



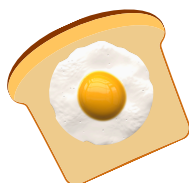
TOAD IN A HOLE

INGREDIENTS 1-2 SERVINGS

- 2 slices of bread
- 2 eggs
- 2 tsp butter or olive oil

DIRECTIONS

1. Cut a 3-in. hole in the middle of the bread with the drinking end of a water glass, jar, or a cookie cutter. Set aside center piece (toast this separately and serve with butter or topping of choice - I like butter and jam on the little bread circle for a little sweet treat).
2. In a small skillet, melt the butter over medium heat; place the bread in the skillet.
3. Place egg in the hole. Cook over medium heat until the bread is lightly browned, about 2 minutes. Turn and cook the other side until egg yolk is almost set.
4. Season with salt and pepper.



● Vegetarian

● Dairy-free

PEACHY CREAMSICLE

ADAPTED FROM
COOKIE & KATE

<https://mountainwise.org/producerx/>



INGREDIENTS 8 SERVINGS

- 1 pound peaches (about 3 medium), peeled and sliced into ½-inch wedges
- 2 cups full fat/whole plain yogurt (regular or Greek)
- 6 Tbsp honey (not vegan), divided
- OR full-fat coconut milk
- OR 4 Tbsp sugar
- 1 Tbsp lemon juice
- ½ tsp vanilla extract

DIRECTIONS

1. Preheat oven to 350 °F. Line a rimmed baking sheet with parchment paper. Transfer sliced peaches to the baking sheet and gently toss with 2 tablespoons honey and a dash of salt. Arrange the peaches in a single layer. Roast for 30 to 40 minutes, stirring halfway, or until the peaches are soft and juicy (watch the edges in particular).
2. While the fruit is roasting, blend together the yogurt, ¼ cup honey or sugar, lemon juice and vanilla extract in a medium bowl. Place the mixture in the refrigerator so it stays cool.
3. Let the peaches cool, then scrape the peaches and all of their juices into the bowl of yogurt. Use a big spoon to gently fold the mixture together.
4. Use the spoon to transfer the yogurt blend into a popsicle mould. You can improvise popsicle moulds with small freezer safe cups and a piece of paper or other lid rubber banded on top, then poke a hole in the middle for the stick. Insert popsicle sticks (which can also be improvised with plastic cutlery or other foodsafe items) and freeze for at least four hours.
5. When you're ready to pop out the popsicles, run warm water around the outsides of the moulds for about ten seconds and gently remove the popsicles. Enjoy immediately.

● Vegetarian ● Vegan ● Gluten-free ● Dairy-free

VERY BERRY VINAIGRETTE

1 CUP INGREDIENTS

- 1 cup blackberries
- ¾ cup olive oil
- strawberries
- 1 tsp fresh thyme (or ½ tsp dried)
- ½ cup red wine vinegar or apple cider vinegar
- 2 Tbsp maple syrup or honey

DIRECTIONS

1. Add all ingredients to the bowl of a small food processor or blender. Add 2 tsp salt and 1 tsp pepper, or seasoning to taste. Blend until pureed and there are no lumps.
2. If using blackberries, strain through a sieve to remove blackberry seeds. Store in an airtight container in the refrigerator up to 10 days or the freezer for 6 months.

TIPS

- Dress up salads with this vinaigrette AND fresh berries
- Drizzle over grilled meats such as pork or chicken
- Drizzle over roasted cauliflower and spinach for a decadent warm salad

P.S. Beware the botanist's eye-roll! Neither strawberries nor blackberries are actually botanically berries! They are aggregate fruits. But "Very Aggregate Vinaigrette" doesn't exactly sound so good, so let's ignore that for now.

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KOHLRABI 'CHIPS'

This bulbous vegetable is absolutely delicious raw! Give it a go with this super simple healthy 'chip' recipe.

1-4 SERVINGS INGREDIENTS

- 1-2 kohlrabi, any size
- 1-2 tsp lime juice
- ½ tsp chili powder (optional)

DIRECTIONS

1. Cut all the leaves off by slicing the top of the bulb at the top just enough to slice the tough outer skin off and reveal the light green-white part.
2. Flip it over and slice the bottom off in the same manner, removing the tough outer skin.
3. Now use your knife (vegetable peelers are usually too flimsy for this task) and slowly slice the tough outer skin off around the bulb,, turning it as you go along. Try to preserve as much of the inside as possible.
4. Slice the peeled kohlrabi into very thin slices (a mandolin is helpful here), roughly comparable to potato chip thickness.
5. In a big bowl, toss the slices with lime juice, 1-2 tsp salt, and chili powder (if using) until well coated. Adjust seasoning as you desire.
6. Serve fresh as a snack, as a side, with a dip, or on a salad.

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