

Sweet Potato Lunch Bowl with Golden Dressing

Golden Dressing

Ingredients:

- 1/4 cup extra virgin olive oil
- 3 tablespoons fresh lemon juice
- 2 tablespoons sunflower butter (almond butter or tahini can be used as well)
- 2 tablespoons water, more to thin
- 1 tablespoon white mellow miso
- 2 teaspoons fresh turmeric (or 1/2 teaspoon dried ground)
- 1 teaspoon maple syrup (or sweetener of choice)
- 1 clove garlic
- fresh pepper



Mix everything together in a bowl.

Lunch Bowl

Ingredients:

- 2 sweet potatoes, scrubbed, dried, and cut into 1-inch chunks
- 2 tablespoons extra virgin olive oil
- salt + fresh pepper
- 2 cups cooked wild rice
- 3-4 cups fresh arugula
- 2 carrots, grated on a cheese grater
- half a small head of cabbage, grated on a cheese grater
- sprouts or microgreens, to serve

Heat the oil on low-medium heat in a pan. Add the sweet potato chunks and toss to coat them evenly with oil. Sprinkle a little salt and pepper, toss again, then cover the pan. Cook until tender and slightly browned, tossing them every few minutes.

Vegan Dark Chocolate Silk Pie

Crust Ingredients:

- 1/2 cup oat flour (ground certified gf oats)
- 3/4 cup almond flour (ground almonds, grind with some oats or starch for a finer grind)
- 1 Tbsp cornstarch
- 1 Tbsp flax meal
- 3 Tbsp sugar
- 1/8 tsp fine sea salt
- 1/4 cup cocoa powder (1 Tbsp more for dark chocolate crust)
- 1 Tbsp solid coconut oil
- 1 Tbsp olive oil
- 1-2 Tbsp almond milk

Filling Ingredients:

- 1 15 oz can full fat coconut milk
- 1.5 Tbsp cornstarch
- 1 Tbsp cocoa powder
- 1/4 cup ground raw sugar
- One 3 oz Theo 70% or 85% dark chocolate bar
- 3 Tbsp vegan semisweet chocolate chips
- 1 Tbsp coconut oil
- 1 tsp vanilla extract

Crust:

In a bowl, add all the dry ingredients and whisk. Add in the oils and mix until crumbs. Add the almond milk and mix into a smooth stiff dough. Roll out the dough between 2 parchment sheets to slightly larger than a 9 inch circle. Place in a greased pie pan and shape and seal edges. Chill for half an hour in the refrigerator. Prick holes. Bake for 16-17 mins at pre-heated 350 degrees F.

Filling:

Add coconut milk, cornstarch, sugar and cocoa powder to pan and whisk to mix the sugar well. Heat at medium heat and bring to simmering boil. The mixture will thicken as it starts to simmer. cook for another minute. Total 8 to 9 mins. Take off heat and cool for a minute. Add the dark chocolate, semi-sweet chocolate, coconut oil, vanilla let sit for a minute. Whisk until all the chocolate melts and gets smooth. Taste and adjust sweet at this point. Pour the mix into the baked and cooled pie shell. Chill for a few hours or Freeze for 1-2 hours to make it easier to slice. Slice, thaw slightly and serve. Decorate with cashew cream or whipped coconut cream.

Snacking Granola

Ingredients:

- 1 cup dates, soaked
- 1/2 cup tahini
- date soaking water
- 3 cups oats
- 1 cup mixed nuts, very roughly chopped
- 1/2 cup prunes, chopped
- 1/2 cup organic raisins
- 1/2 cup sunflower seeds
- 1/4 shredded coconut
- 1/2 tsp cinnamon
- a pinch of cardamom

Preheat the oven to 150°C / 300°F.

Mix dates, tahini (and date soaking water if needed) in a food processor or blender until smooth. Add all the dry ingredients in a very large bowl and toss. Mix in the tahini date paste until all dry ingredients are coated. Spread the granola evenly on a parchment paper. Press with the flat of your hand to make it denser. Bake the granola for 25-30 minutes, until golden brown and deliciously nutty cinnamon smelling. Let cool, and break apart to desired chunk sizes. Keep in an airtight container.