



Webinar Series Recipes

Chocolate Tofu Mousse

Serves 4

- 3.5 oz. dark chocolate
- 1 12-oz. package of silken tofu at room temperature, drained
- 2-3 tablespoons of sweetener, honey, agave, maple syrup, monk fruit syrup, etc.
- 1/2 teaspoon pure vanilla extract
- Garnish: fresh fruit, coconut shavings, chocolate shavings, etc.

1. Melt the chocolate on top of a double boiler. Alternately, you can also melt your chocolate in the microwave in 30-second intervals, stirring between intervals. Do not overcook. Be patient.
2. Combine the tofu, sweetener of choice, and vanilla in a food processor and blend until smooth. Add the chocolate and mix until well blended.
3. Portion the mousse into 4 ramekins and refrigerate for at least 30 minutes. Garnish with fresh fruit, more chocolate, or even coconut before serving. Refrigerate leftovers for up to 4 days.

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Avocado Mousse

Serves 4

- 1/4 cup chocolate chips
- 2 ripe avocados, about 8 oz each
- 1/4 cup regular cocoa powder
- 3 tablespoons milk of choice, more as needed
- 1/2 teaspoon pure vanilla extract
- 4 tablespoons liquid sweetener of choice: honey, agave, maple syrup, monk fruit syrup, etc., more as needed

1. Melt the chocolate on top of a double boiler. Alternatively, you can also melt your chocolate in the microwave in 30-second intervals, stirring between intervals. Do not overcook. Be patient.
2. Remove the flesh from the avocado, place it into a food processor or blender along with all the other ingredients, and blend until smooth. You can enjoy the mousse immediately or refrigerate it for 2 hours for a firmer consistency.

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Webinar Series Recipes

Amaranth and Quinoa Stuffed Peppers with Roasted Carrot Sauce

For Peppers

- $\frac{3}{4}$ cup PLUS 2 tablespoons quinoa, well rinsed
- 2 tablespoons amaranth or more quinoa
- 1 $\frac{3}{4}$ cup vegetable stock or water
- 4 large sweet bell peppers: red, yellow, or orange, cut in half vertically, and seeds removed
- $\frac{1}{2}$ cup salsa
- 1 tablespoon nutritional yeast
- 2 teaspoons ground cumin
- 1 $\frac{1}{2}$ teaspoons chili powder or smoked paprika
- 1 $\frac{1}{2}$ teaspoons garlic powder
- 1 $\frac{1}{2}$ cups cooked beans, such as black or pinto, approximately 1 15-ounce can drained & rinsed
- 1 cup fresh or frozen corn, defrosted if frozen

For Carrot Sauce

- 4 carrots trimmed and cut into bite-size pieces
 - 1 onion quartered
 - 6 garlic cloves whole, skin on
 - 3 tablespoons olive oil
 - 1-2 cups vegetable broth
 - Salt and pepper to taste
- Garnish:
- Sliced avocado
 - Cilantro
 - Lime



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Amaranth and Quinoa Stuffed Peppers with Roasted Carrot Sauce (continued)

1. Combine quinoa, amaranth and vegetable stock or water in a pot fitted with a lid. Bring everything to a boil, cover the pot, and reduce to a simmer. Cook for about 20 minutes or until the liquid is absorbed. Remove from the heat, and allow the pot to sit covered for 3 minutes, then remove the lid and fluff. You can also cook the quinoa and amaranth in an Instant Pot. Combine all the ingredients, reduce the liquid to 1 ½ cups, and set the Instant Pot to high pressure for 3 minutes. Allow the Instant Pot to release naturally before removing the lid and fluffing.
2. Preheat your oven to 375 degrees. Brush the peppers with oil, place them on a baking sheet lined with parchment or foil, and set aside.
3. Combine the cooked grains with salsa, nutritional yeast, cumin, chili powder or smoked paprika, garlic powder, beans, and corn. Mix well. Stuff pepper halves with filling.
4. Cover and bake in preheated oven for 30 minutes. Increase the heat to 400 degrees and cook for another 15- 20 minutes, longer if you want a softer pepper. Remove and drizzle with carrot sauce and garnishes, if desired.
5. For Carrot Sauce: Preheat your oven to 400 degrees. Toss all the ingredients, except the vegetable stock, on a baking sheet lined with foil or parchment. Roast for 30 minutes, stirring halfway through. Remove the garlic cloves and squeeze out the flesh. Combine everything plus 1 cup of vegetable stock in a blender, and blend until smooth, adding more liquid as desired.

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