

# CELEBRATION<sup>TM</sup>

magazine

singer  
songwriter  
performer and funny lady  
**Lu Mitchell**

Celebrating Life After 60!<sup>TM</sup>

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# *The Main Ingredient is Love*

By Nancy Addison and Maryann DeLeo

**C**elebration Magazine has a new health and nutrition column and it is written by Chef and Nutrition Expert Nancy Addison and Academy Award-Winning Documentary Filmmaker, Maryann De Leo. They recently released their book, *Alive and Cooking - An Easy Guide to Health for You and Your Parents*, with more than 100 easy, healthful, and budget-friendly recipes, health tips and a shopping resource guide.

What a great month to start our column! February celebrates love, and love is expressed through food.

Leeann Lavin, author of *Long Island Homegrown Cookbook* and writer of our book "Alive and Cooking" foreword said, "Food is love."

We'd like to think as food as the celebration of love.

**Q.** Maryann, why don't you tell our readers what inspired this book.

I was with my father during a long illness. As his health worsened, his appetite disappeared, and his weight decreased to 85 pounds. We looked for ways to help him put on weight. We hired a nutritionist and food became an important part of taking care of him."

**Q.** Nancy, talk to our readers about your background and how this project came together.

"The cookbook, "Alive and Cooking" was born during those years Maryann was caring for her father. She wanted to put together all the information her family had learned and share it. That's when she asked me if this project was something we could do together. I said yes and we started putting recipes and information

together to create our book. We are blessed to have worked on this project together."

Cooking healthy does not have to be a hassle. You'll be inspired to cook our recipes, each of them has been tested by time-- and love. And love is always the best ingredient.

This month we'd like to give you a recipe for chocolate chip cookies with a healthy twist!

**Q.** Maryann, what's the story behind this recipe?

My father was never a dessert eater, but as he got older he did eat sweets. I wanted every morsel he ate to have good nutritional value. I found a chocolate chip cookie recipe that used garbanzo bean flour and applesauce. I tried it, the cookies were delicious. I brought a few to my father with his afternoon coffee. He ate every one!

**Q.** Nancy, these cookies definitely passed the taste test, even picky eaters love and can't even tell they are good for your health, right?

Yes, I've made them for my kids, and Maryann has made the cookies for her nieces and nephews. They all devoured them! Maryann's family finished the batch of cookies and asked her when she was going to make more! She didn't tell them about the garbanzo bean flour, they never would have tried them if she did. They never noticed any difference from the chocolate chip cookies she usually made.

We share this recipe with you; it's simple, healthy and good for any day. For every day has romance in it, the delight of aliveness! ■

## **CHOCOLATE CHIP COOKIES**

Gluten free and vegetarian

### **Ingredients:**

- 1 c. pure, extra-virgin, organic coconut oil
- 6 T. unsweetened applesauce
- 2 T. pure vanilla extract
- 1 1/4 c. raw sugar or xylitol (the cookies will be grainier with the xylitol)
- 2 c. organic garbanzo bean flour
- 1 tsp. baking soda
- 1 tsp. unrefined sea salt
- 1 1/2 tsp. xanthan gum
- 1 c. bittersweet chocolate chips



Maryann De Leo (left) and Nancy Addison





#### Directions:

1. Preheat the oven to 325 degrees F. Line baking sheets with non-aluminum paper.
2. In a large bowl, mix oil, applesauce, vanilla, and sugar together well.

3. In a medium bowl, sift together flour, baking soda, sea salt, and xanthan gum.

4. Using a rubber spatula, slowly add dry ingredients to the wet mixture, and stir until grainy dough is formed.

5. Fold in the chocolate chips until they are evenly distributed.

6. Using a teaspoon, scoop cookie dough onto the prepared baking pans. Space them about an inch apart. Using a fork, gently press cookies down slightly.

7. Bake cookies in the center rack for about 15 minutes. Check the bottom of a cookie to see if it is lightly brown. When the bottoms are lightly brown, they are ready.

8. Take cookies out of the oven and let cool for about 10 minutes, and then transfer each cookie to a cooling rack to cool completely.

9. Store the cookies in an airtight container at room temperature for up to three days.

Source: "Alive and Cooking: An Easy Guide to Health for You and Your Parents" by Maryann De Leo and Nancy Addison. Page 246-247. For more information go to: [www.aliveandcookingbook.com](http://www.aliveandcookingbook.com) the book is sold on Amazon.



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