

Barbara Watson, "Holiday Brunch Recipes" • show 04110

Maple Walnut Granola

- 1 c. pitted dates
- 3/4 c. water
- 1/2 c. maple syrup
- 1/4 c. canola oil
- 2 tsp. vanilla extract
- 2 tsp. maple extract
- 1 1/2 tsp. salt
- 7 c. old fashioned rolled oats
- 1 c. unsweetened coconut flakes
- 1 c. walnuts, coarsely chopped
- 1 c. pecan meal
- 1 c. sunflower seeds

1. Heat dates and water in the microwave or in a saucepan until dates are soft.
2. Place in a blender with maple syrup, oil, vanilla and maple extracts and salt. Blend until smooth.
3. In a large bowl, combine all dry ingredients and pour in blended mixture. Using plastic gloves, mix with your hands until the dry ingredients are well coated. Mixture should hold together when you squeeze a handful together.
4. Spread out on two cookie sheets covered with parchment paper or spray with oil.
5. Bake overnight at 150° (with oven setting on "warm") or for 2 hours at 225°, stirring every 30 minutes.

Nutritional analysis per 1/2 cup:

Calories 244

Protein 8.9g

Carbohydrates 32g

Fiber 2.9g

Fat 9.9g

Sodium 131mg

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Cranberry Oat Muffins

1 c. crushed pineapple, drained
1 ripe banana, mashed
1/4 c. almond butter
1/4 c. honey
1/2 tsp. salt
1 tsp. coriander, ground
2 c. quick oats
1/4 c. walnuts, chopped
1/2 c. unsweetened coconut
1 c. date pieces
1 c. fresh cranberries, halved

1. Mix together pineapple, banana, almond butter and honey in a large bowl.
2. Add remaining ingredients and mix well.
3. Spoon into muffin tins, lined with paper baking cups. Heap mixture into shape of a muffin, as they do not rise.
4. Bake in 350° oven for 45 minutes.

Nutritional analysis per muffin:

Calories 259	Protein 4.8g
Carbohydrates 35.8g	Fiber 5.2g
Fat 12.7g	Sodium 132mg

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Creamy Lemon Dip

12.3 ounces firm, silken tofu
3 Tbsp. lemon juice
1/2 tsp. lemon extract
1/3 c. + 1 Tbsp. pineapple juice concentrate
2 Tbsp. water
1/16 tsp. salt
1 Tbsp. canola oil, expeller-pressed

1. Place all ingredients in blender and blend until smooth.
2. Chill and serve with fresh fruit.

Nutritional analysis per 2 tablespoons:

Calories 47	Protein 3.1g
Carbohydrates 3.9g	Fiber .5g
Fat 2.5g	Sodium 12 mg

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Minced Tofu Spread

14 ounces firm, fresh tofu
1/2 c. minced onion
2/3 c. whole wheat bread crumbs
1/4 c. Braggs Liquid Aminos
1/3 c. parsley, finely chopped
1/2 c. pecans or walnuts, finely chopped
2 Tbsp. peanut butter
1/2 tsp. garlic powder
1/2 c. tofu mayonnaise

1. Mash tofu with a potato masher in a large bowl.
2. Mince onion in a small food processor. Add parsley and continue processing.
3. Add nuts and continue processing until all three ingredients are very fine.
4. Make bread crumbs separately in the food processor, by grinding whole grain bread.
5. In a large bowl, combine all ingredients with the tofu and mix well.

Nutritional analysis per 1/3-cup:

Calories 127

Protein 9g

Carbohydrates 6g

Fiber 2g

Fat 8.3g

Sodium 410mg

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Carob Fudge Sauce

3 Tbsp. carob powder
3/4 c. water
1/2 c. dates
1 Tbsp. peanut butter
1 tsp. vanilla extract
1/8 tsp. salt
1 tsp. powdered coffee substitute

1. Heat carob powder, water and dates until dates are soft and carob mixture is glossy.
2. Combine this mixture with remaining ingredients in the blender and blend until smooth.
3. Store in refrigerator. Freezes well.

Nutritional analysis per 2 Tablespoons:

Calories 41

Protein 0.6g

Carbohydrates 8.7g

Fiber 0.9g

Fat 0.7g

Sodium 34mg

Cooks Tip:

For Carob Mint Sauce, add 1/8 tsp. peppermint extract. For Carob Fudge Frosting, decrease water

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Jack Cheese

1/2 c. hot water
1/3 c. Emes unflavored gelatin
2 c. hot cornmeal mush**
1/3 c. tahini
1 1/2 tsp. salt
1/4 c. nutritional yeast flakes
1 Tbsp. onion powder
1/4 tsp. garlic powder
2 Tbsp. lemon juice

** To make cornmeal mush, combine 5 cups water with 1 cup of cornmeal in a medium saucepan. Stirring constantly, bring to a boil. Reduce heat to simmer, cover and cook for 45 minutes.

1. In the blender, whiz hot cornmeal mush and gelatin with water. Add remaining ingredients and thoroughly blend.
2. Add another 1/3-1/2 c. water, depending on how mushy the cornmeal mush is.
3. Pour mixture into plastic wrap lined loaf pan. Cook well and refrigerate until firm and sliceable.

Nutritional analysis per 1/4 cup:

Calories 77

Protein 2.6g

Carbohydrates 10g

Fiber 1.7g

Fat 3.3g

Sodium 414mg

Cooks Tip:

For Jack Cheese sauce, leave out gelatin and add 1/2 cup more water. Adjust salt.

For American Cheese, add 1/3 cup pimiento before blending: Proceed as above.

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