Cook Well Berkeley: Healthy Edible Holiday Gifts

Fall 2015

Chocolate Peppermint Almond Cookies

Vegan, (if using vegan chocolate), vegetarian. Allergens: Contains nuts

Makes 2 dozen cookies

Ingredients

- 1 cup raw almonds
- ¹/₄ cup packed pitted dates
- 2 tablespoons cocoa powder
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 1 cup dark chocolate chips , divided
- 2 tablespoon unrefined coconut oil
- 1 teaspoon pure vanilla extract
- 1 teaspoon peppermint extract

Substitutions

• Try almond extract instead of peppermint



Vegetarian. Allergens: Contains nuts and eggs

Instructions

- 1. Blend first five ingredients until almonds and dates are finely pulverized.
- 2. In a separate bowl, combine ¾ cup chocolate chips, oil, vanilla, and peppermint extract. Melt by heating in the microwave for 30 seconds at a time, stirring, and repeating until melted.
- 3. Pour the dry ingredients, as well as the remaining ¼ cup chocolate chips, into the wet. Stir until evenly mixed, making sure to break up any big clumps, until dark and shiny.
- 4. Drop by rounded tablespoon onto ungreased baking sheets and flatten.
- Bake at 350°F for 8-10 minutes. Remove from oven when still a bit undercooked, as these continue to cook as they cool. Let cool on baking sheet 1-2 minutes. Transfer to a wire rack and let cool completely.

Serving Suggestions

Use this granola like croutons or breadcrumbs – Try it on salads, soups, or eggs

Makes about 3 cups or 12 servings

Ingredients

1 cup old-fashioned oats

Savory Granola

1 cup walnuts

- $\frac{1}{2}\,\text{cup}$ raw pumpkin seeds
- 1⁄4 cup raw sesame seeds
- 1/2 teaspoon kosher salt
- 1⁄4 teaspoon black pepper
- $\frac{1}{4}$ teaspoon cayenne pepper

(optional)

1 large egg white, beaten to blend

Instructions

- 1. Preheat oven to 350°F.
- 2. Toss oats, walnuts, pumpkin seeds, sesame seeds, salt, pepper, and cayenne pepper (if using) with egg white in a medium bowl.
- 3. Transfer mixture to a rimmed baking sheet and bake, stirring once, until golden, 25–30 minutes. Let cool. Store in an airtight container.



Health*Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.





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Dark Chocolate Salted Popcorn

Vegan (if using vegan chocolate), vegetarian.

Makes 8 cups, or 8 servings

Ingredients

Instructions

- 2 tablespoons canola or grapeseed oil
- 1/3 cup popcorn kernels
- 4 ounces dark chocolate, chopped
- 1/2 teaspoon salt, divided



- In a large stock pot, heat the oil and 3 kernels of popcorn, covered, over 1. medium heat until all 3 kernels pop. Pour in the remaining kernels, cover pot again and shake to distribute. Remove from heat for 30 seconds. Return pan to heat. As the popcorn pops, shake pan continuously, leaving lid slightly ajar for crisper popcorn, if possible. When popping slows to 2-3 seconds between pops, remove from heat. Pour popcorn into a large bowl, removing any unpopped or partially popped kernels.
- Line a rimmed baking sheet with parchment paper and set aside. Place the 2. chocolate and $\frac{1}{4}$ teaspoon salt in a small bowl. Heat in the microwave in 30second increments and stir until chocolate is completely melted.
- Immediately pour over the popcorn and stir to coat as thoroughly as З. possible. Spread evenly onto the baking sheet and sprinkle with remaining $\frac{1}{4}$ teaspoon salt. Let sit at room temperature until chocolate has hardened, about 1 hour.
- Store in an airtight container for up to 3 days. 4.

Tip Be sure to use an oil with a high smoke point such as peanut or canola oil. Avoid extra virgin olive oil in this recipe.

Other flavors: Try other herb/spice mixes: Cajun, barbeque, or taco!

Wasabi Nori Chips

Vegan, vegetarian.

Makes 60 crisps, or 5 servings

Ingredients

- 1/4 cup water
- 2 tablespoons powdered wasabi
- 10 sheets nori (seaweed)



Substitutions Spice it up with garlic powder, sesame seeds, or cayenne pepper

Instructions

- Heat oven to 250°F. 1.
- 2. Combine the water and the wasabi in a small bowl and whisk until the wasabi is dissolved. The wasabi tends to settle to the bottom, so you may need to stir between batches.
- 3. Take one sheet of nori and fold it in half. Unfold it and lightly paint half the sheet with the wasabi water using a pastry brush. Sprinkle the inside with salt and press it closed. Lightly brush the top with wasabi water. Using a sharp knife, cut the nori into six strips and transfer them to a baking sheet.
- Repeat this process with remaining nori until baking sheet is full. 4. Strips can be close to each other, but should be in a single layer without touching. Bake for 10-15 minutes, until darkened, dry to the touch, and brittle. Transfer the nori crisps to a cooling rack to finish crisping. Repeat with any remaining sheets of nori.
- 5. Store in an airtight container. They will stale a bit with time, but should still stay crispy for a few days.

