

◆ RECIPES ◆

The ALCHEMIST'S ILLUSION

GIGI PANDIAN

Carrot Cake Breakfast Cookies (vegan)

*Cooking time: 30 minutes (plus 1 hour for baking the sweet potato, if not using canned pumpkin)
Makes approx. 16 cookies*

Ingredients:

- 1 cup baked sweet potato (or substitute 1 cup canned pumpkin puree, unsweetened)
- 2 cups rolled oats
- 1 cup finely chopped and pitted Medjool dates (around 10-12)
- 1 cup shredded carrots
- 1/3 cup melted coconut oil
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1 tsp baking powder
- 1/4 tsp salt
- dash cayenne (optional)
- 1/2 cup chopped pecans
- 1/4 cup raisins (or substitute dried cranberries)
- 1/4 cup almond flour (optional, but good to use if you want the cookies to be more durable to transport them)

Directions:

Advance prep: Bake a large sweet potato ahead of time (1 hour at 400), if you want to use fresh sweet potato instead of canned pumpkin. If your dates are too hard to work with, place in a shallow bowl and soak them in hot water for 10 minutes.

Preheat oven to 350 and prepare a large baking pan with parchment paper. In a large bowl, mix the oats, sweet potato (or pumpkin), carrots, coconut oil, and spices. Combine well, using a fork or your fingers. Stir in the pecans and raisins. Using a 1/3 cup measuring cup, scoop onto the parchment paper. Bake for approximately 22 minutes.

Variation: If you prefer a smoother cookie, mix the first batch of ingredients (everything except nuts and raisins/cranberries) in small batches in a food processor.

Variation: There's no added sugar to the recipe above. If you'd like to turn this into a sweeter dessert treat, add 1/4 cup date syrup or maple syrup, make the cookies slightly smaller with a 1/4 cup measuring cup, and reduce the cooking time to 20 minutes.

Summer Fruit Compote (vegan)

Total cooking time: 10 minutes

Makes 8 servings

Ingredients:

- 1 1/2 cup frozen summer berries, such as blackberries, blueberries, and strawberries
- 1 tsp maple syrup
- 1 tsp fresh squeezed lemon juice
- 1/4 tsp ground ginger
- 1/4 tsp ground cardamom

Directions:

Combine all the ingredients in a small saucepan on medium-low, stirring periodically, for approximately 10 minutes, until syrupy.

Use to top oatmeal, toast, or scones.

Variation: If it's summer and you have fresh berries, you can use fresh berries instead, but add 1 Tbsp of water or more, to make sure the mixture doesn't burn.



Fire Tea, Four Ways

All of the teas below are a mix of healing spices, acids, and optional sweeteners. For each, pour near-boiling water over the ingredients in your favorite mug, stir, and enjoy.

The Flamels' Fire Tea

- 1/4 tsp cayenne
- 1/4 tsp turmeric
- 1/4 tsp ginger powder
- 1/4 tsp cinnamon
- dash of salt and pepper
- lemon juice
- optional 1/2 tsp coconut oil

For easier prep, mix a larger batch of the dry ingredients in a glass jar with a lid. Scoop 1 tsp when ready to drink.

Tobias's Cayenne Fire Tea

- 1 tsp cayenne
- 1 tsp freshly sliced ginger
- 1 tsp freshly squeezed lemon juice
- 1 tsp honey

Zoe's Simple Fire Tea

- 1 tsp cayenne
- dash salt
- 1 tsp freshly squeezed lemon juice

Blue's Added-Kick Fire Tea

- 1/2 tsp cayenne
- 1/2 tsp cinnamon
- 1 tsp freshly squeezed lemon juice
- 1 tsp Apple Cider Vinegar (raw with the "mother")
- 1 tsp honey