**Curried Lentil Soup** Class 42 Recipe by Melissa Lewis

2 T. coconut oil

1 onion, finely chopped

2 medium carrots, peeled and finely diced

1 rib celery, finely diced

2 cloves garlic, garlic pressed or minced

1 ½ t. curry powder

1 t. turmeric

½ t. ground cumin

½ t. ground paprika

1 lb. split red lentils (dried)

6 c. vegetable stock, hot

½ (14 oz.) can coconut cream

1 T. chopped cilantro leaves

1. Sauté over medium-high heat onion, carrots, and celery in coconut oil for 5-6 minutes.
2. Add garlic and spices and stir to combine; once aromatic, add lentils and vegetable stock.
3. Cover and simmer for 20 minutes stirring occasionally.
4. Add salt to taste and stir in coconut cream and cilantro.

**Tasty Ramen Salad** Class 42 Marla Danielson

*2 c. of your favorite veggies, chopped or sliced*

Cook your favorite veggies in lightly salted water until tender then drain and set aside. Next prepare 2 blocks Millet and Brown Rice Ramen according to directions. Season Ramen with a bit of salt and garlic powder. Add a dash of lite coconut milk to keep noodles from sticking together. Chop or cut into smaller pieces, if desired. Next make ***Coconut Ginger Sauce.***

**Coconut Ginger Sauce**

*½ c. lite coconut milk*

*1/3 c. raw cashews*

*2 t. maple syrup*

*1 t. each: orange juice, almond butter, sesame seeds*

*¼ t. each: salt, ginger, garlic powder*

*Blend all ingredients in a high-speed blender until smooth and creamy. (If you don’t have a high-speed blender, soak cashews in warm water for 30 minutes, drain. Then they will blend easily in regular blender)*

Mix veggies and ramen noodles in bowl. Add ½ c. chopped, fresh cilantro and garnish with pineapple and chopped, unsalted, roasted peanuts. Dressing can be served on the side or mixed in! Enjoy!

**\*Notes:** you can substitute lemon juice for orange juice or peanut butter for almond butter.

**Spelt Cornbread Muffins** Class 42 Marla Danielson

1. ¾ c. white spelt flour
2. ¼ c. blanched almond flour
3. ¾ c. corn meal
4. 2 t. baking powder
5. ¾ t. salt
6. 2 T. applesauce
7. 1 c. plant-based milk

Preheat oven to 375°. Mix ingredients #1-5. Stir in remaining ingredients and place in silicone muffin tray (set on cookie tray to make removing from oven easy) or oiled non-stick muffin pan. (These wouldn’t work well in paper liners because there is no oil.) Bake for 15-18 minutes. Makes 12 smaller-size muffins or 8 larger-size muffins. Good warm or cold!

**Blackberry Chia Jam**

1. 3 c. blackberries, heaping
2. 1/3 c. maple syrup
3. 2 T. water
4. 2 T. chia seeds
5. 1 t. sugar, to taste (opt.)

Place ingredients #1-3 in kettle and bring to boil. Reduce heat to medium and cook, uncovered, for 30 minutes. Remove from heat, mash a little, if desired, and stir in 2 T. chia seeds. Add sugar, to taste, if desired. Let cool then place in jars and store in fridge for up to 2 weeks. Freezes well too.

**Apple Crisp**  Class 42 Recipe by Melissa Lewis

Preheat oven to 350 degrees

**Filling:**

6 med-lg apples: 3 Granny Smith plus 3 sweet apples of your choice, peeled, cored and sliced

2 Tbsp Flour

1 tsp Cinnamon

3 Tbsp Maple syrup

Combine together very well and pour into oil-sprayed baking pan.

**Topping:**

¾ C Flour

¾ C Quick oats

¼ tsp Salt

½ tsp Baking soda

1 tsp Cinnamon

¼ C (1/2 stick) plant-based butter, softened

1/3 – 1/2 C Maple syrup

Combine dry ingredients first, then add butter and maple syrup. Crumble on top of filling. Bake for 40-45 minutes or until topping is golden brown. Cool. Serve warm, topped with plant-based vanilla ice cream or whipped coconut cream.