

A painting of a woman in a colorful dress holding a large bowl, with a sun in the background.

Sweet On Sumaya

**A selection of
recipes from our
kitchen to yours**



villa sumaya
lake atitlan, guatemala

Thank you ~ Matio'x

*Our heartfelt gratitude to
Thank you, our guest, for the gracious
Praise on Trip Advisor.
Thank you for sharing the Love!*

*We are honored to serve you,
As the Mayan's say, "I am another you!"*

*May all Beings be nourished!
With gratitude - Your friends at Villa Sumaya*

villa sumaya
lake atitlan, guatemala

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About Villa Sumaya

Villa Sumaya is a picturesque retreat center, located in the heartland of the indigenous Maya on beautiful Lake Atitlan. Our center is dedicated to supporting a platform where individuals and groups alike may journey to explore the Yogic-arts, meditation, wellness vacations, Mayan culture and Spanish language; or just unwind in our tropical highland paradise.

Café Sumaya

Established in 2000, our restaurant has been a focal point of daily life where we've collectively gathered for nourishment and the inspiration of human fellowship. After several years of repeat requests for a Villa Sumaya cookbook our Café Sumaya team proudly completed their first edition in 2011. We happily present to you a sampling of our now internationally renowned cookbook. It is a compilation of original, adapted and favorite recipes from various sources. Mouthwatering food photos have all been lovingly borrowed.

The Villa Sumaya cuisine is eclectic, Guatemalan, Mayan, Middle Eastern, Italian, American, Moroccan and much more. Our goal, when preparing meals for our guests, is to work with interesting culinary traditions, emphasizing wholesome vegetarian offerings with a unique flare. For our complete E. Cookbook please contact us at Lizzy@VillaSumaya.com The following selection of recipes is to say "Thank You" for being sweet on Sumaya!

Corn Tortillas



Homemade Breads



Breadsticks

Breadsticks



Ingredients

½ oz. Dry yeast

4½ - 5½ C. Flour, plus additional flour for dusting

2 C. Water, 105-115 degrees F, divided into ½ cup and 1½ cups

2 tsp. Salt

1 Tbs. Rosemary, finely chopped

¼ C. Olive oil

1 Tbs. Thyme, finely chopped

3 Cloves garlic

1 C. Parmesan cheese, grated

¼ C. Parsley, finely chopped

½ tsp. Black pepper

Breadsticks Preparation on next page



Breadsticks (continued)

Preparation

1. Whisk together yeast, 2 tablespoons flour and $\frac{1}{2}$ cup warm water and let sit until mix develops a creamy foam.
2. Stir together 3 cups flour and salt, add yeast mix and remaining $1\frac{1}{2}$ cups water, stir until smooth, then stir in 1 cup more flour. If dough is very sticky add up to $\frac{3}{4}$ cup flour more, a little at a time, until dough just comes away from the side of the bowl.
3. Knead dough on lightly floured surface with floured hands, lightly reflouring surface or hands when dough becomes too sticky, for about 10 minutes until dough is soft and elastic.
4. Divide dough in half and form 2 balls, generously dust all over with flour and put each in a medium bowl.
5. Cover with plastic wrap, and let sit in a draft-free warm place until doubled in size, 1-1 $\frac{1}{4}$ hrs.
6. Preheat oven to 400 degrees. Lightly oil two baking sheets.
7. Stir together herbs, $\frac{1}{4}$ cup Parmesan, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper in small bowl.
8. Stir together oil, garlic, and $\frac{1}{4}$ teaspoon each of salt and pepper in another bowl.
9. Keeping half of the dough covered, gently roll the other half into a 15" by 10" rectangle on a lightly floured surface with a lightly floured rolling pin.
10. Sprinkle one half of the dough (crosswise) with half of the herb mix, then fold the dough in half crosswise and roll lightly to form a 10" by 8" rectangle.
11. Cut lengthwise into 9 strips (less than 1 inch wide) with a pizza wheel or sharp knife.
12. Twist each strip from both sides and put in oiled baking sheet. After each strip has been twisted, brush with garlic oil and let stand.
13. Roll out and form twists with the second half of the dough and herb mix, place on other sheet, brush with oil, and let stand 5 minutes.
14. Bake bread twists, switching sheets halfway through, until golden, 20-25 minutes total.
15. Meanwhile mix parsley and remaining Parmesan in shallow baking pan.
16. Immediately after baking brush twists with remaining garlic oil, then roll in parsley-cheese mix until coated.
17. Serve warm or at room temperature.

Focaccia Bread



Ingredients

Makes 9 pieces of bread

2 Tbs. Dry active yeast
5½ C. Flour
2 tsp. Salt
2 tsp. White sugar
2 C. Water
2 Tbs. Parmesan cheese,
grated
2 Tbs. Oil
2 tsp. Oregano, dried
2 tsp. Thyme, dried
1 tsp. Basil, dried
Black pepper to taste

Preparation

Preheat oven to 450°

1. In a large bowl, sit together the flour, salt, sugar, yeast, oregano, thyme, basil and black pepper.
2. Mix in vegetable oil and water.
3. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic.
4. Lightly oil a large bowl, place the dough in the bowl and turn the dough to coat in oil.
5. Cover with a damp cloth and let rise in a warm place for 20 minutes.
6. Punch dough down and place on greased baking sheet.
7. Pat into a ½-inch thick rectangle.
8. Brush top with olive oil.
9. Sprinkle with Parmesan cheese.
10. Bake for 15 minutes or until golden.



Whole Wheat Bread



Ingredients

Makes 5 loaves

10 C. Whole wheat flour

10 C. White flour

3 Eggs

4 Tbs. Fresh yeast

1 C. Milk

1 C. Oil

1 Tbs. Salt

3 Tbs. Sugar

3 C. Water

1 Egg

Sesame seeds for garnish

Preparation

Preheat oven to 350°

1. Put flour in a large bowl and make a depression in the middle of it.
1. Dissolve yeast in warm water.
2. When fully dissolved, pour into the depression in the flour and mix. Mix in the three eggs, milk, oil, salt and sugar.
3. Add water, bit by bit, until you reach the desired consistency.
4. Put in a oiled baking pan and let sit covered for 1 hour until the dough has doubled in size.
5. Take out and knead for 10 minutes in an oiled mixing bowl.
6. Return dough to baking pan, beat the last egg and brush over top of dough. Sprinkle with sesame seeds.
7. Bake for 40 min until firm and brown.





Cornbread

Ingredients

Makes 9-12 pieces

In one bowl (mix)

1 C. Fine cornmeal
1 C. White flour
1½ C. Whole wheat flour
2 tsp. Baking powder
½ tsp. Baking soda
1 tsp. Salt
1 C. Corn kernels (canned or fresh)

In another bowl (whisk)

2 eggs
1/3 C. Molasses
3 Tbs. Vegetable oil
2 C. Milk (nondairy milk can be used)
2 Capfuls apple cider vinegar

Preparation

Preheat oven to 375°

This recipe requires a 8x8 pan

1. Combine wet and dry, do not over mix.
2. Place in oil pan and bake for 20 minutes on lower rack and then transfer to middle rack for another 10-15 minutes, until it is firm to the touch. Do not overcook.
3. Serve warm with butter.



Variations: add finely diced jalapeños to dry mix (not too many), add 1 C. shredded cheddar cheese to dry mix.



Pita Bread



Ingredients



1 Tsp. Dry active yeast
½ C. Water, warm
3 C. Flour, plus extra for kneading
1¼ tsp. Salt
1 tsp. Sugar
1 C. Water, lukewarm

Preparation

1. Dissolve yeast in the warm water. Add sugar and stir until dissolved. Let sit 10-15 minutes until water is frothy.
2. Combine flour and salt in large bowl.
3. Make a small depression in the middle of flour and pour in yeast mixture.
4. Slowly add the lukewarm water and stir with a wooden spoon until dough is elastic.
5. Place dough on floured surface and knead for 10-15 minutes. When dough is no longer sticky and is smooth and elastic, it has been successfully kneaded.
6. Coat large bowl with oil and place dough in bowl. Turn dough so all of it gets coated with oil.
7. Allow dough to sit in a warm place for about 3 hours, or until it has doubled in size.
8. Once doubled, roll out in a rope, and pinch off 12-15 pieces.
9. Place balls on floured surface, and let sit covered with a towel for 10 minutes.
10. Preheat oven to 500, and make sure rack is at the very bottom of oven. Preheat baking sheet as well.
11. Roll each ball into a circle of about 5-6 inches across and ¼-inch thick with a rolling pin.
12. Bake each circle for 4 minutes until the bread puffs up, turn over and bake 2 more minutes.
13. Remove pitas with a spatula from baking sheet, take spatula and gently push down puff.
14. Immediately place in storage bags





English Muffins

Ingredients

Makes 8 muffins

Mixture # 1:

½ T. powdered milk

1 C. sugar

1 c. salt

1 c. vegetable oil

1 T. Hot water

Mixture # 2:

1 c. wet yeast

A pinch of sugar

1/3 T. warm water

1 2/3 T. whole wheat flour

1 2/3 T. white flour

polenta

1 tsp baking soda

1 tsp salt



*Eggs Florentine with
English Muffins*

Preparation

1. Mix the ingredients listed under Mixture # together in one bowl; stir until the sugar is fully dissolved and let it cool down to lukewarm.
2. Mix together the ingredients listed under Mixture #2 in another bowl and let it rest until the yeast has dissolved.
3. Add Mixture #2 to the bowl containing Mixture #1 and mix well.
4. Add the flour to the wet mixture and beat vigorously with a wooden spoon. Cover the bowl and let it rest in a warm spot for 30 minutes.
5. Set a nonstick pancake griddle over medium-low heat; coat it lightly with vegetable oil spray.
6. Add the other 2 of salt and 1 teaspoon of baking soda (see notes below) to the batter and mix thoroughly.
7. Place English muffin rings on the griddle and coat the insides with vegetable oil spray.
8. Fill each muffin ring about 3/4 full; and sprinkle polenta on top cover with a cookie sheet and cook for 5-6 minutes
9. Remove the cookie sheet and flip the muffins over with a pair of tong and sprinkle again with polenta. Cover with a cookie sheet and cook for another 5-6 minutes or until golden brown.
10. Remove the muffins from the griddle, rings and all.
11. Carefully remove the rings and let the muffins cool completely before splitting them.



Tres Leches Cake



Desserts

Chocolate Mousse



Chocolate Avocado Cupcake



Ingredients

Makes 12

Cake

$\frac{3}{4}$ C. white flour
 $\frac{3}{4}$ c. whole wheat flour
1 t. baking powder
 $\frac{3}{4}$ t. baking soda
 $\frac{3}{4}$ t. salt
1 avocado
2 eggs
1 c. panela syrup
1.5 c. milk
 $\frac{1}{3}$ c. veg. oil
2 t. vanilla

Avocado Frosting

1 Avocado
1 Tb. Lime/lemon juice
1-2 cups Powdered sugar
 $\frac{1}{2}$ tsp. Salt



Preparation

Preheat oven to 350°

For cake

1. Butter muffin pan
2. Mix dry ingredients
3. Put avocado in blender puree and add other wet ingredients
4. Mix wet and dry with spoon, gently
5. Put into muffin tins and back for 20-25 minutes
6. Let cool before frosting.
7. When cakes are cook, spread a heaping teaspoon of frosting on the top
8. Garnish with slice strawberry or a dollop of whipped cream



For Frosting

1. With a mixer blend avocado, lime and salt til lumps are gone
2. Add sugar slowly and beat until fluffy and creamy
3. Store in airtight container or spread immediately on cupcakes

Chai Spiced Muffins



Ingredients

Makes 12 muffins

dry

- 1 ½ cups white flour
- 1 ½ cups whole wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 1 T. cinnamon
- 1 tsp. cardamom
- 1 cup sugar

wet

- 3 eggs
- 1/3 cup oil
- 1 ½ cup water
- 3 T ginger juice (with pulp) grate ginger and then squeeze juice in your fist.

Glaze

- powdered sugar
- water (only a little bit)
- cinnamon
- Butter for frying

Preparation

Preheat oven to 350°

1. Mix dry ingredients
2. Mix wet ingredients
3. Combine wet and dry. Do not over mix.
4. Grease muffin tin and fill ¾ full
5. Bake for 18-25 minutes—do not over cook.

Glaze:

1. Add powdered sugar to pan with cinnamon, add a little water and stir constantly until it a syrup.
2. Let muffins cool a bit, and spoon a little glaze on top.

Serve warm. These are great with or without glaze.



Pear Apple Coffee Cake



Ingredients

Serves 8

1 ¼ cup of whole wheat flour

1 ¼ cup of white flour

1 tsp baking soda

1 tsp baking powder

1 tsp salt

2 tsp cinnamon

1 tsp cardamom

¾ cup sugar

2 eggs

1/2 cup vegetable oil

½ cup yogurt

1 ¼ cup juice (like apple or half juice half water)

1-2 pears or apples for top of cake

Preparation

Preheat oven to 350°

1. Grease small round baking pan 8"
2. Mix dry ingredients in large bowl
3. Whisk wet ingredients in small bowl
4. Cut pear or apple in spears for decorating top of cake
5. Mix wet and dry gently (do not over stir)
6. Pour into 8" or 9" Pan
7. Decorate with fruit
8. Bake 35-45 minutes until center is cook

If you like, you can sprinkle powdered sugar on top before serving.



Citrus Scented Cake



Ingredients

4 large eggs

1 cup sugar (white)

2 Tbs powdered sugar

Fresh berries for garnish

Dry

1 ½ cups white flour

1 tsp. baking powder

¼ tsp. Salt

Wet

2/3 cup olive oil

2/3 cup orange juice

1 tsp orange zest

1 tsp lemon zest

Preparation

Preheat oven to 350°

1. Mix dry ingredients in bowl
2. Whisk wet ingredients (not eggs or sugar)
3. Beat eggs and sugar with hand mixer for 4 minutes until pale yellow and triple in volume.
4. Add half dry to egg mixture and beat at low speed until blended
5. Add half wet ingredients and beat at low speed until blended. Repeat with remaining of dry and then wet ingredients
6. Pour into greased 9" spring baking pan. Bake 40-50 minutes.
7. Dust with powdered sugar or make a glaze and decorate with berries

Pineapple Upside Down Cake

Ingredients

½ c. Butter

1 C. Brown sugar

Pineapple rings to cover top of cake

3 Egg yolks

1 C. Sugar

5 T. Juice (can be orange)

1 C. Flour

1 t. Baking powder

3 Egg whites

Preparation

Preheat oven to 350°.

1. Melt butter and brown sugar and pour into 10 " cake pan
2. Arrange Pineapple on top of melted butter
3. Beat egg yolks. Add Sugar to eggs beat for a moment. Add Juice
4. Sift flour and baking powder into mixture.
5. In a separate bowl beat egg whites until stiff
6. Fold egg whites into cake batter. Pour batter evenly over Pineapples
7. Bake 45-55 minutes.
8. Turn pan upside down and place cake on plate, so pineapple is on top



Sumaya Granola



Ingredients

Makes about 9 cups

6 C. Whole oats
1/3 C. Vegetable oil
1 ½ C. Seeds (combo pump-
kin and sunflower if possible)
1 C. Orange juice
½ C. Brown sugar (dulcet)
1/2 C. Almonds roughly
chopped
1 C. Shredded coconut
½ T. Cinnamon
½ C. Macadamia nuts
(optional)

Preparation

Preheat Oven to 325°

1. Mix all ingredients with hands and put in 2 pans to cook.
2. Stir every 10 minutes.
3. Cook 30 minutes total, until golden brown.
4. *After granola is cooked, add:*
¾ C. Raisins or dates finely chopped
¾ C. Cranberries

Wait until granola cools completely and put in a plastic container to store

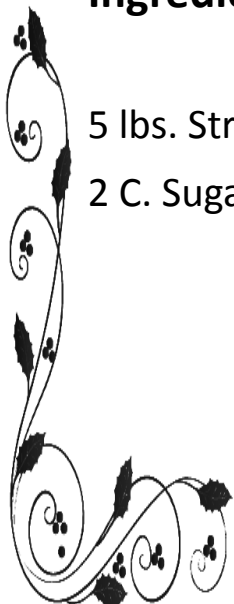
Strawberry Jam

Ingredients

5 lbs. Strawberries
2 C. Sugar

Preparation

1. Clean and disinfect strawberries.
2. Blend strawberries in blender.
3. Cook strawberries and sugar for 2 hours over low heat, stirring regularly.



Cardamom Almond Cake



Preparation

Preheat oven to 350°

Ingredients

Serves 12-16

1½ C. Flour
1 C. Whole almonds
1 Tbs. Cardamom
1½ tsp. Baking powder
1 tsp. Baking soda
¼ tsp. Salt
½ C. Unsalted butter
½ C. Oil
1 C. Sugar
3 Large eggs
2 tsp. Vanilla extract
½ tsp. Almond extract
1 C. milk
1 tsp. Apple cider vinegar
Strawberries or blackberries
and whipped cream for decoration

1. Mix flour, almonds, cardamom, baking powder, baking soda and salt in food processor.
2. Beat butter in a large bowl with a mixer for 3-4 minutes, until creamy.
3. Beat in oil. Gradually add sugar and mix for 5 minutes until fluffy.
4. Beat in eggs.
5. Add vanilla and almond extracts and mix well.
6. Combine milk with vinegar and then add, alternating with flour, into the butter mix with a spatula.
7. Pour the dough in a pan and bake for 35-40 minutes.
8. Cool for 5 minute and remove from pan.
9. Decorate with fruit and whipped cream or sprinkle with powered sugar.



Tres Leches Cake



Ingredients

1 C. Sugar
5 Egg, separated
1/3 C. Milk
1 tsp. Vanilla
1 C. Flour
1 tsp. Baking powder
1 Can condensed milk
(400 grams)
1 Can evaporated milk
(315 grams)
1 pint Whipping cream
Strawberries or pomegranate
seeds



Preparation

Preheat oven to 350°

1. Grease and flour cake pan.
2. Beat egg yolks with sugar until it doubles in volume and is clear.
3. Add milk, vanilla, flour and baking powder.
4. In a bowl, beat whites until stiff peaks form.
5. Gradually beat in remaining sugar. Beat until firm but not dry.
6. Fold egg whites into yolks and put in baking dish.
7. Bake for 45-50 minutes in the cake pan.
8. Let cool for 5 minutes once out of the oven.
9. Remove from cake pan and place in second container.
10. Mix together condensed milk, evaporated milk and ½ whipping cream.
11. Pour half the milk mixture onto the cake slowly until it absorbs. Repeat until desired wetness.
12. Whip cream and layer over top, decorate with strawberries or cherries or other berries..



Vegan Chocolate Cake



Ingredients

Serves 12-16

1 ¼ cups white flour
1 2/3 cup sugar (divided)
1 1/3 cup cocoa powder (divided)
1 tsp baking soda
1 tsp salt
1 cup (or more) soy milk (divided)
1/3 cup plus ¼ cup vegetable oil
1 cup toasted macadamia nuts (chopped coarsely)

Preparation

Preheat oven to 350° and oil 9" spring pan

1. Whisk flour, 1 cup sugar, 2/3 cup cocoa powder, baking soda and salt together.
2. In separate bowl, whisk together 2/3 cup soy milk and 1/3 cup oil and ½ cup water.
3. Mix wet and dry ingredients, careful not to over mix
4. Pour batter in pan and back for 25 minutes or until toothpick comes out clean.
5. Glaze: in a saucepan add remaining 2/3 cup cocoa powder, 2/3 cup sugar and ¼ cup oil over medium heat.. then add 1/3 soy milk and whisk until you have a glaze consistency. We used much more milk then recipe indicate. Cook for 1 minute.
6. Spread glaze over cake and sprinkle chopped macadamia nuts over cake.

Fruit Sorbet

Ingredients

2 lb Berries frozen (strawberries and/or blackberries)
Honey

Preparation

1. Put strawberries and/or blackberries through the champion juicer on correct setting
2. Add honey once the fruit has been processed
3. Freeze for at least 1 hour
4. Serve in a dessert cup with a mint leaf.





Fruit Crisp

Ingredients

Sliced Banana to cover and fill
pyrex pan (11x8)
1 lb. of Berries
¼ c. Brown sugar
Water or Juice to cover ¼" on bot-
tom of pan

Topping

1 ½ C. Oats
¾ C. Brown Sugar
1 ½ C. Whole Wheat Flour
2.5 t. cinnamon
1.5 t. salt
¾ c. butter

Preparation

Preheat oven to 350°

1. Slice Bananas medium sized
2. Put berries in a bowl and sprinkle with sugar, let sit for 10 minutes
3. Place Bananas in pan
4. Place berries on top of banana
5. Pour water over fruit
6. In a bowl: combine oats, sugar, flour, cinnamon and salt.
7. Cut in butter with 2 knives until mixture resembles coarse crumbs
8. Sprinkle over fruit
9. Bake in preheated oven for 35-45 minutes until topping starts to brown and fruit is soft. If fruit is not soft enough but topping is done, place aluminum foil over top and bake until fruit is soft.
10. Serve with a dollop of whipped cream

Fruit Pie

Ingredients

Dough

2 Lbs. Flour
1 Lb. Butter, cold and cut into small
cubes
1 Lb. Sugar
4 Eggs, beaten

Mix ingredients until they hold
together and form into a ball.
Don't over mix.

Fruit Mix

Papaya, Bananas, Pineapple, Melon, Watermelon,
chopped into pieces

½ C. Raisins	3 Tbs. Flour
1 Lemon, juiced	1 Tbs. Vanilla extract
1 tsp. Cinnamon	

Preheat oven to 350°

1. Mix the fruit with the raisins, flour, lemon juice, vanilla extract and cinnamon.
2. Roll out pie dough and place in pans. Fill with Fruit mix and bake 20 -25 minutes until edges of crust are golden brown



Banana Flambé

Ingredients

10 Bananas
1½ C. Orange juice
1 oz. Butter
5 Tbs. Brown sugar
3 oz. Rum

Preparation

1. Sauté bananas in butter for 3 minutes.
2. Add sugar and orange juice and cook until sugar dissolves.
3. Add liquor and flambé on high flame until liquor evaporates.
4. Serve in cups and garnish with ice cream or whipping cream.



Ana's Flan

Ingredients

8 servings

2 1/8 c. milk
4 eggs
1 teaspoon grated lemon peel
10 tablespoons sugar

Preparation

1. Put a tablespoon of sugar per serving over low heat until melted, being careful not to burn.
2. When the sugar turns into liquid form, place into small ramekins.
3. Take 3 eggs and separate the yolks from the whites. In a saucepan, beat the 3 egg yolks and whole egg with remaining sugar.
4. Heat the milk with lemon.
5. When the eggs make a fine creamy consistency, add hot milk. Once all mixed, pour into the ramekin.
6. Fill a large sauce pan with a few inches of water and place ramekins inside.
7. The custard is done when a knife comes out clean. Remove from ramekin after cooling.

Chocolate Mousse



Ingredients

Best to be prepared the day before (needs at least 5 hours in fridge.)

4 Eggs, separated

1 tsp. Vanilla

16 oz. Semi-sweet chocolate

2 C. Whipping cream

2 Eggs

6 Tbs. Powdered sugar

Whipped Cream and Berries
for garnish

Preparation

1. Melt chocolate by double boiling it over low heat or in microwave.
2. Add 2 whole eggs and mix well.
3. Add yolks from separated eggs and mix well.
4. Add vanilla.
5. In a separate bowl, whip heavy cream until soft peaks form.
6. Add 6 tablespoons powdered sugar, beat until stiff.
7. In another bowl, whip egg whites until stiff.
8. Fold whipped cream and egg whites into chocolate until well blended.
9. Pour into pan and chill for at least 5 hours



Cranberry Nut Biscotti



Ingredients

1¼ C. Flour
1¼ C. Yellow cornmeal
½ tsp. Salt
½ tsp. Baking powder
6 Tbs. Butter, unsalted, at room temperature
1 C. Sugar
2 Eggs, large
1 Tbs. Lemon zest, finely grated
1 C. Cranberries, dried
1 C. Macadamia nuts or almonds, chopped

Preparation

Preheat oven to 350°

1. Whisk together flour, cornmeal, baking powder, and salt.
2. Put butter in the bowl of an electric mixer fitted with the paddle attachment, mix on medium speed until smooth.
3. Add sugar and mix until light and fluffy.
4. Mix in eggs one at a time, until well combined. Reduce speed to low.
5. Add flour mixture all at once; mix until just combined.
6. Add lemon zest, cranberries, and nuts and mix until combined
7. Transfer dough to baking sheet lined with parchment paper.
8. Pat into a log that is roughly 14 by 3½ inches.
9. Bake until firm, lightly browned, and slightly cracked on top, 30 to 35 minutes.
10. Let cool on sheet on a wire rack, about 15 minutes.
11. Transfer log to a cutting board. Using a serrated knife, cut on the diagonal into ½ inch thick slices.
12. Arrange slices on a baking sheet lined with parchment. Bake cookie, rotating sheet halfway through, until they begin to brown at edges, 15 to 18 minutes
13. Let cool on sheet on a wire rack. Cookies can be stored in an airtight container at room temperature up to 2 weeks.



Date and Walnut Oatmeal Bars

Ingredients

12 servings

1¼ C. Ground oats

1½ C. Rolled oats

¾ C. Whole wheat flour

1½ tsp. Baking powder

1½ tsp. Salt

½ tsp. Cinnamon

¼ tsp. Nutmeg

¾ C. Butter, unsalted (at room temperature)

2 C. Brown sugar

3 Eggs

2½ tsp. Vanilla

1½ C. Walnuts, toasted and chopped

1 C. Raisins or dates, pitted and chopped



Preparation

Preheat oven to 350°

1. Stir in ground oats with rolled oats, flour, spices, salt, and baking powder (dry ingredients).
2. With a hand mixer, beat the butter and brown sugar until fluffy, 3-5 minutes.
3. Mix in eggs and vanilla.
4. Reduce speed to low.
5. Pour in oat mixture, stir with spoon, and mix in the walnuts and dried fruit.
6. Oil pan, spread batter evenly, sprinkle a few rolled oats on top.
7. Bake, rotating after 15 minutes.
8. Bake for a total of 35 minutes.

Do not overcook!



Choco-Peanut-Butter Cups



Ingredients

1/2 cup butter

3/4 cup crunchy peanut butter

3/4 cup graham crackers (about 10 squares)

1/4 cup brown sugar

2 cups chocolate chips

1/4 cup milk

peanuts, carob chia chunks or almonds for garnish

Preparation

Peanut Butter Filling -Add the butter, peanut butter, graham crackers and sugar to a saucepan and stir over medium heat

Make the Chocolate Topping -Heat the carob or non-dairy chips and almond milk until the chocolate chips are melted.

Place a cupcake liner in the bottom of 12 cup muffin tin.

Add 1-2 tablespoons of the peanut butter filling to the bottom of each muffin cup.

Pour the melted chocolate mixture over the top of the peanut butter of each muffin cup

Garnish each peanut butter cup with chopped peanuts, almonds or carob-chia chunks

Place in the freezer for 1 hour or until firm, remove and enjoy

Vegan Ice Cream



Ingredients

10 servings

Full ice cream maker container

Ingredients:

2 Haas avocados or 1 ½ larger avocado

1 ½ (14-ounce) can coconut milk

1/2 cup granulated sugar

1 tablespoon lime juice

1 teaspoon lime zest

1/2 cup coconut chips

Variations

For all variations – take out the lime juice and peel.

Chai Spice variation – use the same base, add 1 T Cinnamon, 1 tsp Cardamon, ¼ tsp nutmeg and ¼ tsp. cloves. If you want to add nuts use ¾ c. the last 5 minutes of stir process.

Chocolate Chunk – use the same base, but add ½ c. cocoa powder to blender. If you want to add choco chips, add ½ c. and ½ c. nuts. Do not add too much chunky ingredients as it changes the consistency of ice cream.

Salted Carmel – place 1 cup sugar in sauce pan and heat to make carmel – add this to the same base EXCEPT – take sugar out and add 1 tsp of salt. Mix well in blender and then follow normal instructions... add ¾ c. nuts if desired after 15 minutes of stir process

Preparation

Follow your ice cream makers instructions

Cut each avocado in half lengthwise, remove the pit, and scoop out the flesh into a blender or food processor. Add the coconut milk, and sugar. Blend on low until completely smooth, about 2 minutes. Stir in the lime juice and zest.

Transfer the mixture to an ice cream machine, and churn according to the manufacturer's directions*. Cover and freeze for at least 2 hours before serving, so the ice cream can become more firm.

Meanwhile, add the coconut flakes to a dry skillet heated to medium. Cook the coconut while frequently stirring until the edges begin to turn brown, about 2 minutes. Allow it to cool and then sprinkle over the ice cream for serving.

Mayan Chocolate Bliss Balls

(Vegan & Raw)

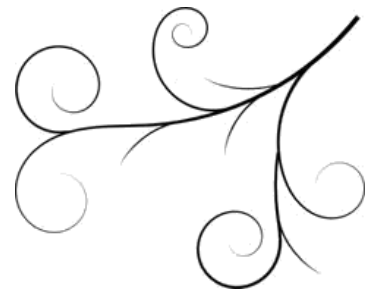


Ingredients

1 cup Pumpkin seeds slightly ground
1 cup Macadamia nuts slightly ground
2 cups raw ground Cacao
2 cups ground Flaxseed
1/2 cup ground Chia
2 cups ground sesame seeds
1/2 cup coconut oil
2 tbsp ginger juice
1 cup of Raisins (soaked in water 15 minutes)
2 cups of ground coconut flakes
2 cups of honey or agave

Preparation

Slightly grind Pumpkin seeds and Macadamia nuts together. Set aside. Grind Flaxseeds, Chia, and Sesame seeds. Mix Cacao, Flax, Sesame, Chia, Raisins and 1 cup of Honey to form a dough. Add Pumpkin seeds, Macadamia, and 2nd cup of honey. Add Ginger juice.



Make the balls

Roll into balls

Roll balls in Coconut flakes

Store in airtight container
in fridge to set

Granola Bars

(Raw, Vegan, Uses a Dehydrator)



1. Slightly grind below ingredients and put in a large bowl

1 Cup of Sesame

1 cup of Flaxseed

1 cup of Almonds

1 cup of Macadamia

1 cup of walnuts

2. add the following Ingredients

5 cups of oats

2 cups of dried chopped dates

1 cup of pumpkin seeds

1 cup of Craisins

3. blend with a little water (1 tbsp) & add to bowl.

1 cup of raisins, 10 prunes

4. Mix all ingredients with

2-1/2 cups of Honey

1 cup of Raw Cane Sugar (or agave)

2 tbsp of cinnamon

1 tbsp of Vanilla or nutmeg

1 tsp of Salt

Preparation:

5. Spread dough in a large dish

5. Freeze for 2 or 3 hours

6. Cut into Bars (24)

7. Put in dehydrator overnight



Rosemary Chocolate Chip Cookies

(by Isa Chandra of Post Punk Kitchen)

Ingredients

1/2 cup refined coconut oil, softened
2 tablespoons lightly packed, chopped fresh rosemary
1/4 cup granulated sugar
1/3 cup light brown sugar
1/4 cup almond milk (or your favorite non-dairy milk)
1 tablespoon ground flax seeds (golden preferred)
2 teaspoons pure vanilla extract
1 1/3 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 cup chocolate semisweet chips

Preparation

Preheat oven to 350 F. Lightly grease 2 large baking sheets. In a large mixing bowl, use a fork to beat together the coconut oil and rosemary, until smooth. Add the sugar, & beat for about a minute. Add the non-dairy milk and flax seeds, & beat once again, for 30 seconds or so. Mix in the vanilla.

Add about half the flour, as well as the salt and baking soda, and mix well. Add the remainder of the flour, along with the chocolate chips, and mix well until it looks like, well, cookie dough.

Scoop about 2 tablespoons of dough onto cookie sheets in rounded spoonfuls. Flatten gently with your hands. Bake for 10 to 12 minutes, until bottoms are golden brown. Cool on sheets for 3 minutes, then transfer to cooling racks to cool the rest of the way.

Mint Lemonade

Drinks

Chai Tea con Leche

Hot Chocolate with Ginger

Ingredients

Makes 10 cups

10 C. Water

6-inch piece Ginger, shredded

15 oz. chocolate, sweetened

1 C. Milk



Preparation

1. Boil water and ginger for 10 minutes.
2. Add chocolate and boil until it dissolves.
3. Add powdered milk and stir until dissolved.
4. Strain and serve.



Chai Tea

Ingredients

20 C. Water

3-inch piece of Ginger, minced

4 Cinnamon sticks

20 Pods of Cardamom, seeds removed & powdered

8 Black peppercorns

6 Cloves

5 Black tea bags

7 Tbs. Brown sugar

Preparation

1. Place water, ginger, cinnamon, cardamom seeds, peppercorns and cloves in pot and bring to boil.
2. Cover and simmer for 45 minutes.
3. Add tea bags and boil for 1 minute.
4. Strain and add sugar.
5. Serve with milk.



Mint Lemonade

Ingredients Per glass

- 1 lime
- 1 cup filtered water
- A few leaves of fresh mint
- 1 tbsp honey or agave (to taste)

Preparation

1. Squeeze lime juice into glass or blender.
2. Add the mint, sweetener and the water. Blend or stir.
3. Garnish with mint. If it's a warm day, serve over ice.

Rose Hips Iced Tea

(Also known as Rosa Jamaica or Hibiscus Flower)

Not only a refreshing hydrator, this tea has numerous health benefits. Brew as directed, then simply add your choice of sweetener and/or cinnamon. A touch of lime around the rim dipped in sugar completes presentation!



Smoothies



To make smoothies, blend all ingredients together in a blender.

Optionally use 1/3 frozen fruits.

Love

1 cup Strawberries, 2 TBS Cacao nibs, Cinnamon,
1 banana, 1/2 Cup Coconut Milk, 1/2 Cup Water

Energy

1 Banana, 4 TBS Cacao nibs & 1 cup Soy milk

Gratitude

1 medium Mango, 1 cup of chopped Pineapple,
1/2c Coconut Milk 1/2c Water

Vitality

1 Cup Spinach, or include other mixed greens such
as Swiss Chard & Kale), 1 piece of Ginger (about 1")
1/2 piece of Banana, and 1/2 cup of Pineapple



Smoothies



To make smoothies, blend all ingredients together in a blender.

Optionally use 1/3 frozen fruits.

Joy

1/4 cup Avocado, 1 entire Banana,
1/2 cup Pineapple, 1 cup water

Simplicity 1 cup Strawberries, 1 entire Banana, 1 cup Soy milk

Peace

1-1/2 cups Watermelon, 1 piece ginger (about 1" or optionally use a spring of fresh mint), 1 cup water

Quiet

1-1/2 cup of Pineapple, 1" piece ginger, and
1 cup water

Healing

1-1/2 cup of Papaya, 1" piece ginger,
1/4 cup lemon juice, 1 cup water





*We look forward to
welcoming you again soon!*