

# Natural Lifestyle COOKING

*Healthy, tasty, plant-based recipes*

**ERNESTINE FINLEY, BS, BA**

Cover photo, p. 13 (Grape Juice), p. 14 (Fruit Punch), p. 16 (Orange Juice With Fruit), p. 43 (Granola),  
p. 88 (“Turkey” & Dressing, small), p. 106 (peanut butter sandwich), p. 131 (asparagus, broccoli),  
p. 132 (carrots) by Ernestine Finley

Photography by David Johns

Designed by Michelle C. Petz

Copyright © 2011 by Pacific Press® Publishing Association

Printed in the United States of America

All rights reserved.

The author assumes full responsibility for the accuracy of all facts and quotations as cited in this book.

Unless otherwise indicated, Bible references are taken from The New King James Version, copyright  
© 1979, 1980, 1982, Thomas Nelson, Inc., Publishers. Used by permission. All rights reserved.

You can obtain additional copies of this book by calling toll-free 1-800-765-6955 or by visiting  
[www.adventistbookcenter.com](http://www.adventistbookcenter.com).

Library of Congress Cataloging-in-Publication Data

Finley, Ernestine.

Natural lifestyle cooking : healthy, tasty plant-based recipes / Ernestine Finley.

p. cm.

Includes index.

ISBN 13: 978-0-8163-2616-7 (spiral hardcover) ISBN 10: 0-8163-2616-9 1. Vegan cooking. 2. Cooking (Natural foods)

I. Title.

TX837.F4756 2012

641.5'636—dc23

2011043784

11 12 13 14 15 • 5 4 3 2 1

## *Dedication*

**A**fter conducting Natural Lifestyle Cooking classes for the past forty years, I think about the people who have been most affected by my cooking and recipes. My husband, Mark, and our three children, Debbie, Rebecca, and Mark Jr., have experienced my cooking on a daily basis. This cookbook is dedicated to you.

I thank the Lord for each of you and for the good health you have had through the years. My purpose in preparing healthful plant-based meals has always been to keep you healthy and energetic. I pray that God will continue to give you abundant health.

**Mark**, DDiv, MA, thank you for your constant support. I have enjoyed working together in our Natural Lifestyle Cooking nutrition classes through the years. I appreciate the time you have spent editing a number of sections in this cookbook. Thanks for being such a great husband and wonderful companion in ministry.

**Debbie**, DO, MSPT, your hard work, determination, and persistence in all you do, including accomplishing both a degree in physical therapy and medicine with a specialty in neurology, has been motivational for me. These unusual accomplishments along with your giving spirit are such an inspiration for my own life.

**Rebecca**, RD, BS, you have been an inspiration to me in so many ways. Your cheerful can-do spirit has motivated me to strive for excellence. Your patience and willingness to always help and answer my questions has encouraged me. Your knowledge in nutrition and dietetics has been extremely helpful. Your gentle, kind and loving spirit has blessed me greatly.

**Mark Jr.**, MS, BS, you have always encouraged me. Thank you for the person you are and giving me great counsel in the area of your specialty—health and wellness. Your positive spirit and upbeat attitude brings me such joy. Your wisdom and insight is always so helpful.

All of you have contributed to the quality of my life in a variety of ways. Your knowledge of health has positively influenced my thinking over the years. Because all of you are in the medical field, you inspire me to maintain my health and live life to the fullest. I am so proud of each of you.

My life has been enriched and greatly blessed by my children, their spouses (Kevin, Loren, and Denise), and now my grandchildren. It is for this reason that I dedicate this cookbook to them along with my husband, Mark, wishing each one optimum health, long life, and lasting joy. Thank you for the love and support you have given to me. I love you all.





## *Contents*

Foreword . . . . .	6
Preface . . . . .	9
Acknowledgments . . . . .	10
<b>Beverages . . . . .</b>	<b>11</b>
<b>Breads . . . . .</b>	<b>19</b>
<b>Breakfast. . . . .</b>	<b>39</b>
<b>Entrées . . . . .</b>	<b>61</b>
<b>Salads . . . . .</b>	<b>93</b>
<b>Sandwiches . . . . .</b>	<b>105</b>
<b>Soups . . . . .</b>	<b>119</b>
<b>Vegetables . . . . .</b>	<b>129</b>
<b>Desserts . . . . .</b>	<b>145</b>
Toward a Healthy Thanksgiving . . . . .	167
Special Ingredient Explanation . . . . .	170
Eight Natural Lifestyle Secrets . . . . .	173
Index . . . . .	190

## Foreword BY MARK FINLEY

**M**y wife is a great cook. She has kept me healthy with her natural lifestyle cooking for more than forty years. My extensive international travel demands that I am in top shape. I cannot risk illness or a lack of energy because of a poor diet. My rigorous schedule necessitates that I am mentally alert, physically healthy, and spiritually in tune with God.

For this reason, in our home my wife prepares wholesome vegetarian dishes with top-quality ingredients served as naturally as possible. We are convinced that the best diet is the plant-based fare that our Creator gave us in the beginning. God did it right the first time.

Extensive scientifically sound research confirms the value of a plant-based diet in lowering the risk of heart disease, stroke, certain types of cancer, diabetes, obesity, and a host of other twenty-first-century lifestyle diseases.

Millions of people recognize the benefits of a plant-based diet. They are reducing their meat intake or eliminating it altogether. They are increasing the amount of fruits, nuts, grains, and vegetables in their diet. These health-conscious people are reaping the rich rewards of good health and increased energy.

My wife, Ernestine, has not only fed our family well and kept our three children healthy, she has also shared these principles of healthful eating and her delicious vegetarian recipes with audiences internationally. Her extensive experience in conducting Natural Lifestyle Cooking schools spans forty years.

In these four decades, she has conducted 250 separate Natural Lifestyle Cooking classes. Her practical topics include homemade bread-baking made easy, making breakfast a better meal, meal balancing, adequate protein without meat, and simple, healthful desserts.

More than 25,000 health-conscious individuals seeking to improve their quality of life, lower their risk of disease, and increase their longevity have attended her classes. During these class sessions, they have sampled more than a quarter of a million tasty, nutritious food items. Each one of these Natural Lifestyle Cooking participants is a positive testimony for the tasty plant-based vegetarian recipes you will discover in this colorful book.



*Natural Lifestyle Cooking* is the result of years of experimenting with, refining, and perfecting recipes in our home kitchen. This book is a reflection of the way we eat at home every day. This is not simply a collection of recipes gathered from other existing vegetarian cookbooks and included here because they appeared to be healthful and taste good. These are the recipes that my wife prepares in our home and the ones our children grew up eating.

My daughter Debbie describes her mom's cooking this way: "Mom's cooking is really tasty and nutritious at the same time. Growing up, I always enjoyed Mom's fabulous home-cooked, healthful meals. When my parents visit us now, it is a real treat when Mom brings some of her delicious homemade granola."

I asked my daughter Rebecca, "What do you think of Mom's homemade bread and oven brown granola?" She commented, "I grew up on Mom's homemade bread and granola. I still remember the house filled with the delightful aroma of homemade bread. It's delicious. There is nothing quite like it." She then added, "On Friday nights we often had homemade soup. It was a highlight of the week."

Our son, Mark, commented, "One of the tests of great food is whether your teenage friends can't wait to come over to your house to eat. During my teenage years, my buddies often crowded around the table at mealtimes and could not get enough of Mom's food."

Our grandchildren are now enjoying "Grandma's" cooking and are experiencing the delight of her vegetarian dishes.

Now you will have the opportunity to taste some of these natural plant-based Finley family recipes. As you do, I wish you abundant health, boundless energy, and a sense of closeness to the God who made you. May this book bring joy to your life and health to your body.

And one more thing. Our grandson, Dyson, recommends the banana-strawberry smoothies. You won't want to miss this fabulous health drink.

**Mark A. Finley, healthy husband**





## Preface

Welcome to an adventure in Natural Lifestyle Cooking. The reason I have written this cookbook and provided photographs for all the recipes is to give you a variety of ideas and recipes that will help you to be healthier and happier, and to live a longer, more productive life. I hope you enjoy these tasty, nutritious plant-based vegetarian recipes as much as our family does.

A diet of fruits, nuts, grains, and vegetables is the diet chosen for us by our Creator. God provided nature's food at the beginning to give us optimum health. His dietary plan cannot be improved upon. Good nutrition necessitates focusing on a wide variety of wholesome plant-based foods with an array of colors. The more variety and color, the better. The best way to get the nutrients we need is from natural foods. Foods that are in their natural state, the way nature prepared them, are nutritionally balanced and the best for our health. Increasing scientific research reveals that a plant-based diet can lower the possibility of many of the twenty-first-century lifestyle diseases, such as heart disease, stroke, and cancer.

This is why as a wife and mother I have been extremely conscious of feeding my family the best quality meals to provide them with a foundation for good health. I am convinced that one of the best gifts that we can give our families is the gift of good meals. As you prepare these healthful recipes, you are giving your family a wonderful gift each day.

Generally the recipes in *Natural Lifestyle Cooking* cookbook will serve four to six people, depending on the individual's age and appetite. Of course, the bread and dessert recipes are designed to serve more people. However, the bread, along with many dessert recipes, can be frozen very nicely.

You will notice that after most recipes there is a nutritional analysis; however there are many nutrients not listed. Therefore, in addition to the few nutrients listed in the nutritional analysis, fruits, nuts, grains, and vegetables used in these recipes contain large amounts of essential vitamins, minerals and food elements for optimum health. Although the limited nutritional data is important, a healthy diet includes more than mere numbers. Healthy eating patterns are the result of choice and managing the types of food we eat. Knowing the nutritional value of basic foods is an aid in feeding our families the most healthful diet. Use the nutritional analysis as a guide to educate yourself about some of the nutritional qualities in the various recipes.

As you include all types of plant foods in your diet and eat an abundance of fruits, nuts and seeds, grains, legumes, and vegetables in as natural a state as possible, you will be on the road to good health. I hope you enjoy making these recipes and your family enjoys eating them as much as I have enjoyed preparing this *Natural Lifestyle Cooking* cookbook especially for you.

**Ernestine Finley**

## Acknowledgments

The production of a cookbook the quality and magnitude of *Natural Lifestyle Cooking* is an enormous amount of work. One of the biggest challenges is producing professional photographs to illustrate the recipes. This necessitates making every recipe for the photo shoots. I would like to express special thanks to the following people who helped me shop for food, cut fruits and vegetables, chop nuts, make recipes, loaned dishes for the food displays, and cleaned up at the end of the day.

**David Johns**—A special thank you for the professional photography. Your exceptional talents have really enhanced this cookbook.

**Joanne Hansen, Daryl and Svetlana Hansen**—A special thanks to you for graciously allowing me to use your homes to prepare the food displays and turning your kitchens, dining rooms, and family rooms into photography studios. Joanne and Svetlana, I also appreciate your help in making some of the recipes.

**Nancy Hansen Orr**—Thank you for the many hours you spent assisting me in shopping, preparing recipes, contributing ideas for the food displays, and helping me organize the people for the food preparation each day. You were a great encouragement.

**Cheryl Romrell**—Thank you for assisting me with the food displays. Your special touch made such a difference.

**Colleen Anderson, Sonja DeRose, Angela DeRose, Denise Finley, Lexi Hansen, Sheryl Hasenauer, Linda Henry, Beth Johns, Janalin Johns, Judi Johns, Carol Lopez, Doris Nashland, Kenny Orr, Amanda Plank, Anna Plank, Kelly Plank, Sue Walden, Lena Williams**—Thank you for chopping, cutting, making various recipes, loaning dishes, cleaning up, sampling recipes, and assisting in so many ways. You were an excellent team to work with.

I would also like to add a special thanks to:

**Pastor Mark Finley, DDiv**—Thank you for the time you spent going through the manuscript, editing, and enhancing this cookbook. You have not only enriched this cookbook, but you have enriched my life greatly.

**David DeRose, MD**—Thank you for your counsel in the section on WELLNESS and the health information on the divider pages. I deeply appreciate the time you spent on this project.

**Pacific Press**<sup>®</sup>—Thank you for all the effort you put into this cookbook, especially Michelle Petz, Bonnie Tyson-Flyn, and Jerry Thomas. I am thankful and blessed to have a great publisher.

Most of all, I want to thank my **Heavenly Father, the Creator of the Universe**, for the colorful, tasty, and nutritious food He has given us so we might be healthy and well. I also want to thank Him for giving me the wisdom, knowledge, guidance, and energy to complete this project.



# *Beverages*

*Smoothie, p. 16*



# Beverages

can be an important source of vitamins, minerals, and antioxidants. However, drinking adequate amounts of water should not be overlooked. Water is vital for health. Although there are many factors that contribute to our well-being, water ranks near the top. It is the most foundational element of health. In a very real sense, it is the single most important nutrient for our bodies. It is needed for every function of life. Water is involved, directly or indirectly, in virtually every single body process, including digestion, absorption, circulation, and elimination. As a vital constituent of our blood, it is the primary medium for transporting nutrients and removing toxins from the body. Without water, none of these processes could happen.

**I**n this section I want to encourage you to drink more vitamin rich fruit and vegetable drinks filled with antioxidants. You may want to use these fruit or vegetable drinks as an occasional third meal. You will see photographs of these natural juices, and I will share the health benefits of drinking them, along with our absolutely luscious fruit smoothies and tofu milkshakes.

But first let's take a moment to consider the importance and benefits of water on pages 174–176. It is creation's cheapest and most beneficial health drink. God created us to rely on water. Drinking adequate amounts of pure water will do as much to improve our health as anything else we can do. However, natural fruit juices are power packed with vitamins and antioxidants. Juices and other natural beverages as described in the pages that follow can be a great way to enhance your diet, providing needed nutrients. These beverages can also be a delicious way to get more calories—without filling up—if you have a high metabolism or are very thin. However, beware if you have weight problems. Excessive use of juices and other caloric beverages can contribute to obesity. Here is the reason: Beverages give you relatively little sense of being completely satisfied for the amount of calories they provide. So when you fill up on these items, you'll generally take in more calories than you would have by eating the whole ingredients. Enjoy these refreshing and rejuvenating qualities of drinking nature's health drinks. But use them temperately.

# Delicious & Nutritious 100 Percent Fruit Juices



One-hundred-percent juice is the liquid contained in fruits or vegetables that are rich in many of the nutrients found naturally in whole fruit. It is prepared by squeezing fruits or vegetables without using heat or solvents. Juice can be prepared in the home from fresh fruit and vegetables using a variety of electric juicers. There are also many healthful 100 percent fruit juices available in your local grocery and health food stores. Common examples:

**GRAPEFRUIT JUICE** is an excellent source of many nutrients and phytochemicals that contribute to health. Grapefruit is a good source of vitamin C and fiber pectin; the pink and red hues contain the beneficial antioxidant lycopene.

**GRAPE JUICE** is rich in antioxidants such as anthocyanins, flavones, geraniol, linalol, nerol, and tannins. The antioxidants present in grape juice can boost our immune systems.

**ORANGE JUICE** is rich in vitamin C, folic acid, and potassium; it is an excellent source of antioxidant phytochemicals. One 8-ounce glass of orange juice gives you at least 100 percent of the recommended Daily Value for vitamin C. A prominent cancer researcher, Dr. Gladys Block, PhD, reports that people with low vitamin C intake (less than 50 mg/day) appeared to have approximately twice the cancer risk, compared to people with higher (greater than 100 mg/day) vitamin C intake.

Source: Block, G. "Vitamin C and Cancer Prevention: The Epidemiologic Evidence." *American Journal of Clinical Nutrition*. 1991; 53(Suppl):270S-282S.



# Fruit Punch

3 c. unsweetened pineapple juice, chilled  
 3 c. apple juice, chilled  
 3 c. orange juice  
 2 bananas  
 2 c. frozen strawberries, partially thawed  
 ½ c. frozen grape juice concentrate  
 2 c. sparkling mineral water  
 1 qt. sparkling grape juice  
 1 c. sliced fresh strawberries  
 1 fresh lime, sliced

**COMBINE** pineapple, orange and apple juices in punch bowl. **PUREE** bananas and strawberries in an electric blender with 1 cup of the above juice mixture. **MIX** the pureed fruit into the pineapple, apple and orange juice. **ADD** mineral water and sparkling grape juice just before serving. **GARNISH** with strawberry and lime slices.

**NUTRITION ANALYSIS (Per serving: 1/26 recipe)**  
 Calories 122 Total Fat 0.3g Saturated Fat 0g  
 Sodium 7.7mg Total Carbohydrate 30.2g  
 Dietary Fiber 0.9g Protein 0.7g

## Holiday Beverage

Sparkling apple-grape juice is a nonalcoholic 100 percent juice that is lightly carbonated with no added sweeteners or preservatives. The sparkling red grape and sparkling apple-grape is a Finley favorite on the holidays.





*Nutritious juices combined with fresh fruit are an excellent source of vitamins and antioxidants. They are easily digestible and nutritious. You can blend a variety of juices with fresh fruit into a single beverage according to your taste. The recipe below is a sample of these delicious fruit drinks.*

## Orange-Banana Beverage

3 large bananas  
 3 c. unsweetened pineapple juice  
 2 (12-oz.) cans frozen orange juice  
 1 (12-oz.) can frozen lemonade

**BLEND** bananas with pineapple juice in an electric blender. **TRANSFER** to serving container. **ADD** orange juice and lemonade, along with the amount of water called for to reconstitute the frozen juices.

**NUTRITION ANALYSIS (Per serving: 1/27 recipe)** Calories 108 Total Fat 0.2g Saturated Fat 0g Sodium 3.2mg  
 Total Carbohydrate 26.8g Dietary Fiber 0.72g Protein 1.1g



# Orange Juice With Fruit

2 cups orange juice  
 1 banana  
 1 c. frozen cubed mango  
 1 c. frozen cubed peaches  
 1 c. frozen cubed pineapple (optional, or fruit of your choice)  
 2 c. ice (if you do not use frozen fruit)

**COMBINE** ingredients in an electric blender. **MIX** and enjoy!

## NUTRITION ANALYSIS (Per serving: 1/4 recipe)

Calories 144 Total Fat 0.6g Saturated Fat 0.1g Sodium 2.8mg  
 Total Carbohydrate 35.6g Dietary Fiber 2.9g Protein 2.0g

## Smoothie

*Pictured on p. 11*

*Smoothies are thick beverages consisting of fresh or frozen fruit pureed with juice.*

1 c. orange juice  
 2 pitted dates  
 1 apple  
 1 frozen banana  
 ½ c. frozen peaches  
 ½ c. frozen mangoes  
 ½ c. frozen pineapple  
 2 c. frozen strawberries

**BLEND** orange juice, dates, and apple in an electric blender. **ADD** all other fruit and blend until smooth.

**TOFU FRUIT SMOOTHIE:** Add ¼ c. almonds and 1 c. silken tofu.

*Note: A variety of fruit can be used to change the flavor of the smoothie.*

**NUTRITION ANALYSIS (Per serving: 1/2 recipe)** Calories 323 Total Fat 1.1g Saturated Fat 0.2g Sodium 13.0mg  
 Total Carbohydrate 81.9g Dietary Fiber 10.6g Protein 3.4g

## Strawberry-Almond Milkshake

*A milkshake is a beverage consisting of milk, ice cream, fruit, and flavorings. We use almond milk and soy ice cream in place of dairy products.*

1 c. 100% orange juice  
 5 pitted dates  
 ¼ c. almonds  
 2 frozen bananas  
 1 c. almond milk  
 ½ c. silken tofu  
 2 c. frozen strawberries  
 ½ c. vanilla soy ice cream  
 1 c. ice cubes

**BLEND** orange juice, dates, and almonds in an electric blender. **ADD** frozen bananas and blend well. **ADD** remaining ingredients and puree until smooth.

**NUTRITION ANALYSIS (Per serving: 1/4 recipe)** Calories 279 Total Fat 9.8g  
 Saturated Fat 1.0g Sodium 86.0mg Total Carbohydrate 46.2g  
 Dietary Fiber 6.2g Protein 5.8g





*Strawberry-Almond Milkshake*

# Vegetable Juices

**CARROT JUICE** is pressed from fresh carrots. It has a high content of beta carotene, which gives the body vitamin A, B-complex vitamins, vitamin E, and many minerals. Drinking carrot juice is a healthful choice. In a glass of carrot juice made from one pound of fresh carrots, the following food values have been identified: 12 grams of protein; 18 grams of carbohydrates; 69 milligrams of calcium; 1.3 milligrams of iron; 635 milligrams potassium; 20,460 International Units (IUs) of vitamin A as beta carotene; 15 milligrams of vitamin C; and small amounts of B vitamins.

Source: *United States Department of Agriculture Handbook.*



**GREEN DRINK:** Eating a wide variety of colorful vegetables provides essential vitamins, minerals, and phytonutrients that we need to promote good health. Getting some of the nutrients in vegetable drinks for a third meal is beneficial; however, remember, we need to eat the entire vegetables as well to get adequate fiber.

**HINT:** *You can purchase vegetable juices at your local grocery or health food store. However, if you are making your own, adding carrots and even an apple to your green vegetables makes the beverage very tasty.*