

 COOKING SHOW #138 - EASTER

Easter Oatmeal Bake

INGREDIENTS

- 3** **tablespoons date powder**
- 1/3** **cup water**
- 1 1/2** **cups grated carrot**
- 2 1/2** **cups soy milk**
- 2** **teaspoons vanilla extract**
- 1 1/2** **teaspoons grated ginger**

- 2 1/4** **cups rolled oats**
- 1 1/2** **teaspoons baking powder**
- 3** **teaspoons ground cinnamon**

- 1/4** **cup raisins**
- 1/2** **cup chopped walnuts**



METHOD

Preheat the oven to 375°F.

In a mixing bowl, whisk together the date powder and water. Then add the remaining wet ingredients including the carrot, soy milk, vanilla, and ginger. Mix and set aside.

In a separate mixing bowl, whisk together the dry ingredients including the oats, baking powder, and cinnamon.

Combine the dry and wet ingredients into one bowl. Stir until well combined.

Pour the mixture into a casserole dish and spread evenly with a spatula. Sprinkle the raisins and walnuts evenly on top and press into the mix.

Bake uncovered for about 35 minutes or until golden brown. Remove from the oven and let sit for 10-15 minutes to cool and firm up. Enjoy warm or cold!



Chef's Notes

Feel free to adjust the date powder to achieve your perfect level of sweetness.

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Primavera Pilaf

INGREDIENTS

- 1 yellow onion, diced
- 5 garlic cloves, minced
- 1" nub fresh ginger, grated

- 1 1/2 cups parboiled/instant brown rice
- 1/2 cup chopped walnuts
- 1/2 cup dried cranberries
- 1 large sweet potato, peeled and chopped into 1/2" cubes
- 1 15 oz. can chickpeas, rinsed and drained
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon sweet paprika
- 1 teaspoon date powder
- 1/2 teaspoon ground cinnamon
- 1 orange, zest only
- 1 tablespoon tahini (optional)
- 2 cups veggie broth

- 1 handful fresh chopped parsley
- 1 lemon, juiced



METHOD

Add the onion, ginger, and garlic to a dutch oven or pot and sauté over medium-high heat for a few minutes, adding a little water or veggie broth as needed to keep from sticking.

Then add the the remaining ingredients except for the parsley and lemon juice and mix well. Using the back of a spatula or spoon, pat down the contents of the dutch oven so the potatoes and rice are immersed in the liquid. Cover and allow to simmer on low for about 20-25 or until all the liquid is absorbed and the potatoes are tender.

Finally, use a fork to fold in the parsley along with the fresh lemon juice. Enjoy!



Chef's Notes

Try using fresh or frozen cranberries instead!

You can always find speciality food items like the dried cranberries at wellyourworld.com/gear



Crabless Salad

INGREDIENTS

Salad

- 4 14 oz. cans hearts of palm, rinsed and chopped
- 4 ribs celery, diced
- 1/2 red onion, diced
- 1/4 cup fresh parsley, chopped
- 2 tablespoons fresh dill, chopped

Dressing

- 1 15 oz. can white beans, drained and rinsed
- 3 garlic cloves
- 1/2 cup soy milk
- 1/4 cup hemp hearts
- 1 tablespoon dijon mustard
- 1 tablespoon apple cider vinegar
- 1 lemon, juiced
- 1/2 teaspoon sweet paprika
- 1/4 teaspoon black pepper

Chef's Notes

Can't find hearts of palm? Try artichoke hearts instead, or use cooked potatoes for a delicious potato salad.

METHOD

To prepare the salad, add all of the ingredients to a large mixing bowl and set aside.

To prepare the dressing, add the ingredients to a blender and blend until smooth, adding a little soy milk as needed to reach your desired consistency.

Then, add the dressing to the salad and toss well to combine.

Serve and enjoy!



 COOKING SHOW #138 - EASTER

Pineapple Cucumber Agua Fresca

INGREDIENTS

- 1/2** cucumber, roughly peeled
- 2-3** limes, juiced
- 16 oz.** bag frozen pineapple
- 5** fresh mint leaves
- 1/4"** nub ginger
- 1 1/2** cups water

To serve:

- ice
- **WYW Chili Lime Seasoning**
- lime wedge garnish
- mint garnish



METHOD

Add all of the ingredients to a high speed blender and blend until smooth.

Fill a glass with ice and pour the blended mixture on top.

For extra pizzazz, decorate the rim of the glass! Sprinkle Chili Lime on a small plate. Then, slice a lime wedge in half and rub it around the rim. Immediately dip the rim of the glass in the Chili Lime. Dress it up even further with a lime wedge on the rim and a couple of mint leaves.



Chef's Notes

Add a little spice by blending in some fresh jalapeño!