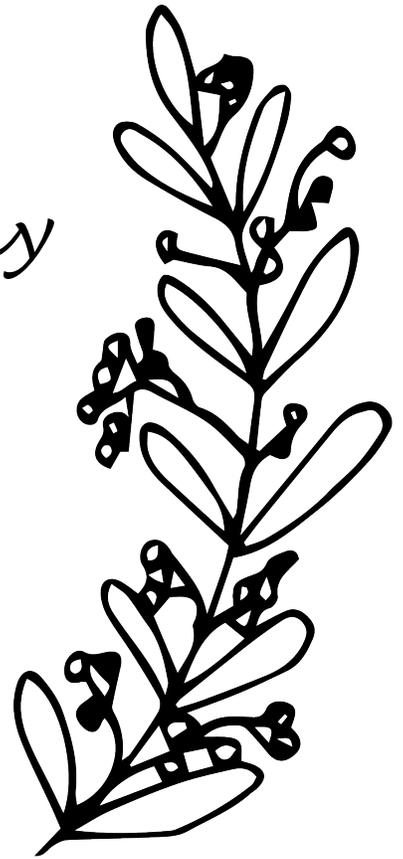




*Healthy Holiday*

*Workshop*

2016



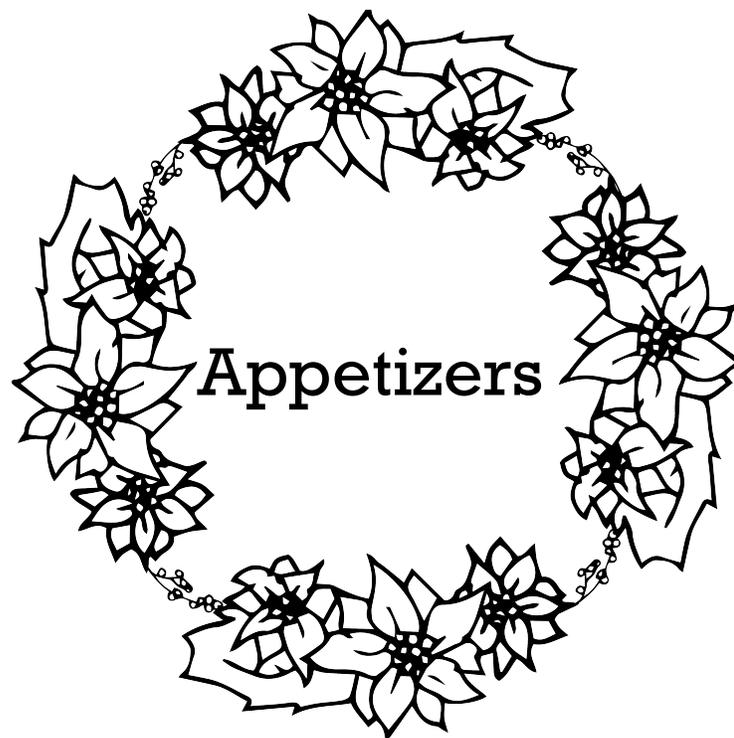
**COMMUNITY FOOD INITIATIVES**

94 Columbus Road, Athens Ohio 45701  
740-593-5971  
[www.communityfoodinitiatives.org](http://www.communityfoodinitiatives.org)

**ATHENS CITY-COUNTY HEALTH DEPARTMENT**

278 West Union Street, Athens Ohio 45701  
740-592-4431  
[www.health.athens.oh.us](http://www.health.athens.oh.us)





## **Chickpea Balls in Marinara Sauce**

### **Ingredients:**

- 1 tbsp coconut oil, plus more for baking sheet
- ¼ cup white onion, diced small
- 2 (15 ounce) cans chickpeas, drained and rinsed
- ½ cup whole wheat flour
- 2 tsp sea salt
- ¼ tsp freshly ground black pepper

### **Instructions:**

1. Preheat oven to 350°F. Lightly grease a baking sheet with coconut oil.
2. Heat the coconut oil in a medium-size skillet over medium-high heat.
3. Add the onion and sauté for about 10 minutes. Place in a food processor along with the chickpeas, flour, salt, and pepper.
4. Pulse until combined but still chunky. Do not turn into a puree.
5. Roll into 48 balls and place on the prepared baking sheet.
6. Bake for 30 minutes, turning once halfway through.
7. Serve with hot marinara sauce.



From: [Cearaskitchen.com](http://Cearaskitchen.com)

## Easy Tomato Sauce

### Ingredients:

1 yellow onion diced  
2 garlic cloves, crushed  
2 tsp oregano  
½ tsp paprika  
1 tsp salt  
few grinds of black pepper  
1 can of tomato sauce  
¼ cup of tomato paste  
2 tbsp. maple syrup  
1 tbsp. spicy mustard

### Instructions:

1. Sauté onion with water until softened. Add garlic and sauté for another minute.
2. Add in seasonings. Mix well. Stir in tomato sauce and paste, cook for about 10 minutes.
3. Add in maple syrup and heat through. Let stand to allow flavors to meld.
4. Serve with chickpea balls

Adapted from Postpunkkitchen.com

## Vegan Spinach Artichoke Dip

### Ingredients:

¾ C finely chopped white onion  
2 garlic cloves, minced  
1 tbsp + 2 tsp olive oil  
8 C fresh baby spinach  
½ C raw cashews (soaked for 20 mins in hot water)  
1 C non-dairy milk  
¼ C nutritional yeast  
2 tsp apple cider vinegar  
2 tsp lemon juice  
1 tsp onion powder  
1 tsp sea salt  
¼ tsp white pepper  
¼ tsp dried basil  
1/8 tsp chili flakes



2 tbsp tapioca starch (or cornstarch)  
1 can butterbeans or navy beans  
1 C marinated artichokes, drained from marinade

**Instructions:**

1. Pre-heat oven to 425 F.
2. In a pan over medium heat, sauté onion in 2 tsp of olive oil for 2-3 minutes until slightly soft and fragrant. Lower heat to medium-low and add in minced garlic and spinach and continue cooking for another 1-2 minutes until spinach is wilted and soft, but still bright green.
3. Drain and rinse cashews from soaking water and add to a food processor. Process until they become a fine meal and nearly smooth. Then add tapioca (or cornstarch), nutritional yeast, apple cider vinegar, lemon juice, sea salt, onion powder, white pepper, dried basil, chili flakes, and half the non-dairy milk to the food processor and process until smooth.
4. Then add in beans and artichokes and run the machine while you gradually add the remaining half cup of non-dairy milk. Process until smooth.
5. Pour mixture into your baking dish and fold in the spinach, onion, and garlic mixture.
6. Drizzle 1 tbsp of olive oil over the top and bake for 20-25 minutes. It should be bubbling and slightly puffed and golden brown.
7. Serve with bread, crackers, or vegetables for dipping.

From [hotforfoodblog.com](http://hotforfoodblog.com)

**Baked oil-free pita chips**

**Instructions:**

1. Buy 100% whole wheat pitas.
2. Cut them into 8 triangular sections
3. Cut the ends off so they are easy to separate. Don't throw out the ends! Bake them and use them for your dip.
4. Separate each triangle into two pieces and place on baking trays in a single layer.
5. Preheat your oven to 350 F. Place triangles on baking sheets and bake until crispy (golden) but not burned. Approximately 8-12 minutes. If they are cold from the fridge it will take longer. Keep checking on them after 8 minutes to see how they look. Store in airtight container for weeks!



## **The Easiest Whole Grain Seeded Bread**

### **Ingredients:**

- 1 ½ Cups warm water
- ¾ tbsp. fast acting yeast (~1 packet or 2 ¼ tsp)
- 2 tbsp. maple syrup, agave, or honey if not vegan
- ½ tbsp salt
- 1 tbsp. flax seed
- 2 cups whole wheat pastry flour
- 1 ¾ cups unbleached all purpose flour + more for rolling/dusting
- 2 tbsp. raw or roasted sunflower seeds
- 2 tbsp. rolled oats

### **Instructions:**

1. Combine warm water (like bath water, or 110 F), yeast, maple syrup or sugar, salt, flax seed and flours in a large mixing bowl and stir. The result will be a sticky, rough dough. If using a stand mixer, beat at medium speed for about a minute. Otherwise just use a spoon to stir until well combined and when it can no longer do the job, knead and turn it in the bowl with your hands. Add flour until the dough is no longer sticking to the sides-about 3 ¾ cups total.
2. Lift the dough out and lightly grease the bowl with nonstick spray or olive oil. Cover and let rise for 2 hours at room temperature and 2 hours in the fridge. Alternatively, go straight for the fridge for two hours to save time, though a longer rise is best.
3. Use fingers to create a small hole in the dough and pour in sunflower seeds and oats. Transfer dough to a lightly floured work surface and knead about 20 turns or until elastic. Form into a loaf-like shape.
4. Place seam-side down in a lightly greased loaf pan or baking sheet and sift a light coating of flour over the top to help keep the dough moist. Loosely cover with plastic wrap and let rest for 45-60 minutes.
5. Preheat oven to 425 F toward the end of the dough resting time and place a metal or cast iron pan (not glass, Pyrex, or ceramic) on the lowest oven rack. Also have 1 cup of hot water ready.
6. When the oven is preheated, slash the bread 2 or 3 times with a knife, making a cut about ½ inch deep.

7. Place in the oven on middle rack, then carefully pour hot water into the shallow pan on the rack beneath. Expect it to bubble and steam; then close oven door quickly.
8. Bake the bread for 26-35 minutes, or until deep golden brown and risen.
9. Remove the bread from the oven and let rest in the pan for 5 minutes. Then carefully remove from pan and transfer to a cooling rack to cool. Let it cool completely before slicing for best results (otherwise it can be doughy in the middle).
10. Store leftovers in a plastic bag at room temperature for up to a few days. Transfer to freezer for longer term storage.

From: [minimalistbaker.com](http://minimalistbaker.com)





## Side Dishes

### **Wild Rice Pilaf with Brussels Sprouts and Sage Vinaigrette**

#### **Ingredients:**

3 tbsp. olive oil  
1 small onion  
3 cloves garlic, minced  
2 cups uncooked wild rice mix  
4 cups vegetable stock  
1 large carrot, shredded  
1 bay leaf  
2 sprigs fresh thyme  
 $\frac{1}{2}$  tsp. salt, plus more to taste  
 $\frac{1}{8}$  tsp. freshly ground white pepper, plus more to taste  
1 cup shaved (thinly sliced) Brussels sprouts  
 $\frac{1}{2}$  cup dried cranberries or dried cherries  
 $\frac{1}{2}$  cup pecans, toasted and coarsely chopped



#### *For the sage dressing:*

1 tbsp. finely minced fresh sage  
2 tbsp. fresh lemon juice  
2 tbsp. olive oil  
2 tsp. pure maple syrup

**Instructions:**

1. Set a large pot or Dutch oven over medium heat and add the oil. When the oil is hot, add the onion. Cook, stirring occasionally, until the onion is soft and turning golden, 7-8 mins. Add the garlic and cook, stirring frequently, for another minute, until fragrant.
2. Add the wild rice mix to the pan. Cook, stirring constantly, until the rice toasts a bit, 2-3 minutes. Add the vegetable stock, bay leaf, thyme,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper to the pan. Lower the heat and simmer, covered, until the rice is tender, 30-40 minutes. Remove from heat.
3. Shave carrots and just before serving, stir into rice, and add the dried cranberries, or cherries and chopped pecans.
4. Make the vinaigrette. In a small bowl, whisk together sage, lemon juice, oil, and maple syrup. Pour over the rice and give it a quick stir. Taste and add more salt and pepper, if desired.

From [ohmyveggies.com](http://ohmyveggies.com)

**Walnut-Apple Stuffing****Ingredients:**

- 1  $\frac{1}{2}$  tbsp. olive oil
- 1  $\frac{1}{2}$  Cups chopped red onion
- 2 crisp red apples, diced
- 3 scallions, thinly sliced
- 6 large slices whole grain bread, cut into  $\frac{3}{4}$ -inch or so pieces
- $\frac{1}{4}$  cup finely chopped fresh parsley
- Fresh rosemary leaves, thinly sliced sage, and/or fresh thyme to taste
- $\frac{1}{2}$  cup finely chopped walnuts
- 1  $\frac{1}{2}$  cups low-sodium vegetable broth
- 4 carrots, shaved into long strips with a peeler
- Salt and freshly ground pepper to taste



**Instructions:**

1. Preheat oven to 375 F
2. Heat the oil in a large skillet. Add the red onion and sauté over medium heat until golden. Add the apple and sauté for 5 minutes longer or until slightly softened.
3. In a mixing bowl, combine the bread cubes with the onion and apple mixture. Add all the remaining ingredients except the broth and salt and pepper, and stir together.
4. Drizzle in the broth slowly, stirring at the same time to moisten the ingredients evenly. Season with salt and pepper.
5. Transfer the mixture to an oiled shallow 1 ½-quart baking pan. Bake 30 minutes, or until browned and still slightly moist. Stir gently about midway through the baking time. Serve at once.

From [vegktichen.com](http://vegktichen.com)





## **Vegan Sweet Potato and Lentil Shepherd's Pie**

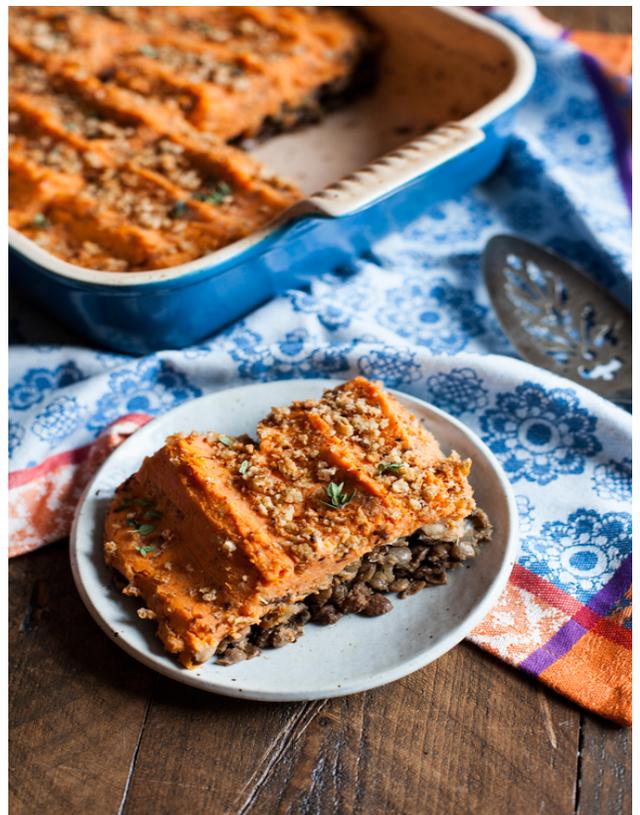
### **Ingredients:**

*For the mashed sweet potato layer:*

- 3 ½ lbs. sweet potatoes
- ¾ tsp. salt
- ½ tsp. garlic powder
- ¾ cup almond milk
- 1 tbsp olive oil, melted coconut oil, or Earth Balance

*For the lentil layer:*

- 2 ¼ cups brown or green lentils
- 1 large white or yellow onion, diced
- 2 large shallots, minced
- 2 cloves garlic, minced
- 2 medium sized carrots, peeled and diced
- 2 medium sized stalks of celery, diced
- 10 ounces button or cremini mushrooms, sliced
- 1 ½ tbsp. fresh thyme leaves
- 1 tbsp. fresh rosemary, roughly chopped
- 1 tsp. rubbed sage
- 1 tbsp. sherry or balsamic vinegar
- Splash of red wine (optional, about ¼ cup)
- Salt and pepper
- 1/3 cup bread crumbs (optional, for topping)



**Instructions:**

1. First, make the mashed potatoes. Bring a large pot of water to boil. While it's warming, peel the sweet potatoes and cut them into large cubes (about 1½ inches). When the water is ready, add the sweet potatoes and boil for 15-20 minutes, or until they're very tender when pierced with a fork.
2. Drain the potatoes and add them to a large mixing bowl. Mash roughly with a handheld potato masher, and then add the salt, garlic powder, almond milk, and oil. Mash well, but leave a little texture. Season to taste and set the potatoes aside. You can do this up to three days in advance, storing the mashed potatoes in an airtight container in the fridge until you're ready to use them.
3. Preheat the oven to 350F and lightly oil a 9x13 casserole dish.
4. To cook the lentils, place them in a medium or large saucepan and cover them with 3 inches of water. Bring the water to a boil and reduce it to a simmer, then cover. Simmer the lentils for 20-25 minutes, or until they're tender but still have some chew; I recommend checking them at the 18 minute mark to be sure they don't get mushy. When the lentils are ready, drain them and set them aside. (This can also be done up to 2-3 days in advance.)
5. Heat the olive or grapeseed oil in a very large skillet or sauté pan over medium high heat. Add the onions and shallots, along with a pinch of salt. Cook the onions for 5 minutes, or until they're becoming clear. Add the garlic and cook for another minute, or until it's very fragrant. Add the carrots and celery. Cook for 2-3 minutes, stirring often, and then add the mushrooms, thyme, rosemary, sage, and vinegar. Give the mushrooms another generous pinch of salt, and then cook for 7-8 minutes, or until the mushrooms have released all of their juices. Stir in the wine, if using, and allow it to cook off.
6. Add the cooked lentils and broth to the pot. Heat everything and mix it together. Check the lentil mixture for seasoning, and add salt and pepper as needed (I add about a ½ teaspoon salt and about ¼ teaspoon pepper).
7. Remove the lentil/mushroom mixture from heat, and then pour it into your prepared casserole dish. Top it with the sweet potatoes, and then gently use a spatula to spread them out over the lentil mixture. If desired, top it all with ⅓ cup bread crumbs.
8. Bake the shepherd's pie for 40-45 minutes, or until it's crispy on top. Serve.

From [thefullhelping.com](http://thefullhelping.com)

## Holiday Soup for the Soul

### Ingredients:

1 large carrot, peeled, and chopped  
½ cup red quinoa, uncooked  
1 tbsp. extra virgin olive oil  
1 medium zucchini, chopped  
1 medium sweet onion, finely chopped  
3 cloves garlic, minced  
1 vegetable bouillon cube  
6 cups water, boiled  
one 15-ounce can diced tomatoes  
1.5-2 cups cooked black beans  
(about one 15oz can)  
1 tsp. good-quality curry powder  
pinch or two of cinnamon  
pinch of ground nutmeg  
2 cups baby spinach leaves, well  
rinsed and roughly chopped  
½ tsp. kosher salt, to taste  
freshly ground black pepper, to  
taste  
pinch of saffron threads (optional,  
but tasted amazing)



### Instructions:

1. Heat the oil in a large soup pot. Add the chopped sweet onion and sauté over medium-low heat until translucent. Add the chopped carrots, chopped zucchini, and minced garlic, continue to sauté for about 5-7 minutes.
2. Place your bouillon cube into a medium sized bowl. Boil 6 cups of water and pour over the bouillon cube. Stir well to dissolve. Add bouillon mixture, tomatoes, red quinoa, black beans, and spices + seasonings. Bring to a boil and then simmer gently for 15-20 minutes.
3. Add the roughly chopped spinach, stir well, and cover. Simmer on low for about 15-35 minutes. The longer you cook it the more the flavors will develop. Taste test and adjust seasonings if necessary.

Makes about 8-10 cups/ From [ohsheglows.com](http://ohsheglows.com)

## Holiday Bowl

A special bowl filled with delicious, comforting ingredients. The best part about a holiday bowl is that you get to choose the ingredients. Below are some general instructions for building your bowl. Following are some holiday bowl ideas you can try!

### Instructions:

1. Choose a special bowl
2. Start with a fresh layer of greens
3. Add a variety of veggies and beans.
4. Top with grains, nuts and seeds
5. Dress with your favorite dressing/sauce
6. Eat mindfully enjoying all the flavors and textures
7. Enjoy the good vibes from a happy belly

### Sweet and Spicy Holiday Bowl

#### Ingredients:

Kale, beets, spiced butternut squash, wild rice, almonds, red pepper hummus, pumpkin seeds, salted almonds, fermented cabbage, spice pepper sauce.

#### Optional bowl ingredients:

Greens: kale, spinach, arugula

Veggies: Squash, broccoli, carrots, peppers, roasted eggplant, Brussels sprouts

Grains: Quinoa, brown rice, wheat berries, farro

Protein: tofu, tempeh, chickpeas, beans, edamame

Healthy Fats: Avocado, cashews, almonds, sunflower seeds, pepitas



[minimalistbaker.com](http://minimalistbaker.com)

## **Shishito Pepper and Padron Pepper Sauce for your Holiday Bowl**

### **Ingredients:**

Half a pound of a combination of Shishito and padron peppers, cleaned and cut off stem (I used 6 poblano and 4 cochito peppers)

5-10 cloves of fresh garlic

½ cup fresh squeezed lime juice, more if needed

1 tablespoon capers

4 tablespoons olive oil

a splash of ghost chili oil (optional)

salt and pepper to taste

### **Instructions:**

1. Add all ingredients in a food processor and blend to combine. Taste and adjust salt, pepper, and lime juice to your liking.
2. Store in a jar in the refrigerator for a week.
3. You can choose to seed the peppers if you are afraid of the heat, although these peppers are fairly mild.

Adapted from [tastespotting.com](http://tastespotting.com)



## **Homemade Hummus to top your Holiday Bowl**

### **Ingredients:**

2 cups cooked chickpeas, liquid reserved and set aside

1 tsp. kosher salt, or to taste

2 garlic cloves

1/3 cup tahini

7-8 tbsp freshly squeezed lemon juice

2 tbsp reserved chickpea liquid (or water)

4-8 drops Tabasco, to taste

Olive oil, for drizzling

Paprika, for garnish

### **Instructions:**

1. Place all ingredients into a food processor (except the salt) and process until the hummus is coarsely pureed. Now add in salt gradually, stopping to taste as you go.
2. Scoop into a bowl and drizzle with a good quality olive oil and garnish with paprika.
3. Makes about 2 cups and lasts for about 4-5 days in the fridge in a sealed container.

Adapted from [ohsheglows.com](http://ohsheglows.com)





## Orange Cardamom Chocolate Mousse

### Ingredients:

1-3 ounce high quality dark chocolate bar, broken into pieces  
1-12.3 oz. package shelf-stable firm silken tofu, cut into large chunks  
¼ cup orange juice  
1 tbsp. unsweetened cocoa powder  
1 tbsp. agave nectar, maple syrup, or honey  
1 tsp. cardamom  
1 tsp. ground cinnamon  
zest from 1 whole orange

### Instructions:

1. Place chocolate bar pieces in microwave-safe bowl and microwave at 20 second intervals until melted (stirring after each interval). You can use a double-boiler instead if you prefer.
2. Combine tofu and orange juice in a blender or food processor; process until smooth. Add remaining ingredients and process until well-combined. Chill in refrigerator for 1 hour before serving.
3. If serving in orange (as seen in picture) scoop out orange and fill shells with the mousse.



From [ohmyveggies.com](http://ohmyveggies.com)

## Cranberry and Pistachio Shortbread with Almond Icing

### Ingredients:

*For the shortbread:*

- 2 cups rolled oats
- ½ cup + 2 tbsp. coconut flour
- ¼ cup melted coconut oil
- ¼ cup applesauce
- ½ cup pure maple syrup
- 2 tsp. pure vanilla extract
- ½ cup dried cranberries, roughly chopped
- ½ cup raw pistachios

*For the almond icing:*

- ⅓ cup coconut butter
- ½ tsp. almond extract (or vanilla extract)

### Instructions:

*For the shortbread:*

1. Preheat oven to 350 F. Grease an 8" x 11 ½" rectangular tart pan with coconut oil. Alternatively, line an 8" x 12" in baking tray with parchment paper.
2. Add the rolled oats to a food processor, and process for 3-4 minutes or until you have a fine oat flour.
3. Add the oat flour, coconut flour, melted coconut oil, maple syrup, applesauce and vanilla extract to a large mixing bowl, and gently mix with a spoon. Add in cranberries and pistachios and gently fold into dough.
4. Turn the dough out onto the pan, and use your fingers to press the dough into the tart pan. Prick the dough with a fork 8-10 times to prevent bubbling, and bake for 14-18 minutes or until a light golden color.
5. Let cool completely. Carefully pop out of the pan and slice into squares.

*For the almond icing:*

1. Add the coconut butter and almond extract to medium sauce pan over low heat. Stir constantly until the coconut butter has melted and all the ingredients meld together. Spoon icing over the cookies, as the icing cools it will harden.
2. Store shortbread in an airtight glass container to keep the bars crisp.

From [blissfulbasil.com](http://blissfulbasil.com)



## Graham Crackers

### Ingredients:

*Makes about 12 crackers*

1 ½ cups whole wheat flour

⅓ cup sugar

½ tsp. baking soda

½ tsp. cinnamon

scant ½ tsp. salt

¼ cup oil

2 tbsp. molasses

1 tsp. pure vanilla extract

¼ cup rice milk, soy milk, or water (plus maybe an extra  
tbsp. or so)



### Instructions:

1. Preheat oven to 350 F. Line a light colored baking sheet with parchment paper.
2. In a large bowl mix together flour, sugar, baking soda, cinnamon and salt. Make a well in the middle and pour in oil, molasses and vanilla. Give the liquid ingredients a quick whisk with a fork and then continue mixing until everything is well combined and crumbly.
3. Drizzle in the milk and combine. Use your hands to knead the dough a few times until it holds together, add an extra tbsp. of milk if needed. You should be able to form a pliable ball of dough.
4. Line a work surface with parchment paper. Place the dough on the paper and work into a rectangle. Flatten a bit with the palms of your hand and sprinkle with flour. Use a rolling pin to roll into a rectangle that is roughly 10x14 inches. The dough should be about 1/8 inch thick. If the edges look crumbly, that's okay.
5. Cut the edges off so that you have a relatively even 12 x 8 rectangle. Cut the dough into 8 crackers, to do this evenly use a sharp paring knife to slice the dough in half lengthwise and widthwise. Then cut widthwise again on either side of the center widthwise cut. That probably made it sound confusing, read it slowly.
6. Use a very thin flexible spatula to transfer the crackers to a baking sheet. It helps if you spray the spatula with cooking spray so that it slips on and off easily.
7. Gather up the scraps of dough and form them into a ball, then roll it out into a 4 by 8 rectangle, or whatever size you can manage. I was able to get 4 more crackers out of the deal, but your mileage may vary. Cut the

- edges evenly and slice into 4 crackers then transfer to the baking sheet.
8. Score each cookie with a fork 4 times in 2 columns. You don't need to poke all the way through. Bake for 12 to 14 minutes. 14 will give you nice crispy crackers.
  9. Let cool completely on the baking sheet.

From [isachandra.com](http://isachandra.com)



## **Carrot Cake Baked Oatmeal**

### **Ingredients:**

- 2 ¼ cups rolled oats, certified gluten-free if necessary
- 1 ½ tsp. baking powder
- 1 ½ tsp. ground cinnamon
- ¼ tsp. fine grain sea salt
- 1 ½ cups lightly packed shredded carrots
- 2 ½ cups unsweetened almond milk (or non-dairy milk of choice)
- 1/3 cup pure maple syrup
- 2 tsp. pure vanilla extract
- 1 ½ tsp. freshly grated ginger (or ½ tsp. ground ginger)
- ¼ cup raisins or pitted chopped dates
- ½ cup chopped walnut halves

### **Instructions:**

1. Preheat oven to 375 F and lightly grease a 10-cup/2.5 qt. casserole dish. I used an 8" x 11" rectangular casserole dish.
2. In a large bowl, mix together the rolled oats, cinnamon, baking powder, and salt.
3. In a medium bowl, whisk together the wet ingredients: shredded carrot, almond milk, maple syrup, vanilla, and fresh ginger.
4. Add the wet mixture to dry mixture and stir until combined.
5. Pour mixture into prepared dish and smooth out with a spoon. Press down on the oatmeal with a spoon (or your hands) so the oats sink into the milk. Sprinkle on the walnuts and raisins and press down lightly again.
6. Bake, uncovered, for 32-37 minutes (I baked for 35 mins.) until lightly golden along edge. The oatmeal will still look a bit soft or wet in some spots when it comes out of the oven, but it will firm up as it cools.
7. Let cool for about 10 minutes before serving. Garnish with Coconut Whipped Cream, a drizzle of maple syrup, or some non-dairy yogurt. When the baked oatmeal is fully cool, it will firm up enough to be sliced into squares.
8. Leftovers should keep for 3 days or so in the fridge or up to 2 weeks in the freezer. This is merely a guess because we tend to demolish all leftovers within a day. Enjoy it warm, at room temp, or chilled straight from the fridge.

From [ohsheglows.com](http://ohsheglows.com)



## Chai Chia Eggnog

### Ingredients:

1/2 cup raw cashews, soaked in water for at least 10 minutes (75g)  
5 medium-sized dates, pit taken out and simmered in water for 10 minutes  
3 cups unsweetened nondairy milk (700ml)  
1 tablespoon chia seeds  
2 teaspoons ground nutmeg  
1/2 teaspoon ground cinnamon  
small pinch ground cloves (optional)  
small pinch cardamom powder (optional)  
small pinch salt (optional)  
1 teaspoon vanilla extract  
1 very ripe banana, frozen or fresh  
cinnamon stick (optional)

### Instructions:

1. Soak the cashews and simmer the dates while you work on the next steps.
2. In a mixing bowl, add the nondairy milk, chia seeds, nutmeg, cinnamon, ground cloves, cardamom, salt and vanilla. Stir the ingredients with a whisk and let set for 10 minutes.
3. Drain and discard the water from the cashews and the water from the dates. Add the cashews and the dates to your blender, along with the nondairy milk mixture and the banana. Blend until ridiculously creamy and smooth, at least 2 full minutes.
4. Sprinkle with a bit of fresh grated nutmeg and garnish with a cinnamon stick before serving.
5. This drink is really yummy served cold or warm!



## **Cranberry Pear Pineapple Spritzer**

### **Ingredients:**

- 1 cup fresh cranberries
- 2 pears sliced
- 1 two-inch piece ginger, peeled and sliced into thick coins (optional)
- 1 pineapple sliced or cubed
- 2 cups sparkling water, chilled

### **Instructions:**

1. Combine cranberries, pears, ginger, pineapple, and spritzer water to dispenser. Allow 30 minutes to infuse. Additional water can be added as needed.

Adapted from [ohmyveggies.com](http://ohmyveggies.com)

