

*Merry Christmas*



*2009*

From the Staff of the Herbal Legacy Newsletter

# Christmas Breakfast

## Easy Apple Breakfast

Light and Natural CookBook

### INGREDIENTS:

- 1 Large unpeeled apple – Diced
- 3/4 Cup rolled oats
- 1/4 Cup maple syrup
- 1/2 Cup chopped walnuts
- 1 Cup soy yogurt
- 2 TBSP wheat germ
- Ground cinnamon (optional)
- Ground nutmeg (optional)

### DIRECTIONS:

Stir the apples, oats, maple syrup and walnuts into the yogurt. Sprinkle with wheat germ. Top with cinnamon and nutmeg if desired. Garnish with fresh fruit. Serves 2

## Eggless French Toast

Contributed by Sage A. from Homer, Alaska

### INGREDIENTS:

- Bread (Homemade is preferred – cut thick for best results)
- Non-dairy milk (about 1 cup milk works for about 6 pieces of bread)
- Cinnamon
- Nutmeg
- Grade A Maple Syrup and lots fresh fruit

### DIRECTIONS:

1. Start off with some soy milk and beat until frothy, add a few drops vanilla and a dash of cinnamon and nutmeg.
2. Warm the skillet on medium to medium high. Use a small amount of cooking oil (canola or coconut oil may work well for this).
3. Toss in your first piece of bread, soaking both sides without drenching it.
4. Place bread onto prepared skillet and keep an eye on it - it will want to stick no matter how much oil is put down, just play with the sides of the bread to loosen it up.
5. Pile high with fresh or frozen fruit like: blueberries, peaches, bananas and try pomegranate seeds for a festive flair.

# Cinnamon Rolls

Just in time for the holidays, this cinnamon roll recipe satisfies the sweet tooth and the desire to continue a tradition and surprise. . ITS RAW!!

Recipe by shannonmarie from Gone Raw.

## INGREDIENTS:

- 1¼ cup almond meal
- 1¼ cup ground flaxseed
- 1 dash cayenne pepper
- 1½ tablespoon cinnamon
- 1 pinch sea salt
- 1 cup soft pitted dates
- ¼ cup water
- 1 teaspoon vanilla
- .125 cup olive oil
- .125 cup agave nectar
- ¼ cup raisins, plus a little extra
- ¼ cup chopped nuts

## DIRECTIONS:

1. Combine the almond meal, ground flaxseed, dash of cayenne pepper, 1/2 Tbsp. cinnamon and pinch sea salt in a bowl and set aside.
2. In a food processor or blender, process dates, water and vanilla into a paste. Remove half of the date paste and add it to the dry ingredients, along with the olive oil and agave. Mix these ingredients with your hands until it forms a dough. You may need to add a little water and/or agave if it is too dry, but be careful not to add too much.
3. Spread the dough out on a piece of parchment paper, and flatten/shape it into a 1/4-inch thick square.
4. Add 1/4 cup raisins and 1 Tbsp. of cinnamon to the rest of the date paste left in your food processor or blender. Process until smooth. Then, spread a thin layer of the paste onto the dough square, making sure to cover the whole surface, and top with a sprinkle of extra raisins and the chopped walnuts.
5. Using the parchment paper to help hold everything together, carefully/tightly roll the square into a log. Chill in the refrigerator, and then slice into about 1-inch thick rounds. I usually make about 8 cinnamon rolls out of this recipe.
6. These cinnamon rolls can be eaten right out of the refrigerator or warmed on a dehydrator. I top mine with a generous icing of raw almond butter mixed with agave, vanilla and sea salt (or if I have more time, I make a cashew and coconut whipped cream icing, as seen in the photo).

If you want to add some Icing try 1cup coconut oil mixed with 1/4 agave and a dash of vanilla....whipped in a mixer or blender until creamy....and then chilled for a bit... you will love these!

# Appetizers and salads

## Salsa-Sprout Salad

Angela Shepherd from Utah

You can purchase Sunflower sprouts at a health food store or sprout your own. Serves One.

### INGREDIENTS:

- Handful of Sunflower sprouts
- 1 avocado, cubed
- 1-2 T. Fresh salsa

### DIRECTIONS:

Break up sunflower sprouts on plate. Add diced avocados and top with fresh salsa. Delicious!

## “Christmas” Apple Coleslaw

By Vicki Searle from Utah

### INGREDIENTS:

- 5 cups shredded cabbage (green and red)
- 3-4 sweet apples, diced
- 2/3 cup coarsely chopped pecans or walnuts.
- 2/3 cup raisins
- 3 green onions, chopped (optional)
- 1 cup almonnaise or other non-dairy salad dressing
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon pepper

### DIRECTIONS:

1. In a large bowl, toss the cabbage, apples, nuts, raisins and onions.
2. In a small bowl, whisk the remaining ingredients. Pour over cabbage mixture and toss to coat.
3. Cover and refrigerate until serving.

# Living Caesar Salad Dressing

From Eat, Drink & Be Vegan by Dreena Burton

When I concocted this entirely "raw" Caesar dressing, it quickly became a sensation! The creaminess is derived from the blended raw nuts, and the taste is absolutely marvelous - almost unbelievable, in fact, that it tastes so authentic. Toss this dressing in crisp, torn romaine leaves, along with raw pumpkin seeds, pine nuts, and/or sliced tomatoes.

## INGREDIENTS:

- 1/4 cup raw cashews (or raw sunflower seeds) (see note)
- 1/8 cup raw pine nuts (or raw sesame seeds) (see note)
- 3 tbsp freshly squeezed lemon juice
- 1 tbsp cold-pressed extra virgin olive oil
- 1 medium clove garlic, chopped
- 1 tsp mild miso paste
- 1/2 tsp sea salt
- 1/2 tsp kelp granules
- freshly ground black pepper to taste
- 1/2–1 tsp raw agave nectar
- 1/4 cup water (or more to thin as desired)



## DIRECTIONS:

Using a hand blender or in a blender, combine all ingredients (starting with 1/2 tsp agave nectar) and purée until very smooth. Add additional water to thin dressing if desired. Taste test, adding additional agave nectar if desired.

**Note:** This dressing will thicken after refrigeration; you can thin it by stirring in 2–3 tsp water if desired. When thick, this dressing can be used as a veggie dip.

**Note:** If nut allergies are a concern, substitute raw sunflower and sesame seeds in place of cashews and pine nuts, respectively. The dressing will be just as delicious, though you may need additional agave nectar to sweeten to taste.

# Crudités - Raw Vegetable Platter

Crudités is a French term that refers to "raw vegetables," so a platter of crudités typically consists of one or more types of raw vegetables served with one or more dips. These are great for parties and can be served as an appetizer, at a buffet, in place of a salad - the sky is the limit. Here are some ideas for interesting crudités platters - mix and match to discover what you like best.

## VEGETABLES

- Asparagus (steamed)
- Bell peppers
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Fennel
- Green onions
- Jicama
- Mushrooms
- Radishes
- Snow peas
- Tomatoes
- Steamed red potatoes

## DIP #1 HUMMUS

### INGREDIENTS:

- \*1 can (15 oz) garbanzo beans
- \*1/4 cup tahini (sesame paste), or 1/4 cup toasted sesame seeds and 2 tablespoons olive oil
- \*3 tablespoons lemon juice
- \*1 clove garlic minced
- \*1/4 tsp cumin
- \*Salt and pepper to taste

### DIRECTIONS:

Drain garbanzo beans, reserving liquid. Put beans into a blender or food processor. Add tahini or sesame seed and oil mixture, lemon juice, garlic, cumin, and 1/4 cup of the garbanzo liquid. Blend together until mixture is the consistency of heavy batter (adding more garbanzo liquid if needed). Season to taste with salt and pepper. Garnish with olive oil or chopped parsley.

## DIP #2 CASHEW CHEESE DIP

### INGREDIENTS:

- 1 cup Water
- 1 1/4 cup hot water
- 2 cups raw cashews
- 1/4 cup yeast flakes
- 1 TBSP salt
- 2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 cup fresh lemon juice
- 1 pimento or 1 carrot grated or 2 tsp paprika

### DIRECTIONS:

1. Thoroughly blend cashews and hot water, while adding remaining ingredients.
2. Blend until mixture is the consistency of a cream sauce, with no pimento or carrot seen.
3. Pour into a serving dish, cool slightly or let it cool overnight in the fridge.

Makes one quart.

## **DIP #3 GUACAMOLE**

### **INGREDIENTS:**

- 1 ripe Avocado, mashed
- 1 tsp. lemon juice
- 1 tomato, diced

### **DIRECTIONS:**

Place ingredients in blender and blend until smooth. Yield about 1 1/2 cups

## **DIP #4 PARSLEY & ALMOND PESTO**

### **INGREDIENTS:**

- 2 ½ cups packed basil or parsley
- 3-4 cloves garlic, crushed
- 1 teaspoon sea salt
- ¼ cup soaked almonds (cover in distilled water and let sit overnight)
- ¾ cup olive oil
- Pepper to taste
- ½ c nutritional yeast flakes or non-dairy Parmesan Cheese

### **DIRECTIONS:**

1. In a blender or food processor, combine the basil or parsley, and garlic.
2. Add the salt, soaked almonds, and olive oil. Blend to a creamy butter consistency.
3. Add more oil, if necessary, and pepper to taste. Finally, add the nutritional yeast flakes.

**Yield: 1 1/2 cups**

## **DIP #5 HONEY MUSTARD SAUCE**

from [Original Fast Foods](#) by James & Colleen Simmons

### **INGREDIENTS:**

- 2 T olive oil
- ¾ cup water
- 1 1/2 t dry mustard
- 1/4 small red onion
- 1/4 cup honey
- 10 almonds soaked and drained
- 2 T apple cider vinegar

### **DIRECTIONS:**

Place all ingredients in blender and blend until smooth. This is an exceptional dressing over a potato salad, pasta salad, or over a rice and bean salad.

# The Entrées and Side Dishes

## HAWAIIAN HAYSTACKS

Finish off your haystack with a generous sprinkle of red and green bell pepper to have a truly festive look.

### INGREDIENTS:

- Brown Rice
- Cashew Cheese topping (see the recipe for Dip #2 in the Crudités recipe)
- Toppings

### TOPPINGS:

- Chopped celery
- Chopped green bell peppers
- Chopped red bell peppers
- Green onions
- Red onions
- Coconut
- Pineapple tidbits
- Sliced olives
- Diced tomatoes
- Sliced mushrooms
- Sprouts
- Slivered almonds
- Water chestnuts
- Chow Mein noodles
- Salt & Pepper to taste
- Any other fresh topping you can imagine!

### DIRECTIONS:

1. For each serving you will want approximately one cup of cooked brown rice.
2. Let everyone add lots and lots of their favorite toppings.



# Nut Roast

## INGREDIENTS:

- 1 Medium Sized Onion
- 2 TBSP Olive Oil
- 1 ½ Cups Mixed Nuts
- 4 Slices Whole Wheat Bread
- 1 Cup Water
- 1 bouillon cube
- 1 tsp Mixed Herbs
- Salt and Pepper to taste

## DIRECTIONS:

Chop onions and sauté in oil until transparent. Grind nuts and bread in a blender or food processor until quite fine. Heat water and add bouillon. Combine all of the ingredients together and mix well. Turn into a greased shallow baking dish, level the surface, sprinkle with a few breadcrumbs, and bake at 350° for 30 minutes, or until golden brown.

Serve with Cranberry Sauce.

# Cranberry Sauce

Cranberries are not just for Thanksgiving. The color of the completed sauce is perfect for Christmas.

## INGREDIENTS:

- 1/2 orange
- 2 cups water
- 1 tart apple
- 3 cups fresh cranberries (sort and discard any soft ones)
- 1 1/4 cups honey
- 1/2 tsp cinnamon
- 1/4 tsp cloves

## DIRECTIONS:

1. Juice the 1/2 orange. Remove the membrane (pulp) from that 1/2 and cut up the peel into small pieces. Set juice aside.
2. Put the peel into a small sauce pan with the water and bring to a boil.
3. Simmer for 10 minutes and set aside. Peel and chop the apple. Place cranberries, apple, orange peel, orange juice, honey, cinnamon, and cloves in sauce pan. Bring to a boil. Reduce to a simmer and cover partially.
4. Simmer gently stirring occasionally until sauce thickens and apples are tender and cranberries have burst about 10-15 minutes. Transfer to a bowl and cool before serving.

# Soups and Warm things

## Red and Green Tomato Soup

### INGREDIENTS:

- 3 T. extra virgin olive oil
- 1 onion finely chopped
- 1 garlic roughly chopped
- 2 pounds tomatoes roughly chopped
- 2 ½ cups vegetable stock
- 2 T. tomato paste
- 2 T. fresh basil or 1T. dried
- 2/3 cups non-dairy milk
- salt and pepper

### DIRECTIONS:

1. Heat oil in a large sauce pan. Add onion and cook gently for 5 minutes stirring until soft not browned. Add chopped onion and tomatoes and garlic.
2. Add stock and paste to pan and stir to combine. Heat to just below boiling point. Carefully pour into slow cooker.
3. Cook on high for 1 hour. Switch to low and cook for 4-6 hours.
4. Let soup cool for a few minutes. Ladle into food processor or blender. Process until smooth. \*Press the pureed soup through a sieve or fine mesh strainer into a clean pot.
5. Add shredded basil and non-dairy milk. Heat through, stir. Do not let it reach the boiling point.
6. Add more non-dairy milk if needed. Season with salt and pepper. Garnish with fresh basil for that red and green Christmas look.

\*straining is optional

## Holiday Wassail

Courtesy of Dr. Christopher's Herb Shop in Springville, Utah

### INGREDIENTS:

- 1 whole vanilla bean
- 1 whole nutmeg
- 1 whole cinnamon stick
- 1/2 teaspoon of whole cloves
- 2 heaping tablespoons of orange peel, we use organic
- 1 gallon Apple Juice

### DIRECTIONS:

Mix wassail, herbs and 2 cups fresh apple juice in large saucepan, let simmer 1/2 hour. Add remaining apple juice let simmer another hour garnish with orange slices.



# Creamy Green and Good Soup

An Herbal Legacy Exclusive Recipe

Warming and delicious, a perfect light lunch during the holidays.

## INGREDIENTS:

- 1 ½ cups fresh corn
- 1 ½ cups fresh broccoli
- 3 carrots peeled
- 1 vegetable bouillon cube
- 1 clove garlic
- 2 cups boiling water

## DIRECTIONS:

1. Place all ingredients into a powerful blender and blend on Soup setting.
2. Drizzle with extra virgin olive oil and a sprinkle of nutritional yeast flakes and Cayenne pepper (optional).
3. Enjoy a delicious and healthy soup.

VARIATIONS: If you do not have a blender powerful enough to do this, lightly steam your veggies beforehand then blend in a regular blender.

# Raw Hot Chocolate

Don't let the simple ingredients fool you; this hot chocolate is very, very rich!

## INGREDIENTS:

- 1 cup cashew nuts
- 2-3 cups distilled water (with 2 cups your hot chocolate will be very thick so add water to your liking.)
- ¼ cup raw cocoa powder
- ¼ cup agave nectar or maple syrup
- Cinnamon or vanilla to taste
- Pinch sea salt

## DIRECTIONS:

1. Heat water, but do not boil.
2. Put all ingredients in a blender. Blend well.
3. Let it cool a bit before you drink it!
4. Add a little chilled nondairy milk to make it a little creamier and cooler. About 6-8 ½ cup servings.

Variation: You can also make chocolate mousse with this recipe, just use 2 cups of water (instead of 3) and cool in fridge for 3-6 hours. Hot Chocolate will thicken like mousse.

# Cookies & Desserts

Christmas just isn't Christmas without delicious cookies. Try some of these healthier choices this year.

## Easy Healthy Fudge Recipe

From Margaret Chuong-Kim's on [www.drbenkim.com](http://www.drbenkim.com)



This easy and delicious fudge recipe calls for protein-rich almond butter and antioxidant-rich raw chocolate powder, making it a decadent treat that is much healthier than conventional store-bought fudge.

Although this fudge is made with all-natural ingredients, it is best to eat only one or two small pieces at a time, as eating honey-rich foods can stress one's blood sugar-regulating mechanisms.

### INGREDIENTS:

- 2 cups almond butter
- 1/4 cup raw cocoa powder, sifted to remove any lumps
- 1/2 cup plus 2 tablespoons liquid honey
- 1 heaping tablespoon coconut oil, melted (optional)
- 2 teaspoons vanilla extract
- 1 teaspoon coarse sea salt

### DIRECTIONS:

1. Combine all ingredients in a large bowl. Mix until well incorporated.
2. Spoon the mixture into a pan and flatten with the back of a spoon. Place in the freezer for an hour or so, then take it out to cut into bite-size squares or rectangles. Transfer the pieces onto a plate. Keep these covered and stored in the freezer.
3. An alternative is to spoon the mixture into candy molds; pop them out when they are thoroughly frozen. They have a chewy texture when frozen.
4. These must be kept in the freezer, otherwise they will become soft and mushy, to the consistency they were at before freezing. So if you take them out to eat, eat them quickly! Also keep this in mind when cutting the fudge; work quickly.

# Almond Flax Crisps

From Susan Wells in New York. This is a very yummy, healthy treat.

- 1-2 cups leftover almond pulp from making almond milk
- 3 very ripe bananas
- 2 T. ground flax seed
- 2 T. whole flax seed
- 2 T. whole sesame seed
- 1 t. ground cinnamon
- 1/4 c. dried coconut flakes

## DIRECTIONS:

1. Smash bananas in medium sized bowl.
2. Add the rest of the ingredients and mix well.
3. Spread out on dehydrator sheets (the ones without holes) and dry until crisp on low heat for about 12-24 hours.
4. Carefully remove from drying sheet and break up the dried “cookie” into bite-size pieces and store in a quart-size Mason jar.

Makes approx. 1 quart.

Variation: Add 2 T. dehydrated carrot pulp – leftover from juicing.

# Healthy Chocolate Pudding

By Cindy Chandler from Idaho

## INGREDIENTS:

- 1 large Avocado hollowed out
- 3 Tablespoons Cocoa Powder
- 1 teaspoon Vanilla
- dash salt
- 1/2 C Raw Honey or Agave Nectar

## DIRECTIONS:

1. In food processor, place honey or agave in first, then add avocado meat, cocoa powder, vanilla and salt.
2. Mix until all ingredients are well mixed.
3. This will make a very smooth, rich chocolatey pudding that is very nourishing and tasty too. This is so rich that just a couple of spoonfuls is more than enough to satisfy any chocolate craving.

# Chocolate Cashew Butter Cups Recipe

Posted By Dr. Ben Kim on [www.drbenkim.com](http://www.drbenkim.com)

Dr. Kim says, "This recipe for chocolate cashew butter cups is one that my wife Margaret put together - it's a healthy version of Reese's peanut butter cups."

Key tip: When spreading out the chocolate, remember that less is more; nut butter cups are best when there's just a thin chocolate coating.

To make these chocolate cashew butter cups, you'll need a muffin pan and 6 cupcake liners.



## INGREDIENTS:

### *Chocolate Ingredients:*

1/2 cup cacao powder  
1/4 cup honey  
1/4 cup coconut oil

### *Filling Ingredients:*

1/2 cup cashew butter  
1 tablespoon cacao nibs (optional)  
1/2 tablespoon honey

## DIRECTIONS:

1. Mix the ingredients for the chocolate together. Make sure to mix well.
2. Use a spoon to spread this mixture on the bottom and up the inside of each cupcake liner. It helps to spoon a large glob of the mixture into the liner and then spread it in a thick layer.
3. Put these prepared liners in the muffin pan (to help each cup maintain its shape) and place in the freezer.
4. Set aside the chocolate mixture that's left over; you'll use it in a few minutes.
5. While the cups are resting in the freezer, mix the filling ingredients together. Make sure to mix well.
6. Once your filling is ready, take the muffin pan out of the freezer and fill each cup with the cashew filling. Make sure you leave enough room at the top of each cup for a final layer of chocolate.
7. Place the cups back in the freezer for 10 minutes.
8. Once the 10 minutes are up, bring the muffin pan out and top off each cup with the rest of the chocolate mixture. Place the muffin pan back in the freezer for 20-30 minutes to let the cups harden. Then peel the cupcake liners off and enjoy!

Please note: These chocolate cashew butter cups get harder and more enjoyable with each passing day, so consider saving a few to enjoy as an after-dinner dessert a day or two after making them. Make a **DOUBLE** or triple batch and keep some around for **NEW YEARS**.