



Health focus

ACT NOW, REDUCE YOUR RISK

Recipe Calendar
July 2015 - December 2016

Getting FIT FOR THE CRISIS

"Does health really matter?"





Photography by Shammal Jordan © 2015

“Prevent cancer, heart disease and boost against viruses with this sweet and tasty blast of bioflavonoids”

INGREDIENTS

- 1-2 handfuls of rinsed spinach
- 1 cup frozen blue berries
- 1 banana
- 1 handful frozen mixed fruit
- Water

VITA BERRY BLAST

JULY 2015

Quick Facts

BLUEBERRY:

- Low in calories with only 57 calories per 100g
- Contains nutrient lutein which promotes retinal health,
- Lowers LDL cholesterol,
- Lowers blood sugar

Contact us :
Truth for the Final Generation
P.O. Box 725, Bridgetown,
Barbados, WI
Tel: 421-7297 Tel/Fax: 421-7790
Email: tffgbgi@yahoo.com
Web: www.tffgbarbados.com

June 2015						
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30	31					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						HEALTH OUTREACH
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HEALTH FOCUS FREE TESTING DAY						SABBATH SERVICE 9:30 TO SUNSET
5	6	7	8	9	10	11
						SABBATH SERVICE 9:30 TO SUNSET
12	13	14	15	16	17	18
						SABBATH SERVICE 9:30 - 12:30 (OUTREACH)
19	20	21	22	23	24	25
				TFFG CAMP MEETING BEGINS		
26	27	28	29	30	31	



Photography by Shammal Jordan © 2015

“Start your day with endless energy with this delicious blend”

INGREDIENTS:

- 1-2 handfuls spinach
- 1 cup cantaloupe
- 1 cup frozen mixed fruit
- 1 cup mango
- 1 carrot
- Small piece ginger
- ¼ cup cashew nuts
- Coconut milk

MORNING GLORY POWERHOUSE

AUGUST 2015

Quick Facts

MANGOES:
“Mangos provide 100% of your daily vitamin C, 35% of your daily vitamin A and 12% of your daily fibre.”

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July 2015						
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2	3	4	5	6	7	8 END OF TFFG CAMP
9	10	11	12	13	14	15 SABBATH SERVICE 9:30 TO SUNSET
16	17	18	19	20	21	22 SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
23	24	25	26	27	28	29
30	31					



Photography by Shammal Jordan © 2015

“Add a serious pep to your step with this tasty energizing elixir; a fantastic afternoon pick me up”

INGREDIENTS:

- ½ of cucumber
- 1 sprig celery
- 1 banana
- 1 cup red grapes
- 1 cored pear
- 1/8 cup walnuts
- Water

ENERGY ELIXIR BOOST

SEPTEMBER 2015

Quick Facts

WALNUTS:

- Rich in omega 3
- Promotes cardiovascular health
- Reduces risk of prostate and breast cancer
- Contains melatonin which helps promote sleep, fights cancer, reduces migraines and helps protect the brain
- Reduces inflammation

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August 2015						
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						SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
20	21	22	23	24	25	26
27	28	29	30			



Photography by Shammal Jordan © 2015

“Maximise your intake of fibre and melt away unwanted pounds with a mouth watering melon blast”

INGREDIENTS

- 2 handfuls kale
- 1 banana
- 1 cup cantaloupe
- 1 cup watermelon
- 1 handful frozen mixed fruit
- 1/8 cup cashews
- 1 piece fresh ginger
- Soy milk

MELON BLAST

OCTOBER 2015

Quick Facts

- KALE:**
- Contains 1180% vitamin K
 - Contains 98% vitamin A
 - Rich in antioxidant- anti-inflammatory
 - Helps reduce cholesterol - anti-cancer
 - Contains glucosinolates which detox the body

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18	19	20	21	22	23	24 SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
25	26	27	28	29	30	31



Photography by Shammal Jordan © 2015

“Look and feel years younger by imbibing this age reversing blend”

INGREDIENTS:

- 1 handful of rinsed spinach
- 1 handful kale
- 1 cup red grapes
- 1 banana
- ½ cup strawberries
- ½ cup frozen fruit
- ⅛ cup almonds
- Water

FOUNTAIN OF YOUTH & STRENGTH

NOVEMBER 2015

Quick Facts

STRAWBERRIES:

- High in antioxidants with an ORAC value of 3577 Umol TE per 100 gram
- Reduce the risk of prostate cancer
- Lower blood pressure- reduce tumor growth
- Reduce LDL cholesterol

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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						SABBATH SERVICE 9:30 TO SUNSET
15	16	17	18	19	20	21
						SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
22	23	24	25	26	27	28
	INDEPENDENCE DAY					
29	30					



Photography by Shammal Jordan © 2015

“Have a quick energy boost with our Banana Berry Blend”

INGREDIENTS

- 2 handfuls kale
- 1 banana
- 1 cored apple
- 1 handful blueberries
- 1/8 cup walnuts
- 1 handful pumpkin seeds
- Almond milk

BANANA BERRY VITALITY BLEND

DECEMBER 2015

Quick Facts

BANANA:

- Contains nutrients such as beta-glucans, and lignans that help boost the immune system and help fight cancer
- Low glycemic index
- Contains 25% of the daily value of B6

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November 2015						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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						SABBATH SERVICE 9:30 TO SUNSET
13	14	15	16	17	18	19
					CHRISTMAS DAY	BOXING DAY SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
20	21	22	23	24	25	26
END OF YEAR MUSICAL PROGRAM 6:00 P.M.						
27	28	29	30	31		



Photography by Shammal Jordan © 2015

INGREDIENTS:

- 1 handful bora beans
- 5 okras
- 3 carrots
- 1 head broccoli
- 1 red onion
- 1 tbsp olive oil

METHOD:

- Add olive oil to pot and heat gently
- Add onion and other seasonings of choice (basil, Italian, complete etc.)
- Add all vegetables except broccoli
- Stir fry until carrot is tender
- Add broccoli last and continue to stir until tender

SAUTÉED VEGETABLES

JANUARY 2016

Quick Facts

OKRAS:

“They are rich in B-complex group of vitamins like niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid. The pods also contain good amounts of vitamin K. Vitamin K is a co-factor for blood clotting enzymes and is required for strengthening of bones.”

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December 2015						
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February 2016						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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31						



Photography by Shammal Jordan © 2015

INGREDIENTS:

- 1 cup brown rice pasta
- 1 tsp salt
- 2 tsp olive oil
- Sprinkle turmeric
- Water

METHOD:

Cook pasta with salt, turmeric and olive oil, drain
Add sunflower cheese, humus and basil spaghetti sauce
Serve with vegetables

BROWN RICE PASTA

FEBRUARY 2016

Quick Facts

OLIVE OIL:

“Olive oil lowers the levels of total blood cholesterol, LDL-cholesterol and triglycerides. At the same time it does not alter the levels of HDL-cholesterol (and may even raise them), which plays a protective role and prevents the formation of fatty patches, thus stimulating the elimination of the low-density lipoproteins.”

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January 2016						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
28	29					27



Photography by Shammal Jordan © 2015

INGREDIENT:

- ½ cup split peas
- 1 piece pumpkin
- ½ red onion
- 1 cup coconut milk
- ½ tsp salt
- 1 piece ginger
- Sprinkle basil
- Sprinkle Italian season
- Water

METHOD:

Sauté split peas and pumpkin with seasonings. Add water and boil until fully cooked. Place in blender or nutri-bullet with coconut milk and pulsate.

SPLIT PEA PUMPKIN GINGER COCONUT SOUP

MARCH 2016

Quick Facts

GINGER:

- Anti-inflammatory
- Good for relieving digestive problems such as nausea, loss of appetite, motion sickness
- Relieves pain
- Anti- bacterial

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April 2016						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
						SABBATH SERVICE 9:30 TO SUNSET
13	14	15	16	17	18	19
					GOOD FRIDAY	SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
20	21	22	23	24	25	26
	EASTER MONDAY					
27	28	29	30	31		



Photography by Shammil Jordan ©2015

INGREDIENTS:

- 1 cup brown rice
- ½ cup green peas
- ½ cup bonavis
- 1 tsp salt
- 1 tsp olive oil
- 2 cups water

METHOD:

Seasonings of choice (basil, Italian, onion etc.). Cook for 20 mins and leave covered until ready to serve

BAJAN VEGETARIAN SUNDAY DELIGHT APRIL 2016

Quick Facts

BROWN RICE:

“Promotes Weight Loss. The fibre content of brown rice keeps bowel function at its peak since it makes digestion that much easier. Brown rice is the perfect addition to the daily diet for those seeking bowel regularity. In addition, brown rice also makes the tummy feel full which translates to smaller meal portions.”

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March 2016						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8	9
						10 SABBATH SERVICE 9:30 TO SUNSET
10	11	12	13	14	15	16
						17 SABBATH SERVICE 9:30 TO SUNSET
17	18	19	20	21	22	23
				NATIONAL HERO'S DAY		24 SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
24	25	26	27	28	29	30



Photography by Shammal Jordan © 2015

INGREDIENTS:

- 1 cup lentils
- 1 cup chick peas
- 1 tin prime steak or vegetarian “meat” of choice
- 1 cup basil spaghetti sauce
- ½ onion
- Seasonings of choice
- 1 tsp olive oil
- 2 cups water

METHOD:

- Put all ingredients in a deep pan and cook until peas are soft
- Serve cooked brown rice and gravy with vegetables and salad

VEGETARIAN GRAVY

MAY 2016

Quick Facts

LENTILS:

- Rich in fibre which promotes intestinal health
- Helps protect the heart
- Excellent source of iron
- Good source of protein
- Excellent source of vitamin B 1 which protects the nervous system

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June 2016						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>MAY DAY</u>						<u>SABBATH SERVICE</u> <u>9:30 TO SUNSET</u>
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	<u>WHIT MONDAY</u>					<u>SABBATH SERVICE</u> <u>9:30 TO SUNSET</u>
15	16	17	18	19	20	21
						<u>SABBATH SERVICE</u> <u>9:30 - 12:30</u> <u>AFTERNOON</u> <u>(OUTREACH)</u>
22	23	24	25	26	27	28
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Photography by Shammal Jordan © 2015

INGREDIENTS:

- ¼ cup olive oil
- 1 tbsp brown sugar, or to taste (optional)
- 2 tbsp soy sauce
- 1 tbsp sesame seeds
- 1 tsp apple cider vinegar

Method:

Whisk olive oil, vinegar, sugar, sesame oil, soy sauce, and sesame seeds together in a bowl until dressing is evenly mixed.

SESAME VINAIGRETTE

(SERVED WITH FRESH SALAD)

JUNE 2016

Quick Facts

SESAME SEEDS:

- Contains 163 % DV of copper which helps build strong tissue, maintain blood volume, and produce energy in your cells.
- Helps reduce pain and swelling in rheumatoid arthritis
- Aids in lowering blood pressure
- Rich in magnesium which helps with airway spasms in asthmatics
- Reduces risk of colon cancer

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July 2016						
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						SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
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26	27	28	29	30		



Photography by Shammal Jordan © 2015

- INGREDIENTS:
- 1 block tofu, sliced and patted dry
 - 3 tbsp tomato paste, heaped
 - 1 cup water
 - ½ cup apple cider vinegar
 - 1 tbsp brown sugar
 - ½ tbsp turmeric powder
 - ½ tbsp onion powder
 - ½ tbsp cumin powder
 - 1 tsp minced garlic
 - 1 tbsp lemon juice
 - Salt to taste
 - Oil for frying

- METHOD:
- Lightly salt tofu slices. Lightly coat frying pan with oil and pan fry tofu. Set tofu aside.
 - In the same frying pan, sauté garlic, turmeric powder and cumin powder until garlic becomes golden brown.
 - Add remaining ingredients and mix well. Simmer until the mixture has been reduced by half.
 - Add tofu and toss until tofu has been completely coated. Cook for 1 minute or until sauce begins to thicken.

BARBECUE TOFU

JULY 2016

Quick Facts

TOFU:
“Tofu is a good source of protein and contains all eight essential amino acids. It is also an excellent source of iron and calcium and the minerals manganese, selenium and phosphorous.”

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August 2016						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <small>COMMUNION SERVICE</small>
3 <small>HEALTH FOCUS FREE TESTING DAY</small>	4	5	6	7	8	9 <small>SABBATH SERVICE 9:30 TO SUNSET HEALTH OUTREACH</small>
10	11	12	13	14	15	16 <small>SABBATH SERVICE 9:30 TO SUNSET</small>
17	18	19	20	21	22	23 <small>SABBATH SERVICE 9:30 TO SUNSET</small>
24	25	26	27	28	29 <small>TFFG CAMP MEETING BEGINS</small>	30 <small>SABBATH SERVICE 9:30 - 12:30</small>
31						



STEAM PUDDING
INGREDIENTS:

- 1 ½ lb grated sweet potato
- ½ tsp thyme
- ½ tsp marjoram
- 1 tsp chives, chopped
- Scotch bonnet pepper (or chilli of your choice), finely diced
- Pinch of sugar
- Pinch of salt
- 2 tsp olive oil
- 2 oz Olivio/flora (non-transfat)
- Browning (optional)

METHOD:
Combine the ingredients in a mixing bowl. (Browning gives the pudding a characteristic dark brown colour but can be omitted.)
The pudding may be steamed in a bowl over a pot of boiling water, or baked in a greased baking dish, until an inserted skewer comes out clean. Enjoy!

PICKLED BREADFRUIT
INGREDIENTS:

- ½ cooked breadfruit
- 1 cup cubed boiled gluten

- 1 large cucumber diced
- 1 large cucumber grated
- ¼ red sweet pepper, chopped
- 1 bunch parsley, chopped
- 1 lime
- ½ tsp sea salt

METHOD:
Add all ingredients to cubed breadfruit and mix

BEAN CURD
INGREDIENTS:

- 1 pack bean curd
- Herbs of choice (parsley, thyme etc.)
- 1 large onion
- 2 large cucumbers
- Pinch salt
- 1 lime/lemon

METHOD:
Soak bean curd over night. Boil in pressure cooker for 10-15 minutes or in pot until tender. Cool, dice and pickle with ingredients listed. Can also be made into a gravy for use with rice, breadfruit cou cou, cream potato.

STEAM PUDDING

AUGUST 2016

Quick Facts

BREADFRUIT:
“One cup of breadfruit provides 60 grams of carbohydrates, the primary source of energy in the body. It is very beneficial for athletes and gym goers. Also has vitamin C & rich in Vitamin B-Complex (thiamine, pyridoxine & niacin). Fresh fruit rich in potassium . Its pulp is rich in copper, iron, magnesium and phosphorus.”

Contact us :
Truth for the Final Generation
P.O. Box 725, Bridgetown,
Barbados, WI
Tel: 421-7297 Tel/Fax: 421-7790
Email: tffgbgi@yahoo.com
Web: www.tffgbarbados.com

July 2016						
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September 2016						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>EMANCIPATION DAY</u>					<u>SABBATH SERVICE</u> <u>9:30 TO SUNSET</u> <u>END OF TFFG CAMP</u>
	1	2	3	4	5	6
7	8	9	10	11	12	13
						<u>SABBATH SERVICE</u> <u>9:30 TO SUNSET</u>
14	15	16	17	18	19	20
						<u>SABBATH SERVICE</u> <u>9:30 - 12:30</u> <u>AFTERNOON</u> <u>(OUTREACH)</u>
21	22	23	24	25	26	27
28	29	30	31			



Photography by Shammal Jordan © 2015

- INGREDIENTS:
- 8 oz wheat spaghetti, cooked with dash of salt, basil & olive oil. Drain
 - ½ cup granburger, soaked in water
 - 2 big franks
 - 2 tbsp olive oil
 - ¾ cup onion chopped
 - ¼ cup celery chopped
 - ¼ cup bell peppers, chopped
 - 3 cloves garlic, minced
 - ¼ cup mushrooms, chopped
 - 2 tbsp basil, chopped
 - 1 tbsp fresh oregano leaves, minced
 - 1 tsp sea salt
 - 1 tbsp bajan or seasoning of choice
 - 1 2 oz basil spaghetti sauce
 - 1 tbsp honey (OPTIONAL)

METHOD:
Pour oil in medium size skillet and place over a medium heat. Add onion, celery, bell pepper, garlic, mushrooms, basil, oregano and any other seasonings of your choice. Sauté for two minutes. Add granburger and cubed big franks, spaghetti sauce and honey. Stir 1 minute to blend. Cover skillet with top and simmer on low for 15 minutes.

Serve spaghetti and top with sauce and vegan cheese.

HOME MADE SPAGHETTI DELIGHT WITH BASIL SAUCE

SEPTEMBER 2016

Quick Facts

WHEAT SPAGHETTI:
“Whole wheat spaghetti is high in B vitamins and minerals, such as copper, selenium, magnesium and manganese.”

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August 2016						
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October 2016						
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						SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
18	19	20	21	22	23	24
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Photography by Shammal Jordan © 2015

INGREDIENTS:

- ½ cup frozen strawberries
- ½ cup triple berries

METHOD:

Using a dessert bullet or other device blend and place on ice-cream cone or dessert bowl

STRAWBERRY TRIPLE-BERRY ICE-CREAM

OCTOBER 2016

Quick Facts

BERRIES:

“Berries are sweet, but not the kind of sweet that should send people with diabetes running. “Because they come with fibre.”

Also:

- a) Fight off disease-high in anti-oxidant
- b) Reduce belly fat
- c) Prevent hypertension
- d) Reduce risk of colon cancer
- e) Maintain brain health-improve memory

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September 2016						
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November 2016						
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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						SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
23	24	25	26	27	28	29
30	31					



Photography by Shammal Jordan © 2015

INGREDIENTS:
MAKES 14 COOKIES:

- 1 cup (98 g) instant oats
- ¾ cup whole wheat flour
- 1 ½ tsp baking powder
- ½ tsp baking soda (optional)
- 1 ½ tsp cinnamon
- ⅛ tsp salt
- 2 tbsp coconut oil / vegetable oil

- 1 ½ tbsp flaxseed (ground)
- 1 cup water
- 1 tsp vanilla
- ½ cup maple syrup
- ¾ cup grated carrots
- 4 oz raisins

METHOD:

1. In a small saucepan bring 1 cup of water and 1 ½ tsp of flaxseed to a boil and let it boil while stirring constantly for 7 minutes or until it forms a soft gel consistency. Let cool.

2. In a small bowl, mix together the oats, flour, baking powder, baking soda, cinnamon and salt.

3. In a separate bowl whisk together oil, flaxseed gel and maple syrup until mixed.

4. Add the liquid mixture to the flour mixture and stir until well incorporated.

5. Dust raisins in flour. Fold in the carrots and raisins.

6. Grease a baking sheet with vegetable oil. Line the sheet with parchment paper or a silicone baking mat.

7. Drop cookie dough onto the baking sheet about ½ inch apart.

8. Bake at 325° for 12 – 15 minutes.
Note: If using whole flaxseeds you may grind them or use them whole but simply strain them before using the flaxseed gel.

OATMEAL, LINSEED COOKIES

NOVEMBER 2016

Quick Facts

- OATS:**
- Contains 96% of DV of manganese which is necessary for healthy skin, lowering blood sugar and protecting against free radical damage
 - Lower cholesterol
 - Reduce risk of cardiovascular disease
 - Lower risk of type 2 diabetes

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October 2016

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						SABBATH SERVICE 9:30 TO SUNSET
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						SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
20	21	22	23	24	25	26
			INDEPENDENCE DAY			
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- INGREDIENTS:
- 1 cup flour
 - 1½ tsp baking powder
 - ½ cup of sugar
 - ½ cup Flora margarine
 - 2 tbsp unsweetened organic soy or almond milk
 - ½tsp vanilla essence
 - 6 tbsp water
 - 2 tbsp ground flax seed

- METHOD:
- Preheat oven to 350 F. cream margarine and sugar. Add all other ingredients and mix for 3-4 minutes.
 - Pour into a greased baking pan and bake until the cake comes away slightly from the sides of the pan

EGG-LESS CAKE

DECEMBER 2016

Quick Facts

- FLAXSEED:**
- Contains 133% of DV of omega 3
 - Contains fibre that helps promote intestinal health
 - #1 source of lignans which can assist in helping to regulate hormone levels.
 - Rich in antioxidants
 - Helps maintain prostate health
 - Aids in the reduction the stress hormone Cortisol
 - Reduces LDL cholesterol
 - Anti-inflammatory

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November 2016						
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						SABBATH SERVICE 9:30 TO SUNSET
18	19	20	21	22	23	24
CHRISTMAS DAY	BOXING DAY					SABBATH SERVICE 9:30 - 12:30 AFTERNOON (OUTREACH)
25	26	27	28	29	30	31



Truth for the FINAL GENERATION

ADVENTIST CONGREGATION
B A R B A D O S



SERVICES

SABBATH

9:30 a.m. - 10:00 a.m.
Song Service

10:00 a.m. - 10:30 a.m.
Devotion

10:30 a.m. - 11:15 a.m.
Sabbath School

Cradle Roll (Newborn to Age 4) | Kindergarten (Ages 5 to 7)
Primary (Ages 8 to 11) | Juniors & Earliteens (Ages 11 to 15)
Youth (Ages 16 to 20) | Adults (21+)

11:30 a.m. - 12:30 p.m.
Divine Hour

LUNCH BREAK

3:30 - Sunset
Afternoon

Song Service followed by varied programmes
(Health Talks, Family discussions, Bible studies youth forum & out reach)

We welcome you to **ATTEND, VIEW** or **LISTEN** to our sabbath service **LIVE** @
www.tffgbarbados.com (**Click Streaming**)
<http://www.ustream.tv/channel/final-truth-1984> (**VIDEO**)
<http://www.ustream.tv/channel/truth-message> (**AUDIO**)

SUNDAY

6:00 p.m. - 7:00 p.m.
Bible study

WEDNESDAY

7:15 p.m. - 8:30 p.m.
Prayer Meeting

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Tel: 421-7297 Tel/Fax: 421-7790
Email: tffgbgi@yahoo.com
website: www.tffgbarbados.com

Chief Editor & Health Focus Coordinator-Carmeta P Douglin
Contributing Editors:Tanya Griffith & Sharon Bourne

Cover design, layout & photography by Shammal Jordan
Email: shammaljordan@hotmail.com Cel: (246) 242-4616 Tel: (246) 433-8615