

Spring Pea Soup

A delight for the senses, this soup is an absolute joy to make. Find some fresh sugar snap peas at your local farmer's market or favorite organic food store.

Adapted from David Tanis, Fresh Pea Soup, NYT Cooking

Ingredients

- 2 tablespoon coconut or vegetable oil
- 2 young leeks, diced, both white and tender green parts
- 1 pound sugar snap peas, trimmed, and chopped (be sure to remove the threads that run their length)
- 4 cups of veggie broth
- 4 tablespoons white or chickpea miso
- 2 thinly sliced scallions
- Salt and pepper to taste

Directions

1. Heat coconut oil in a heavy saucepan over medium-high heat. Add leek and cook until softened, 5-7 minutes.
 2. Add snap peas to pot and season well with salt and pepper. Add 1 cup water and simmer until peas are soft, about 3 minutes. Add broth and miso and cooking another minute two.
 3. Purée mixture in a blender.
 4. You can strain the mixture through a fine siever or use as is. Heat gently, adjusting seasonings as needed.
 5. Serve in small bowls garnished with scallions.
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Learn about Dog Rose and Walnut Gemmotherapy

In this episode of #HowWeHeal, we get into a few more #gemmotherapy extracts for help you harmonize your senses when you are feeling #overwhelmed.

To learn more about Gemmotherapy and my practice, visit laurenhubele.com

To learn more about Maegan's practice, go to aculemp.com

To learn more about Cameron's practice, visit cameronscottma.com

Watch this episode on YouTube here!

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Tahini Cookies

It's a good thing I snapped a photo as soon as these cookies came out of the oven, otherwise, it would have been a missed opportunity. The only effort in these yummy bites is in the patience needed to allow the dough to chill. Adapted from Aran Goyoaga

Makes 12 cookies

Ingredients

- 6 tablespoons (85 g) vegan butter, melted and cooled (I

- like miyoko's cultured vegan butter)
- 1/3 cup (90 g) well-stirred tahini
 - 1/2 cup plus 2 tbl (135 g) coconut sugar
 - 3 tablespoons (35 g) plant milk (I like MALK almond milk)
 - Dash of vanilla powder or 1 teaspoon vanilla extract
 - 1 cup plus 1 tablespoon (150 g) buckwheat flour
 - 1 1/4 teaspoons kosher salt
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon baking soda
 - 1/4 teaspoon ground cinnamon
 - 2 ounces (55 g) 70% chocolate, coarsely chopped

Directions

1. In a large bowl, whisk together the butter, tahini, and both sugars for 1 minute. Add the oat milk and vanilla extract.
2. In a medium bowl, stir together the buckwheat flour, salt, baking powder, baking soda, and cinnamon. Add into the butter mixture and stir together using a wooden spoon or spatula. Fold in the chopped chocolate until it's thoroughly mixed. I get my hands in the dough if it feels too hard to mix with a spoon. You could refrigerate the dough as is in the bowl for one hour and portion before baking or as I did— Use an ice cream scoop, portioning dough directly onto a parchment-covered baking dish and place in the freezer for 30 mins.
3. Preheat oven to 350F.
4. Bake the cookies for 13 to 15 minutes (rotate halfway if needed) until the edges are set but the middle feels soft. They should be lightly golden brown. These cookies will continue to harden as they cool so best to slightly under bake them.
5. Let the cookies cool on the baking sheet for at least 10 minutes or until you can lift them up without falling

apart. Store cookies in an airtight container for up to 5 days.

Harmonizing Sensory Input with Gemmotherapy Extracts

Tune in to this episode of #HowWeHeal where we discuss the applications of #Gemmotherapy when learning to harmonize your senses. To learn more about Gemmotherapy, visit my website at laurenhubele.com

Learn more about #polyvagaltheory and Cameron's practice at cameronscottma.com

Watch this episode on YouTube here!

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Vegan Gluten Free Sourdough Waffles

Yes, it's totally possible. Waffles that are vegan, gluten-free, sourdough, AND A-Mazing! If you actually made it through 2020 and did not make your own sourdough starter let this be the recipe to change that.

That being said, if you are just getting started you will need

5-6 days lead time to get the sourdough going. I think these instructions will be all you need, along with a good supply of organic brown rice flour.

You will also need a waffle iron. I had long given mine away and then along came this recipe. But just as I was prepared to invest in a fancy new model I picked one up for four dollars at a yard sale and it totally does the trick.

Are you ready for the best waffles you have ever had?

Recipe adapted from Aran Goyoaga, Canelle et Vanille

Ingredients

- 1 cup (240g) cold sourdough direct from the fridge
- $\frac{3}{4}$ cup (105 g) of brown rice flour
- $\frac{1}{2}$ cup (60 g) tapioca starch (or arrowroot)
- $\frac{3}{4}$ cup (180g) canned full fat coconut milk
- $\frac{1}{4}$ cup (55 g) fresh lemon juice

- 1-2 tablespoons local raw honey
- 1 vegan egg using Bob's Redmill egg replacement or a flax egg (I like to mix the two)
- 3 TBL melted coconut oil- you will need more to grease the waffle iron
- Grated zest from one unwaxed organic lemon
- A pinch of vanilla powder or 1 tea of vanilla extract
- 1 tea baking soda
- $\frac{1}{2}$ tea salt

Caramelized Apples

- 2 tablespoons of vegan butter or coconut oil
- 1 tea cinnamon
- 1 tablespoon maple syrup
- 2 peeled cored apples, sliced thin

For Topping- Your favorite plant-based yogurt

The night before serving

- Mix the first five ingredients with a whisk in a glass bowl.
- Cover and set on counter overnight, at least 8 hours.

In the morning

- Grease and pre-heat waffle iron.
- Add the remaining ingredients to the batter which will cause it to bubble. Using a whisk blend well.

Batter cooks quickly- check after 2-3 minutes. Remove gently with a fork and set aside, repeating the process with the remaining batter.

While the waffles cook, heat a heavy skillet. Add butter and apple slices. Saute over medium heat until softened. Add cinnamon and maple syrup, cover, and reduce heat to low allowing to simmer gently until apples are cooked through.

When ready to serve, top waffles with apples and a dollop of yogurt.

Enjoy!.

Get To Know Gemmotherapy

In this new season of How We Heal, join us as we explore my (Lauren Hubele) favorite topic, Gemmotherapy. This episode is for our listeners who are new to #Gemmotherapy and that want to learn how you can use it to open up doors to your #ventralvagal states. Learn more about the various #extracts and in depth details on Gemmotherapy on my website laurenhubele.com

Learn more about Cameron and Maegan's practices here!

Watch this episode on my YouTube channel!

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Safety, States and Story Recap

In this episode of How We Heal, we explore the themes of the last 8 episodes where the topics of safety, story and states have been explored in depth. This recap provides a perfect launching platform for the next season where we begin to share tools like gemmotherapy for your healing journey.

To keep up with more How We Heal content, follow our Instagram page @howwehealpodcast

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Secret Life of Teeth: Teeth Whitening; Is It OK?

In this episode of the Secret Life of Teeth, holistic dentist Ana Sanduta tells us about teeth whitening and how it affects your body and the layers of your teeth.

Learn more about gemmotherapy and how it can help you at my website laurenhubele.com

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