

Pope gives warning

Pope John Paul II has warned German youths of the dangers of political extremism and "pseudo-religious cults. Page 4B.



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Their mission: Provide healthy food



Josette Wahl ladles fruit soup for Health Hut diners.

Josette and Jim Wahl are missionaries of the lunch counter. When they serve vegetarian chili or fruit soup with fruit muffins or their "chicken of the soy" sandwich, they are witnessing to people about a new way of living and eating.

The couple manages the Health Hut, a non-profit health food store and restaurant at 5 E. Superior St.

"The life of the flesh is in the blood," Josette Wahl, 37, explained. "If you eat good food, you'll have good blood. If you have good blood, you'll have a good life."

They enjoy their mission, the people they meet. Four years ago in St. Charles, Mich., Josette was a school bus driver and Jim, 37, was a heavy equipment operator on construction sites. They gave up those jobs to live at Oak Haven, a religious community near Pullman, Mich., which owns and operates natural food stores and restaurants in various cities, including the Health Hut. There, the Wahls learned how to prepare natural foods and use natural medicines. They are considered Oak Haven medical missionaries because "we have a health message," Josette Wahl said. "It's our personal conviction that the body is the temple of the Holy Ghost," she said.

The family belongs to the Seventh Day Adventist Church. Her experience at Oak Haven changed her way of cooking.

"I had never even heard of lentils. I used to use instant rice and everything." Since they became vegetarians, Josette said, her family, which includes three children, has felt healthier and happier. Josette, who had suffered back trouble for years, says she's now able to work without pain.

She tries to keep everything sold at the Health Hut "as natural as possible." She makes her own "lemonnase," catsup and pimento cheese. Her chili, served at the store's lunch counter every Wednesday, isn't fiery because it's prepared with cumin instead of chili powder since cumin is easier on the stomach, she says. And the beef substitute she uses is so much like the real thing, some vegetarians ask a second time to make sure they're not eating meat.

The golden fruit soup she serves is based on pineapple and orange juice, thickened

with tapioca and full of chunks of banana, orange, apple and pineapple. It can be served hot or cold. Josette's favorite lunch counter concoction is a "haystack." She begins with a layer of seasoned croutons topped with her homemade black bean spread. That's covered with chopped lettuce, tomatoes, olives and onions. Pimento cheese is drizzled on. It's a healthy takeoff on a Mexican tostada.

"As important as the food, the Wahls feel, is the general atmosphere.

"We just want to make it homey," Josette said of the restaurant. "That's what we're aiming for. We want to talk about the whole man — physically, mentally and spiritually. We're not here just to cook your soup or sell you vitamins from the shelf," she said. "People are starting to realize the importance of what they're putting into their bodies."

The Wahls eat very few dairy products. "Hard cheese is hard to digest," he said.

"We try to keep away from that," The Wahls didn't find it difficult to give up meat. "The Lord just took all that away from us," Josette said. Jim weighed 205 pounds when he entered Oak Haven but, within six weeks, he'd lost 30 pounds.

Breakfast is the most important meal of their day. Lunch is eaten, but dinner is very light, perhaps just a slice of bread or some fruit. "Eat like a king for breakfast, like a queen for lunch and like a pauper for supper," Jim said. And don't eat between meals. Those are some of the things she'll tell students at a series of natural food cooking lessons she's planning.

She offers these healthy recipes:

Fresh fruit muffins

- 1 cup chopped dates (any dried fruit)
- 2 cups rolled oats
- 1/2 cup oil
- 1 cup applesauce
- 1 tablespoon vanilla
- 2 cups whole wheat flour
- 1 cup coconut
- 1 cup crushed fruit
- 1/2 teaspoon salt

Mix ingredients. Bake in greased muffin pans 50 minutes at 350.

Nut roast

- 2 1/2 cups chopped celery
- 3 medium onions, chopped
- 4 tablespoons oil
- 1/4 cup chopped walnuts
- 3 cups bread crumbs
- 2 cups soy milk
- 1 1/4 teaspoon salt
- 1 1/4 teaspoon basil
- 1/2 teaspoon sage

Saute celery, onions in oil. Combine other ingredients. Place in oiled pan, bake 1 1/4 hours at 350. Loaf may have to be covered with foil if top gets too brown.

Nut gravy

- 2 cups water
- 1/2 cup crushed cashews, raw
- 3 tablespoons brown flour
- 2 teaspoons onion powder
- 2 tablespoons oil
- 1/2 teaspoon salt
- 2 tablespoons soy sauce

Pour in sauce pan, stir until thickened.

Waffles

- 2 1/4 cup water
- 1 1/2 cup rolled oats
- 1 tablespoon oil
- 1 cup soaked soy beans
- 1/2 teaspoon salt

Soak 1/2 cup soy beans overnight with sufficient water to keep covered. (Will make 1 cup soaked beans.) In the morning, drain, combine all ingredients in blender. Blend until light, foamy, about 1/2 minute. Let stand while waffle iron heats. The batter thickens while standing. Blend briefly. Bake in iron 8-10 minutes. For a topping, bring 2 1/2 cups of apple juice to boil. Dissolve 6 tablespoons arrowroot into 1/2 cup apple juice. Add to boiling mixture. Simmer 15 minutes, pour over waffles.



Jim Wahl checks supplies at the Health Hut, a non-profit health food store and restaurant.



Rick Wahl, 16, bites into a pita bread sandwich

Staff photos by Charles Curtis