

# Cedar Maple Iced Tea



*2 cups fresh cedar*  
*4 cups water*  
*maple syrup*

This brew is delicious warm or cold and is simple to make.

Cedar is a sacred tree and is part of many ceremonies, used to purify homes, and used to treat fevers, chest colds, and flu.

1. Bring water to a boil.
2. Add cedar and simmer for 10 minutes, until water becomes golden.
3. Strain off cedar and transfer tea to pitcher.
4. Sweeten with maple syrup to taste.
5. Serve hot, or chill and add ice as desired.



# Wojapi



*1/3 cup water    1/2 cup fresh strawberries  
pinch salt      1/2 cup fresh blueberries  
1/2 cup fresh blackberries  
1/2 cup fresh raspberries  
1 Tbsp maple syrup*

1. Wash all fruit and remove leaves or stems.
2. Bring the water and salt to a simmer in a medium sauce pan.
3. Add berries to pan and continue cooking over medium-low heat, stirring occasionally.
4. Cook until berries are very soft - 20 to 30 minutes.
5. Continue to stir as the berries break down, and cook until desired consistency is reached (typically preferred pretty thick).
6. Add maple syrup to taste (may need more or less than 1 Tbsp).
7. Allow sauce to cool then transfer to tightly lidded container.
8. When not in use, store in refrigerator or freezer.

Serve as a sauce accompaniment to meat dishes, salads, and grain bowls, or as a topping for breads and pancakes.



# Cranberry Sage Salad Dressing



*4 Tbsp sunflower oil*                      *1/3 cup water*  
*1/2 cup minced leeks*                      *1/2 tsp sumac*  
*1 cup cranberries*                          *1/2 tsp sea salt*  
*1/4 cup apple cider vinegar* *1 medium sized sage leaf, minced*  
*1 Tbsp maple syrup*

1. Heat 2 Tbsp of the oil in a large saute pan over medium heat.
2. Add the finely minced leeks and saute until soft - about 5 minutes.
3. Add the cranberries and cook, stirring, until berries are soft and begin to pop - about 5 minutes.
4. Set pan aside to cool.
5. Once cooled, transfer cooked leeks and cranberries to a blender.
6. Add vinegar, maple syrup, water, sumac, salt, and minced sage to blender.
7. Blend for 30-60 seconds.
8. Drizzle in remaining 2 Tbsp of oil until emulsified.
9. Add additional water if too thick.
10. Transfer dressing to airtight container and refrigerate.



# Wild Green Pesto



*4 oz any combination of wild greens (dandelion, sorrel, mustard, mint, etc.)*

*1/4 cup sliced leeks*

*1/4 cup sunflower seeds*

*2/3 cup sunflower oil*

*1/4 tsp sea salt*

*1/4 tsp maple syrup*

1. Wash greens and roughly chop.
2. Cut off the root end of the leeks, and the top where it begins to turn green.
3. Rinse leeks well to remove grit, and cut into 1/4 inch slices.
4. Place chopped greens, sliced leeks, and sunflower seeds in food processor.
5. Begin to blend, slowly adding in all the oil a bit at a time.
6. When everything is fully incorporated, remove bowl from processor, take out the blade, stir and taste.
7. Add salt and maple syrup as needed, to your taste.
8. Store in covered container and refrigerate.

Serve as an accompaniment to meat dishes, grain bowls, or pasta.





# Golden Cornbread



*1/4 cup sunflower oil + 1 oz 1/4 cup agave nectar*  
*1 1/2 cups masa harina 4 oz frozen corn*  
*1 1/2 cups yellow corn meal 1 Tbsp sea salt*  
*1 quart pureed squash 2 cups vegetable stock*  
*1/4 cup maple syrup*

1. Preheat oven to 350 degrees.
2. Line 9x13 pan with parchment paper and grease with 1 oz of oil.
3. Combine all ingredients in large mixing bowl and mix well.
4. Cover bowl and let dough sit for 1 hour to absorb moisture.
5. Add additional vegetable stock if dough is too dry.  
\*Correct dough consistency = thick, but pourable
6. Evenly spread dough mixture into prepared pan - do not overfill.
7. Bake for 20 minutes.
8. Reduce oven to 300 degrees, rotate pan, and bake 1 hour.
9. Bread will pull away from pan and be golden when done.
10. Cool completely before cutting and store at room temperature.

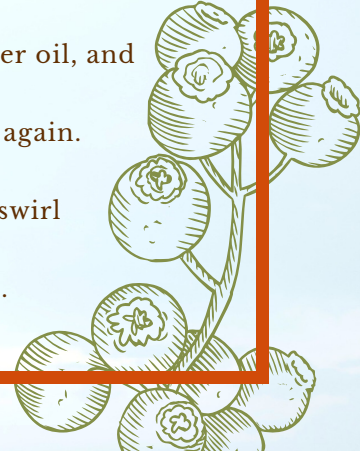


# White Bean Coffee Cake



*2 cups cooked/canned white beans*      *1/2 tsp salt*  
*3 Tbsp agave syrup*                      *3/4 tsp baking soda*  
*1/3 cup raw honey*                        *1 1/2 tsp baking powder*  
*1 1/2 tsp vanilla extract*                *3 cups walnuts*  
*1/4 cup sunflower oil*                    *1/4 cup maple sugar*  
*6 eggs*                                        *2 Tbsp coconut oil*  
*1/2 cup coconut flour*

1. Preheat oven to 325 degrees.
2. Combine walnuts, maple sugar, and coconut oil in blender and pulse until crumbly. Transfer to bowl and set aside.
3. In same blender, combine beans, agave, honey, vanilla, sunflower oil, and eggs. Blend until smooth.
4. Add coconut flour, salt, baking soda, and baking powder. Blend again.
5. Grease 9x13 pan with sunflower oil and pour in cake mixture.
6. Distribute walnut crumble topping evenly on top of batter and swirl gently through the batter with a fork.
7. Bake for 45 minutes or until toothpick inserted comes out clean.



# Great Northern Bean Dip



6.5 oz dried great northern beans  
1 tsp smoked salt  
1/3 cup water - reserved from cooking beans  
1 tsp toasted sage

1/2 tsp sumac  
1 1/2 Tbsp sunflower oil

1. Soak beans overnight in cooking pot, at least 12 hours.
2. Bring beans and soaking water to a boil, then simmer until tender.
3. While beans are cooking, toast fresh sage leaves in hot, dry saute pan until crisp, set aside.
4. Drain beans well, but reserve 1 cup of the water to use later.
5. Transfer hot beans to food processor, then add salt, sumac, toasted sage, oil, and 1/3 cup of the reserved bean water.
6. Blend until dip is smooth - can continue adding reserved water in small amounts if dip is too thick.
7. Taste and adjust seasonings as you like.
8. Transfer dip to shallow pan and spread out - leave uncovered to cool.
9. Once cooled, cover and refrigerate until ready to eat.

Serve warm with corn chips, crackers, or raw vegetables.



# Roasted Squash Dip



*1 squash (butternut, acorn, etc.) - 2 cups pureed*  
*1/2 tsp sumac*  
*sunflower oil for greasing pan*  
*1/4 tsp sea salt*  
*1 Tbsp maple syrup*

1. Preheat oven to 350 degrees.
  2. Line baking pan with parchment paper and grease with small amount of oil.
  3. Wash squash, cut in half, and scoop out seeds.
  4. Place squash halves cut side down on baking pan and bake for 20 minutes.
  5. Check squash, and continue baking 10 minutes at a time until soft.
- \*Total baking time will be 30-45 minutes*
6. When cool enough to handle, scoop out 2 cups of squash and transfer into a food processor.
  7. Blend until smooth.
  8. Add maple syrup, sumac and salt to pureed squash.
  9. Adjust seasoning as desired.
  10. Serve right away, or cover in airtight container and refrigerate.

Serve warm with corn chips, crackers, or raw vegetables.

