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Easy Coconut Macaroons

Vegan, (if using vegan chocolate), vegetarian. Allergens: wheat (if using wheat flour), chocolate may contain milk, soy

Ingredients

- 1 cup unsweetened shredded coconut
- 1 tablespoon wheat or coconut flour
- 2/3 cup light canned coconut milk
- 1/4 cup maple or agave syrup
- 1/2 teaspoon vanilla extract
- Pinch of salt
- Optional: 1/3 cup dark chocolate chips

Mocha version: Add 1 tablespoon cocoa powder and 1 teaspoon instant coffee.

Instructions

1. Preheat oven to 350°F.
2. Combine all ingredients in a medium microwave safe bowl and microwave for 3 minutes, or heat in a saucepan over low-medium heat until firm enough to scoop into balls.
3. Scoop into balls using a melon baller or mini cookie scoop and place on an ungreased cookie sheet. Bake for 14-16 minutes or until light golden brown. Let cool before removing from cookie sheet.
4. Melt chocolate chips in small microwave safe bowl, heating for 30 seconds, stirring, and repeating until chocolate is melted. Dip cookies in chocolate and place onto parchment paper or wax paper. Let cool until chocolate has hardened.

Makes about 18 cookies

Notes

- Full-fat coconut milk can also be used.
- Instead of dipping, chocolate can also be drizzled over cookies



Chocolate Peanut Butter Apple “Nachos”

Vegan (if using vegan chocolate), vegetarian. Allergens: Contains nuts, chocolate may contain milk, soy

Ingredients

- 3 large apples
- 1/2 cup natural peanut butter (preferably organic and unsweetened)
- 1/2 cup mini dark or semisweet chocolate chips, divided

Instructions

1. Cut apples into thin slices, about 16 per apple. Place on a large plate.
2. Microwave peanut butter in a small bowl on high until it becomes melted enough to drizzle, 15 seconds at a time. You may be able to skip this step if using a fresh jar of natural peanut butter because it will already be somewhat thin. Drizzle over the apples.
3. Microwave 2-3 tablespoons of the chocolate chips in a small bowl on high for about 30 seconds. Stir, then continue heating 15 seconds at a time until completely melted when stirred. Drizzle over the apples.
4. Garnish with the remaining chocolate chips and serve immediately. The apples will start to brown, so don't wait too long to serve.

Serves 4-5

Curried Lentil Soup in a Jar

Vegan, vegetarian.

Makes 4 jars, each serving 6-8

Ingredients

- 4 cups red lentils
- 4 cups green/brown lentils
- $\frac{3}{4}$ cup dried minced onion
- $\frac{1}{4}$ cup curry powder
- $\frac{1}{4}$ cup dried parsley
- 4 teaspoons salt
- 2 teaspoons garlic powder

Instructions

1. Pick through lentils to remove any rocks or debris.
2. In each jar, layer $\frac{1}{2}$ cup red lentils, $\frac{1}{2}$ cup green lentils, 3 tablespoons minced onion, 1 tablespoon curry powder, $\frac{1}{2}$ teaspoon garlic powder, 1 teaspoon salt, 1 tablespoon parsley, another $\frac{1}{2}$ cup red lentils and another $\frac{1}{2}$ cup green lentils. Seal with a lid.
3. Add these cooking instructions to the jar:
 - a. Place soup mix in large pot with 7 cups water. Bring to a boil, then simmer covered for 30 minutes.



Note

Yellow lentils can also be used. You can also use yellow split peas, but the soup may take a little longer to cook.



Homemade Sriracha

Vegan, vegetarian.

Makes about 1 $\frac{1}{2}$ cups

Ingredients

- 1 $\frac{1}{2}$ pounds red fresno peppers, stemmed and seeded
- 10 garlic cloves
- 1 cup water
- $\frac{2}{3}$ cup white vinegar
- $\frac{1}{2}$ cup sugar
- 2 tablespoons salt

Instructions

1. In a blender, puree jalapenos, garlic, water, and vinegar until smooth, about 2 minutes. Pour into a large saucepan and stir in sugar and salt.
2. Bring to boil over high heat, then reduce heat to medium-low and simmer, skimming any surface foam and stirring occasionally, until mixture is thickened and reduced, 20 to 25 minutes. Remove from heat and let cool 5 minutes.
3. Return mixture to blender and blend on low speed (you don't want to incorporate too much air) until smooth, about 20 seconds. Cool to room temperature. Transfer to a squeeze bottle and refrigerate for 1 day before using. Sauce can be stored refrigerated for up to 1 month.

Note

You can substitute red jalapeños for fresno peppers