

# Nut Butter & Jam Chia Pudding

Maybe it was nostalgia for simple times or perhaps it was the comfort appeal, but this recipe won my attention this week and I'm glad it did. What a treat!

Adapted from Minimalist Baker

## Ingredients for 2 Servings

### COMPOTE

- 1 cup blueberries (frozen or fresh)
- 1 Tbsp orange juice
- 1 Tbsp chia seeds

Combine blueberries and orange juice in a small skillet. Warm over medium-high heat until bubbling. Cook until blueberries begin to collapse. Remove from heat and add chia seeds. Stir well.

Divide the compote between two small serving dishes and set in the refrigerator to chill.

### PUDDING

- 1 cup unsweetened plain almond milk
- 1/2 cup coconut milk
- 1 tsp vanilla
- 1-2 Tbsp maple syrup
- 3 Tbsp of nut butter with salt, or add a pinch of salt to the mixture
- 1/3 cup chia seeds
- Fresh blueberries for topping

Pour almond and coconut milk into a blender, adding vanilla, maple syrup, and nut butter. Blend on high to fully combine. Taste and adjust flavors as needed, adding more maple syrup

for sweetness.

Add chia seeds and pulse only a moment to leave chia seeds whole.

Transfer to a jar and set in the fridge to begin chilling.

Once slightly thickened divide the pudding mixture between the two dishes with the berries. Return to fridge and allow to sit 2 hours or overnight. Top with remaining blueberries and extra nut butter if you like.

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## Barbacoa Mushrooms

Despite residing in the Southwest for over 12 years I am not particularly knowledgeable when it comes to chilis. My dear German husband though nearly perfect in many ways is not a fan of spicy food. I on the other hand adore new flavors—salty, spicy and hot. What I love about this dish is that it introduced me to guajillo chilis that add depth but not so much heat, and so they passed the Joachim test. I now have a new friend in the kitchen and thanks to my friend Alina I know where to find the good ones.

### Ingredients:

- 2 large guajillo chiles, soak 15 mins in hot water, then remove stem and seeds
- 1 Tablespoon oil grapeseed oil
- 1 bay leaf
- 1 large onion thinly sliced or chopped
- 7 cloves of garlic finely chopped
- 8 oz (226.8 g) sliced or chopped mushrooms white, cremini or a combination with others

- 2 chipotle chile in adobo sauce 1 for less heat
- 1 tsp ground cumin, or a combination of cumin and coriander
- 1/2 tsp (0.5 tsp) dried oregano
- 1/2 tsp (0.5 tsp) smoked hot paprika or 1 tsp chili powder blend
- 1/4 tsp (0.25 tsp) ground cinnamon or a dash
- 1/8 tsp ground cloves or a pinch
- 1/4 tsp (0.25 tsp) or more salt
- 3/4 cup (176.25 ml) water or veggie broth
- 1 tsp apple cider vinegar
- 1 to 3 tsp lime juice to preference
- 1/4 tsp (0.25 tsp) sugar or maple – optional

## Suggested Toppings:

Prepared Salsa

Guacamole

Vegan Sour Cream

Chopped Fresh Cilantro

Lime Wedges

## Instructions

1. Heat oil in a skillet over medium heat. Add bay leaf, onions, garlic, and pinch of salt and cook until translucent. 5 mins.
2. Remove half of the onion mixture and transfer to a blender.
3. Add mushrooms to the skillet with the remaining onion mixture, a pinch of salt and continue to cook over medium heat. If doubling this recipe cook mushrooms in

batches.

4. Add softened chile to the blender along with the chipotle pepper and the next 7 ingredients. Blend until smooth pouring into mushroom mixture in skillet.
5. Simmer on low for 20-30 mins, add vinegar and lime just before serving.
6. Adjust seasonings, remove bay leaf.
7. Serve with warm corn tortillas with suggested toppings on the side.

## Notes:

Guajillo Chiles are very mild, chipotle chilies are moderate to hot. Adjust the heat of your dish with varying amounts of these two. For a very milder sauce seed the chipotle pepper before adding. For more spice add cayenne pepper.

I've now made this several times and it adapts very well to the addition of a can of black or pinto beans.

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# Tahini-Miso Glazed Eggplant

Here's a delightfully delicious way to showcase gorgeous Asian eggplant now in season.

Recipe inspired by Hetty McKinnon's Ginger Scallion Glazed Eggplant, *To Asia with Love*. This book is well worth the purchase even if you only use her amazing essential sauce and oil recipes.

## Ingredients

- 4 Japanese Eggplants, halved lengthwise

- 1 TBL Toasted Sesame Oil
- 1 TBL of white miso paste
- 1 TBL maple syrup
- 3-4 TBL of Ginger Scallion Oil ( see below)
- 2 teaspoons of Sesame Seeds
- 1 Scallion Finely Chopped
- A handful of Cilantro Leaves

## Directions

### Step 1

Preheat oven to 375°. Brush both sides of eggplant slices with oil and place on a parchment paper-lined baking sheet. Roast eggplant, flipping once, until very tender, about 20 minutes. Remove from oven. Arrange a rack in the upper third of the oven and heat to broil.

### Step 2

Meanwhile, whisk white miso, maple syrup, and Ginger-Scallion oil in a small bowl. Stir in 1 1/2 tsp. sesame seeds and 2 Tbsp. scallions. Smear a layer of the sauce on the cut side of each eggplant slice. Broil until golden and charred in places, 4–5 minutes. Remove from oven and sprinkle with remaining 1 1/2 tsp. sesame seeds and 1 Tbsp. scallions.

Serve with steamed rice and a side of pan roasted broccoli.

### Ginger Scallion Oil

- 5 ounces of finely chopped peeled ginger
- 6 scallions finely sliced, white and green parts separated
- 1 TBL tamari or coconut aminos
- 2 teaspoons of salt
- 1 ¼ cup of grapeseed or other neutral oil

In a heatproof bowl combine the ginger, white of the

scallions, tamari, and sea salt.

Warm oil on medium heat for 3-4 minutes. Carefully pour into the bowl. Allow to cool, add the green part of the scallions, stir to combine, use for the recipe, and store remainder in a glass jar in the fridge.