



## *Pimento Cheese Dip*

Total yield : 2 cups

### **Ingredients**

- 1 ½ cups raw cashews
- ½ cup water, more if needed to blend
- 3 TBSP fresh lemon juice
- 2 TSP Dijon mustard
- 1 TSP sriracha
- 2 TBSP jarred pimento peppers
- 1 garlic clove
- ½ TSP smoked paprika
- ½ TSP salt
- Freshly ground black pepper
- 1 TSP chopped chives for garnish

### **Directions**

1. In a high-speed blender, combine the cashews, water, lemon juice, Dijon mustard, sriracha, pimento peppers, garlic, smoked paprika, salt and a generous pinch of pepper. Blend until smooth, using the blender baton to help keep the blade moving. If the mixture is too thick, gradually add more water until smooth. Chill until ready to use.
2. Garnish the dip with the chopped chives and serve with crackers, celery, and radishes for dipping – or veggies of your choice!

## Butternut Squash Mac & Cheese

Total yield: 6 servings

### Ingredients

- 3 cups butternut squash (about 12 oz), peeled, seeds removed and cubed
- 12 – 16 oz. pasta (your choice - elbow, shells, penne, macaroni)
- 1 cup raw cashews
- 2 – 4 TBSP nutritional yeast to taste
- 2 cloves garlic
- 1 TSP Dijon mustard
- 1 TSP onion powder
- ½ – 1 TSP smoked paprika, to taste
- Juice of 1 small lemon
- 2 cups water, vegetable broth, or combo, plus more as needed
- Salt & pepper, to taste
- Optional for baking:
- ½ cup panko or breadcrumbs
- 1 – 2 tablespoons oil

### Directions

Cook the butternut squash:

1. Preheat oven to 400, spread on baking sheet lined with parchment paper, add cubed butternut squash, drizzle with a tiny bit of oil, toss well to coat, and cook in the oven for 30 minutes, or until fork tender.
2. In a pot add 2 – 3 cups of water and butternut squash, bring to a boil, reduce heat to medium low and cook at a gentle boil for 20 minutes.
3. Place butternut squash in a microwave safe bowl, add ½ cup of water, place a small plate over top of bowl, and heat for 5 minutes on high. Carefully lift plate and check if squash is ready, or cook for 1 – 2 more minutes, until fork tender.
4. Soak the cashews - Cover cashews with hot, not boiling, water and let soak at 10 minutes.
5. Cook the pasta according to package directions.
6. Make butternut squash cheese: In blender, add the cooked butternut squash, soaked cashews, nutritional yeast, garlic, onion powder, smoked paprika, lemon juice, ½ teaspoon salt and few grinds of fresh cracked pepper, add 1 ½ cups of water and blend until creamy.
7. Add more water as needed to thin to desired consistency. You don't want it too thick, as it will thicken as it sets. The sauce just needs to cling so use your best judgement on how much extra water to add.
8. Assemble mac & cheese: Add the butternut squash cheese sauce to the pasta and stir to combine, heat over low to warm through if needed. Serve as is or bake as noted below.
9. Optional - Toss ½ cup of panko or bread crumbs with 1 – 2 tablespoons of olive oil. Sprinkle the mixture over top the mac and cheese, place in a preheated oven set to 350, uncovered, for 15 – 20 minutes, or until top turns golden. Or put it a few inches under the broiler until top is crispy, about 5 minutes.



## Peanut Butter Chocolate Chip Cookie Bars (Vegan)

Total yield: 25 servings

### Ingredients

- COOKIE LAYER:
- ½ cup plus 2 TBSP creamy peanut butter
- ¼ cup plus 1 TBSP melted coconut oil
- ¼ cup plus 1 TBSP maple syrup
- 2 TSP vanilla extract
- ½ TSP sea salt
- 2 ½ cups almond flour
- 2 ½ TBSP maca powder
- 1 cup chocolate chips
- CACAO LAYER:
- 1 ½ cups walnuts
- 2 TBSP cacao powder
- ¼ TSP sea salt
- 10 soft medjool dates
- 2 TBSP water
- Flaky sea salt for sprinkling on top, optional

### Directions

1. Line an 8x8-inch baking pan with parchment paper.
2. In a large bowl, stir together the peanut butter, coconut oil, maple syrup, vanilla, and salt until combined. Add the almond flour and maca and stir to combine (the mixture will be thick). Fold in the chocolate chips and press into the pan. Place in the freezer so that it firms up a bit while making the next layer.
3. In a small food processor, pulse the walnuts, cacao powder, and sea salt until the walnuts are well chopped. Add the dates and pulse to combine, adding 2 tablespoons water if the blade gets stuck. Process until smooth, then spread onto the cookie layer. Sprinkle with sea salt if desired. Freeze for 30 minutes (this will help them firm up, making them easier to cut). Remove and slice into bars. Store remaining bars in the fridge.
4. Finished bars can also be frozen. Let each bar thaw for about 15 minutes at room temperature.

- 1 ½ cups raw cashews
- 3 TBSP fresh lemon juice
- 2 TSP Dijon mustard
- 1 TSP sriracha
- 2 TBSP jarred pimento peppers
- 1 garlic clove
- ½ TSP smoked paprika
- ½ TSP salt
- Freshly ground black pepper
- 1 TSP chopped chives for garnish
- 3 cups butternut squash
- 12 – 16 oz. pasta (your choice - elbow, shells, penne, macaroni)
- 2 – 4 TBSP nutritional yeast to taste
- 2 cloves garlic
- 1 TSP Dijon mustard
- 1 TSP onion powder
- 2 cups water, vegetable broth
- ½ cup panko or breadcrumbs
- ½ cup plus 2 TBSP creamy peanut butter
- ¼ cup plus 1 TBSP melted coconut oil
- ¼ cup plus 1 TBSP maple syrup
- 2 TSP vanilla extract
- ½ TSP sea salt
- 2 ½ cups almond flour
- 2 ½ TBSP maca powder
- 1 cup chocolate chips
- 1 ½ cups walnuts
- 2 TBSP cacao powder
- 10 soft medjool dates