



Adapted recipes from 'Meet The Coup Cooks' Cookbook

Club Med Salad

This salad will blow your mind! The Tahini Lemon Garlic salad dressing is one of my newest all time favourites.

Adapted from the un-falafel salad from The Coup Cookbook.

Makes 1 large salad.

Ingredients:

- 3-4 cups of Your favourite greens (I used organic mixed greens)
- 3-4 pickles (I used sweet pickle slices), chopped into small pieces
- 6 black olives, pitted and chopped, optional
- 1/2 Red banana pepper cut into rings OR 1/2 regular red pepper, chopped
- 1/4 orange pepper, chopped
- 5-8 sundried tomatoes
- Handful of sprouts
- 1/2 avocado, sliced
- 1/4-1/2 cup carrots, shredded
- 1/4 cup beets, shredded
- 1-2 tbsp sesame seeds
- 2-3 tbsp Tahini Lemon Garlic Dressing (follows below)
- 1/2 cup chickpeas or my Crispy chickpea bites (<http://ohsheglows.com/2010/10/28/crispy-chickpea-bites-in-the-oven/>)

Directions: Place all ingredients into a bowl except the dressing and sesame seeds. Drizzle on dressing and lightly toss. Sprinkle on sesame seeds and serve. See below for dressing recipe.

Tahini Lemon Garlic Salad Dressing

Adapted from The Coup cookbook.

Ingredients:

- 1/4 cup tahini
- 1-2 garlic cloves
- 1/2 cup fresh lemon juice
- 1/4 cup nutritional yeast
- 1/2 cup extra virgin olive oil
- 1 tsp kosher salt
- Fresh ground black pepper, to taste

Directions: In a food processor, process all ingredients until smooth. Makes about 1.5 cups.

Beatnuts Pate

Adapted from The Coup cookbook.

Ingredients:

- 1/2 cup mixed unsalted nuts (I used 2 tbsp walnuts, 1/4 cup almonds, 2 tbsp cashews)
- 1/4 cup unsalted sunflower seeds
- 3 tbsp unsalted pepita seeds
- 1 medium sized beet, peeled and chopped
- 1 garlic clove
- 3-4 tbsp fresh lemon juice
- 3 tbsp extra virgin olive oil
- Kosher salt, to taste (approx 1/2 tsp-1 tsp)

Directions: In a food processor, process the seeds and nuts until a fine crumb forms. Remove and set aside in a bowl. Place the chopped beets, garlic, lemon juice, and olive oil into the processor. Process until smooth. Remove from processor and add beet mixture to the nut/seed mixture and stir well. Add salt to taste.

Coconut Chai Latte

Simply decadent, creamy, and delicious! My new favourite latte. Adapted from The Coup Cookbook.

Ingredients:

- 1/4 cup + 2 tbsp almond milk
- 1/2 cup strong chai tea, brewed for 10 mins (I used 2 tea bags)
- 3 tbsp coconut milk cream (thick, creamy part at top of can, NOT low fat coconut milk that is watery)
- 1 tbsp pure maple syrup
- 1 tsp pure vanilla extract
- Pinch of cinnamon, to garnish

Directions: In a small pot on medium heat, combine milk, chai, and coconut milk. Bring to a simmer and lower heat for 1 minute. Stir in maple syrup and vanilla. Add mixture to blender and blend until frothy for 60-90 seconds. Pour into mug and sprinkle with cinnamon. Makes 1 mug.

Chocolate Avocado Torte

Crust adapted from The Coup Cookbook.

Crust ingredients:

- 1 cup + 6 tbsp whole grain spelt flour
- 1/4 cup + 2 tbsp cocoa powder
- 1/2 tsp baking powder
- 1/2 cup + 1/3 cup white sugar
- 1 tbsp arrowroot powder
- 1 tsp kosher salt
- 4 tbsp + 2 tsp canola oil
- 1/2 cup almond milk
- 3 tbsp pure maple syrup

Filling:

- 4 medium avocados, pitted and scooped out
- 1/2 cup almond milk
- 2/3 cup pure maple syrup
- 1 tbsp smooth peanut butter (or almond butter)
- 1 tbsp arrowroot powder
- 1/4 tsp kosher salt
- 1 tsp pure vanilla extract
- 1 cup + 2 tbsp chocolate chips, melted
- 1/4 cup cocoa powder, sifted

Directions: Preheat oven to 375F. In a large bowl, sift together the dry crust ingredients (spelt, cocoa powder, baking powder, arrowroot powder, sugar and salt). In a medium bowl, whisk the wet crust ingredients (oil, maple syrup, milk). Add wet to dry and stir well. (recipe continues below)...

In a 10 inch springform cake pan, scoop on the crust batter and spread out with a wet spoon or wet hands. The batter will be **very sticky** so you will have to keep wetting your spoon/hands. Spread out as evenly as possible and bake for 25 minutes at 375F.

Meanwhile, prepare the filling by placing all filling ingredients (except chocolate chips) into food processor. Process until smooth.

Once the crust is done baking, remove from oven to slightly cool off for about 5-10 mins. Now melt your chocolate chips in a small bowl and place melted chocolate into food processor mixture. Process until smooth. Scoop this filling into cake pan on top of crust. Smooth out as much as possible and then place in the freezer for 1.5-2 hours to firm up.

Remove from freezer and allow to sit on the counter for about 10-15 minutes before serving chilled.
Serves 10-12.