

# Healthier Holiday Treats

Fall 2020



For past cooking class recipes, go to [uhs.berkeley.edu/cookwellberkeley](https://uhs.berkeley.edu/cookwellberkeley)

## Furikake Snack Mix

Can be vegetarian, or vegan. Common allergens: soy, tree nuts, wheat, sesame, milk (can be omitted), fish (can be omitted)

Serves 12

### Ingredients

- ¼ cup agave syrup
- ¼ cup canola or other mild flavored oil
- ¼ cup vegan butter
- 2 teaspoons reduced sodium tamari or soy sauce
- 5 cups whole grain squares cereal
- 1 cup raw almonds
- ½ cup furikake, use a vegan/fish-free version if necessary
- 1 tablespoon sesame seeds

### Instructions

1. Preheat oven to 250°F.
2. Bring syrup, oil, butter, and soy sauce to a boil in a saucepan.
3. Put cereal and almonds on a baking sheet, pour syrup mixture over, sprinkle with furikake and sesame seeds, and stir to combine. Spread evenly on the baking sheet.
4. Bake for one hour, stirring every 15 minutes. It will look wet when you first remove it from the oven, but it will dry as it cools.

### Notes

- To make this recipe vegetarian - be sure to use furikake that doesn't contain fish. You can also make your own.
- To make this recipe vegan - do the above and use vegan butter
- To make this recipe wheat-free and gluten-free - use rice or other gluten/wheat-free cereal and use gluten/wheat-free soy sauce or tamari.

## Salt & Vinegar Pumpkin Seeds

Vegan, gluten-free. Common allergens: none

Serves 16

### Ingredients

- 2 cups raw pumpkin seeds
- 2 cups + 1 tablespoon white vinegar, divided
- 1 tablespoon or 1 teaspoon salt

### Instructions

#### Optional: Make Vinegar Salt

1. Combine 1 tablespoon salt and 1 teaspoon vinegar in a small bowl. Spread it out on a small plate to dry for 24 hours or dry it on a baking sheet in the oven at 250°F for 45-60 minutes, stirring halfway.

#### Make Pumpkin Seeds

1. Soak pumpkin seeds in 2 cups vinegar for 45-60 minutes.
2. Preheat oven to 350°F.
3. Drain off excess vinegar and spread pumpkin seeds over a cookie sheet. Sprinkle with 1 teaspoon salt (using vinegar salt if desired) and roast for 13-15 minutes, or until they start to turn light golden brown. Sprinkle with more salt to taste if necessary.

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## Homemade Peppermint Patties

Vegetarian, gluten-free, can be vegan. Common allergens: Milk (can be omitted), chocolate may contain soy or milk.

Makes 24 patties

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

### Ingredients

- 3 cups powdered sugar
- ¼ cup vegan butter
- ¼ cup light agave
- 1 teaspoon peppermint extract
- 1 ½ cups dark chocolate chips

### Instructions

1. Line a large baking sheet with parchment paper or a silicone baking mat.
2. Use a hand mixer or stand mixer with a large bowl to beat the powdered sugar, vegan butter, agave, and peppermint extract together, making sure the butter gets completely mixed in. It may look very crumbly. Use your hands to gather up the mixture and form a ball. Knead it together a few times making sure everything is nicely incorporated, and the dough holds together nicely.
3. Take 1 tablespoon of the dough and shape into a patty. Lay the patties in a single layer on the lined baking sheet. Repeat until you use up all the dough. Pop in the freezer for 15 minutes or longer to set.
4. Melt the chocolate chips in a double boiler. Using 2 forks, one in each hand, take one patty at a time and dip it into the chocolate, turning to evenly coat. Shake off excess chocolate then return the baking sheet. If the patties start to soften before you finish coating them with chocolate, return the tray to the freezer to chill as needed.
5. Once all of the patties are chocolate coated, pop the tray back in the freezer set for about 10 minutes until the chocolate is completely set.

### Notes

- To make this recipe vegan and dairy-free, use vegan butter and use chocolate that doesn't contain milk.
- Not a fan of peppermint? Try other extracts, such as orange.
- Store patties in an air-tight container at room temperature, in the fridge, or in the freezer, depending on how firm you like them. They should keep about a week at room temp, but much longer in the fridge or freezer.

