

FREE Food e-Magazine

When It's Smokin', **It's cookin',** November 2016

Eggless

Chocolate Travel Cookies

Strawberry Lemonade

Green Chili Cheddar
Hobo Dinner



“Let your food be your
medicine
&
your medicine be
your food”
-Hippocrates’

Forward

For years we have been helping people overcome illness through diet, exercise, herbs, attitude and vitamins.

People are constantly asking us for recipes, classes and help with every day ailments. This magazine is our attempt to spread our knowledge to the world one issue at a time. To empower people everywhere to improve their health and cooking skills along with their ability to take care of their families health needs.

Join us on our journey!

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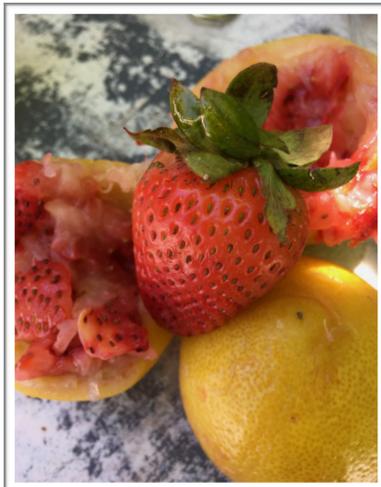
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When It's Smokin' It's Cookin' is published by
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Eggless

Chocolate Travel Cookies

Eggless

Chocolate Travel Cookies



Submitted by: A. Applegate

I love these cookies because they hold up really well and don't crumble everywhere. They also store really well if you cool them completely before putting them in containers. I keep these in the car for snacks.

Ingredients:

2-1/2 cups flour (unbleached)
1/4 cup corn starch
6 Tbsp. unsweetened cocoa pwd.
1/2 tsp salt
1 cup sugar
1/2 cup butter (room temp)
1/3 cup milk
1/2 tsp. Vanilla extract



Instructions:

In a small bowl whisk together flour, cornstarch, cocoa pwd. and salt. In a large bowl, cream together butter and sugar. With mixer on low, add milk and vanilla. Gradually add in the flour mixture until fully mixed.

Shape dough into 2 logs about 1-1/2 inches in diameter and wrap in plastic wrap. Place in freezer for at least 1-2 hours until dough is very firm.

Preheat oven to 375°. Slice dough about 1/4 inch thick-if they are too thick, they won't cook right. Place on cookie sheet and bake for 13-15 minutes, until crisp on the edges. Remove from oven and place on cooling rack

Note: It is hard to tell when chocolate cookies are done so don't over cook or you will have rock cookies.



Strawberry Lemonade

Strawberry Lemonade

Submitted by: Lynn A.

There's nothing like a cold drink on a hot day! Your family will love this lemonade with strawberries to make it pink and flavorful. I love that I know exactly what's in it and what isn't. No dyes!

Ingredients:

4 strawberries
2 large lemons
2/3 cups sugar
1 pinch salt (secret ingredient)
1 gallon water



Instructions:

Blender Method: Remove tops from strawberries and peels from lemons and place in blender with sugar, salt and some of the water. Blend until smooth. add to the rest of the water, stir and enjoy.

Hand Method: We were camping when I last made this recipe so I had to improvise. At home I would have used my blender for the strawberries but while camping I just used my handy lemon juicer. First I cut the lemons in half and juiced them then I simply took the green tops off the strawberries and put one in the juicer and squeezed over a cup or pitcher. Then I scraped the strawberry pulp out into an empty lemon peel and placed it back in the juicer and squeezed again. Repeat with all strawberries discarding pulp when finished. Mix with all other ingredients and enjoy!



Green Chili Cheddar

Hobo Dinner



Green Chili Cheddar

Hobo Dinner

Submitted by: Katheryne

Hobo dinners are great when camping, but we have learned to do them at home too. It is the same basic idea but you bake it in the oven instead of the fire.

Ingredients:

4 cups diced potatoes
1 cup baby carrots
1 onion cut chopped
1 1/2 tsp. salt
1/2 tsp. pepper
1 tsp onion granules
3 Tbsp. butter or oil

Toppings:
1/2 cup cheese
Green Chili

Other:
Heavy duty tinfoil
fire or oven



Instructions: In a frying pan precook first 6 ingredients in butter or oil. Stir occasionally. When mostly done, to your liking, remove from heat. Put in foil.

To Cook it only needs to be in the fire or oven long enough to melt the cheese and warm the chili. **Fire:** 15 minutes, turn every 5 minutes. **Oven:** 350° for 15 minutes.



Place in foil:

Use heavy duty tin foil when cooking in a fire. Lay tinfoil out, shiny side up, place potato mixture in the center. Add cheese and Green chili.



Fold:

Fold tinfoil up around food mix and crimp the edge, folding over twice for a good seal.



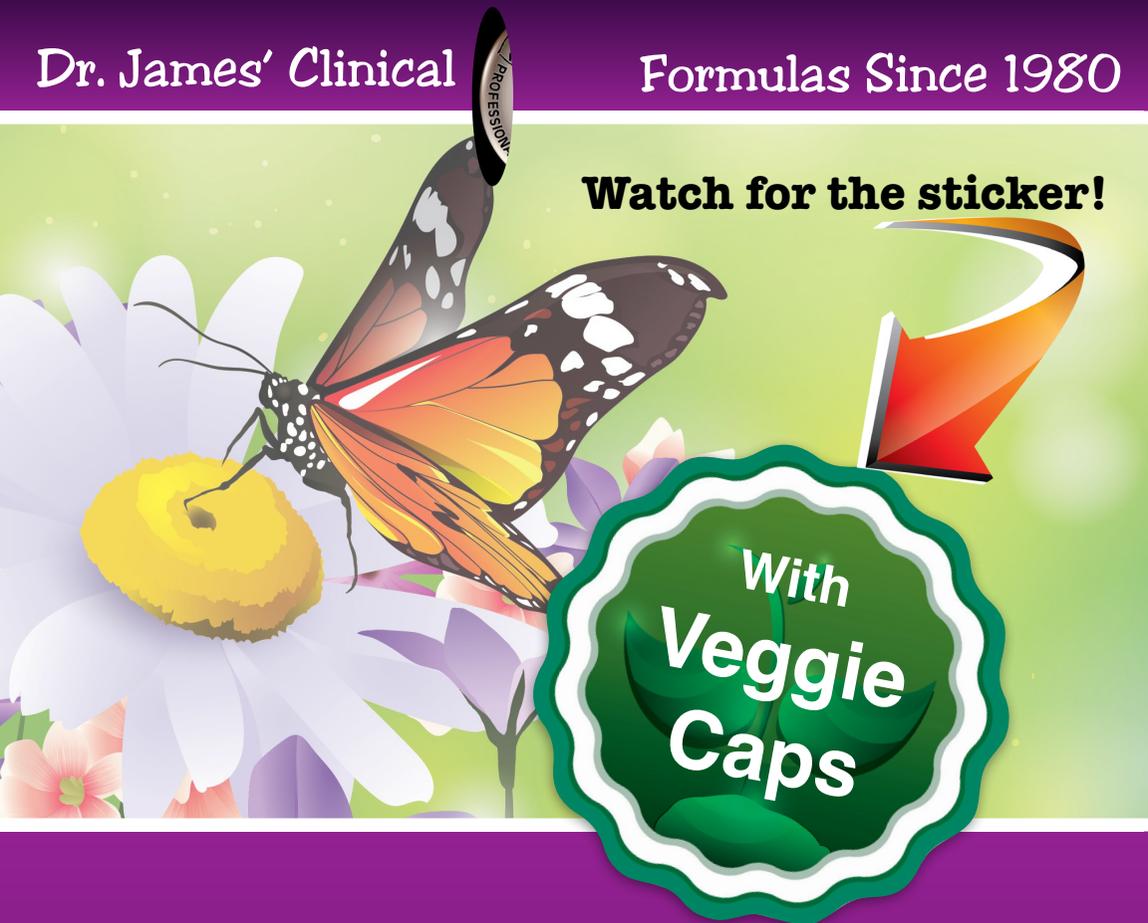
Seal:

Fold each end over twice creating an air tight seal. Lay another piece of tinfoil out, shiny side up, place pocket on it and repeat folds for a total of 2 layers.

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What is Cradle Cap & How Do I Fix It?



Submitted by: E. Nielson

Cradle cap is a yellowish, patchy, greasy, scaly and crusty skin buildup that occurs on the scalp of children under a year. It is completely harmless and very common. Parents might notice the buildup condition on other parts of their child's body, like eyebrows, feet, ankles, around the ears, or in other body creases like armpits. This buildup does not indicate allergies or lack of hygienic care of a child, so new parents can cross that off the guilt list. The buildup is easily fixed at home and cradle cap is usually only a problem for the first 6 months to a year of the baby's life.

I thought that rubbing their heads with a baby brush would hurt their head but I found that it didn't, they only get upset because I have to hold their head still. I find it works so much better than other things that I have used.

Once I learned more about cradle cap and how to fix it, I found it was easy to keep under control.

While it is not really pretty to look at, it is easily fixed and outgrown fast.

What is Cradle Cap and How Do I Fix It?

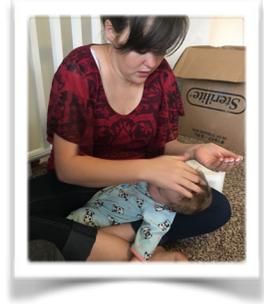
Things you will need:



- Coconut oil
- Baby brush
- Comb

Step 1:

I like to sit cross legged on the floor, with the baby on my lap, so I can work with them easier.



Step 2:

Get about half a tsp. of coconut oil and rub it evenly all over the scalp of the child.

Step 3:

Using circular motions massage the oil in with the baby brush for about 30 seconds to a minute.



Step 4:

Once massaged in, turn the baby brush sideways and help loosen the buildup by brushing sideways and up.

Note:

If your baby has as much hair as mine dose, you will need to part it as you go along so you can make sure to get all of the buildup. Make sure to get behind the ears and around them.



What is Cradle Cap and How Do I Fix It?



To clean the baby brush use the comb and run it through a couple times.



To clean baby feet:

Just get some coconut oil and massage it in to the babies feet until the buildup is gone.

I found that my babies love it, its like giving them a massage.

Note:

coconut oil is so good for babies that I like to use it instead of baby oil or lotion.

To clean eyebrow:

Just use a little coconut oil and massage it into the eyebrow until the buildup is gone.





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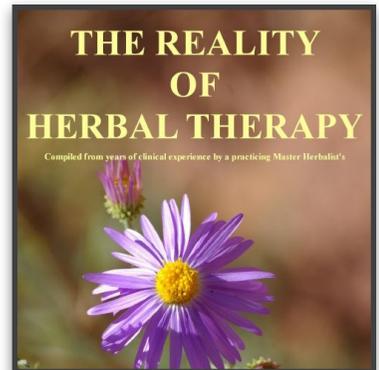
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