

Happy Hour Hubele Style

If you've been following along these past weeks, you'll know I'm getting into the final weeks of a fast approaching self-imposed book deadline. This phase always feels to me like uphill cycling, the kind I like to avoid. Yes, it's fantastic when you reach the top, but the mental effort of not being able to quite see the top from here can be excruciating.

And, truth be told, it was a challenging writing week both emotionally and physically from early risings to meeting daily deadlines. By Friday morning, it was clear I had hit my wall and any brain power I had left needed to be put into figuring out how to quickly recover. What would recharge me so that I could dive back in and keep at it over the weekend? As I sat contemplating what I needed, I recalled the creek at the back of my parents' property where I would sit to deal with my teenage overwhelm or angst. Hmmm, yes, one of the elements had to be water and the other was simply peace and quiet. With a quick text to my husband and an early plan for dinner, it was agreed that we'd head out for our evening at the less populated Upper Falls of McKinney Falls State Park, 15 minutes from our house.



The fact that both Joachim and I could clear the space for this on a Friday was one the first miracles. The next was that

we had the entire area to ourselves. Seriously! Well, ok, not quite as we did have to share it with this gorgeous egret who entertained us for an hour with his fishing dance.

Now this was the perfect recipe for recharge a *Friday Happy Hour*, courtesy of mother nature!



What could make the evening even better? Oh, yes, remembering we had just enough left over dessert from last night's dinner party to share together!

Raw Berry Slices/ Tarts



Equipment

Freezer

Food processor or blender

Spatula

Muffin pan or custard cups for individual servings or 4" x 8" freezer safe form

Crust

8-10 pitted dates

1 cup raw coconut flakes or shreds

1 cup raw almonds

$\frac{1}{4}$ cup of raw cacao nibs or 2 Tbl raw cacao

2 Tbl maple syrup

2 Tbl melted coconut oil (more as needed)

1. Blend dates, coconut, almonds, cacao in food processor or high speed blender and empty into a mixing bowl.
2. Add maple syrup and coconut oil, mixing with hands to combine. (If too dry to form a dough, add more coconut oil 1 Tbl at a time.)
3. Press dough into bottom of form or individual muffin cups and set aside.

Filling

3 cups cashews (soaked to soften and drained)

1 can coconut milk

1 tsp vanilla

2 Tbl melted coconut oil

2 Tbl maple syrup (adjust to taste)

2 cups cherry and berry mix (fresh or frozen and thawed)

1. Blend soaked cashews, coconut milk, vanilla, coconut oil and maple syrup on high until smooth and creamy.
2. Adjust sweetness to taste.
3. Place fruit on prepared crust, cover with creamy filling smoothing the top with a spatula.
4. Freeze until firm, approx 2 hours.
5. Remove from freezer 15-20 minutes before serving for easier slicing or removal from individual forms.

Enjoy!