

# *Yum* Universe

Bonus Recipes



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For more recipes, resources, inspiration, step-by-step photos, videos, courses and tips, visit [Good Food Cooking School](#).

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## Warming Cayenne, Lemon & Ginger Drink

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### INGREDIENTS

- 2 cups water
- 1 – 2 tsp raw honey
- 1 – 2 hearty pinches of cayenne
- 1 – 2 tsp ginger, minced
- 1 tbsp lemon juice

### SERVES 2+

*All the goodies in this drink boost circulation, which keeps the body nice and warm during cold winters, or summers where the thermostat is out of your control, like my old office. I had to wear fingerless gloves and scarves there year-round (I know some of you know this one well). Also, if you can get over how weird it may seem, a pinch of cayenne in your socks can help to warm your entire body, but I digress. If you're not quite ready to go there just yet, you can sip on this drink instead.*

### STEPS

1. Stir or blend together ingredients and warm in a pot until hot.

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***psst!*** Make it creamy by adding a non-dairy milk recipe from *YumUniverse* (page 276).

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## Yellow Split Pea Soup

SERVES 2 - 4

*This protein and fiber-rich soup proves that you don't need ham for big flavor from a pea soup. Treat it like an Indian dal (like a stew) and serve over brown or Forbidden rice.*

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### INGREDIENTS

1 cup dry yellow split peas, soaked  
8 cups veggie stock  
2 tsp coconut oil (optional)  
1 yellow onion, diced  
1 cup carrots, chopped  
1 tsp ground coriander  
½ tsp ground cumin  
½ tsp ginger, minced  
½ tsp ground turmeric  
½ tsp mustard seeds  
½ cup coconut milk  
1½ tsp sea salt  
¼ ground cinnamon  
Pinch ground cloves  
Black pepper to taste

### STEPS

1. Heat a large stock pot to medium, add oil, carrots, and onion, and sauté for 7 minutes. Add spices and stir together for about 2 minutes for some exciting aromatic action.
2. Add veggie stock and coconut milk and bring to a boil. Once boiling, reduce heat to a simmer and cover pot for 2 hours until peas are soft.
3. Season with salt and pep and serve warm.

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***psst!*** Make this soup with an equal amount of lentils or mung beans instead of peas (cook time is significantly less).

—  
Serve with Cashew Cream Sauce from *YumUniverse* (page 209).

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## Carrot Cake Muffins

SERVES 12+

*I used to dislike raisins, especially in baked goods. Walking on the street in Chicago one day, a gal walked by me in a “stupid raisins, stay out of my cookies” t-shirt and I remember shaking my head in an “mmhmm, amen sister” sort of solidarity. But just like with celery, avocado, kale, and beets, the day came where I began to embrace raisins — wanting to put them in loads of dishes. Like this muffin recipe that also has vegetables in it. Boy, I’ve come a long way.*

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### INGREDIENTS

#### Dry:

- 1 cup sorghum flour
- 1 cup sucanat
- ¾ cup almond flour
- 1 tsp baking soda
- 1½ tsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp sea salt

#### Wet:

- 1 tbsp chia
- ¾ cup warm water
- 2 tsp apple cider vinegar
- 2 tsp coconut oil (optional)
- 1 tsp vanilla extract
- ½ tsp fresh ground ginger
- 1 tbsp fresh orange juice

#### Fold-ins:

- 1 cup carrot, grated
- ¼ cup pecans, toasted and chopped
- ¼ cup walnuts, toasted and chopped
- ½ cup shredded coconut, toasted
- ½ cup sundried raisins (optional)

### STEPS

1. Preheat oven to 325°F and line muffin tin with parchment liners.
2. Place all wet ingredients in the blender and let them sit for 5 minutes so chia seeds can plump.
3. In a large bowl, sift together dry ingredients and prepare your fold-ins.
4. Blend wet ingredients until smooth and fold into dry ingredients. Once mixed, add fold-ins.
5. Fill muffin tin to the top with batter and bake for 35 minutes. Remove from oven and cool in the pan.

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**psst!** If you want to skip the oil in this one, add ¼ cup sliced banana or ¼ cup diced apple to the blender in step 4.

—  
Use mini muffin tins for adorable bite-sized carrot cakes. If you do, shave 5–10 minutes off of the baking time.

—  
If you’re in the “stupid raisins” camp, by all means, leave them out.

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#### INGREDIENTS

- 2½ cup Anasazi beans, cooked (1 cup dry)
- 3 cloves garlic, sliced
- ½ cup onion, diced
- ¼ cup lemon juice
- ½ cup veggie stock
- 1½ tsp sea salt
- 1 tsp coconut oil (optional)
- ½ tsp black pepper

## Easy Bean Dip

#### SERVES 4+

*I often make a version of this spread with whatever beans I have soaked at the time so I have a nice dip for a snack of celery and snap peas throughout the week. I love how the Anasazi beans in the recipe make this recipe slightly pink, but feel free to try Cannellini beans, yellow eye beans, mung beans, or even black-eyed peas for this dip.*

#### STEPS

1. In a skillet heated to medium high, add coconut oil and onion. Sauté for 5 minutes, then add garlic and sauté another 3 minutes. Transfer them to a food processor.
2. Add remaining ingredients and purée until super smooth.

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***psst!*** This spread is a great addition to wraps and sandwiches — so much more flavorful than mayo.

—  
For some kick, add 1 tsp cumin, ¼ tsp coriander, and ¼ tsp cayenne. With this combo, you could also try ¼ cup lime juice instead of lemon.

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## *Blackberry & Lemon Syrup*

**SERVES 8+**

*This is one of my favorite ways to top recipes from “YumUniverse” like Banana Pancakes (page 167) or Vanilla Bean Ice Cream (page 285).*

**STEPS**

1. In a sauce pot, bring all ingredients to a boil, then reduce heat and simmer for 20 minutes until berries break apart.
2. Strain through mesh sieve, nut milk bag, or cheesecloth.
3. Serve warm or chilled.

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***psst!*** Try different berries in equal amounts, or a mixture of many.

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Instead of lemon zest and juice, try orange or lime.

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You can always save the goodies caught in the sieve from the straining and fold into ice cream, yogurt (make your own with this recipe), or even blend into non-dairy milk from *YumUniverse* (pages 276–277).

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**INGREDIENTS**

- 1 cup maple syrup
- 2 cups blackberries
- 2 tsp lemon zest
- 3 tsp fresh lemon juice
- Pinch fine-ground sea salt

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