

MENU FOR A HEALTH FOODS WEDDING REPAST

HORS D'OEUVRES

CARROT OR PAPAYA JUICE COCKTAIL

VEGETARIAN LUNCHEON MEATS CUBED -- All made from vegetable products, such as soybean protein.

NATURAL CHEESES -- CHEDDAR AND LONGHORN

DRIED EGGS -- Use fertile eggs and natural mayonnaise. Natural mayonnaise can be made from soybean or safflower oil and contains fertile eggs, cider vinegar and sea salt.

ENTREE

(Sea salt, raw sugar, honey, organic sour cream butter and soya margarine should be used to season and flavor where needed. Fruits and vegetables should be organically grown, whenever possible.)

BROILED CHICKEN -- Organically grown

BAKED HAM -- Hams without preservatives are available.

MEAT BALLS -- Organic meat combined with wholewheat crackers or flour.

BROWN RICE WITH MUSHROOM SAUCE

HARD BOILED EGGS -- Fertile eggs seasoned with sea salt.

FRUIT SALAD -- Prepared from papaya, fresh pineapple, strawberries and other fresh fruits in season, nut meats and lemon juice.

DESSERT

CARROT WEDDING CAKE

RECIPE

5 eggs, separated

1 C. brown sugar

1 t. vanilla

1/2 t. sea salt

1/2 lb. carrots, grated.

1/2 lb. almonds, pulverized.

1/4 C. wheatgerm

Lightly beat egg yolks. Mix with sugar, vanilla and salt. Add and stir in grated carrots, almonds and wheat germ. Beat egg whites until stiff, but not dry, and fold into mixture. Bake in spring form at 350 degrees for one hour.

DRIED FRUITS -- Should be unsulphured.

DANDELION ROOT -- Substitute for coffee. Mix with cream and sugar.

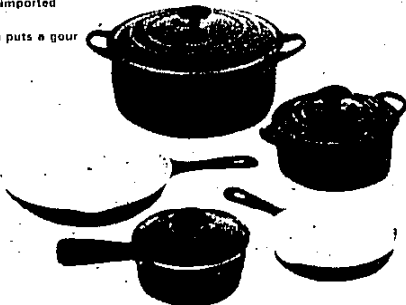
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