My New Roots

holiday

READER RECIPE CHALLENGE 2011
Vanilla Sweet Potato and Kale Curry - Submitted by Janet

2 pounds of sweet potato and butternut squash, combined — (I used 1 lb sweet potato and 1 lb squash), cut into 1” pieces
3 cloves garlic, chopped
14 oz lite coconut milk (I used a 19 oz can, but you might get something more soup-like if you use a 14 oz can of lite coconut milk)
1 cup unsweetened soy milk (or almond milk, etc)
1/4 tsp cumin
1/4 tsp ground cardamom
1/8 tsp ground cloves
1/8 tsp ground coriander
1/8 tsp cinnamon
1/8 tsp nutmeg
1/4 tsp salt
1/4 tsp Aleppo chili flakes (add more for more heat, this is pretty tame)
1/2 lb kale (4 packed cups), trimmed, washed and torn into small pieces
1 tsp vanilla extract
1/4 cup raisins
1/8 cup salted peanuts, for garnish
shredded coconut, for garnish

1. Cook sweet potatoes and squash in microwave on high for 6.5 minutes.
2. Heat a large pot on medium high. Spray with cooking spray and add potatoes and squash, cooking until they begin to brown. Stir in garlic.
3. Add coconut milk, milk, spices, salt, pepper and chili flakes.
4. Bring to a boil, then reduce heat, cover and simmer for 30 minutes.
5. Mash potatoes with potato masher or puree with immersion blender.
6. Add raisins, kale and vanilla and cover. Allow to cook for 8-10 more minutes, until kale is bright green.
7. Portion into bowls and garnish with 1 tbsp each peanuts and coconut. Serve with rice or roti.
Quinoa Cabbage Rolls - Submitted by Tina

1 medium head of savoy cabbage [savoy cabbage is milder in flavor and more tender making it easier to roll]
2 c. cooked quinoa
1 1/2 c. walnuts, ground
1 - 2 tsp. extra virgin olive oil
1 medium onion, finely chopped
1 medium carrot, finely chopped
1 small turnip, finely chopped
2 clove of garlic, minced
1 tsp. salt [with a little extra for sprinkling]
1/8 tsp. freshly ground pepper
2 tsp. fresh thyme or 1 tsp. dried thyme
1 tsp. dried rosemary
2 tsp. Italian seasoning
1 tsp. dried oregano
1 tbsp. arrowroot starch [or tapioca flour, potato starch, or cornstarch]
1 pint [2 cups] of tomato or pasta sauce

1. Cut [or core] the end of the cabbage, keeping the leaves together. Steam in a large pot until just soft and pliable [7 - 10 minutes, you can bring to boil steam a few minutes and then turn the heat off. Let it sit in the pot, covered until soft. This can save you a bit of energy / gas].
2. While the cabbage is steaming, saute the onion, carrot, and turnip in olive oil until just soft. Add salt, pepper, arrowroot starch and herbs / seasoning. Saute 30 seconds and remove from heat. Mince the garlic and set aside. Place the walnuts on a baking sheet and toast on low [or broil] until just browned [3 - 5 minutes]. In a mixing bowl combine cooked quinoa, sauted vegetables, minced garlic, toasted walnuts and 1/2 - 3/4 cup of tomato or pasta sauce. Mix well.
3. Carefully remove the cabbage from the pot and cool to touch. Very gently pull each leaf away from the head. Place a spoonful of filling on the leaf, fold the sided over the filling and roll. You should end up with an egg-roll looking pocket. Place each roll into a large glass baking dish.
4. Once the dish is full, slowly pour the remaining tomato or pasta sauce over the rolls. Preheat the oven to 350 degrees. Bake for 30 minutes.

[You will probably have leftover cabbage. I am working on a recipe for that! In the meantime, cut up and add to a soup or broth.]
Remove from the oven and allow to cool a few minutes. Serve immediately.
This is a great meal to double or triple. You can cook, cool completely, and then freeze in containers or ziploc bags.
Grilled Butternut Squash Pizza with Lemony Radicchio Slaw


squash:
1 small butternut squash, cut in half and seeds removed
4 garlic cloves, unpeeled
2 sprigs sage (optional)
salt and pepper
2 tbsp extra virgin olive oil

pesto (there will be some leftover):
3/4-1 cup basil and swiss chard leaves (or all basil, all chard etc)
1/4 cup walnuts, toasted
1/4 cup pine nuts, toasted
3 cloves garlic, peeled and roughly chopped
1/4 cup extra virgin olive oil
salt and pepper to taste

dough:
1 cup warm water (not too hot!)
1 tbsp agave nectar
1 tbsp extra virgin olive oil
1 packet (2 1/4 tsp) active dry yeast
1 3/4 cup white spelt flour
1 cup whole spelt flour
1 tsp fine sea salt

slaw:
1 head radicchio, outer leaves removed, cored and sliced
4 sprigs flat leaf parsley, leaves finely sliced
juice of half a lemon
1 tbsp extra virgin olive oil
salt and pepper

assembly/extras:
2 tbsp oil of your choosing
1 shallot, peeled, halved and finely sliced
small handful of pine nuts, toasted

1. Roast the squash: preheat the oven to 400 degrees F. Season and place the squash halves face down on a parchment-lined baking sheet. In the little cavity where the seeds were, sneak the garlic cloves underneath. If using the sage, place the whole sprig under the flesh of the squash (see picture above). Roast until very tender, about 35-40 minutes. Once cool enough to handle, scrape out flesh into a bowl. Squeeze garlic cloves out of their peels into the bowl as well. Add oil, salt, pepper and a splash of water. Stir and mash with a spatula until smooth. Set aside.

2. Make the pesto: place all ingredients in the bowl of a food processor and pulse until everything is broken up a bit. Scrape down sides of the bowl with a spatula. Put the processor on high until a paste starts to form. Scrape down the sides again. Let it rip one more time until it’s super smooth. Season to taste. Scrape into a bowl and put a dab of oil on top to prevent discolouration. Set aside.

3. Make the dough: pour the water into a large bowl. Add the yeast, agave and oil. Whisk to combine. Let the yeast proof for about five minutes or until you see bubbles forming on the surface. Add the flours and salt. Stir with a wooden spoon until combine. Knead with your hands until you have a smooth lump of dough.
4. Make the slaw: combine all of the ingredients radicchio, parsley, lemon juice, olive oil, salt and pepper as close to serving time as possible. Store in the fridge until ready to serve.

5. Make the pizzal: Get your barbecue going to a medium-medium high flame. Roll dough out to about 1/4 inch thickness on a floured cutting board, pizza peel or anything flat that you can bring out to the barbecue. Brush one side with oil completely. Either flip or gently guide the oiled side onto the grates (you can oil the grates as an extra non-stick insurance policy). Brush the top, now-exposed side of the dough with oil and put the lid down. Wait about 3-5 minutes. The dough should be browning and getting grill marks on one side and bubbling through on the surface. Flip it over. Spread the butternut squash and garlic mixture evenly onto the browned side of crust. Dollop the pesto on top and sprinkle the shallots on. Put the lid down and wait another 5-6 minutes before removing the pizza.

6. Place pizza on serving plate/large cutting board and top with the radicchio slaw. Sprinkle with pine nuts, cut into slices and serve.
Christmas Carrot Cake - Submitted by Madeline

Cake:
4 cups Carrot, shredded
1/2 cup Dried Apricots
1/2 cup Dried Dates
1 cup Walnuts
1 cup Coconut, unsweetened shredded
1 tsp Cinnamon
1/2 tsp Nutmeg
1/2 tsp Allspice
1 tsp Cardamom
1/3 cup Maple Syrup

Icing:
1 1/2 cup Cashews, soaked for 8 hours
3 Tbsp. Maple syrup
1 Tbsp Lemon juice
1 tsp Cardamom
3 Tbsp. Water

Directions:
1. Place all ingredients, except coconut, in a food processor and pulse until combined
2. Place mixture in a bowl and combine with coconut.
3. Fill muffin tins with mixture and create a shallow well on top. Chill for 30 minutes.
4. While the cakes chill, combine soaked cashews, maple syrup, lemon juice, cardamom and water in a food processor and blend until smooth and creamy.
5. Once carrot cakes have chilled, remove from pan and top with cashew cream and decorative coconut flakes.
Curried Kabocha Squash Soup - Submitted by Susie

1 kabocha squash
1/2 cup of cultured butter (or ghee)
1/4 cup coconut oil
1 red onion
1 tsp salt
1/2 tsp pepper
5 cloves garlic
1 1/2 tbs of ginger
2 Tbs indian curry powder
1/2 tsp cinnamon
2 cups veggie broth (homemade is the best)
1 can coconut milk
fresh cilantro for garnish

**[all ingredients roughly chopped is fine b.c. you are gonna blend it all up at the end]**

1. Bake squash for about 40 minutes at 400 degrees till soft, then take out and let cool.
2. In the meantime, heat butter and coconut oil to medium low and add onion, garlic, salt, pepper ginger, curry powder, and cinnamon. Heat until onions become translucent then turn heat down to very low.
3. Stir in coconut milk and veggie broth cover and simmer for about 10-15 minutes (while squash finishes baking). Then turn off the heat.
4. When the squash comes out and is cool, cut in half and remove seeds, then stir in the meet from the squash.
5. Blend to smooth perfection garnish with fresh cilantro and ENJOY this delicacy. This is one of my favorite soups, its so perfect for fall and winter, so healthy, so intense from the spice but so sweet from the coconut milk, its just smooth!
Chocolate Mettwurst, or Panforte on a Rope – Submitted by Cherie

http://www.scullerymadetea.com/Barossa_Valley/Beyond_the_Scullery/Entries/2010/12/20_Can%E2%80%99t_Believe_It%E2%80%99s_Not_Mettwurst.html

makes 4 wursts
180g almonds
50g pinenuts
150g dried figs, chopped
50g goji berries
1 tsp ginger powder
1 tsp cinnamon
1/2 tsp freshly grated nutmeg
Zest of 1 orange
100g (2/3 cup) quinoa flour
2 tbsp raw cacao powder
75g good-quality dark chocolate, finely chopped (I used Green & Blacks 85%)
125ml (1/2 cup) honey
55g (1/4 cup) coconut or rapadura sugar

1. Preheat oven to 180°C. Spread the almonds out on a baking tray and bake for about 8 minutes or until toasted. Reduce oven to 170°C.
2. Place almonds, pinenuts, chopped figs, goji berries and orange zest into a large mixing bowl and give everything a quick stir with a wooden spoon. Add the quinoa flour, cocoa, nutmeg, cinnamon and ginger and stir to combine.
3. Place chocolate, honey and rapadura in a small saucepan and stir over medium-low heat until sugar dissolves and chocolate melts.
4. Pour the hot chocolate mixture into the fruit mixture and, working quickly, stir until well combined. Spoon the mixture, a quarter at a time, onto a well floured surface and roll into a sausage-y shape. Do the same with the remaining mixture until you have 4 wursts. Bake in preheated oven for 30-35 minutes or until just firm. Remove from oven and set aside to cool. And then string those little babies up!
Kale Pesto - Submitted by Courtenay

4 – 5 cups of fresh kale, washed
3 cloves of garlic
2 tsp white miso paste
1/3 cup of untoasted pine nuts. Raw pistachio or cashew nuts work well also
100 mls Extra Virgin Olive Oil, starting with one good lug - gage the quantity as you blend

1. In a blender, mix all ingredients until smooth. This will keep in the fridge for 5 days.
Healthy Pumpkin Donuts – Submitted by Tessa

Makes about 1 dozen mini donuts
1/4 cup almond flour or meal
1/4 cup brown rice flour
1/2 cup oat flour (the brown rice and oat flours are interchangeable)
1/2 cup tapioca flour (or other starch)
2/3 cup palm sugar (or brown sugar)
1 teaspoon cinnamon (optional)
1/2 teaspoon baking soda
1/2 teaspoon baking powder (corn free)
1/2 teaspoon salt
1/2 teaspoon guar gum or 1 1/2 teaspoon chia meal mixed w/ 2 tablespoons hot water
3 tablespoons flax meal (or 1 egg)
3/4 cup pumpkin puree (I used fresh Sugar Pie pumpkin)
1/4 cup oil (I have used both melted coconut oil and canola)
1 teaspoon vanilla extract

1. In a bowl, whisk together the pumpkin, egg or flax, sugar, oil, and vanilla. Sprinkle in the flours and then the baking powder, soda, salt, and guar gum. Whisk in, mixing well. The dough should be sticky at this point, and you have two options.

Option 1: place dough inside a pastry bag fitted with a wide tip, or make your own by putting the dough into a ziploc bag and cut a small hole in one corner. Squeeze a small tube of dough in a circular motion into the greased pan, slightly overlapping the ends.

Option 2: Using more oat or brown rice flour, 2 tablespoons at a time, work in enough flour so that you can handle the dough without it sticking to your hands. Roll small snakes, about an inch in diameter and place in your greased pan, slightly overlapping the ends. This will make a slightly firmer donut (more flour).

4. Bake in a 350 degree oven for about 10 minutes until firm. Let rest for a few minutes, invert and top/dip in the topping of your choice

Topping Options:
(My favorite) Dunk in melted Earth Balance and sprinkle with cinnamon and sugar.

Chocolate glaze (via Simply Sugar and Gluten Free): place 1/2 cup palm sugar (or brown), 2 tablespoons coconut milk, and vanilla to a boil. Mix in 1/4 cup unsweetened cocoa powder and a dash of salt.

Caramel Glaze (via Simply Sugar & Gluten Free): Melt 1/2 cup palm sugar (or brown), 2 tablespoons Earth Balance, and vanilla on the stove top. Mix in 2 tablespoons full fat coconut milk.

Chocolate Ganache; Melt 1/2 cup dark chocolate chips w/ 1 tablespoon Earth Balance. Thin w/ non-dairy milk of choice to desired consistency, about 1 tablespoon, whisking until smooth.
Radiant Raw Chakra Salad - Submitted by Emily

Heart Chakra (Green): Kale
Power Chakra (Yellow): Lemon
Sacral Chakra (Orange): Sweet Potato and Carrot
Root Chakra (Red): Beet and Pomegranate Seeds

Dressing:
Lemon
Olive Oil
Honey
Salt n' Pepper
Garlic
Red Onion
Sesame or Sunflower Seeds

1. Cut up the kale in thin slices and grate the beet, sweet potato, and carrot. Throw it all into a bowl with pomegranate seeds, mix in the dressing and voila!
**COCONUT BALLS -** Submitted by Gita

makes about 12 small balls. I usually triple the recipe

2 dl oats: grind in a food processor until it becomes flour  
1 dl almond flour (grind almonds until they become flour)  
2 tablespoons cacao powder  
1/2 tablespoon cinnamon  
(or total of 2 1/2 tablespoons of cacao powder only)  
1 dash of sea salt  
1 dl cold pressed expeller coconut butter/coconut oil  
1 large Tablespoon presoaked Chia seeds (to soak chia seeds, place 1 part of seeds with 9 parts of water and let stand for a minimum of 10 minutes, even better over night. Stir several times during the first 10 minutes)  
4 medjool dates, pitted, and cut into very small pieces until they “fall apart”  
if necessary, add small amounts of filtered water  
2 dl desiccated coconut (small coconut flakes) for rolling the balls

1. In a bowl, mix the oat flour with the almond flour, add the cacao powder, cinnamon and dash of sea salt. Stir. Then place the ROOM TEMPERATURE coconut oil and the cut up dates into the bowl, plus the soaked chia seeds, also called chia seed gel. Use your clean hands to work all the ingredients into a dough, if it seems to dry after kneading for 5 minutes, add 1 teaspoon of water or more if necessary.
2. The dough needs to be kneaded for approx 5-10 minutes max. The dough should be medium firm - if it’s too loose the balls will fall apart, if it’s too firm they taste too dry.
3. Take heaps of teaspoons of dough and roll them between your hands into ball shapes. They should be of medium firm consistency and they will firm up in the fridge even more.
Roll the coconut balls in desiccated coconuts.

They will last for 2-3 weeks in the fridge. Eat at room temperature- that will enhance the flavor.

**Fruit Rice-Paper Rolls -** Submitted by Megan

2 Rice Paper Sheets  
1/2 Mango, sliced  
1/2 large banana, sliced  
4 Strawberries, sliced  
1/4 cup Stewed Apple with Sultanas (chunks of apple cooked with a littttttle bit of water, cinnamon, clove, mixed spice and sultanas until it’s almost pureed itself)  
Cinnamon (optional)  
Honey (optional)  
Flaked Almonds, toasted (optional)  
Yoghurt, (optional)

1. Run a sheet of rice paper under warm water then place on a large plate.  
2. Lay half of the banana on the middle-left hand side of the sheet of rice paper.  
3. Put half of the mango on top of banana.  
4. If the sliced strawberry will balance on top of the mango, place it there, otherwise just line it up evenly to the side.  
5. Spoon half of the stewed apple evenly on top of the fruits.  
6. Drizzle a small amount of honey and sprinkle a pinch of cinnamon and a small handful of almonds over the fillings.  
7. Fold the left hand side of the rice paper towards the centre, covering the fruits. Then fold the top and bottom of the sheet in, enclosing the fillings. With the last open flap, tightly roll the fillings up, making sure there are no holes for anything to escape from.

Serve as they are or with yoghurt as a dipping sauce.
**Pumpkin Coconut Pie - Submitted by Hannah**


2 eggs (or egg substitute...I have even used cooked fig purée with great success)
2 cups cooked fresh Hokkaido pumpkin (about 1 large pumpkin)
1/2 cup honey or maple syrup
11.5 ounces coconut milk (just under a full can)
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. allspice
1/2 tsp. ground cloves (we only had cinnamon and ginger, so I used 2 tsp. cinnamon and 1 tsp. ginger...generous spoonfuls)
1/2 cup buckwheat flour
walnuts for garnishing (pecans would be great, too!)

1. Preheat the oven to 400 degrees Farenheit/ 200 degrees celsius.
2. Cut the pumpkin in half vertically, scoop out the seeds and save them for roasting later, place the halves face down in a baking dish, add 1/8” water to cover the bottom and roast for 40-50 mn. Scoop out flesh.
3. Whisk eggs, add the pumpkin and mash with a potato masher, then add the rest of the ingredients.
4. Pour into a round pie dish and bake at 425 degrees farenheit/220 degrees celsius for 15 minutes, rotate the pie plate halfway then reduce the temperature to 350 degrees farenheit/180 degrees celsius and bake for another 45 minutes or until a knife or toothpick comes out clean.
5. Generously sprinkle nuts over the top and share with hungry friends and family!

This pie is delicious warm or cold, and would even be lovely served warm with some coconut or vanilla vegan ice cream on the side.
Two potato hash with kale, serrano pepper and thyme
Submitted by Celena

1 medium red skinned potato, scrubbed and diced into 1/2” pieces (leave the skin on)
1 medium sweet potato, peeled and diced into 1/2” pieces
1 small shallot, sliced into rounds
1/2 bunch of kale, washed, stems removed, chopped into small pieces
1 Tbsp grapeseed or olive oil
1/4 tsp sea salt
knob of butter or ghee
2 cloves of garlic, minced
1-2 tsp minced serrano pepper*
1 tsp minced fresh thyme*
green onion to garnish

1. Heat oven to 400 F.

2. Place diced potato, sweet potato and shallot in a mixing bowl, breaking up the shallot rings just a bit. Toss with oil, sea salt and a couple pinches of ground black pepper. I prefer grapeseed oil for roasting since it holds up better under hot temperatures, but olive oil can stand in if that’s what you have in your pantry. The potatoes should be glistening and evenly coated.

3. Spread evenly on a baking sheet and roast for 25 minutes, tossing once after about 15 minutes.

4. When the potatoes have about 5 minutes left, heat a knob of butter or ghee in a large saucepan or skillet over medium-low heat. When the ghee is melted, add garlic and serrano, if using, and let it cook until fragrant, but not browned, 1-2 minutes. By this time your potatoes should be done. Remove from the oven and add to pan with ghee, garlic and serrano, giving it a quick stir. Throw the kale on top, raise heat to medium, and cook, stirring occasionally until kale begins to lose its structure. Add thyme and let cook 1 minute more. Serve and garnish with thinly sliced green onion.

Notes: The serrano really gives this dish a nice dash of heat, but if you’re not a fan of spicy foods, you could omit it. Please be careful while chopping if you do use it - avoid touching the seeds and wash your hands well when you’re done. If you don’t have fresh thyme, you can substitute 1/2 tsp dried thyme or oregano.
Raw Mint Nanaimo Bars - Submitted by Nicole

Yield: 12 small bars

For the base:
1/2 cup raw almonds
1/2 cup raw walnuts
2/3 cup dates, soaked and drained
1/4 cup cacao powder
pinch of salt

For the mint layer:
2 avocados, peeled and pitted
1/3 cup fresh mint leaves, chopped
1/3 cup raw agave nectar
1/2 tsp pure mint extract
1/4 cup melted coconut oil

For the chocolate topping:
3 tbsp melted cacao butter
3 tbsp cacao powder, sifted
2 tbsp raw agave nectar

Instructions

For the base:
Line the bottom of a 10 x 5-inch loaf pan with plastic wrap or parchment paper. Be sure to leave an overhang, so it's easier to remove the finished bars. Set aside.
In a food processor, process the almonds and walnuts to a coarse meal. Add the dates and continue to process until the dates are broken down.
Add the cacao powder and salt and pulse to combine. The mixture should stick together when pressed between two fingers.
Press the mixture into the bottom of the prepared pan and set in the freezer while you make the filling.

For the mint filling:
In a high-speed blender, blend the avocados, mint leaves, agave and mint extract until smooth. You may need to stop and scrap down the sides a few times.
Add the coconut oil and blend for a few seconds to combine. The mixture should be thick and creamy. (If your blender doesn't move the mixture very well, try blending it in batches until smooth.)
Remove the pan from the freezer and pour the mixture on top of the crust, smoothing it out with an offset spatula or the back of a spoon. Return to the freezer one last time until the topping is set.

To cut:
It takes some practice to cut any kind of Nanaimo bars without cracking the chocolate topping, and the same goes for raw Nanaimo bars. For best results, remove the bar from the pan by pulling up on the parchment paper and set on a cutting board. Place a sharp serrated knife in a jar of hot water for several minutes, wipe it on a kitchen towel and then use light sawing motions with the knife to cut into squares. Warm the knife in the water as needed to cut all squares. Store bars in an air-tight container in the freezer.
Gloria’s Colourful Christmas Salad - Submitted by Gloria

Ingredients:
A bundle of Kale
Half a head of Red Cabbage
Half a head of Cauliflower, in different colours if available (I used green, purple and orange)
2 Avocados
2 Red Apples
3 Passion Fruits
Walnuts, as many as you want (I like it a lot so I put in about 2 handsfull)

How to do:
Shred the kale and red cabbage into thin strips. Divide the cauliflower into smaller pieces. Put the veggies in three separate pans with boiling water and blanch for 1-5 minutes (depending on how hard you like your veggies). Drain and rinse with cold water. Mix everything in a serving bowl.

Peel the avocados and cut into fine slices. Also slice the apples, but don’t peel them. Mix carefully with the veggies in the serving bowl.

Sprinkle the salad with scooped out passion fruit and walnut quarters.

Enjoy!!

Should be prepaired as close to the serving time as possible for maximum freshness look, but it can be stored in the fridge for two days (then I recommend taking out the walnuts and put them back when eating the next time). It won’t look as beautiful and won’t be as crispy but still tasty.
Stuffed Portobello Mushrooms with Pear, Red Onion and Walnuts - Submitted by Sasha

Makes 2 stuffed mushrooms

2 Portobello mushrooms
1 pear
1 small red onion, chopped into chunks
A handful of walnuts, coarsely chopped
Sea salt
Freshly ground pepper
Balsamic vinegar
Olive oil and/or a neutral cooking oil that likes mushrooms
Fresh rosemary and thyme
Optional: A few crumbles of a soft goat cheese

1. Preheat the oven to 180C/350F.

2. Begin by warming some neutral cooking oil or ghee in a pan on medium heat. Add the red onion and a pinch of salt. Occasionally stir when the onion begins to stick to the pan, but you want the onion to begin to caramelize.

3. While the onion cooks, wash the Portobello mushrooms and pat them dry. Remove the stems and put to the side. Rub the mushrooms with a splash of olive oil and balsamic vinegar and season with sea salt. Place in a baking dish and then in the oven for about 5-7 minutes so that the skin begins to soften.

4. Roughly chop the mushroom stems and the pear. Add both to the pan with the red onion and cook until they begin to soften. You don’t want either to cook thoroughly, just enough so that they are soft. Remove from the heat and add the walnuts, a pinch of sea salt and the finely chopped rosemary and thyme.

5. Remove the Portobello mushrooms from the oven, spoon the mixture onto them so that the stuffing slightly overflows and then return the pan to the oven. Bake for another 5-10 minute until they are incredibly fragrant, the stuffing is soft and the Portobelloes are slightly shrivelled. If you wish, add some goat cheese the last few minutes that the mushrooms are in the oven and bake until the cheese melts.
Christmas Prune Truffles – Submitted by Benedikte
http://sundmums.wordpress.com/

makes about 20 pieces

200 g juicy prunes with stones removed
1/2-1 tbsp agave syrup (depending on how sweet you want it)
1 tsp cinnamon
100 g dairy free chocolate
1 tbsp raw cacao

Mix the prunes with honey and cinnamon in a food processor. Stir the prune mass together with melted chocolate and spread it out in a square shaped tin or little storage box. Smooth out the surface of it and put it in the fridge until it is completely cold - I’d say over night. Cut the truffle mass into 20 equal sized pieces and turn them in the cacao. Keep the truffles stored in the fridge.
Mungbean Pancakes - Submitted by Stacey

1 cup of mung beans
water
a little ghee
1 tspn cumin seeds
1/2 tspn turmeric
salt and pepper
pinch of cayenne
fresh coriander

1. Soak the mung beans overnight. Next morning, drain, and refresh with enough water to make a creamy consistency when blended. You want the mixture quite thick. Add 1/2 tsp salt and leave covered to sit for at least 6 hours (this gives the mixture a chance to ferment and develop lots of wholesome B vitamins).

2. When it is a little bubbly, it is ready to cook.

3. In a small pan, heat a little ghee or oil. Add the cumin seeds and turmeric. Allow the cumin seeds to brown a little. Remove from heat and add this to the mixture, along with the fresh coriander, pepper and the cayenne. Mix well.

4. Heat a little ghee or oil, and place a big spoonful of the mixture onto a hot skillet. Flatten out with the back of a spoon/ladle so the pancake is the size of a small saucer. Cook for about 8 minutes on each side.

5. They are quite filling and very delicious spread with guacamole, olive paste, cottage cheese, hummus or used instead of a roti with Indian food. I have also enjoyed them for breakfast with an omelette and labne cheese.

These pancakes originally come from Rajasthan where they are fried lavishly in ghee!!
**Chocolate-Cherry Almond Balls - Submitted by Dani**

http://bodybynature.ca/

**Ingredients**
- 1 cup almonds
- 1/4 cup cashews
- 1 cup Medjool dates, pitted
- 1/2 cup dairy-free chocolate chips or a dark chocolate bars, chopped
- 1/3 cup dried cherries (the no sugar, fruit juice sweetened, no sulfite variety)
- 1 tsp raw cacao powder
- pinch of sea salt

**Directions**
1. Add almonds and cashews to a food processor and process until crumbly. Careful not to over-process, this will let too much oil out of the nuts. Remove, place in a large bowl and set aside.
2. Add dates, chocolate chips, dried cherries, raw cacao powder and sea salt to food processor and process until well combined. Remove and add to bowl of nuts.
3. Using a wooden spoon or fork combine nuts with date mixture. You can use your hands too to help combine the ingredients.
4. Once all the ingredients are combined, roll into small balls and top with a whole almond and chocolate chip.
5. Refrigerate for 30-60 minutes before serving.

Makes about 15-18 small balls.
**Winter Potato Salad - Submitted by Sarah**

Dressing:
- 1/4 cup of apple cider vinegar
- 2 tablespoons of olive oil
- 1/4 teaspoon of salt
- 1/8 teaspoon of freshly ground black pepper

Salad:
- 5 cups of diced sweet potato (use the dark skinned ones if you can find them vs. the pale ones so you get the pretty orange color!)
- 1/2 teaspoon salt
- 1 cup of broccoli, cut into bit sized florets
- 1 cup of cauliflower, cut into bit sized florets
- 1/4 cup of diced parsnip
- 1/4 cup of diced red onion
- 1 (2 1/4 oz.) can of sliced ripe olives, drained

Directions:
1. Prepare dressing by mixing all ingredients in a large bowl, whisk to combine.
2. Put the diced potatoes and 1/2 teaspoon of salt in a medium saucepan. Cover with water to 2 inches above the potato. Bring to boil, then reduce heat and simmer 8 minutes or until tender (careful not to overcook otherwise the potatoes will get mushy). Drain.
3. While the potatoes are still hot, add them to the dressing in the bowl, tossing gently to coat. Let stand for 15 minutes.
4. Meanwhile, chop all the remaining vegetables into bit sized pieces. Once the potatoes are cooled, add remaining vegetables and toss well.
5. Cover and chill.

Makes 12 servings (serving size: 3/4 a cup)
Black Bean and Sweet Potato Stuffed Acorn Squash
Submitted by Holly  http://www.thehealthyeverythingitarian.com/?page_id=4302

Makes 4 servings

2 medium to large acorn squash
2 T coconut oil
1 medium onion, diced
1 T garlic, minced
1 (15-oz) can black beans
1 t curry powder
1 t coriander
1 t cumin
1 t cinnamon
2 medium sweet potatoes
2 T unsweetened shredded coconut
drizzle of EVOO
cilantro, to garnish
unsweetened shredded coconut, to garnish
plain yogurt, to garnish

1. Preheat the oven to 400 degrees.

2. Cut the squashes in half lengthwise, and scoop out the seeds. Cut off the knobby ends so it can stand up straight. Place the squashes face down on a baking sheet covered with tin foil, and bake for 30-45 minutes or until soft.

3. While the acorn squash is baking, saute 2 tbsp. of coconut oil with 1 medium diced onion in a saucepan over medium heat. After the onions are softened, add 1 tbsp. minced garlic and let cook.

4. While the onions are cooking, drain and rinse 1 (15-oz) can of black beans. Then add the beans, 1 tsp. curry powder, 1 tsp. coriander, 1 tsp. cumin and 1 tsp. cinnamon (or to taste) to the pan. Mix well.

5. While the beans, onions and spices cook, poke holes with a fork in two medium sweet potatoes. Wrap each sweet potato in a paper towel and cook in the microwave for 5-7 minutes, until tender. When they are done cooking, dice them into 1-inch cubes. Be careful, they will be HOT!

6. Add the sweet potatoes, 2 T unsweetened shredded coconut and a drizzle of EVOO to the pan. Mix thoroughly, lightly mashing everything together.

7. When the acorn squash are done baking, take 1/2 a squash and fill it with the black bean and sweet potato mixture. Top it with the garnishes of your choice.
Sweet Potato, Cranberry, and Leek Gratin - Submitted by Mary
www.mygreendiet.com

1 cup fresh or frozen whole cranberries
zest of 1/2 an orange
juice of 1/2 an orange (about 1/6 cup)
1/8 cup maple syrup, preferably grade B
1/4 cup water

2 tablespoons extra virgin olive oil, divided
3 small leeks, white and light green parts
2-3 garlic cloves, minced
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 tablespoon fresh rosemary, minced

1 large sweet potato (about 1.25-1.5 lbs total)
3 tablespoons dry bread crumbs

In a small pan over medium heat, add the cranberries, orange zest, orange juice, water, and maple syrup. Bring to a boil and reduce to a simmer. Simmer uncovered for 20-25 minutes or until sauce has thickened and reduced by about half. Remove from heat.

Meanwhile, wash the leeks very well to remove any dirt or sand and chop white and light green parts. In a saute pan, add 1 tablespoon of extra virgin olive oil over medium heat. Add the chopped leeks, minced garlic, minced fresh rosemary, salt and pepper. Saute for 5 minutes or until slightly tender and translucent. Remove from heat.

Peel the sweet potato and thinly slice or with a mandoline cut to 3 millimeters thick.

Preheat the oven to 450 degrees F. Lightly grease a 10 inch backing dish (I prefer round).

Arrange 1/3 of the sweet potato slices over the bottom of the baking dish, overlapping slightly. Spread half of the leek mixture on top of that. Spoon 2 to 3 tablespoons cranberry sauce on top of the leeks. Add another shingled layer of sweet potatoes and repeat with the remaining leeks and another 2 to 3 tablespoons cranberry sauce. Top with the remaining layer of sweet potatoes. Sprinkle breadcrumbs over the top layer of sweet potatoes and drizzle with 1 tablespoon olive oil.

Cover with tin foil and bake from 35 minutes. Remove tin foil and bake for another 15 minutes or until breadcrumbs are golden and crisp. Allow to cool slightly before cutting into 8 wedges.
Ingredients:
2 cups of grated pumpkin (hokkaido or any other deep orange coloured one)
1.5 cup of gram (chickpeas) flour (to be found in every organic or asian products shop, used often in the Indian cuisine, which I am a big fan of); it tastes very light and yummy.
2 tbsp of mustard seeds
2 tbsp spoons of flax seeds
5-6 spoons of coconut milk
1/2 tbsp. cayenne pepper
1 tbsp of baking soda
1 tbsp of olive oil
sea salt and freshly ground black pepper
a hand full of raw organic pumpkin (or/and sunflower) seeds to decorate the top
(optional: -> 1tbsp of an organic Indian curry mix or curcuma;)

Clean the pumpkin, grate it and then add the flour. Add the seeds and spices, the coconut milk, oil and baking powder. If needed I add a bit of water.

After I place the dough in the muffin form, I do 2 things:
1. I decorate the top of each muffin with some pumpkin seeds (or sunflower seeds) and “fleur de sel”
2. I leave the form for an hour before I put it for baking,

In the oven: Bake 10min at high temperature (200°C) and 20 min at lower temperature (100°C).
The more pumpkin you put, the more soft/juicy they will be at the end. My second time I added a bit more pumpkin and they were really more delicious.
Cacao and orange tartalettes - Submitted by Magdelena
http://www.naturelita.com/en

Ingredients (4 tartalettes)

For the crust:
3/4 cup spelt flour
1/2 cup almond flour
1/4 cup buckwheat flour
3/4 cup brown sugar
4 tbs raw cacao
5 tbs (full) cold coconut oil
1 tbs chia seeds
1/4 tsp salt
Zest of one un-waxed orange
2 tbs freshly squeezed orange juice

For the filling:
1 ripe persimmon
1 tbs honey or agave
1 gr agar-agar

Preparation

Crust:
Mix the chia with the orange juice and set aside for 10 minutes
Put all dry ingredients (flours, sugar, cacao, salt and orange zest) in the food processor and pulse to mix them up. Add the coconut oil and pulse a few times. Add the chia seeds and continue mixing until all ingredients come together. If necessary add 1 or 2 tbs (one at a time) of cold water or orange juice.
Wrap the dough in folio and chill for 20 minutes.
Divide into 4 tartalettes’ forms and press firmly to the walls (I usually work this part manually instead of rolling the dough).
Bake the tartalettes for 20 minutes at 180C.

Filing:
Peel and mash the persimmon together with the honey in the blender. Dissolve the agar-agar into 2 tbs of hot water, add to the persimmon mixture and pulse to combine.
Pour the filling over the cooled tartalettes and leave in the fridge to get firm.
Kickin’ Vegan Stew - Submitted by Becca

4 Russet Potatoes, peeled and cubed
3 Parsnips, peeled and chopped
3 Carrots, peeled and chopped
3 Celery stalks, chopped
5 Cups vegetable stock
1 Tbs olive oil
1 Large onion, diced
5 cloves garlic, minced
1 Tbs chili powder
1 Tbs Cumin
28 ounces large white corn posole *
2 Poblano peppers, seeded and chopped

Garnish (optional):
1 bunch of cilantro, chopped
1 bunch of chives, chopped

DIRECTIONS:

1. Place potatoes, carrots, parsnip and celery in a pot with enough water to cover, and bring to a boil. Cook until slightly tender (about 10 minutes.) Drain and set aside.

2. Heat olive oil in large pot. Saute onion and garlic until flagrant. Season with chili powder and cumin. Mix in potatoes, parsnip, carrots, and celery. Cook and stir 2 minutes until heated through. Mix in vegetable broth, posole and poblano peppers. Bring to a boil, then simmer for 45 minutes.

3. Garnish with cilantro and chives if desired.

*POSOLE MUST BE SOAKED IN WATER (REFRIGERATED IF POSSIBLE) FOR NO LESS THAN 8 HOURS. I would recommend twenty-four hours, but 8 is acceptable.

This is the ultimate healthy “comfort food!”
Budwig cream to drink - Submitted by Claude

1 big portion
Ingredients (organic if possible)
About 15 ml (1 tablespoon) white buckwheat, raw
5-7 almonds, raw
About 15 ml (1 tablespoon) sunflower seeds
2 or 3 apricots, dried
475 ml (1 1/2 cup) whole rice or almond milk (unsweetened)
125 ml (1/2 cup) de blueberry/cranberry/strawberry (fresh or frozen)*
About 5 ml (1 teaspoon) chia seeds

How to make the healthy breakfast:
Before going to bed, put the 4 first ingredients in a bowl and cover with water. Soak for the night at room temperature. In the morning, rinse well and put in the blender with the rest of the ingredients. Blend until smooth. Enjoy each sip slowly (keeping in the mouth so the enzymes starts their job).

*Could also add 125 ml (1/2 cup) baby spinach leaves or parsley

Hazelnut & Lemon Thyme Muffins - Submitted by Courtney

makes 6 muffins

2 cups hazelnut meal
1/2 tsp fine grain sea salt
1/2 tsp baking soda
1/4 tsp freshly grated nutmeg
1/2 tbsp fresh lemon thyme leaves (or regular thyme leaves if you can’t find lemon thyme)
2 organic free-range eggs
1/4 cup unrefined coconut oil, barely warmed (or other oil of your choice)
1/4 cup raw honey

Preheat your oven to 350F and line a muffin tin with muffins papers or squares of parchment paper.

Mix the hazelnut meal, salt, baking soda, nutmeg, and lemon thyme leaves in a bowl. In a separate bowl, whisk together the wet ingredients until they come together in a uniform mixture. Fold the wet ingredients into the dry until combined, then scoop into the lined muffin tin, dividing the batter evenly between the 6 muffin slots. Bake for 25 to 30 minutes until the tops are golden brown. Enjoy!
Stuffed Pumpkin - Submitted by Ashley

This is a great recipe for holidays- satisfying to omnivores and vegans alike while also being quite the show-stopper! It's easy to make and can be adapted to your taste by simply altering the stuffing.

Stuffing
2 tablespoons olive oil
1 large yellow onion, chopped
4 cloves garlic, minced
3 carrots, chopped
5 stalks of celery, chopped
1 cup crumbled tofu
1 cup chopped mushrooms (optional)
1 cup dried cranberries (or cherries, or raisins) (optional)
3/4 - 1 cup white wine
1 cup cashews (or pecans, or walnuts)
3 cups cubed whole wheat bread (or bread of your preference, you may need to add more or less depending on the moistness of your own bread)
1/4 cup parsley
sage to taste (sage, especially dried can be quite strong)
salt and pepper to taste
1 large pumpkin (hollowed out). Ideally use a Long Island Cheese Pumpkin, which has thick, flavorful flesh and thin skin, but the recipe would work well with most other varieties of pumpkin/squash. You could also use several small pumpkins for individual portions or an assortment of pumpkins & squashes for a more varied presentation.

Directions
- Preheat the oven to 350. Heat a large skillet on medium flame and add onion and garlic. Saute until translucent. Stir in carrots and celery. Let heat 2 minutes. Stir in crumbled tofu. Add sage to taste (best to be conservative at this point-you can always taste again and add more later). Stir in mushrooms and cook until they start to release liquid. Stir in cranberries and add the wine and cashews. Let the mixture heat for about 2 minutes. Stir in bread & parsley to absorb liquid.
- Season with salt & pepper to taste. Fill pumpkin with stuffing and bake for 30-45 minutes or until the skin browns. Time will vary depending on size of the pumpkin.
**Hidden Gem “Butter” Cookies - Submitted by Leanne**

**Ingredients**
2 1/2 cups almond flour  
3 medjool dates, pitted, quartered and rolled into a ball  
1/4 cup coconut oil, melted  
1/4 cup coconut sugar  
1 flax egg [1 tbsp ground flax + 3 tbsp water]  
1 tablespoon vanilla extract  
1/4 teaspoon celtic sea salt

**Directions**
Preheat your oven to 350F and line a cookie sheet with parchment paper or a silicon baking mat. Set aside.
In a small bowl, whisk almond flour, sugar, and salt until combined.
In a larger bowl, combine coconut oil, flax egg and vanilla extract. Add dry to wet and mix until incorporated.
Separate dough into 2 balls, cover with parchment paper, and place in the freezer for 20 minutes.
Once complete, spoon 2 tbsp of dough in your hand and flatten, then place 1 date ball in the middle and fold the dough over top. Roll the dough in between your hands to make a ball [make sure you can’t see the date!], then press down to make a bit flatter. Place on the prepared cookie sheet and continue with the remaining dough.
Bake for 10-12 minutes or until golden.
Remove from oven and let cool.

Makes 12 cookies
Winter Harvest Bowl – Submitted by Jane

4 servings

2 sweet potatoes (or winter squash or butternut) diced and rubbed with olive oil
bake at 350 for 20 minutes

2 cups water and 1 cup brown rice (any grain would work here) cook with lid on until tender.

2 tbs ghee
1 onion minced
3 stalks celery minced
1/2 lb mushrooms minced
1 lemon squeezed
1 tsp fresh sage minced
1 tsp fresh thyme minced
1/2 tsp salt

1/4 cup dried cranberries
1/3 cup sunflower seeds
1 apple diced
zest of one orange

top with
ribbon-ed kale
diced orange

1. Heat ghee in large skillet, then add onions for about 5 minutes
2. Add celery, mushrooms, lemon juice, salt, sage, and thyme.
3. Then add cranberries, sunflower seeds, and orange zest.
4. Just before serving at the diced apple and let it warm up.
5. Place rice in bowl and top with a pile of roasted sweet potatoes, sauteed harvest, fresh ribbon-ed kale, and orange slices. Enjoy with company!
Vegetable Curry with Hijiki and Buckwheat - Submitted by Félicie

2 yellow turnips
1 medium parsnip
1 onion
2 carrots
1 laurel leaf
1 tsp salt
1 tsp dry coriander grains
1/2 tsp dry rosemary
about 10 saffron pistils
1 tbsp olive oil
50 ml + 200 ml oat milk
2 tsp kuzu

1 cup buckwheat
2 cups filtered water
1 tbsp gomasio
1 tbsp sliced black olives
20 gr izikis
2 tbsp tamari
1 tsp olive oil
Filtered water

Dried flowers, gomasio, walnuts for garnish

1. About 2 hours before you start cooking, soak saffron in 200 ml of oat milk. Rinse the hijiki, put them in a bowl and cover with boiling water.
2. Cut onion into half moon, and vegetables into irregular shapes, about a mouthful size.
3. In a cast iron sauce pan, heat 1 tbsp olive oil. Add onion, and cook over medium heat until translucent. Add salt, laurel and other spices. Cook 2 minutes more, stirring.
4. Add other vegetables, stir about 5 minutes, until they release a sweat smell and steam. Add saffron milk, bring to the boil and let simmer 20 minutes.
5. Soak kuzu in 50 ml of oat milk.
6. Drain hijiki, keeping soaking water. Heat 1 tsp of olive oil, add izikis and stir for 2 minutes. Add 1 tbsp of tamari, cover seaweed with water and bring to the boil. Lower the heat, cover the pan and let cook for 30 minutes.
7. Put buckwheat in a sauce pan, add 2 cups of cold water, bring to the boil. Lower the heat and cook, covered, for about 15 minutes or until small holes appear on the surface. Remove the saucepan from the heat and leave to stand 5 minutes, still covered.
8. Remove the lead from the hijiki pan, add 1 tbsp tamari, reduce the heat and let the liquid reduce for 10 minutes.
9. Add the diluated kuzu to the vegetables, stirring with a wooden spoon. Cover and cook for another 5 minutes.
10. Mix gomasio and sliced olives to buckwheat.

To serve:
Rinse a tea bowl under cold running water, fill it with buckwheat and reverse on the plate. Display curry around and hijiki on top of vegetables. Sprinkle with dried flowers and gomasio, garnish with a few walnuts.
Enjoy!
Nut Crackin' Hazelnut and Apple Salad - Submitted by Ann-Louise

1 dl roasted hazelnuts, half of them slightly crushed
3 sour red apples
1 red onion
1 dl apple cider vinegar
2 tbsp freshly chopped parsley
1 orange, zest + juice
1/2 dl freshly grated horseradish
1/2 dl extra virgin olive oil
sea salt and freshly cracked pepper to taste

1. Remove core from apples and slice finely.
2. Chop the onion into small dices. In a separate bowl soak the onions in apple cider vinegar for about 3 minutes, then discard the vinegar. (This gives the onions a milder flavor).
3. In a big bowl combine the apple slices, onions, most of the parsley and half of the orange juice. In a small bowl whisk together the remaining orange juice, orange zest, oil, salt and pepper. Add the dressing to the apples and combine everything carefully. Let the flavors develop for approximately 15 minutes.
4. In another small bowl toss together the horseradish and hazelnuts. Add to the salad.
5. Finish off the dish by garnishing the salad with the remaining parsley and some extra hazelnuts. You can either serve the salad immediately or keep it in the fridge for a couple of days.
Warm Bulgur and Lentil Salad with Kale and Roast Vegetables

Submitted by Maria

1 cup cooked green or orange lentils
1 cup Bulgur or Quinoa
3 tbsp Extra Virgin Olive Oil
Salt
2 cups roasted vegetables (aubergines, squash, courgettes, parsnips, carrots, sweet potato)
4 leaves of Kale
2 artichoke hearts, either whole or quartered, cooked
Half a red onion thinly sliced with a mandolin
1/4 cup fresh pomegranate seeds
1 tablespoon fresh coriander roughly chopped
2 tablespoons of roasted hazelnuts
1 tablespoon of roasted sunflower seeds

Vinaigrette Dressing
1/3 cup red wine vinegar
3/4 cup Extra Virgin Olive Oil
1 teaspoon Dijon Mustard
1 teaspoon honey
Salt

1. Roast the vegetables with some olive oil in a 150 degree pre-heated oven — don’t add salt because it drains water from the vegetables and it takes longer to roast.
2. Cook the lentils and the artichoke hearts, drain and keep warm.
3. Wash the kale, roll the leaves together and cut in slice. Drop the kale in salted boiling water for 2 minutes or until they are cooked. Drain and keep warm. Make the dressing and add the cut onion in it so it kind of semi-cooks
4. Bring 2 cups of water to the boil, season with salt and a little olive oil. Add the bulgur and cook for 15 minutes or as per the instructions in the packet (don’t overcook them). Stir with a fork to loosen up all the grains and keep warm. Remove the onion from the dressing and add to the bulgur.
5. Quarter the artichoke hearts. Toss the vegetables and lentils in the bulgur and mix all together. Add 3/4 of the kale and 1/4 up of the vinaigrette and stir. Set aside.
6. Remove the seeds of the pomegranate and set aside.
7. Put the mixture in a big bowl or big serving plate, add the remaining kale and the quartered artichoke hearts on top, sprinkle with the pomegranate seeds, the hazelnuts and sunflower seeds and sprinkle with the coriander. Serve the remaining vinaigrette on the side.

Note: If pressed for time, use couscous instead of Bulgur which only takes 5 minutes to cook.
Sweet Potato Gnocchi - Submitted by Clare
http://blueberryskies.org/

2 sweet potatoes
1—1 1/2 cups plain spelt flour, sifted (this is a rough guide, add as needed)
1/2 teaspoon nutmeg
1/2 teaspoon cracked pepper
1/2 teaspoon salt
1 egg, lightly beaten (optional)

1. Preheat your oven to 200°/390°
2. Cut the sweet potatoes in half length ways and place face down on an oven tray. Bake until very soft all the way through. Once cool enough to touch, remove the skins and any overcooked edges from the potatoes and mash thoroughly in a mixing bowl. If you can’t get all of the lumps out with a potato masher, push the potatoes through a ricer or mouli. It’s very important that the mash is completely lump free and smooth to touch, as this will be the texture of your final product.
3. Add the nutmeg, pepper and salt and mix with a fork. Add the flour gradually, and the egg if you wish, mixing with the fork until a dough forms. Continue to add the flour until the dough can be handled relatively easily with your hands. Some tackiness is fine and the dough should feel delicate on your fingers, while at the same time holding together in a ball and being workable with your hands.
4. On a well floured surface, knead the dough several times. Divide into quarters and roll each one out into a tube with your hands. With a sharp knife, cut the tube of dough into 2 centimeter pieces.
5. Heat a good non stick pan on medium with a little olive oil. Fill the pan with gnocchi and cook until golden brown on one side. Turn the gnocchis over and reduce the heat to low to ensure they cook all the way through, without burning.
6. After about 5 or 6 minutes, test a piece by breaking it open and tasting. If the insides appear and taste doughy, continue to cook for a few minutes. You may wish to put the lid on your pan to help cook all the way through.

Serve with your favourite pasta sauce or topping.
Cider Glazed Rustic Apple Tart - Submitted by Angela
http://moss-and-ink.blogspot.com/

6 whole Medjool dates, pitted (soak the dates overnight in a bowl of water)
1 cup shelled walnuts (toasted or not - your call... I usually don't toast)
1 cup shelled almonds
1/4 cup flax seeds
1/4 cup chia seeds
1/2 cup wheat germ
1 tablespoon coconut oil
1 teaspoon cinnamon (or more to taste)
1 tablespoon apple cider vinegar
1 teaspoon salt
2 cups cider
2 tablespoons maple syrup
3-4 apples
optional: cinnamon, nutmeg, cardamom, clove

1. Pulse the almonds in the food processor (or blender) until finely chopped
2. Add walnuts, cinnamon, and salt and process until incorporated and finely chopped.
3. Add coconut oil, vinegar, and and pulse - it should very quickly form a ball - don't pulse for too long.
4. Add the rest of your dry ingredients (chia seeds, wheat germ etc.) and pulse until incorporated.
5. Make sure it's well blended, then form into a ball by hand and refrigerate 1 - 2 hours
6. preheat oven to 375, roll out ball of dough onto parchment paper on a baking tray - (roll into an oval about an 8th of an inch thick, you can push the dough around a bit to make it look nicer... don't bother making a crust)
7. Peel the apples and slice them about an 8th of an inch thick - you want them nice and consistently thin. Layer slices of apple (like a deck of solitaire cards) on your dough.
8. Bake for 15-20 minutes... perhaps as long as 35 (I have a very fussy oven so it varies wildly). Just eyeball it after 10-15 minutes... the apples may look pretty pale but what you are basing it on is how baked the dough looks.
9. Heat the cider and maple syrup in a small pot and let boil until it reduces. (You can add spices to this if you like - I did, but to tell you the truth it is just as good without, and aesthetically, the spices tend to clump and not look that great... the maple syrup can also be optional). Pour the reduced cider over the tart, using a brush to spread it around. Let cool if you want to transfer the tart to a prettier looking tray.
**Solstice Squash with Radiant Cashew Cream**  
Submitted by Caroline

- 2 lb Turban squashes (or any other kind of winter squash that appeals to you/is available)
- 1 tbsp + 1 tsp ghee (or coconut oil if you’re a strict vegan)
- 2 large carrots
- 4 baby portabella mushrooms (or any other kind of mushroom — should yield about 1.5 cups when chopped)
- 2 small leeks (or one large), chopped
- 1 inch fresh ginger, peeled and minced
- 2-3 cloves garlic, minced
- 2 stalks of celery, finely chopped
- 2 tsp cumin
- 1 tsp coriander
- 1/4 tsp (or more if desired) cayenne (optional)
- salt to taste
- 1/4 cup pumpkin seeds

1. Slice the squash in half lengthwise and place the halves face down on a baking sheet or in a roast pan. Bake in a 375 degree oven for approximately one hour (or until tender)

2. While the squash is roasting, prepare the stuffing as follows:
   a. Grate the carrots into a mixing bowl and add the chopped mushrooms. Set aside.
   b. Heat 1 tsp of ghee in a skillet and sauté the leeks, ginger, and garlic for about two minutes, or until the leeks turn a nice bright green
   c. Add the chopped celery to the skillet and sauté for another five minutes, until the celery is translucent but still crisp.
   d. Add the leeks, ginger, garlic, and celery to the mixing bowl with the carrots and chopped mushrooms and stir well to combine.

3. When the squash is cooked, reduce the oven temperature to 350 degrees and add the flesh of the squash to the stuffing mixture (before you do this, scoop out all squash seeds and discard). Be certain to leave the outer skin of the squash halves in tact, as you will be refilling them with the cooked squash/stuffing mixture

4. Add 1 Tbsp ghee and the cumin, coriander, cayenne (if desired), and salt to the squash/stuffing mixture. Stir well to combine and adjust seasonings to taste.

5. Fill each squash skin with the squash/stuffing mixture and top with the pumpkin seeds. Return the squash halves to the baking sheet or roast pan, this time placing them face up. Pour a small amount of water onto the baking sheet or pan so that the squash are sitting in about 1/8” of liquid (this will help keep them moist and prevent them from sticking to the pan during the second baking).

6. Place the squash back in the 350 degree oven and bake for about 20 — 30 minutes (check on them after 20 minutes — if the pumpkin seeds are nice and golden, then it has baked long enough — if not, let them bake another 5 — 10 minutes).

While the squash is baking the second time around, prepare the cashew sauce as follows:

**Radiant Cashew Cream**
(Also great as a dressing for a waldorf salad if there is enough left over)

- 1 1/2 cups cashews, soaked 4-8 hours, rinsed, and drained
- 1 tsp salt
- juice of one lemon
- 3/4 cups — 1 cup filtered water
- juice of one orange
1/2 tsp cinnamon
1/2 tsp cardamom
1/4 tsp turmeric
fresh parsley and orange zest for garnish

1. Place the cashews, salt, 1/2 of the lemon juice (approximately 2 tbsp) and 1/2 cup of the filtered water in a blender. Begin to blend on the lowest speed, adding water and increasing speed gradually until the cashew mixture is smooth and has the consistency of sour cream. If your blender, like mine, is a little lacking in youth and vigour, you may have to stop blending every so often to scrape the sides down.

2. Add the rest of the lemon juice, the orange juice, and the other spices (minus the parsley) to the cashew cream and blend until smoothly combined. Taste and adjust seasonings as desired.

When the stuffed squash is ready, top each half with a generous serving of cashew cream and garnish with some fresh parsley and some grated orange zest. I like to leave a good bit of stem on the parsley garnishes and stick them down into the squash. This creates a visual effect that reminds me of fresh green plants growing up out of the snow in the springtime, which is a nice way to acknowledge the solstice and the gradual increase in sunlight and warmth that will eventually bring about more growth in the world.

Serve the squash with a lovely salad, some raw or lightly-steamed veggies, and some sauerkraut (if you have some on hand) for a beautiful and nourishing holiday feast.

A little bit of context:

As the name and symbolic garnishing imply, the solstice was my inspiration for creating this recipe. I love the solstice because of its subtle, unfailing generosity. In so many circles, we think of the solstice as simply the darkest day of the year (if we think of it at all); but in its wake, the solstice leaves more sunlight each day, subtly bringing us the radiance we try so desperately to cultivate during the winter. To celebrate this idea of nature providing for us so richly in ways that we don't always fully appreciate, I wanted to create a holiday feast starring a winter vegetable that is just as easily overlooked and underappreciated as the solstice. Winter squash seemed like a great candidate since it so often lives tucked away on the bottom shelf of the produce section, usually used as harvest-themed décor or cooked into a soup if someone does notice it and bring it home. A veggie main course for the holidays may be a bit disorienting for people who are accustomed to the classic meat-focused holiday feast formula, but the lovely thing about this recipe is that it preserves the aspects of holiday cooking that make it the ritual that it is — there is stuffing and sauce to make, there is roasting, and there is lots of anticipating. Better still, this recipe has far more to offer nutritionally than typical holiday fare: the vitamin A in the squash! The enzymes in the raw cashew cream and accompanying salad and veggies! Enjoying this dish will do wonderful things for one's immune system and digestion but above all, my hope in sharing this recipe is that it will bring a little bit more awareness and gratitude to the mysterious and subtle ways in which our world meets our needs with such abundance.
Cranberry Orange Muffins - Submitted by Laura
http://www.feistylikeioughttobe.blogspot.com/

Ingredients:
1.5 cups of Whole Wheat Flour
1.5 cups of White Flour
1/2 t. baking soda
1/2 t. salt

Zest of 1 orange
Juice of 1 orange
2 cups of fresh cranberries

1 stick of butter
1 cup of sugar
2 eggs
2 T milled (crushed and pulverized, I guess) flax seed

1.5 c. Greek yogurt
1 c orange juice

Equipment I used:
1 large and 1 medium glass bowl
1 zester (I used a hand grater)
1 paring knife (to cut the orange)
A citrus juicer
Stand mixer
Measuring cups/spoons
Mixing spoons

1. Preheat your oven to 375 F. Place the oven rack to the lower-middle side. Butter & flour your muffin pan, or put muffin cups in your muffin pan.
2. Combine the flours, soda, and salt in a bowl by sifting them together or mixing them well with a whisk. Set aside.
3. Zest your orange and put the zest into your mixing bowl where you’ll put your wet ingredients.
4. Measure the cranberries into the medium glass bowl. Halve and squeeze the juice from the orange onto the cranberries. Set aside.
5. Cream the butter, sugar, and zest together. Mix in the eggs and milled flax seed.
6. Begin to add the dry ingredients and the yogurt. Add 1/2 cup of the Greek yogurt, then 1 half of the dry ingredients. Add another 1/2 cup of the yogurt and the rest of the dry ingredients. Add the last of the yogurt.
7. Add the orange juice to the mix just until the consistency of the batter is just thicker than cake batter. This added up to 1 cup for me, as my yogurt was quite thick and not at all liquid like regular yogurt.
8. Fold in the cranberries until just combined.
9. Add even amounts to the muffin cups. The batter will be kind of clunky due to the cranberries, but just try to make it as even as possible. I filled my cups to just below the top.
10. Bake for 25-30 minutes (these took all of 30 minutes for me), or until the tops are golden-brown and a toothpick slides in and out of the muffin cleanly.
11. Remove the muffins from the pan immediately onto a rack. Let cool and enjoy!

Makes 12-16.
**Carrot Latkes - Submitted by Blaine**

1 1/2 cups grated carrot  
3/4 cups finely chopped celery (2 stalks)  
1/2 cup finely grated onion, squeezed of juice in cheesecloth  
1/4 cup plain bread crumbs (I use homemade bread but have also used a chickpea flour in a pinch)  
2 large eggs, lightly beaten (I use eggs but flax eggs could probably be a replacement?)  
1/2 cup packed fresh chervil leaves  
course salt and ground pepper  
couple tablespoons of neutral-tasting oil  
1/2 cup plain homemade yogurt (totally optional but it’s nice!)  

1. Combine the carrot, celery, onion (don’t forget to squeeze the excess liquid out!), bread crumbs, eggs, chervil, 1 tsp. salt, and 1/2 tsp. pepper in a bowl. Press a heaping tablespoon of the mixture between your hands for a 2-inch patty, then set aside. Repeat until you make about 16 latkes.  
2. Heat 1 tablespoon oil in a large skillet over medium-low until simmering. Working in two batches, cook patties until golden brown, 3 to 4 minutes per side; transfer to a serving platter. Add remaining tbsp. of oil between batches if necessary. To serve, top each latke with a dollop of yogurt (optional).  

Serve it up Hanukkah style!!

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**Kabocha Squash Gnocci with Spiced Carrot Peanut Sauce**  

the sauce:  
one large carrot  
2 tsp cumin seeds  
1/2 cup rice/almond milk  
1/2 cup peanut butter  
1/3 cup shredded coconut  
a drizzle of toasted sesame oil  
1/3 – 1/2 cup of water  
pinch of salt  

1. toast the cumin seeds in a pan for a minute or two - no oil is needed. remove from heat and set aside.  
2. chop the carrot into bite-sized pieces then blend with the coconut and rice/almond milk, half the cumin seeds, salt and agave syrup. save the other half for the garnish. in a pot, warm the peanut butter until silky smooth then add to the blender. add water gradually until creamy. at this point the carrots are still pretty much raw because we want to keep their nutrients intact.  

the gnocci:  
1 cup kabocha squash, steamed and mashed (about 1 small pumpkin)  
3 cloves garlic, finely minced  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
2 cups gluten free flour (we use a blend of rice and tapioca flour, potato starch and xantham gum)  
olive oil  
salt and pepper  
1. quarter the kabocha and remove the seeds and strings. steam until the flesh is soft and scoop it all out, discarding
the skins and mashing the insides with a fork.
2. heat a little olive oil in a skillet over medium-low heat and sauté the minced garlic for a minute or two. add the squash, nutmeg, cinnamon, and salt and pepper to taste, and stir together for another minute or two. remove from heat and add to a large bowl.
slowly add the flour to the squash, and mix to make a soft dough. don’t overknead, just mix them together well. add a bit more flour if the dough is too wet. let sit for about 30 minutes.
3. on a sheet of waxed paper, divide the dough into small, bite-sized balls, and press lightly on one side with a fork.
4. bring a large pot of salted water to a boil, gently adding the gnocchi and boiling until they float to the top - about 3 to 5 minutes. drain and serve with spiced carrot peanut sauce.
5. drizzle with toasted sesame oil and sprinkle with toasted cumin seeds! enjoy with a friend or lover or both!
...and last but not least...the WINNING RECIPE!

Cranberry & Pear Tart – Submitted by Megan
http://meggsalad.com/

Serves 10

Ingredients:
For the crust:
1 cup rolled oats (gluten-free if possible)
1/2 cup pecans, chopped (I used walnuts)
1/4 cup honey
1/4 cup coconut oil, melted
1 tsp. vanilla (I used 1 vanilla bean, scraped)
1/2 tsp. salt
75 g whole grain flour (I used buckwheat flour)

For the filling:
2 pears, sliced thin
2 cups fresh cranberries
1/2 cup brown rice syrup
2 Tbsp. ground flax (I used whole chia seeds)
6 Tbsp. water or pear juice
1/4 cup coconut oil, melted
1 tsp. vanilla (I used 1 vanilla bean, scraped)
1/2 tsp. cinnamon
1/4 tsp. cardamom
zest of 1 organic lemon

Directions:
1. Preheat oven to 350°F.
2. Combine all of the crust ingredients in a food processor and pulse to mix. Grease a 9” tart pan with a little coconut oil and press crust evenly along the bottom of the pan. Place pear slices in a layer on top of the crust.
3. For the filling, combine the flax or chia with the water or juice and set aside until a gel forms. Mix the cranberries with remaining ingredients and stir until well combined. Add the gel and fold to mix. Pour filling on top of crust and pear layer and spread evenly. Bake for 35-40 minutes. Allow tart cool completely before removing from tart pan (approx. 1 hour, or place in the fridge).
4. Slice and serve with an optional dollop of cashew cream, sheep’s milk yogurt (pictured), crème fraîche, or ice cream.
Thank you to everyone who participated!
This collection of gorgeous recipes would not have been possible without you.

With love and a full tummy,
Sarah B