



Fall 2014



## Extra Recipes – Quick and Easy!

### No Bake Chocolate Pumpkin Pie

Serves 6-8

#### Ingredients

- 15 oz pureed pumpkin (or 1 can)
- 1 tsp pure vanilla extract
- 1-2 tsp cocoa powder
- level 1/4 tsp salt
- 1 cup dark chocolate chips
- Sweetener of choice, to taste (optional)
- Store-bought whole wheat pie crust

#### Instructions

1. Melt the chocolate (either on the stove or in the microwave), then throw everything into a food processor and blend until it is super-smooth.
2. Pour into a pie crust and refrigerate until chilled. This pie gets firmer the longer it sits.

**Tip:** To make a chocolate pumpkin mousse, simply pour the filling into a bowl rather than a crust.



### Simple Cauliflower Mash

Serves 4-6

#### Ingredients

- 1 head cauliflower (roughly chopped into florets (about 3 cups)
- 2 tablespoons extra virgin olive oil
- 1-2 cloves garlic (start with 1)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

#### Instructions

1. Steam cauliflower for 7-8 minutes, until fork tender. Set aside and let cool.
2. In a food processor, add cooled cauliflower, garlic, olive oil, salt and pepper. Puree until smooth. Add more salt and pepper to taste, or more olive oil to make it creamier.

**Spice it up!** Although this recipe tastes great on its own, you can add some flair with leeks, chives, or a little cheese.

