

# Chocolate Chunk Cookies

Makes 10 large or 16 small cookies

Adapted from Aran Goyoaga's Olive Oil and Chocolate Cookies

## Ingredients

- 1 cup (140 g) light buckwheat flour
- 1/2 cup (50 g) finely-ground almond flour
- 1 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 cup (110 g) a fruity extra-virgin olive oil
- 1/4 cup (80 g) maple syrup
- 1/4 cup (50 g) coconut sugar
- 2 teaspoons vanilla extract or  $\frac{1}{2}$  tea of vanilla powder
- 4 ounces (120 g) 70% chocolate, coarsely chopped ( I love the hu brand, bars or chunks)
- Flaky sea salt (optional)

## Directions

1. Preheat oven to 350F. Line two baking sheets with parchment paper.
2. In a large bowl, whisk together the flour, salt, baking soda, and baking powder. Add the olive oil, maple syrup, coconut sugar, and vanilla extract. Stir together with a spatula until the dough comes together. Then, fold in nearly all the chocolate until smooth and evenly distributed.
3. Use a small ice cream scoop or tablespoon to measure out dough onto prepared baking sheets. You should have 10 cookies. Optional: Add a piece of chocolate to the top and sprinkle with a bit of flaky salt.

4. Bake the cookies for 9 to 11 minutes just until the edges are golden brown but the center feels soft. Rotate the pans halfway through if necessary for even browning.

Important: The cookies must cool on the pan for at least 15 minutes before lifting or they will break apart. I know it's a long time to wait but so worth it!

They can be stored in an airtight container for up to 5 days.

Consider adding a heaping tablespoon or so of raw cacao powder for a double chocolate treat.

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## **Restoring Immunity: Gemmo Memo Crab Apple**

Listen in and discover what Crab Apple extract can offer you and your family now. Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Crab Apple Gemmotherapy Extract.

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Lauren Hubele

Maegan Lemp

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# Restoring Immunity: Gemmo Pets

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 the basic guidelines for dosing

your pets and the first two extracts you might consider to harmonize your pet's Central Nervous System.

In this episode learn about Oat Gemmo Extract and what it can offer you dogs and cats.

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

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## Sheet Pan Gnocchi

Mentally and creatively caught up this week in explorations beyond my kitchen I was in search of straightforward simplicity. Inspired by Ali Slagle's NYT recipe I ad-libbed my own version using what I could scavenge between the next trip to the Farmer's Market and my CSA delivery and what a winner! How something so ridiculously simple can be so good I don't know, but I'm not going to argue. There are no limits to the veggie combinations here so be creative and curious. Right now I am dreaming up a version using butternut chunks, but it can just as easily be sweet peppers and cherry tomatoes.

### Ingredients

- 1 pound mixed mushrooms, such as shiitake, oyster, maitake or cremini, trimmed and quartered (or cut into 1-inch pieces, if large)
- 1 (12- to 18-ounce) package shelf-stable or refrigerated potato gnocchi

- 6 tablespoons extra-virgin olive oil, plus more as needed
- 1 red onion, peeled and sliced thin
- 1 bunch of chard roughly chopped
- Red Pepper Flakes
- Kosher salt and black pepper

## Directions

1. Heat the oven to 425 degrees.
2. Line a sheet pan with parchment paper.
3. On the sheet pan toss mushrooms, red onion and gnocchi with 4 TBL olive oil.
4. Season with salt and pepper, shake into an even layer, and roast without stirring until the gnocchi and mushrooms are golden and crisp, 20 to 25 minutes.
5. In the meantime, add the remaining olive oil to a skillet over medium heat, sprinkle in a pinch of red pepper flakes, and add the chard stems. Saute gently until fork tender and add the leaves, cover, and reduce heat allowing them to wilt. Toss greens with gnocchi mixture before serving. Adjust seasoning if needed.

Enjoy!

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# Almond Cherry Biscotti

While these delightful twice-baked bites keep well, you will have to hide them to do so.

Adapted from Canelle Et Vanille Bakes Simple

## Ingredients

- 1 cup Super-fine Brown Rice Flour
- $\frac{3}{4}$  cup Sorghum Flour
- $\frac{1}{4}$  cup of Tapioca Starch
- 1 tsp Baking Powder
- $\frac{3}{4}$  tsp Salt
- Prepared Egg Replacer for Two Eggs ( I use Bob's Red Mill)
- $\frac{1}{3}$  cup honey
- $\frac{1}{4}$  cup olive oil
- Grated zest from one lemon
- 1 tsp of Almond extract
- 7 ounces/200g coarsely chopped almonds and dried cherries

## Directions

1. Preheat oven to 350
2. Prepare a baking sheet with parchment paper
3. Blend dry ingredients ( except fruit and nuts) with a wisk
4. Blend wet ingredients in a separate bowl

5. Add wet to dry, fold in nuts and fruit
6. Using a spatula scrape dough onto the prepared baking sheet and shape it into a log approx 2 inches wide.
7. Bake for 30 mins. Allow the log to cool completely.
8. Slice carefully with a very sharp knife, laying out on the baking sheet.
9. Never mind if a slice breaks in the process, it will still taste delicious!
10. Bake until dry and crunchy, approx 20 minutes.
11. Cool on wire rack. Store in an airtight container to retain their crisp texture.

Enjoy!

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## **Restoring Immunity: Gemmo Stories**

Stories offer us an opportunity to tap into someone else's journey that may not be unlike ours. By listening we learn a bit more about ourselves and when we learn more about ourselves we grow. I experience growth through each unique and intimate conversation about health and healing. You never know what lesson each hero's journey holds, from fear to resilience and challenge to triumph.

Today I welcome Shanna Boatler, wife, mother of one teen-aged daughter, Certified Nutritional Coach and serious Gemmo fan. Listen in to discover where Shanna's journey led her.

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# Aubergine Stacks

I love these yummy stacks and although they require a few steps the results are so worth it. The presentation is just beautiful.

2 servings as a main dish

## Stacks Ingredients

- 2 medium aubergine sliced into  $\frac{1}{2}$  inch slices, salted lightly, and laid on paper towel to drain
- Olive Oil
- Sea Salt
- Vegan herb pesto, store-bought or prepared
- Vegan ricotta, store-bought or prepared

## Sauce Ingredients

- 4 large tomatoes and 1 TBL of tomato paste or 1 can of chopped tomatoes
- 2 teaspoons of maple syrup
- 1 bunch of fresh basil, a sprig or two reserved for topping
- Red pepper flakes
- Sea salt
- Fresh Ground Pepper

## Directions

1. Preheat oven to 400 degrees

2. Heat heavy skillet over medium heat, add just enough oil to coat bottom, saute eggplant slices 3-4 mins aside to lightly brown. Slices should still hold shape but be slightly softened. Set aside until all are complete.
3. As the eggplant cooks begin preparing sauce.
4. In a heavy medium saucepan add a splash of olive oil, red pepper flakes, and tomatoes. Cook and stir until tomatoes collapse and begin to form a sauce.
5. Add tomato paste, maple syrup, and salt and pepper to taste. The sauce should be a bit runny not thickened.
6. In a casserole dish place the first layer of precooked aubergine slices. Top each with a spoonful of vegan pesto. Cover with the next slice and top that slice with a spoonful of vegan ricotta.
7. Add final slice and cover all stacks with tomato sauce
8. Bake 35-40 minutes, top each stack with fresh basil sprig.
9. Serve alongside pasta, polenta, quinoa, or rice.

Enjoy!

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