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# Healthy and Happy Holiday at Sea

Julia Ferré

Photos courtesy of Justin Belleme and Holistic Holiday at Sea

**T**he Holistic Holiday at Sea cruise is a holiday of mass proportions. There is abundant food. There are thousands of participants. There is ongoing change of transformation.

Cruise 2014 was number eleven and, like the beginning of a new decade, this cruise portends continuing evolution. Held on the MSC Divina, the larger cousin of the MSC cruise line, the ship held more people than any prior cruise. Cruise ten held a maximum number of 1200 participants (half the ship). Hosts, Sandy Pukel and John Belleme, had to turn away registrants. Cruise eleven saw 1500 participants and, unlike cruise ten, no one was turned away. In fact, there is room to grow and potential for even greater numbers in years to come.

Size is not the only parameter of success. The popularity of the Holistic Cruise lies in its two main attractions—the food and the program.

## Food

All food on board for the Holistic Holiday at Sea participants is vegan and gourmet macrobiotic. (See page 10 for a description of the difference between a vegan and macrobiotic



**THE MSC DIVINA**

diet.) In addition, many offerings are totally free of oil, and it is possible to choose the entire menu free from oil. Each breakfast includes courses of soup and entrée with the addition of buffet items with hot and cold cereals, breads and spreads, and fruit. The lunch and dinner menus include multiple courses: appetizer, soup, salad,

entrée, and dessert. Lunch has an additional salad bar buffet.

Appetizers range from patties to spreads to crunchy vegetables. Soups warm the soul and salads freshen the palette. Entrées include popular burgers and fries, although in the vegan world, the burger is made of beans and the fries are made from sweet po-



**BREAKFAST BUFFET IN ADDITION TO THE FULL MENU**

tatoes. Chef Mark Hanna offers many of his signature dishes such as braised tempeh or umeboshi infused potato salad, and continues to present new treats.

Desserts are not to be missed and many times, people declare they would skip the whole meal just to have ample room for the dessert! (Look on page 21 for sample recipes.)

## PROGRAM

The program at Holistic Holiday at Sea is educational, inspirational, and entertaining. There is information for your mind, your body, and your soul.

Want to exercise? Go for yoga or pilates.

Want to know what to eat? Go to food classes. Witness demonstrations. Sample freshly prepared selections at cooking classes.

Want information on how to be vegan? How to stop eating animal foods? Why a change in diet changes your health? Attend lectures on cancer, lab and diagnosis tests, nutrition, digestion, and macrobiotics.

Do you need motivation to eat healthy food? Listen to the people on the recovery panel and hear firsthand

of many people who have healed miraculously through making such a change.

Are you inspired to make a difference? Sit at the feet of Yogi Desai and/or other experts and raise your consciousness.

Want a break? Laugh at the comedy. Yogi Beyondananda, the cosmic spiritual stand-up comic, answered the questions and questioned the an-

swers.

Do you need memories? Fill your day with all the activities the cruise line offers, from bingo, to dancing, to nightly entertainment, to shopping at the ports of call. Excursions abound at each port that cater to your adventurous spirit.

## SPECIAL FEATURES

The popularity of the Holistic Holiday at Sea cruise is apparent in the smiling faces of participants. Here are some key points as to why this cruise stands out above the rest.

**Open seating arrangement.** People can choose which table to eat at for meals. Most cruises assign seating tables and mates. With open seating arrangement, everyone can mingle with everyone else. It is possible to meet new people three times daily.

**Gluten-free options.** Many people with gluten sensitivity find they can at last go on a cruise. Not only is food freshly prepared, but it is delicious.

**Choices, choices, choices.** Do you want to hear a doctor? Watch a cook-



**GUESTS PARTICIPATE IN A GUIDED MEDITATION ABOARD THE CRUISE**

ing demonstration? Get a massage? Lay in the sun? There is no excuse for being bored.

**Cruise amenities.** Cruises are fun. You can listen to music from popular to jazz to Frank Sinatra. You can go to the gym or the sauna. You can swim with the dolphins or walk the beach when in port. You can watch movies or attend full theatrical shows.

**Bookstore.** The Holistic Holiday at Sea provides products to take home from recordings of lectures to books to food products.



## TAKING HOME THE HOLISTIC HOLIDAY AT SEA

The Holistic Holiday starts on the MSC cruise line and continues each day that follows. While many people attend each year, many more are able to attend only once. To maintain the momentum begun on board, here are some suggestions. If you have always wanted to attend and haven't had the chance yet, here are key strategies to be successful.

1. Make time to eat healthy food each day. The key to vitality is eating healthy food regularly.
2. Recognize the importance of happy foods. Eat healthy foods you enjoy and your satisfaction increases exponentially. This is the key to thriving.
3. Respect nutrition in your diet. Aim for complex carbohydrates, especially from whole cereal grains like brown rice and quinoa. Add plenty of plant-based proteins from beans, tofu, and tempeh, and include appropriate fats from nuts and seeds and pure organic unrefined oils if you use oil. Eat plenty of vegetables and fruits too!



**GUESTS ENJOY A MORNING JOG ABOARD THE HOLISTIC HOLIDAY AT SEA CRUISE. OTHERS PARTICIPATE IN YOGA ON THE DECK BELOW.**

The purpose of the Holistic Holiday at Sea is to help people have a good time true, but more importantly to learn how good and easy it feels to eat healthy and happy food. The inspiration you receive is something to take home. The more (days) you eat healthy and happy food, the better you feel. The better you feel, the more you thrive.



## DESSERTS WORTH WAITING FOR

Carolyn Trompeter

Carolyn is the pastry chef for the Holistic Holiday at Sea Cruise. Imagine making enough to feed 1500 people! Luckily the following amounts serve 10.

### CHOCOLATE CAKE

**Dry ingredients:**

- 2 cups unbleached white flour
- 1 cup whole wheat pastry flour
- ½ cup cocoa powder
- 1½ tsp baking powder
- ½ tsp baking soda
- Pinch salt

**Wet ingredients:**

- 3 ounces soft silken tofu
- 1½ cup maple syrup
- ½ cup safflower oil
- 2 tsp vanilla extract
- ¾ cup soy milk
- 2 tsp raspberry vinegar

Preheat oven to 350 degrees F. Oil and flour two 9-inch cake pans or one 13-by-9 sheet pan.

Sift the dry ingredients together. Blend the wet ingredients together. Add wet ingredients to dry ingredients, mix well, and pour into pans or pan. Bake for 30 to 35 minutes, until tester comes clean.

Cool and frost.

### CHOCOLATE ICING

- 3½ cups dairy-free malt-sweetened chocolate chips
- 2 tsp vanilla extract
- ¾ cup maple syrup
- 1 pound extra firm silken tofu

Melt chocolate over simmering water. When melted add extract. Blend maple syrup and tofu and add to chocolate mixture. Let cool and frost cake.



**YOGA IN THE EARLY MORNING ON THE TOP DECK**

## COCONUT CREAM PIE

### Crust

- 1¼ cup gluten-free oats
- 1¼ cup gluten-free baking mix
- 1 tsp baking soda
- pinch salt
- 1¼ cup coconut or maple sugar
- ¾ cup shredded coconut
- ¾ cup coconut flour
- 1 cup safflower oil

Preheat oven to 350 degrees F.

Process oats until finely ground. Combine all ingredients to form a moist dough and press into 10-inch pie pan.

Bake for 7 to 10 minutes to set crust.

### Filling

- 2¼ pounds extra firm silken tofu
  - 1½ cup maple syrup
  - 1¼ cup coconut milk
  - scant ⅓ cup safflower oil
  - ¼ cup arrowroot powder
  - 2 tsp vanilla extract
  - 2 tsp agar powder
  - 1 cup shredded coconut
- Garnish:** 1 cup toasted flaked coconut

Preheat oven to 350 degrees F.

Blend all ingredients except coconut. Hand mix in coconut and pour

into pre-baked pie crust. Bake for 30 to 40 minutes, until center is firm.

Garnish with 1 cup toasted flaked coconut.

*Julia Ferré, CHT is a certified hypnotherapist with ACHE and Sylvia Browne. She is author of Food and Intuition 101, Basic Macrobiotic Cooking, and French Meadows Cookbook.*



**GUESTS ENJOY DANCING TO LIVE MUSIC AT ONE OF THE NIGHTLY SOCIALS**

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