

# Reflections Retreat Menu

Friday, October 19

## Tapas

### Assorted Vegetables

Carrots

Celery

Cucumber

Red, yellow and orange bell peppers

Heirloom tomatoes

Jicama

Snap peas

Asparagus (blanched, tossed with balsamic vinegar, pepper to taste)

### Assorted Olives and Bread

Blue Cheese Stuffed Olives

Greek Mixed Olives

Roasted Garlic & Asiago Cheese Bread

Kalamata Olive Bread

French Baguette

### Dried Fruit

Figs

Apricots

Dates

### Assorted Cheese

Aged Gouda

Spanish Manchego

Spanish Murcia Al Vino

Bree (warmed and served with sliced Granny Smith apples)

Gruyere

Aged White Cheddar

### Nuts

Chocolate covered almonds

## Roasted Potatoes

Preheat oven to 425 degrees. Rinse, dry and halve 2 lbs. baby potatoes. Toss with 1 Tbsp olive oil and sprinkle with celtic sea salt. Turn onto metal tray, bake 30-45 minutes, or until slightly browned.

## White Bean and Roasted Garlic Puree (New Kitchen Garden pg 110)

1/2 lb       dried cannelloni beans  
5-6         bay leaves  
1            large head of garlic  
2-3 Tbsp    extra virgin olive oil  
              juice from 1 lemon  
              sea salt & fresh ground pepper  
              cayenne pepper

Soak the beans in water overnight. Drain and rinse thoroughly, transfer to a large pot and cover with at least twice their volume of cold water.

Add the bay leaves and bring to a boil over medium heat. Boil rapidly for 10-15 minutes, skimming off any foam with a slotted spoon. Lower the heat, add a little salt and simmer until the beans are tender, about 40-50 minutes. When cooked, beans should be very tender. Strain the beans, reserving the cooking liquid; let both cool.

Slice the top off the garlic bulb and put the head in a small roasting pan. Roast in a preheated oven at 400 degrees for 30 minutes. Remove from the oven, cool then peel garlic cloves.

Put the beans and garlic in a food processor and process until smooth, adding a little reserved cooking water until a smooth paste is formed. Work in the olive oil, lemon juice, pepper and salt.

Spoon the mixture into a bowl and using the back of a spoon, smooth the surface. Trickle a little olive oil, dust with cayenne and serve.

## Edamame (Fresh Food Fast pg 133)

Gently boil 1 lb. fresh edamame with 1 Tbsp. coarse sea salt for 2 minutes. Drain and cool under cold running water. Spread edamame on a cloth towel to absorb excess moisture. Transfer to small bowls, sprinkle with additional salt, serve. Yield 4 servings.

### Roasted Eggplant Spread (Barefoot Contessa pg 41)

1	medium eggplant, peeled
2	red bell peppers
1	red onion
1	cloves garlic
3 Tbsp	olive oil
1.5 tsp	salt
.5 tsp	pepper
1 Tbsp	tomato paste

Preheat oven to 400 degrees.

Cut the eggplant, bell pepper, and onion into 1-inch cubes. Toss them in a large bowl with the garlic, olive oil, salt and pepper. Spread them on a baking sheet. Roast for 45 minutes, until vegetables are lightly browned and soft, tossing once during cooking. Cool slightly.

Place the vegetables in a food processor fitted with a steel blade, add the tomato paste, and pulse 3 to 4 times to blend. Salt and pepper to taste. Serves 8.

### Sundried Tomato Dip (Barefoot Contessa pg 54)

1/4 cup	sundried tomatoes in oil, drained and chopped
8 oz.	cream cheese, room temperature
1/2 cup	sour cream
1/2 cup	good mayonnaise
10 dashes	tobasco sauce
1 tsp	kosher salt
3/4 tsp	freshly ground black pepper
2	scallions, thinly sliced (both white and green parts)

Puree the tomatoes, cream cheese, sour cream, mayonnaise, tobasco sauce, salt and pepper in a food processor fitted with a metal blade. Add the scallions and pulse twice. Serve at room temperature. Makes 2 cups.

## Tiffany's Fun Fall Squash Soup with Yogurt & Fried Sage Leaves

Note: the following ingredient list is more of a "from memory guide" than a recipe. Tiff's soup always varies from batch to batch and is designed to allow for personal creativity as well as employment of the all important "use what ya got" in the kitchen strategy. Have fun with it, use what you like, spice at will... it's going to be great!

2-3 Winter squash (any variety – we used Delacada)  
1-2 Tbsp olive oil  
1-2 yellow onions and/or leek, chopped  
2-4 stalks celery, chopped  
4-5 carrots, peeled and chopped  
64 oz. vegetable stock (chicken broth can also be used)  
salt & pepper to taste  
optional spices: 1-2 clove garlic, minced; 1/2 tsp allspice, 1/4 cup chopped fresh parsley, 2 Tbsp chopped fresh sage, 1/2-1 tsp chopped fresh thyme

Preheat oven to 350 degrees. Halve squash, discarding seeds. Bake squash for 45 minutes and set aside to cool.

In the meantime, in a large stock pot, sauté vegetables in olive oil until tender then add stock or broth. Bring to a boil. Scrape squash from peel and add to soup. Cook until thickened, stirring regularly. Use an immersion blender to blend soup until smooth. Salt, pepper and to taste. Top with a dollop of plain yogurt (sour cream is also yummy) and fried sage leaves.

### Fried Sage Leaves

1 small package fresh sage leaves  
1 large egg slightly beaten  
1-2 Tbsp flour  
1 Tbsp olive oil

Dredge the sage leaves in egg, using a small dish or plate, lightly flour the leaves and fry in olive oil until crisp.

## Rustic Mushroom Tart (Eating Well June 2007 pg 78)

3/4 cup	part skim ricotta cheese
1/2 cup	soft goat cheese (2 oz)
2 tsp	chopped fresh rosemary
	freshly ground pepper to taste
4 cups	mixed wild mushrooms, coarsely chopped
1	large leek, white only, halved lengthwise, thinly sliced, washed thoroughly
1/2 tsp	salt
1/4 cup	white wine
10 sheets	14x18 inch thawed phyllo dough
1/4 cup	extra virgin olive oil
1/4 cup	plain dry breadcrumbs

Combine ricotta, goat cheese, rosemary and pepper in a medium bowl. Set aside. Heat butter in a large skillet over medium-high heat. Add mushrooms, leek and salt and cook about 3 minutes. Pour in wine and simmer until the liquid has evaporated, about 2 minutes. Set aside.

Preheat oven to 400 degrees. Line a large baking sheet (12x17") with parchment paper. Lay one large sheet of phyllo on the prepared pan. Lightly coat phyllo with oil using a pastry brush. Sprinkle with 1 tsp breadcrumbs. Repeat, layering remaining phyllo on top. Carefully roll about 3/4 inch of each side toward the center to form the outer rim of the tart.

Spread the reserved cheese mixture evenly over the phyllo. Top with reserved mushroom mixture. Bake until crust is brown and crispy, about 25-30 minutes. Let cool in the pan on a wire rack for 5 minutes. Serve warm. Makes 12 servings.

## Spiced Red Lentil Soup with Crispy Fried Ginger (Martha Stuart Living 2004 pg 35)

1 Tbsp	olive oil
1	Spanish onion cut into 1/2-inch dice
4	garlic cloves, minced
3	tablespoons fresh ginger, minced
1	5-inch piece fresh ginger, sliced into very thin strips (1/8 x 2")
1 tsp	ground cumin
1/2 tsp	curry powder
2	plum tomatoes cut into 1/2-inch dice
2 cups	red lentils picked over and rinsed
4 cups	vegetable broth or stock
1	dried bay leaf
1 tsp	course salt
	freshly ground pepper
2 tsp	canola or peanut oil
1/2 cup	low-fat plain yogurt, for serving

In a large heavy-bottom pot, heat olive oil over medium-high heat. Add onion, garlic, minced ginger, cumin, and curry powder; cook scraping up any browned bits from the bottom of the pot, until onion is soft and light golden (about 10 minutes). Reduce heat to medium, add tomatoes. Cook until soft, about 5 minutes.

Stir lentils, stock, 4 cups water, and bay leaf into pot; raise heat to medium-high, bring to simmer. Reduce heat to low, stirring occasionally until lentils are tender (about 30 minutes). Add salt, season with pepper. Remove from heat. Let stand about 10 minutes.

Meanwhile, make fried ginger; in a medium sauté pan, heat canola oil over medium heat. Add sliced ginger in a single layer; cook, stirring constantly, until strips begin to turn crisp and deep golden, about 4 minutes. Transfer to paper towels to drain. Keep warm until ready to serve.

Remove bay leaf from pot. Using an immersion blender, puree soup until completely smooth. Return soup to low heat until warmed through. Serve topped with 1 Tbsp yogurt. Garnish with fried ginger. Serves 6.

Saturday, October 20

## Breakfast

### Tiff's Homemade Granola

4 cups	old fashioned rolled oats
2 cups	sweetened, shredded coconut
2 cups	sliced almonds
3/4 cup	vegetable oil
1/2 cup	good honey
1.5 cups	small-diced dried apricots
1 cup	diced dried figs
1 cup	dried cherries
1 cup	dried cranberries
1 cup	roasted, unsalted cashews

Preheat oven to 350 degrees. Toss the oats, coconut and almonds together in a large bowl. Whisk together the oil and honey in a small bowl. Pour the liquid over the oat mixture and stir with a wooden spoon until coated. Pour mixture onto a 13x18" baking sheet. Bake, stirring occasionally with a spatula, until mixture turns a nice even golden brown (about 45 minutes).

Remove the granola from the oven and allow to cool, stirring occasionally. Add apricots, figs, cherries, cranberries, and cashews. Store cooled granola in an airtight container.

### Assorted Yogurt

Greek Gods Traditional Greek Yogurt with Honey  
Walla Walla – assorted flavors

### Fruit Salad

Pineapple  
Pears  
Oranges  
Bananas  
Kiwi

## Assorted Bread

Manna Bread  
Ezikiel English Muffins  
Gluten Free Bagels

## Xango Smoothie (Saturday)

2 oz	Xango juice
6 oz.	orange juice
1 tsp	blue green algae

Pour all ingredients into a large juice glass and stir.

## Antioxidant Smoothie (Sunday)

8 oz	pomegranate-cranberry juice
1	banana, peeled
2 Tbsp	blueberries (fresh or frozen)

Pour pomegranate juice into blender, add banana. Start on low setting while you add the blueberries. Switch to a higher setting for about a minute.

## Lunch

### Holiday Wrap (Refresh pg 48)

4	12-inch whole wheat tortillas	
1 cup	vegan mayo	
1	avocado, sliced	
1 pkg.	marinated tempe	(marinate at least 1 hour – keeps for up to 1 week refrigerated)
	2 tbsp	water
	1/3 cup	tamari
	1/3 cup	balsamic vinegar
	1 Tbsp	sesame oil
	1 Tbsp	sunflower oil
	1 tsp	white pepper
	1.5 tsp	ground anise
	2 tsp	garlic powder
1 pack	alfalfa sprouts	
2	tomatoes, diced	
1/2	English cucumber, diced	
1/4	red onion, peeled and diced	
2 cups	lettuce	
2 cups	carrots, grated	

Heat tortillas on a grill or in the oven. Top with a quarter of the remaining ingredients; then fold in edges and roll up. Serves 4.

### Sesame Sweet Potatoes w/ Peanut Dipping Sauce (Vegetarian Food for Friends pg 32)

1.5 lbs      sweet potatoes (about 4) well scrubbed, unpeeled, cut into wedges  
2 Tbsp      olive oil  
1 Tbsp      toasted sesame oil  
1 Tbsp      toasted sesame seeds  
              sea salt  
              coarsely chopped cilantro to serve

#### Dipping Sauce

2 Tbsp      organic peanut butter  
1 Tbsp      lime juice  
1/2          red Serrano chile, seeded and sliced  
1 Tbsp      soy sauce  
1 Tbsp      tomato ketchup  
              sea salt and freshly ground pepper

Arrange potato wedges in a single layer on a baking tray then sprinkle with olive and sesame oils, sesame seeds and salt. Roast in a preheated oven at 400 degrees for 35 minutes or until tender. Meanwhile, make the sauce; put all of the sauce ingredients except salt and pepper, into a food processor. Add 1/4 cup hot water and blend until smooth. Add salt and pepper to taste, then pour into a saucepan and heat gently.

Sprinkle the wedges with cilantro and serve with dipping sauce. Serves 6-8.

### Rocket Fuel Espresso Shot (Refresh pg 166)

1 dbl shot    Espresso or brewed coffee  
6 oz          vanilla soymilk  
1              banana, peeled  
1 tsp          maple syrup  
1 shake        cinnamon  
6              ice cubes

Make the shot of espresso or coffee first. Place the soymilk and banana in a blender. Start the blender on a low setting while you add the espresso, maple syrup, cinnamon and ice. Switch to a higher setting and blend for about 2 minutes.

## Lunchtime Cookie Assortment

### *Vanilla Almond Sugar Cookies (Gluten Free – Recipe by Chelsea Lincoln)*

1 cup	sugar
1/2 cup	butter or non-hydrogenated margarine
1/3 cup	soymilk
2 tsp	vanilla
3/4 cup	white rice flour
1/3 cup	coconut flour
2 Tbsp	potato starch
1/2 tsp	baking powder
1/2 tsp	baking soda
1/2 cup	sliced almonds

Preheat oven to 350 degrees. Cream together butter and sugar with an electric mixer and beat 2 minutes. Add vanilla and soymilk and beat for an additional minute. In a separate bowl, mix together dry ingredients except almonds.

Add dry mix to wet ingredients and briefly mix. Add almonds. Continue mixing until just blended. The batter should have a moist, fluffy consistency. Place on a greased cookie sheet and bake 10-12 minutes.

### *Maple Pecan (Wheat Free – Refresh – pg 121)*

2.5 cups	maple syrup
1 cup	canola oil
1.5 cups	pecan halves
5 cups	barley flour
2 tsp	cinnamon
1/2 tsp	sea salt
1/2 cup	apple butter

Combine all ingredients except apple butter, stirring well. Add the flour gradually to avoid clumping. Using a teaspoon, scoop the batter into portions (a rounded teaspoon) onto a waxed cookie sheet.

Press your thumb into the center of each cookie. Fill the resulting dent with a dollop of apple butter. Bake for 15-20 minutes at 325 degrees until the cookies begin to brown. Remove from heat even if the cookies are still a bit soft; they will harden as they cool. Makes 32 cookies.

*Oatmeal Lace (Wheat Free – Recipe by Chef Gale Gand)*

3 cups	rolled oats (not quick cooking)
1 cup	unsalted butter, slightly softened
1.5 cups	organic light brown sugar, packed
2	large organic eggs
2 tsp	pure vanilla extract
1/2 tsp	baking soda
1/4 tsp	sea salt
10 oz	miniature chocolate chips

Preheat oven to 300 degrees. Line a sheet pan with parchment paper. Put 2 cups of the oatmeal in a food processor and process until finely ground.

In a mixer fitted with a paddle attachment, cream the butter until soft and smooth. Mix in the brown sugar. Add the eggs and vanilla and mix until well blended. Add the chocolate chips and mix until just blended.

Drop teaspoonfuls of dough onto the pan, leaving 2-3 inches between them as they will spread. Bake for 13-15 minutes, until lightly browned. Let cool on the pan, store in an airtight container. Makes 4-5 dozen.

*Soft & Chewy Chocolate Chip (Martha Stewart Living 2004 pg 265)*

2-1/4 cups all purpose flour  
1/2 tsp baking soda  
1 cup unsalted butter (room temperature)  
1/2 cup granulated sugar  
1 cup firmly packed light brown sugar  
1 tsp salt  
2 tsp pure vanilla extract  
2 large eggs  
2 cups semisweet or milk chocolate chips

Preheat oven to 350 degrees. In a small bowl whisk together flour and baking soda; set a side. In the bowl of an electric mixer fitted with the paddle attachment, cream butter and both sugars on medium speed until light and fluffy. Reduce speed to low, add salt, vanilla and eggs. Beat until well combined, about 1 minute. Add flour mixture; mix until just combined. Stir in chocolate chips.

Drop heaping tablespoons of dough about 2-inches apart on parchment paper lined baking sheets. Bake until cookies are golden around the edges but still soft in the centers (8-10 minutes.) Remove from oven, let cool 1-2 minutes, transfer cookies to wire racks and let cool completely. Store in an airtight container at room temperature for up to a week. Makes about 3 dozen.

Variations: you can use one or two or several of the following add-ins: 1 cup coarsely chopped nuts; 2 tablespoons instant espresso powder (add to dry ingredients); 1 cup sweetened coco powder (omit 1 cup of flour from the recipe); 1.5 cups shredded sweetened coconut; 1 cup chopped dried fruit; 1/2 cup finely chopped candied ginger; up to 1 teaspoon ground ginger or cinnamon (add to dry ingredients); 1.5 cups old fashioned rolled oats; 1/2 cup smooth peanut butter (mix with butter and sugar, reduce butter to 3/4 cup).

## Dinner

### Green Goddess Rice Bowl (Refresh pg 70)

1 head	broccoli cut into florets
1 head	bock choy, torn
1 bunch	green kale, torn
1 bunch	swiss chard, torn
6 cups	cooked brown basmati rice
1 batch	tahini sauce
	2 cloves garlic, minced
	1/2 cup chopped parsley
	1/2 tsp sea salt
	2 Tbsp lemon juice
	2/3 cup filtered water
	1/2 cup sesame butter (tahini)
2 sheets	nori torn
1/3 cup	sunflower seeds, toasted
1 batch	simple sauce
	1/2 cup tamari
	3 Tbsp sesame oil
	1.5 inch ginger root, peeled and minced
	4 Tbsp lemon juice
1/2 cup	white pickled ginger

Steam broccoli and greens until they are tender and bright green. Put 1.5 cups cooked brown rice into a large rice bowl. Drizzle 2 tablespoons of tahini sauce on the rice. Place nori pieces on rice.

Arrange steamed greens and broccoli on the brown rice and around the bowl. Sprinkle toasted sunflower seeds on the top. Drizzle 2 tablespoons of simple sauce on the vegetables and rice. Garnish with a small mound of pickled ginger on top. Serves 4.

### Orange, Radish & Carrot Salad (New Kitchen Garden pg122)

2 oranges  
2 cups radishes trimmed  
1/2 lb carrots coarsely grated  
2 Tbsp chopped fresh mint and dill  
1 tsp cumin seeds, toasted in a dry pan  
2 Tbsp orange blossom water (optional)  
sea salt

Finely grate the zest of 1 orange. Thickly slice the oranges through the skin, then cut away the peel. Cut the orange flesh into chunks.

Put the orange zest, orange chunks, radishes, carrots and herbs in a large bowl and mix together. Add the cumin seeds, orange blossom water (if using) then season with salt. Serves 4.

### Tiff's Irish Soda Bread

3 cups low protein all purpose flour, such as Pillsbury (plus more for work surface)  
1 cup cake flour  
2 Tbsp sugar  
1.5 tsp baking soda  
1.5 tsp cream of tartar  
1.5 tsp salt  
2 Tbsp unsalted butter, softened, plus 1 tablespoon melted butter for crust  
1.5 cups buttermilk

Adjust oven rack to upper-middle position and heat oven to 400 degrees. Whisk flours, sugar, baking soda, cream of tartar, and salt together in large bowl. Work softened butter into dry ingredients with fork or fingertips until texture resembles coarse crumbs.

Add buttermilk and stir with a fork just until dough begins to come together. Turn out onto flour-coated work surface; knead until dough just becomes cohesive and bumpy, 12 - 14 turns. (do not knead until dough is smooth, or bread will be tough).

Pat dough into a round about 6 inches in diameter and 2 inches high; place on greased or parchment-lined baking sheet. Score dough by cutting cross shape on top of loaf.

Bake until golden brown and a skewer inserted into center of loaf comes out clean or internal temperature reaches 180 degrees, 40 - 45 minutes. Remove from oven and brush with melted butter; cool to room temperature, 30 - 40 minutes.

### Flourless Chocolate Torte

1 lb semi-sweet chocolate chips  
1/2 Cup unsalted butter  
8 large eggs separated  
1 cup white sugar  
1/4 cup espresso or strong coffee

10 inch spring form pan  
aluminum foil  
butter and flour

Preheat oven 350 degrees. Melt chocolate chips and butter. In another large bowl, beat egg whites stiff not dry, set aside. In a third bowl, beat egg yolks, sugar and espresso until it triples in size - takes awhile, (about 10 minutes) batter will turn pale yellow.

Fold chocolate and butter into egg yolks, then fold egg whites in (about 3 folds). Bake 40-50 minute (should look under done). Let cool completely, top with ganache.

### *Ganache*

4 oz semisweet chocolate  
1/2 cup whipping cream  
2 Tbsp coffee or Kahlua

Melt chocolate, stir in whipping cream and coffee. Glaze torte.

## Brunch

### Falafel In Lettuce Cups with Garlic Tahini (Recipe by Dan Smith & Steve McDonagh)

2 heads	bibb lettuce (or any variety that lends itself to nice looking “cups”)
15 oz.	canned chickpeas
2	garlic cloves, crushed
1/4 cup	diced onion
1/2 cup	chopped parsley leaves
1/2 tsp	salt
1/2 tsp	ground cumin
1/2 tsp	red pepper flakes
1/2 tsp	dried mint
1 tsp	fresh lemon juice
1 tsp	baking powder
3.5 Tbsp	flour
2 cups	vegetable oil
	mint leaves for garnish

Wash and dry lettuce leaves. Set aside the best-shaped leaves to use as “cups” for the falafel. Cover the lettuce cups with a damp paper towel and refrigerate.

Put the chickpeas, garlic, onion, parsley, salt, cumin, red pepper flakes, mint, tahini, and lemon juice into the bowl of a food processor and pulse until it forms a rough paste. Add the baking powder and flour and pulse until well combined.

Pour the oil into a skillet and place over medium-high heat for 2-3 minutes. Carefully drop the falafel into the hot oil by heaping tablespoonful, in batches. Fry until golden on all sides, about 1.5-2 minutes per side. Remove to a paper towel lined dish, keep warm in a low oven until ready to serve.

Arrange 1-3 lettuce cups on a serving plate, add several falafel, drizzle with garlic tahini sauce.

### Garlic Tahini Sauce

3 Tbsp	Tahini
1/2 tsp	minced garlic
2 Tbsp	honey
2 Tbsp	water
1 tsp	soy sauce
1 tsp	lemon juice
1 Tbsp	chopped parsley leaves
1 Tbsp	chipped mint leaves
1 pinch	salt

Put the tahini, garlic, honey, water, soy sauce and lemon juice into a bowl and whisk until smooth. Stir in chopped parsley, mint and salt and refrigerate until ready to use. Bring back to room temperature before serving.

### Fetuch Salad

- 3 English cucumbers, chopped into large chunks
- 1 red onion, finely chopped
- 4 ripe red tomatoes, diced
- 4-6 oz. Greek olives
- 4-6 oz. feta cheese, crumbled
- salt and pepper to taste

Toss all ingredients into a large bowl.

### Honey Roasted Zucchini & Feta (New Kitchen Garden pg 121)

- 1 lb zucchini, deseeded if large, cut into chunky strips
- 2 garlic cloves, sliced
- 3 Tbsp extra virgin olive oil
- 8 oz feta cheese, coarsely crumbled
- 2 Tbsp runny honey
- fresh ground pepper

Put the zucchini in a large oven proof dish in a single layer. Add the garlic and sprinkle with 2 tablespoons of olive oil. Using your hands, toss the zucchini until they are all evenly coated. Spread the zucchini evenly in the dish. Scatter the feta cheese over them and trickle on the remaining olive oil, honey and pepper to taste. The saltiness of the feta means no extra salt is needed.

Roast in a preheated oven at 425 degrees for 20-30 minutes until deep golden all over. Serves 4.

## Pecan Squares (Barefoot Contessa pg 189)

### *Crust*

1.25 lbs	unsalted butter at room temperature
3/4 cup	granulated sugar
3	extra large eggs
3/4 tsp	pure vanilla extract
4.5 cups	all purpose flour
1/2 tsp	baking powder
1/4 tsp	salt

### *Topping*

1 lb	unsalted butter
1 cup	good honey
3 cups	light brown sugar, packed
1 tsp	grated lemon zest
1 tsp	grated orange zest
1/4 cup	heavy cream
2 lbs	pecans, coarsely chopped

Preheat oven to 350 degrees. For the crust beat the butter and granulated sugar in the bowl of an electric mixer fitted with a paddle attachment, until light, approximately 3 minutes. Add the eggs and the vanilla and mix well. Sift together the flour, baking powder, and salt. Mix the dry ingredients into the batter with the mixer on low speed until just combined.

Press the dough evenly into an ungreased 18x12x1 inch baking sheet, making an edge around the outside. It will be very sticky; sprinkle the dough and your hands lightly with flour. Bake for 15 minutes until the crust is set but not browned. Allow to cool

For the topping, combine the butter, honey, brown sugar and the zests in a large, heavy bottomed sauce pan. Cook over low heat until the butter is melted, using a wooden spoon to stir. Raise the heat and boil for 3 minutes. Remove from heat, stir in heavy cream and pecans. Pour over the crust, trying not to get the filling between the crust and the pan. Bake for 25-30 minutes until the filling is set.

Remove from the oven and allow to cool. Wrap in plastic and refrigerate until cold. Cut into bars and serve. Makes 20 large squares.

## All-Day Snacks

### Holly's Jamacian Banana Coconut Muffins

2 cups	flour
1 Tbsp	baking powder
8 Tbsp	butter, slightly melted
1/2 cup	sugar
1	large egg
1/2 tsp	salt
1 tsp	nutmeg
1 tsp	vanilla
2-3	very ripe bananas
1/2 cup	sweetened coconut
1/2 cup	chocolate chips

Preheat oven to 325 degrees. In a large bowl, cream butter and sugar until light and fluffy. Add remaining wet ingredients and mix thoroughly. In a separate bowl, mix together flour, baking powder and salt. Add dry ingredients slowly to wet ingredients while mixing. Batter will be fairly thick. Add coconut and chocolate chips until just mixed.

Scoop heaping teaspoons into greased mini-muffin pans and bake for 15-20 minutes. Makes 4-5 dozen.

Variation: add 1/2 cup raisins, cranberries, diced dried fruit, nuts, 1/2 cup applesauce, apple butter, or vanilla yogurt, or substitute white chocolate chips or butterscotch pieces for chocolate chips.

### Namaste Spice Carrot Cake Mini Muffins (Gluten Free – Namaste Mix)

1 bag	Namaste Foods Spice Cake Mix
3	eggs
2/3 cup	oil
3/4 cup	water
1 cup	shredded carrot
	Optional: handful of nuts, currants or raisins

Preheat oven to 350 degrees. Lightly grease muffin tins. Combine eggs, water and oil. Add to cake mix and blend. Add carrots and any optional ingredients. Blend.

Fill muffin tins halfway. Bake for 15-20 minutes until toothpick inserted into centers comes out clean.

## Cinderella Pumpkin Muffins

1-3/4 cups	flour, sifted
1/2 cup	firmly packed light brown sugar
1/2 tsp	ground ginger
1/2 tsp	ground mace
1 tsp	cinnamon
1 tsp	baking soda
1/8 tsp	ground cloves
1/4 tsp	baking powder
1/4 tsp	salt
2	large eggs
1 cup	canned pumpkin
1/2 cup	butter, melted
1 cup	butterscotch chips
1/2 cup	chopped pecans, toasted (optional)

Preheat oven to 350 degrees. In a large bowl, mix flour, sugars, ginger, mace and cinnamon, cloves, baking soda, baking powder and salt. Create a well in the middle of the mixture.

In another bowl, whisk together eggs, pumpkin and butter. Stir in butterscotch chips, pecans and pour into the well of dry ingredients. Fold together just until dry ingredients are moistened. Do not over mix.

Spoon batter evenly into greased muffin tins. Bake for 20-25 minutes or until a toothpick inserted into the centers comes out clean. Place on a rack to cool. Makes 18 muffins.

## Apple-Butter Bran Muffins (Eating Well Fall 2002 pg 54)

1/2 cup	raisins
1 cup	all purpose flour
1/2 cup	whole wheat flour
2.5 tsp	baking powder
1/2 tsp	salt
1/2 tsp	ground cinnamon
3/4 cup	unprocessed wheat bran or oat bran
1	large egg, lightly beaten
1/2 cup	low-fat milk
1/2 cup	spiced apple-butter
1/2 cup	packed light brown sugar
1/4 cup	canola oil
3 Tbsp	molasses
1 cup	finely diced peeled apple (any variety)

Preheat oven to 375 degrees. Coat muffin tins with cooking spray. Put raisins in a bowl and cover with hot water. Set aside.

Whisk all-purpose and whole wheat flours, baking powder, salt and cinnamon together in a large bowl. Stir in bran.

Whisk egg, milk, apple butter, brown sugar, oil and molasses in a large bowl until blended. Make a well in the dry ingredients and pour into the wet ingredients. Drain the raisins; add them and the diced apple to the bowl. Stir with as few strokes as possible, until the batter is evenly moistened.

Divide the batter evenly among the prepared muffin cups; the batter should more or less reach the top of the pan. Bake the muffins on the center rack for 12-15 minutes. The tops will be springy to the touch. Let the muffins cool in the pan on a wire rack for 5 minutes, then loosen the edges and turn out onto the rack to cool slightly. Makes 3-4 dozen mini muffins.

General Muffin Note: every oven varies – mini-muffins are usually done in 10-15 minutes. All of the muffin recipes listed above can be converted to loaves or you can use larger tins. For loaves, increase baking time to about 1 hour. For larger muffins, increase baking time by 10-15 minutes.