



Novenda's Walnut Loaf Recipe



- 2 cups of walnuts, grind in a food processor or blender
- 1 cup of organic spinach, finely chopped
- 1 cup of mushrooms, finely chopped (preference: maitake)
- 2 organic carrots, grated
- 1 medium onion, finely chopped
- 1 ½ cups of bread crumbs (preference :Ezekiel 4:9 Sprouted Grain Bread)
- ½ cup of organic vegetable stock
- 2 table spoons of organic Earth Balance vegan butter (softened)
- ½ cup of organic diced tomatoes (drained)
- salt and herb seasoning to taste
- 1 organic green pepper, grated
- 1 bunch of parsley sprigs

Oven: Pre-heat to 375F (190C)

Mix ingredients in a bowl

Generously butter a loaf pan and spoon the mixture into it. Cover with foil - The mixture may be prepared to this point and refrigerated up to 8 hours in advance.

Bake for 1 hour 40 minutes. Let the loaf sit on a wire rack for 15- 20 minutes before serving.

Garnish with parsley sprigs.

Benefits of some of the ingredients:

Walnuts are one of the best plant sources of protein. They are rich in fiber, B vitamins, magnesium, and antioxidants such as Vitamin E. Nuts in general are also high in plant sterols and fat - but mostly monounsaturated and polyunsaturated fats (omega 3 fatty acids - the good fats) that have been shown to lower LDL cholesterol. Walnuts, in particular, have significantly higher amounts of omega 3 fatty acids as compared to other nuts.

Mushrooms are valuable health food - low in calories, high in vegetable proteins, chitin, iron, zinc, fiber, essential amino acids, vitamins & minerals.

Mushrooms also have a long history of use in Traditional Chinese Medicine. Their legendary effects on promoting good health and vitality and increasing your body's adaptive abilities have been supported by recent studies. These studies suggest that Mushrooms are probiotic - they help our body strengthen itself and fight off illness by maintaining physiological homeostasis - restoring our bodies balance and natural resistance to disease.

Researchers have also indicated that whole maitake has the ability to regulate blood pressure, glucose, insulin, and both serum and liver lipids, such as cholesterol, triglycerides, and phospholipids, and may also be useful for weight loss. (High in nutrients including Vitamins B-2, C, D, niacin, magnesium, potassium, fiber, and amino acids, contains the polysaccharide compound beta-1.6-glucan which naturally stimulates the immune system and lowers blood pressure. Beneficial for obesity and diabetic patients, the Maitake mushroom may be best known for its cancer fighting ability.

Earth Balance -No genetically-modified ingredients. No preservatives. No artificial flavor. Certified Organic & Buttery Delicious- 100% Vegan -Non Hydrogenated -No Trans Fatty Acids - Patented Blend to help improve HDL/LDL Cholesterol Ratio-Zero Carbs -Non-Dairy -Gluten Free -Organic Certified -Expeller-Pressed-Non-GMO Oils -Whipped for easier spreading ,Excellent for cooking & baking