

RECIPES

Curried Pumpkin Dhal

This yummy stew is wonderful for cooler weather and can be served as is or over basmati rice. Don't let the list of ingredients discourage you, as this is quicker to make than it looks. Serves 6.

- 1 medium yellow onion, quartered
- ¼ c grated coconut
- 3 cloves garlic, sliced
- 2 serrano or Thai chili peppers seeded and diced (optional)
- 1 tblsp fresh ginger root, minced
- 2 tsp garam masala
- 1 tsp ground cumin
- ½ tsp cinnamon
- 1 tsp Celtic Sea Salt
- ¼ tsp turmeric
- ¼ tsp ground coriander
- 2 c chicken broth, vegetable stock, or water
- coconut oil
- 2 c tomatoes, diced
- 4 c fresh pumpkin (1 small sugar pumpkin) peeled and diced
- 2 c cooked black-eyed peas
- 2 c kale or spinach, chopped
- 3 tblsp mint, minced

1. Combine onion, coconut, garlic, chili peppers, ginger root, garam masala, cumin, cinnamon, salt, turmeric, coriander, and 3 tblsp stock in a blender. Puree mixture to a paste, scrapping down the sides of the blender.
2. Heat coconut oil in a soup pot, then add the spice paste and cook, stirring often, for 10 minutes. Add remaining stock, tomatoes, and pumpkin. Cook over medium heat, stirring often, until squash is just tender, about 20 minutes.

3. Mix in black-eyed peas and kale. Continue to cook, stirring often, until kale is tender, about 10 more minutes. Remove from heat. Taste and adjust seasonings, stir in mint just before serving.

Here's a wonderful dessert recipe that is delicious enough for the holidays and is perfect for a healthy eating plan. This recipe has NO flour and NO sweetener.

Apple Crisp

6-9 apples washed, cored, and cut into thin slices (feel free to add other fresh or frozen fruits such as pears, peaches, cranberries, blueberries etc)

2 c rolled oats

1c chopped nuts (walnuts, almonds, sunflower seeds, pecans)

½ c butter, melted

juice and zest of 1 lemon

¼ tsp salt

½ tsp allspice

½ tsp cardamom

½ tsp nutmeg

1 tsp cinnamon

Place the fruit in a baking dish, sprinkle on the zest, and squeeze on the lemon juice. Melt the butter and combine with the nuts, oats, salt, and spices. Spread over the fruit. Bake at 350 ° until hot and bubbling.

As a added treat whip up some organic heavy cream, add vanilla extract and a few drops of liquid stevia to add on top or use a dollop of plain yogurt.