



Feb. 20<sup>th</sup>, 2010

**Good, Natural Ice Cream**  
**( No Cream-No Scream)**

**(everything Organic if possible)**

Natural Butter	½ Stick
Agave' Nectar-Raw	½ Cup
Maple Syrup-Organic if available	½ Cup
Psyllium Husk (floured in a Nut-Grinder)	2 Tblsp.
Vanilla Extract (real stuff, not Imitation, if you can)	1 Tblsp.
Salt	¼ Tsp.
Walnuts Coarse-Chopped-optional	¼ Cup
Water	½ Cup

- Slow melt the Butter in a ceramic dish
- Separate Ceramic or Pyrex croc...add Agave', Maple Syrup, Vanilla, with a small sifter, (or sprinkle with the fingers,) the Psyllium H. Flour onto these sugars.....stir in somewhat...will begin to thicken.
- Add the melted Butter to the sugar/Psyllium gel....whip with an egg - beater or mixer and begin to slowly add the cool (Good) water
- Whip and toss-in the Nuts and about 1 Tblsp. (optional) Brown Sugar
- Freeze for at least 4 to 5 hr.
- Anything you want is the limit! Berries, Lemon Ice, Psyllium Husks flour will even gel the strongest Gin, Whiskey...as Flavors, of course!
- A good Chocolate version recipe awaits someone's creation !

Blessings your way.....

Dr. Michael Castle

## Zero Beef Jerky

Chicken Broth	about ½ Cup
Olive or Hemp Oil	1-2 Tblsp.
Garlic Powder	½ Tsp.
Willard's XXX Dark CAW	2 Tblsp.
Worcestershire Sauce	1 Tsp.
Tabasco (to preferred BTU's)	
Salt (Savory Sea or Himalayan)	
Ground Black Pepper	
Psyllium Husk Flour	1 Tblsp.

- Mix Broth, Oil and the rest of the ingredients...then add the Psyllium flour...mix well.
- Dump out on Waxed paper....dry for days until evaporation gives you consistency of Beef Jerky....can use a veggie dehydrator as well.

Dr. Michael Castle