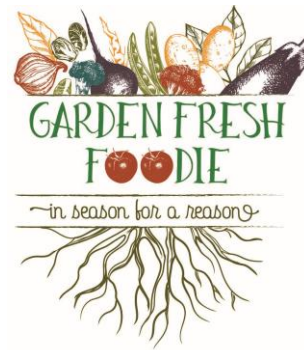


WEEK 3: 40 Days to Wellness Cooking Class Recipe

LEMON HUMMUS



PREP TIME 10 mins

COOK TIME 12 mins

Serves: 8

INGREDIENTS

- 1 cup dried chickpeas, cooked, or 2 cans
- 3 large cloves of garlic, approximately 2 tbsp
- 3 tbsp fresh lemon juice
- ½-¾ tsp kosher/sea salt
- 1 tbsp of cooking liquid (or more to thin)
- ¼ tsp cayenne pepper

garlic

INSTRUCTIONS

From Dried Chickpeas (much preferred!)

1. Soak dried chickpeas overnight or for 8 hours in 1 tsp baking soda, being sure chickpeas are covered in water 1-2 inches.
2. Drain and rinse chickpeas and place into a pressure cooker, cover with water, and add ½ tsp baking soda. Bring to pressure, reduce heat to low and cook for 12 minutes. Turn heat off and allow pressure to drop.

From Canned Chickpeas

Rinse and drain canned chickpeas. You will need 2 cans for 3 cups. Place in a pan and add ½ tsp baking soda, and cover with water. Bring to a boil and then simmer, until chickpeas become soft. Drain, reserving a few tablespoons of liquid.

Hummus

1. Place chickpeas, garlic, lemon juice, salt, and cayenne in a food processor. Blend until desired consistency.
2. If needed, add a few tablespoons of reserved cooking liquid to thin to desired consistency (I added 1 tbsp).
3. Season with additional salt and/or cayenne if needed. Enjoy with veggies, on crackers, or as a salad topper!!

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APPLE GRANOLA BARS



PREP TIME 10 mins

COOK TIME 18-20 mins

INGREDIENTS

- ½ cup of almond butter (or nut butter of choice, keeping in mind the flavor will change)
- ¼ cup of honey or maple syrup, we used buckwheat honey
- ½ cup unsweetened apple sauce
- 1 tsp vanilla
- 2 cups of whole rolled oats (not quick)
- 1 cup of peeled and chopped apple
- ¼ tsp salt
- 1 tsp cinnamon

INSTRUCTIONS

1. Preheat oven to 350 degrees. Line an 8x8 pan with parchment paper (this makes it sooooo much easier to get the bars out).
2. Mix all ingredients in a large bowl and press into the pan. This can be sticky, so if you have an offset spatula, use it! If not, wet your hands and press the mixture to fit the pan
3. Bake for about 18-20 minutes until slightly brown and firmer to touch
4. Let cool for 10 minutes in pan, and then remove by lifting the parchment. Let cool before cutting (alternatively can place in fridge and cut once cold)
5. Use a large knife and cut in half (down the middle) and then cut into 4 pieces (totaling 8).
6. Eat right away or store in the fridge.

NUTRITION INFORMATION

Serving size: 1 bar Calories: 209 Fat: 9.5 g Saturated fat: 1 g Carbohydrates: 29 g Sugar: 13 g Fiber: 4 g Protein: 5.5 g Cholesterol: 0 mg

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