

The Daniel Diet

Our modern lifestyle has added many diseases to the world. In fact, most of the world's population is suffering from one or more symptoms of ill health. How many people do we know that suffer from things like; stress, headaches, tiredness, poor concentration, over weight, inflammation, diabetes and that's just for starters? It is estimated that over 65% of these symptoms are caused by what we do or do not put into our mouths.

Since modern life is causing so many health problems it stands to reason that, we need to take some of the 'modern' out of the equation. One simple way to do this is to get back to the fundamentals of health and healing by eating correctly.

Basically, you want to avoid the King's food. By application, that means that we are avoiding avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. In most of the world today, very few people can afford to eat any kind of meat or processed foods.

Creamed Corn – Hold the Cream

Description:

Delicious, Old Fashioned Cream Corn without the Guilt

Origin: The Cooking Diva – Lori Winders

Yield: 6 servings

Prep Time: 10 minutes

Cooking Time: 10 minutes

Difficulty: Easy

Ingredients:

- 2 cups Yellow Corn Kernels, Frozen
- 2 cups White Corn Kernels, Frozen
- 1/2 cup Rice Milk, or Mimic-creme
- 1 tsp. Onion powder or
- 1 small Onion, finely chopped
- Salt & Black Pepper, to taste
- 4 tbsps. Ghee (clarified butter), or Extra Virgin Olive Oil



Directions:

Put the yellow corn kernels in a strainer and run under warm water to thaw and set aside. Put the white corn kernels in a strainer and run under warm water to thaw.

In a food processor or blender, add the white corn and half of the rice milk or mimic-creme and process until fairly smooth.

In a saute pan, melt the ghee and add the onion, if using. Cook for several minutes until soft. Add the white corn blend, yellow corn kernels, and onion powder, if using, to the pan. Season with salt & pepper to taste. Heat until bubbly. Serve.

Lori Winders, "The Cooking Diva," is an international cookbook author, online entrepreneur, speaker and founder of [Cooking What's Left](#).

She knows what it is like to sit across from a doctor telling her what all she can't eat any more because she is "allergic." And, asking the question, "What's Left?"

She also knows that America is killing itself slowly with our fast-food, unhealthy, toxic laden diet. There are too many people young and old being diagnosed with auto-immune disorders, diabetes, Alzheimer's, lupus, fibromyalgia, cancer, and the list goes on. Something has to change.

Her goal is to make healthy eating quick, easy and available to anyone who wants to make the change. Keep up to date on the latest from Lori here at her blog...[The Cooking Diva](#).

Send us your favorite recipes and give the Diva a chance to convert it into a healthy, quick and easy recipe that you and your whole family will enjoy. Also, let us know of any allergies and ingredients that you need substitutions for. And, share your healthy recipes with us. Contact Us by [Clicking Here](#).