

# Protective Diet Class #253

## Benefits of Nutritional Yeast and Making Cheez-It Crackers

This class highlights functional foods enjoyed on a Protective Diet and PD kitchen systems that make them a convenient part of your busy life. Functional foods keep YOU functioning and feeling your best. PD Recipes make them delicious, so benefiting daily is simple.

### Announcements

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

### Vocabulary

Functional Foods  
Active Meditation

Beta Glucan Fiber  
Anti-inflammatory

Microbiome  
Pantry Staples

Serotonin  
Dopamine

Neurotransmitters  
Angiogenesis Inhibitors

### Action Steps for Functional Food Benefits

#### Include Functional Foods Daily

- Functional Foods=whole foods containing unique protective compounds that go above and beyond meeting your basic nutritional needs. They taste good AND they are beneficial. They add protection AND flavor, making every morsel valuable.
- Daily intake of functional foods is easy. Enter any functional food in the [green search box](#) for multiple [PD Recipes](#) that make protection effortless and delicious. Learn the systems and techniques to [set yourself up for success](#) and ease in [PD-Ed](#).
- Feelings of excitement come when thinking about/eating functional foods because our healthy microbes reinforce beneficial food choices by releasing mood enhancing neurotransmitters, making choosing these foods natural & satisfying.

<b>PLANT-BASED YOGURT, SOYMILK &amp; TOFU</b>	<b>LENTILS &amp; PEAS</b>	<b>FERMENTED FOODS</b>
<b>Function:</b> Probiotics, immune boosting, angiogenesis inhibitor, mood enhancing, high-quality protein, leavening & browning  <b>Flavor:</b> <a href="#">Ground Crumbles</a> , <a href="#">House Mayo</a> , <a href="#">Plant-Based Stroganoff</a> , <a href="#">Frittata</a> , <a href="#">Cheezeburger Pizza</a> , <a href="#">Yogi Bowl</a> , <a href="#">Buttermilk Ranch Dressing</a> ...	<b>Function:</b> Fiber, protein, antioxidants, anticancer  <b>Flavor:</b> <a href="#">Red Lentil Dahl</a> , <a href="#">Stovetop Red Lentil Chili</a> , <a href="#">Hot Diggity Dogs</a> , <a href="#">Italian Sausage</a> , <a href="#">Sloppy Jerry</a> , <a href="#">Beefless Taco Filling</a> , <a href="#">Lentil and Rice One-pot</a> , <a href="#">Spices and Herb Cracker Mix</a> , <a href="#">Cheez-It Crackers</a> ...  <b>PD Ease:</b> Buy red lentils in <a href="#">bulk</a> . Stock your pantry with brown or green lentils, black urad/matpe, green split peas and yellow split peas. <a href="#">Blend</a> lentils into flour ahead of time so these protective ingredients are ready when you are. Make cracker mixes for quick, functional convenience food.	<b>Function:</b> Probiotics, support gut health, increase nutrient absorption, fight infections, anti-inflammatory, multiply vitamins, mood enhancing, umami flavor  <b>Flavor:</b> <a href="#">Kimchi</a> , <a href="#">Ruby Raw Kraut</a> , <a href="#">Plant-Based Yogurt</a> , <a href="#">Escabeche</a> , <a href="#">Probiotic Pepper Sauce</a> , <a href="#">Pickled Onions</a> , <a href="#">Fermented Salsa</a> , <a href="#">Brine Bread</a> , <a href="#">Miso Healthy Rice</a> ...  <b>PD Ease:</b> <a href="#">20+ fermented PD Recipes</a> guide you through setting up a fermentation system in your Workplace for Wellness. Gift yourself with the flavor boost of ultra-protective fermented brine, toppings and condiments that stay fresh for months.
<b>Function:</b> Get single ingredient, organic soy into your daily diet with 80+ <a href="#">PD Recipes</a> . Buy <a href="#">soymilk</a> by the case. Create a <a href="#">yogurt</a> making system to take soymilk next level with fermentation while you sleep—enjoy plain, in recipes, as a dip, dessert drizzle, or sour cream replacement. Keep a 4 to 8lb supply of firm or extra-firm tofu. If nearing expiration, mark w/an "X" and freeze to make additive-free faux meats.	<b>Function:</b> Beta Glucan Fiber, complete protein, immune boosting, mood enhancing, populates healthy microbes, promotes fast healing, regresses tumors, anti-pathogenic, reduces seasonal allergies, prevents cancer reoccurrence, source of Vitamin B12  <b>Flavor:</b> <a href="#">Spices and Herb Cracker Mix</a> , <a href="#">Ultimate Cheeze Sauce</a> , <a href="#">Plant-Based Cheez-It Crackers</a> , <a href="#">Pasta w/Tomato Cream Sauce</a> , <a href="#">Mix &amp; Mac</a> ...  <b>PD Ease:</b> Buy nutritional yeast in <a href="#">bulk</a> . Nutritional yeast is a functional ingredient in <a href="#">PD Broth Mix</a> giving you its many benefits/delicious flavor in a perfect daily dose. An additional 50+ <a href="#">PD Recipes</a> feature nooch.	<b>Function:</b> Anticancer, high in antioxidants, aid in nitric oxide production for cardiovascular health, sulforaphane, high in fiber  <b>Flavor:</b> <a href="#">Asian Style Kale</a> , <a href="#">Broccoli</a> and <a href="#">Cheeze Sauce</a> , <a href="#">Eggrolls</a> ...  <b>PD Ease:</b> A PD greens system teaches you to chop/wash/dry multiple bunches of organic kale in a <a href="#">salad spinner</a> . Let it air dry more on a towel. Put in a zip top bag and squeeze the air out to "vacuum" seal it for weeks of freshness. Add <a href="#">Dry Steamed Kale</a> to any meal for more protection. Mix baby greens dressed lightly with <a href="#">vinaigrette</a> for a simple side salad. Grow your own <a href="#">broccoli sprouts</a> for major protection.
<b>FRESH HERBS</b>	<b>DRIED SPICES &amp; TEAS</b>	
<b>Function:</b> Anti-inflammatory, high in antioxidants  <b>Flavor:</b> <a href="#">Choco Tonic</a> , <a href="#">Spice Sauce</a> , <a href="#">Horsey Sauce</a> ...  <b>PD Ease:</b> Use the <a href="#">Storing Herbs Technique</a> to keep fresh cilantro, green onion & parsley on hand for meals. Freeze bulk fresh <a href="#">turmeric</a> , <a href="#">ginger</a> & <a href="#">horseradish</a> root. Keep a few pieces in the freezer door for easy <a href="#">grating</a> into PD recipes. Freeze garlic cloves w/ skin on. This <a href="#">garlic press</a> can handle them.	<b>Function:</b> Antioxidants without calories, anti-aging, natural sunscreen, cellular healing, anti-cancer  <b>Flavor:</b> <a href="#">Flower Water</a> , <a href="#">Spices &amp; Herbs Vinaigrette</a> ...  <b>PD Ease:</b> Utilize the power that is in your spice cabinet. Spices are included in <a href="#">PD Recipes</a> because of their protective qualities. Buy spices in <a href="#">bulk</a> . You will use them. Drink <a href="#">PD Beverages</a> to hydrate with liquid antioxidants throughout the day.	

- **Make Your Own Mixes for Functional Convenience Food**
  - Add another layer of functional food ease by making your own “just-add-liquid” mixes.
  - [Plant-Based Cheez-It Crackers](#) are microbiome promoting with a high dose of healthy fiber from lentils, beta glucan fiber from nutritional yeast and probiotics from brine. Make a cracker mix to get these benefits into your busy days conveniently.
  - Repurpose [PD Plant-Based Broth Mix](#) containers and applesauce jars for pantry mixes.
  - [Label](#) clearly so you know which liquid ingredients to add later. Notate “salt”/“no salt”.
  - Save Money--buy in [bulk](#) for huge savings on [nutritional yeast](#), [lentils](#), [oats](#), quinoa, etc.
  - Save Time--[blend flours](#) (lentil, oat, toasted quinoa, brown rice) ahead of time:
    - [Blend](#) in the morning when your blender pitcher is dry. Ingredients at the ready is key.
    - Measure a batch of crackers for now + 1 or more batches as dry mixes for later.
    - Make a note of ingredients + bake time/temp & put it inside your cupboard door.
  - ***WARNING: these crackers are very high in fiber. Don't eat the whole batch at once. Facial flushing, itching and burning of face/neck, is a rare reaction to the niacin (B3) in nutritional yeast. This is not permanent or damaging and is likely caused by eating large quantities of nutritional yeast (1 cup) in a day. Nutritional yeast intolerance can occur with IBS/Crohn's Disease—both fully reversible w/Protective Diet.***

**Recipes That Make Great Mixes**

[Mojos](#)  
[Spices & Herb Cracker Mix](#)  
[Plant-Based Cheez-It Crackers](#)  
[Quarantine Crackers](#)  
[Apple Crumble Topping](#)  
[Fruit Crumble Topping](#)  
[Banana Bread Under Pressure](#)  
[Pressure Cooked Chocolate Cake](#)  
[Cornbread Under Pressure](#)  
[Nutty Butter](#)  
[Mix & Mac](#)

## Cooking Tips

- Always read the Notes and Pro Tips section on a [recipe](#) before beginning for the greatest advantage from test kitchen findings.
- “Unfortified” nutritional yeast is not necessarily clean of extra ingredients and does not justify paying more. Fortified is fine.
- [Spread](#) cracker batter evenly; focusing on ¼ of the pan at a time. Rotate the pan as needed. Keep edges & middle equally thick.
- Bake crackers in the morning to warm up the house, or in the evening during dinner. Let them cool on the pan all day/night.
- 1 batch of [Cheez-Its](#) fits perfectly in a [wide-mouth quart jar](#). They will stay crisp, even with constant air exposure.
- Replace [silicone mats](#) when you notice things are starting to stick. They lose their non-stick quality over time.
- Wash [silicone mats](#) by draping over the sink divider and rubbing by hand with [castile soap](#). Rinse. Air dry.
- Clean as you go. Pick up each tool you use once: use it, rinse it, load it in the dishwasher or put it on a towel to dry.
- Clean your kitchen sink with [All-Purpose Cleaning Spray](#), which is all natural, void of toxins, and kills 99% of germs.

## Student Q&A

Q: How long does it take in the [blender](#) to reach “flour” status? (38:20)

Q: Are flours best stored in the pantry or the freezer? (41:20)

Q: Are there any suggestions for how to develop a taste for the flavor of [Jerry's Organic Plant-Based Yogurt](#)? (56:14)

## Encouragement

- The more we know about what is happening nutritionally in our body, the more we feel excited to get in our Workplace for Wellness and prepare our next meal and we start producing exciting results.
- My Dream: We want to build a huge, healthy, powerful community together so wherever we are in the world there are people who are connected with a [Protective Diet](#), so we can feel support in person as well as through [our online community](#).
- I want you to stay ahead of the game and get these healthy foods in your diet because there is nothing worse than your life being turned upside down by a diagnosis and having to chase what you should be eating. Adopt these functional foods and cut the cancer fertilizers out.

**“It is amazing how powerful food is. When I read studies that show the healing power of nutritional yeast, I know I need to get it into my daily diet.”**

## Recommended Recipes

[Fat Free Fredo](#)     [Tortilla Chips](#)     [Yellow Lentil Soup](#)     [Split Pea Soup](#)     [French Vanilla Nice Cream](#)

## Recommended Classes

<input type="checkbox"/> <a href="#">#206 Tea Ritual &amp; Spices for Protection</a>	<input type="checkbox"/> <a href="#">#270 Protective Diet Pro Tips</a>	<input type="checkbox"/> <a href="#">#228 Benefits of Fermented Food</a>
<input type="checkbox"/> <a href="#">#281 Making Perfect Yogurt &amp; Including Soy</a>	<input type="checkbox"/> <a href="#">#235 Benefits of Sulforaphane</a>	<input type="checkbox"/> <a href="#">#243 Benefits of Spicy Food</a>