



## *Holiday Recipes*



### **Creamy Rice Pudding**

350 degree oven, 25 minutes baking time  
Butter an 8" square pan

2 cups cooked rice (1 cup raw, cooked slowly in 2 cups water until well-done)  
2 eggs  
1 cup almond milk  
1/3 cup rice syrup  
1 tsp. vanilla  
1/2 tsp. sea salt  
handful of raisins  
(optional) 1/2 cup chopped nuts, mix in with the rice  
1/2 tsp. cinnamon  
dash or two of nutmeg  
2 tsp. fresh lemon juice  
1 cup of Silk Milk

Beat eggs, almond milk and rice syrup together in a blender. Combine with cooked rice and remaining ingredients, except Silk Milk. Spread into a buttered 8" square pan (or equiv.) and bake. Stir well every 8 - 10 minutes during baking. Remove from oven after 25 minutes. It'll still be loose, but will solidify as it cools. After it has cooled 10 minutes, stir in the Silk Milk. Eat it hot, warm or cold.

### **Fresh Apple Cake**

2 cups chopped apples, approximately 4 apples  
1 cup rice syrup  
1 egg, beaten  
1/2 cup cooking oil  
1 teaspoon vanilla  
1 1/2 cups flour (oat)  
1 scant teaspoon of baking soda  
1/2 teaspoon sea salt  
1/2 teaspoon cinnamon

Blend rice syrup with apples and let stand in a bowl. Add all dry ingredients and stir until mixed well. Bake in preheated oven at 350 degrees in a greased pan 8" x 8" x 2" for 35 - 45 minutes. Use a toothpick and insert it into the middle of the cake when none of the cake sticks on it, it's done.

### **Apple Pie**

6 medium apples - peeled and sliced (6 cups)  
1 can frozen apple juice  
1 1/2 tablespoon cornstarch  
1 tsp. cinnamon  
3 tablespoons margarine / butter  
1 ready-made pie crust (uncooked)

Put apples and juice in a large saucepan and bring to a boil. Reduce heat and simmer covered for 5 minutes. Dissolve cornstarch in a little water and stir into apple mixture. Bring to a boil, reduce heat and simmer covered 10 - 15 minutes or until apples are soft and mixture thickens. Gently stir in cinnamon. Fill pie shell with mixture. Dot with butter. Cover with top crust or lattice. Bake at 350 degrees for 45 minutes.

### **Baked Custard**

3 cups silk milk  
4 eggs  
1/6 cup rice syrup  
1/6 cup fruit sweetener  
1/4 teaspoon sea salt  
1 teaspoon vanilla, nutmeg or cinnamon

Heat the milk until hot, but not boiling. Beat eggs in large bowl. Add rice syrup and salt. Add silk milk, slowly stirring all the time. Mix in vanilla. Pour into baking pan. Sprinkle with nutmeg or cinnamon. Bake at 300 degrees for about one hour, or until a knife comes out clean. Yield: 6 servings.

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### Organic Cranberry Sauce Classic:

5 1/2 cups fresh organic cranberries  
zest of one navel or Valencia orange  
2 Valencia or navel oranges peeled and cut into small pieces  
1 cup organic, 100% maple syrup  
3/4 cup water  
1 1/2 T. fresh ginger, minced

Bring water, syrup and ginger to a boil on medium heat. Stir in cranberries; simmer until they begin to pop (about 5 - 10 minutes), stirring occasionally. Shut off heat. Add zest and oranges. Stir well. Turn into storage bowl to cool. Can be prepared 3 days in advance.

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### Basic Carrot Cake:

#### Wet Ingredients

3/4 cup walnuts  
3 to 4 medium size carrots  
3/4 cup drained, crushed, Unsweetened pineapple  
3/4 cup shredded Unsweetened coconut  
3/4 cup oil  
1 cup fruit sweetener  
2 eggs  
1 1/2 teaspoons vanilla extract

#### Dry Ingredients

1 1/2 cups cake flour  
1 1/2 teaspoons cinnamon  
1 1/2 teaspoons baking soda  
3/4 teaspoon nutmeg

Preheat the oven to 350° F. Line the bottom of two 8-inch round cake pans with parchment paper. Toast the walnuts in the preheated oven for 7 to 10 minutes, stirring occasionally. Let the nuts cool. Then process in a food processor, using the pulse action, until they are finely ground. Do not over-process or you will end up with an oily paste.

Peel the carrots and medium-grate them to equal 1 1/2 cups. Drain the canned pineapple, reserving the juice for another use. Combine the grated carrots, drained pineapple, coconut, and ground walnuts. Set aside.

With an electric mixer on medium-high speed, whisk the oil and sweetener until thickened. Sift the dry ingredients together 3 times. When the oil and sweetener are thick, add the eggs one at a time, waiting until one is incorporated before adding the next. On the lowest speed, stir in the vanilla, sifted dry ingredients and the carrot mixture.

Pour the batter into the prepared pans, putting two-thirds of the batter in one pan and one-third of the batter in the other pan. Bake the cakes in the preheated oven for 30 to 35 minutes for the smaller layer, and for 35 to 40 minutes for the larger layer. The cakes are done if they bounce back when touched lightly in the center.

Place the pans on a wire rack to cool before removing the cakes onto cardboard rounds. The cakes must be completely cool before you cut and layer them. Cut the larger layer in half to yield three layers altogether.

Serve Carrot Cake simply with hot lemon sauce.

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### Harvest Soup

1 - 2 Tbs.. organic, unrefined coconut oil, ghee or butter  
1 large onion, chopped  
3 cloves garlic, chopped  
4 - 5 medium carrots, chopped  
3 medium red potatoes, chopped  
1 medium fennel bulb with stalk and leaves (optional)  
Broccoli stems from one bunch of broccoli, chopped  
Sea salt or Herbamare to taste  
Ginger curry flavoring to taste (Nile Spice Foods)

1. In a stockpot, sauté onion in oil, ghee or butter.
  2. Add other vegetables and enough water to cover
  3. When vegetables are tender, puree ingredients and return to the stockpot.
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4. Add more water to achieve desired consistency, sea salt, or Herbamare and other seasonings.
5. Simmer 10 more minutes and serve.

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## Potato/Corn Chowder

1 - 2 Tbs.. organic, unrefined coconut oil, ghee or butter  
1 onion, diced  
1 tsp. thyme  
2 bay leaves  
4 - 6 cloves garlic  
4 medium red potatoes, diced  
4 cups corn  
1 Tbs.. sea salt  
1 leek, washed, halved lengthwise and sliced'  
3 stalks celery, diced  
1/4 tsp. pepper

1. In coconut oil, ghee or butter, sauté onion with thyme, bay leaves and garlic until onion is translucent.
2. Add potatoes, 2 cups corn, water, and sea salt.
3. Simmer until potatoes are tender (approx.. 20 minutes).
4. Remove bay leaves and 1/4 of the soup. Puree and return to pot.
5. Add remaining corn, leeks, celery and pepper.
6. Adjust seasonings.
7. Simmer until veggies are just tender (10 - 15 minutes).

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## Old-Fashioned Oatmeal Raisin Cookies

3/4 cup walnuts or pecans  
3/4 cup raisins  
1 cup (1/2 pound) butter  
3/4 cup fruit sweetener  
2 eggs  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
1 teaspoon baking soda  
Pinch salt  
1 1/2 cups unbleached white flour  
1 1/2 cups rolled oats

Preheat oven to 350 degrees F. Toast the walnuts or pecans in the preheated oven for 7 to 10 minutes, stirring occasionally. Allow the nuts to cool. Then process in a food processor, using the pulsing action, until they are coarsely chopped.

Bring 1 cup of water to a boil and add the raisins. When the water returns to the boil, turn off the heat. Let the raisins plump in the water for at least 10 minutes. Drain the raisins, saving any raisin water for another use.

Cream the butter and sweetener together. When light and fluffy, add the eggs one at a time, beating well after each addition. Stir in the vanilla, cinnamon, baking soda, and salt. When mixed, add the flour, oats, chopped nuts, and plumped raisins. Cover the dough and refrigerate it for 30 minutes to make it easier to handle.

Preheat the oven to 325 degrees F. Line baking pans with parchment paper.

Using a #12 scoop (or a 1/2-cup measure) for giant cookies or a #24 scoop (2 tablespoons) or a spoon for regular-size cookies, scoop out the dough and place the balls 1 inch apart on insulated baking pans. With lightly moistened fingers, flatten the cookies to a thickness of 1/3 inch.

Bake until a light golden brown. Giant cookies bake for 20 to 24 minutes, and regular size cookies bake for 12 to 15 minutes. Remove the cookies to wire racks to cool.

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## Lemon Squares

Crust: 2 cups flour  
2 sticks butter  
1/2 cup Sucanat

Filling: 4 eggs  
2 cups Sucanat  
1 tsp. baking powder  
6 tbs. Lemon juice

For the crust, sift together the flour and ½ cup sucanat and cut in the butter. Bake at 350 in a 9X13 pan for 20-25 minutes. For the filling, beat together eggs, 2 cups of sucanat, baking powder and lemon juice. Pour egg mixture over baked crust. Bake at 350 degrees for 25 minutes. Remove from oven. Cool. Cut in small squares.

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### Zucchini Bread

1 cup oil  
4 eggs  
2 cups Sucanat  
3 1/2 cup flour  
1 1/2 tsp. baking soda  
1 1/2 tsp. cinnamon  
1 cup raisins-optional- need to be floured  
1 1/2 tsp. nutmeg  
1 1/2 tsp. salt  
3/4 tsp. baking powder  
1 tsp. vanilla  
1 cup chopped nuts  
2 cups shredded zucchini (do not peel)

1. Beat eggs, gradually add Sucanat and oil.
  2. Combine dry ingredients and mix with eggs alternately with zucchini
  3. Add nuts, raisins and vanilla.
  4. Bake at 325 50 min to 1 hour until a toothpick comes out clean.
- Makes 2 loaves or 1 bundt pan.
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### New England Pumpkin Pie

1 can One-Pie pumpkin  
1 tbs. Cornstarch  
1/2 tsp. Cinnamon  
1/2 tsp. Ginger  
1/2 tsp. Nutmeg  
1/2 tsp. Salt  
1 1/2 tbs. butter  
1 1/2 cups Silk Milk  
1 cup Sucanat  
1/8 cup Molasses  
2 eggs (beaten)

Sift Sucanat, Cornstarch, Salt, Cinnamon, Ginger, and Nutmeg together. Mix this with contents of one can of pumpkin. Add eggs, beaten, melted butter, molasses and Silk Milk. Add a dash of lemon juice ( if desired). Line a 9 inch pie plate, pour in contents. Preheat oven and bake at 450 degrees for 15 minutes. Then reduce temperature to 350 and continue to bake for 50 minutes.

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### Sweet Potato Casserole

3 cups mashed sweet potatoes  
1 cup Sucanat  
2 well beaten eggs  
1 stick butter  
1 cup Silk Milk  
1 tsp. vanilla

Mix ingredients well. Pour in a 13 x 9 inch baking dish or pan. Sprinkle with topping.

#### Topping:

1 cup Sucanat  
1/2 cup flour  
1 cup chopped nuts  
1 stick butter

Combine Sucanat, flour, nuts and mix melted butter. Sprinkle over top of potato mixture. Bake 35 min at 350 degrees

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### Pecan Pie

1 9-inch whole wheat pie crust  
2/3 cup Molasses  
2/3 cup Rice Syrup  
2 tbs. Sucanat  
3 eggs  
2 tsp. vanilla

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1/4 cup flour  
1/2 stick melted butter  
1 1/2 cups whole pecans or pieces

Preheat oven to 350. Beat eggs lightly in mixer, add remaining ingredients except pecans. Blend until just combined. Pour mixture into pie crust and sprinkle on the pecans. Bake 40 minutes or until filling is puffy and the crust is golden.

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### Rum Balls

1 pkg. 12 oz organic semi-sweetened chocolate morsels (naturally sweetened)  
3 tbs. Rice Syrup  
1/2 cup Rum  
2 1/2 cups crushed Joseph's Almond cookies  
1/2 cup Sucanat  
1 cup Ground pecans

Melt chocolate over low heat. Add syrup and rum, combine crushed almond cookies, Sucanat and nuts mix well. Let stand 30 min. Grease hands form into balls 1 inch in diameter then roll in Sucanat. Let ripen in covered container at least seven days.

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### Incredibly Creamy Chocolate Pie

#### Filling:

1 10 oz pack Sunspire Chocolate Chips (or Carob Chips)  
20 oz tofu (firm)  
3 tbs. light Honey

#### Pie Crust:

1 9-inch graham cracker or cookie pie crust (see crust recipe below)

Heat Sunspire chips in double boiler or pan. Add honey. In a blender or processor blend tofu until smooth. Add the chocolate/honey mixture to tofu and whip until creamy. Pour filling into pie crust. Refrigerate overnight or until firm.

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### Chocolate Graham Cracker Crust

1 1/2 cups Hain Chocolate Graham cracker crumbs  
1/4 cup Hain margarine, melted

Mix the cracker crumbs and margarine in a bowl until well blended. Press the mixture onto bottom and sides of an 8" or 9" spring form pan lightly sprayed with nonstick cooking spray. Freeze the crust for 30 min or refrigerate until firm.. ( For less crumbly crust, increase margarine to 5 or 6 tbs.)

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### Chocolate Chip Sundrop Cookies

2 cups organic white or all purpose flour  
3/4 tsp. baking soda  
3/4 tsp. salt  
1 cup (2 sticks) softened butter  
1 1/4 cup turbinado, maple or brown sugar  
1 egg  
1 tsp. vanilla extract  
1 1/4 cups Sunspire Grain Sweetened Chocolate. Chips  
3/4 cup chopped nuts (optional)  
1 cup Sunspire Plain Sundrops (optional)

Preheat oven to 350 degrees. Combine flour, baking soda and salt. Set aside. Cream together butter and sugar until light and fluffy, beat in egg and vanilla. Blend in flour mixture slowly. Stir in Sunspire Chocolate Chips and nuts.

Drop heaping teaspoonfuls onto an un-greased cookie sheet. Press a few Sundrops into the top of each cookie or leave plain for the best chocolate chip cookie ever. Bake 10- 15 min, until browned. Cool one minute on cookie sheet: place on wire cooling racks. Makes about 4 dozen 2-inch cookies.

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### Old Fashion Cocoa Recipe

8 oz nondairy substitute  
1 Tbs. Organic unsweetened baker's cocoa  
1-2 Tbs. Organic sugar or alternative sweetener  
1/2 Tsp. vanilla

Stir thoroughly as you heat until creamy DO NOT BOIL

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## Cranberry Apple Casserole

3 cups peeled, chopped apples  
2 cups fresh cranberries  
2 tbs. All-purpose flour  
½ cup Sucanat  
¾ cup rolled oats  
¾ cup chopped pecans  
½ cup all-purpose flour  
¼ cup Sucanat  
½ cup melted butter

Combine apples and cranberries with 2 tbs. Flour, tossing to coat. Add ½ cup Sucanat, mixing well. Place in 2 qt. Casserole. Combine oatmeal, pecans, ½ cup flour and ¼ cup Sucanat; add butter and stir well. Spoon over fruit mixture. Bake uncovered at 350 for 45 minutes. Garnish with pecan halves and cranberries (if desired).

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## Cornbread

### Wet Ingredients

5 tbs. Butter, softened  
2 tbs. Fruit sweetener  
3 eggs

1 ¼ cups soy milk

### Dry Ingredients

¾ tsp. Baking powder  
¾ tsp. Baking soda  
¼ tsp. Salt

1 cup unbleached white flour  
1 1/8 cups cornmeal

Preheat the oven to 350. Spray a 9-inch-square pan with lecithin spray. With an electric mixer on medium-high, use the paddle attachment or beaters to cream the softened butter and fruit sweetener until light and fluffy. Beat in the eggs, one at a time, being sure that the first egg is incorporated before the next one is added. Sift the dry ingredients together. Reduce the mixer speed to low. Add the sifted dry ingredients, one third at a time, alternating with the soy milk. Pour the batter into the prepared 9-inch square pan. Place the pan on the middle shelf of the oven and bake for 30 to 35 minutes. When done, the cornbread will be a rich golden yellow and will spring back when touched lightly in its center. Cool the cornbread in its pan on a wire rack. Best stored at room temperature in plastic wrap.

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## Gingerbread

### Wet Ingredients

½ cup fruit sweetener  
¼ cup oil  
2 eggs

1 tsp. Vanilla extract

1 cup unsweetened applesauce

### Dry Ingredients

¼ cup walnuts  
1 ½ cups whole wheat pastry flour  
½ tsp. Salt

1 ½ tsp. baking soda

2 tsp. Ginger

1 tsp. Cinnamon

1/8 tsp. Nutmeg

1/8 tsp. cloves

Preheat oven to 350. Lightly spray a 9-inch square pan with lecithin spray. Toast the walnuts in the oven for 7-10 minutes, stirring occasionally. Allow the nuts to cool. Then process them in a food processor, using a pulsing action, until finely ground. Be careful not to overdo and end up with a paste! Use an electric mixer on medium-high speed to whisk the sweetener and oil together until thickened. Continuing on medium-high speed, add the eggs one at a time, beating well after each one. Reduce speed and stir in the vanilla extract. Sift together dry ingredients and stir in the ground toasted walnuts. With the mixer on its lowest speed, add the dry ingredients in 2 parts, alternating with the applesauce. Mix just until the flour is incorporated. Pour the batter into the prepared pan. Place pan on middle shelf in oven and bake for 25 to 35 minutes, until the gingerbread springs back when touched lightly in its center. Cool bread in its pan on a wire rack. Store bread wrapped in plastic at room temperature.

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## Peach Muffins

½ cup soymilk or milk  
1 tablespoon lemon juice  
2 cups whole wheat pastry flour  
½ teaspoon baking soda  
1 teaspoon baking powder  
¼ teaspoon salt  
½ cup oat bran  
1 ½ cups chopped peaches, fresh  
or frozen, thawed, or one 15-ounce can, drained  
¼ cup oil  
1 large egg  
½ teaspoon powdered stevia extract  
1 teaspoon vanilla extract  
1 tablespoon frozen orange juice concentrate  
1 teaspoon grated fresh ginger or  
¾ teaspoon dried powdered ginger

Preheat the oven to 375. Oil the muffin pans.

Mix the soymilk or milk and lemon juice in a cup. Set aside to sour.

Sift the flour, leavenings, and salt together in a large mixing bowl. If using dried ginger sift it in with the other dry ingredients. Stir in the oat bran.

Blend 1 cup of the chopped peaches, the soured milk, oil, egg, stevia extract, vanilla, and orange juice concentrate in a blender until smooth.

Make a well in the dry ingredients, and fold in the wet ingredients quickly and gently. Add the remaining chopped peaches and fresh ginger just before the flour is completely blended.

Spoon the batter into the muffin pans, and bake for 30-35 minutes. Remove from the pans and cool on a rack.

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## Chocolate Chip Cookies

½ cup butter or margarine, softened  
½ cup cashew butter or almond butter  
2 tablespoons date sugar (optional)  
¼ cup unsweetened applesauce or mashed banana  
1 large egg  
1/3 teaspoon powdered stevia extract  
½ teaspoon stevia concentrate  
1 teaspoon vanilla extract  
  
1 cup whole wheat pastry flour  
½ teaspoon baking soda  
¼ teaspoon salt  
½ cup chocolate chips or carob chips

Preheat the oven to 375. Oil the cookie sheet.

Soften the butter or margarine. Cream the butter and cashew butter or almond butter together. Mix in the date sugar. Blend in the applesauce or mashed banana. Beat in the egg. Mix in the stevia extract, stevia concentrate, and vanilla.

Stir the flour, baking soda, and salt together, and mix into the liquid ingredients. Add the chocolate or carob chips, and stir. The batter should be fairly stiff. Add a little more flour if necessary (1 or 2 tablespoons). You can chill the dough for easier handling.

Drop the dough by the spoonful onto the cookie sheet. Press down on the cookies once with your palm. Bake for 12 to 15 minutes.