

RECIPES TO HELP FIGHT CANCER



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Foods to help fight cancer

Our intention in creating this recipe booklet is for everyone to feel empowered in their ability to create a happy, healthy and well-balanced lifestyle. With the help of many resources, we have put together a list of foods and recipes that will strengthen our immune system while nourishing our bodies.

No single food exists that can protect you against cancer by itself; however, strong evidence shows that a diet filled with a variety of plant foods such as vegetables, fruits, whole grains and beans can help to lower the risk of many cancers (1).

The American Institute for Cancer Research recommends the following for cancer prevention:

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods.
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. Limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt.
8. Don't use supplements to protect against cancer.

The New American Plate

The AICR encourages people to aim for meals that are made up of 2/3 (or more) vegetables, fruits, whole grains or beans and 1/3 (or less) animal protein.

A predominantly plant based diet is loaded with vitamins and minerals which keep the body healthy and strengthen our immune system. Vegetables and fruits are also good sources of substances like phytonutrients. Phytonutrients are biologically active compounds, which can help to protect cells in the body from damage. Foods containing fiber are also linked to a reduced risk of cancer (1). Fiber is found in whole-grain bread and pasta, oats, vegetables and fruits. Being mindful of what kinds of food and portion sizes our meals consist of can also be a helpful tool in weight management.

Introduction

Include a variety of these foods in your daily meals and snacks to gain the greatest benefit!

Fruits

- Berries: Blueberries, strawberries, raspberries, blackberries and cranberries
- Apples
- persimmons and apricots
- Citrus fruit (oranges, lemons, grapefruit)
- Cherries
- grapes

Vegetables

- Broccoli and Cruciferous vegetables: (Brussels sprouts, green cabbage, cauliflower, white turnips, rapini)
- Squash (winter)
- Tomatoes,
- Dark leafy greens (spinach, kale, mustard greens, collard greens, Swiss chard)

Whole grains

- brown rice
- quinoa
- bulgur
- oatmeal

Legumes (lentils, peas, dry beans)

- kidney beans
- black beans
- chickpeas
- yellow split peas
- red lentils

Herbs and Spices

- Turmeric
- ginger
- basil, thyme, oregano, rosemary
- garlic, onion, leek, shallots, chives
- parsley and celery

Vitamin D (optimize vitamin D status)

- Cod liver oil
- salmon
- sardines
- Milk enriched with vitamin D
- Eggs

Omega-3s

- Fatty fish (mackerel, whole anchovies, sardines)
- Salmon
- flaxseeds (make sure to grind before use)

Mushrooms

- shiitake, maitake, enoki, cremini, portobello, oyster and thistle oyster

Soy

- Tofu, tempeh and miso

Green Tea

- drink 2-3 cups a day for an excellent source of antioxidants

Recipes

Thai Carrot & Beet Salad by Jessica Blanchard

A variation of this salad was served at one of my favorite café's on Koh Samui. It is light and extremely satisfying, a great way to eat raw beets and carrots, especially when warm outside.

This recipe is a snap if you have a food processor and can use it to grate the beets and carrots. It is a satisfying salad for summers when cooking is not an option...

3 cups grated carrots (around 4 large carrots grated)

2 cups grated beets (around 2 beets grated)

1/4 cup cashews

1/2 cup chopped coriander

1 can light coconut milk or 1 cup of unsweetened SoDelicious coconut milk

juice of one lime (around 1/4 cup)

1 Tablespoon of agave nectar or brown sugar

1/4 cup raisins

pinch of salt

Optional: 1/4 cup dry roasted coconut flakes, roast by putting in a dry pan for a few minutes on low heat, watching carefully not to burn.

Dry roast the cashews in a dry pan on medium heat, watching carefully not to burn.

Chop coarsely. Mix the carrots, raisins and beets together. Add the coconut milk, lime, and salt, toss together to mix. Add the coriander and cashews. Let stand for 10 minutes and the carrots and beets will make lots of their own juices. Add the coconut flakes.

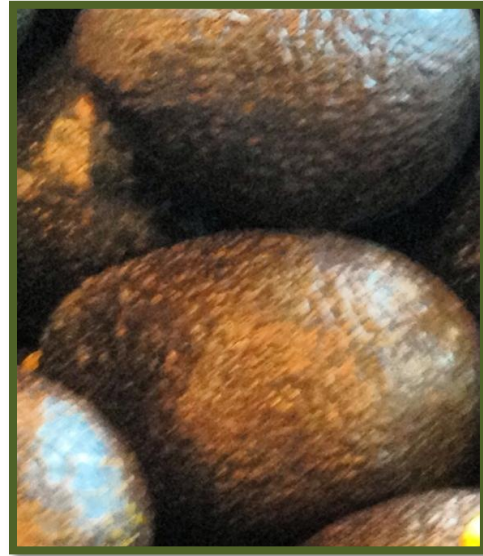
Recipes

Quinoa and Avocado Salad

Serves 2

Ingredients:

1/3 cup quinoa
2/3 cups water
1 cup cherry tomatoes – halved
½ cup diced cucumber
½ cup broccoli – steamed or raw
2 tablespoons lime juice
½ tsp cumin
salt and pepper to taste
2 cups baby spinach leaves
1 avocado – peeled, pitted and sliced



Directions:

1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Spread into a mixing bowl, and refrigerate until cold
2. Once the quinoa has chilled, gently stir in the tomatoes, cucumber, and broccoli. Season with lime juice, cumin, salt, and pepper; stir to combine. Divide the spinach leaves onto salad plates, and top with the quinoa salad. Garnish with the avocado slices to serve.



Recipes

Thai Cole Slaw

This is a delicious and quick salad that is fantastic in the summer heat, because the flavors are simple yet intensely flavorful. Cruciferous vegetables like cabbage, kale and broccoli are anti-cancer powerhouses.

The dressing is also a delicious topping for steamed vegetables and rice.
Makes one large bowl of salad, enough for 6-8 people

Ingredients

1/2 head green cabbage
1/4 head purple cabbage
1 red pepper
1 yellow or orange pepper
1 carrot julienned or grated
1/2 cup chopped coriander (optional)

Dressing

1 can coconut milk
1/2 cup peanuts
juice of 1 lime
2 teaspoons chopped ginger
2 tablespoons of agave nectar
1/2-1 teaspoon Thai green curry
salt to taste
1/2 teaspoon coriander powder
1/4 cup fresh cilantro or basil

So simple to prepare. Mix all salad ingredients into a large bowl. Add all dressing ingredients to a blender and blend until the dressing makes a uniform mixture. You may want to add more green curry or salt. Mix the dressing into the vegetables. This salad is best after chilling for a couple hours – giving the flavors time to mature.



Recipes

Sweet Potato and Kale Soup

Makes: 6-7 cups

4 cups vegetable broth (or chicken broth)
4-5 medium sweet potatoes
3-4 cups kale
 $\frac{3}{4}$ - 1 cup onion
Garlic, salt, pepper
Turmeric OR chili powder
1 cup water
Olive oil (if using veggie broth)

1. Pierce potatoes with fork. Bake at 400 degrees for about 45 minutes, or until very tender. Let cool.
2. Once cooled, peel skin from potatoes. Blend broth, potatoes, onion, and spices until smooth.
3. In a large stockpot, add water, kale, and olive oil (if wanted) until just boiling.
4. Add blended sweet potato to water mixture. Simmer until warm.

Recipes

Thai Curry made simple

One of my favorite all time food experiences is the fresh curries made in Thailand with fragrant spices - lemongrass, kefir lime, and Thai basil and the most important ingredient, fresh coconut milk. While it is not possible to recreate the entire experience at home, it is possible to create an easy, fresh and healthy version of a Thai curry.

Ingredients

1 can of coconut milk or 1-2 cups of So Delicious unsweetened coconut milk

1-2 tsp. Thai green curry paste

Fresh lemongrass, kefir lime (optional but great, lime zest is a replacement), Thai basil, fresh cilantro, 1 shallot or 1/2 onion, garlic (optional)

Cumin seeds or powder, chile or some hot spice (optional, the curry paste is quite spicy)
Salt

Your choice of - Broccoli, cauliflower, eggplant, zucchini, carrots, sweet potatoes

Brown rice for serving

A good quality blender makes all the difference for this recipe. First mix a bit of coconut milk with 1 stalk of chopped lemongrass, zest of 1/2 lime, 1 bunch cilantro, 1 tsp. cumin seeds, 1 good sized shallot, and the curry paste in the blender until very well mixed. IN the meantime, pre-cook the longer cooking veggies like sweet potatoes, carrots, etc. Fry this on medium heat for 2-3 minutes, then add the rest of the coconut milk and the veggies and cook for 5-10 minutes. In Thailand the veggies are normally very lightly cooked so that they are crispy. Garnish with Thai basil - this should not be cooked. Serve over brown rice.

Collard Wraps with Optional Stuffings

Believe it or not, Louisiana's native collard greens are a star ingredient in this fantastic vegan wrap that has been gracing the best blogs for the past year. Although some bloggers recommend using the greens raw, I found that they crumbled and tore very easily raw. Blanching gave them a beautiful color and made them much easier to work with.

This is another recipe that showcases cruciferous vegetables, which are powerhouses for fighting cancer.

6-8 large, whole collard leaves

large pot of water large bowl of cold water; I kept the water in the sink, and added more cold water after adding the hot greens to continue to cool

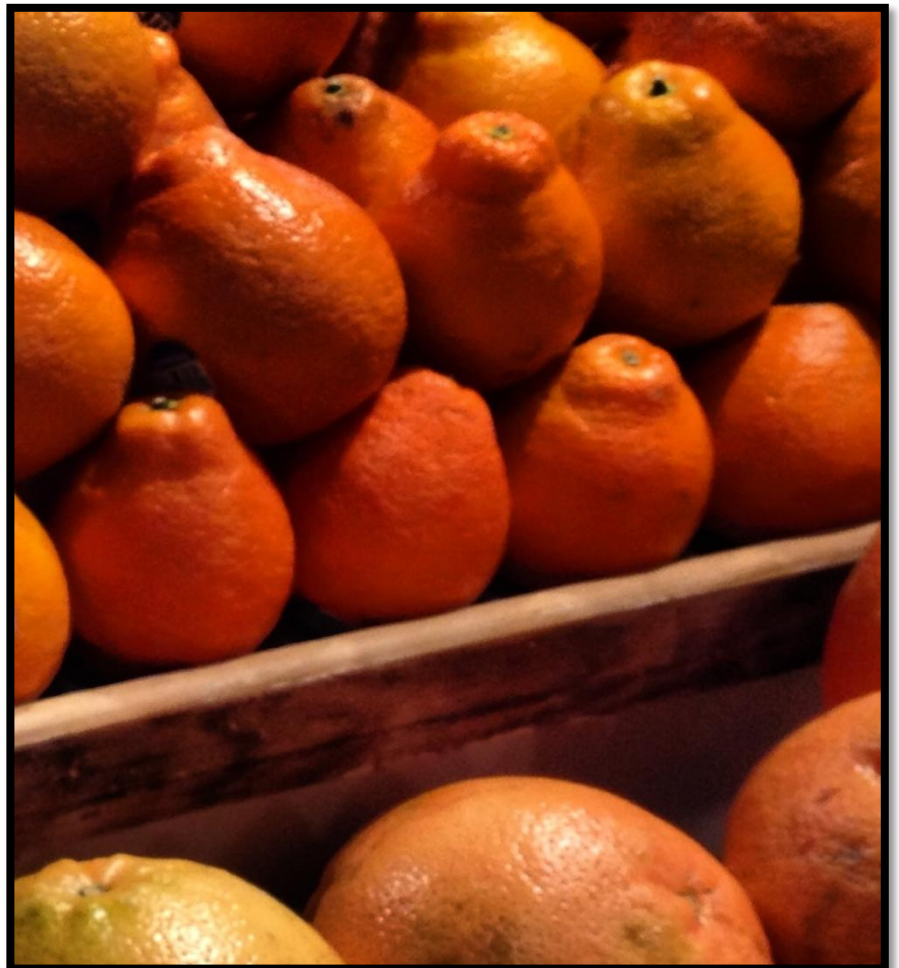
In order to make the greens easy to roll, the tough stem needs to be removed. Turn leaf so that the protruding stem faces up, using a paring knife, gently shave the stem off the leaf, starting at the interior of the leaf and working outward toward the stalk (See this website for great pictures & tutorial <http://www.choosingraw.com/collard-wrap-tutorial/>)

Boil water, add 3-4 greens at a time, careful not to break the leaves. Boil for one minute, remove using tongs and place into cold water for one minute. Remove from cold water, lay on flat surface on paper/dish towels.

To assemble:

1. Place one wrap on a flat surface, with the cut side facing you.
2. Put a line of filling from 1 inch from the stalk down the center of the spine of the leaf.
Pile chopped veggies on top of the filling.
3. Fold the stem side and the top side of the leaf towards the center, fold one of the other edges towards the center, then roll the wrap towards the non-folded side.
4. Store with the edge of the leaf facing downwards. Cover to keep dry.





Chicken Salad with Asparagus and Toasted Almonds

Serves 4

Ingredients:

2 1/2 cups (1-inch) diagonally cut asparagus
1/4 cup low-fat organic Greek yogurt
1/4 cup plain organic low-fat yogurt
1 teaspoon curry powder
1 teaspoon fresh lemon juice
1/4 teaspoon salt
1/8 teaspoon black pepper
2 cups/breasts chopped roasted skinless, boneless, organic chicken breasts
1/3 cup chopped red bell pepper
1/4 cup chopped fresh flat-leaf parsley
2 tablespoons sliced almonds, toasted

Directions:

1. Steam the asparagus, covered, 2 minutes or until crisp-tender.
2. Combine the mayonnaise and next 5 ingredients (mayonnaise through black pepper) in a large bowl, stirring well with a whisk. Add the asparagus, chicken, bell pepper, parsley, and almonds; toss to coat.

Garlic Green Beans

Makes: 8 1-cup servings

2 lb green beans, whole
3 tablespoons extra-virgin olive oil
3 Tbs minced garlic
3 Tbs minced fresh parsley
1 Tbs chopped fresh tarragon (OR 2 tsp dried)
1/2 tsp salt
Pepper to taste

1. Boil green beans about 4 minutes, or until tender-crisp. Once cooked, directly transfer beans to ice water to cool. Once cool, blot beans dry with kitchen towel.
2. Heat olive oil in a large skillet over medium heat. Add garlic and cook about 30 seconds, or until fragrant. Add green beans and stir. Add parsley, tarragon, salt, and pepper. Cook until heated.





Recipes

Veggie pizza

Makes: 20 2x2 squares

- 2 – 8 oz. packages crescent roll dough
- 2 – 8 oz. packages plain Greek yogurt – strained (replaces cream cheese)
- 1 cup avocado puree (replaces mayonnaise)
- 1 – 1 oz. package dry Ranch-style dressing
- 3-4 cups of your favorite veggies
- 1 cup shredded cheese (optional)

1. Preheat oven to 375.
2. Roll out crescent dough on cookie sheet. Pinch edges to form pizza crust.
3. Bake crust 12 minutes, then let cool 15 minutes.
4. In a small bowl, combine Greek yogurt, avocado puree, and dry Ranch dressing. Spread over the cooled crust.
5. Arrange veggies and cheese. Chill for 1 hour.

Artichoke and Arugula Pizza with Prosciutto

Serves 4 (2 pieces per serving)

Ingredients:

Cooking spray

1 tablespoon cornmeal

14oz whole wheat pizza dough

2 tablespoons pesto

Sprinkling of shredded part-skim organic mozzarella cheese

1 (9-ounce) package frozen artichoke hearts, thawed and drained

1 ounce thinly sliced organic prosciutto

1 1/2 cups arugula leaves

1 1/2 tablespoons fresh lemon juice

Directions:

1. Position oven rack to lowest setting. Preheat oven to 500°
2. Coat a baking sheet with cooking spray; sprinkle with cornmeal. Unroll dough onto prepared baking sheet, and pat into a 14 x 10-inch rectangle. Spread the pesto evenly over dough, leaving a 1/2-inch border. Sprinkle mozzarella cheese over pesto.
3. Place baking sheet on the bottom oven rack; bake at 500° for 5 minutes. Remove pizza from oven.
4. Coarsely chop artichokes. Arrange artichokes on pizza; top with sliced prosciutto. 5. Sprinkle with Parmesan. Return pizza to the bottom oven rack; bake an additional six minutes or until crust is browned.
6. Place arugula in a bowl. Drizzle juice over arugula; toss gently. Top the pizza with arugula mixture. Cut the pizza into 4 (7 x 5-inch) rectangles; cut each rectangle diagonally into 2 wedges.

Recipes

Fish Tacos with Mango Salsa

Makes 2 tacos

Ingredients:

Salsa:

½ cup chopped, peeled mango
½ cup chopped tomato (green or red)
2 tbsp finely chopped red onion
4 tsp fresh squeezed lemon juice
½ tsp chili pepper
Salt and pepper to taste

Tacos:

2 (4oz salmon fillets)
Cooking spray
½ tsp Old Bay Seasoning
4 (8 inch) whole wheat tortillas
1 cup spinach leaves – washed, dried and chopped

Directions:

1. To prepare salsa, combine the first 7 ingredients in a small bowl; toss well.
2. To prepare tacos, preheat broiler.
3. Place fish on a broiler pan coated with cooking spray; sprinkle fish evenly with seasoning. Broil 6 minutes or until desired degree of doneness.
4. Heat a medium nonstick skillet over medium-high heat. Lightly coat tortillas with cooking spray. Add the tortillas to pan, 1 at a time; cook 1 minute on each side or until lightly toasted. Divide fish evenly among tortillas; top each taco with 1/4 cup greens and 1/4 cup salsa. Serve immediately.

Recipes

Cilantro Pork with Fresh Pineapple

Serves 4

Ingredients:

14 oz organic pork loin or fillet, trimmed
¼ pineapple, peeled and trimmed
1 tbsp EVOO
4 garlic cloves, chopped
4 scallions, chopped
1 tbsp fish sauce
1 tbsp fresh squeezed lime juice
1 large handful of cilantro leaves
1 large handful of mint, chopped

Directions:

1. Partially freeze pork until it is just firm and then slice it thinly.
2. Cut pineapple flesh into bite size pieces
3. Heat oil in a wok or heavy-bottomed frying pan
4. Add garlic and scallions and cook over medium high heat for 1 minute. Remove from wok.
5. Heat the wok to very hot; add the pork in batches and stir fry for 2-3 minutes, or until just cooked.
6. Return the scallions and garlic to the wok and then add the pineapple pieces, fish sauce and lime juice. Toss to combine and cook for 1 minute or until the pineapple is heated is through. Add cilantro and mint, toss to combine. Serve immediately.

Serving suggestion: Serve on top of steamed brown rice.

Adapted from *the produce bible* by leanne kitchen. Pg 124

Recipes

Mediterranean Cashew Cheese

This is a fantastic recipe that I modified from www.choosingraw.com

The taste is rich and creamy, and a perfect substitution for dairy cheese.

1 1/2 cup cashews, soaked overnight. This step is important to get creamy cashew cheese.

1 clove garlic

water

8 large sun dried tomatoes (not oil packed)

1 tsp italian seasoning (or 1/2 tsp oregano, 1/2 tsp thyme)

2 tablespoons lemon juice

1/2 teaspoon salt

Fresh black pepper

1/4 cup fresh basil or parsley. 2 tablespoons of thyme also work very well.

Place the sun dried tomatoes in 1/2 cup very hot water, let sit 10 minutes. Drain the soaked cashews, put into food processor with garlic and lemon juice. Process until they form a thick paste. Drain the tomatoes, reserving the water. Add 2 tablespoons of the tomato soaking water and the tomatoes and continue to process. Add more water until the mixture becomes light and fluffy, reminiscent of ricotta. Add salt, pepper, dried and fresh herbs, pulse to combine.



Recipes

Sweet Potato Hummus

This recipe is very forgiving. I usually bake a few sweet potatoes at a time, eating some fresh and using the rest for hummus.

1 large sweet potato or two small
2 cans garbanzo beans, cannelloni beans work very well too
1 inch chopped ginger
1 tablespoon tahini
juice of 1 lime or lemon
salt to taste
pinch of cayenne
optional fresh herbs: thyme, rosemary, basil or parsley
2-4 tablespoons water

Preheat oven to 350 degrees F. Wash sweet potatoes, puncture with a fork a few times and wrap in foil. Bake until very soft, 30-45 minutes depending on the size of the potatoes. Let cool completely and peel off the skin. Add to food processor. Rinse garbanzo beans, put into a pot with clean water, bring to a boil (this step is optional but gives a creamier hummus). Put all other ingredients except herbs in processor. Mix, adding small amounts of water if necessary to mix. Add the herbs and pulse to combine.



Recipes

Not-Your-Mama's Oatmeal Hot Breakfast

Here is a way to incorporate some unusual grains into your breakfast routine. Amaranth, buckwheat and barley can be found in bulk sections of your local health food store (Whole Foods). If you can't find them, you could use oats for the whole portion.

Makes 4 servings

2 cups water
1/4 cup amaranth
1/4 cup buckwheat groats
1/4 cup oats
1/4 cup barley
2 tablespoons raw cocoa powder
1 cup unsweetened almond milk
2 tablespoons raisins or other dried fruit
1 ripe mashed banana for sweetness or 2 tablespoons of agave or maple syrup
1 teaspoon vanilla extract
4 tablespoons ground flax meal
4 tablespoons chia seeds
For garnish - blueberries, blackberries, raspberries, or chopped apples

Bring water to boil in a medium sized pot; add the amaranth, buckwheat, oats and barley. Stir to distribute evenly. Add the cocoa powder, stirring well to get it to dissolve. Boil 10 minutes, add the almond milk banana, and the raisins, return to boil. At this point the porridge will be liquid-y, not too worry! Turn off heat, add the vanilla extract, ground flax and chia seeds; stir well to distribute. Let sit 5 minutes so that the chia and flax absorb much of the water. To serve, top with fruit of your choice - berries go especially well with this breakfast.

Note: I make one pot of this breakfast, have one serving for breakfast, then divide the remaining 3 up equally in glass containers. For serving, I boil 1/2 cup water, add the porridge, and stir into the water. Add fruit of choice and enjoy!



Fig, Apple and Almond Breakfast Loaf

Makes 2 loaves, 9 servings per loaf

Ingredients:

Streusel:

2 1/2 tablespoons brown sugar
2 tablespoons all-purpose flour
1 1/2 tablespoons coarsely chopped almonds
1/8 teaspoon ground cinnamon

Bread:

1 cup dried figs
1/2 cup boiling water
Cooking spray
1 tablespoon all-purpose flour
2 large egg whites
1 large omega-3 egg
1 cup applesauce
1/3 cup organic plain fat-free yogurt
1/2 teaspoon almond extract
3/4 cup granulated sugar
1 1/2 ounces all-purpose flour
1/2 cup ounces whole-wheat flour
1/3 cup chopped almonds, toasted
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon baking soda



Directions:

1. Preheat oven to 350°.
2. To prepare streusel, combine first 4 ingredients in a small bowl, stirring with a fork until crumbly; set aside.
3. To prepare bread, combine figs and 1/2 cup boiling water in a small bowl; let stand 30 minutes. Coat 2 (8-inch) loaf pans with cooking spray; dust with 1 tablespoon flour.
4. Place egg whites and egg in a medium bowl; stir well with a whisk. Add applesauce, yogurt, and almond extract; stir well. Add sugar; stir well.
5. Weigh or lightly spoon 6.75 ounces all-purpose flour and 2.5 ounces whole-wheat flour into dry measuring cups; level with a knife. Combine flours and remaining ingredients in a large bowl, stirring with a whisk. Drain figs, and coarsely chop. Add figs and applesauce mixture to flour mixture, stirring until just combined. Divide batter between prepared pans. Sprinkle streusel over batter. Bake at 350° for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pans for 15 minutes on a wire rack; remove from pans. Cool completely on wire rack.

Adapted from Cooking Light – October 2010



Recipes

Blueberry Coconut Macadamia Muffins

Makes: 12 large muffins

- ¼ cup unsweetened coconut
- 2 Tbs. all-purpose flour
- ¾ cup black beans – pureed (replaces flour)
- 2 Tbs brown sugar
- ½ cup brown sugar
- 6 tablespoons chopped walnuts
- 1 tbs canola oil
- 1 cup whole wheat flour/pastry flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/8 tsp salt
- ½ tsp ground cinnamon
- 1 tbs chia seeds + 1 cup water (replaces egg)
- 1 egg white
- 1 tbs lemon juice + 1 cup skim milk (replaces buttermilk)
- 3 tbs applesauce (replaces butter)
- ½ tsp coconut OR vanilla extract
- 2 or more cups fresh/frozen (not thawed) blueberries

1. Combine 1 Tbs. chia seeds with 1 cup water and let sit for 15 minutes.
2. In a separate bowl, combine lemon juice and skim milk.
3. Puree black beans in food processor or blender.
4. Preheat oven to 400.
5. Combine unsweetened coconut, all-purpose flour, 2 Tbs. brown sugar, 2 Tbs. walnuts, and 1 Tbs. applesauce in a bowl.
6. In a separate bowl, mix the black bean puree, whole-wheat flour, baking powder, baking soda, salt, and cinnamon.
7. In another bowl, combine the remaining ½ cup brown sugar, 1 Tbs. applesauce, chia seed mixture, egg white, milk mixture, 1 Tbs. canola oil, 2Tbs. applesauce, and coconut extract (or vanilla). Add to puree mixture.
8. Make a hole in the middle of the dry ingredients and slowly pour in the wet ingredients. Mix, but do not over-stir.
9. Stir in blueberries and remaining 4 Tbs. of walnuts.
10. Pour into muffin cups and sprinkle with coconut. Gently press the coconut into the batter.
11. Bake at 400 for about 20 minutes. Let cool 10 minutes in pan, and then let cool on wire rack 5 minutes before serving.

Recipes



Garden Vegetable Crustless Quiche

Makes 10 Servings

Ingredients:

3 egg whites
3 large omega-3 eggs
1 1/2 cups (6 ounces) shredded reduced-fat organic Monterey Jack cheese, divided
1/2 cup 1% low-fat organic milk
1/2 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1 (16-ounce) carton fat-free organic cottage cheese
Cooking spray
4 cups sliced zucchini (about 4)
2 cups diced potato
1 cup finely chopped green bell pepper (about 1)
1 cup sliced mushrooms
1/2 cup chopped fresh parsley
2 tomatoes, thinly sliced

Directions:

1. Preheat oven to 400°.
 2. Beat egg substitute and eggs in a large bowl until fluffy. Add 3/4 cup cheddar cheese, milk, flour, baking powder, salt, and cottage cheese.
 3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. 4. Add zucchini and the next 3 ingredients (through mushrooms); sauté for 5 minutes or until tender. Add the zucchini mixture and parsley to egg mixture. Pour mixture into a 3-quart casserole dish coated with cooking spray. Top with the remaining 3/4 cup cheddar cheese and 3/4 cup Jack cheese. Arrange tomato slices over cheese.
 5. Bake at 400° for 15 minutes. Reduce oven temperature to 350° (do not remove dish from oven), and bake for 35 minutes or until lightly browned and set.
- Note: Substitute corn or spinach for some of the vegetables, if you wish.

Recipes

Brownie Bites with Chocolate Ganache Frosting

Oh, these turned out so very well. Rich and creamy with just the right amount of sweet. I first experimented with black beans in brownies last year, and the result was great. This time I wanted to create something whole grain with less added sugar. The result was a success!

Makes 24 brownie bites

2 cups cooked black beans, canned are fine, rinse well after opening
2 Tablespoons ground flax
1/4 cup + 2 Tablespoons agave nectar (maple syrup or honey would work fine)
8 plump medjool dates (if they are dry, soak in a little water to soften)
1/4 cup peanut butter (or any nut butter)
1 cup oats ground into a flour
2 Tablespoons almond or soy milk
Add ins (optional): 1/4 cup raw coco nibs, 1/2 cup hazelnuts; ground up in food processor

Preheat oven to 350 degrees F. Line 2 cookie sheets with parchment paper. Place the beans, dates, flax, peanut butter and agave into a food processor and blend well, until the mixture is fairly uniform. Add the oats and soy milk and blend again to combine. Add the hazelnuts and cacao nibs and pulse to combine. If mixture is too wet, add a little more oat flour, if too dry add almond milk 1 tablespoon at a time. It should be wet and sticky. Mold into balls using around 1 tablespoon of batter for each, wet fingers if dough is sticky. Bake for 12 minutes, remove and let cool.

Ganache Frosting

2 Tablespoons Cocoa Butter
1/2 cup coconut oil
1/3 cup agave nectar
3/4 cup high quality raw cacao powder
pinch of cayenne
1 teaspoon cinnamon
pinch of sea salt

Melt the cocoa butter and coconut oil in a double boiler. This can be as simple as a glass bowl over boiling water. When completely melted, gradually add the cacao powder, a couple tablespoons at a time. Whisk to combine. If mixture starts to lump, gently re-heat the coconut oil on a low flame. Add the cinnamon, cayenne and salt.

To assemble: Top each brownie bite with a dollop of frosting. I used my hands to mold the frosting and make it shiny. Pop into the freezer for 30 minutes to solidify the frosting. Remove and prepare to be wowed!

Recipes



Recipes

Fruit pizza

Makes: 20 2x2 squares

½ cup applesauce
1/3 cup sugar
1 tsp. vanilla extract (replaces sugar)
1 Tbs. chia seeds + 1 cup water (replaces egg)
1 ¼ cup whole wheat flour
1 tsp. cream of tartar
½ tsp. baking soda
¼ tsp. salt
1 - 8 oz. package greek yogurt
½ cup mashed banana (replaces sugar)
2 tsp. vanilla extract
2-3 cups favorite fruits

1. Preheat oven to 375.
2. In a large bowl, blend applesauce, sugar, and 1 tsp. vanilla until smooth. Mix in chia seed mixture.
3. In a separate bowl, combine flour, cream of tartar, baking soda, and salt. Stir into the applesauce mixture until just blended.
4. Press dough into a greased pizza pan.
5. Bake for 8-10 minutes or until lightly brown. Cool completely.
6. Beat greek yogurt, banana, and 2 tsp. vanilla until smooth and light.
7. Spread on crust.
8. Arrange desired fruit. Chill for 1 hour.



References

1. American Institute for Cancer Research. <http://www.aicr.org/foods-that-fight-cancer/>. Accessed May 10, 2013.
2. Servin-Schreiber D. *Anti Cancer: A New Way of Life*. 1st American ed. New York, NY: Penguin Group; 2009.



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