



Fall 2014



Rosemary Sesame Pecans

Serves 16

Ingredients

- 1 pound pecan halves (about 4 cups)
- $\frac{1}{4}$ cup sesame seeds
- 2 large egg whites
- 2 teaspoons salt
- 1 tablespoon fresh rosemary, minced

Instructions

1. Preheat oven to 300° F. Line two baking sheets with parchment paper.
2. Combine sesame seeds, salt, and rosemary in a small bowl.
3. In a large bowl, whisk the egg whites until slightly frothy, then add pecans and toss to coat.
4. Add the herb mixture and toss to coat evenly.
5. Spread the pecans out on the baking sheets and bake 20-25 minutes or until the nuts are toasted and the coating is dry.

Suggestion: Try this recipe with other nuts – walnuts, almonds, cashews, etc.



Chai Tea Mix

Makes about 6 servings

Ingredients

- $\frac{1}{4}$ cup loose black tea
- 2 tablespoons candied ginger, chopped
- 1 4-inch cinnamon stick
- 1 teaspoon cardamom pods (about 12 pods)
- $\frac{1}{2}$ teaspoon black peppercorns
- $\frac{1}{2}$ teaspoon whole cloves
- 1 teaspoon fennel seeds (optional)
- $\frac{1}{2}$ teaspoon red peppercorns (optional)
- $\frac{1}{2}$ teaspoon coriander seeds (optional)
- 4 star anise seeds (optional)

Instructions

1. If possible, lightly crush the spices – break the cinnamon stick into pieces, split the cardamom pods slightly, and lightly crush the other spices using a mortar and pestle. Alternatively, you can break the cinnamon stick and cardamom pods carefully using kitchen shears, a garlic press, or a nutcracker.
2. Combine spices with the loose tea and candied ginger and toss.
3. Spoon tea mixture into a jar or other container, or fill coffee filters with 1 tablespoon of tea mixture and tie it closed with a knot.

Serving Instructions: Steep 1 tablespoon of tea mixture in 1 cup hot water for 5-10 minutes. Add $\frac{1}{2}$ cup milk or milk alternative and optional sweetener to taste.

Tip: For enhanced flavor, toast the spices in the oven at 350° F for about 5 minutes or until fragrant. Let cool.





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Gingerbread Granola

Ingredients

- 2 cups old-fashioned oats
- ½ cup unsweetened coconut flakes
- ¼ cup raw pumpkin seeds
- ¼ cup sliced almonds
- ½ cup unsweetened applesauce
- 2 tablespoons virgin coconut oil, melted
- 1 ½ tablespoons molasses
- 3 tablespoons maple or agave syrup
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- ½ teaspoon salt
- ½ cup dried cranberries
- ½ cup shelled pistachios



Instructions

1. Preheat oven to 325° F.
2. In a large bowl, combine oats, coconut flakes, pumpkin seeds, and almonds. Mix ginger, cinnamon, and salt in a small bowl, then toss with oat and nut mixture.
3. In a medium bowl, combine coconut oil, pumpkin, molasses, maple or agave syrup, and vanilla, then stir to combine. Pour mixture over oat mixture and toss until oat mixture is well coated.
4. Spread granola mixture evenly on a baking sheet and bake for about 30 minutes, stirring every 10 minutes and watching carefully for the last 10 minutes to prevent burning. Remove from oven when granola is golden brown.
5. Let cool, then add pistachios and dried cranberries.

Alternative: Replace applesauce with pumpkin puree.



Serves 18



Chickpea Blondies

Ingredients

- 1/2 tablespoon virgin coconut oil (for greasing)
- 1 can chickpeas (rinsed and drained)
- 1/2 cup natural peanut butter
- 1/3 cup maple or agave syrup, or honey
- 2 teaspoons vanilla extract
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/3 cup mini dark chocolate chips (look for vegan chocolate if you want 100% vegan or dairy-free blondies)
- coarse sea salt or Himalayan salt (for sprinkling)

Instructions

1. Preheat oven to 350° F. Grease an 8x8 baking pan with coconut oil.
2. In a food processor, puree all remaining ingredients except for chocolate chips and salt. Blend until completely smooth. Stir in chocolate chips, then spoon batter into prepared baking pan.
3. Bake for 25-30 minutes, until lightly golden brown on top and a toothpick inserted into the middle comes out clean. Let cool, then cut into squares and sprinkle lightly with salt.



Serves 9

Alternative: Use a small cookie scoop or tablespoon to drop round cookies onto a baking sheet lined with parchment paper. Bake 12-15 minutes or until light golden brown.

Healthy Tip: Leaving out the salt until a light sprinkling at the end gives these blondies a pop of flavor while using less salt than a traditional recipe.