Eating Well: Holiday Desserts

Presented by
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sodexo
Pecan & Flax Pie Crust

Makes a 10" pie

Ingredients

1 Cup  Oat Flour
2 Cups  Raw Pecans
3 Tablespoons  Ground Flax
2 Tablespoons  Sugar
1 Teaspoon  Cinnamon
1/2 Teaspoon  Kosher Salt
1/4 Cup  Brown Rice Syrup
1 Tablespoon  Earth Balance

Procedure

Seperately pulse in a food processor the Oats, Pecans, and Flax
Then combine to form a blended flour
Pulse in sugar, cinnamon and salt
Add syrup and melted earth balance to form a sticky "dough"

Press dough into pie pan
Bake at 350 degrees for 10-12 minutes

Cool completely treat like a normal crust
Chocolate Tofu Silk Pie

Ingredients

13 ounces Semi sweet Chocolate
1/4 Teaspoon Kosher Salt
1/3 cup Coffee
1 Teaspoon Vanilla
1 Tablespoon Honey
1 pound Silken Tofu

Procedure

In a double boiler melt all ingredients except Tofu
In a blender puree tofu and mix in melted chocolate mixture

Pour into a prepared crust and chill over night

* If silken tofu is unavailable:
  Puree 1 pound of firm tofu with 1 tablespoon of milk until smooth
**Healthy Alternatives**

**Cooking Fats**

*Canola Oil*
Canola oil is a good source of alpha-linolenic acid. Studies show that ALA may help protect the heart against the effects of blood pressure, cholesterol, and inflammation.

*Coconut Oil*
Coconut oil can also positively affect our hormones for thyroid and blood-sugar control. Increases metabolism, energy and endurance. Improves fat soluble vitamin absorption rates. Contains lauric acid which can raise one's HDL cholesterol.

*Earth Balance Brand Butter Substitute*
Non hydrogenated
Blend of heart healthy oils
Vegan
High in Omega - 3's

**Natural Sugar Alternatives**

*Honey*
Reduces ulcers
helps prevent some cancers and heart disease
Low GI
Easy to digest
Full of Anti-Oxidants

*Agave Syrup*
Low GI
Boosts calcium absorption
300 less calories per cup compared to white sugar

*Brown Rice Syrup*
Again, Lower GI
Contains vitamin B, thiamine, niacin, vitamin B6 and Vitamin K
Contains Maltose for slow absorption = sustained energy
**Butternut Squash Pie**  
Makes a 10” pie

1 3/4 Cup  
Roasted Squash

2 each  
Eggs

1 Cup  
Soy or Almond Milk

1/2 Cup  
Agave Syrup

1 1/2 Teaspoon  
Cinnamon

1/4 Teaspoon  
Ginger

1/4 Teaspoon  
Nutmeg

1/4 Teaspoon  
Kosher Salt

*Can substitute spices for 2 Teaspoon Pumpkin Pie Spice

**Procedure**

Beat Eggs  
Add Milk  
Beat in pureed squash  
Add Seasonings  
Will be loose

Pour into crust  
Bake: 450 for 10 minutes; reduce to 350 bake 1/2 hour

Should be wiggly like a custard but not hard when done.
**Slow Cooker Apple Cobbler**

**Serves 8**

**Ingredients**

- 6 Apples Sliced
- 1/2 cup Stevia
- 3 Tablespoons Oat Flour
- 1/2 Teaspoon Cinnamon
- 1/2 Teaspoon Nutmeg
- 1/4 Teaspoon Clove
- 1/2 Cup Raisin
- 1/2 Cup Walnuts
- 1/2 Cup Cider

**Procedure**

Mix all ingredients
Cook on High for 2 hours in slow cooker

* Can substitute pears for apples
  Also try different dried fruits in place of raisins
  Add Rhubarb for extra tang

Goes great with Vanilla Soy Ice Cream