

 COOKING SHOW #120 - IT'S TOO HOT TO COOK

# Smoothie Bowl

## INGREDIENTS

- 2 cups frozen fruit mix (berries, etc.)**
- 1 frozen banana**
- 1 handful fresh or frozen kale**
- 1 cup soy milk**
- 1 teaspoons flax seeds**
- 1 teaspoon chia seeds**

## RECOMMENDED TOPPINGS

- fresh sliced banana
- fresh berries
- fresh sliced kiwi
- hemp hearts
- cacao nibs
- coconut shreds
- pepitas
- nut butter

## METHOD

Add all the ingredients to a high-speed blender and use the tamper to push everything onto the blades. Blend until you get a thick and creamy consistency, adding more soy milk if needed.

Scoop the smoothie into a bowl and top with the recommended toppings. Use as many or as little toppings as you like. Enjoy!

## Chef's Notes

**Make this in a tupperware container and freeze for tomorrow's breakfast. Then just let it thaw for a few minutes and enjoy!**



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# Oh Fudge! Overnight Oats

## INGREDIENTS

- 4 oz. non-dairy yogurt**
- 1 1/2 cups soy milk**
- 2 tablespoons Date Powder**
- 1 1/2 tablespoons carob powder**  
or
- 1 tablespoon cocoa powder**
  
- 1 cup rolled oats**

## RECOMMENDED TOPPINGS

- fresh sliced banana
- fresh berries
- coconut shreds
- cocoa nibs
- slivered almonds

## Chef's Notes

The immersion blender is so handy for this, especially if you'd like to make a few jars at a time!

## METHOD

Add all the ingredients except the oats to a bowl or wide mouth mason jar. Mix the ingredients with a whisk or use an immersion blender to make it easy. If you prefer whole deglet dates, toss in 2-4, and you'll definitely appreciate the immersion blender for this.

Then add the oats to the mason jar along with the above mix, throw on the lid, and shake well. Toss in the fridge overnight or for at least a few hours.

In the morning stir in any of the toppings you like and enjoy!



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# Easy Tomato Cucumber Salad

## INGREDIENTS

### Dressing

- 1/2 cup red wine vinegar
- 1 lemon, juiced
- 1 tablespoon Date Powder
- 2 teaspoons fresh oregano, minced
- 1 handful fresh parsley, minced
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder

### Salad

- 1 english cucumber, half moons
- 1 pint cherry tomatoes, quartered
- 1/2 red onion, sliced



### Chef's Notes

This recipe works great with dried herbs like oregano, parsley, or Italian seasoning, about 2-3 teaspoons total.

## METHOD

Prepare the dressing by adding all the ingredients to a large mixing bowl and whisk together until well combined.

Next, add the salad ingredients to the bowl with the dressing. Toss and allow to sit for 15 minutes to marinate, while stirring occasionally.

This one keeps well, so enjoy throughout the week!



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# Sun-Dried Tomato Pesto

## INGREDIENTS

- 1/2 cup raw almonds**
- 1/2 cup sun-dried tomatoes (see note)**
- 1/4 cup nutritional yeast**
- 1 lemon, juiced**
- 1/2 cup water**
- 1 handful fresh basil**
- 2 teaspoons balsamic vinegar**
- 3 garlic cloves**
- black pepper, to taste**

## METHOD

Add all of the ingredients to a food processor and process until you reach a nice coarse texture, using a spatula to scrape down the sides.

Enjoy this pesto with our Hummus Pesto Pinwheels or make a batch to use on pasta, sandwiches, wraps, pizza, and so much more!

### Chef's Notes

We love the bagged sun-dried tomatoes from Whole Foods or Trader Joe's because they are oil-free!



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# Hummus Pesto Pinwheels

## INGREDIENTS

### Hummus

- 1 15 oz. can chickpeas
- 1/2 cup aquafaba (bean liquid)
- 1 lemon, juiced
- 4 garlic cloves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon liquid smoke
- 2 tablespoons tahini (optional)

### Pinwheels

- TJ's whole wheat lavash (or ww pita)
- Hummus
- Sun-Dried Tomato Pesto
- cucumber, chopped into sticks
- red onion, sliced thin
- baby spinach
- cherry tomatoes, halved
- red bell pepper, chopped into sticks

### Chef's Notes

We love the bagged sun-dried tomatoes from Whole Foods or Trader Joe's because they are oil-free!

## METHOD

Add all of the Hummus ingredients to a high-speed blender and blend until smooth, using the plunger continuously to push the mixture down on the blade as it blends. Set aside.

To assemble the pinwheels, lay down a piece of lavash bread flat. Spread a thin layer of hummus to cover the entire lavash. Next, spread the Sun-Dried Tomato Pesto on top of the hummus in the middle of the lavash in a 2 inch wide layer. Along the entire lavash lay down an even layer of the cucumber, red onion, spinach, tomato, and bell pepper.

Tightly roll up the lavash and carefully cut 1 inch slices. Try to saw without pushing too hard, so they stay nice and round.



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# Blended Bean Soup

## INGREDIENTS

- 3 cups veggie broth**
- 1 15 oz. can chickpeas, drained and rinsed**
- 1 15 oz. can black beans, drained and rinsed**
- 1/2 yellow onion**
- 1/2 red bell pepper**
- 1/2 jalapeño (optional)**
- 1 carrot**
- 1 rib celery**
- 3 garlic cloves**
- 1 teaspoon ground cumin**
- 1/2 teaspoon black pepper, or to taste**
- 1 teaspoon smoked paprika**
- 1 teaspoon miso paste (optional)**
- 1 lime, juiced**

fresh chopped cilantro, to serve  
green onions or chives, to serve  
chopped tomatoes, to serve

## METHOD

Add all of the ingredients up to the miso paste to a high-speed blender canister. Slowly bring the blender up to a high speed and blend for about 6-7 minutes, or until steamy hot.

Next, add the lime juice and blend for 5 seconds.

To serve, top with chopped fresh cilantro, green onions, and tomatoes.



### Chef's Notes

You can use lemon and parsley instead of lime and cilantro!