

Food for Life cookbook corrections

4/13/15

While my dream would be to produce a PERFECT community cookbook, it is not my reality. ☹ After the first printing was out and about we noticed a few of my errors, a few of the recipe contributors' errors and things that could've been worded better. I apologize for any stress and wasted ingredients this may have caused you. Below you will find a list of corrections that will help to improve some of those errors. ☺ Some of these corrections were made before the second printing and the rest have come to head since then. Please share this with anyone you know that may have the Food for Life cookbook!

Also, some of the recipes in the Pass the Butter section contain oatmeal or a bit of sprouted bread. While both of these are carby foods, the amount used in these recipes has been figured to meet the amount acceptable for weight loss in a "fats" meal. Use your own discretion on whether you want to sub something else to pull the carb count lower.

Pg 12 **Buffalo Wing Dip** Under the serving suggestion you can make the Sweet Dippers with salt from the Here and There section to use as chips.

Pg 24 **Mustard Eggs** The salt amount is ¼ tsp not ¼ cup.

Pg 33 **Maple Nut Granola** Change the baking temp to 300 degrees.

Pg 46 **French Dressing** Use regular mustard and add 2 c mayo to the ingredients.

Pg 103 **Basic Soft Serve Ice Cream** In the directions it should read "remove from heat and add *gelatin* to cream mixture."

Pg 116-119 These recipes use the **Pudding Mix** on pg 114.

Pg 133 **Chocolate Chip Peanut Butter Bars** Bake for 15-17 min.

Pg 138 **Turtle Pecan Bars** The baking temp is 350 degrees.

Pg 145 **A Roo's** Use either peanut butter or almond butter or both to *equal* ½ c.

Pg 150 **French Brownie Cake** OR bake in a 9x13 inch pan for 30-40 min. or until a toothpick comes out clean.

Pg 159 **Shortcake** Baking time is 20-30 min. not 45 min.

Pg 165 **Pecan Pie** Add pecans to the ingredient list.

Pg 192 The **Cabbage Soup** belongs in the Maintain Your Trim section since the cream and quinoa cause a food fuel collusion.

Pg 210 **Black Bean Salsa** Add 1 ½ c diced tomatoes to the ingredient list.

Pg 255 **Pudding Mix** This recipe is used for the Delight recipes in the Pass the Butter section.

Pg 251 **Mint Tea Concentrate** The directions should read, "Bring water to a boil.....For each quart of concentrate add ice, water and sweetener to make a gallon of tea."

Pg 258 This is Glenda Groff's creation.

Pg 274 **Ketchup** The sweetener is supposed to be THM Super Sweet Blend

Pg 284 **Cole's Flapjacks** Omit 1 ½ tsp salt.

Pg 303 **Thick Spaghetti Sauce** You will need both the tomato juice and tomato paste

Pg 313 **Canned Apricot Jam** The note with this recipe actually belongs on the following page with the Apricot Freezer Jam.

Thank you for your grace and understanding! Love, Margaret

