

HOW TO LOOK AND FEEL 20 YEARS YOUNGER

Mind tricks. Exercise tricks.
Food tricks. Cosmetic tricks.



At **60** I eat endless carbs, healthy pancakes, nuts,
air fries with ranch, incredible salads, fruits, pizza...

PLUS

100 FAVORITE RECIPES



COOKBOOK by THOM BIERDZ



pastas



raw plates



quinoas



potatoes



salads



pizzas



pancakes



soups



tacos

HOW TO LOOK AND FEEL 20 YEARS YOUNGER

- *MIND TRICKS*
 - *FOOD TRICKS*
 - *EXERCISE TRICKS*
 - *COSMETIC TRICKS*
-

and FREE BONUS GIFT:

100 VEGAN OPTIONS COOKBOOK

THOM BIERDZ

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DEDICATION

To The Youngest Possible You

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ACKNOWLEDGMENTS

Thanks to the many inspiring people
in the areas of mind power, health, nutrition and exercise.

In this simple book are some succinct life-changing quotes from the
most important authors and motivational leaders of our time,
like Dr. Bruce Lipton, Dr. Joe Dispenza, Gregg Braden, Anthony
Robbins, Jane Roberts, Napoleon Hill.

CHAPTER 1 THE POWER OF YOUR MIND

Very grateful here that at 60 I am in perfect health and take absolutely no medicine nor pills. I'll share later the supplements I take to increase nutrition, muscle mass, and to prevent disease.

I am equally grateful that when I meet people they think I am over twenty years younger. They ask my secrets and I am happy to share those with them in person - and excited to formulate that information into this book.

Basically, there are 4 STEPS which keep me 20 years younger: mindset, nutrition, exercise and, come on, in this miraculous technological age, outside assistance, which can be everything from hair dye to affordable cosmetic work.

Believe it or not, the mindset is the most challenging step, because beliefs dictate everything in our lives, including how we look.

Jane Roberts, channel of the **SETH** books: "You create your own reality."

WHY PLACEBO EFFECT MATTERS

SCIENCE has proven your BELIEFS change your body, health and environment.

Case in point: most of us are familiar with the “placebo effect.”

pla·ce·bo ef·fect /plə'sēbō ə'fekt,ē'fekt/ noun a beneficial effect produced by a placebo drug or treatment, which cannot be attributed to the properties of the placebo itself, and must therefore be due to the patient's belief in that treatment.

In **You Are the Placebo**, Dr. Joe Dispenza shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a placebo. They healed because they believed a sugar pill contained crucial medicine, when it did not. This prompted his question of how to teach patients the conscious healing possibilities of the placebo, without an actual physical placebo. Could dying people get the same complete healing with only BELIEF – since they healed when they BELIEVED they took a necessary drug, but did not?

Having studied the correlation between illnesses and belief for decades, Dispenza is now perhaps the deserving leader of today's “how to heal yourself” movement. In his popular workshops he shares scientific evidence (including color brain scans) of astonishing healings of patients, via a method derived from his arduous research into neuroscience, biology, psychology, hypnosis, behavioral conditioning and quantum physics.

On YouTube you can watch hundreds of testimonials from his patients who have unexplainably or miraculously healed from fatal illnesses when other doctors gave up on them. Dr. Joe explains these patients cured themselves from changing old counterproductive beliefs to new empowering productive beliefs. They healed with fervent and focused concentration. They healed with BELIEF, the same as if they took a sugar pill BELIEVING the pill was crucial medicine.

Dispenza and likeminded healing leaders have many bestselling books, but that doesn't mean you will hear the mainstream media encouraging people to heal themselves. Mainstream media's biggest sponsors are pharmaceutical companies who rely on your business and need you to buy their pills so they will argue the degree of placebo success. But what THEY say or think is not important. It is only important what YOU think, because your thoughts really do alter your body.

You really do create your health, and life.



Napoleon Hill: “There are no limitations to the mind except those we acknowledge.”

Proving mind over matter with even more startling scientific experiments as long as 30 years ago, **Dr. Bruce Lipton** leads in the field of epigenetics: the study of cellular and physiological traits, or the external and environmental factors, that turn our genes on and off, and consequently decide how our cells actually read those genes.

Lipton’s science data shows that our beliefs, true or false, positive or negative, affect genetic activity and indeed alter our genetic code. Acknowledged as a significant breakthrough in the New Sciences, Lipton’s ideas suggest that, “At the atomic level, matter does not even exist with certainty; it only exists as a tendency to exist.”

MUST-SEE: Over 3 million viewers watched this 2+ hour Lipton lecture on **The Biology of Belief – Unleashing the Power of Consciousness, Matter & Miracles**

<https://www.youtube.com/watch?v=82ShSNuru6c&t=42s>

- **SUMMARY:** It’s proven that what we believe alters our bodies. Know this, accept this, **FEEL EMPOWERED** and continue to the next section.

(many more pages)

CHAPTER 2 YOUTH AND STRENGTH NUTRITION



Your beliefs about what is healthy nutrition for YOU is more important than my beliefs of what is healthy for you, because as the first step established, your beliefs are unlimited and responsible for your make-up, life and circumstances. That being said, I am going to share my personal beliefs about what is healthy to digest so you look your best, from my experience, as well as universal studies / data / truths.

I do suggest though that when you seek advice, you ascertain your teacher practices what they preach and is the example you want. As for me, I take absolutely no medication because I am in perfect health. I do take some supplements for optimum nutrition and to prevent disease.



I'll explain later in detail how my diet evolved over 30 years, but in short I do not gain weight and each day eat pancakes, fries with (vegan) Ranch dressing, salted mixed nuts by the handful, tons of other carbohydrates, endless fruit, healthy salad, soup – and occasionally pasta, vegan “meats” and (healthy) pizza. Great news is that today this can all be done without sugar, gluten, dairy or meat – which works perfect for me (and for the livestock). I try to eat only whole foods, and maybe half raw. A vegan who eats healthy whole foods does not have to count calories.

Almost 70 percent of Americans take at least one prescription medication. Over 50% take at least two – usually antibiotics, antidepressants and opioid painkillers.

20% are taking five or more prescription drugs.

Hey, if I still lived in Hollywood maybe I'd seek out a sleeping pill because usually I am buzzing with excitement even in the middle of the night, but I can lie in bed in my quiet mountain cabin in Lake Arrowhead as long as I want with my dogs, David and Goliath. Although I have occasionally reprised my role of Phillip Chancellor III on **The Young & The Restless**, I am a full-time fine artist now living in nature painting commissioned portraits. Feel free to follow my daily life on Facebook Thom Bierdz II and let me know what you think of my art.

<https://www.facebook.com/thom.bierdzii/>

Surrounded by trees and hearing birds and squirrels, I no longer watch the soap opera, or any TV, and choose instead to listen to YouTube videos as I paint. I have watched nearly a thousand videos on nutrition because I want to live as long as I can.

Why am I vegan? (actually, I just became vEGGan, adding eggs on occasion). I don't want to hurt any sentient creatures, which is why I gave up meat and dairy -- but it was a slow process that evolved over decades. Like most vegans, I found the hardest thing to give up was cheese.

Studies repeatedly confirm vegans are healthier and that a vegan diet with tons of fresh fruit and vegetables can even reverse many diseases.

Each year **Dr. Michel Greger** puts out many short videos on the healthiest foods, and also a cumulative report on all health studies, like this lecture, which cites the top diseases are diet related:

Uprooting the UK's Leading Causes of Death with Dr Michael Greger

https://www.youtube.com/watch?v=BWX_UDiQbFg

How Not to Die - Dr Michael Greger M.D. offers practical, nutrition advice on how to prevent and treat the 14 leading causes of death in the UK. Dr Greger discusses nutrition research, studies, papers and reviews that document how a plant based diet can prevent and treat the leading causes of death and disease.



Another expert I recommend on YouTube is animal activist, **Gary Yourofsky**, whose "Best Speech Ever" video has millions of views:
Best Speech You Will Ever Hear - Gary Yourofsky

<https://www.youtube.com/watch?v=es6U00LMmC4>

This dominant, passionate, no-nonsense activist unapologetically exposes the food industry myths and secrets. His charismatic and straightforward speech is a must-see, must-experience, for anyone who cares about nonhuman beings or wishes to make the world a kinder place. If you need to make better eating choices for your health or need a slap across the face to make the transition to vegan, watch this (repetitively). Most refuse to watch and refuse to hear the hushed facts of the livestock industry, and consequently those people do not improve their health.

My goal with this book is to inspire you to be your best self – but inspiration alone doesn't usually change people's diets. If you really want to cut out foods that I have cut out, and are having a difficult time doing so, please watch these videos. Yourofsky's is particularly hard-hitting, shocking, and loaded with facts. If you need to be scared in order to change, these videos can scare you into avoiding foods which are not good for you anyway.

Change is uncomfortable, but it is only when you go out on a limb, and are no longer in that safe zone, that you begin to act differently. You can begin to live and emote in a different way, with commitment and intention, and create an exciting new reality.

Colleen Patrick-Goudreau has many videos covering the same points, albeit more diplomatically.

PROTEIN RUMORS

Israel's **Dr. Tel Oren** corrects the protein myth in his lecture, **The Truth About Protein:** https://www.youtube.com/watch?v=aR9iz8d_Dj4

The truth is that all fruits and vegetables have ample protein, and too much processed protein is actually causing many ailments. By the way, there are zero cases in America of kwashiorkor, which is the disease of too little protein.



NO MORE PROTEIN SHAKES FOR ME. When I lived in Hollywood and worked out at gyms I forced myself to drink whey protein shakes which bloated me uncomfortably – and gave the worst gas. I believed this was what I needed to do, but it did not deliver the results I wanted. Only recently have I finally got the body I want, and it is not because I make those bloating protein shakes anymore. I would attribute it to my healthy diet and creatine supplement and possibly pine pollen.

CREATINE

Wikipedia: *Creatine is an organic compound with the nominal formula $\text{CNCH}_2\text{CO}_2\text{H}$. This species exists in various modifications in solution. Creatine is found in vertebrates where it facilitates recycling of adenosine triphosphate, the energy currency of the cell, primarily in muscle and brain tissue.*

Google: *Despite causing some water weight gain, research has found that creatine can be an effective supplement for increasing endurance and strength. Over time, you may see an increase in your muscle strength and size. Increased muscle mass will also tip the scale upward.*

The only reason I discovered creatine was because one of my natural food idols, **Gary Null**, who does more research than anyone and also has more integrity than probably anyone else on the planet, suggested it on his daily radio show. Usually he shares hidden studies which explain why people should not take medicines or supplements, but occasionally he recommends them. He proved creatine had been around many decades, studied closely, and worked wonders – especially for aging people losing muscle mass.

Just as others testify, within a couple weeks of taking half tsp. of creatine and much water twice a day, I noticed my muscles getting bigger! Yes, it is partly water weight in the muscles but my muscles never looked better, and it seems perfectly safe. It is important to drink much water though when on it. I used to drink only one glass of water a day (I was not thirsty because I had so much fruit), but now I know to

drink much more to make sure there is no kidney damage, which may or may not be a real concern, but I took a note of it as one person warned that.

Google: *Studies have found that taking a creatine supplement does not harm kidney function in healthy people. Creatine may cause bloating or stomach discomfort if you take too much at one time.*

There is also no evidence that creatine harms the liver in healthy people who take normal doses, but anyone with a preexisting liver or kidney problem should consult with a doctor before supplementing.

This long article by **Rudy Mawer** for **Healthline** goes into great scientific analysis to explain why Creatine is safe and effective: **10 Health and Performance Benefits of Creatine**
<https://www.healthline.com/nutrition/10-benefits-of-creatine>

- 1. Helps muscle cells produce more energy*
- 2. Supports many other functions in muscles*
- 3. Improves high-intensity exercise performance*
- 4. Speeds muscle growth*
- 5. May help with Parkinson's disease*
- 6. May fight other neurological diseases*
- 7. May lower blood sugar levels and fight diabetes*

8. Can improve brain function

9. May reduce fatigue and tiredness

10. Safe and easy to use

It appears creatine is one of the safest supplements available and has been studied scientifically for over two centuries.



SUPPLEMENTS...

(many more pages)

CHAPTER 3 ACTION

Napoleon Hill: “It takes half your life before you discover life is a do-it-yourself project.”

Sit-ups did not work for me. I don’t know why. They hurt. I tried them different ways for 40 years – never saw my abs. Now I do high knee lifts on a rebounder / small trampoline and I have a flat stomach!



A TIGHT STOMACH WITHOUT SIT-UPS

Rebounding is a type of aerobic exercise that is performed while jumping on a mini-trampoline. It's gentle on the joints but allows you to work your cardiovascular system without taxing the body so it has gained huge popularity.

NASA studies say rebounding for 10 minutes is the equivalent of a 30-40 minute run. Rebounding is much easier cardio than running, especially for older folks, and also easier on joints.

As one jumps, rebounding massages all the cells in the body and releases the toxins.

Dr. Darrel Wolfe in **The Truth About Cancer** says NASA studies proved the most effective exercise to reverse or prevent cancer is rebounding... It pumps your lymph system...

Dr. Irvin Sahni: "...rebounding...anything that causes a muscle to contract, especially in the legs, is going to push that lymph up in the thoracic duct and have it reenter the circulation - and the more times a day you recirculate that lymph, the better you're going to clear toxins from your system."

I only do one other upper body part a day. Very simple to do – not too strenuous and not too time-consuming.

Napoleon Hill: "Patience, persistence and perspiration make an unbeatable combination for success."

I discovered the \$40 mini trampoline / rebounder (brand name Stamina) for ab success only because all my decades of sit-ups for abs failed. Friends still laugh that when I was in my twenties I went to an ab-shocking business, and paid a lot of money to be strapped to a chair where big German women turned knobs that electrocuted me with the most painful stomach zapping. I think I did these half hour sessions weekly for over a year – excruciating pain every few seconds – but this did not work as they promised - I never got abs.

Over the years I relented to doing normal sit-ups, but found those very painful – maybe a residual effect of being electrocuted in that area thousands of times. Although in my fifties that ab pain disappeared, doing abs often hurt my back instead. Never attained abs in my twenties, or thirties, or forties, but have them now at 60! While searching for a way to do a version of sit-ups that would not spasm my back – the little trampoline came into my life.

It's only 10 inches high and 3 feet across, round, so it's easy to tuck in a closet and take out when needed.

Tony Robbins: “The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.”

If you spend as much time sitting as I do, (when I paint portraits and also work online for my award business) and you are not used to aerobic exercise, even a little trampoline will exhaust you when you first try it.

Google: *Should you wear shoes on rebounder?*

Wearing shoes helps with pain in your ankles, your feet and they will provide more stability. If your feet are irritated by the rebounder or you have issues with your feet then you would probably want to skip going barefoot. Shoes will also help people with flat feet to keep balance while working out.

I do not wear shoes when I use mine. Never tired that.

In the beginning, I could only bounce on it in slow running fashion one minute, then was so exhausted I had to take a break, and do the little jump / walk / run again 10 minutes later. In a matter of days I could run 3 minutes, then 4 minutes, then 5 minutes, then 10 minutes, then 15 minutes, and half an hour. After a month I could run 45 minutes straight. The problem though was that I got so bored running, even when I was facing a large TV screen with interesting material, and the results weren't what I wanted – yet.

Though the trampoline slow-running / bouncing was eliminating some fat around my long torso, and I knew this was good for my whole body and heart, it wasn't giving me abs. Instead of only slow-running, I began to implement high knee lifts – like a regular little trampoline bounce but in a slow run, doing a high march – or striving to lift each knee as close to my chest as possible (not very close, by the way, but enough to press deeply on the stomach and instigate change).

My easy daily trampoline routine is now only 10 sets of 100 leg-lifts / knee hikes each. 1,000 leg lifts. These only take about a minute each, so just 10 minutes a day. As time went on, I lifted my knees higher and also pushed my arms higher up and away, to get the matching strain from sit-ups on the floor. With each set of ten knee rises, I change my

arm position slightly so I do not get bored. As you experiment on the trampoline, you will figure out what arm position pulls your abs hardest. Most of the time both my arms are straight up by my ears, maybe even one arm behind my head holding the other arm.

Health Benefits of Rebounding For Seniors – Quick Elderly Health Improvement *from* Fitness Pursue

<https://www.fitnesspursue.com/benefits-of-rebounding-for-seniors/>

One of the benefits of trampoline based rebounding, is increased strength and stamina in elders. Seniors who keep regular physical activity like rebounding on a mini trampoline helps strengthen their tendons, ligaments and muscles that support their joints.

I don't have the tightest abs in the world like in a muscle magazine, and they would be tighter and more visible if I ate less and drank less water, but as a man who hated being skinny his whole life, my goal is not to be skinny. My goal is to FINALLY have a flat stomach, look muscular and masculine so that I find myself sexy. Rebounding was the trick that finally got me there.

Google: *Does rebounding help with cellulite?*

Rebounding is not only great for your health, it's one of the best cellulite busting exercises you can do... Rebounding also increases overall circulation throughout your body, which can lead to increased cell repair. This results in rejuvenated skin and connective tissue!

Although exercising on a mini trampoline / rebounder is different than playing on a big trampoline, of course there are similarities. The same question goes to both: does this make your skin more loose and saggy or does it firm it up? It actually firms it up – and I saw that in person 20 years ago when I was a hired caterer at musician **Kenny G's** Malibu mansion when guest **Dyan Cannon** immediately jumped on his trampoline and started flinging herself high to the sky. She was not a young woman – at that point she was about 65 but she looked significantly younger! Like 40! She was a pro on the trampoline, so that suggested to me she uses it regularly – and her skin was tight everywhere! All of us caterers were commenting on it.

Probably around that time, this **Entertainment Weekly** article by **David Hochman** came out: **7 stupid questions for Dyan Cannon**
<https://ew.com/article/1997/07/18/7-stupid-questions-dyan-cannon/>

What's the craziest request you've ever made at a hotel? [Dyan answered:] I always like to have a trampoline in my room. It just helps me relax. Seriously.

Dyan isn't the only sexy senior swearing by the rebounder:

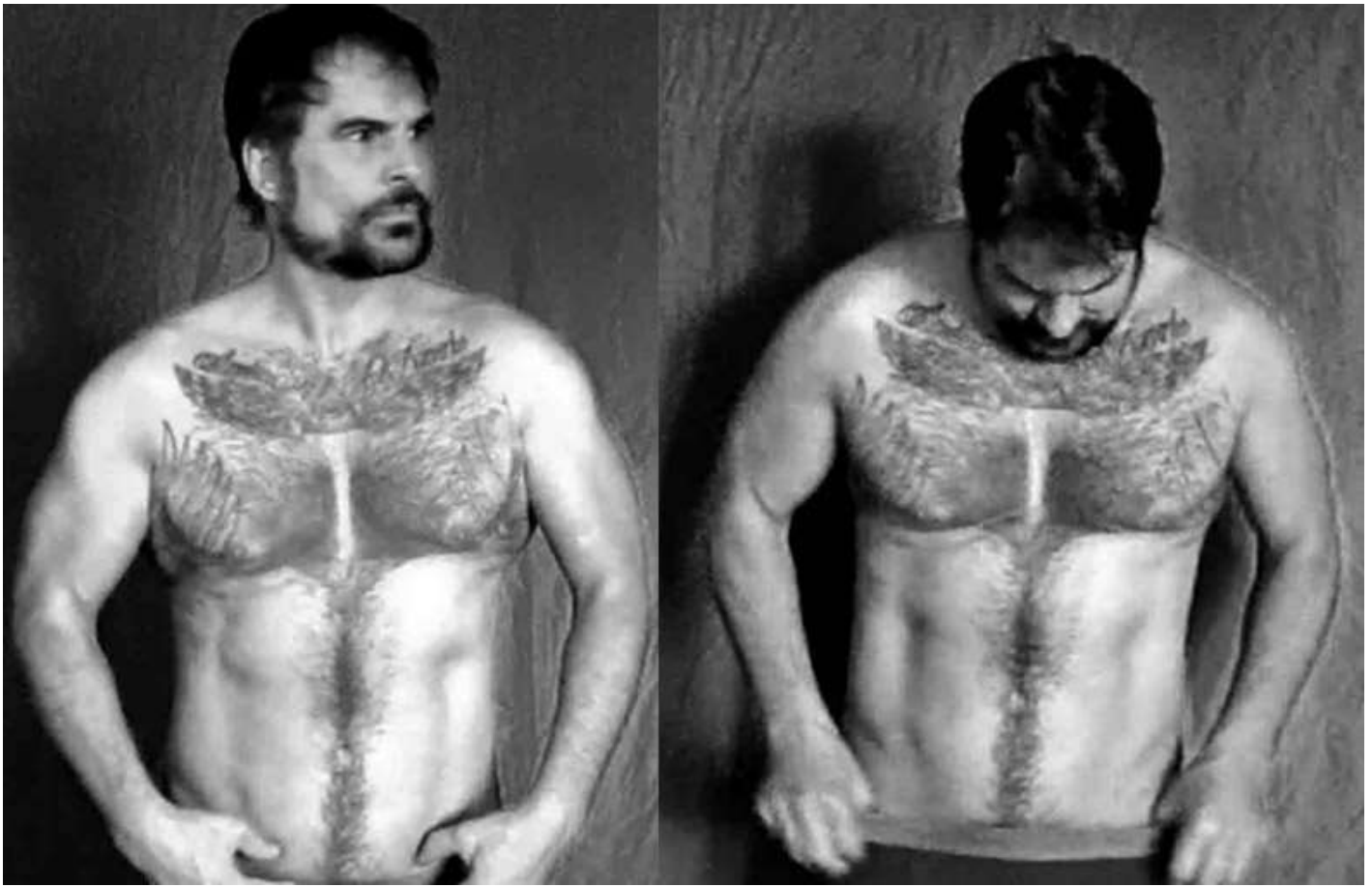
VOGUE: Goldie Hawn Is the Trampoline Queen! Here's Why It's the Perfect At-Home Workout During Quarantine

<https://www.vogue.com/article/trampoline-workout-rebounding-benefits>

This article explains more on how rebounding tightens skin:

Cellercise: Does Rebounding Help With Sagging Skin?

<https://cellercise.com/blog/does-rebounding-help-with-sagging-skin/>



This article explains trampoline rebounding benefits – and suggests several ways to use one: **Dr. Axe: The Benefits of a Trampoline Workout and Rebounding by Kyra Oliver**

<https://draxe.com/fitness/trampoline-workout/>

Trampoline Workout Benefits

1. *Easy on the Joints*
2. *Strengthens Cells and Improves Cardiovascular Development*
3. *Improves Immune System Function Due to Lymph Flow*
4. *Helps with Balance*
5. *Builds Physical Strength, Muscular Development and Proprioception for Athletes*

ONE OTHER EXERCISE EACH DAY...

(many more pages)

CHAPTER 4 COSMETIC SHORT-CUTS AND OPPORTUNITIES

Napoleon Hill: “It is always your next move.”

In the age of technology, why ignore the potential advantages of cosmetic surgery? It’s available, easy and affordable. Not being happy with the way I looked, over my life I have had many surgeries, and my income is usually only middle class.

Even though I was a soap opera star at 24 to 27, I felt I looked better on camera than in real life and never really liked the way I looked. Three years after I left the show, when I was 30, I had:

ears pinned back

chin implant

bucceling (fashionable then, to carve out fat in lower face)

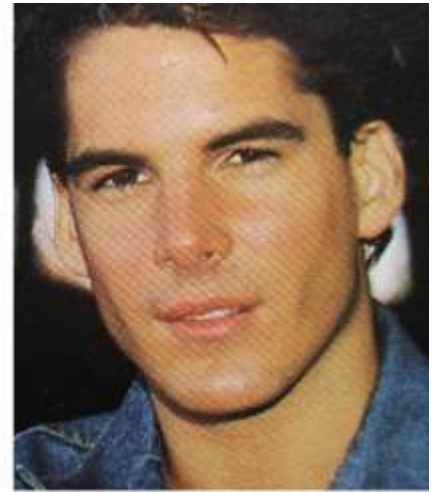
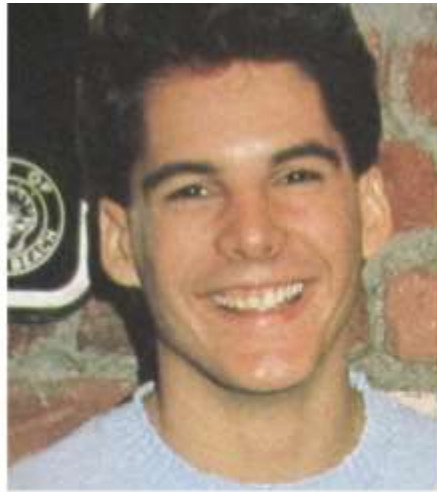
silicone to widen jaw, make it squarer

silicone in nose to lengthen it and bring down the tip (it used to turn up)

minor lipo in stomach and lower back sides

some of that lipo fat injected into my penis (why not? no regrets – and I show the full Monty in my other books like **Young, Gay & Restless: My Scandalous Onscreen & Offscreen Sexual Liberations**)

*also got veneers (no one sees my bottom teeth so I just did the visible top teeth)



Teeth, ears while on *The Young & The Restless*, 1986-89. Photos by Tony Rizzo.



Headshot by Barry King shows wider jaw, longer nose, ears pinned back, as does *Murder, She Wrote* pic.

2009 shot shows veneers lasting.

The veneers were done in Marina Del Ray in 1991 for about \$5000 for 10 upper teeth. These were twice the size of my corn teeth and made a wonderful difference in my smile. Even though I had braces as a kid, I was still self-conscious of my little teeth on the soap opera and developed a grin which I felt was more flattering than a toothy smile. Porcelain veneers generally last ten years but except for one front tooth and another further back, all mine have lasted over 30 years. I ...

(many more pages)



POPULAR COMETIC PROCEDURES, PRICES...

(many more pages)

C O M P L E T E
C O O K B O O K

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V E G A N
O P T I O N S

WHAT I HAVE EATEN ALMOST EVERYDAY FOR YEARS

All these recipes are in upcoming COOKBOOK sections.

- 1) 5AM. First thing, even before water: 12 to 16 oz healing celery juice.
- 2) 5:30AM. Two healthy pancakes with grated ginger and pure maple syrup, with coffee and almond milk.
- 3) 7AM. 16oz of pine needle tea (with my creatine).
- 4) 7:30AM. An orange and half a cucumber.
- 5) 10AM. Lentil carrot soup.
- 6) 11AM. Two more healthy pancakes, cold (tastes like apple fritters).
- 7) Noon. Air fries with garlic, sea salt, black pepper and turmeric, with vegan ranch dressing.
- 8) 1PM. Mixed nuts.
- 9) 2PM. Banana.
- 10) 3PM. Chopped salad.
- 11) 4PM. My afternoon glass of pine needle tea (with more creatine).
- 12) 6PM. Small supper is variable, maybe only garlic mushrooms, or steamed stinging nettle I collected from the creek, or a cauliflower marinara or a quinoa pasta, or half a small pizza or any other recipe in this book. The less complicated it is, the better I feel, because combo dishes can bloat me. In the summer I may skip this meal and just have watermelon. SKIP THIS MEAL TO GET A FLAT STOMACH.

NOTE: In the last months I have added occasional free range eggs back into my diet, and I may have two soft boiled ones here as my small supper.

13) 8PM. More mixed nuts or grapes or melon, or popcorn if I watch a movie.

I eat this everyday because it's so good! Although there is no sugar or flour or gluten or bread or cheese or dairy or meat, using healthy substitutes creates meals every bit as delicious! How could one feel like they are missing out when they eat pancakes, fries and mixed nuts (and more!) every day? This high carb menu works for me -- keeps me very satisfied, fit and full.

Abraham-Hicks: *What you are living is always an exact replication of your vibrational patterns of thought.*



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INTRODUCTION

Studies repeatedly confirm vegans are healthier and that a vegan diet with tons of fresh fruit and vegetables can even reverse many diseases.

You'll be pleased to know finally there really are excellent fake meats and cheeses and it's easy to use healthy ingredients as substitutes for unhealthy ones.

Over 20 years, I went from no red meat to no chicken to no fish to no dairy to no eggs to no fried to very little gluten to very little oil and now very little processed foods, but added back occasional eggs. There are some imitation meat recipes in this book which worked great for me as transitional foods, but the truth is the less processed foods we eat, the better. All these recipes are easy and low fat and you can eat any of these nonstop and not gain weight, except for the processed foods.

I hope these foods bring you health, joy, and a very long life.

FYI: "Veggan," or ovo-vegetarian, are terms for flexible vegans who include eggs from ethically raised hens.

SECTION 1

BATTER, PASTRIES, PIES



PANCAKE / MUFFIN / COOKIE / ROLL BATTER



I LOVE bread, but would be obese if I allowed myself bread, because I wouldn't be able to stop eating it. Instead, I make a very healthy alternative. Most breads, pancakes, muffins, and rolls have eggs, sugar, flour, butter, and milk. My healthy substitute has none of those – and tastes very satisfying!

I make a large amount of this heavy dense batter that lasts me all week, two servings each day. Presently I am addicted to this batter as 2 pancakes each morning and 2 cold and chewy pancakes to snack on later (which taste a bit like apple fritters).

This same **HEALTHY BIERDZ BATTER** I use for cookies, muffins and rolls. You'll see it's mainly oats, sweet potato, banana and apple sauce – but you'll see how I pack extra nutrients in it – and you can also sneak in your own nutrients. Nothing bad for you in it!

12 cups oats

5 very ripe bananas

4 cups sugar free apple sauce

1 large sweet potato

2 cups pine pollen (you don't need it, but it's very nutritious and I collect it annually)

1/2 cup flax seed (for nutrition, but not needed. I grind half a cup of flax seeds in my coffee grinder, then soak these for a few minutes in a cup of distilled water [I only drink distilled water]. This flax seed “milk” thickens and moistens the batter)

1/2 cup chia seeds (for nutrition, but not needed)

1/2 cup nutritional yeast (for B12, but not needed here, but vegans need B12)



TOPPINGS COULD VARY:

nuts

blueberries

apple

ginger

pure maple syrup

garlic, onions (if making rolls)

pizza toppings (if making rolls)

chocolate

First, wash and cut the steamed potato in small pieces. Steam it until it's soft. Then in a huge pot, mush this with the apple sauce and bananas (save the banana peels for my vegan bacon recipe). Mix in all other ingredients (add oats last) one at a time, then stir. Use or refrigerate.

Each morning I take out enough of this heavy grainy mixture for 4 pancakes and knead in my fruits and nuts of choice. Lately it's been a small sliced apple, half a cup blueberries and half a cup of chopped pecans.

Melt coconut oil on frying pan, then position in the 4 stiff hand-molded pancake patties (about 5 inches round). Cook on medium heat 10 minutes or until bottom is a crisp brown, then flip and do the same. These taste better crisp than spongy, especially later when cold, like a fried donut.

Place the two pancakes on a plate with shaved ginger. Enjoy wiping forkfuls one at a time into pure maple syrup.

This same batter can be used as waffles, cookies, rolls or muffins. Just add your choice of nuts and fruit, mold them any size and sauté or bake.

For cookies or muffins bake for over 30 minutes at 400 degrees or until browned.

I eat as is, but when I have company, I offer my chocolate chip or fruit and nut cookies with a dab of coconut oil, or sprinkle of Thai coconut sugar, or a smear of vegan cream cheese.



Cookie option with nectarine, plum, blueberries, pecans and topped with shaved ginger.



Waffle option – with fresh strawberries, dates, pecans and Thai coconut sugar.

For a great **chocolate chip cookie**, massage walnuts and 100% cocoa bits into the batter. These will not be sweet, so if you want sweet, after they are baked, add a dab of syrup or honey on each.



INSTANT PIE

Vegans who are trying to eat whole foods need to have healthy foods handy or they'll crave unhealthy foods. Because I have a



very fit athletic body it may appear I have great will power to fight off fattening foods – but the truth is my will power is great in the store because I never bring home anything fattening. But I eat all day at home – so I

only have healthy food to chow on. That being said, in public functions I cannot resist fattening foods. So at home, to satisfy my fat cravings, I always have healthy substitutes readily available. HAVE BANANAS, MOIST MEDJOOL DATES AND NUTS WITHIN REACH. A cold mock raw pie is every bit as delicious as any homemade pie!

1 banana

1 other fruit

4 moist Medjool dates

12 nuts

Dice up the banana and dates in a bowl, then add one other fresh chopped fruit (pear, apple, peach, plum, berry, etc.) and a handful of nuts (pecans best, then walnuts or almonds [peanuts if nothing else]).

Try to get a forkful of all 4 ingredients and it'll taste like a very sweet creamy fruit pie! The banana tastes like cream pie filling, the pecans taste like crust and the dates taste like sugary egg flour!



A faster version of a fake pecan pie is just putting 1/2 cup of pecans and 6 chopped Medjool dates in a bowl. Get some soft date and pecan in each bite and you'll swear it was pecan pie!

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(many more pages)

250 pages total