

COOKING WITH BAOBAB



PLANT-BASED RECIPES WITH BAOBAB FRUIT POWDER

BY **KAIBAE** WITH *Basking in Goodness*

AND OUR FAVORITE SANTA BARBARA CHEFS

KAIBAE

THE LOST CROPS COMPANY
Santa Barbara, California 93101
GOKAIBAE.COM



THE STORY OF BAOBAB AND KAIBAE

The Baobab Tree, also known as the “Tree of Life,” grows abundantly in arid regions of Africa. These massive trees live for thousands of years and produce fruit pods containing highly nutritious powder and seeds. Baobab fruit powder dries naturally in the pod while still on the tree. Baobab fruit powder is packed full of antioxidants, vitamin C, calcium, potassium, and prebiotic fiber. Prebiotic fiber feeds the good bacteria in your gut, which supports the immune system and promotes healthy digestion. Baobab’s high prebiotic fiber content also makes the powder low-glycemic and incredibly beneficial for gut and skin health. Baobab fruit is truly nature’s perfect food!

Inspired by the Baobab tree we traveled to Northern Ghana and visited local communities who have cherished the Baobab for centuries. While Baobab’s benefits are recognized and a part of the local diet, its economic potential has never been pursued in this region. Our direct relationships with communities enables us to help to preserve the Baobab’s important role in biodiversity.

KAIBAE is an ethical business whose team of people have extensive experience in sustainable agriculture, food security, healthcare and community development. Northern Ghana has very few opportunities for economic development. The harvesting of Baobab there is a new source of revenue that improves the community’s access to education and healthcare.

To learn more about the ancient Baobab and KAIBAE’s work, watch LOST CROPS, a short documentary that has been featured at numerous film festivals including the United Nations Film Festival. LOST CROPS speaks to the power of revaluing the baobab tree and other wild plants once considered ‘Lost Crops’ as a means to link communities globally, conserve the environment, create economic opportunity, and share the benefits of these plants to support human health across the globe. Enjoy this short film at gokaibae.com/lostcropsfilm.



KAIBAE founders Dr. Luc Maes, Barbara Berger Maes and Thomas Cole

KAIBAE was founded in 2012 by Dr. Luc Maes, Naturopath, with Thomas Cole, Humanitarian/Agricultural Development Specialist and Barbara Berger Maes, Marketer and Team Curator. They were inspired to launch KAIBAE after learning about the history, cultural relevance and incredible nutritional properties of the Baobab Tree and its fruit.

DR LUC MAES ND FOUNDER, President (The Doctor/Visionary)

With 30 years of experience in plant based medicine and the natural products industry, and as Director of the Maes Center for Natural Health Care clinical practice, Dr. Luc has keen insight into understanding health and skincare, real consumer needs and best practices for product development. His private research includes the study of medicinal plants throughout Africa, Central and South America. His public interest fuels his desire to take what he learns and share it with a global view towards solutions for people and the planet.

THOMAS COLE VP, Sustainability & Sourcing (The Botanist/Humanitarian)

With more than 25 years embedded in sustainable agriculture, human livelihoods, community development and humanitarian response work across Sub-Saharan Africa, Thomas is uniquely positioned to see a communal solution to every part of the supply chain. Currently at work as an agro ecology and drought management advisor for global USAID food security programs, Thomas has a close-up perspective of the needs of these communities and the ability to create and build networks of opportunity for all. Aptly, Thomas is responsible for KAIBAE supply management and community relations and is Dr. Luc's trusted travel companion across the globe.

BARBARA BERGER MAES FOUNDER, Outreach & Marketing (The Curator)

With 30 years experience in advertising, marketing and business development, Barbara's keen "eye" captures unique properties and experiences in health and beauty. Barbara's journey includes work as a curator and project manager for the cities of Chicago and Portland's 1% for the Arts Public Programs. She manages the Maes Center for Natural Health Care in Santa Barbara alongside her husband, Dr. Luc Maes and together they are a natural couple of globally conscientious citizens. Barbara is responsible for new business relations, day-to-day operations and for content development for KAIBAE The Lost Crops Company.

GIVING BACK

AFRICAN WOMEN RISING

Proceeds from this collection of recipes will support [African Women Rising](#).

African Women Rising was launched in Santa Barbara and Uganda in 2006 by Linda Cole, the wife of KAIBAE co-founder Thomas Cole. It is a small organization with big impact.

African Women Rising works in partnership with community based women's groups in post-conflict regions of sub-Saharan Africa. Building on the ideas and initiatives voiced by these women, AWR is rooted in the conviction that they should be the primary stakeholders in defining their own development strategies. The organization empowers women affected by war by providing access to capital to be able to invest in farming or businesses. They work in partnership with farmers to sustainably improve yields and reduce vulnerability to environmental challenges, and they provide adult education to empower people to take action in their communities.

AWR is working to break the cycle of poverty. They realize there are no quick fixes. Their programs are designed around long-term engagement and durable solutions.

When women are actively involved in decision-making, be it post-war reconstruction or small-scale civic action, their voices ensure that vital societal priorities are upheld.



CORE BENEFITS OF BAOBAB

Baobab is called a SUPERFRUIT for a reason: it is nature's best multi-vitamin, a prebiotic and super antioxidant to help maintain a healthy metabolism and support a happy, healthy YOU.



DIGESTIVE HEALTH

Improve your well-being and happiness with better digestive health

- Baobab's rich source of prebiotic fiber STIMULATES THE GROWTH OF PROBIOTICS, known as the health promoting bacteria in the digestive system.
- Baobab fruit powder IMPROVES REGULARITY.
- The combined effect of PREBIOTICS AND PROBIOTICS reduces inflammation, supports healthy skin and improves immunity.

IMMUNE SYSTEM

Defend against infection and diseases with a stronger immune system

- Baobab fruit contains IMMUNE BOOSTING MICRONUTRIENTS AND ANTIOXIDANTS.
- Baobab is HIGH IN VITAMIN C, essential to help prevent colds and flus.
- Baobab as part of a daily diet regulates digestion and directly affects health as 70% of our immune system is wrapped around the gut.
- HEALTHY GUT FUNCTION = HEALTHY IMMUNE SYSTEM.

WEIGHT MANAGEMENT

Increase the fiber in your diet and feel full and satisfied.

- Baobab fruit powder is 48% PREBIOTIC FIBER!
- Baobab fiber HELPS BALANCE SUGAR METABOLISM AND LOWER CHOLESTEROL.
- Baobab can play a VITAL ROLE IN WEIGHT LOSS and the prevention of cardiovascular disease, diabetes and chronic inflammation.

SKIN HEALTH

Experience radiance. Beautiful, healthy skin starts from within.

- Baobab has one of the HIGHEST ANTIOXIDANT capacities of any fruit in the world. Studies show that antioxidants reduce the signs of aging, minimizing wrinkles and preserving the youthful texture of skin.
- Baobab's EXCELLENT SOURCE OF VITAMIN C improves collagen formation important to maintaining the structural integrity of the skin.
- Baobab's VITAMIN E IS A POWERFUL ANTIOXIDANT with revitalizing, anti-aging benefits protecting skin from external stressors such as sun, air pollutants and chemicals.

ENERGY, BALANCE + STRESS RELIEF

Receive the best nutrition in order to maintain good health and keep up with a fast paced life.

- Baobab is a NATURAL SOURCE OF FUEL to increase energy and relieve fatigue.
- Baobab fruit is HIGH IN VITAMIN B AND C VITAMINS, AMINO ACIDS AND MINERALS – all vital nutrients critical for coping with stress and sustaining energy.
- Baobab's HIGH FIBER CONTENT IMPROVES BLOOD GLUCOSE CONTROL providing a steady supply of energy and more stable blood sugar levels.



The following recipes were lovingly developed by Emma Malina of [Basking in Goodness](http://Basking.in.Goodness), except where noted.



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LEMON, BAOBAB & GINGER INFUSED WATER

Working time: 5 minutes

Total time: 4 hours

Servings: 6 servings

Equipment needed: Pitcher & tea strainer

INGREDIENTS

Based on a 1.75L pitcher

1/2 cup lemon juice

1 lemon, washed and sliced

3 Tbsp KAIBAE Baobab Fruit Powder

2 inch nub of fresh ginger, peeled and sliced

Filtered water, to fill

DIRECTIONS

Place lemon, lemon juice, ginger and baobab into the pitcher. Add a little water and mix.

Fill pitcher to capacity, stir well and pop into the fridge.

Allow to “infuse” for at least 4 hours to allow the ginger to come alive.

Pour through tea strainer or small sieve.

Particularly tasty served over ice with a wedge of lemon and fresh mint.



BLENDED BAOBAB LEMONADE *and Cocktail*

Working time: 5 minutes

Total time: 5 minutes

Servings 4 servings

Equipment needed: High speed blender

INGREDIENTS

Based on a 64oz Vitamix Jar

3 organic lemons - ends removed, deseeded, skin on

3 Tbsp KAIBAE Baobab Fruit Powder

1/2 cup maple syrup

1 cup ice

Filtered water

DIRECTIONS

Clean the lemons. Chop off the ends and cut in half and half again. Remove all seeds and toss lemon pieces into the Vitamix. Add maple syrup, baobab and ice. Fill blender jar to just below fill line with filtered water and blend on high until completely liquified. Pour into a glass, add a sprig of mint and enjoy!

And yes, if you're so inclined, this makes for an excellent base for which to add vodka, gin or tequila!!



LEMON TART SMOOTHIE

Working time: 5 minutes

Total time: 5 minutes (plus freeze prep)

Servings: 2 servings

Equipment needed: High speed blender

INGREDIENTS

2 Tbsp fresh lemon juice

1 frozen banana

1 cup frozen cauliflower

2 Tbsp coconut manna

1 Tbsp KAIBAE Baobab Fruit Powder

1 1/2 cups unsweetened almond milk



DIRECTIONS

Prep: Freeze Banana & Cauliflower

Throw all ingredients into a high speed blender. Blend until smooth and enjoy!

NOTES

This is a thick and creamy dessert-like smoothie. Can be made thinner by swapping half of the almond milk with water or simply adding a bit more water.

ONE GREEN SMOOTHIE

Working time: 5 minutes

Total time: 5 minutes (plus freeze prep)

Servings: 2 servings

Equipment needed: High speed blender

INGREDIENTS

1 cup non-dairy milk or water

1 large handful baby spinach

4" chunk of cucumber

1 banana (frozen is ideal!)

1 handful frozen pineapple chunks

1 Tbsp KAIBAE Baobab Fruit Powder



DIRECTIONS

Add the liquids first, then greens and fresh fruit and veggies; frozen items go in last.

Blend until completely smooth, pour into a glass and enjoy!

EMMA'S KILLER BAOBAB MARGARITA

Working time: 2 minutes

Total time: 2 minutes per drink

Servings: 1 Serving

Equipment needed: Cocktail shaker

INGREDIENTS

1 oz fresh lime

1 oz agave nectar

2 oz tequila

1/2 oz Triple Sec / orange liqueur

1 tsp KAIBAE Fruit Baobab Powder (+ extra for rim)

Sea salt for rim (optional)

Lots of ice

DIRECTIONS

Fill a shaker with lots of ice. Add all ingredients and shake what your mama gave you. When you think you've shaken it enough, shake it a bit more!

Spoon a little sea salt and a little baobab onto a small side plate. Swirl the entire rim of a glass with a lime wedge. Roll the glass edge into mixture until you have a nice small rim of the salty baobab mixture.

Shake the shaker one last time and pour into the glass. Garnish with a slice of lime and enjoy!



BAOBAB, CACAO, GINGER CHIA ENERGY BALLS

Working time: 20 minutes

Total time: 1 hour 20 minutes

Servings: 10 servings

Equipment needed: Food processor

INGREDIENTS

1 cup Medjool dates (pitted)

3/4 cup of almonds

2 Tbsp chia seeds

1 Tbsp coconut oil

1 Tbsp almond butter

1 Tbsp raw cacao

1 Tbsp KAIBAE Baobab Fruit Powder

1/2 tsp ground ginger

DIRECTIONS

Place the almonds into a food processor and crush for about a minute or so, until they are in small pieces. Next, pop in the dates and combine. Add the remaining ingredients and blend until the mix forms a sticky chunk.

Hand roll the mixture into small, bite-size balls. Rolling by hand allows the warmth of your hands to form perfect balls.

Place in the freezer for about an hour to set. Remove from freezer. Store in the fridge for up to 5 days.



BEET FRITTERS WITH HERBED CASHEW CREAM SAUCE

Working time: 45 minutes

Total time: 45 minutes

Servings: 4 servings

Equipment needed: Food processor, skillet

INGREDIENTS

CASHEW CREAM SAUCE

1 cup raw cashews
soaked in warm water
for 30 minutes

3 Tbsp fresh lemon juice

2 Tbsp extra virgin
olive oil

2 cloves minced garlic

2 1/2 Tbsp chopped
fresh dill

2 1/2 Tbsp chopped
fresh parsley

salt & pepper, to taste

BEET FRITTERS

2 cups shredded beets (~3 beets)

3 Tbsp minced parsley

2 Tbsp minced dill

1/2 cup diced red onion

1/2 tsp fine sea salt

1/2 cup chickpea flour

1 Tbsp KAIBAE Baobab Fruit Powder

1/2 tsp cumin

2 flax eggs

3-4 Tbsps high heat oil (grapeseed
or coconut)

sea salt and minced fresh herbs for
serving (optional)

DIRECTIONS

For the Herbed Cashew Cream Sauce: Drain the soaked cashews and rinse them under cold water. Place them in a blender or food processor with 1/2 cup water, lemon juice, oil, garlic, dill, and parsley. Whirl away until completely smooth and creamy. Stop and scrape down the sides as needed. If the sauce seems too thick add a touch more water to thin. Taste and add kosher salt and pepper to taste.



To make the flax eggs: Combine 2 tablespoons of ground flax in a small bowl with 6 tablespoons water. Whisk to combine and allow to thicken for 10 minutes in your fridge.

In a large bowl combine the grated beets, parsley, dill, red onion, salt, chickpea flour, baobab powder, and cumin. Add the flax eggs and mix well. Taste and adjust seasoning as needed.

Heat the oil in a large skillet over medium-high heat. Scoop the mixture into roughly 1/4 cup portions and lightly flatten them with a spoon. Cook for about 3 minutes per side or until golden brown. Serve with a dollop of the Herbed Cashew Cream Sauce, a pinch of flaky sea salt, and additional fresh herbs.

LEMON BAOBAB HUMMUS

Working time: 5 minutes

Total time: 5 minutes

Servings: 6 servings

Equipment needed: Food processor

INGREDIENTS

- 1 15oz can chickpeas
- 3 Tbsp tahini
- 2 Tbsp KAIBAE Baobab Fruit Powder
- 2 Tbsp lemon juice
- 1 garlic clove (optional)
- 2 Tbsp water (more as needed)

DIRECTIONS

Rinse chickpeas and blend together with tahini, lemon, baobab, garlic (if desired) and water in a food processor and mix until fully combined and “creamy”.

Add more water (1 teaspoon at a time) until desired consistency is reached. Be careful, you can quickly add too much water and turn this far too liquidy.

Add, pulse, open and scrape down sides and pulse again before adding more water.

This recipe is salt and oil free but if you miss either, please feel free to add them in! We’ve drizzled a little olive oil over and added Za’atar, one of our favorite spice mixes.

NOTES

Hummus isn’t just for dipping carrots into. Spread it on toast and add roasted veg for a delicious sandwich. Mix it with beans and grains for a tasty veggie burger blend. Toss it into pasta for a new take on pesto. Water it down a bit, add apple cider vinegar and use it as salad dressing. Use it a base for a pizza instead of tomato sauce. Smear it onto a tortilla, add avocado and make a quick hummus avocado quesadilla! Endless possibilities!!



OAT BAKERY CRANBERRY WALNUT SPREAD

Working time: 5 minutes
Total time: 5 minutes
Servings: 6 servings
Equipment needed: Food processor

INGREDIENTS

- 2 cups walnuts
- 3 cups dried cranberries
- 1 teaspoon salt
- 2 jalapeños, chopped
- 1 cup olive oil
- 1 tablespoon lemon juice
- 2 tablespoon KAIBAE Baobab Fruit Powder
- 1/2 cup water

DIRECTIONS

Put all ingredients in food processor except water. Add this later. Lightly blend.

Add water slowly and blend until desired consistency.

NOTES

Served here on Oat Bakery Baguette and topped with Vegan Brie from Sproutcraft Creamery and topped with candied nuts, fresh rosemary and a crack of black pepper.



THE LARK'S BAOBAB POPCORN

Working time: 15 minutes

Total time: 20 minutes

Servings: 4 servings

Equipment needed: Mixing bowl

INGREDIENTS

BAOBAB POPCORN SPICE

1 Tbsp KAIBAE Baobab

Fruit Powder

1 tsp ground ginger

2 tsp sugar

1/2 tsp ground turmeric

2 tsp ground sumac

1 1/2 tsp salt

3/4 tsp chili flakes

POPCORN

1/3 cup popcorn kernels

2 1/2 Tbsp olive oil

[+ 1 Tbsp more]

Cilantro leaves

DIRECTIONS

Combine all “Baobab Popcorn Spice” ingredients in a dry bowl using a whisk. Pop the popcorn in the first 2 1/2 tablespoons of olive oil. Evenly coat the popcorn once popped in a clean mixing bowl with the remaining tablespoon of olive oil to coat.

Season evenly with “Baobab Popcorn Spice.”

Finish with a pinch of picked cilantro leaves.



MAC-FAB-BAB WAFFLES

Working time: 30 minutes

Total time: 35 minutes

Servings: 4-5 servings

Equipment needed: High speed blender, waffle maker

INGREDIENTS

- 2 cups gluten free flour mix
- 1 cup unsweetened almond milk
- 1/8 cup raw macadamia nuts
- 3/4 cup chickpea aquafaba*
- 2 Tbsp KAIBAE Baobab Fruit Powder
- 3 pitted dates (4 if small)
- 1 tsp baking powder
- 1/4 tsp sea salt
- 1 tsp vanilla extract

* WHAT'S AQUAFABA??
if you don't yet know about aquafaba check on Zsu Dever's book "Aquafaba" and prepare to have your mind blown. Aquafaba is the rather goopy liquid your canned (or cooked) beans are sitting in. It is also an amazing egg replacement in all sorts of sweet and savory (mostly) baked dishes. So, next time you're throwing some chickpeas on your salad, save the liquid and make something with it!

DIRECTIONS

Pre-heat waffle maker. Throw the aquafaba*, dates, macadamia nuts, almond milk, Baobab, vanilla, baking soda and salt into your high speed blender. Start slow and blast it to high speed for a few seconds at the end to completely blend the nuts and dates. Transfer liquid to a large mixing bowl and slowly whisk in the flour.

Spoon mixture into pre-heated waffle maker and get to work. My classic (not Belgian) 7" round waffle maker puts out about 4 waffles with this recipe - so double it or triple it as needed!!



PRO TIP

To serve, skip the syrup and slather with apple butter or add a cup of apple sauce to the side and dip the waffle in. Or mash up a few slices of banana and some blueberries and spread it on top. Or mix together a little jam and a little almond butter or try spreading avocado on them with some chocolate covered sunflower seeds... experiment, have fun!!

NOTES

When I cook these, I make a triple batch and freeze for later. Allow waffles to cool on a rack. Once completely cool and dry, slice into quarters, pop into a zip-lock or freezer safe container and enjoy for up to 3 months. Pop into the toaster oven as you would a frozen waffle. My girl eats about 2-3 triangles per meal - so one batch produces approximately 5 breakfasts for us.

ZESTY CHIA PUDDING

Working time: 5 minutes

Total time: 1 hour+ (overnight is best)

Servings: 1 serving

Equipment needed: High speed blender (optional)

INGREDIENTS

- 1 cup unsweetened non-dairy milk
- 1/4 cup chia seeds
- 2 Tbsp lemon juice
- 1 Tbsp KAIBAE Baobab Fruit Powder
- 1 tsp maple syrup (optional)

DIRECTIONS

In a large bowl, combine the almond milk, lemon juice, maple syrup and Baobab. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 1 hour.

NOTES

If making multiple servings, keep together in one bowl until ready to serve otherwise some portions may be more runny than others.

Chia seeds come in black or white and I can't tell the difference between them, taste wise. Nutritionally, they are equal. Chia seeds are incredibly versatile and are often used by vegans as an egg replacement due to their gelatinous texture.



PRO TIP

Not a fan of chia seeds gelatinous texture? Pop the pudding ingredients into a blender and make it even more pudding like! There are so many creative things you can do with Chia Pudding – you could make a parfait with fresh fruit and granola, you could add nut butter and jelly, use chocolate almond milk, make a matcha latte first and soak the seeds in that, add pineapple chunks and coconut flakes, layer with fruit compote. If you do choose to blend it, you can even add veggies – I read a great recipe once for chocolate zucchini chia pudding – the possibilities are countless!

CREAMY LEMON OVERNIGHT OATS

Working time: 5 minutes

Total time: 8 hours

Servings: 1 serving

Equipment needed: Covered container

INGREDIENTS

1 cup rolled oats

1/8 cup raw cashews

1 1/4 cup unsweetened almond milk*

2 pitted dates (optional)**

2 Tbsp KAIBAE Baobab Fruit Powder

3 Tbsp lemon juice

1/2 tsp lemon zest

* *Not all store-bought non-dairy milks will work or taste good with lemon.*

** *Could also use maple syrup, jam, coconut sugar, date sugar, apple butter, fig paste, etc. to taste.*

DIRECTIONS

This is a make-the-day-before meal. Overnight oats are super simple. Before you hit the sack, grab an old jam jar, cup, bowl, whatever you have and put the oats in and fill up with the almond milk (or whatever milk is to your liking) along with anything else that you desire that won't go mushy, cover, pop in the fridge and grab and go in the morning.

That said, we're going to make this one a teeny bit more elaborate, because it's so darn yummy and worth the extra step!

In a high speed blender, blend almond milk, cashews, dates, baobab and lemon juice. In the bowl/vessel you plan to eat breakfast from, add oats. Cover with the almond milk mixture and spoon to combine. Add lemon zest, incorporate, cover and pop into the fridge. Go to bed!

A NOTE ON NON-DAIRY MILK - Make it yourself or buy organic. Most importantly, make sure it's free of carrageenan. Carrageenan is a non-digestible additive / stabilizer that wreaks havoc on the bodies immune response, causing inflammation which can lead to a host of long term illnesses. No thanks! My favorite brands that have carrageenan free options are: Elmhurst, Malk, Pacific, Califia and 365 just watch out, many are loaded with sugar!!



BAOBAB QUICK JAM

Working time: 10 minutes

Total time: 10 minutes

Servings: 4 servings

Equipment needed: Saucepan

INGREDIENTS

1 cup frozen berries

1/2 cup water

1 Tbsp chia seeds

1 Tbsp KAIBAE Baobab Fruit Powder

1 pitted date, finely chopped

DIRECTIONS

Toss all ingredients into a small saucepan and heat on a low simmer for about 10 minutes. When thick and smelling delicious, your jam is ready to be slathered over whatever you like.

NOTES

This will last a few days in the fridge but is so good hot, right out of the pan, that I doubt there will be any leftovers.

Can be made in advance and quickly heated up. Is great on warm crunchy bread and equally so drizzled over desserts, oatmeal, fruit salads, waffles, or any other baked goods; like scones, and muffins!!!



WATERMELON & TOMATO GAZPACHO WITH BAOBAB

Working time: 30 minutes

Total time: 2.5 hours

Servings: 4 servings

Equipment needed: Food processor

INGREDIENTS

- 5 cups seedless watermelon, chopped
- 4 large beefsteak tomatoes, cored and chopped
- 1 English cucumber, washed and chopped
- 4 basil sprigs, washed and leaves picked
- 4 cilantro sprigs, washed and leaves picked
- 1/4 cup KAIBAE Baobab Fruit Powder
- 1 1/2 tsp sea salt
- 2 Tbsp sherry vinegar
- 2 Tbsp extra virgin olive oil

DIRECTIONS

To make the gazpacho, in a food processor or blender, process watermelon and tomatoes a little at a time until smooth and no chunks remain. Continue until all the watermelon has been done, transferring smooth watermelon juice to a large bowl.

In the same processor bowl, combine cucumber, basil, cilantro, Baobab, sea salt and sherry vinegar. With blade running slowly add in olive oil and continue to process until smooth. Transfer to bowl with watermelon juice.



Refrigerate at least 2 hours or until ready to serve. This may be done a day ahead and gives the flavors time to meld. To serve, top the gazpacho with diced cucumber, basil chiffonade, microgreens, Maldon sea salt and drizzle with olive oil.

KALE & AVOCADO SALAD

Working time: 10 minutes

Total time: 10 minutes

Servings: 2 servings

Equipment needed: Mixing bowl

INGREDIENTS

1 head kale (de-stemmed & chopped)

1/2 an avocado

1 Tbsp KAIBAE Baobab Fruit Powder

1 Tbsp apple cider vinegar

DIRECTIONS

In a bowl, de-stem and tear-up or chop the kale.

Scoop avocado into the bowl and massage into the kale leaves until fully coated. Add KAIBAE Baobab Fruit Powder and continue to toss until no longer powdery.

Add apple cider vinegar (or vinegar/acid of choice) toss and enjoy.

NOTES

This is a great foundation on which to add to. Throw in some steamed veg, a bit of quinoa, some hemp seeds, a few slices of apple. The possibilities are endless. Or just eat it as is. So good! The avocado negates any need for added oil.



SUPERPOWER GREEN TAHINI DRESSING

Working time: 10 minutes

Total time: 10 minutes

Servings: 5 servings

Equipment needed: High speed blender or food processor

INGREDIENTS

1/4 cup tahini

1/2 cup water

1 garlic clove

2 Tbsp KAIBAE Baobab Fruit Powder

2 Tbsp lemon juice

1/4 cup spinach (packed, no stems)

1/4 cup parsley (packed, no stems)

DIRECTIONS

Toss all ingredients into a high speed blender or food processor. Blend until you have the perfect creamy consistency. If too thick, add 1/2 a teaspoon of water at a time.

NOTES

This will last 3-5 days in the refrigerator.

Don't like garlic? Don't use it. No parsley? Also great with cilantro and kale!! Play around with flavors that you like.

Also makes for a great dip or spread. Play around with the consistency.



BAOBAB BUDDHA BOWL

Working time: 5 minutes

Total time: 5 minutes (if prepped)

Servings: Endless

Equipment needed: Imagination

A Buddha Bowl is really anything you want it to be. It's a big bowl of delicious plant-based yummys displayed in an appetizing fashion. When you add Baobab to it, it's a Baobab Buddha Bowl!

SUGGESTED INGREDIENTS

Dark leafy greens (kale, arugula, spinach, etc.)

Vibrant complex carbohydrate (sweet potatoes, beets, peas, butternut squash, etc.)

Grains (brown rice, quinoa, barley, etc.)

Cruciferous vegetable (broccoli, brussel sprouts, cabbage, cauliflower, kale, bok choy, kohlrabi, etc.)

Beans/legume (lentils, edamame, kidney beans, etc.)

Fruit or berries (apples, blueberries, pear, avocado, etc.)

Something fermented (sauerkraut, kimchi, tempeh, etc.)

Add a few choice seeds and superfoods (KAIBAE Baobab Fruit Powder, pumpkin seeds, sea vegetables, etc.)



NOTES

This is a dish where food prep / batch cooking really comes in handy. A crazy delicious and healthy lunch can be prepped in under 5 minutes if you've prepared sweet potatoes, quinoa, beans, etc. beforehand.

PRO TIP

If you're concerned about low iron levels on a plant-based diet, make sure you always eat high iron foods (beans, legumes, spinach, etc.) with foods high in vitamin c (lemon, strawberry, broccoli, peppers, etc.) and an hour away from caffeine (coffee, tea, soda, chocolate, etc.) to allow for proper iron absorption.

SPROUTED BROWN RICE STIR-FRY WITH BAOBAB CRUSTED TOFU

Working time: 30 minutes

Total time: 1.5 hours

Servings: 4 servings

Equipment needed: Skillet

INGREDIENTS

2 cups cooked sprouted brown rice (cold)

8 Tbsp coconut oil

1 inch of peeled ginger minced

1 bunch sliced scallions

1 bunch roasted Tucson kale

1 bunch cilantro roughly chopped

1 cup of carrots finely sliced

1 pack of organic sprouted tofu

1 cup of cornstarch

1/4 cup KAIBAE Baobab Fruit Powder

Salt and pepper

MAKE AHEAD

2 cups sprouted brown rice and 1 bunch roasted kale. (Remove kale from stem and rip into pieces. Toss in 1 tablespoon of oil and a sprinkle of salt. Lay on parchment and cook in 350° oven for 10-15 minutes.)

DIRECTIONS

Press tofu between kitchen towel to absorb moisture until it's quite dry. Cut into 1 inch cubes dry again with a fresh kitchen towel. Mix



cornstarch with baobab, salt & pepper mix until well combined. Mix cubed tofu into the cornstarch mix and coat well. Shake off any excess cornstarch.

Heat a cast iron skillet on moderate heat and add 6 Tbsp of coconut oil. Shallow fry dusted tofu in batches until crisp all over, 5-8 minutes. Take out and drain on paper towel. Continue until all tofu is cooked. Wipe out the skillet.

Add 2 Tbsp of coconut oil to skillet. Add ginger, carrots and scallions and cook on medium heat for 2-3 minutes. Add cooked tofu and mix well for 2 minutes. Add cooked rice and mix well into veggies.

Crumble in roasted kale. Add chopped cilantro and combine fully. Serve in your favorite bowl and sprinkle with a little extra chopped cilantro and sliced scallions. Delicious with a spoonful of kimchi!

LENTIL BAOBAB BOLOGNESE

Working time: 10 minutes

Total time: 35 minutes

Servings: 4 servings

Equipment needed: Large sauce pot + small pot

INGREDIENTS

3/4 cup dry lentils

1 1/2 cup vegetable broth

3/4 cup yellow onion, chopped

3 garlic cloves, minced

2 Tbsp KAIBAE Baobab Fruit Powder

Handful fresh basil, chopped

2 28oz cans of crushed tomatoes

1 Tbsp olive oil

1 tsp dried oregano

Salt & pepper to taste

NOTES

This recipe is great served with organic brown rice pasta, raw zucchini zoodles, used in a lasagna or you can add more vegetable broth and make it into a hearty stew. Sometimes when I make this I switch gears and throw in a few more veggies (zucchini, carrots, mushrooms, etc.), some macaroni elbows and make it into a really hearty minestrone type soup!!



Directions

Place lentils and broth into a small pot and bring to a boil. Lower the heat and let simmer for approximately 20 minutes. While the lentils are cooking, chop the onions, garlic and basil.

Heat olive oil in a large sauce pan on medium heat. Add chopped onions and garlic and stir until opaque.

Add crushed tomatoes, basil and oregano to the pot, continue to stir. Add KAIBAE Baobab Fruit Powder and fully incorporate. Once the lentil broth has all but disappeared drain off any excess broth and add the lentils to the tomato sauce to cook for a final 10 minutes or so (depending upon desired consistency). Season with salt and pepper to taste.

BAOBAB BEAN BURGER

Working time: 10 minutes

Total time: 2 hours 20 minutes

Servings: 4 servings

Equipment needed: Food processor

INGREDIENTS

2 cans organic kidney beans

1 cup rolled oats

1/2 cup walnuts

1 tsp garlic powder

1 tsp onion powder

2 tsp ground cumin

1 Tbsp KAIBAE Baobab Fruit Powder

DIRECTIONS

Rinse and drain the beans. Toss all ingredients into a food processor and blend until a solid mass forms and beans are mostly broken down. You're not looking for a mushy hummus blend here just a good solid "dough-like" substance. Expect to start and stop and scrape down the edges of the processor bowl a few times.

Mold into patties, cover and pop into the fridge for at least 2 hours.

To cook the burgers, heat a large non-stick pan over medium heat (optional: add a good sized dollop of coconut oil or whatever high smoke point oil you prefer). Once nice and hot, add the patties. Give them a little shake so they don't stick then leave them alone for about 3-4 minutes.

Flip and cook a few minutes more.

NOTES

Serve on a toasted bun, or English muffin or lettuce wrap. No Kidney Beans? Try Pinto, Black or Adzuki or a bean mixture. No Walnuts? Try Macadamia, Hemp Seeds or Pistachios.

Optional Additions: vegan cheese slices, lettuce, tomatoes, pickles, vegan chipotle mayo, etc.



RAW CACAO BAOBAB TART

Working time: 10 minutes

Total time: 2 1/2 hours

Servings: 2 servings

Equipment needed: Food processor

INGREDIENTS

CRUST

1 cup oats

1/4 cup cacao powder

8 pitted dates

1/4 cup coconut oil

FILLING

1/4 cup buttery coconut oil

1/2 cup almond butter

1 cup maple syrup

1/2 raw cacao powder

1/4 tsp sea salt

2 Tbsp KAIBAE Baobab Fruit Powder

DIRECTIONS

Blend all crust ingredients in a food processor. Scrape down sides, as needed, until dates are processed and dough sticks together, about one minute. Press into spring form tart/pie pan in an even layer.

Whip all ingredients together in a food processor. Pour on top of crust in pie pan. Set to harden in freezer, approximately 2 hours. Remove from freezer.



To serve, leave tart at room temperature for 10 minutes and slice to desired size. Garnish with fresh berries. Store in refrigerator until ready to serve.

RASPBERRY BAOBAB NICE CREAM

Working time: 10 minutes

Total time: 2 1/2 hours

Servings: 4 servings

Equipment needed: Food processor or high speed blender

INGREDIENTS

4 frozen bananas (peel and cut into coins, freeze)

2 Tbsp KAIBAE Baobab Fruit Powder

1/4 cup maple syrup

1 cup frozen raspberries

water (as needed, if needed)

DIRECTIONS

Pop all ingredients into your high speed blender or food processor and blend on lowest setting. If it solidifies, shuffle the ingredients around before adding any water. Blend again. Shuffle. Blend. Do the shuffle/blend dance a few times until completely blended and able to jack it up to a higher setting to make sure there are no lumps.

Pour into a freezer safe container and freeze for 30 minutes (or more).

Scoop out and enjoy!! Add berries, fresh mint, a slice of dried lemon and/or a splash of your favorite tipple.

NOTES

Bananas need approximately 2 hours to freeze prior to starting this recipe!!

If you have an ice-cream maker, even better! Use it according to the manufacturers guidelines.

Try adding different flavors. Banana's lend to the consistency of a great non-dairy base but don't let them limit you to the flavor profiles you can create!



JESSICA FOSTER CONFECTIONS

BAOBAB CHOCOLATE BAR

Working time: 15 minutes

Total time: 45 minutes

Servings: 1 chocolate bar

Equipment needed: Saucepan, thermometer or microwaveable dish

The amounts in this recipe are very flexible. We used a standard size chocolate bar mould but you can use any type of chocolate mould or just pour onto a parchment lined sheet pan for a more bark-style end result. Learn about tempered chocolate on from [America's Test Kitchen](#) on YouTube.

INGREDIENTS

- 2 ounces 67% (or higher) dark chocolate- tempered
- 1 Tbsp KAIBAE Baobab Fruit Powder
- 1 Tbsp toasted pumpkin seeds
- 1 Tbsp toasted almonds
- herb flowers (we used rosemary, basil & thyme but you can use whatever you have on hand)
- sprinkling of sea salt

DIRECTIONS

Mix baobab with tempered chocolate and pour into mould or onto parchment lined sheet. Tap mould or pan on the counter top to release air bubble and allow it to settle. Sprinkle desired amount of almonds and pumpkin seeds on top. You can substitute or add other nuts and seeds as well. Finish with herb flowers and sea salt. Place in the refrigerator or in a very cool place until the chocolate is set and flip over and tap mould to release bar.





Basking in Goodness

Integrative Nutrition Health Coach and Corporate Wellness Consultant
Emma Malina launched [Basking in Goodness](#) in Santa Barbara in 2016.

Emma Malina was born in Santa Barbara, raised in London and became an adult in Boston & NYC. For nearly 3 decades, Emma worked in the music, film, hospitality and real estate industries.

Through her own personal health journey and struggles, Emma discovered that by fading out the noise around us and stopping to listen from within, our bodies instinctively know exactly what they need, in all aspects of life. By offering accountability, fundamental tools and resources, Emma's **holistic approach to health & wellness** supports her clients in making small, individualized changes, tweaks and adjustments and by providing a safe and supportive space to get to the core of where they are and where they want to be.

Additionally certified in plant-based nutrition, Emma offers one-on-one **coaching**, group coaching, corporate wellness programs, plant-based **cooking classes** (her plant-based cheese classes sell out in hours!), recipe development for restaurants and wellness collateral for businesses and absolutely loves helping individuals and families transition to more plant-centric lifestyles.

After 30 years away, she is delighted to call Santa Barbara home, once again, where she lives with her husband, daughter and their sweet chocolate lab.

Emma is also very proud to be a volunteer **nutritional literacy educator** for the Food Bank of Santa Barbara's Kids Farmers Market program.

All recipes in this book have been developed by Emma Malina
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THANK YOU AND ENJOY!!

I hope you enjoy these recipes and that they add to your eating and cooking habits in a fun & positive way. It is my opinion that every morsel of food we eat has the potential to contribute to our overall wellbeing. Food is a vehicle for nutrients, vitamins & minerals and when we use superfoods as everyday ingredients we elevate our experiences even more.

I firmly believe that when we eat well, we feel well and that the easiest way to achieve that, is to Eat More Plants!!

Please [reach out](#) with any questions or comments you may have and stay in touch for more great content. Sign up for updates from [Basking in Goodness](#) and [KAIBAE](#) and be sure to follow us on social media:

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