

Hallelujah Acres® Culinary Academy

# WHAT'S NOT COOKIN',

*Attend a Hallelujah Acres® Culinary Academy class, and you won't be slaving over a hot stove! You'll be having the time of your life learning how to whip up smoothies that satisfy, make pies that never see the inside of an oven, toss creative salads, pull off full-course gourmet meals—from soup to, of course, nuts! Not only will you add to your recipe repertoire, but you'll also take home valuable tips and techniques, and learn how to create healthy meals your family and friends will love. So join us at the Hallelujah Acres® campus for these special classes taught by our recipe book authors.*

## Rhonda Malkmus

*Author of Recipes for Life...From God's Garden, Salad Dressings for Life...From God's Garden and coming soon, Hallelujah Holiday Recipes...From God's Garden*

In 1981, Rhonda Malkmus' life was thrown way off track, literally, when a train collided with her car in rural Iowa. Miraculously, she walked away from the accident with not one broken bone. But weeks and months later, the true effect of the impact became evident when arthritis and chronic pain took hold of her body. "The pain was so intense," she writes in her book, "I thought going home to heaven would be easier." Seeking some relief, she moved to the warmer climate of Tennessee, and her life took yet another fateful turn—she met Rev. George Malkmus. They married in 1992, and together they founded Hallelujah Acres®. Today, Rhonda is pain-free and leads an active life helping to spread the message: *You Don't Have to be Sick!*<sup>SM</sup>

### Let Rhonda teach you her food

**prep secrets:** There's nothing blah about raw foods! In this fast-paced, info-packed class Rhonda Malkmus demonstrates as many as seven recipes, including food prep

techniques, time saving tips and various kitchen equipment, all centered on a theme. Come hungry, because you'll get to sample every savory morsel!

September 2, 2005 - "2-hour Intensive"  
September 30, 2005 - "2-hour Intensive"  
November 4, 2005 - "2-hour Intensive"  
*Above classes are all taught by Rhonda Malkmus*

## RAW "BURRITOS" Serves 2

- 1/4 c. fresh mint, (peppermint, spearmint or your choice), chopped
- 2 c. ripe avocado, diced
- 1/2 small ripe tomato, finely chopped
- 2 scallions, minced or 2 Tbsp. red onion, finely chopped
- 1 Tbsp. sweet bell pepper, minced
- 1/2 tsp. Celtic Sea Salt® (optional)
- 1 Tbsp. fresh cilantro, chopped or 1/2 tsp. dried
- 1/2 tsp. dried cumin
- 1/2 tsp. powdered kelp (optional)
- 1/4 lemon or lime juice
- 4 large Napa Cabbage (or Romaine lettuce) leaves

Mix all but cabbage (or romaine) in a bowl. To make Burritos spoon equal portions of the avocado mixture into the cabbage or lettuce leaves. Wrap around the mixture, secure with a toothpick and serve with Raw Italian Sauce for dipping or a raw soup.

## Julie Wandling

Author of *Hallelujah Kids, Thank God for Raw and Healthy 4 Him*

Full of enthusiasm, it's hard to believe Julie Wandling ever weighed 315 pounds, suffered from dizziness, fatigue, back and knee pain, heart disease, high blood pressure and high cholesterol. When a doctor told her she would have to take high blood pressure medication for the rest of her life, she took her mother's advice instead, and started the Hallelujah Diet®.

Today, 125 pounds lighter, she's applied her catering skills to raw foods, and she's extended her healthy lifestyle to her kids. Though it took some time to find foods they all were happy with, Julie says, "...experimenting was a lot of fun. We managed to come up with some great recipes and none of us starved to death in the process!"

Find out how to entice your kids to eat healthier and love it:

September 3, 2005: "Feeding Our Kids" Julie Wandling

Between advertising and peer pressure, getting kids to eat healthy is one of the biggest challenges mothers face today. In this essential class for families who wish to do the Hallelujah Diet and Lifestyle<sup>SM</sup> together, Julie Wandling will assist you in achieving your health goals. Her class features:

- The Hallelujah Diet® for Kids Explained
- Specific "Food" to be Avoided
- Plus, mouthwatering recipes for Spinach Hummus, Carob Icing & Graham Crackers, Squashetti Salad, Banana Ice Cream, and more

## Corbin's Banana Mango Parfait

Crumbles:

- 2 c. raw almonds
- 1 c. pitted dates

Pudding:

- 10 bananas-peeled
- 4 ripe mangos-skinned
- Juice & zest of 3 lemons

Blend pudding till smooth. In a glass bowl or cups, layer crumbles and pudding till gone. Top with berries.



## Marilyn Polk

Author of *Hallelujah Simple Weekly Meal Plans*

For four years, Marilyn Polk suffered from fibromyalgia. The chronic pain and fatigue were treated with drugs to relieve aches and to encourage deeper sleep. But Marilyn turned to another source to tackle her problem—God's natural laws. After almost four months on raw foods, she was free of her symptoms and remains so to this day, four years later.

Recognizing the need for organized menu planning and easy-to-prepare meals, Marilyn took on the task of creating a day-to-day food prep program. She says of her inspiration, "The main request from our students and customers has been for delicious and simple 'hallelujah' menus...Women today are extremely busy and don't have hours to plan and prepare involved recipes."

Get the most out of every minute on the Hallelujah Diet®:

October 1, 2005: "Daily Food Prep" with Marilyn Polk

Is it possible to eat healthy meals when you're on the go? Before you pop a frozen dinner in the microwave, join Marilyn Polk for an enlightening class that will keep you on schedule and on program! Some of the highlights of her course include:

- In-Class Food Prep: TEN of Marilyn's favorite recipes
- One Week on the diet: Complete with menus & selected recipes
- How to Set Up Your Hallelujah Kitchen
- Tips & Techniques, including ideas for healthy and delicious entertaining

## Spinach Salad with Honey Mustard Dressing

- 1 package organic baby spinach
- 6-7 Medjool dates, chopped
- 1 apple, diced
- 1/2 c. chopped walnuts

Dressing:

- 1/2 c. raw honey
- 1/4 c. Westbrae Natural Dijon mustard
- 2 tbs. flaxseed or olive oil

Blend dressing well. Each person will pour desired amount over his or her individual salad.

NOTE: There should be enough of this dressing left over for Spinach Salad another day.

## Kim Wilson

Author of *Everyday Wholesome Eating... In the Raw*

Sweethearts since high school, Kim and John Wilson have shared many adventures, including the journey to good health. While in his early thirties, John developed Meniere's disease. Kim knew she had to change their diet, but she hated to cook. She reminisces, "I...thought Hamburger Helper was a home-cooked meal." John was a stranger to fruits and vegetables, as Kim recalls, "Unless Maraschino cherries count!" Since switching to the Hallelujah Diet®, John has been symptom-free, and Kim has embarked on another adventure: cookbook author and teacher. "My heart in teaching is to give people the practical tools, information and strategies to...make this a true, lasting lifestyle change."

**It's safe to assume Kim no longer hates to cook. Renew your inspiration in the kitchen:**

November 5, 2005: "Wholesome Eating...Day by Day" Kim Wilson

Think committing to a raw foods lifestyle is too difficult? This class is designed to help

## The Nungesser Family

Authors of *How We All Went Raw*

When it comes to the Hallelujah Diet and Lifestyle<sup>SM</sup>, it's all in the family for this innovative trio! It started as the one-year challenge in 1999, or as George calls it—a dare. Charles would taunt, "I can go all raw for one month." George would counter, "I can go raw for three months." Thanks to this bout of playful sibling rivalry, the *Top Raw Men* evolved. Soon, Coralanne, already a vegetarian, joined the challenge. The siblings never looked back. Instead, they leapt forward—into the world of raw cuisine! Has going raw put a damper on this active family's life? Charles, a filmmaker, no longer suffers from life-threatening food allergies and asthma. George climbed Mount Kilimanjaro, fueled by raw foods alone. And Coralanne continues hers studies, and does missionary work in Poland through the Bread of Life ministry.

## Chili

2	Tbsp. olive/coconut oil	pinch	cayenne
3-4	onions, chopped	1 1/2	tsp. unrefined sea salt
6	cloves garlic, crushed	28 oz.	can tomatoes
2	Tbsp. chili powder	5	cans/7 cups beans (lightly drained) -kidney, cannellini, black beans, etc.
2	tsp. oregano		
2	tsp. cumin		
1/2	tsp. Cinnamon		

Sauté onions and garlic in oil, add seasonings, then tomatoes and beans. Bring to a boil then simmer for at least 20 minutes, stirring occasionally.

Variation: Add 1 diced bell pepper and/or 2 cups corn.

you discover the joy and simplicity in preparing whole foods and to expand your repertoire of wholesome meals into a lifestyle of healthful eating.

Class topics include:

- How to manage the Hallelujah Diet®
- A "virtual" day on the diet: Wholesome food ideas—from breakfast to dinner
- A look at the bigger picture of health and well being

## Get creative in your kitchen:

December 3, 2005: "Raw Food Preparation" with the Top Raw Men

Enchiladas. Lemon Tart Pie. Purple Mystic Salad. Raw is far from boring when the Nungessers take over the kitchen. In this class, the family members will:

- Teach you to prepare an entrée and dessert from each section of their book
- Whip up delicious fare for holiday dinners
- Create a nut pâté to mold into the shape of a 20 lb turkey!

## The Graffs

Jackie and Gideon Graff teach the on-going **Basic and Gourmet Food Prep** classes. This lively couple was featured in the May/June issue #32, of *Back to the Garden*.

## Peanut Butter Chocolate Pie

Need: 1 Universal Pie Crust

Filling: 1-1/2 cups raw organic almond butter (buy or make your own) Place almond butter in pie shell

In food processor with S-blade, add:  
2 large avocados (or 3 small avocados)

1/3 c. carob powder  
1 c. pure maple syrup

Blend until creamy. If you want darker chocolate, add more carob. If you want it sweeter, add more maple syrup. Pour mixture on top of the almond butter. If desired, crumble 2 tablespoons of leftover pie crust on top of pie for garnish. Place in freezer overnight and serve.

Tip: Do not use a glass pan for the pie. Glass gets too cold and makes it difficult to remove the pie.

Universal Pie Crust:

In food processor, using the S-blade, add:

2 c. hazelnuts  
2 c. dates, pitted (presoak in  
3 c. water for 10 minutes, discard water)

Process nuts & dates to a thick dough-like consistency. Press in pie pan.