse strainer so that the egg forms long threads when it touches the soup. Add parsley. Remove from heat and let stand a few minutes without stirring so the egg will cook. Reheat and serve.

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COCOANUT CUSTARD

Soak 1 cup whole wheat bread crumbs in 1 cup milk and mash well. Soak 1 cup of grated coconut in 3 cups of hot milk for one hour. Mix together and add 2 tablespoons melted butter, 2 eggs, slightly beaten, 4 tablespoons raw sugar or honey, a little salt, and grated rind of 2 lemon. Put mixture in pudding dish, set dish in pan of hot water and bake in moderate oven until well set and brown.

CREAM OF (STEAMED) CELERY SOUP

Clean carefully, cut into short strips, and steam gently. When done, add cream, minced parsley, and any leftover vegetables you may have on hand. Thickening with powdered okra gives a nice body to it. A bay leaf or a dash of cardamom seeds provides a nice twang flavor.

CREAM OF CORN AND TOMATO SOUP

1 can corn	2 cups tomatoes
butter	1 minced onion
1 cup cream	1 teaspoon whole wheat flour

Brown onion in butter, add corn and tomatoes and cook about 20 minutes. Put all through a colander. Stir flour into little melted butter, add cream. Mix all together, season with vegetized salt and heat long enough to cook flour.

DATE AND PINEAPPLE PUDDING

1 cup finely ground whole wheat cereal	2 cups canned, crushed pineapple
1/2 cup butter	1 cup brown sugar
3 1/2 cups boiling water	1/2 cup chopped dates
1 teaspoon salt	1 egg, beaten

Put boiling water in top of double boiler. Add the salt and slowly add the cereal, stirring constantly. Cook over flame until mixture begins to thicken and then add the dates and cook over boiling water for about 15 minutes. Cream sugar and butter together, add beaten egg and mix well. Add crushed pineapple and cooked cereal. Cook in double boiler about 5 minutes. Serve hot or cold with whipped cream.

DATE BUTTERSCOTCH PUDDING

Cook 1/4 cup of quick-cooking tapioca in 2 1/2 cups hot salted water in double boiler until clear, about 15 minutes. Stir frequently. Melt 3 tablespoons of butter in saucepan, add 6 tablespoons brown sugar and stir until melted. Add tapioca mixture, 1/2 teaspoonful vanilla and 1 cup pitted dates cut in small pieces and 4 Cup chopped nut meats. Pour into buttered baking dish and bake in slow oven. Serve cold with cream.

DATE CUSTARD

Pit and quarter 2 cups dates. Beat yolks of 2 eggs, add 1 cup milk and dates. Bake for about 30 minutes, or until firm, in a glass baking dish. No sweetening is needed. Serve cold with cream.

DIFFERENT STUFFED CELERY

Mix together 2 tablespoons peanut butter, 1 tablespoon each of very finely minced parsley and tomato pulp. Add a little minced onion if desired. Mix well and stuff tender stalks of celery.

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GARBANZO BEANS WITH CHEESE

2 cups garbanzos (chick peas)	1 tbs. green pepper chopped fine
3/4 cup grated cheese	1 tbs. onion chopped fine
1 tbs. Butter	

Cook the garbanzos in boiling salted water until soft and then drain. Put layer in buttered baking dish and sprinkle with cheese, onions, and green peppers. Repeat with another layer and dot top with butter. Bake in hot oven until cheese is melted and thoroughly blended.

GARDEN SALAD

Toss the following ingredients together with either French dressing or mayonnaise.

2 cups chopped cabbage	1/2 cup chopped green onion
1/2 cup chopped tomato	1/2 cup chopped green pepper
1/2 cup sliced radishes	

GRAPE TAPIOCA

1 1/2 cups pure grape juice	2 tbs. lemon juice
1 cup raw sugar	1/2 cup minute tapioca
1 cup water	little butter

Combine grape juice, sugar, and water. Heat to boiling and stir in tapioca. Add pinch of salt and cook in top of double boiler until transparent. Stir in lemon juice and butter and pour into a mold. Chill and serve with cream.

GREEN PEAS and CARROTS FLEMISH STYLE

Melt 2 tablespoons of butter in a heavy saucepan and add 1/2 pound of diced baby carrots. Cover pan and cook very gently after adding a little vegetized salt and 1 teaspoon raw sugar. When carrots are about half cooked, add 1 quart of shelled fresh peas. Keep closely covered and simmer until tender. Add fresh butter and more seasoning, if desired, and serve.

LEEK SOUP

2 cups sliced leeks	2 eggs
1 cup milk	2 tablespoons minced parsley
4 tablespoons butter	1 small onion
1 teaspoon vegetized salt	3 cups boiling water

Mince the onion and brown in the butter. Add the leeks and boiling water and cook gently until the leeks are tender. Season and pour slowly over well-beaten eggs. Add the cold milk and heat to serving temperature. Sprinkle minced parsley on top and serve.

LEEK AU GRATIN

2 bunches leeks	12 tablespoons grated cheese
vegetized salt	butter

Cook whole leeks in boiling water until tender, about 15 minutes. Drain, cut in halves lengthwise and place in a buttered baking pan. Dust with vegetized salt, sprinkle with grated cheese, and dot a little butter on top. Place under broiler just long enough for cheese to melt.

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LENTIL SOUP

1 cup lentils	4 teaspoon nutmeg
1 large onion, sliced	1/2 cup carrots
2 cups vegetable stock	2 cups milk
1 teaspoon vegetized salt	2 tablespoons butter
2 cups water	

Smoein (vegetable smoked meat seasoning) Editor's note: Smoein no longer available. Substitutes: Stripples or veggie bacon strips, smoked Spanish paprika, or chipotle powder (spicy).

Soak lentils in cold water for several hours and drain. Put lentils, stock, water, carrots, onion and seasoning in a saucepan. Cook slowly for two hours. Press through a strainer, return to saucepan and add the butter and milk. Heat to boiling point and serve.

MUSHROOMS AND PEAS CREAMED

3 tablespoons butter	4 tablespoons whole wheat flour
1 cup cooked peas	a little chopped parsley
1 cup fresh mushrooms	2 cups milk
vegetized salt	

Cook mushrooms in melted butter until brown. Add flour and cook slowly until browned. Add other ingredients, stirring constantly, and cook until thick and creamy. Serve on buttered whole wheat toast or in potato nests.

NUT AND GREEN PEA SALAD

2 cups cooked peas	1 tablespoon chopped parsley
1 cup diced celery	little vegetized salt, Mayonnaise, watercress or Romaine
1 cup chopped walnut meats	lettuce

Chill all ingredients and mix all except parsley and lettuce with a little dressing. Pile on lettuce or cress, cover with Mayonnaise and sprinkle parsley over top.

NUT STEAK A LA NEWBURG

1 tbs. Butter	1/2 Cup peas, cooked
1 onion, diced	1 cup tomatoes, peeled and diced
1 green pepper, diced	1 pint cream sauce.
1 pimento, diced	1 can India Nut Steak (Editor's note: no longer available)
1/2 teaspoon Savita (Editor's note: no longer available, search for Vegex, or vegetable stock, bouillon or broth)	

Simmer for five minutes the onion, green pepper, nut steak, Savita, pimento, peas, and tomatoes. Add butter, cream sauce and seasoning. Serve on whole wheat toast.

OATMEAL DATE PUDDING

1/2 pound dates, chopped	2 eggs
1/2 lemon – juice only	1/2 teaspoon baking soda
1 cup rolled oats	1/2 Cup un sulphured molasses or maple syrup
2/3 cup water	1/4 teaspoon salt

Mix, place in buttered mold and steam for 3 hours. Serve with your favorite pudding sauce.

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ORANGE AND TOMATO SALAD

Tomatoes, oranges, a little minced onion, mayonnaise, lettuce. Add onion to mayonnaise. The tomatoes and oranges may be peeled, sliced, and arranged alternately in a ring on a bed of crisp lettuce with a mound of dressing in the center, or the tomatoes may be peeled and cut 4 or 5 times three-fourths of the way down and opened to form a flower. Sections of orange may be placed between the "petals" and plenty of mayonnaise placed in the center and around base of flower, which rests on crisp lettuce. This makes a very colorful, as well as delicious, salad.

PEANUT BUTTER-CHEESE RAREBIT

1 tablespoon butter	2 cups milk or tomato juice
2 teaspoons lemon juice	1/2 teaspoon vegetized salt
1 tablespoon whole wheat flour	2 Cup peanut butter
1/2 teaspoon dry mustard	5 tablespoons grated American cheese

Mix peanut butter with milk until smooth. Melt butter, add flour then, slowly add the peanut butter and milk mixture, stirring constantly until creamy. Add cheese and seasonings and stir until cheese is melted. Serve at once on buttered whole wheat toast.

PEANUT-BUTTER TOMATO SOUP

2 cups tomato juice	1 teaspoon paprika
1 teaspoon vegetized salt	3 cups boiling water
3/4 cup peanut butter	

Add tomato juice slowly to peanut butter and mix until smooth. Add water and seasonings. Simmer for about 10 minutes and serve.

PERSIMMON PIE

3 soft persimmons	1/2 cup raw sugar pinch salt
2 eggs	2 cups cream

Wash persimmons and put through ricer. Beat eggs add sugar, salt, cream, and mashed persimmons. Pour into a partly baked whole wheat pie crust. Dot a little butter over the top and finish baking in a moderate oven until the custard is set.

PUMPKIN CUSTARD

1 cup cooked pumpkin	1 egg
1/4 teaspoon salt	1/4 teaspoon allspice
1 cup milk	1/2 cup raw or brown sugar
1/2 teaspoon ginger	1 teaspoon cinnamon

Combine all ingredients except the egg and stir until smooth. Add slightly beaten egg and put into custard cups, filling them about three-quarters full. Set in pan of water and bake in slow oven from 20 to 30 minutes.

RAGOUT OF MUSHROOMS

Melt 1 tablespoon of butter and stir in 1 heaping tablespoon whole wheat flour. Very slowly add 1 cup of cold water, then 1 cup of hot water, stirring constantly. Add 1/2 clove of garlic and small piece of shallot finely chopped, a sprig of thyme, a little piece of bay leaf and a pinch of salt. Stir until it becomes a thick sauce, then add 1/2 pound of fresh mushrooms. Bring them quickly to a boil then, simmer very gently until the mushrooms are tender.

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RAW VEGETABLE CUTLET

1 head of very finely chopped lettuce	Pinch of salt
1 TB. finely ground pecan nuts	1/2 tsp. sugar
3 TB. of cottage cheese	1/4 onion juice only

Mix ingredients and knead like dough. Shape into form of cutlet and serve.

RISOTTO

1/2 pound unpolished rice	1 cup Parmesan cheese
1 cup tomatoes, cooked or 2 fresh ones chopped	1 pinch rosemary
1 medium sized onion, chopped	1 quart well-seasoned vegetable stock
1/4 pound butter	6 fresh mushrooms, sliced
1/2 clove garlic, chopped very fine	
Vegex or Savita (Editor's note: Savita is no longer available.)	

Brown the onion lightly in 3 tablespoonful of butter, add garlic and mushrooms, cook for 2 minutes. Add the chopped tomatoes and cook 2 minutes longer. Stir in the rice and vegetable stock. Cook slowly for 25 minutes, stirring frequently. Season with a little vegetized salt and Vegex or Savita. Add the remaining butter and when melted, add the grated cheese and serve.

ROASTED VEGETABLES

onions - quartered	celery - cut in pieces
cabbage	butter
carrots - quartered lengthwise	potatoes - quartered
tomatoes	

Mix all vegetables together and season with vegetized salt. Put in roaster and pour plenty of melted butter over all. Add a little water and cover. Put into hot oven and when vegetables begin to cook, lower heat and allow to roast slowly until done.

SAVORY CHESTNUT STEW

2 tablespoons butter	1 pint small peeled potatoes
8 pieces Hubbard squash	1 cup hot water
5 onions – medium, sliced	Bouquet of parsley, thyme, and 1/2 bay leaf
1 pound shelled chestnuts	vegetized salt
8 baby carrots	

Melt butter, add onions and carrots and let them brown slowly. Add cup of hot water and bouquet of herbs, the squash, and chestnuts. A little later add the potatoes and salt. Simmer well covered for about 2 hours. Celery and mushrooms may be added if desired.

SPECIAL FRUIT SALAD

1/2 cup cocoanut	mayonnaise
3 peeled and sliced oranges	lettuce
2 bananas	

Peel, scrape and cut bananas in two lengthwise and then across. Arrange lettuce on plates and place orange slices on lettuce. Sprinkle cocoanut on oranges. Roll each piece of banana in cocoanut and place on top of orange slices. Serve with plenty of mayonnaise made with lemon or fresh lime juice.

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SPINACH AND CARROT SALAD

1 cup shredded raw carrots
1/2 cup shredded raw spinach
Lettuce

A few drops of onion juice or chopped chives
Pinch of salt
Dressing

Mix vegetables with a little French dressing, shape into individual molds and place on lettuce. Serve mayonnaise with this.

SPINACH-WATERCRESS SALAD

1 cup chopped fresh spinach
1 cup chopped watercress

1 cup minced parsley

Mix and serve with French dressing on crisp lettuce.

SPRING SOUP

Fresh spinach – 2 cups when cooked
1 tablespoon minced dandelion greens
1 teaspoon minced parsley
1 tablespoon minced green onion

1 teaspoon whole wheat flour
2 cups fresh whole milk
1 tablespoon butter

Wash the fresh spinach and put it in a large uncovered kettle. Do not add any water. Put on a moderate fire for about 5 minutes. When the leaves wilt, drain at once and chop. Melt the butter in another pan and toss in the dandelion greens, the green onion and parsley. Let cook in the butter for 2 minutes, but do not brown. Dust in the flour and slowly stir in the milk. When well blended, add the 2 cups of chopped spinach. Season very lightly, simmer, but do not boil, for 3 minutes and serve.

STRING BEANS AND TOMATOES

1 lb, string beans
2 tablespoons butter
1 lb. fresh tomatoes or 1 can
grated rind of one lemon

1 medium sized onion
vegetized salt
1/8 teaspoon ginger

Wash and string the beans and cut in desired lengths. Brown the sliced onion in the butter, add the skinned whole tomatoes and raw beans. Cook in a covered saucepan until tender, add seasonings and serve. If necessary, add a very little hot water while cooking.

STUFFED MUSHROOMS

24 large fresh mushrooms
2 cups soft whole wheat bread crumbs
2 medium sized onions

butter
2 green peppers
grated cheese

Wash mushrooms well but do not peel. Remove stems and chop fine. Chop the onions and green peppers (without seeds) very fine. Sauté the onion and pepper to a light brown, add chopped mushroom stems and bread crumbs. Brown delicately and season well. A little Smoein or Vegex is delicious in this. Fill the mushroom caps with this mixture and sprinkle grated cheese on top of each. Place in a shallow baking pan and pour a little hot water around them. Add 2 tablespoons of butter to the hot water and bake in a hot oven about 15 minutes. Serve on squares of buttered whole wheat toast.

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STUFFED SQUASH

1 Hubbard or Banana Squash - 2 1/2 pounds
3 tablespoonfuls butter
2 tablespoonfuls cream
1/4 teaspoonful vegetized salt

Cut squash in halves lengthwise, discard seeds and bake in a moderate oven one hour, or until pulp is very tender. Put 1/2 inch of hot water in the bottom of the baking pan. Remove pulp from shell, mash thoroughly and add the other ingredients. Pile roughly into the shell and return to oven for fifteen minutes.

SWEET POTATOES SCALLOPED WITH APPLES

2 Cups cold boiled sweet potatoes cut in 1/4 inch slices
1/2 cup brown sugar
1 1/2 Cups sour apples, sliced
1 teaspoon salt
6 teaspoons butter
2 tablespoons red cinnamon drops

Put layer of potatoes in buttered baking dish and cover with layer of apples. Dot with butter and sprinkle with sugar and salt. Repeat layers and sprinkle top with cinnamon candies. Bake about 1 hour in a moderate oven.

UNCOOKED APPLE-BANANA PIE

Crust: Put 3 oz. seedless raisins through the food chopper and then mix them thoroughly with 2 oz. whole wheat meal, or carob meal, (buy them at your health food store). Roll out to a thin sheet and mold in pie plate – paper plates may be used. Stand in the sunshine to dry.

Filling: Mash thoroughly, or put through the potato ricer, two ripe bananas. To the bananas add 6 oz. grated, tart apples, and 4 oz. flaked almonds. Mix well and fill crust. A little honey and whipped cream may be added if desired.

UNCOOKED FRUIT CAKE

1 lb. pitted dates
4 oz. dried bananas
1 lb. seedless raisins
8 oz. almonds
4 oz. dried peaches

Cut the bananas into small pieces. Mix all ingredients thoroughly and put through food chopper. Press the mixture firmly into an oblong dish or mold and allow to stand for an hour or more to harden. Slip it out onto a plate and slice.

UNCOOKED TOMATO NUT SOUP

3 cups tomato pulp, 1 cup celery pulp (made by putting tomatoes and celery through food chopper), 1 cup peanut butter, 2 tablespoons of minced parsley, 1 clove of garlic very finely minced, two tablespoons Olive, Peanut or Sesame seed oil. Moisten peanut butter with a little of the pulp at a time until it is all creamed in. Add other ingredients and beat until smooth.

VEGETABLE SAUSAGE

Pare and dice 1 large eggplant. Cook in boiling salted water or steam until tender, drain, cool and mash it, Add one slightly beaten egg, 1 grated onion, 1/2 teaspoonful of poultry seasoning, and a little vegetized salt. Sift in enough whole wheat flour to make a stiff batter when dropped from a tablespoon. Fry in small amount of vegetable oil or put in a greased pan and bake until brown in a hot oven.