

Protective Diet Class #300

Okara Pie Crust Demonstration with a Happy Thanksgiving Pep Talk

This class takes okara from by-product to baker's best friend, with our first PD recipe starring this fibrous discard—the perfect fuel for gut microbes that keep us in a balanced, resilient, vigorous state of immunity. That's what THIS pie is serving up over the holidays!

Announcements

- Engage in our official support group, [Protective Diet Living \(PDL\)](#). Join [Live Chats & Coaching Hour](#) for personal assistance.
- Shop www.protectivediet.com/bulk, an independent source for low-cost, high-quality [PD staples](#) in bulk.

Vocabulary

Genistein
Angiogenesis Inhibitors

Insoluble Fiber
Gut Microbes

Short-Chained Fatty Acids
Epithelium

Plant Fiber
Anti-Inflammatory

Action Steps for "Play Dough" Pie Crust

- **Make Organic Soymilk**
 - Save the discard--okara is the unbelievable high fiber by-product of homemade [Organic Soymilk](#).
 - Protect your epithelium—okara is high in insoluble fiber. Our gut microbes love it! They ferment and digest it. Then they produce short-chained fatty acids that are naturally anti-inflammatory, protecting us from disease by repairing/tightening the gut wall, eliminating the gaps that cause leaky gut and allow pathogens, antigens, viruses and bacteria to enter the bloodstream.
 - Get your daily dose of cancer-protection—okara is high in the cancer-protective phytochemical Genistein. As an angiogenesis inhibitor, Genistein cuts off the blood supply to cancerous tumors, preventing growth or reoccurrence.
 - Stock your pantry with Genistein-rich whole, dried [organic soybeans](#). Enjoy [soymilk](#), okara, tofu, tempeh, and [miso](#) regularly.

Application #1: [Okara Pie Crust](#)

Make pie the day before you plan to eat it. Read the entire recipe. Reference the newest version for updates. Prepare French Vanilla Nice Cream. Allow time to chill (5 hours or overnight). Churn. Use the Scoop & Storage Technique.

Make Pie Filling (5 min)

Fast—slice fresh apples to make a classic Apple Pie. Optional: make pie filling ahead of time. See Julie's [Okara Apple Pie](#).
 Faster—use canned pumpkin or sweet potato puree as a shortcut for Pumpkin, Chocolate Cream, or Sweet Potato Pie
 Fastest—use frozen fruit—berries, cherries and peaches are a Protective Diet staple and make the fastest pies.

Mix the Crust (2 min)

Choose a flour—[fresh ground wheat](#), commercial white whole wheat, or oat flour (blended at home) for gluten-free. Mix dry ingredients. Add moist ingredients and okara. Mix with a sturdy whisk, like a [Danish dough whisk](#). Clean as you go—all the mixing bowl really needs is a rinse—no oil on a Protective Diet, so dishes clean up fast!

No-Roll Assembly (8 min)

Crumble [parchment](#) into a tight ball, then open and smooth to easily mold to the shape of the pie plate. Hand-press dough. Moist hands are helpful. If any dough sticks to your hands, rinse them. Dough sticks to dough. Press evenly up the sides of the parchment-lined pie plate until pastry is even with the rim. This is active meditation. Make a decorative or simple, clean edge. The dough is very forgiving and playdough-like. Trim excess parchment.

Bake (40 min)

Put a baking sheet under fruit pies to catch any filling bubbling over. Don't forget to set a timer. It will be liquidy when the bake time is finished and firm up as it cools. Cool thoroughly.

Chill (4 hours to overnight)

Leave uncovered for a crisp crust, or cover the pie with an inverted dinner plate for a soft, moist crust.

Serve

Transfer Nice Cream scoops from freezer to refrigerator 2 hours before serving. Lift pie out of pie plate onto a cutting board. Remove parchment. Slice. Use parchment to clean knife between cuts. Use the cutting board to assist with sliding the entire sliced pie onto a serving platter or back into the pie plate. Optional: Pipe [Cream Cheese Frosting](#) florets onto the pie, or drizzle with [Sugar-Free Royal Icing](#).

- Share in Thanksgiving

As a Guest

- Take [Country Wheat Stuffin Muffins](#) to share. They are gobbled up with no gravy. Optional Toppings: [Basic Brown Gravy](#), [Mushroom Gravy](#), or [Classic Cranberry Sauce](#). Get a [ceramic muffin pan](#) for a clean release after cooling. Instruct your family to break up their muffins and put the gravy on top. It looks like it just came out of the turkey.
- Secure your own mask first. Don't toggle back and forth between a Protective Diet and a standard diet. You will lose the respect of your family and others who are willing to accommodate you. Then you will feel obligated to eat their food.
- Commit and let others know, "We are oil-free whole food plant-based. We don't eat any food additives, so let us bring something and share it with you and don't worry about us. We are fine." Produce results and they won't question you.
- Don't bend because someone tried to make a vegan dessert for you that has oil and sugar in it. Don't feel bad. Tell them. "I have inflammatory disease and I have to get off blood pressure medicine this year. I am at high risk of sudden death."
- Our #1 day of fatalities due to heart attacks is Thanksgiving and New Year's Day. Let's stop this.
- Shift the focus from food to connecting with people. Don't miss out on the fun because you no don't eat turkey anymore. You still want relationships. There is nothing more important than your happiness and togetherness with family & friends.

As a Host

- Serve a totally plant-based, Protective Diet Style Thanksgiving if you want to. They might love it and if they don't, it's an exciting new experience for them. Even on a standard American diet, you made things people didn't like.
- Consider hosting your plant-based Thanksgiving on Friday or Saturday, so guests can still have their traditional meal.
- Thanksgiving is one of the easiest holidays to serve because the traditional menu is all planned out for you.
- Use the [Thanksgiving Guide](#)--don't turn this into a weeklong stress out. Have fun with it. Protective Diet recipes are easy to follow and easy to manage the day of the feast. The Thanksgiving Guide is full of tips for timing and preparation.
- Shop an easy grocery list—flat-leaf parsley, celery, cranberries (unless you have a freezer stash), potatoes, mushrooms.
- If you are serving two starches, [Mashed Potatoes](#) and Stuffin Muffins, plan to make 2 muffins per guest. Freeze leftovers.
- Measure Stuffin Muffin dry ingredients into a jar or mixing bowl in the morning, so you don't forget an ingredient while tending to curious guests in your kitchen. Make it easy. Pre-measure. Pre-chop the celery, onions and parsley. Write a reminder note of the moist ingredients you still need to add, bake time, and temp.
- You can serve everything at room temperature as long as you have piping hot gravy.
- It is not your responsibility to make a turkey if it goes against your lifestyle and beliefs. Someone else can make or order it.
- Instead of doubling recipes, make more items. Serving a variety to fill the plate is more pleasing.
- When serving [Mac and Cheeze](#) to standard eaters, call it a pasta casserole. They won't compare it to the traditional version.

Encouragement

- Don't be shy about serving this pie to your friends. Everyone is looking for healthier options. We eat with our eyes and look at the eye appeal of this pie! I really want to encourage you to bring and share.
- Put aside everything you've learned about cooking a standard American Diet. Put aside everything you've learned eating a plant-based diet. These recipes are different. They are innovative. Follow the recipes precisely and feel like a kitchen wizard.
- I want everyone in our community to feel like a plant-based superstar!
- I want you to join me and make the end of this year the end of your medications. Follow through every day. That's all it takes.

"Keep in mind this is fruit. This is sugar-free. This is insoluble fiber. This is whole food plant-based. That is some protective business!"

Recommended Recipes

- [Organic Soymilk](#)
- [French Vanilla Nice Cream](#)
- [Cran Orange Chia Seed Loaf](#)
- [Okara Pie Crust](#)
- [Instant Vanilla Extract](#)
- [Apple Pie](#)
- [Pumpkin Pie](#)
- [Sweet Potato Pie](#)
- [Chocolate Cream Pie](#)
- [Peach Pie](#)
- [Cherry Pie](#)
- [Blueberry Pie](#)

Recommended Classes

- [#281 Making Perfect Yogurt & Including Soy on an Anti-Angiogenic Diet to Prevent Cancer](#)
- [#155 Cancer Prevention and Regression on a Protective Diet](#)
- [#272 Allergies and the Microbiome \(epithelium class\)](#)
- [#190 Cancer and Angiogenesis Inhibitors](#)
- [#151 Hosting House Guests Protective Diet Style](#)
- [#126 Cancer: The Protective Diet Advantage](#)
- [#051 We're Talking Tofu](#)
- [#156 Calendar of Achievements](#)
- [#275 Thanksgiving Preparation Tips](#)