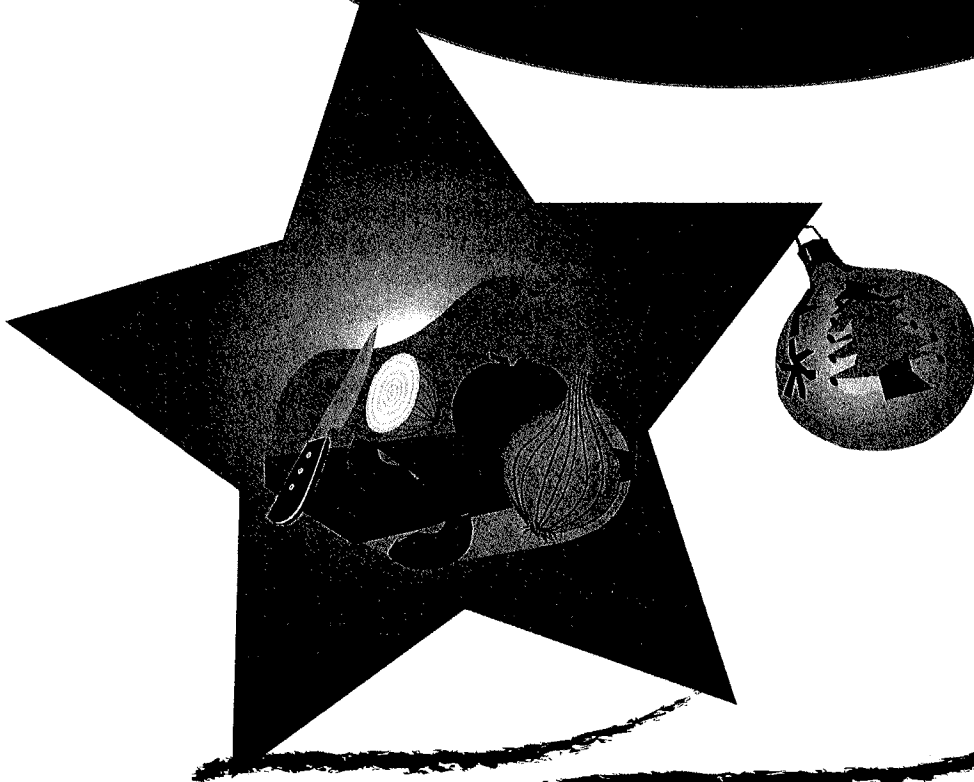


HEALTHY HOLIDAY HOME COOKING



Recipes

Brought to you by:

L.I.V.E.
Life in Vital Eating



L.I.V.E., Life InVital Eating, is a program designed to help you learn the importance of healthy eating and its effects on your mind, body and spirit. Join us for presentations on nutrition, food tasting, vegan cooking demonstrations and the opportunity to order healthy foods from Country Life through our food Co-op program.

Healthy Holiday Home Cooking
December 4, 2005

Hot Carob Drink

(sample only)

Blend:

$\frac{1}{2}$ c soy milk

$\frac{1}{2}$ c carob powder

$\frac{1}{4}$ c almond butter

1 tsp vanilla

$\frac{1}{4}$ - $\frac{1}{2}$ c pure maple syrup

Blend all ingredients in blender.

For hot drink, stir together:

1 - 2 Tbsp Carob mixture (above) - use more or less to taste

1 c hot vanilla soy milk

May also be used as a frosting for baked goods.

Recipe from Joan Wright

Pumpkin Pancakes

2 $\frac{1}{4}$ c flour (1 $\frac{1}{4}$ c gold 'n white + 1 c whole wheat pastry flour or any flour combination)

3 Tbsp Rumford baking powder

1 $\frac{1}{2}$ tsp salt

3 Tbsp Soy Supreme powder

6 Tbsp cane juice crystals

$\frac{1}{2}$ tsp allspice

2 tsp cinnamon (or substitute)

4 tsp vanilla

4 - 6 Tbsp oil

1 tsp molasses

1 15-oz can pumpkin

$\frac{1}{2}$ pkg silken tofu (Mori-nu) blended with 1 $\frac{3}{4}$ c water until smooth

Combine dry ingredients in mixing bowl. Measure liquid ingredients over the dry and mix well with whisk. (Batter will be thicker than normal pancake)

batter.) Spoon onto hot griddle, and bake on both sides until brown. Best served with pure maple syrup!

Adapted from Fallfest in Your Kitchen, Country Life Cooking Class, October 2004

Orange Cranberry Coconut Muffins

Preheat oven to 400 degrees F and grease muffin tin well.

Dry Mix: (mix in a medium bowl):

1 c. wholewheat pastry flour

1/2 c. wheat germ

1/2 c. wheat bran

1 tsp. baking soda

1/2 tsp. baking powder

1/4 tsp. salt

3/4 c. unsweetened finely-shredded coconut

1/2 cup dried cranberries

Wet Mix: (blend in blender):

1/2 c. orange juice

1/4 c. soymilk

1 medium organic thin-skinned orange (peel and all), cut up

1/3 c. applesauce

1/2 c. Sucanat

2 T. oil

1 T. ground flax seed

Pour the Wet Mix into the Dry Mix and stir very briefly. Spoon evenly into well-greased muffin cups. Bake 15 minutes. Cool in the pan on racks for a few minutes, then carefully loosen the sides with a table knife and tip on their sides to cool.

Adapted from BRYANNA'S VEGAN

Artichoke Dip

2 cans artichoke hearts (10-12 count) chopped into fairly small bits

1 block Mori-nu extra firm tofu

juice of one lemon

2 teaspoon (or more) garlic powder

1 teaspoon parsley

1 teaspoon sage powder

3 tablespoon nutritional yeast flakes

Directions:

Put all ingredients except for artichoke hearts into the blender. Add enough artichoke water to enable you to blend, and blend until you have a creamy paste. Mix in the artichoke hearts, and spread in about a 1" layer in a baking dish. Sprinkle extra nutritional yeast over the top, and bake at 250 for about an hour. It will dry out somewhat, and cracks will appear in the top. Don't let it dry out too much. Spread it on rounds of dense bread.

Health Holiday Roast with Sweet Potatoes and Cranberries

Gluten Roast:

3 c hot water

$\frac{1}{4}$ c olive oil

$\frac{1}{4}$ c Bragg's liquid aminos

$\frac{1}{4}$ c natural peanut butter

1 tsp garlic powder

1 tsp salt

2 Tbsp dried onions

3 c instant gluten flour

3 large sweet potatoes, peeled and cut into chunks

1 large onion, peeled and sliced into $\frac{1}{2}$ inch wedges

1-15 oz can crushed pineapple

$\frac{1}{2}$ c dried cranberries

In medium bowl, combine hot water, olive oil, liquid aminos, peanut butter, garlic powder, salt and dried onions. Stir in the instant gluten flour until the mixture forms a glutinous lump. Turn the lump into a sprayed, 3 quart baking dish. Use hands to form into an oval or rectangular loaf, leaving room at both or the long sides to arrange vegetables. Arrange sweet potatoes, onion, pineapple and cranberries around roast. Pour gravy (recipe below) over roast and vegetables. Bake, covered in 350 degree oven for 1 hour, then uncover and bake another 15 minutes or so until lightly browned.

Gravy:

2 c hot water
 2 Tbsp Beef Style Seasoning
 $\frac{1}{2}$ tsp garlic powder
 1 tsp vegetarian Worcestershire sauce (optional)
 $\frac{1}{2}$ c cold water
 2 Tbsp cornstarch

In a bowl, stir together the first four ingredients until the seasoning is dissolved. In a separate container, stir the cornstarch into the $\frac{1}{2}$ cup cold water until dissolved, then stir the cornstarch mixture into the seasoned hot water.

Makes 1 large or 2 smaller roasts.

Scalloped Potatoes**Maple Almond Squash**

(sample only)

4 c steamed or baked squash, mashed
 1/3 c crushed pineapple with juice
 3 Tbsp maple syrup
 $\frac{3}{4}$ tsp salt
 1 tsp vanilla
 $\frac{1}{2}$ c sliced almonds, toasted, for garnish
 Steamed cranberries (optional), for garnish, or stir into cooked squash

Prepare squash: Cut in chunks, with skin. Remove seeds and pulp. Place in crock pot and cook on high for 3 - 4 hours until tender. Or, cut in half, remove seeds and pulp. Place on cookie sheet with a little water and bake at 350 degrees until tender, about 1 hour. Scrape cooked squash from skins. Mash. Add remaining ingredients, except for garnishes. Spread in baking dish. Top with toasted almonds and cranberries. Serve immediately, or

refrigerate and reheat at 300 degrees for about 30 minutes or until hot when ready to serve.

Recipe from Versatile Veggies, Country Life Cooking Class, October 2005

Festive Spinach Salad with Orange Dressing

Arrange the following in salad bowl or on plates:

Spinach
Mandarin oranges
Pomegranate
Toasted pecans

Orange Dressing

1/3 c toasted walnuts
1 large clove garlic
2 Tbsp lemon juice
2 Tbsp honey
1 tsp dill weed
 $\frac{1}{2}$ c orange juice
 $\frac{1}{4}$ tsp salt
1/3 cup olive oil

Blend all ingredients except olive oil in blender until smooth. Drizzle in oil with blender running. Serve. Refrigerate unused portion.

Recipe by Monika Riedel

Monotony Breaker Cranberries

(sample only)

1 c boiling water
3 Tbsp Emes kosher gelatin
Mix above in bowl until gelatin dissolved.

2 c coarsely ground cranberries
 $\frac{1}{2}$ c cane juice crystals
12 oz apple cranberry juice concentrate (100% juice)
8 oz can crushed pineapple with juice

2 apples, grated
 $\frac{1}{2}$ cup walnuts, toasted and chopped
 $\frac{1}{2}$ can water (use juice can)

Combine cranberries, sugar and half of juice concentrate in saucepan. Cook over medium heat until cranberries are soft, about 5 minutes. Add cranberry mixture to Emes mixture, then stir in pineapple with juice, remaining juice concentrate, apples and walnuts and water. Cover and chill in refrigerator until set. Enjoy!

Adapted from recipe from Celeste Voight

Pumpkin Pie

1 $\frac{1}{4}$ c pure maple syrup
 1 $\frac{1}{2}$ pkg Silken Tofu, extra firm
 2 tsp vanilla
 $\frac{1}{2}$ tsp salt
 1 tsp cinnamon or substitute
 15 oz can pumpkin

Blend first 5 of above ingredients in blender for at least 2 minutes. (this aerates mixture and creates a lighter texture in the finished product) Pour into mixing bowl and add pumpkin. Whisk until well mixed. Pour into unbaked Whole Grain Pie Crust. Bake at 425 degrees for 15 minutes; reduce heat to 350 degrees and bake 1 hour more. Cool completely.

Whole Grain Pie Crust

1 c whole wheat pastry flour
 1 c oat flour*
 $\frac{1}{2}$ tsp salt
 $\frac{1}{3}$ c oil
 $\frac{2}{3}$ c water (or less)

Mix dry ingredients together, then add liquids (I only put in about half the water to start, and add more as needed). Stir until thoroughly moistened. Roll out between two sheets of plastic wrap on dampened countertop. Lift and place in pie pan.

*Oat flour may be purchased or made in the blender by blending rolled or quick oats.

Recipe from Fallfest in Your Kitchen, Country Life Cooking Class, October 2004

Carob Peanut Butter Cups

(sample only)

Peanut Butter Filling:

1 c natural peanut butter

$\frac{1}{2}$ c soy milk powder

$\frac{1}{4}$ tsp salt

Mix above together and roll into small balls.

Carob sauce:

1 c malt-sweetened carob chips

$\frac{1}{2}$ c natural peanut butter

Melt above together in microwave, double boiler, or crock pot.

To assemble, put a layer of carob sauce into miniature paper cup. Place ball of peanut butter filling in center, then top with another layer of carob sauce. Refrigerate or freeze until hardened. Store in refrigerator or freezer.

Recipe from Stephanie Holtry

Best Fruit and Nut Balls

(sample only)

1 c almonds, blanched

$\frac{3}{4}$ c raisins (golden raisins were used for samples)

$\frac{3}{4}$ c apricots, dried

$\frac{3}{4}$ c dates, chopped

$\frac{3}{4}$ c walnuts

Chop in blender or food processor until they become a coarse meal.

Add:

$\frac{1}{4}$ c orange juice

Pulse in blender until mixture sticks together. Shape dough into 1 inch balls.

Roll in turbinado sugar if desired. (for samples we used coconut - could also use finely chopped nuts) Set in candy paper liners. Store in airtight container in the refrigerator. Makes 12 - 15 balls.

From The Guilt-Free Gourmet by Vicki Griffin

Almond Jewels

(sample only)

- $\frac{3}{4}$ c whole wheat pastry flour
- $\frac{3}{4}$ c gold 'n white flour
- 1 $\frac{1}{2}$ tsp Rumford baking powder
- 2 Tbsp cornstarch
- 1 tsp salt
- $\frac{1}{2}$ c almond butter
- $\frac{3}{4}$ c Sucanat
- $\frac{1}{4}$ c water
- $\frac{1}{2}$ c applesauce
- 1 $\frac{1}{2}$ tsp vanilla
- 1 c sugarless raspberry fruit spread (seedless preferred)

In large bowl, mix together the flours, baking powder, cornstarch and salt. Work the almond butter into the flours with a pastry cutter or with your hands until evenly distributed. Add Sucanat, applesauce, water and vanilla. Stir until well mixed. Place onto sprayed cookie sheet with a small ice cream scoop, or with 2 spoons. Make an indentation with the back of a spoon in center of each cookie, and fill with fruit spread. Bake at 350 degrees for about 15 minutes. Remove when the bottoms are just beginning to brown. Cool on rack.

From Best Gourmet Recipes from the chefs of Five Loaves Deli & Bakery by Neva Bruckett