

**Easy Healthy Recipes to
Defeat Your Worst Cravings**
With Special Guest Erin Volentine

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Dr. Glenn: This is the good Dr. Glenn Livingston with Never Binge Again, and I am here with one of my new favorite people. Her name is Erin Volentine. Erin, would you like to say hello?

Erin: Hi. Thanks for having me.

Dr. Glenn: Thanks for coming on. I brought Erin onto Never Binge Again podcast because I ran into her at a seminar that I went to, really to learn how to live more aggressively on organic fruits and vegetables and the types of things that you could make and not be bored and how to get a fully balanced nutrition. And it was just such a wonderful seminar. She was the head chef at the seminar. I then learned that she had a YouTube channel -- she got a pretty big following, actually. It looks like it's close to 5,000 people. And I started watching some of her YouTube videos and I thought, you know, this is pretty cool. One of the weirdest ones that I actually got a lot out of was when you talked about the inside of the very bottom of romaine lettuce tasting like string cheese. This



chick has flipped a screw, but then I went and I tried it and it actually tastes like string cheese.

Erin: So you thought it did taste like string cheese?

Dr. Glenn: I did.

Erin: Not everyone thinks it does, but some people do.

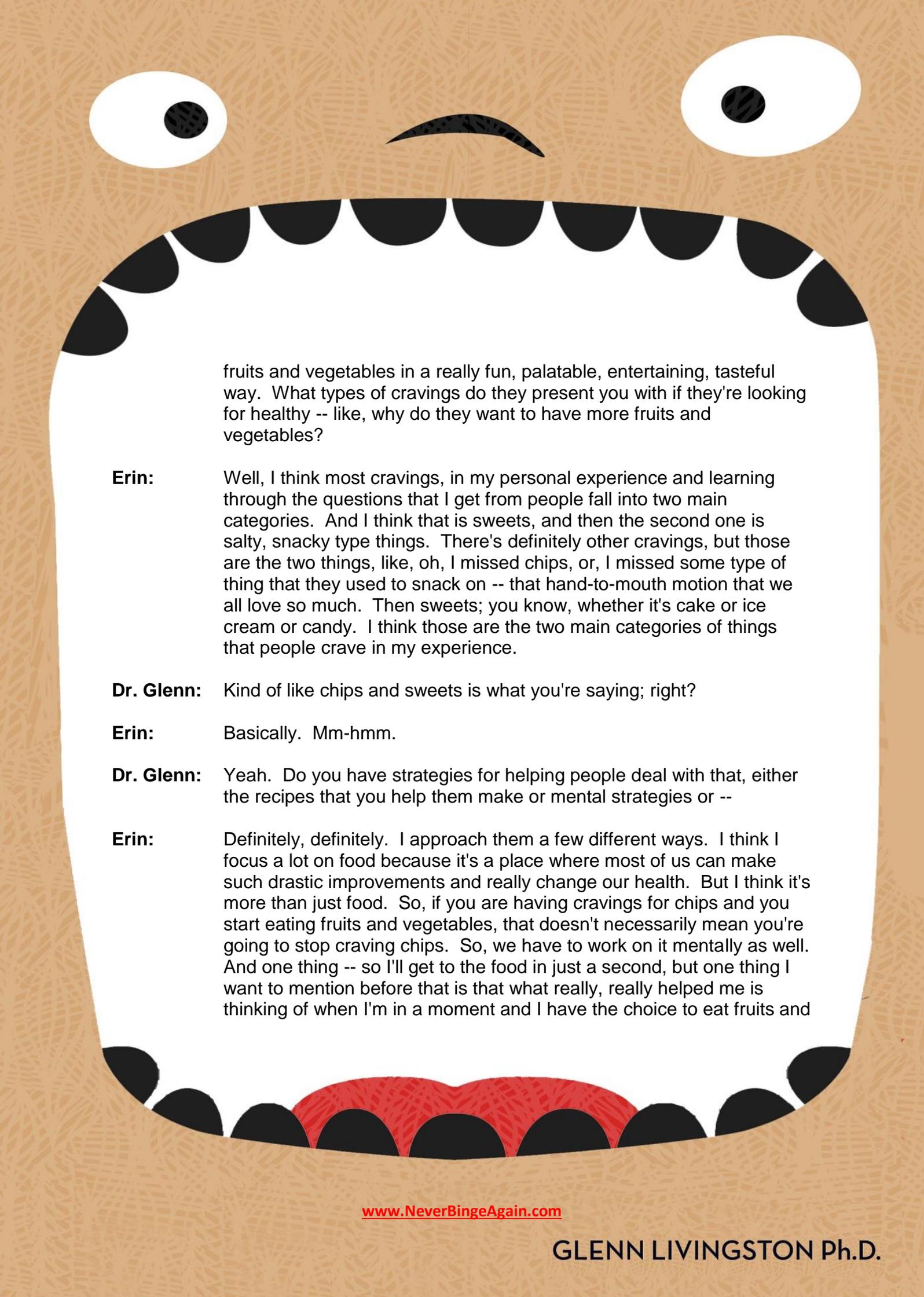
Dr. Glenn: And it's just those little kinds of tricks where, I think as people start to let go of industrialized food and packaged foods and they start to gravitate more towards fruit and vegetables. Erin, most of the people on my list are probably not going to be as extreme as you and I are, but they are looking to have more fruit and vegetables. Yeah. So, I subsequently learned that Erin has several books that she's written. She's a raw recipe author. She wrote FruitFully Raw Recipes, 21 Days Raw and FruitFully Raw Holiday. She loves experimenting with diet health and fitness for more than 12 years now -- about 12 years now. She's coached; she has programs to help other people do this and I actually might consider taking one of those sometimes soon because she gave me my new favorite addiction, which is a type of a spiralized cucumber zucchini noodles with tomato sauce.

Erin: Can't leave it.

Dr. Glenn: So Erin, did I miss anything in your introduction?

Erin: I don't think so.

Dr. Glenn: Okay. You have an audience and I'm just wondering in your experience, the people that are looking to you to learn how to eat more



fruits and vegetables in a really fun, palatable, entertaining, tasteful way. What types of cravings do they present you with if they're looking for healthy -- like, why do they want to have more fruits and vegetables?

Erin: Well, I think most cravings, in my personal experience and learning through the questions that I get from people fall into two main categories. And I think that is sweets, and then the second one is salty, snacky type things. There's definitely other cravings, but those are the two things, like, oh, I missed chips, or, I missed some type of thing that they used to snack on -- that hand-to-mouth motion that we all love so much. Then sweets; you know, whether it's cake or ice cream or candy. I think those are the two main categories of things that people crave in my experience.

Dr. Glenn: Kind of like chips and sweets is what you're saying; right?

Erin: Basically. Mm-hmm.

Dr. Glenn: Yeah. Do you have strategies for helping people deal with that, either the recipes that you help them make or mental strategies or --

Erin: Definitely, definitely. I approach them a few different ways. I think I focus a lot on food because it's a place where most of us can make such drastic improvements and really change our health. But I think it's more than just food. So, if you are having cravings for chips and you start eating fruits and vegetables, that doesn't necessarily mean you're going to stop craving chips. So, we have to work on it mentally as well. And one thing -- so I'll get to the food in just a second, but one thing I want to mention before that is that what really, really helped me is thinking of when I'm in a moment and I have the choice to eat fruits and



vegetables or to eat that unhealthy thing that I'm craving, I try to change my perspective so that instead of just seeing a choice between two foods, I'd see a split in my path.

And if I choose the healthy food, even if in that moment I'm thinking, this isn't what I want to be eating right now, I know that that's going to get me to where I want to be. I'll still feel light; I'll still feel level-headed; I'm emotionally stable and more happy and just better all around. Whereas if I go for the unhealthy choice, it's not just a choice that I'm making in that moment to have that food and it's not just going to affect me for that moment, it will affect me later on too. I'll feel heavy, I won't be as happy, I may have some sort of physical negative side effects from eating it, whether it's digestion or feeling groggy the next morning. So, I try to just see my choices in that way for what they really are, not just the actual food, but where those foods are going to get me.

And I went down the path of the unhealthy food long enough to where I got to the point and was able to say, okay, I ate that, I went down that path of just wanting that instant gratification so many times and it didn't get me where I want to be. I don't want to do that again. And of course, I'm not perfect, but I did it enough time to realize that this isn't just about this food; this is the direction I want to go, in the direction of health and happiness. And this is the only way that I can get there; if I'm eating junk, that's not going to bring me to where I want to be.

So that's really helped me a lot and I always tell people about that little trick, but yeah, I definitely have recipes. I mean, before we got on this call, I was eating banana ice cream, which, every single I've ever given it to -- and it's probably been hundreds at this point. I've been making it for probably 10 years or more. And every single person has loved it. Nobody believes -- if they don't know what's in it, they don't think it's



just banana. It tastes just like regular ice cream. You can put anything you want in it. You can put vanilla, you can put carob powder, chocolate, you can put bananas, you can make caramel sauce to put on it. Yeah, I've got recipes for cookies and brownies and chips and all kind of good stuff.

Dr. Glenn: Amen, sister. And I want to hear more about those recipes. Could I say a couple of things about what you said? Could I bring you back to what you were saying?

Erin: Definitely.

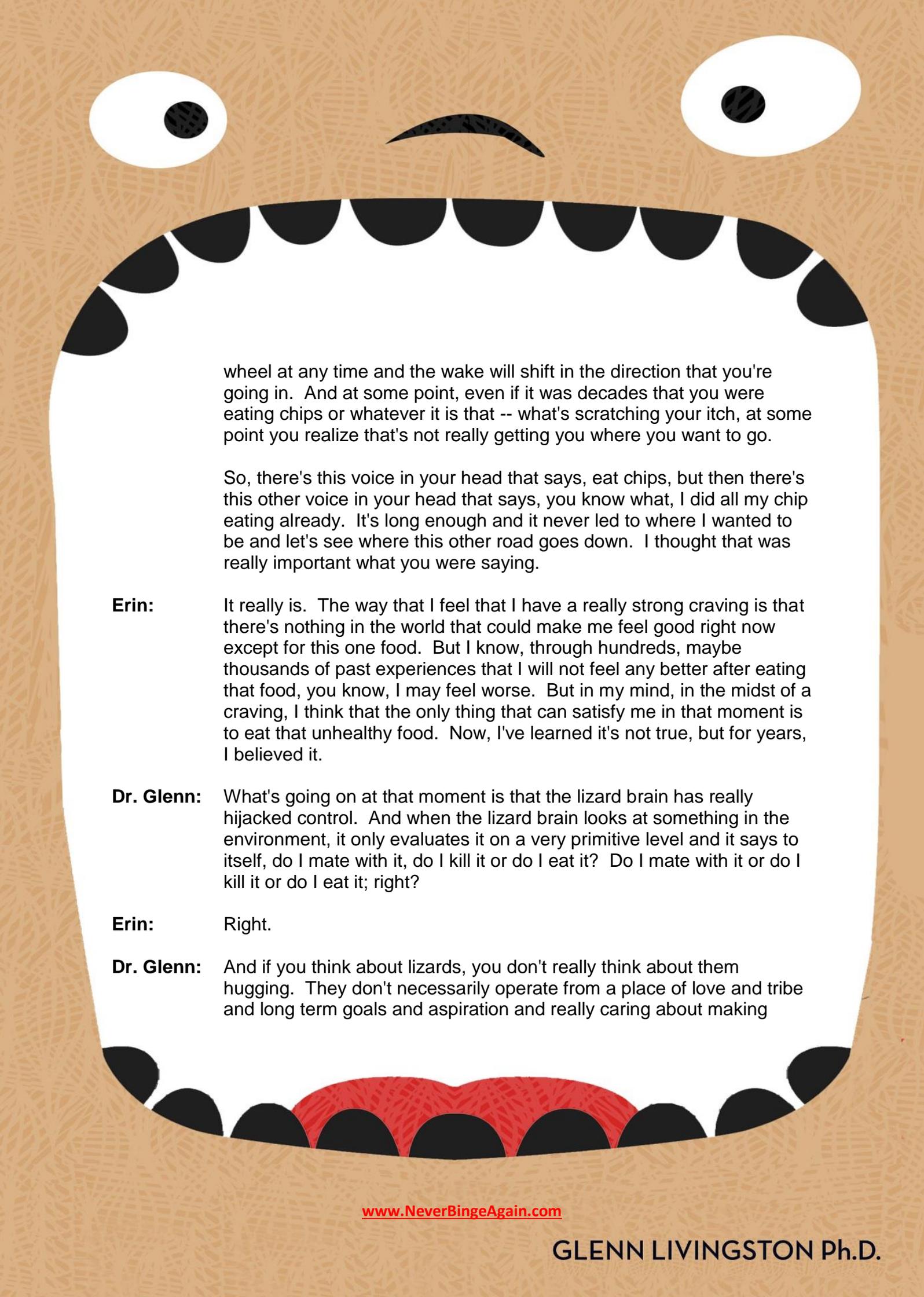
Dr. Glenn: I thought it was exceptionally important what you were saying about a food choice is really a fork in the road.

Erin: It is.

Dr. Glenn: It's a fork in the road wherein you're going to choose to either reinforce or extinguish your addictions. But more than that, it's almost a choice of character, about what kind of person do you want to be and what kind of life do you want to live.

Erin: That is so right.

Dr. Glenn: Every moment is an opportunity to remake ourselves no matter what happened in the moment before. I think Wayne Dyer talks about a boat -- and some people get all preoccupied with the idea that, well, I've got this really long and difficult past and I've always made this choice X, which led me down not to the path of the health and happiness and therefore I always have to. But if you think about the wake of a boat, it doesn't really mean that because you can turn the



wheel at any time and the wake will shift in the direction that you're going in. And at some point, even if it was decades that you were eating chips or whatever it is that -- what's scratching your itch, at some point you realize that's not really getting you where you want to go.

So, there's this voice in your head that says, eat chips, but then there's this other voice in your head that says, you know what, I did all my chip eating already. It's long enough and it never led to where I wanted to be and let's see where this other road goes down. I thought that was really important what you were saying.

Erin: It really is. The way that I feel that I have a really strong craving is that there's nothing in the world that could make me feel good right now except for this one food. But I know, through hundreds, maybe thousands of past experiences that I will not feel any better after eating that food, you know, I may feel worse. But in my mind, in the midst of a craving, I think that the only thing that can satisfy me in that moment is to eat that unhealthy food. Now, I've learned it's not true, but for years, I believed it.

Dr. Glenn: What's going on at that moment is that the lizard brain has really hijacked control. And when the lizard brain looks at something in the environment, it only evaluates it on a very primitive level and it says to itself, do I mate with it, do I kill it or do I eat it? Do I mate with it or do I kill it or do I eat it; right?

Erin: Right.

Dr. Glenn: And if you think about lizards, you don't really think about them hugging. They don't necessarily operate from a place of love and tribe and long term goals and aspiration and really caring about making



contributions to society and helping all the other lizards. The lizard brain is really eat, mate or kill. This is why all of our best laid plans seem to go out the window because at that moment, we're really focused on survival and the problem is, if you look at all of these foods, they're mostly industrial processed foods, mostly foods that we weren't naturally designed to eat. And the reason that the lizard brain seems to take control is because the industry of big food has spent billions of dollars figuring out how to push those evolutionary buttons and topple everything that we think of as ourselves so the lizard brain can take control. And so, yes, it's not our fault, but that doesn't mean that you're powerless over it. There are all these choices you can make.

Erin: That is true.

Dr. Glenn: Yeah. So you were telling me about banana ice cream. Could you just give me the basics of that? How do you do that? I know how, but the audience doesn't know how.

Erin: Sure. So, first thing, which is probably the most important is to buy some bananas and let them get ripe. You want them to have spots on them. And another way that I like to tell that they are ripe, is that when you grab the stem and go to peel it, the skin breaks really easily. So, you don't have to put a lot of pressure on it and really pull at it to get the peel starting to come off. So, once your bananas are ripe, you will just put them in the freezer. Some people put them on a cookie tray and freeze them all separately and then put them into bags or containers. I usually just put them in a big container and freeze them and then take a spoon and break them apart if I have to when I take them out of the freezer.



So, once your bananas are frozen, if you have a high-speed blender like a Vitamix or a Blendtec or a really good food processor, you won't have to let them thaw out at all. So, you can take them straight from the freezer, put them in your blender and then you're just basically going to blend them up. So what I do, I have a Vitamix blender which I highly recommend, if you're into fruits and vegetables, and I put it in there. Then they have what they call a tamper, it's a little thing that you push your ingredients down into a blade with. So you turn it up on high, push them down into the blade until it's blended up smooth. And then you have the most creamy, delicious, decadent banana ice cream.

And that's a basic recipe, but like I said earlier, if you want, you can add vanilla, you can add cocoa powder or carob powder, you can add mangoes or strawberries or blueberry. I mean, it's endless really.

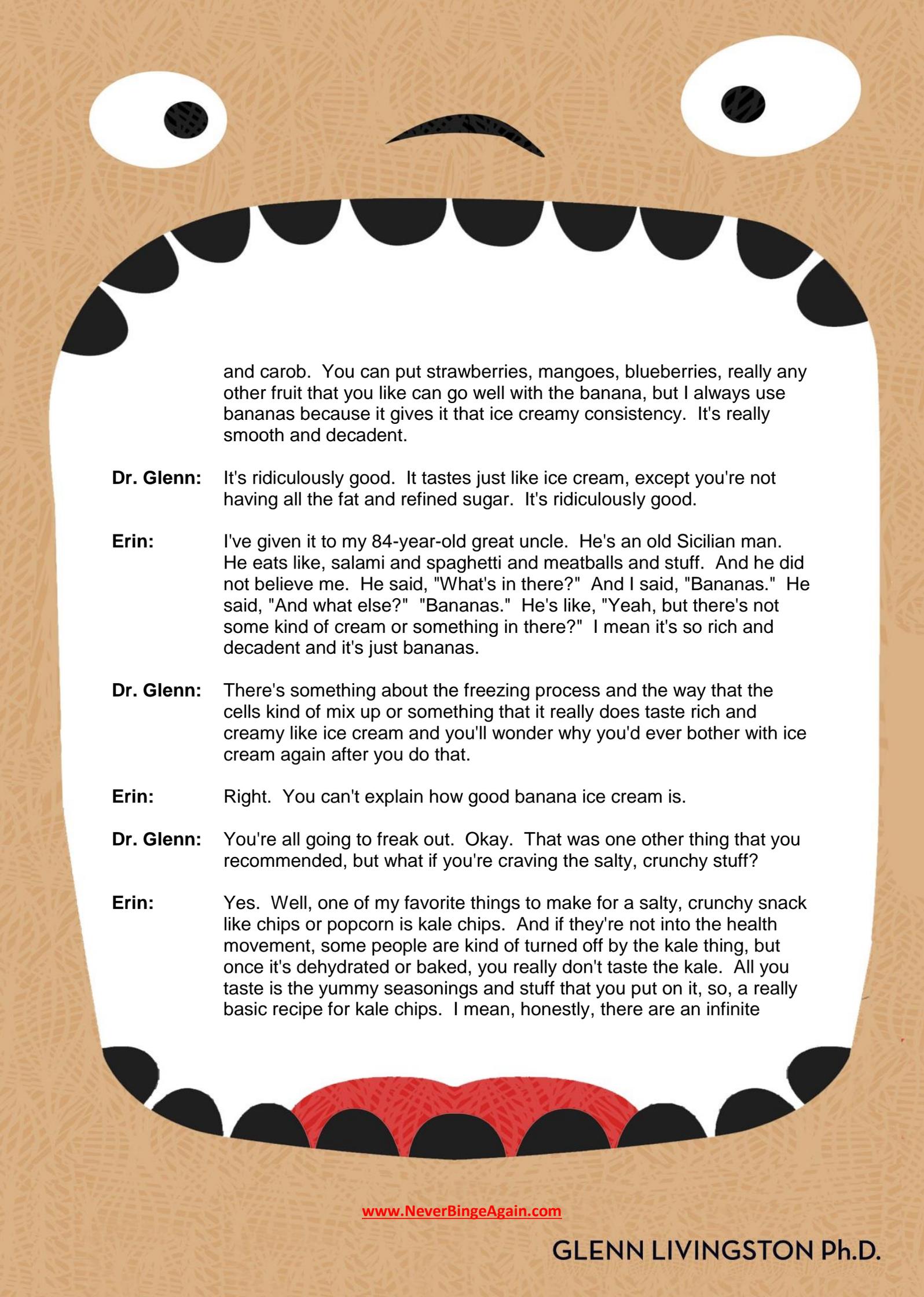
But if you don't have a high-speed blender, what you'll do, you can let your bananas thaw out a little bit so that they're not quite as hard, which makes them a little easier to blend, or you can add a little bit of water. Add as much water as you need to get the blades moving.

Dr. Glenn: I didn't know about that. That's cool.

Erin: Yeah. The smaller the bananas are chopped up, the easier they'll be to blend. So you can also just break them up a little bit before you put them in a blender if you're not using a high-speed blender.

Dr. Glenn: Fabulous! What kinds of things do you put in it to flavor it?

Erin: You can do vanilla, like, you can put actual vanilla bean or vanilla extract. You can put cocoa powder or carob powder. This carob powder is one of my favorites. I really like the combination of banana



and carob. You can put strawberries, mangoes, blueberries, really any other fruit that you like can go well with the banana, but I always use bananas because it gives it that ice creamy consistency. It's really smooth and decadent.

Dr. Glenn: It's ridiculously good. It tastes just like ice cream, except you're not having all the fat and refined sugar. It's ridiculously good.

Erin: I've given it to my 84-year-old great uncle. He's an old Sicilian man. He eats like, salami and spaghetti and meatballs and stuff. And he did not believe me. He said, "What's in there?" And I said, "Bananas." He said, "And what else?" "Bananas." He's like, "Yeah, but there's not some kind of cream or something in there?" I mean it's so rich and decadent and it's just bananas.

Dr. Glenn: There's something about the freezing process and the way that the cells kind of mix up or something that it really does taste rich and creamy like ice cream and you'll wonder why you'd ever bother with ice cream again after you do that.

Erin: Right. You can't explain how good banana ice cream is.

Dr. Glenn: You're all going to freak out. Okay. That was one other thing that you recommended, but what if you're craving the salty, crunchy stuff?

Erin: Yes. Well, one of my favorite things to make for a salty, crunchy snack like chips or popcorn is kale chips. And if they're not into the health movement, some people are kind of turned off by the kale thing, but once it's dehydrated or baked, you really don't taste the kale. All you taste is the yummy seasonings and stuff that you put on it, so, a really basic recipe for kale chips. I mean, honestly, there are an infinite



number of things you can do with kale chips. Any kind of sauce that you can make, you can put it on kale chips and either dehydrate it or bake it and make chips, or put it on kale and dehydrate it or bake it and make chips out of it. But a simple recipe would be, take a kale, you take it off the stem -- and if you want, you can break it up or you can leave it in larger pieces, it doesn't really matter. And then you're going to make some type of sauce.

So, a simple sauce would be a pint of grape tomatoes, a couple tablespoons to a quarter cup of hemp seeds and then any seasonings that you like. You can put chili powder, you can do cumin or curry powder or you might just toss some cilantro in there or green onions, really, anything that you like. And then you would just mix that together with your kale in a big bowl and make sure it really gets into all the little nooks and crannies of the kale leaves. And then once you're done, you can either put that on a baking sheet and turn it on a low temperature on your oven and just kind of watch it and take it out once they're crisp. And it's going to take a different amount of time for everybody because it's going to depend on your sauce to kale ratio and how humid it is where you are.

So, the other option is to dehydrate them, which is what I do personally. And you put them on your dehydrator trays and then you can put it in your dehydrator at about 115 to 120 degrees for about six hours or so. And they get extremely crispy and they're really pulpy and like I said, you can put any seasoning on them that you want. So, whatever kind of flavor you like, you use that and yes, they make an awesome little crunchy, salty snack.

Dr. Glenn: As soon as I get back to my place in New Hampshire where my dehydrator is, I'm going to listen to this and do that again.



Erin: I recommend it.

Dr. Glenn: The things that Erin tells you are probably going to be habits for life because they're actually that good. Wow! Hey, can I throw you a curve ball? Is that okay?

Erin: Sure. Yeah, no problem. I like curve balls.

Dr. Glenn: What if people crave starch?

Erin: If they crave starch, honestly, I would say that if you're craving starch -- you mean like baked potatoes or something like that?

Dr. Glenn: Or pasta or pizza or --

Erin: Pasta. Well, I think there's two different ways or reasons that you could crave starches. You can crave starches because that's your comfort food. You know, I love pasta. That's what I grew up on in an Italian family. I love pizza. It's food that I associate with really good times and having fun and family and friends. So that's why I crave that food. If you're craving starches like potatoes and you're just wanting those starchy calories, I would say, eat more fruit because you're getting the carbohydrate from fruit just like you would the starches. But if it's like a meal type thing that you're wanting because you have positive associations with that, there are also, like you were saying, Glenn, so many things you can do as healthier versions of those things.

So, I personally would make raw versions of pasta and pizza, but you can make low-fat vegan versions which you can just go and find out. But personally, for my pasta cravings, I might do some spiralized



zucchini. So, you can buy all different types of spiralizers; you can just look it up online. I have this one shaped like an hourglass and basically -- well I have a couple, but this is my favorite. You use it like a pencil sharpener. You just stick a zucchini or a cucumber in there and you turn your vegetable, and out of the blades come long, curly noodle shapes.

Dr. Glenn: Is that the Veggetti? Is that what you have?

Erin: I think that's maybe one of the popular brand names. Mind I don't think even says anything.

Dr. Glenn: You manually turn the handle, it's not electronic; right

Erin: There's no handle. It's just a little hourglass thing. There's two sides to it. One has larger noodles, one makes smaller noodles. And you stick your zucchini and you just turn the actual zucchini, or cucumber or whatever. So that, to make your pasta and then for a really hearty marinara sauce, you can blend grape tomatoes, maybe like one pint of grape tomatoes with one cup of sun-dried tomatoes. That by itself is delicious. But if you want, you can add basil, oregano, rosemary, sage, thyme, any kind of herb that you want and then mix that together with your zucchini noodles. It's really crazy. You can marinate some mushrooms ahead of time and a little bit of your sauce or even just lemon juice and herbs and then put that on top and it's such a hearty meal, but it's still healthy. And the best thing is, you can eat as much as you want, which is my favorite part.

Dr. Glenn: And you don't have to recover from that meal.

Erin: You don't, you don't.



Dr. Glenn: Now, when you don't eat pasta for a long time, it absolutely kills the craving. At least this is what it does with me. It kills the pasta craving. I wouldn't say it gets me high in the same way that the actual pasta used to kind of get me high. And so if you go into this saying, this is going to taste just like pasta, it's not necessarily what happens, but if you go into this saying, I'm going to have this instead of pasta and I'm going to enjoy it more, that will happen for you. That's the difference between killing a craving and getting high with food that I talked about in my book.

Erin: That's a really, really good point because that's one thing that I've had to accept to get over my issues with food is that, I am no longer going to use things to -- like you said, get high or to feel a certain way, like, I need to not look to food for that. That's not what food is for. It can be enjoyable and it can be a pleasurable experience without getting us to that point of feeling high or numb or whatever you want to call it.

Dr. Glenn: Taking you out of reality, yeah. I prefer to talk about getting high as opposed to getting numb because there is the function of numbing the emotions because if you're full and you have to digest, then your whole physiology and your whole nervous system is concentrated on that. I mean, you can't really conduct the emotions as Roslyn Graham likes to say. So, there's a kind of analgesic effect, but there's also a tremendous pleasure element which reinforces the addiction in most of the industrial foods people are attached to. And I think talking about numbing out, it misses the getting high part. And it makes them too compassionate for their inner destructive self.

Erin: You are right.



Dr. Glenn: Yeah. So I think it's important to acknowledge when we're getting high with food, so that you're not chasing that dragon any longer and you can use them with these types of recipes to kill the craving. Erin, one more?

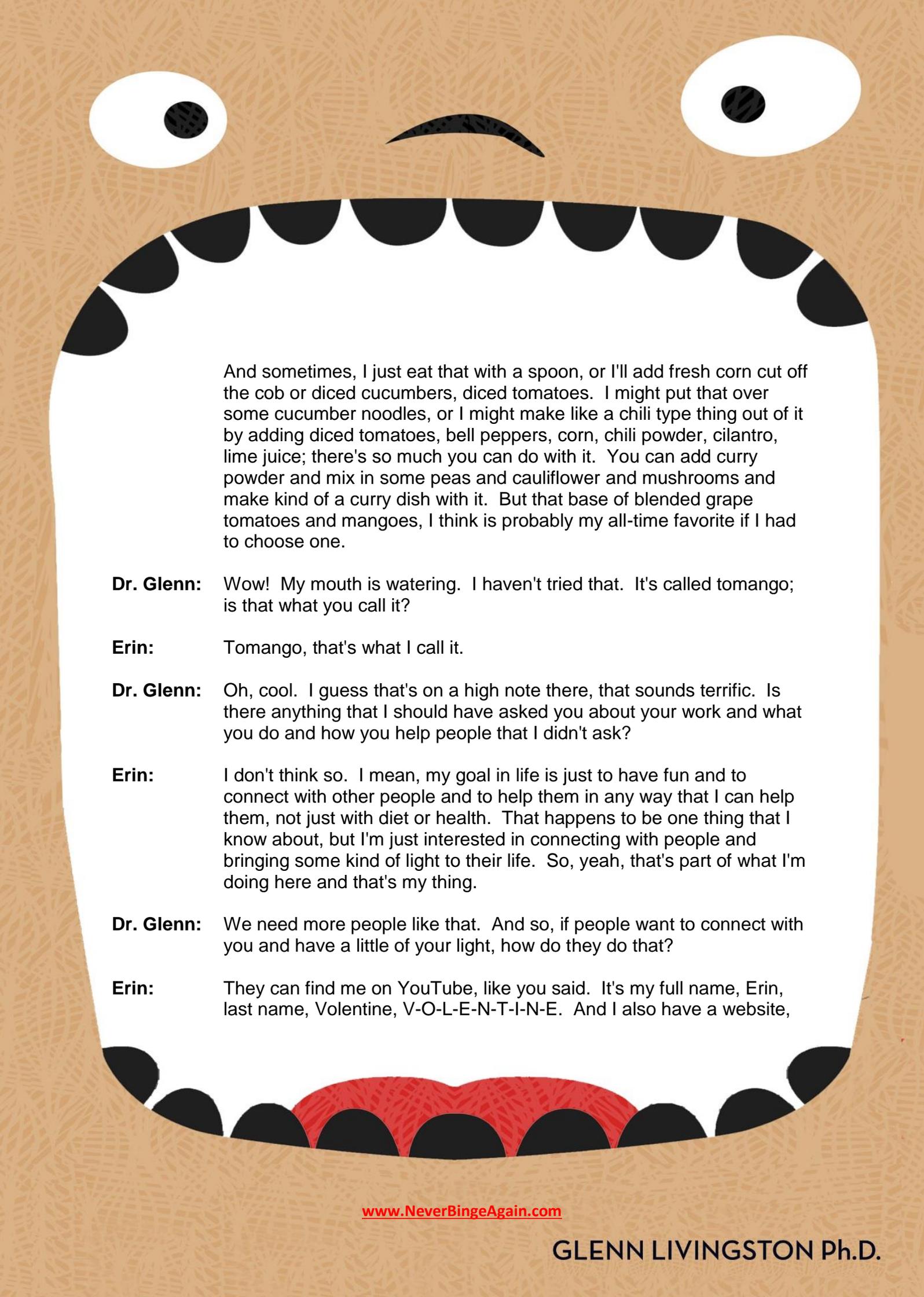
Erin: Sure. One more favorite recipe?

Dr. Glenn: Yeah.

Erin: Okay. That's a really hard choice because I have so many favorites. Let's see. Do you want another dessert recipe, another starchy recipe? Any preferences? Or just a favorite?

Dr. Glenn: Well, I would take any of the above.

Erin: Okay. Well, this sounds really simple and it is actually extremely simple, but I think it is my absolute all-time favorite raw recipe. And it's really just a recipe base and you can eat it like it is, or you can do hundreds of different things with it. And that's I call "tomango". So, this isn't really the perfect time of year to make it. The best time of year to make it is in summer. And it's basically just a blend of grape tomatoes and mangoes. And I personally like to use champagne mangoes, little small yellow ones, but you can really use any mangoes. And you blend them with tomatoes in any ratio. You can have mostly tomatoes and a little bit of mango. You can have mostly mango and a little bit of tomatoes. And if you've never had the combination, it doesn't really seem like it would be that great, but it is the best taste ever. It's really, really salty from the grape tomatoes and has that savory flavor. And then it's got this thick, smooth texture from the mangoes, with a little bit of sweetness that balances the savoriness of the tomatoes.



And sometimes, I just eat that with a spoon, or I'll add fresh corn cut off the cob or diced cucumbers, diced tomatoes. I might put that over some cucumber noodles, or I might make like a chili type thing out of it by adding diced tomatoes, bell peppers, corn, chili powder, cilantro, lime juice; there's so much you can do with it. You can add curry powder and mix in some peas and cauliflower and mushrooms and make kind of a curry dish with it. But that base of blended grape tomatoes and mangoes, I think is probably my all-time favorite if I had to choose one.

Dr. Glenn: Wow! My mouth is watering. I haven't tried that. It's called tomango; is that what you call it?

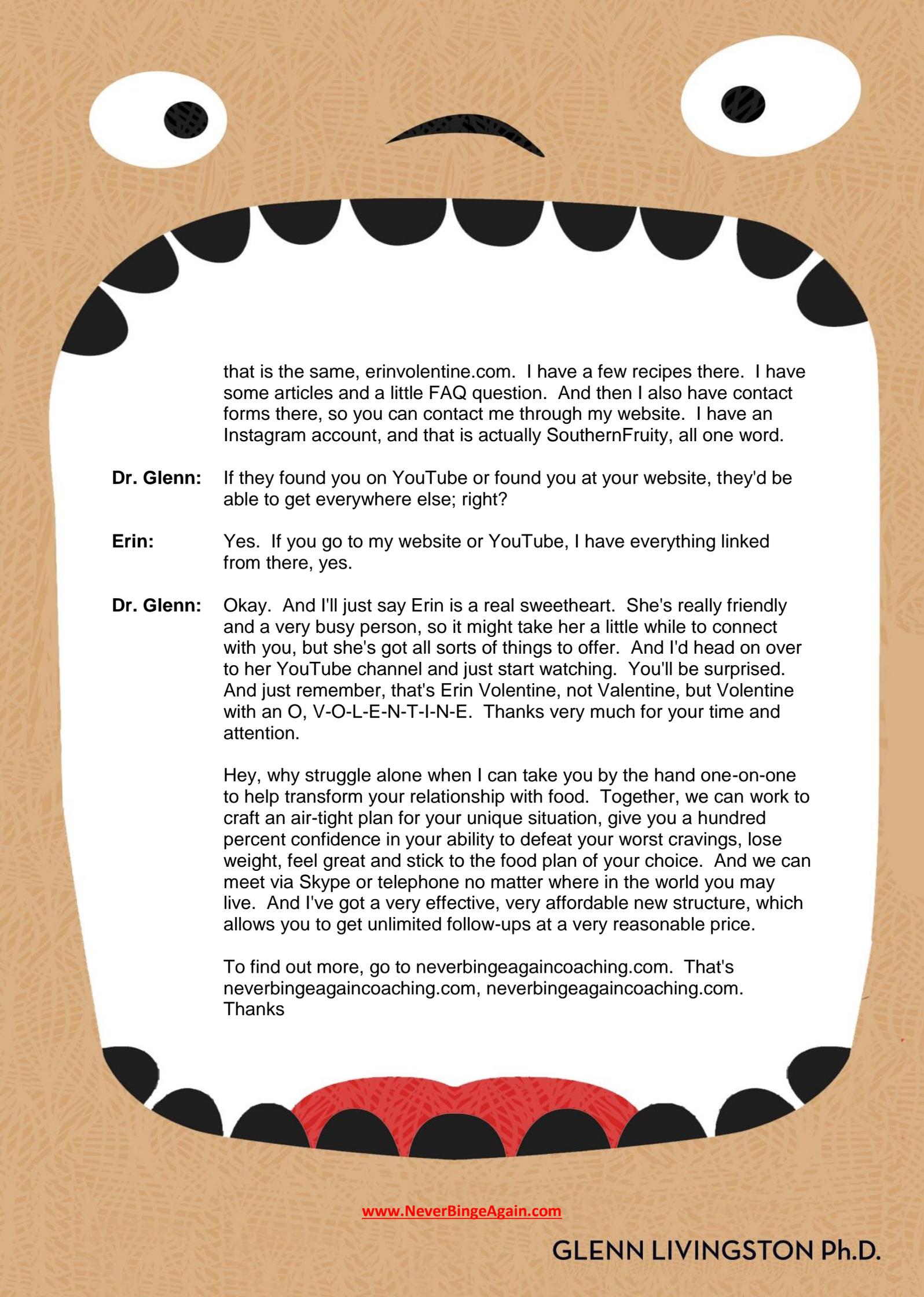
Erin: Tomango, that's what I call it.

Dr. Glenn: Oh, cool. I guess that's on a high note there, that sounds terrific. Is there anything that I should have asked you about your work and what you do and how you help people that I didn't ask?

Erin: I don't think so. I mean, my goal in life is just to have fun and to connect with other people and to help them in any way that I can help them, not just with diet or health. That happens to be one thing that I know about, but I'm just interested in connecting with people and bringing some kind of light to their life. So, yeah, that's part of what I'm doing here and that's my thing.

Dr. Glenn: We need more people like that. And so, if people want to connect with you and have a little of your light, how do they do that?

Erin: They can find me on YouTube, like you said. It's my full name, Erin, last name, Volentine, V-O-L-E-N-T-I-N-E. And I also have a website,



that is the same, erinvolentine.com. I have a few recipes there. I have some articles and a little FAQ question. And then I also have contact forms there, so you can contact me through my website. I have an Instagram account, and that is actually SouthernFruity, all one word.

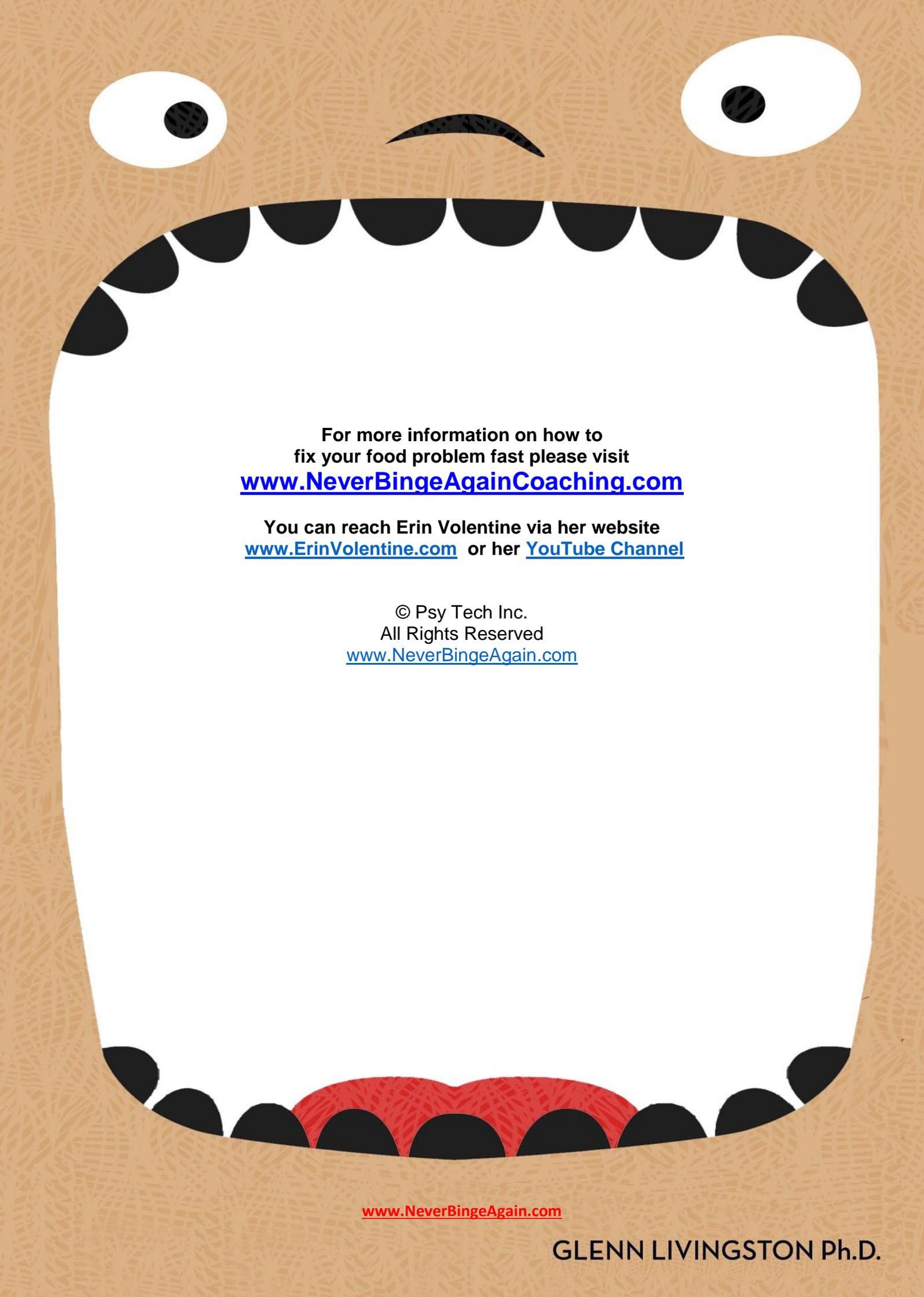
Dr. Glenn: If they found you on YouTube or found you at your website, they'd be able to get everywhere else; right?

Erin: Yes. If you go to my website or YouTube, I have everything linked from there, yes.

Dr. Glenn: Okay. And I'll just say Erin is a real sweetheart. She's really friendly and a very busy person, so it might take her a little while to connect with you, but she's got all sorts of things to offer. And I'd head on over to her YouTube channel and just start watching. You'll be surprised. And just remember, that's Erin Volentine, not Valentine, but Volentine with an O, V-O-L-E-N-T-I-N-E. Thanks very much for your time and attention.

Hey, why struggle alone when I can take you by the hand one-on-one to help transform your relationship with food. Together, we can work to craft an air-tight plan for your unique situation, give you a hundred percent confidence in your ability to defeat your worst cravings, lose weight, feel great and stick to the food plan of your choice. And we can meet via Skype or telephone no matter where in the world you may live. And I've got a very effective, very affordable new structure, which allows you to get unlimited follow-ups at a very reasonable price.

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