



Plant Based Health

healthy food you can swallow

Tasty Holiday Beverages



Homemade Hot Chocolate *by Vivian*

- ¼ c. Cocoa Powder
- ½ c. Turbinado Sugar or ¼ c. of Agave Nectar
- 1/3 cup of hot water
- 3 cups of Non-Dairy Milk (soy, almond, rice)
- Vegan marshmallows, candy canes & whip cream (optional)

1. In a small saucepan heat water. Gently add the cocoa and sugar and blend.
 2. Slowly stir in the Alternative milk. Bring to a light boil and then simmer for 3 minutes.
 3. To make frothy, beat with an electric mixer for a few minutes..
- Add optional items above. Enjoy!

Holiday Spiced Apple Cider *by Katherine*

Gingerbread *by The Cancer Project*



[Click here to watch the video on Delectable Planet!](#)

- 3 Cinnamon sticks
- 2 T. Black Peppercorns
- 1 T. Whole Cloves
- 12 c Apple Juice, unsweetened
- Zest of 1 Lemon



1. Heat 5qt saucepan over medium heat and allow to warm.
2. Place the cinnamon sticks, peppercorns and cloves in the bottom of the saucepan and roast for a few minutes. Stir them occasionally; they should become very fragrant.
3. Add the apple juice and cover.
4. Bring to a light boil, then lower heat to simmer and cook for 30 minutes.
5. Remove from heat and stir in the lemon zest.

Merry Christmas & Happy New Year! *from Katherine, Vivian, Debbie and Kay*

Please Welcome Kay & Debbie!

Our New Cancer Project Instructors in North Texas!



After a career in high-tech marketing, sales and corporate training, Kay Kitchens decided to pursue her interest in food and the effects on health. Her Bachelor's degree in Natural Science gave her the basis for learning more about how the food we eat and how it is prepared impact our overall health, our response to disease and illness and our weight.

With her renewed interest in the science of food she enrolled in a university nutrition class. While the class was very interesting and informative, it didn't provide the practical information and insight she wanted for healthy eating.

After attending a Food for Life –Cancer Project class, she was hooked on the importance and health benefits of a plant-based diet. She converted herself and her husband (who is Type 1 diabetic) to a plant-based diet and they both started realizing the benefits. Kay's knees quit aching and her husband's blood sugar control improved.

Kay says, "What's interesting about this approach to eating is that you quickly don't even miss the animal products. I really thought we would "backslide" and want a hamburger or scrambled eggs. What we realized is that what we all really enjoy about our food is the flavor, and sauces and spices are what we actually taste in the recipes we prepare and enjoy."

Kay's most recent corporate job was vice president of marketing for a division of Raytheon that made infrared equipment used by police, military and fire. "Whether it was a fireman finding an unseen person in a smoke-filled room and saving them, or the police locating a lost child after dark and returning the child to their parents -- our equipment truly saved lives." "Now I feel like I'm contributing to saving lives in a new way – through healthy food choices that can positively contribute to improved health and even the potentially reversal of health problems faced by many people."



Debbie Gagnon is a native of New Hampshire and relocated to Texas 3 years ago. She is married and the mother of two sons that currently attend college. Debbie has a biology degree from St. Anselms College and recently received a Plant Based Nutrition Certification from Cornell University.

Debbie is a practicing vegan and has always had a strong interest in health and nutrition. She loves to empower people to take control of their health and well being through education. Debbie's goal is to provide people with the tools and knowledge necessary to be successful and then witness the positive changes in their lives.



Debbie's inspiration to become vegan was because of Brendan Brazier, a Canadian endurance athlete, author, and advocate of a plant-based diet. Hearing Brendan speak two years ago about the significant social, economic, and health benefits that could be obtained by improving personal health through a plant based diet was so convincing that she made an immediate lifestyle change and has never looked back.

Raising two healthy children in a fast food world, while at the same time watching the rate of childhood obesity, diabetes and cancers rise in this county made her want to do more for our children. It was this passion to share the relationship between food and disease with others that led her to The Cancer Project. One of her favorite quotes by Hippocrates is "Let food be thy medicine, and medicine be thy food".

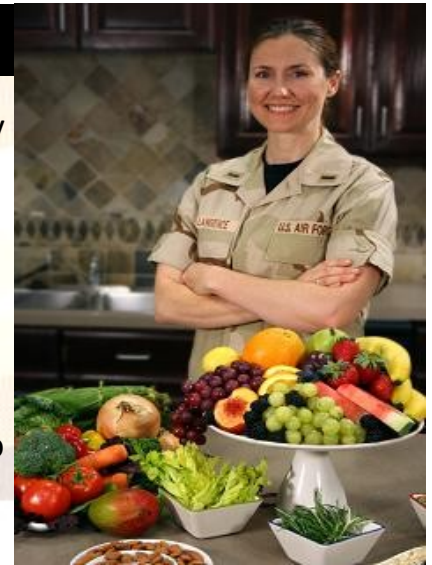
Are we Too Fat to Fight?

Can a plant-based diet help slim down military recruits? A study by Mission: Readiness, an organization made up of retired generals, admirals, and other senior members of the U.S. Armed Forces, found that more than 27 percent of Americans ages 17 to 24 are too overweight to enroll in the military. Being overweight or obese is the leading medical reason why hopeful candidates are turned down by military recruiting centers, the study revealed. Furthermore, obesity costs the military billions of dollars each year, due to absenteeism, health care costs and poor performance.

Katherine, a prior USAF 1st Lieutenant, joined PCRM's Dietician to appeal to the Chairman of the Joint Chiefs of Staff to offer free Vegetarian Starter Kits to potential recruits, as a way to help them achieve their goals and get healthy. "Our sole desire is to provide information regarding another dietary option for improving the health and fitness of our future United States soldiers, sailors, Marines, and airmen," states Katherine.

The story was picked up in several media outlets and will hopefully result in increased exposure of the effectiveness of plant-based diets to speed up weight loss and lower cholesterol, blood pressure and blood sugar.

To download the new military version of PCRM "Vegetarian Starter Kit", visit www.PCRM.org/militaryVSK



"I am 53 and was raised on a very deep south southern cooking with a lot of fried foods and bacon grease so the vegan diet really was an adjustment for me. I was having a lot of health issues and was tired of doctors wanting to add more and more pills to my daily routine. In fact I had one doctor "fire" me because I refused to keep adding what he prescribed. Luckily, I found The Cancer Project's classes filled with fun, great information and wonderful food. I tried the diet immediately and, today, have lost over 25 lbs and am feeling MUCH better. My blood test have improved and are still improving! I must add I wasn't that over weight to start with but menopause had been adding a few pounds to my middle over the past several years."

~ Deb D., Food For Life Student in Texas



A new "21-Day Vegan Kickstart" begins in January! Sign up at www.21DayKickstart.org to receive a 21-day meal plan, tips from celebrity vegans, motivational webcasts from Dr. Barnard, a restaurant guide and much more. Even if you're not ready to start today, join the email list and save the emails until a time when you are ready. Diet and lifestyle changes are so much easier when you have a partner - with PCRM, you have a whole team behind you! Also, if you have an iPhone download the 21-day kickstart App for free.

Sign Up Today!



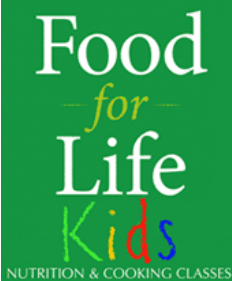
Low-Fat Gingerbread Cookies

by Vivian & Katherine

5 c. of Whole-Wheat Pastry Flour
 2 t. Baking Soda
 1 T. ground Ginger
 1 t. ground Cinnamon
 3/4 t. ground Cloves
 1/2 t. Salt
 1/3 c. Vegan Butter
 1 1/2 c. Molasses
 1/2 c. Applesauce
 2 T. Vinegar

1. Preheat the oven to 375 degrees.
 2. In a large mixing bowl, whisk whole-wheat pastry flour, baking soda, ginger, cinnamon, cloves and salt until well blended.
 3. In a separate bowl, whisk the butter until it is creamed. Add the molasses, applesauce and vinegar and continue whisking until well mixed.
 4. Slowly stir the flour mixture into the wet mixture.
 5. Chill dough in refrigerator for 15-20 minutes until firm enough to roll.
 6. On parchment paper, or a lightly-floured surface, roll the dough to 1/8" thick. Sprinkle extra flour on top, if the dough is sticky
 Cut dough into gingerbread men or holiday shapes.
 7. Place on a cookie sheet and bake for 6-8 minutes until light brown. Remove cookies from the oven and let cool completely before decorating. Sprinkle with vegan powdered sugar or make a quick icing for more details.
- * Optional Icing – Whisk 1 c. vegan powdered sugar, 2 T water and 1/4 t. Vanilla until lumps are dissolved. Pipe through a plastic bag with the corner cut off.

Class Schedule - Commit to Your Health in 2011



Saturdays, Jan 8 - 29th (10-11:30am)

Roanoke Rec Center, 501 Roanoke Rd, Roanoke
 Register at www.cancerproject.org/kids/ or email Debbie@plantbasedhealth.com
 Class is free, ages 9-12 welcome

Food For Life CANCER



Wednesdays, Jan 20th - Feb 12th, 6-9pm
 Roanoke Recreation Center, 501 Roanoke Rd, Roanoke
 Register at www.cancerproject.org
 Class is free due to a generous sponsorship - adults only

Thursdays, Feb 17 - Mar 10, 6-9pm Southlake Library, 1400 Main Street (Town Hall, 3rd Floor), Southlake
 Register at www.cancerproject.org Class is free due to a generous sponsorship - adults only

Intro-Only Class: Thursday, Jan 20th, 6-8 pm, Southlake Library, 1400 Main Street (Town Hall, 3rd Floor), Southlake Register at www.cancerproject.org Class is free due to a generous sponsorship - adults only



Food For Life - DIABETES Wednesday, February 9th, 6-8pm
 Roanoke Recreation Center, 501 Roanoke Rd, Roanoke
 Sign up with Katherine 817-526-4811 or katherine@plantbasedhealth.com