

What would Holidays be without Sweets 'n Treats?

Celebration Cake, Pie, and Puddin'

JUST AMAZING Chocolate Cake - This moist cake conjured with some of the most surprising ingredients will make you laugh and laugh at how simple great eating is. Truly astounding!!!

Ingredients for Cake

- 1 chocolate cake mix – (Dr. Oetker Organic Chocolate Cake Mix)
- 1 Tablespoon Baking Powder
- 1 medium-sized carrot, grated, (small blade)
- 1 medium-sized apple, grated, (small blade)
- 1 medium-sized potato, grated, (small blade)
- 1 cup green cabbage, grated, (small blade)

Directions - Preheat oven at 350 F; Ever so lightly oil 9" cake pan

Place cake mix in a large mixing bowl and add 1 Tablespoon baking powder, mix well.

In a second bowl mix shredded fruit and vegetables, and toss well.

Mix cake mixture with shredded fruit and vegetables. Add at most 1-4 Tablespoons water if necessary.

NO More. Mix WELL. You don't want this to be too wet. The fresh plant fibers will moisten the cake.

Pour batter into the cake pan and spread evenly, out to the edges of the pan.

Cook for 25-35 minutes and watch carefully. Don't over bake, as you want this to be a done, but moist cake. When done baking, let the pan cool a bit; run a butter knife blade along the edges of the pan; then flip onto a rack to cool.

Fresh Winter Fruits Topping:

Blend 2 fresh and totally soft and ripe Hachiya (acorn shaped) Persimmons with 1-2 teaspoons lemon juice until smooth. Drizzle some of this onto a plate in a simple swirl pattern. Next place a wedge of cake onto the plate and drizzle persimmon sauce over it. Add 3-4 slices of fresh kiwi, then 10-16 pomegranate seeds, and lastly a small grating of lemon zest.

Chocolate Mousse Pie When consumed in moderation, this is a more healthful version of the traditional high-fat, high calorie French delicacy. Chocolate contains antioxidants for cancer prevention. Wow!!!

Ingredients

- 1 cup semisweet chocolate chips
- 1 cup fortified soymilk or other nondairy milk
- 2 packages (12.3 ounces each) low-fat silken tofu (and an optional chopped banana, if so desired)
- 1 teaspoon vanilla extract
- 1 (10") ready-made graham cracker pie crust (optional)
- 10 strawberries, sliced
- 10 fresh mint sprigs (optional)

Directions

Place the chocolate chips and soymilk in a microwave-safe bowl and microwave for 1 minute. Let rest for 2 minutes. OR you can place the chocolate chips and soymilk in a double boiler over gently simmering water. Heat, stirring occasionally, until the chips are melted.

Transfer the chocolate chip mixture to a food processor or blender. Add the tofu and vanilla extract and process until smooth. Pour into the crust (For simple Mousse, pour into small individual serving dishes) and chill for 2 hours in the refrigerator or 30 minutes in the freezer.

Top with strawberries (or seasonal fruits, see above recipe) just before serving and garnish with the optional mint. Stored in a covered container in the refrigerator, leftover Chocolate Mousse will keep for up to 3 days. (No in my house!!!)

Tapioca Pudding - Tapioca is a starch derived from the root of the cassava plant. Using nondairy ingredients is important, since the consumption of dairy foods had been linked to cancers of prostate, breast, and ovary.

Ingredients

2 cups fortified soymilk or other nondairy milk

1/4 cup instant tapioca

1/4 cup sugar

1/4 teaspoon salt

1 teaspoon vanilla extract

Directions

Combine the soymilk, tapioca, sugar and salt in a saucepan and stir to mix. Let stand for 5 minutes. Bring to a boil over medium heat, stirring almost constantly. Remove from the heat and let stand for 15 minutes. The pudding will thicken as it cools. Stir in the vanilla extract (and zest from a lemon, lime, or orange, optional). Serve warm or thoroughly chilled (optional toppings: fresh persimmon, cinnamon, grated coconut, chopped nuts). Stored in a covered container in the refrigerator, leftover Tapioca Pudding will keep for up to 3 days.

CONVENIENT Healthy Holidays!

We're knee deep into the season of gatherings and celebrations. And food of course is always part of these whirl-wind times. One of my strategies for staying healthy during this time when the weather is cold, people are passing hugs (and germs), and eating is on-the-run, is to have something nutritious and grounding on hand at all times. In other words I PLAN AHEAD, knowing that I will be hungry and will be looking for something that is CONVENIENT short of fatty, salty, sugary commercial fast foods.

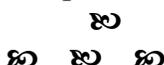
A bowl of chili beans, a pot of soup, a grain or potato (yam) salad, or even cut veggies ready to curry are all great items to make quantities of and have on hand. The refrigerator, according to my grandmamma (103 yrs old), is one of the greatest inventions of her time. She honors it as a 'time machine' where she notes that foods keep their 'goodies' much longer than usual due to the fact that cold temperatures suspend their animation (they grow old v e r y s l o w l y). Just think, a soup made today and stored under proper refrigeration could keep for 3-4 days. This means that my refrigerator not only is a time machine, yet a CONVENIENCE machine as well. (Freeze some too for even longer storage.)

What does this look like? Today I have a bowl of chili beans with a side of winter squash, tomorrow my chili beans accompanies a vegetable medley salad and on the third day I am rolling some chili beans along with rice into a burrito topped with guacamole. Ok, so you're asking about the fourth day of chili beans!!! On Day One I put a portion of chili beans in my freezer and labeled it for 'next Tuesday' when I will take it out of the freezer in the morning to eat 'em for dinner after returning from a meeting that I will be attending after work that day. I will be hungry and thankful that these foods that in yester year might have been called leftovers, I now dub them '*Plan Aheads*' with good cause. Convenient? You bet they are.

Some of these 'Plan Ahead' meals can be eaten as lunches. I pack dinner extras in reusable plastic or metal containers when cooled. (Recently, I discovered To-Go Ware, a clever little stacking unit that provides enough space for lunch and a snack. Purchase locally at Eco Goods SC or Whole Foods Markets, SC/Capitola. (Look forward to upcoming Cooking Classes in 2010) Season's Greetings!

Please send questions, suggestions, tips, or topics that you would like explored.

Sandi Rechenmacher HHP, NC, MH
PO Box 1403, Soquel, CA 95073



Nutritional Consultant & Educator
simplynutritious@gmail.com