

I was. This was a very different experience for me, and I can remember hearing myself saying over and over but, I DO NOT COOK, I JUST DO NOT COOK.

As I cooked I tasted and was really enjoying the tastes, I just could hardly wait for the completed product to be done. I did not do just one recipe I did two the very first time, I made the Prize Winning Squash Soup and the Cucumber soup. I was feeling so proud of myself I did not give up. I had a lot to learn here I did not have enough utensils, or pans and I had kitchen items I realized I did not even know what they were capable of doing, this is one of the reasons as well I had so many dirty items all around me.. I had a food processor out and it was not doing the job of pureeing the food. Then remembered I had a blender I had never used, and I mean never used. So I tried the blender and it worked, I was thrilled my misconception was a food processor was or did everything I needed, boy was I wrong. So I cleaned up the food processor put it away and used the blender.

Once I tasted the completed recipes I found myself saying out loud, and there was no one there but me and my dog so no one was listening. I said OH MY GOSH THIS IS WONDERFUL HOW HAVE I MISSED SOMETHING LIKE THIS, ALL OF MY LIFE I just could not stop eating this wonderful food. This experience happened every time I did a new recipe. I must say I was so very proud of myself for not giving up and completing the task.

Now my freezer is full of soups, muffins, Buffalo & Turkey meatloaf, Mango turkey burgers, and it will stay that way I just love having good food in my freezer ready to eat. I find myself when a friend comes by I send them home with a sample of everything I have in the freezer. They always call me and let me know when and what they had eaten and oh how good it was. I have since bought me a juicer and when a friend comes by I offer them a vegetable juice, this is so rewarding for me as in the past all I could offer them was water I never had the food or vegetables on hand, and of course not a juicer. Many times since offering this to my friends they say within 15 minutes or less how much better they feel, compared to when they got to my home.

Now I love to cook! I love to hear others enjoyed what I sent home with them. I now give the cookbook as gifts as I want everyone to experience these wonderful foods. This recipe book is such a blessing and truly a gift from God. Marge has done a wonderful job of educating us in this book and I now realize, all of this was already out there for us, and God just sent us his messenger to present it to us in a very blessed way.

God puts a lot of things before us as we go on our Life's Healing Journey but the question I must ask myself and others how long will you wait to receive his blessings. So I highly suggest to everyone get the book you will love it. I also suggest you get her other book "Consider Your Ways" this has also been truly a blessing in my life as well.

Don't wait another day be good to yourself.

Have fun cooking I do!!

Cheryl