# Campowerment 2016 Recipes

by Melissa d'Arabian



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# Flourless Fudgy Dream Cookies (gluten-free)

**SERVES: 20 COOKIES** **PREPARATION TIME: 20 MINUTES**



**1 cup cooked garbanzo beans, rinsed and drained**

**¼ cup chocolate hazelnut spread (like Nutella)**

**1/3 cup almond butter**

**3 tablespoons unsweetened co-coa powder**

**2 tablespoons sugar**

**1 teaspoon baking powder**

**1 teaspoon vanilla extract**

**¼ teaspoon almond extract**

Preheat oven to 350. In a small food processor, process the garbanzo beans and hazelnut spread until smooth. Add the remaining ingredients and process until smooth. The dough will be thick and sticky. Divide the dough into tablespoon-sized balls and place them on parchment-lined baking sheets. Press lightly to flatten the balls and bake until edges are firm but centers are still soft, about 10 minutes. Remove the baking sheets from the oven and al-low to cool for five minutes before trans-ferring to a wire cooking rack to let cool completely.

# Vegan Whipped Topping and Pumpkin Mousse

**SERVES: 8 CUPS** **PREPARATION TIME: 10 MINUTES**



**1 can garbanzo or white beans**
**¼ cup powdered sugar**
**2 tablespoons maple syrup**
**¼ teaspoon almond extract**
**2 teaspoons vanilla extract**
**¼ teaspoon pumpkin pie spice**
**¼ teaspoon ground cinnamon**

Strain the can of beans, reserving all the canned liquid (called aquafaba, or "bean water") and placing in a stand mixer bowl. (Use beans for another recipe.) Using the wire attachment, mix on high until very foamy, about 2 minutes. Add the remaining ingredients and whip on high speed until very silky, creamy and firm, about 10 minutes. Resist the urge to stop whipping earlier, as the mixture will be more stable with full whipping. Serve within 30 minutes, refrigerating if not serving right away.

Cook's Notes: If the the cream sits long enough that it starts to break (like for hours or even overnight), simply whip it back up! You can turn this topping into a Pumpkin mousse by mixing in 3/4 cup of pumpkin puree and a little more maple syrup. Spoon into parfait cups. Serve right away, or refrigerate for up to two hours.

# Honey Roasted Fruits with Homemade Ricotta & Hazelnuts

**SERVES: 6** **PREPARATION TIME: 1 HOUR**



**For the Ricotta:**
**3 cups whole milk (or sub part skim)**
**1 ½ tablespoons white vinegar**
**½ vanilla bean, seeds scraped out**
**For the fruit:**
**6 pears, peaches, or plums (or mix), cored & quartered**
**1 tablespoon unsalted butter, melted,**
**1 tablespoon light brown sugar**
**¼ teaspoon cinnamon**
**¼ cup hazelnuts**
**¼ cup honey of your choice**

To make the ricotta: Set a large fine-mesh sieve over a large bowl and line with a dampened piece of cheesecloth. Heat the milk in a medium stainless steel pot and bring to a boil over medium heat. Turn off the heat and stir in the vinegars and let the mixture sit for five minutes. Pour the mixture into the cheesecloth-lined sieve and drain until the ricotta is thick, about 20 minutes. Spoon ricotta into ta bowl and add vanilla seeds or other flavorings. Refrigerate up to five days in air-tight container.

To roast the fruit: Preheat the oven to 400. Toss the cut fruit with the butter, brown sugar and cinnamon and roast on a parchment-lined rimmed baking sheet until slightly soft and caramelized, about 10 minutes. Toast the hazelnuts on a second rimmed sheet until golden, about 7 minutes.

Serve the fruit topped with ricotta, chopped hazelnuts and a drizzle of honey.

# Quinoa Stovetop Dressing

**SERVES: 4** **PREPARATION TIME: 25 MINUTES**

**1 teaspoon olive oil**
**1 link sweet Italian turkey sausage, casing removed (optional)**
**½ cup chopped celery**
**½ cup chopped yellow onion**
**3 cloves garlic, minced**
**1 cup butternut squash cubes**
**1 teaspoon fresh thyme, chopped**
**1 teaspoon fresh sage, chopped**
**2 teaspoons fresh chopped rosemary**
**1 ¼ cup quinoa**
**¾ cup chicken or turkey broth**
**¾ cup water**
**¼ cup dried cranberries**
**¼ cup chopped toasted pecans**
**salt and pepper**

Cook the sausage in the olive oil in a large saucepan over medium high heat, until meat is golden, about four minutes.
Add in the celery and onion and cook until softened, about three more minutes.
Add the garlic, squash cubes, herbs and quinoa and saute for one minute.
Add the broth and water, and raise temperature to high and bring to a boil.
Once boiling, stir the rice once, and then cover and reduce the temperature to low and allow to simmer gently, covered tightly, for 12 minutes.
Turn off the heat, toss in the dried cranberries (quickly covering again) and let sit covered tightly for 5 minutes.
Remove the lid, stir, taste for seasoning, add toasted pecans and serve.