

NATURE 'S FOOD PATCH Market & Café

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HOLIDAY APPETIZERS & MUNCHIES (GLUTEN FREE)

CHICKPEA SALSA

1/2 Cup	Minced Onions
1 tsp.	Olive Oil
2	Garlic Cloves, minced
1 tsp.	Coriander Seeds, ground
1/2 tsp.	Cumin Seeds, ground
1/2 tsp.	Garam Masala
1/8 tsp.	Cayenne
1 Cup	Diced Tomatoes
1-1/2 Cups	Cooked Chickpeas
2 tsp.	Fresh Lime Juice and Zest
2 Tbsp.	Cilantro
	Unrefined Salt to taste

Sauté onions on low for 5 minutes. Add garlic, coriander, cumin, garam masala and cayenne and sauté for 2 minutes. Stir in the tomatoes. Cover and simmer 5 minutes. Blend beans until creamy and smooth. Stir into simmering tomato mix. Add lime juice, zest and cilantro. Cook on low for 3 minutes. Add salt to taste. Serve hot or cold.

SWEET & CREAMY GINGER DIP

1 Pkg.	Extra Firm Silken Tofu
2 Tbsp.	Dried and Sweetened Ginger
2 Tbsp.	Agave Nectar or Honey
2 Tbsp.	Lemon Juice and Zest
1/4 tsp.	Cinnamon
3	Apples and/or Pears, sliced
	Fresh Lemon Juice and Zest

Blend tofu, ginger, sweetener, lemon juice and cinnamon until smooth and creamy. Cut fruit into slices and dip in lemon juice. Dip and enjoy.

TOMATO RED PEPPER MOUSSE

2 Cups	Stock or Water
1/2 Cup	Agar Agar Flakes
1/2 Cup	Tahini
6 Oz.	Tomato Paste
1/4 Cup	Nutritional Yeast
2-1/2 Tbsp.	Lemon Juice and Zest
1 Tbsp.	Onion Powder
2	Garlic Cloves, minced
1 tsp.	Unrefined Sea Salt
Dash	Cayenne
1/3 Cup	Roasted Red Pepper, minced
1/3 Cup	Green Bell Pepper, minced

Whisk agar agar in water. Place in pot and bring to a boil. Lower heat and simmer 10 minutes. Place everything (except peppers) in a food processor and blend. Stir in peppers by hand. Put into lightly spray oiled mold and chill 2 hours. Serve with crackers.

***Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff***