

## Stone Fruit and Berry Crumble Continued

1 tsp ginger root powder

1 tsp nutmeg

½ tsp sea salt

½ cup pure maple syrup (can also use raw honey)

¼ cup coconut oil

*\*Note: Don't do quinoa? Try subbing it out for more chopped nuts and/or unsweetened shredded coconut!*

*\*Tip: play around with the spices! Try clove, cardamom, and even a pinch of cayenne pepper for some exciting flavor combinations.*

Directions:

Preheat the oven to 250°F.

In an 8 cup (2 L) casserole dish, mix together all the topping ingredients.

In a spate bowl, combine the ground almonds, quinoa flakes, nuts, seeds, spices, and salt. Then add the honey and oil and stir until just mixed.

Spread topping over the fruit.

Bake for 1 hour and 20 minutes, until topping begins to brown. Serve warm with coconut ice cream or whipped coconut cream!

\*Makes about 8 servings



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## DELICIOUS SENIORS COMMUNITY COOKING EVENT

VICTORIA LESBIAN SENIOR CARE SOCIETY (VLSCS.ca)!



RECIPES and HEALTH TIPS

Our menus are Gluten and dairy free, promote digestion, avoid inflammation and blood sugar spikes. We encourage you to cook with friends and loved ones

COMMUNITY COOKING EVENT –

January 27, 2018

Rainbow Kitchen, 12 Noon



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## APPETIZERS

### **Cauliflower “Hummus”**

*Prep time: 10 minutes*

*Makes 3-4 cups*

#### Ingredients:

One head cauliflower (cut, steamed or boiled, and cooled)

5-6 heaping tbsp. tahini or raw almond butter

1/4 cup extra virgin cold-pressed olive oil

2 cloves garlic (minced)

1 tsp ground cumin

1 tsp paprika

A pinch cayenne pepper

1 tsp dry mustard powder

3 tbsp. fresh lemon juice

1 tsp sea salt (or to taste)

A pinch black pepper

#### Directions:

Combine all ingredients in a blender or food processor, and blend until smooth.

### **Recovery Cookies ... Continued**

In a mixer or by hand), beat together the egg, maple syrup, coconut oil, and vanilla extract until thoroughly combined.

In a separate bowl, mix together the almond flour coconut flour, flax meal, collagen powder, pumpkin seed protein power, sea salt, baking power, and spices.

Slowly mix in the dry ingredient into the wet until well combines.

Fold in the walnuts crumbs and let the batter sit in the fridge for about 10 minutes to harden slightly.

For 12 evenly-sized balls and spread them out on your baking sheet.

Gentle flatten them down slightly with your thumb or spoon and sprinkle with your toppings of choice.

Bake for 10-15 minutes, until golden brown on the bottom and let cool on a rack before serving.

*\*Leftovers should be stored in the fridge*

### **Stone Fruit and Berry Crumble (Gluten-Free)**

#### Ingredients:

##### Base...

4 cups chopped stone fruit (pear, apple, peach etc.)

2 cups fresh or thawed berries

¼ fresh lemon juice

1 tsp cinnamon

2 tbsp pure maple syrup (or raw honey)

¼ cup fresh apple or berry juice *\*optional*

##### Topping...

1 cup ground almonds

½ cup quinoa flakes

1 cup chopped nuts (walnuts, pecans, hazelnuts, almonds)

½ cup pumpkin and/or sunflower seeds

2 tsp cinnamon      ... continued

## Recovery Cookies (GF/DF)

Prep time: 10 minutes

Cook time: 10-15 minutes

\*Makes 12 cookies

Ingredients:

1 free-range/ pastured egg

1/3 cup pure maple syrup

1/3 cup raw almond butter

1/3 cup unrefined coconut oil, melted

2 tsp pure vanilla extract

1/3 cup almond flour

1/3 cup coconut flour

1/3 cup golden flax meal

1/4 cup collagen powder

1/4 cup pumpkin seed protein powder

2 tsp cinnamon

2 tsp turmeric powder

1/2 tsp nutmeg

1/4 tsp clove

1/4 tsp sea salt

1 tsp baking powder

1/2 cup walnut crumbs

*\*Optional toppings include: walnut crumbs, flax seeds, unsweetened coconut flakes*

Directions:

Preheat your oven to 350F, and line a baking sheet with parchment paper. .... continued

## Creamy Roasted Beet Dip

Prep time: 5 mins.

Cook time: About 30 minutes

Makes about 2 cups of dip

Ingredients:

5 medium sized beets, peeled and cut into small-medium sized chunks

5 small cloves of garlic, or 3 large, peeled and trimmed

1/2 cup extra virgin olive oil (plus about 1-2 tbsp. more for roasting)

1/3 cup thick coconut cream

Salt and pepper to taste Directions

Directions:

Preheat oven to 425F and line a baking sheet with parchment paper.

In a medium sized mixing bowl, toss the beets and garlic cloves in some olive oil.

Place the beets and garlic cloves on the baking sheet and roast for about 20 minutes until completely soft (but not over cooked and crispy).

Once cooked, remove the beets and garlic cloves and let them cool fully before transferring them to a high powered blender.

Combine the beets and garlic with the remaining ingredients, seasoning as you go to your liking. *\*Note: if the dip is too thick and chunky, add more olive oil. If it's too thin and runny, add more thick coconut cream.*

Once blended, transfer the dip to a container and store in the fridge before enjoying with crackers, chips, veggies, etc.

## Pakora Fritters (GF, DF)

Prep time: 10 mins

Cook time: About 5-10 mins per fritter (which you cook multiple at a time)

Makes about 30 fritters

Ingredients:

Oil or fat for frying (coconut, grass-fed butter, ghee etc.)

1 1/4 cup chickpea flour

1/4 cup coconut flour

2 tsp salt

1 1/2 tsp hot curry powder

1 tsp cumin

1/4 tsp baking powder

1 cup water

1 cup chopped onion

3 cups other chopped vegetables (broccoli, yam or sweet potato, zucchini, etc.)

1/2 cup chopped cilantro or parsley

Directions:

In a large bowl, combine flours, salt, spices, and baking powder. Add water, stir well to form a thick batter. Allow batter to sit for 5 minutes or so, to soften the bean flour.

Mix in remaining ingredients, making sure that everything is evenly coated with the batter.

Heat a large frying pan to medium heat and melt a substantial amount of cooking fat until there is a thin layer of oil coating the pan.

Use an ice cream scoop or two spoons to carefully scoop small amounts (1/4 cup or less) of batter into the preheated oil. Fry for a few minutes on each side, until patties are golden brown. Transfer cooked patties to paper towels to cool slightly before serving.

\*Note: If you notice the outside of the fritters are starting to char, and the inside is not cooking through, you can remove the fritters once they are golden brown on each side, place them on a parchment paper lined baking sheet, and finish them in the oven at around 400F until cooked through.

## Dark Chocolate Mousse, Four Ways ... Continued

For Dark Chocolate Orange Hazelnut Add...

1 cup hazelnut butter

1/2 cup organic juice (freshly squeezed is best)

1 tbsp. orange zest

Directions:

In a medium-large sized mixing bowl, combine the avocado and coconut cream with an All-Clad immersion blender until completely smooth. Add in the melted coconut oil, maple syrup, and vanilla extract, blending until well combined. Slowly mix in the cocoa powder until fully integrated and no lumps remain. Then add desired flavourings, blending until velvety and creamy. Dish the mousse into your serving glasses, and top with the whipped coconut cream. Let the mousse set in the fridge for about 30 minutes, or overnight. Before serving, top with crushed candy cane, candied hazelnuts, dried cranberries, Satsuma slices, or any other garnishes!

To make the maple cinnamon whipped coconut cream...

Ingredients:

1 1/2 cups thick coconut cream

1/4 cup pure maple syrup

1 tsp vanilla extract

1/2 tsp ground cinnamon

Directions:

In a medium sized mixing bowl, blend together the coconut cream and maple syrup with an All-Clad immersion blender until well combined and fluffy. Add the remaining ingredients, blending minimally so that the whip is light and fluffy, but not runny or chunky. *\*Tip: if the room is warm and the coconut cream isn't completely solid, let it sit in the fridge for about 30 minutes before whipping.*

## DESSERTS

### Simple Plant-Based Dark Chocolate Mousse, Four Ways

Prep time: About 5 minutes

Setting time: At least 30 minutes in the fridge

Makes roughly 6-8 servings

Ingredients:

For the base...

2 ripe avocados

1 ½ cups thick coconut cream (the fluffy top of the can)

1 cup pure maple syrup

4 tbsp. coconut oil, melted

1 tsp vanilla extract

1 cup pure cocoa powder

For Dark Chocolate Sea Salt Add...

½ tsp fleur de sel

For Dark Chocolate Peppermint Add...

¼ - ½ tsp peppermint extract (depending on how minty you like it)

For Dark Chocolate Cardamom Spice Add...

½ tsp ground cardamom

1 tsp ground cinnamon

... continued

### Apple Cranberry Chutney (Plant-based, Paleo-friendly)

*\*Prep time: 5 mins*

*\*Cook time: About 10 minutes*

*\*Makes about 2 cups of chutney*

#### Ingredients

2 cups cored, peeled, and diced apple (about 2 large apples)

1 cup dried cranberries (sugar-free)

1 tbsp maple syrup

1 tbsp water

1 tsp ground cinnamon

½ tsp ground ginger

½ tsp ground clove

Pinch of salt

1 tablespoon apple cider vinegar (to be added last)

#### Directions

Place all ingredients except the apple cider vinegar into a small to medium sized saucepan.

On a medium-low heat, bring to simmer, gently stirring until all the ingredients are well mixed.

Allow to cook with the lid on for 15 minutes, then add the vinegar and mix well.

Cook for another 10 minutes, stirring once or twice.

Place the hot chutney into 200 milliliter capacity jar, and allow to cool with the lid off before serving, or with the lid on to seal for storage.

## Creamy Avocado Dressing (DF)

### Ingredients:

1/2 avocado

1/4 cup extra virgin olive oil

1/4 cup water (or more or less depending on how thick or thin you like it)

1-2 tbsp. fresh lemon juice OR 1-2 tsp apple cider vinegar

1 garlic clove, crushed

sea salt and pepper, to taste

### Directions:

Combine all ingredients in blender, serve or refrigerate for later.

## Basil Mint Pesto

\*Makes bout 1 ½ cups

### Ingredients:

4 ½ cups fresh basil leaves (packed)

1 ½ cups fresh mint leaves (packed)

¾ cup chopped walnuts, almonds, pine nuts or hazelnuts (whatever you want!)

6 tbsp. Parmesan cheese, freshly grated

1 ½ tbsp. garlic, minced

1 cup extra virgin olive oil

Sea salt and freshly cracked black pepper to taste

### Directions:

Chop the basil, mint and nuts coarsely.

Add them along with the Parmesan cheese and garlic to a food processor.

Gradually add the olive oil through the feed tube and process until pesto is well-blended.

Transfer to bowl and season with salt and pepper to taste.

Serve and enjoy!

**Grain Free Naan Continued** ... Preheat a frying pan over medium heat. When pan is hot, peel one rolled-out raw naan off its parchment or wax paper and place into pan. Cook about 1 minute or until bottom surface has a few pale brown spots. The ... continued

top surface will begin to show a few little bubbles. Flip and cook for about another minute longer. *\*Ideally, the naan will be soft with a few small pale golden brown spots on surface. If the naan is browning too fast, reduced heat a bit. If it's taking longer than a minute to see a few pale golden brown spots on underside of the naan, increase heat a bit).*

Remove from pan and stack until all the naan is cooked.

Serve warm or allow to cool for later use. Store in an airtight container or resealable plastic bag at room temperature for 24 hours or can be frozen indefinitely. To freeze, separate naan with parchment paper or waxed paper and place in a zippered bag before placing in freezer.

## Easy Baked Spaghetti Squash

Prep time: 2 minutes

Cook time: 1 hour 20 minutes

Makes 4-6 servings

Ingredients:

1 medium spaghetti squash (~3 ¼ pounds)

2 tbsp. extra virgin olive oil (optional)

1 tbsp. chopped parsley (optional)

Sea salt and freshly cracked black pepper to taste

Directions:

Preheat oven to 375 degrees.

With a small sharp knife, prick squash all over.

Place on a rimmed baking sheet and roast until tender when pierced with knife, about 1 hour 20 minutes, flipping halfway through.

When cool enough to handle, halve lengthwise and scoop out seeds.

Scrape squash with a fork to remove flesh in long strands.

Drizzle with olive oil and sprinkle with salt, pepper and parsley (optional)

## MAIN DISHES

### Turkey Meatballs with Apple, Cranberry, and Walnuts

Prep time: 10 minutes

Cook time: 20 minutes

Makes 6 meatballs

Ingredients:

1 package lean ground turkey

¼ cup dried cranberries

¼ cup peeled and diced apple

¼ cup walnut pieces

1 tbsp. parsley, chopped

1 clove of garlic, minced

½ tsp. sea salt

½ tsp. freshly cracked black pepper

Pinch of cinnamon

Directions:

Preheat your oven to 400F and line a baking sheet with parchment paper.

In a large bowl, mix together all the ingredients until well combined.

Form 6 smooth meatballs, and space them out on the baking tray.

Bake for about 20 minutes, until cooked through.

*\*Tip: Once baked, transfer them to a large pan on medium heat, and roll them around with some butter or olive oil and a small drizzle of maple syrup for a tasty golden-hued finish.*

## Effortless Fishcakes with Fresh Herbs and Capers (GF)

*\*Makes 8-10 cakes*

### Ingredients:

4 6-ounce cans of wild salmon or tuna, drained  
4 free-range eggs, beaten  
¼ cup minced shallots  
2-3 cloves of garlic, minced  
4 tbsp. green onions or chives, minced  
1 tbsp. fresh rosemary, chopped  
1 tbsp. fresh tarragon, chopped  
1 tbsp. fresh parsley, chopped  
1 tbsp. fresh thyme, chopped  
1 tbsp. fresh dill, chopped  
1 tsp paprika  
3 tbsp. capers (drained and rinsed)  
1/2 tsp Celtic sea salt  
1 tsp freshly ground black pepper  
2 tbsp. organic grainy mustard  
1-2 tbsp. organic coconut flour  
1/2 cup extra virgin organic coconut oil

### Directions:

Combine all ingredients in a large mixing bowl. If the consistency is runny, add more coconut flour, and combine well.

In a large pan over medium heat, melt enough coconut oil to create a layer about 1/4 inch thick.

Form the salmon mixture into about 8 or 10 equally sized patties, and place them in a pan so that there's room to flip them.

Allow the patties to brown on one side before flipping, and cook all the way through.

## Grain-free Naan

Prep time: About 10 minutes

Cook time: About 10-15 minutes

Servings: 4 pieces of naan

### Ingredients:

1 cup cassava or tapioca flour

1/2 cup other grain-free flour (I like to do a mix of almond, coconut, and/or golden flax meal) *\*Note: that almond and flax are greasier, so you might not need as much oil if using mostly these flours, and coconut is quite dry, so you might need a bite more oil or water if using more of this flour.*

1/2 tsp salt

1/8 tsp baking soda

Heaping 1/2 teaspoon ground anise seeds (optional)

1/4 tsp cream of tartar (optional) *\*If not using, add a teeny bit more baking soda*

2-3 tablespoons plain yogurt

About 7 tbsp warm water

About 7 tbsp extra virgin olive oil or avocado oil

### Directions:

Combine flour, salt, anise, cream of tartar and baking soda in a mixing bowl.

Add oil first, then water, then yogurt very slowly and mix with your hands until a stiff dough forms. *\*If dough is sticky, add a bit more flour. If the dough is crumbly, add a bit more olive oil.*

Divide dough into 4-6 fairly equal portions. Form each piece into a ball.

Place one dough ball at a time on a silicone baker's mat, parchment paper or wax paper and flatten with the palm of your hand as much as possible. Cover flattened dough with a sheet of parchment paper or wax paper. Roll dough into a flat rough circle, about 6-8 inches in diameter. Carefully remove the bottom silicone mat or parchment paper, so the rolled-out naan is stuck to one piece of parchment paper or wax paper. Set aside and roll out the remaining dough balls (when they're stuck to parchment or wax paper, you can easily stack them in preparation for cooking). ... Continued

## SIDES

### **Bone Broth Farro Pilaf with Turmeric, Cardamom, Tahini, Black Currants, and Pistachios**

#### Ingredients:

1.5 cups sprouted farro

3 cups bone broth

2 tbsp. coconut oil

1 tsp. ground turmeric

1/8 - 1/4 tsp. ground cardamom

2 tbsp. fresh chopped herbs OR 1 tbsp. dried herbs (I used thyme, sage, and parsley)

2 tbsp. raw tahini

2 tbsp. extra virgin olive oil

Sea salt and fresh cracked black pepper to taste

1/4-1/3 cup dried black currants (no sugar added)

1/4- 1/3 cup raw pistachios

#### Directions:

Rinse the farro thoroughly and combine with bone broth in a rice cooker (set to brown rice).

While the farro is cooking, whisk together the tahini and olive oil, and set aside.

Heat coconut oil in a medium-sized cast iron pan on low-medium heat, and add the cooked farro.

Add salt, pepper, spices and herbs and sauté briefly until well combined.

Mix in the tahini dressing and toss in the cranberries and pistachios.

Transfer to a serving platter, garnish with some micro-greens, and enjoy!

### **Jalapeño Bison Burgers**

*\*Yields 4 burgers*

#### Ingredients:

1 jalapeno pepper

1 teaspoon smoked paprika

1 teaspoon onion powder

Sea salt and pepper to taste

1 lb ground bison

#### Directions:

Dice and/or chop the pepper and grill it separately first (take out all seeds and white ribs first unless you like an extra spicy burger)

In a separate mixing bowl combine the meat, roasted pepper, and add the spices until well integrated.

Form into four 4-ounce patties and grill the burgers for 4-5 mins per side or until they are done to your liking.

## Macadamia and Crusted Citrus Sole

*\*Prep time: 10 mins*

*\*Cook time: 15 mins*

*\*Makes 2 -4 servings*

### Ingredients:

¼ cup macadamia nuts, chopped

Zest of one orange (or combination of orange and lemon)

1 lb. sole, or other thinner white fish

2 tbsp. grass-fed butter or coconut oil

sea salt and freshly cracked black pepper to taste

### Directions:

Preheat the oven on the low broil setting and line a baking sheet with parchment paper or grease with additional coconut oil or grass-fed butter.

In a small mixing bowl, combine the macadamia nuts and citrus zest, and set aside.

Place the sole on the baking sheet and season with salt and pepper to taste. At this point you can also add a small squeeze of lemon or orange juice leftover from your zested citrus for a bit of added flavor.

Place the tray under the broiler and cook for approximately 10 minutes or until the fish is opaque all the way through.

## Coconut Curry (Paleo-friendly)

Prep time: 10 minutes

Cook time: 30 minutes

Serves 4

### Ingredients

3 tbsp. coconut oil

2-3 cloves garlic, chopped

1 onion, finely chopped

1 - 14oz can diced tomatoes (or fresh in season)

2 tbsp. curry powder

1 can coconut milk (400ml)

Salt to taste (1/2 – 1 tsp. likely)

1-1.5 lbs. veggies and/or meat/fish

1/2 tsp. Garam Masala powder

### Directions

Heat oil in a saucepan over medium heat. Add garlic, onion, and tomatoes and sauté for about 15 minutes

Add curry powder, salt and coconut milk.

Turn up heat, stir, and cook about 5 more minutes. At this point you can whirl the sauce with a hand blender for a smoother consistency, or leave it a bit chunkier.

Either add the veggies and/or fish raw and let simmer until they are cooked (about 8 minutes), or let sauce slightly reduce and mix in pre-cooked veggies, meat or fish.

Once veggies/meat/fish are combined with curry sauce, stir in Garam Masala.

Serve and enjoy!