

Roasted Carrot Hummus

Yield: about two cups

Ingredients:

3 Cups, approx 4	Carrots, washed and cut into 1 inch segments
6 each	Garlic cloves, peeled
2 Tablespoons	Olive oil
½ teaspoon	Salt
¾ teaspoon	Ground Cumin
1/8 teaspoon	Freshly ground black pepper
¼ Cup	Tahini paste (ground sesame seeds) or cashew
butter	
1 – 15 OZ Can	Chickpeas with liquid
1 each	Lemon, freshly squeezed
Pinch	Salt, to taste

Methods:

Preheat oven to 350, add carrots, garlic, olive oil, salt, cumin and black pepper. Roast 30 minutes.

Add roasted carrot mixture to food processor and remaining ingredients. Turn machine to On and allow hummus to puree for at least one full minute and more as needed to reach the desired texture. Season further with salt to taste.

*Enjoy with fresh vegetables and pita chips, spread onto a sandwich or bagel, whisk a few tablespoons of this hummus into a few tablespoons of olive oil and lemon juice or red wine vinegar to make a creamy salad dressing.

*Experiment with other roasted vegetable like beets, parsnips, or sweet potatoes, or try blending with steamed vegetables like English peas or fava beans.

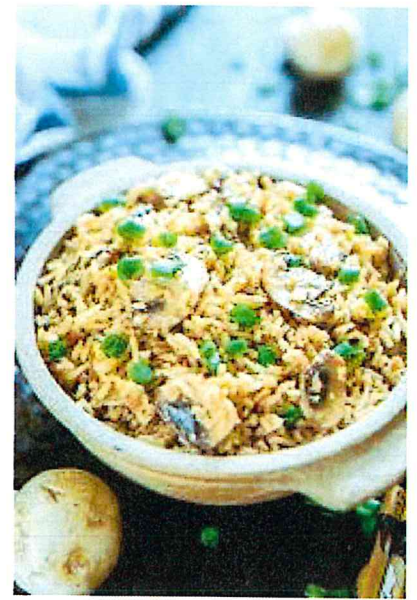


Mushroom Fried Rice

Yield: 6 Cups

Ingredients:

2 Tablespoon	Coconut oil
1 each (~1 cup)	Small onion julienne
2 Tablespoon	Garlic, peeled and minced
2 Tablespoon	Ginger, peeled and minced
4 Cups	Mushrooms, sliced
½ Cups	Water
3 Tablespoon	Soy sauce or Tamari
3 Cups	Rice, cooked and cooled (leftover rice is best)
1 Cup	Peas
2 each	Scallions, washed and sliced on diagonal
as needed	salt and pepper



Optional garnishes to try at home: sliced jalapeno peppers, cilantro, mint, basil

Methods:

- Heat medium pot or sauté pan over medium-high heat
- Add coconut oil and onions, stir and sauté for 2 minutes
- Add garlic and ginger, stir and sauté for 1 minute
- Add mushrooms and stir to coat, add water and soy sauce, cover and allow to cook for 3 minutes
- Remove cover and fold in rice and peas, season to taste with salt and freshly ground pepper
- Turn off heat and top with scallions and other garnishes if using

Enjoy

Coconut-Cocoa Chia Pudding

Yield: 3 Cups

Ingredients:

½ Cup	Chia seeds
3 Tablespoons	Cocoa Powder
½ teaspoon	Vanilla Extract
Pinch	Salt
3 Tablespoons	Maple syrup
2 Cups	Coconut milk



Methods:

In medium bowl whisk together the Dry Ingredients: Chia seeds, Cocoa powder, and salt.

Add the Wet Ingredients: Maple syrup, Vanilla extract and Coconut milk, then whisk to combine.

Whisk the pudding mixture every few minutes for ten minutes.

The Chia seeds will begin to hydrate by absorbing the moisture from the wet ingredients.

Transfer to jar or container that will hold at least 3 cups.

*For an experiment at home, try to add ¼ Cup of water to a Tablespoon of Chia seeds and watch how quickly the Chia seeds will expand and form a jelly around themselves.

*Chia seeds are a superfood! Loaded with Calcium, Potassium, Magnesium, Omega 3's, Fiber and Protein.