

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

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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

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1. $\frac{3}{4}$ c. white spelt flour
2. $\frac{1}{4}$ c. blanched almond flour
3. $\frac{3}{4}$ c. corn meal
4. 2 t. baking powder
5. $\frac{3}{4}$ 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. $\frac{1}{3}$ 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

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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:

$\frac{3}{4}$ C Flour

$\frac{3}{4}$ C Quick oats

$\frac{1}{4}$ tsp Salt

$\frac{1}{2}$ tsp Baking soda

1 tsp Cinnamon

$\frac{1}{4}$ C (1/2 stick) plant-based butter, softened

$\frac{1}{3}$ – $\frac{1}{2}$ 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.