

# Creamy Polenta and Greens

What can I say, I love my comfort food and boy this one serves up cozy goodness with each bite. A simple dish, ready to serve in 30 minutes.

## The Greens

- 2 bunches of greens, cleaned and roughly chopped- I love broccoli rabe because the bitter green is a beautiful contrast to the creamy polenta but also consider chard or kale.
- A splash or two of olive oil
- 1 medium red onion sliced thin
- Red pepper flakes
- Salt and Pepper to taste

If using broccoli rabe or kale I suggest blanching quickly with boiling water. I like to put the prepared greens in a large bowl, pouring over boiling water for the kettle to cover. Allow to sit for a few minutes and then drain very well, pressing out all of the water or lay out on a dish towel and pat dry.

In a large skillet, heat oil, add red pepper flakes and onions. Saute over low to medium heat being careful onions do not burn. Add greens, stir well, heating through. Add salt and pepper to taste, cover and let set until polenta is ready to serve.

## The Polenta

- 1  $\frac{1}{2}$  cups of quick cooking polenta
- 2 cups of prepared veggie broth
- 2 cups of your favorite plant based milk- I prefer a

- combination of coconut and almond
- 2-4 tablespoons of nutritional yeast

Bring liquids to boil in a heavy saucepan. Once they reach a gentle boil, whisk in polenta and nutritional yeast. Reduce heat and stir to keep mixture from scorching on the bottom. After 5 mins, remove from heat, cover and let set for 15 minutes to hydrate the grits. You'll want a thick but pourable texture so you may adjust by adding more plant based milk or veggie broth and warm gently before serving together with the greens.

Enjoy!

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Lauren Hubele

Maegan Lemp

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# Tahini Snickerdoodles

I've shared her recipes before and they are always spot on. Aran Goyaga knows her stuff when it comes to gluten free baking and these cookies are no exception. Here is my adaptation to her Sesame Snickerdoodles.

## Ingredients

- 6 T Vegan Butter
- $\frac{1}{4}$  cup of Tahini
- $\frac{3}{4}$  cup of sugar- I use coconut or maple, if using normal sugar replace  $\frac{1}{4}$  cup of it with brown sugar
- A pinch or two of vanilla powder or 1 tea of vanilla extract
- Egg replacer for 1 egg
- $\frac{3}{4}$  cup of light buckwheat or sorghum flour
- $\frac{1}{4}$  cup of potato starch
- $\frac{1}{4}$  cup of almond flour
- 1  $\frac{1}{2}$  t of baking powder
- $\frac{1}{2}$  t of sal
- $\frac{1}{2}$  t of cinnamon
  
- 2 T sugar
- $\frac{1}{2}$  t of cinnamon
- 2 T of sesame seeds, lightly toasted in a pan over low heat

## Directions

1. Preheat the oven to 400 degrees.
2. You'll want to use your stand or hand mixer for combining the butter, tahini, sugar, vanilla, egg

- replacer. Whip until light and fluffy.
3. Measure out dry ingredients in a separate bowl and whisk to combine. Add them to the wet ingredients and blend until smooth. Place the bowl into the fridge for a minimum of 15 minutes.
  4. Line a baking sheet with parchment paper.
  5. In a small bowl combine the remaining sugar, cinnamon, and sesame seeds.
  6. Using a small scoop or your hands portion the dough into small balls, rolling each one in the sugar-seed mixture and placing onto the baking sheet. Leave about 3 inches as they do spread.
  7. Bake 8-10 mins, only until the edges are crispy but the centers are soft. Leave cookies on the pan to cool for at least 10 mins. Moving them any sooner will cause them to break apart.

These delightful cookies keep quite well if they are stored in an airtight container, out of sight ☐

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# Restoring Immunity Gemmo Mom: Creating Emotional Awareness

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover how to guide your children to develop their own emotional awareness and eventually responsibility. Listen in to catch a few of our favorite Gemmos.

Have a question about your children? We'd love to hear.

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Follow Ashley on Instagram.

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## Restoring Immunity Gemmo Pets: Hawthorn

Homeopath and pet expert Susie Killian pairs up with Lauren to share the very latest information on Gemmo extracts for your furry friends. Learn to harmonize your pet's nervous system, support healthy elimination, and address chronic symptoms

naturally with Gemmo plant bud extracts. Your pets will thank you. In this episode learn about Hawthorn extract and how it harmonizes the autonomic nervous system.

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Contact Susie Killian [susiekillian17@gmail.com](mailto:susiekillian17@gmail.com)

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## Roasted Aloo Gobi

On the counter was a head of cauliflower, 5 medium yukon potatoes, and a small sweet fresh from the farm cabbage just asking to become something yummy. What could I create with such a short amount of hands-on time? A roasted aloo gobi came to mind and I began perusing recipes for inspiration. What I landed on was a Priya Krishna and Meera Sodha mash-up that was so yummy I wish I had made more.

### Ingredients

- Grapeseed cooking oil
- 1 teaspoon cumin seeds
- 1 inch each of fresh ginger and turmeric, grated with a microplane
- 1-2 finger chili- sliced thin, include as much or as little as you enjoy
- Red onion, peeled and thinly sliced
- Cauliflower cut into bite sized florets

- Yukon gold or red potatoes cut into cubes of similar size to the cauliflower
- Young sweet cabbage, cored and finely sliced

## Directions

1. Heat oven to 425 degrees with fan if available.
2. Place potato pieces in a large bowl with just enough oil to lightly coat, season with salt. Spread on a parchment paper covered baking sheet in a single layer.
3. Place on a low rack in the hot oven.
4. Repeat the process with cauliflower pieces, adding after the potatoes have cooked for 10 mins.
5. Roast veggies for approx 25-35 mins, depending on their size, until golden in color and fork tender.
6. In the meantime heat oil in a dutch oven over medium heat. Add cumin seeds, when they pop, add onions and thinly sliced chili, reducing heat and saute until onions begin to melt. Grate fresh ginger and cumin into the mixture and add cabbage. Stir the veggies well to combine with seasonings, cover dutch oven and cook until the cabbage is tender. You may need to add a splash of water but not too much. When cabbage is cooked completely, test seasonings, adding more salt, chili, turmeric, etc as needed.
7. When potatoes and cauliflower are ready add them to the cabbage mixture, stirring carefully not to break up the pieces yet enough to combine the spices. Simmer for just a few minutes and remove to serve.

Enjoy!

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# Restoring Immunity Gemmo Moms: Supporting Strong Emotions

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover what Gemmos best support the strong emotions our children express particularly during transitions.

Have a question about your children? We'd love to hear.

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