

CANDIDA DIET

FOODS TO EAT FREELY (Page 2)

FATS AND OILS

--extra virgin olive oil (different flavors available in ethnic, health food and fine food stores
 --flax oil (organic, refrigerated and dated). Do not heat flax oil. Use in cold form only for salad dressing, in better butter*, or on cereals or vegetables.

sesame oil	safflower oil
sunflower oil	walnut oil
unsalted dairy butter	better butter*
homemade mayonnaise	homemade salad dressings

***Recipe for this item is in next column**

CONDIMENTS

sea salt	black & white ground pepper
chopped parsley	chopped scallions
sesame seeds, preroasted	sunflower seeds, preroasted
nuts, preroasted	

--fresh lemon or lime (OK in small amount needed for salad dressing
 --fresh herbs (no dried herbs): basil, cilantro, & dill are favorites
 --experiment with replacing vinegars with lemon grass & lemon balm for tangy tastes in salad dressings

NOTE : Save liquids left in the pan after you cook vegetables. This liquid is full of good nutrition, can be used as a hot or cold drink, and can also become a soup or sauce base.

SNACKS

fresh vegetables from allowed list	homemade hummus
sauerkraut	seed or nut dips & spreads
popcorn (fresh air-popped at home)	hard-boiled eggs
cold chicken pieces	bean spreads
seeds & nuts	

TIPS & RECIPES

--**LEFTOVERS:** should be frozen if they will not be used the next day. Mold grows rapidly in food which is not frozen.
 --**VEGETABLES:** The more fresh raw vegetables you have at a meal the better. If vegetables are cooked, do them al dente.
 --**GARLIC:** Yeast is sensitive to the phytochemicals in garlic. Increase daily intake.

Better Butter Recipe
1 stick (1/2 cup) unsalted butter at room temperature
1/2 cup pure flaxseed oil
 With electric mixer, blend together until light & fluffy. Store in glass container. Will be spreadable when cold. Use as butter.

Almond or Cashew Dip

1/2 lb tofu, mashed	1/8 tsp stevia (equal to 2 tsp sugar)
3 tbsp lemon juice	1/2 tsp sea salt or to taste
2 tbsp oil	1/4 cup roasted almonds (cashews)

Blend 1st 5 ingredients in blender until smooth and creamy. Pour into a bowl and fold in the chopped nuts. Chill briefly before serving.

Almond or Cashew Butter
 Omit tofu, lemon and stevia from above dip and thin with water.

Almond Milk (or Cashew Milk)

1 cup almonds (or cashews)	1 tbsp oil (almond oil if possible)
4 cups pure water	dash sea salt

Drop almonds into boiling water to cover. Boil for 30 seconds, remove from heat and let sit for 3 minutes. Drain and squeeze the skins from the almonds. Combine almonds with remaining ingredients in a blender and blend for two minutes. Line a colander or strainer with two layers of cheesecloth and strain liquid. Squeeze out as much liquid as possible. Store covered in the refrigerator. Extra can be frozen.
 (Same recipe can be used with cashew & filberts. Blanch cashews in hot water since there are no skins and they are softer.)

Sesame Milk (Great for Cooking)

1/3 cup raw sesame seeds	2 1/2 cups pure water, divided
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Wash sesame seeds in cold water and drain well. Place in blender with 1/2 cup water and blend on high speed for one minute. Add remaining water and blend again. Can be used immediately for cooking purposes or refrigerated for future use.