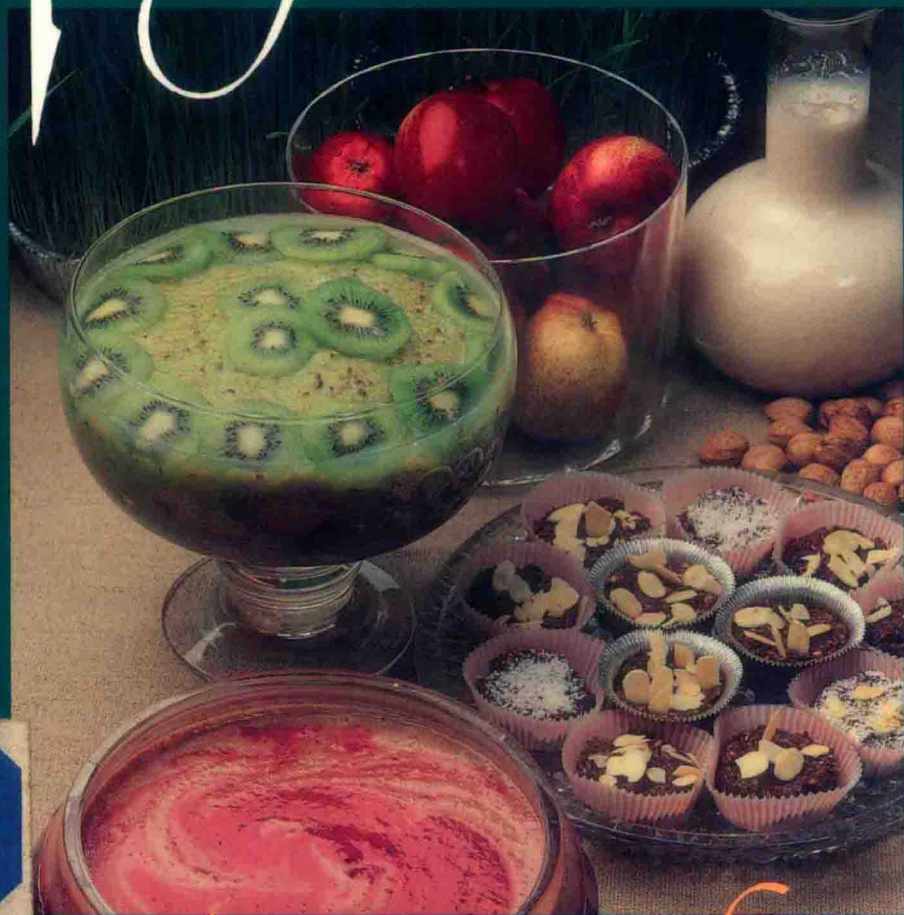


DELICIOUS DESSERTS THAT NEED NO COOKING

Sweet Temptations

Natural Dessert Book



Frances Kendall

FOREWORD BY ANN WIGMORE

Sweet Temptations Natural Dessert Book

Frances Kendall

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Sweet
Temptations
Natural
Dessert Book

For

Robert, Maria, David, Cynthia,
Bear, Pepper, and Pumpkin Kendall
Eleanor Atkins
M. Jean Martin
Sugar Allen
And *you*.

acknowledgements

WITH LOVE and GRATITUDE TO:

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FOREWORD

Sweet Temptations Natural Dessert Book is a journey of pure delight. As I thumb through the pages and sample some of the recipes, it's hard to believe that healthful food could taste so great. Believe me, it does. From the popular banana ice cream (it's just like the real thing), to chewy carob-fudge candies, Frances Kendall has put all of her talents as an artist and chef extraordinaire into this sweet little book.

Turn to any page and you will find mouth-watering desserts that do not require cooking, flour, sugar, or lengthy preparation. Everything you will need to make them is practically at your fingertips, being no further away than your local health food store. The ingredients themselves are wholesome live (raw) foods, endowed with the abundance of vitamins, minerals, proteins, carbohydrates, and enzymes Nature put into them. Unlike so many of the heavy cooked confections available today, which contain gobs of sugar, butter, cream, chocolate, white flour, and so on, these treats are not hard to digest—and they don't tax the body's eliminative system either.

In all my years of teaching the health benefits of the Living Foods Program—in Boston and around the world—I have never met anyone who could dazzle the taste buds and please the senses as Frances Kendall has. I am sure you'll agree that *Sweet Temptations Natural Dessert Book* is no ordinary dessert book. It is an adventure in healthful living and gustatory delight. Bon appetit!

—Ann Wigmore

PROGRAM NOTE

Why This BOOK?

Why SHAKESPEARE?

This book and the Shakespearean flavor in it reflect the influence of my father's life on mine. My father was a scholar whose great love for Shakespeare and his works led him to teach and direct drama at the college level. Being an actor also, he brought life to his classrooms with his oratorical powers. I remember waiting outside one of his classes and hearing him read from *Macbeth*—he was transformed, as were the students in his class. Here was the father I loved,

. . . more than words can wield the matter,
Dearer than eyesight, space, and liberty,
Beyond what can be valued, rich or rare,
No less than life, with grace, health, beauty, honor;
As much as child e'er lov'd, or father found

King Lear
(I,i,55–59)

putting his heart and soul into sharing something he knew and loved and igniting the interest of his listeners.

In this book I am attempting to share the art of food preparation that I know and love to ignite interest in healthful desserts. I have always enjoyed and had the knack for food creativity. At the Hippocrates Health Institute in Boston I was

fortunate to refine and develop my abilities in the preparation of foods that were delicious and, equally important, nutritious. The philosophy and development of the Institute are best described in the words of its founder, Ann Wigmore:

I established the Hippocrates Health Institute (now world-wide in scope) in order to develop my ideas on sprouting seeds and growing indoor greens. Through long and careful observation of myself and others, I found that when we give our bodies the rich nourishment they need from living foods, and when we work in close harmony with God's laws, Nature's boundless healing power will always be there to assist us.

I also observed the endless problems resulting from our neglect of these laws. Such neglect can have a devastating effect on us all—adults and children alike.

My own personal struggles with cancer, headaches, arthritis, and a host of other problems led me to change my lifestyle. I changed my diet and my mental attitudes. I began to exercise. A new pattern of life unfolded for me and prepared me for teaching and sharing my ideas, and I then realized that I was meant to be healthy and productive and to live a long life!

I became convinced that though our times are troubled and dangerous, they offer us a great opportunity, for we can change ourselves and our own course of events by teaching others—especially children—about Nature's laws. One of the best ways to do this is to open their eyes to a living foods diet.

I first came to the Hippocrates Health Institute in Boston in 1981 to fulfill an internship requirement. I was working towards a master's degree at the School of Epidemiology and Public Health at Yale University. I felt a bit constricted at Yale and my desire to complete my internship at an unorthodox health care provider was a form of rebellion.

The Institute offered learning programs that were open to all, and the majority who attended came to improve their health. A large part of Ann's program involved the Living Foods Diet, which is strictly vegetarian and emphasizes sprouts, vegetables, fruits, and nuts in their unprocessed state. This way of food preparation came so naturally to me

that before long I was teaching some of the food preparation classes. My students were very anxious to learn how to prepare desserts that their families and friends would enjoy even if they were not interested in adopting the living foods lifestyle. Treats for special occasions and holidays were enthusiastically received so that future festivities would be looked forward to and enjoyed by all. Gradually I expanded the types and varieties of desserts until the recipe handout for this class reached fourteen pages.

Suddenly everyone was telling me I should write a book. I decided I would! Creating the recipes was easy but naming them was not. I could only have so many "Fruit Delights" or "Fruit 'n' Nut Combos" without becoming repetitious. One day, while I was puzzling over the problem, my eyes were drawn to the bust of Shakespeare in my living room. There was my answer. Because of my love for my father and his for Shakespeare, the idea of incorporating Shakespearean characters' names into my recipe titles was a natural solution.

The majority of the titles were chosen just because of how they sound—majestic, sweetly romantic, or comic. For example, Black Bottom Pie (named after a character in *A Midsummer Night's Dream*), Orange Octavius (a natural alternative to Orange Julius), Coconut Cinnas (coconut "sinners"), and Angelo Fruit Cake (angel food cake). Suddenly, the recipes had unique personalities of their own. And with this cast of characters, the book began to take shape.

At this stage I realized that Shakespeare's plays provided appropriate headings for each section of the book. Dried fruit treats, which capture a bit of the sun's warmth and remind us of long, lazy summer afternoons, make an ideal *Winter's Tale*. Smooth, creamy sherbets and parfaits are refreshing as *A Midsummer Night's Dream*.

I was even tempted to borrow the name of one of the most popular plays for this dessert anthology à la Shakespeare. These recipes are meant to be adapted to taste—therefore, *As You Like It*.

A little research proved that linking Shakespeare with natural foods was even more appropriate than I'd realized—and that an interesting connection could be drawn.

Writers and philosophers of the Elizabethan era were very concerned with nature and man's role in the scheme of things. The Garden of Eden and the Fall of Man was a prominent theme and the basis of many literary works. Throughout Shakespeare's plays there are many references to this theme and to all facets of nature. In *The History of Troilus and Cressida*, Shakespeare has Ulysses teach us the importance of order in nature and warns that the order should not be disturbed:

The heavens themselves, the planets, and this centre
Observe degree, priority, and place,
Insisture, course, proportion, season, form,
Office, and custom, in all line of order;
And therefore is the glorious planet Sol
In noble eminence enthron'd and spher'd
Amidst the other; whose med'cinable eye
Corrects the ill aspects of planets evil,
And posts like the commandment of a king,
Sans check, to good and bad. But when the planets
In evil mixture to disorder wander,
What plagues and what portents, what mutiny!
What raging of the sea, shaking of earth!
Commotion in the winds! frights, changes, horrors
Divert and crack, rend and deracinate
The unity and married calm of states
Quite from their fixure! O, when degree is shak'd,
Which is the ladder of all high designs,
The enterprise is sick. How could communities,
Degrees in schools, and brotherhoods in cities,
Peaceful commerce from dividable shores,
The primogenity and due of birth,
Prerogative of age, crowns, sceptres, laurels,
But by degree stand in authentic place?
Take but degree away, untune that string,
And hark what discord follows. Each thing meets
In mere oppugnancy: the bounded waters
Should lift their bosoms higher than the shores,
And make a sop of all this solid globe;
Strength should be lord of imbecility,
And the rude son should strike his father dead;
Force should be right, or rather, right and wrong
(Between whose endless jar justice resides)
Should lose their names, and so should justice too!
Then every thing include itself in power,
Power into will, will into appetite,

And appetite, an universal wolf,
(So doubly seconded with will and power),
Must make perforce an universal prey,
And last eat up himself.

Troilus and Cressida
(I,iii,85–124)

Most appropriate to the theme of natural order are Shakespeare's last plays. Theodore Spencer, in his book *Shakespeare and the Nature of Man*, describes them: "Here, in all the last plays, there is a re-birth, a return to life, a heightened, almost symbolic, awareness of the beauty of normal humanity after it has been purged of evil—a blessed reality under the evil appearance." Here royalty is removed from court and finds the solutions to its dilemmas in nature's beauty. Here the characters come to realize the wisdom of the simple peasant life and of the animal kingdom. Here the minds of kings heal and rejuvenate. Here past wrongs are comprehended and righted. Hope returns to the stage that previously dwelt on the pitfalls of mankind (as in *Hamlet*, *Othello*, *Macbeth*, etc.). Miranda joyously announces this redemption as she exclaims:

O, wonder!
How many goodly creatures are there here!
How beauteous mankind is! O brave new world
That has such people in't!

The Tempest
(V,i,181–184)

A diet of natural foods is one attempt on the part of modern men and women to "purge the evil" of our microwaved, nuclear-powered world that has sacrificed nature in so many ways. By adopting a healthful diet we are beginning our re-birth. We are redirecting our individual goals, focusing on the natural elements of life, the wonders of the universe, and the role of humanity. Thus, the natural foods movement is not simply a change of diet, but a part of a philosophy of life.

It is obviously not the purpose of this book to delve into this philosophy. The intent here is to offer one alternative for those who want to avoid the over-processed, sugar-and-

shortening desserts that typify our modern society. The recipes within call for ingredients as provided by nature. This book shares . . .

. . . an art
Which does mend Nature—change it rather; but
The art itself is Nature.

The Winter's Tale
(IV,iv,95–97)

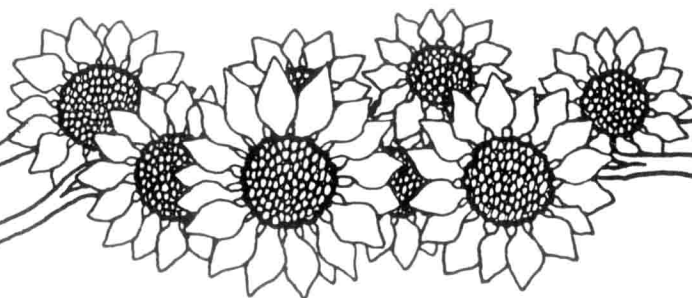
Note to the Reader:

The quotations from the plays and the spellings of characters' names used in this book have been taken from:

Shakespeare, William. *The Riverside Shakespeare*. Edited by G. Blakemore Evans. Boston: Houghton Mifflin Co., 1974.

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CURTAIN RAISER

**TO TREAT or
NOT TO TREAT ?
IS SURELY
NOT THE QUESTION.**



A treat can be defined as anything that gives great pleasure. And most of us will agree that we enjoy partaking in the great pleasures of life.

I say that food can certainly qualify as one of these pleasant treats in life. But I speak not of ordinary eatables here, for between these covers lies the potential for many a gastronomical delight.

Frances has thrown light upon the staging and props (equipment and utensils), the characters (ingredients), and the script (preparation suggestions) for you to direct and produce the culinary plays that lie herein.

The art of preparing a treat “as you like it” requires much attention to the love and care that you put into your creative efforts. Visualize the ecstatic expressions on the faces of your audience as they sample and savour your delicious presentation. Keep in mind that you will add that subtle flair to the final product which will express the unique touch that is yours alone.

Appearance is the means by which you attract interest to your enticing edibles. Consider the colors, shapes, and composition while decorating your masterpiece. Give your treat the visual appeal that invites close attention.

The wholesome ingredients that you use in preparing your favorite recipes reflect an admirable concern for good nutrition as well as good taste. Foods that are as close to the state they are found in nature, are the best to use—unprocessed, uncooked, untreated with chemicals, artificial flavors, colorings, or preservatives—as God provides them in their pure form. The more a food is cooked and processed, the more of its nutritional value is destroyed. Many of these “junk” foods (dead foods) are marketed in our fast-paced culture of today. These foods have virtually no life-giving or sustaining elements. On the other hand, raw foods contain an abundance of life-giving and sustaining elements, such as enzymes and coenzymes (vitamins).