

Simple One Bowl Vegan GF Cake

Borrowed and adapted from Aran Goyoaga Cannelle et Vanille, this is the perfect Saturday cake. Whip it up just after lunch so it will be ready to slice with a cup of tea late afternoon. Adaptable recipes are my thing and this cake stands in well with a variety of seasonal fruits. So far I have tested lemon blueberry, almond cherry, and peach all equally delicious. Bake in a 9 " springform pan or cast-iron skillet.

Ingredients

- $\frac{1}{2}$ cup or 115 grams of olive oil
- 1 cup or 140 grams of superfine brown rice flour
- $\frac{3}{4}$ or 150 grams of coconut sugar
- $\frac{1}{4}$ cup or 30grams of tapioca starch
- 1.5 t baking powder
- $\frac{1}{2}$ t salt
- Finely grated zest from a lemon, lime or orange
- $\frac{1}{2}$ cup or 115 grams of almond milk
- Egg replacer for two eggs (I've tested this with Bob's Redmill)
- 1 T of vanilla, or $\frac{1}{2}$ tea of vanilla powder, or almond extract
- Fresh fruit to top such as 6 peaches or plums, a handful or two of pitted cherries, 8 ounces of blue or other berries.
- Powder sugar for dusting

Directions

1. Preheat oven to 350 degrees
2. Brush cake pan or skillet with oil and press a circle of parchment paper in the base.
3. In a large mixing bowl combine all of the dry ingredients. Then add wet ingredients and extract

4. Mix well.
5. Pour batter into pan, carefully placing fruit on top.
6. Slide into the preheated oven. Check after 50 minutes with a toothpick.
7. Allow cake to cool before serving.

If there's something to celebrate, and there is always something, you might consider taking it up a notch with whipped coconut cream or a scoop of vegan vanilla ice cream.

I also think it's worth experimenting with flours considering oat flour or buckwheat in place of the brown rice.

Saffron Pumpkin Soup

The saffron in this Saffron Pumpkin soup adds touch of elegance that will make it seem like you've made a gourmet restaurant style soup – because you just did!

Seed Topping

- $\frac{1}{2}$ cup pumpkin seeds
 - 2 tsp maple syrup
 - A pinch of red pepper flakes
1. Set oven at 350 degrees.
 2. Toss seeds together in a bowl and spread on a parchment paper-covered sheet pan.
 3. Roast in the oven for 10 mins. Allow to cool and store in an airtight container until use.

Soup

- $\frac{1}{4}$ cup of olive oil
- 1 large onion, peeled and sliced
- Medium pumpkin or butternut squash seeded and cubed
- Salt and Pepper

1. Set oven to 450 degrees
2. Toss oil, onion, pumpkin and place on parchment paper covered sheet pan. Season with salt and pepper. Roast until edges darken and fork-tender.
3. In stockpot heat together

- 1 liter of veggie broth
- $\frac{1}{4}$ tea of saffron threads
- Zest from one orange
- A pinch or two of harissa depending on spice preference
- Bunch of kale, removed from stalks and chiffonade cut, blanched
- 1 can of chickpeas, drained
- A handful of cilantro, leaves removed and chopped

When the pumpkin is roasted tip into stock, add kale and chickpeas. Heat until warm but do not cook further. Divide into bowls, sprinkle with cilantro and seeds, serve and enjoy!

Zuchinni Baba Ganoush

This is one of those amazingly simple recipes with delightful complex flavors. Perhaps you could serve it alongside of this sourdough gluten free bread?

Ingredients

- 5 medium zucchini
- 3 heaping tablespoons of tahini
- A splash or two of olive oil
- Juice from two lemons
- Zest from 1 lemon
- 1 teaspoon of smoked paprika
- A clove of garlic and handful of mint (optional)
- Sea Salt
- Water to thin if needed

Directions

Broil zucchini whole on a rack in the middle of your oven for 45-60 minutes, or until they begin to collapse. Turn with tongs every 15 mins.

Allow to cool completely

Scrape flesh out of skins and into a colander, sprinkle with salt and allow to drain over a bowl.

In your food processor combine the remaining ingredients, withholding water until you see if it is needed to thin the dip. Add drained zucchini and pulse until blended.

Topping

- A handful of Pine Nuts
- 1 tablespoon of Vegan Butter

In a small skillet toast pine nuts over medium heat, add vegan butter and toss to coat. Use as a topping over the Baba ganoush

Broccoli Noodles

I love noodles, I love tahini, and I really love broccoli so when I came across Hetty McKinnon's Sesame Rice Noodle recipe I was thrilled. This comes together in a snap especially if you have prepped the "everything oil" in advance. If you are a fan of this dish may I suggest you have a look at her gorgeous new cookbook, *To Asia with Love*.

Here is my adapted version.

Ingredients

1 package of pad thai rice noodles

1 Tbs of sesame oil

$\frac{1}{2}$ cup of tahini

2 heads of broccoli cut into pieces with a flat side for searing

1 package baby Bella mushrooms sliced

2-3 Tbs. of Hetty's everything oil

2 scallions finely sliced

Chopped cilantro leaves

Olive oil

Salt & Pepper

Direction

1. Prepare veggies and heat heavy skillet for searing.
2. Soak rice noodles in boiling water for 10 mins while cooking the vegetables.
3. Drain, rinse with cold water, and toss with sesame oil.
4. Add olive oil to the heated skillet, searing broccoli, and then mushrooms in batches seasoning with salt and pepper. Once nicely charred in spots, cover with a lid briefly until just barely tender.
5. Set aside on a plate with a lid to keep warm.
6. Whisk tahini with $\frac{1}{2}$ to 1 cup of filtered water, season

with salt and pepper to taste. The amount of water will vary depending on the consistency of the tahini. You will want it pourable.

7. Pour tahini over noodles and toss to coat. Divide between serving dishes.

Top with vegetables, a few splashes of everything oil, cilantro, and scallions.

Enjoy!

Honoring Our Own Systems

Tune in with us on a special episode of #HowWeHeal where we touch base with our audience before we take some time to pause and work on our #newbook we will be publishing soon! Subscribe and stay tuned on our channels for new episodes and updates on this #healingjourney. We invite you to reach out to us during this time with any questions or comments on our How We Heal #podcasts

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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

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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!

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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.

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