

Thank you for your interest in my book!

Thank you for subscribing to the Jenncampusauthor.com newsletter. Here is a FREE sample of my book [Love in Every Bite: The Secret to Cooking Healthy Recipes with Positive Energy](#).

Think of it as a Valentine's gift to you, a way for me to thank you for being a part of my community. If you enjoy this sample, please tell your friends about it, so they can get their own copy. This sample is only for subscribers.

### About the book

The book, although focused on recipes is more than just a cookbook. Before getting to the recipes, you get a primer on the art of visualization, and how to use it in combination with the power of intention to add ritual and more love into your meal preparation. You will learn how to source ingredients, and prepare meals with intention. Included is a very successful technique for using visualization to find romantic love, if you are looking for it (it is one I developed and used when I was ready for a long lasting relationship, and it lead me to my husband).

The book also includes advice for sourcing the best ingredients and some of my favorite products to use. If you want to plan a party, there are seven menu plans, including a Cozy Winter Supper, Romantic Valentine's Day and Family Valentines day. I also suggest recipes that are perfect hostess gifts, just had a baby treats, and goodies for other occasions... and of course there are the recipes!

### Where to get the book

The e-book version is [just \\$3.99 on Amazon](#) and includes 35 recipes.

The soft cover version is a second editon [available on blurb](#) and includes 35 recipes for \$21.95.

All recipes are naturally gluten free, and developed to include ingredients that are heart healthy and contain certain properties to promote feelings of love and contentment. This book and its recipes is about more than just romantic love, there are recipes to share with your children, family, friends and other loved ones, too.

Let me get you started with a few of my favorites to get your appetite going!

I hope that you enjoy making and sharing these recipes with your loved ones, as much as I enjoyed creating them!

*Love,  
Jenn*

# LOVE IN EVERY BITE

By Jenn Campus

**The Secret to Cooking** Healthy  
Recipes with Positive Energy



# Love in Every Bite

The Secret to Cooking Healthy Recipes with Positive Energy

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*Published by **Ydalir Press***

*ydalirpress.com*

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# Acknowledgments

There are so many people who have helped me get this book written. First and foremost is my husband Roberto, who has always encouraged my writing and creativity. Ten years ago, his question: “why aren’t you writing, professionally?” helped to fuel my passion for blogging and recipe creation. He happens to also be my greatest and best taste tester. It is his support, love and amazing technical and photography skills, which brought my recipes to life in order to create this book.

I also want to thank my “English Teacher Editors” my mom Arlene DiPiazza and my best friend, Liz Feinstein. These two have been there for me my entire life and since I was in high school, respectively. They were the first two to read this book and offer grammatical edits, encouragement and help.

Big thanks goes to my content editor, Michelle Seekamp who helped me really polish the content of the book, giving me fabulous suggestions of where to expand and better explain concepts.

Thank you to my friend and mentor, Francesca De Grandis, who has always helped me to remember that there is magic in the mundane and that the mundane is inherently magical.

I am eternally grateful to all the readers of my blog and those who follow me on social media. Without your support and encouragement over the years, I would not have ventured such an undertaking.

I hope this book serves all of you who read it. Best wishes, good health and happy eating!



# Introduction

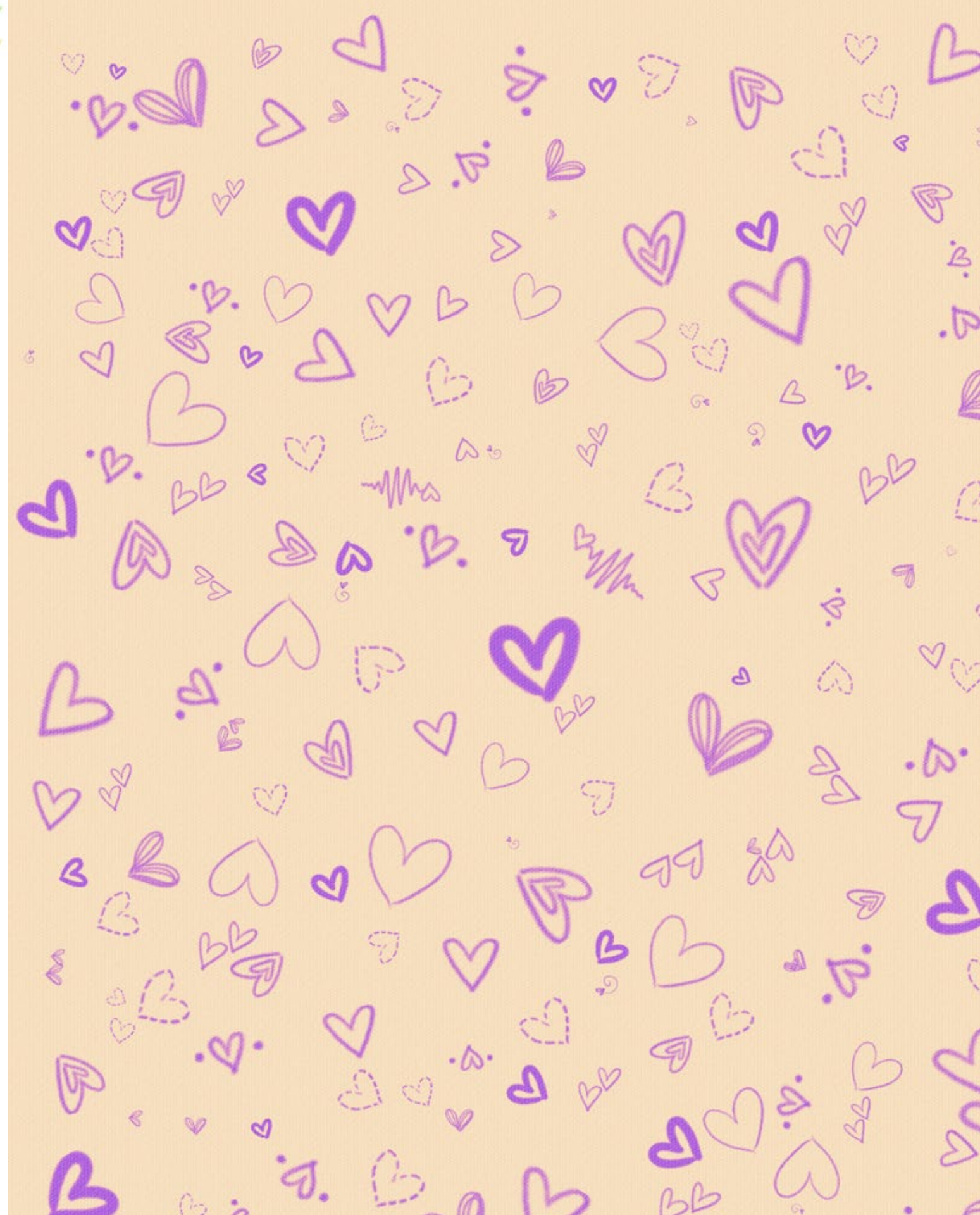
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When you cook for someone you love whether it is your partner, lover, mother, child, sister, friend or co-worker you do so because you want to show him or her that you care. You do it as an expression of love. Maybe you want to cheer them up or thank them for doing something for you. Perhaps it is a special occasion, or you just want to show them how you feel.

But have you ever noticed that when they eat what you've prepared, it tastes especially good to them - they delight in the flavors, savor every bite and want to know just how you made it, what's in it that makes it so special? As you reveal the list of ingredients and go through each step, it all sounds so ordinary, but of course it is not.

What is your secret to culinary bliss? What is the step in the recipe you surely forgot to mention? What small, daresay magical ingredient did you leave out of the recipe when you spouted off the ingredients to them?

The answer is simple: LOVE.





# Love and Intentional Cooking

Food is a powerful tool in our daily lives. Simply put, without nourishment and sustenance we wouldn't be alive. Food is so fundamental to our very existence, yet it can become so ordinary and mundane that we often forget how powerful it is. Food can be healing medicine, food can offer much needed comfort, it can be art and expression, it can be an act of love and it can even help facilitate peace and understanding between enemies as they break bread together.

Food communicates culture and tradition through its unique combinations of flavors and spices. It informs our senses, subconsciously describing the terrain where it originated; the environment and civilization of its place of origin and can open our eyes to a whole new world. We can travel to foreign countries without ever leaving our dining room tables. Such is the power of food. Why is it so powerful?

We've all hear the old adage, "The way to a man's heart is through his stomach". Some may take offense to the statement, believing it means that the only quality a man cares for in a woman is her ability to cook for him. But I believe there is something deeper to that old saying and I believe it can go both ways.

People can literally feel the intention and the love that you have for them when you cook for them. If you add loving intentions while you cook, the food may be exceptional, but what is really awakening feelings in the heart of the person eating it is the love they taste in the food. If you want to tell someone you think they are attractive and you prepare a meal featuring aphrodisiacs and as you are preparing the meal you are setting an intention for romantic love, the person on the receiving end is going to get that message loud and clear. The ability to transfer energy into food is so powerful that I try not to cook when I am angry or feeling out of sorts, because I don't want that energy in the food I serve to the people I love.

Another example, when you cook for someone who is ill, you are thinking about that person as you stir the soups and sauces and add the spices. Each gentle stroke of a spoon or dash of salt carries with it an intention: you are thinking about how you want them to feel better, about lifting their spirits, and helping their body to mend. Then, somehow "like magic", when they eat the food you so lovingly prepared, they actually feel better. How can it be so?

You are energy, food is energy, and one energy body can transfer energy into another energy body through touch.

William Arthur Ward is credited as saying "If you can imagine it, you can create it. If you can dream it, you can become it". This is a universal truth. Even something as small as a thought can hold extreme power. That power is the power of intention.





# Fresh Stuffed Figs with Balsamic Syrup

prep : 5 minutes  
cook : 15 minutes  
yield : 5 servings

*You just can't get any sexier than a fig. They are one of the earliest fruits cultivated. Legend has it that the Greek goddess Demeter first revealed it to mortals as the first fruit of autumn, which they named, fig. Ancient civilizations believed that figs had the magical properties of fertility and love, which is probably why it was said to be Cleopatra's favorite food. This little snack is not only gorgeous, but also super easy to prepare and only requires 3 ingredients - figs, cheese and balsamic vinegar. There is very little prep work and it is absolutely delightful to eat. Beautiful, fresh and elegant. Win, win, win! Perfect for sharing with friends and family. There is just something magical about the pairing of figs and balsamic vinegar. The sweet, syrupy richness of the vinegar cutting through the sweetness of the fig is unparalleled.*

## ingredients

- ♥ 20 fresh figs, black, green or brown
- ♥ 20 slices Parmigiano-reggiano cheese
- ♥ 1/2 cup balsamic vinegar

## method

### For Balsamic Reduction:

1. Heat a small saucepan over high heat.
2. Add 1/4 cup of balsamic vinegar to the pan and reduce liquid by half.
3. Take pan off of heat immediately.

### For the figs:

1. While the balsamic is reducing, heat your broiler on high.
2. Cut the figs in half lengthwise, (but do not cut all the way through).
3. Stuff with Parmigiano-reggiano cheese, (cheddar and goat cheese are also good)
4. Place under the broiler for about 3-4 minutes or until cheese browns.
5. Drizzle stuffed figs with balsamic reduction.





# Zucchini Fritters with Spicy Harissa Yogurt

**prep : 25 minutes**

**cook : 20 minutes**

**yield : 30 fritters**

*Need to heat up your love life? This should do the trick - with the smokiness of the chipotle peppers and the aromatics of the spices, you will have your love in the palm of your hand. This is also a great dish to make for someone who needs a confidence booster, adding a bit of the fire element to their life.*

*Harissa is a North African spicy pepper relish. I love Harissa and usually get around to making it once a year. It is a wonderful condiment gotten with quite a bit of culinary effort and time, but it is worth it. Make a bigger batch so you can save some for other dishes that need a little heat. It will last in the fridge for months if you store it in a glass jar and cover with a layer of olive oil. Freeze leftover fritters for later use.*

## ingredients

### For the harissa:

- ♥ 6 chipotle peppers
- ♥ 3 dried pasilla or ancho chiles
- ♥ 1 dried really hot pepper (like habanero)
- ♥ 2 TBS coriander seeds
- ♥ 1 TBS caraway seeds
- ♥ sea salt to taste
- ♥ 5 cloves of garlic, coarsely chopped
- ♥ extra virgin olive oil as needed
- ♥ 1/2 teaspoon ground cumin

### For the fritters:

- ♥ 1 1/4 cup milk
- ♥ 2 TBS butter, softened
- ♥ 1 1/4 cup all purpose gluten free flour
- ♥ 1 teaspoon baking powder
- ♥ 1/2 teaspoon baking soda
- ♥ 1/2 teaspoon salt
- ♥ 2 large zucchini, shredded
- ♥ 2 small yellow onions, shredded
- ♥ olive oil for cooking
- ♥ 8 ounces of plain yogurt

## method

### To make the harissa:

1. Puncture each chili first to make sure it will sink in its hot water bath, and therefore all of the chili will soften.
2. Cover the dried chilies with hot water and set aside to soften (about 20 minutes). Meanwhile in a mortar and pestle pound the coriander and caraway with about 1/4 teaspoon of salt until you have created a grainy powder that is soft. Add the garlic and pound into a paste. You can also do this step in a food processor. If you do this step in the food processor, after it is ground, return the paste to the mortar. If your mortar is small then use a larger glass bowl. Drain chilies and discard the seeds and membranes.
3. Wearing some plastic or latex gloves and using a knife, scrape the pulp inside into the mortar. Pound the pulp with the pestle to create a coarse paste. Pound in 1/4 cup of oil, a tablespoon at a time, then add the cumin. Taste and add salt if desired. The sauce should be thick but spreadable. You can store the leftovers (if there are any!) in a jar, smooth down the top with a spoon and pour olive oil on top. Keeps in the fridge for about 3 months. Makes about 1 cup of Harissa.

### To make the fritters:

1. Pre-heat a non-stick pan to medium-high heat and heat about 1 TBS of olive oil.
2. In a large bowl mix milk, butter, flour, baking powder, baking soda and salt. Add the shredded zucchini and onions to the batter and stir until incorporated. Make into patties and cook until browned on one side, about 3-4 minutes. Flip once and cook on the other side. Serve with a dollop of Harissa and a dollop of yogurt. Enjoy!





# Lovely Lentil Loaf

prep : 30 minutes  
cook : 40 minutes  
yield : 4 large servings

*This is a wholesome and heart healthy dish that really sticks to your ribs. An excellent comfort food for the ones you love! Lentils are brought to life with the addition of zing from roasted red peppers. Adding a savory sauce for the top, takes this meal from humble to fantastic. This is the perfect dish to make when you or anyone you love needs to feel more grounded. Serve with a simple side like sautéed kale with onions, garlic and a sprinkle of fresh lemon juice.*

## ingredients

- ♥ 2 cups lentils ( I used a combination of brown, black and red), cooked
- ♥ 1 small yellow onion, chopped
- ♥ 2 carrots, chopped
- ♥ 2 cloves of garlic, minced
- ♥ 1 small sweet potato, boiled and mashed
- ♥ 1 egg, whisked
- ♥ 1 TBS olive oil
- ♥ salt & pepper
- ♥ 1 teaspoon turmeric
- ♥ 1 teaspoon curry powder
- ♥ 1/4 cup jarred roasted red peppers, chopped
- ♥ 1 TBS Dijon or spicy mustard
- ♥ 1 TBS lemon juice
- ♥ For sauce:
- ♥ 1/2 can tomato paste
- ♥ squirt of ketchup
- ♥ squirt of sriracha sauce
- ♥ splash of red wine
- ♥ 1 TBS honey or coconut sugar
- ♥ pinch of dried thyme
- ♥ salt & pepper

## method

1. Preheat oven to 400 F.
2. In a skillet sauté onion, carrot and garlic in olive oil until tender. I
3. In a large bowl mix veggies with lentils and all the other loaf ingredients.
4. Place in a lightly oiled (or buttered) loaf pan.
5. Cook loaf for about 30-40 minutes, until heated through.
6. While the loaf is cooking, make the sauce: In a small saucepan, stir all ingredients together, and cook over medium heat until cooked through.
7. Serve sauce spooned over top of sliced pieces of the loaf.





# Middle Eastern Spiced Meatballs

prep : 10 minutes

cook : 35 minutes

yield : 4 servings

*These bite-sized meatballs are an aromatic and delicious change from your usual cocktail meatballs. Eat them with toothpicks or serve them over rice pilaf or pasta. Either way you go, you won't have far to win your heart's desire. Fun finger food is perfect for sharing and feeding each other. Also wonderful for the pint sized people in your life - easy to eat and introduces some subtly different flavors to an old standard. The spices are warming and uplifting.*

## ingredients

- ♥ 1 pound of ground beef (or beef and lamb combination)
- ♥ Salt and pepper to taste
- ♥ 1 teaspoon powdered cumin
- ♥ 1 teaspoon powdered coriander
- ♥ 1 teaspoon paprika
- ♥ 2 cups tomato sauce
- ♥ 1/4 cup organic plain yogurt or sour cream
- ♥ 1 teaspoon sumac
- ♥ 1 teaspoon nutmeg
- ♥ 1 teaspoon cumin
- ♥ juice of one lemon
- ♥ fresh mint garnish (to taste)

## method

1. Preheat the oven to 400 F.
2. Mix the meat and spices in a bowl, shape into small bite-sized balls and place on a parchment paper lined cookie sheet.
3. Cook for 10 minutes. Remove.
4. While the meatballs are cooking mix tomato sauce and yogurt in a bowl.
5. Once the meatballs are cooked place them in a skillet and pour the sauce over them.
6. Cook on high until sauce starts to boil, about 5 minutes.
7. Add spices to sauce.
8. Simmer over low heat for about 20 minutes.
9. Squeeze lemon juice over dish and sprinkle with mint to finish.





# Pistachio-Pomegranate Chicken

prep : 10 minutes

cook : 30 minutes

yield : 2 servings

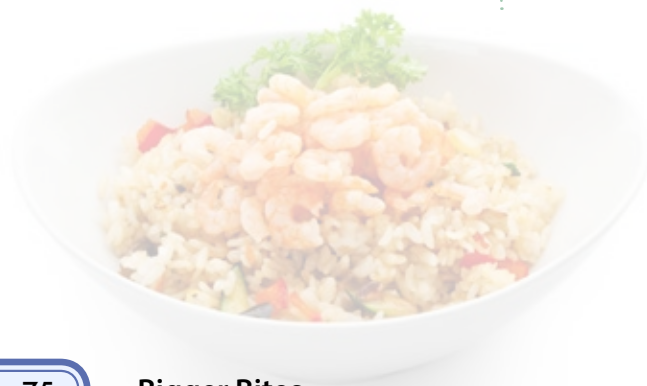
*This recipe contains pomegranate, a fruit that has long been touted as an aphrodisiac. Recent medical research has confirmed that pomegranate juice is actually good for your heart and cardiovascular system. It is full of antioxidants and may also help with prostate cancer and erectile dysfunction. Mint is known for its relaxing and restorative effects. Coupled with the pomegranate it is the perfect dish for your next romantic evening. It even freshens your breath, making you all the more kissable!*

## ingredients

- ♥ 2 TBS olive oil
- ♥ 2 chicken breasts
- ♥ 1 fresh pomegranate
- ♥ 1/4 cup red wine, (like Syrah or Zinfandel)
- ♥ 1/2 cup pistachios, shelled, crushed and toasted
- ♥ 1/4 cup fresh mint, ripped by hand

## method

1. Heat up a cast iron (or oven proof) skillet over medium-high heat.
2. Pour in 2 TBS olive oil.
3. Place crushed pistachios on a cookie sheet in a single layer
4. Preheat oven to 425 F.
5. Place chicken breasts in pan and cook over medium heat, searing each side.
6. While chicken is cooking, cut open the pomegranate and remove the seeds.
7. Once chicken is seared, remove pan from heat and set aside.
8. Once oven is up to temperature place pistachios in the oven and let toast for about 10 minutes, turning them over after 5 minutes. When you start to smell their aroma they are finished.
9. Add the wine, pomegranate arils (seeds) and pistachios to the pan with the chicken.
10. Cook for about 2-3 minutes.
11. Place 1/2 of the mint in the pan and stir.
12. Transfer pan to the oven.
13. Cook for about 15- 20 minutes or until chicken juices run clear.
14. To serve sprinkle with remaining mint and serve over rice pilaf.





# Decadent Brownies with Cherries

prep : 10 minutes  
cook : 20 minutes  
yield : 10-12 servings

*This is a nice healthy indulgence for someone whose life you want to infuse with a little sweetness. I love adding cinnamon to anything chocolate; it adds a warming and soothing element. The cherries are a nice little surprise to find inside. These brownies take only a few minutes to put together, are packed with protein and have very little sugar. But that can be our little secret; these are so decadent, no one will ever know!*

## ingredients

- ♥ 1 cup almond butter
- ♥ 1/2 cup full fat coconut milk
- ♥ 2 eggs
- ♥ 2 teaspoons vanilla extract
- ♥ 1/3 cup cocoa powder
- ♥ 2 teaspoons ground cinnamon
- ♥ pinch of salt
- ♥ 2 TBS raw honey
- ♥ 1/3 cup chocolate chips
- ♥ 1 cup of cherries (frozen or fresh)

## method

1. Preheat oven to 350 F.
2. Grease an 8x8 pan.
3. Mix all the ingredients together, except the chocolate chips and the cherries, once incorporated fold in the chocolate chips and cherries.
4. Pour brownie batter into pan.
5. Bake for 20-22 minutes.

*I usually cut these a little smaller than regular brownies because they are so rich.*





# Spicy Mayan Hot Chocolate

prep : n/a  
cook : 5 minutes  
yield : 1 serving

What could be more soothing than a nice hot cup of liquid chocolate? What brings back memories of childhood better than hot chocolate? Well, this is not your mom's hot chocolate! If anyone needs to spice up their love life or wishes to give a truly decadent treat to their lover, this is the perfect recipe.

## ingredients

- ♥ 8 ounces milk (cow, goat, almond, coconut, etc.)
- ♥ 2 teaspoons raw honey
- ♥ 3 TBS organic, fair trade, unsweetened cocoa powder
- ♥ 1 teaspoon cinnamon
- ♥ 1/8 teaspoon ground cayenne pepper
- ♥ 1/8 teaspoon ground nutmeg

## method

1. In a small saucepan, heat the milk.
2. Add the honey, cocoa, and spices and mix until blended.
3. Serve in beautiful red mugs and garnish with a dollop of whipped cream - I also like to put a little Frangelico in mine.

*This recipe is inspired by the movie Chocolat, if you want to learn more about the concept of the energy of intention in food preparation, that is a great movie to watch!*





Thank you!

I hope that you enjoy making and sharing these recipes with your loved ones, as much as I enjoyed creating them!

### About the Book

Delicious, naturally gluten free and easy to prepare recipes to bring magic into your kitchen and love into your life. Learn how to cultivate ritual in your cooking, using visualizations to endow your recipes with your intentions for the recipient, while choosing healthy and wholesome ingredients that nurture the body as well as the romantic heart.

Each recipe has been lovingly created to maximize flavor and ease of preparation so you can focus on your intentions and not your knife skills. Recipes feature ingredients associated with love, health and well-being.

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# PERFECT FOR VALENTINE'S DAY



WHAT'S INSIDE:  
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AND EASY TO PREPARE  
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# About the Author

STORYTELLER, HISTORY & MYTHOLOGY GEEK, MYSTIC, KITCHEN  
WITCH, HEARTH KEEPER, MODERN PEASANT

I am an author and American expat, a matriarch and hearth keeper. I moved my whole family (my husband, 2 children under 5, my father in law, myself and our dog) to my husband's ancestral homeland, the mysterious and ruggedly beautiful Italian island of Sardinia. In order to make that move, we downsized our Vermont homestead into 33 small boxes (50% books!) and 6 suitcases for our new life. We learned to live on very little money, in a tiny space and with a whole new set of cultural norms. In essence, we have eased into a life amidst chaos.

I long for simpler times and quiet joys. As a Sagittarius I am hardwired to seek out truths (professional translation: I am a great researcher). I enjoy food, art and cultural traditions. I am deeply drawn to creating ritual (professional translation: pays great attention to details) and through the art of writing, also a form of ritual, I am able to share with others (professional translation: good communication skills) long held traditions, different perspectives and practical modern tips for navigating this often chaotic and unsettling world. In this global world, traditions can help everyone to feel that they have a place to come "home" to, even if that place is not a physical location.

In my writing I look for ingenious ways to bring together my favorite fiction and nonfiction genres which are fantasy/mythology, culinary arts and the many uses of herbs. I am passionate about the wild places, where my food comes from and sustainability, as well as the stories, foods, culture and mythology of Europe.

I have a degree in Anthropology from Hampshire College in Amherst, MA. I have traveled extensively to and lived in Italy, Norway and the Navajo Reservation in Arizona. I also have a decade worth of experiences creating rituals and traditions for my family and myself. I have written 2 books on the subject of bringing more ritual into your life to help you connect with family, nature and where you are in the present moment.

