

# THE CANCER REVOLUTION

## Additional Material for Chapter 6

### Shazzie

#### Seeded Asian noodles

Noodle mix:

- 1 courgette (zucchini)
- 1 carrot
- 4 shiitake mushrooms, soaked in water for 30 minutes if dried
- 1 cup shredded cabbage (optional)
- ¼ cup olive oil
- ¼ cup tamari
- ¼ cup raw sesame seeds

Using a vegetable peeler, remove all the green from the courgette. Top and tail the courgette and carrot. Using a spiral slicer, slice the courgette and carrot into a medium sized bowl. Add the seeds. Finely chop the shiitake mushrooms (removing the stalks if they're tough), and add these to the bowl. Add the cabbage, if using.

Add the olive oil and tamari to the bowl and gently mix until the vegetables are coated. Allow this to marinate while making the sauce.

Sauce mix:

- ½ cup raw tahini
- ½ cup raw whole almond butter
- 1 red pepper
- 1 teaspoon paprika
- 1 teaspoon coconut oil
- Juice of one lime
- 1 mango, stoned and peeled
- 1 clove garlic
- 1 medjool date, stoned
- ½ teaspoon apple cider vinegar
- Handful of fresh coriander

Cut the pepper in half and finely chop one half, set this aside with the coriander. Put the other half of the pepper and the rest of the sauce ingredients into your VitaMix/VitaPrep. Blend until you have a smooth sauce.

Mix in the red pepper and chopped coriander by hand; do not blend this.

Garnish:

- Alfalfa and broccoli sprouts
- Spinach

Finely slice the spinach into ribbons.

To assemble the dish:

If you want to use the garnish above (for a more green raw food dish), use this at the bottom of the dish. Get your serving plates, and add the required amount of spinach on

them. Then sprinkle this with the alfalfa. Top that with the marinated noodles. Top that with the sauce. Add more coriander and lime wedges to garnish even further if required. Use the left over marinade as a salad dressing another time. Don't throw it away.

### **Chagachiano**

This is my favourite drink at the moment. Full of things that will help my body as I recover from the tumour on my leg. Also full of omega 3s. Billions of 'em. If you have a kiddie who's on Ye Olde 3D Milke, then make chia milk and do the half and half trick with them. They won't taste the difference but their bodies will breathe a sigh of relief.

This keeps for 2-3 days in the fridge, especially when you add a teaspoon of 3% food grade hydrogen peroxide or a dessertspoon of ionic silver to it.

1 litre chaga  
1 litre spring water  
½ cup lucuma  
½ cup raw cacao powder  
½ tsp vanilla extract or powder  
1 cup chia seeds  
1 tsp coconut oil  
Xylitol to taste

Get dark powdered chaga and add 2 dessertspoons to a pan to a litre of water. Warm this until finger hot and keep it at that temperature for a couple of hours. If you're making a lot of this, do five litres in a big pan. It lasts. For this recipe, use 1 litre of chaga and 1 litre of hot water.

Add the cold chaga tea to your VitaPrep/VitaMix. Add in the lucuma, cacao powder, vanilla, and chia seeds. Blend all this until you have a smooth liquid.

Pour the liquid into a bowl, lined with a nut milk bag. Gently squeeze the liquid out from the bag into the bowl.

Get your other litre of hot water, add the coconut oil to this and wait for it to dissolve.

Add both liquids together and mix.

If you want a frothy drink, like a cappuccino, add this drink to the blender again and buzz for a few more seconds. Pour into cups and sweeten as required with xylitol.