

Healthier Holiday Treats

Fall 2019



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Chocolate Pistachio Apricots

Vegetarian, can be vegan, gluten-free. Common allergens: check chocolate label

Ingredients

- ½ cup bittersweet chocolate
- 36 dried apricots
- 2 tablespoons chopped pistachios

Instructions

1. Line a baking sheet with parchment/wax paper.
2. Place chocolate chips in a small glass bowl. Microwave on Medium for 1 minute. Stir, then continue microwaving on in 20-second intervals until melted, stirring after each interval.
3. Dip half of each apricot into the melted chocolate. Let the excess drip back into the bowl. Place the dipped fruit on the prepared baking sheet.
4. Sprinkle pistachios over the chocolate.
5. Refrigerate until the chocolate is set, about 30 minutes.

Source: [UHS Nutrition Team](#)

Tempering Chocolate

There are many methods to temper chocolate, which makes the chocolate glossy, snap, and it doesn't melt as easily.

Easy "Seeding" Method:

- Make sure all equipment (bowl, spoon) is completely dry
- Melt 2/3 of the chocolate
- Stir in remaining 1/3 chocolate and stir until it is all melted
- Cool chocolate until feels cool to the touch on your wrist
- If it hardens, reheat over hot water for 1-2 seconds.



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Cranberry Thyme Cheeze Ball

Vegan, gluten-free. Common allergens: nuts, soy

Serves 8

Ingredients

- 1 cup raw cashews
- 2 tablespoons lemon juice
- 2 tablespoons nutritional yeast
- 2 tablespoons refined coconut oil
- 2 teaspoons white miso paste
- 1 clove garlic
- ¼ teaspoon salt (or to taste)
- 1 tablespoon fresh thyme leaves
- ½ cup dried cranberries

Instructions

1. Add cashews to a small pot, cover with water, and boil for about 15 minutes or until cashews are very tender.
2. Drain the cashews and add to a food processor along with the lemon juice, nutritional yeast, coconut oil, white miso paste, garlic, and salt. Blend until very smooth and creamy, stopping to scrape down the sides as needed. Add the thyme leaves to the food processor and blend to combine.
3. Scoop the cheese mixture into a fine towel or cloth napkin. Gather up the sides and twist to form a ball. Let the cheese ball firm up in the freezer for about an hour, or for a couple of hours in the fridge.
4. Remove the now firm cheese ball from the towel and press the cranberries onto the outside of the ball. You can also lightly press the ball to get a rounder shape if desired. You can serve it right away, or keep the cheese ball covered in the fridge until you are ready to serve. Garnish with thyme sprigs and serve with crackers.

Source: [It Doesn't Taste Like Chicken](#)

