

goddess brunch

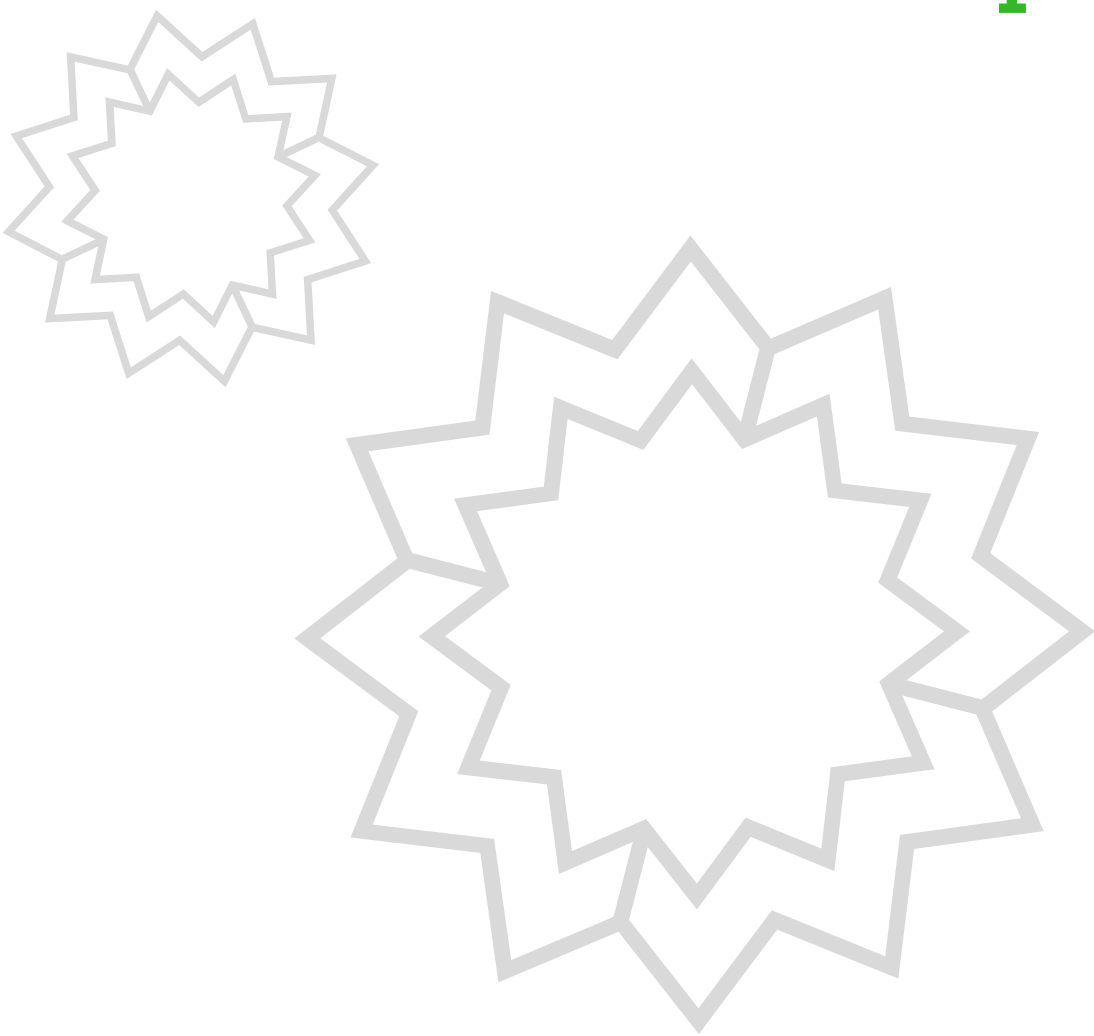
# holiday nourishment



2016



clean recipes made with love





# goddess brunch philosophy



Sasha created Goddess Brunch in the summer of 2015 as a way for friends in the wellness industry to hang out in a homey, non-networking environment. The simple idea of getting comfy on the couch together to enjoy each other's company and food continues to grow into a beautiful, inspiring community of wellness leaders and enthusiasts, who all agree that whole body nourishment comes in the form of delicious and healthy food, passionate people to share a meal with, and really good hugs. Enjoy a few of our recipes for the holiday season, and be well!

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# brands we love



- anita's** | coconut yogurt
- bob's red mill** | dry goods
- doTerra** | essential oils
- DRINKmaple** | pure maple water
- frontier co-op** | organic spices
- juice plus** | fruit + vegetable capsules
- matchaful** | organic matcha
- navitas naturals** | superfood seeds, nuts, berries
- new barn** | organic almond milk
- nutiva** | organic coconut oil, superfoods + more
- once again nut butter** | nut + seed butters
- purity farms** | organic ghee
- thrive market** | online store for natural food + products
- whole foods** | organic produce + products
- windy city organics** | superfood pantry staples
- your local farmers market** | seasonal veggies



# cacao granola

@sashayogawellness | sashayogawellness.com



## ingredients

- 3 cups gluten-free whole grain rolled oats
- ½ cup mix of raw sesame, pumpkin & hemp seeds
- 1 tbsp chia seeds
- ½ cup brazil nuts or walnuts, roughly chopped
- ½ cup cashews or hazelnuts, roughly chopped
- 1 tsp sea salt
- ¼ tsp ground cinnamon
- ½ tsp ground cardamom
- ⅛ tsp ground turmeric
- 3 tbsp - ¼ cup raw cacao powder to taste
- 1 tsp pure vanilla extract
- ½ cup maple syrup
- ½ cup coconut oil, melted
- ¾ cup unsweetened coconut shreds/flakes
- ¼ cup cacao nibs

## instructions

- Preheat oven to 325°F and line a large rimmed baking sheet with parchment paper.
- In a large bowl, stir together oats, seeds, nuts and spices.
- Add wet ingredients and stir/mix thoroughly before evenly spreading mixture onto prepared baking sheet.
- Bake for 15 minutes, stir in the coconut shreds/flakes and return to the oven for another 18-20 minutes until golden brown - stir once halfway through.
- Let cool completely, stir in cacao nibs.
- Store in airtight container at room temp 3-4 weeks, or refrigerator.
- Enjoy with Anita's coconut yogurt, non-dairy milk, on top of smoothies, or as is.



# pumpkin pie turmeric smoothie

@breakfastcriminals | breakfastcriminals.com

*makes 1 serving*

## ingredients

3 tbs chia seeds

2 cups unsweetened almond milk

1/4 cup pumpkin purée (alternative: sub sweet potato – pureed or baked and chilled, or frozen)

1 ripe banana, fresh or frozen + leave some for topping\*

2 Tbs Bestie Almond & Cashew Butter (sub your favorite nut or seed butter)

1 tsp turmeric (amazing anti-inflammatory superfood, great for digestion)

1 tsp pumpkin pie spice (alternative: mostly cinnamon blended with cloves, nutmeg, ginger)

## directions

Pour almond milk over chia seeds in a bowl or jar, let it sit for at least 15 minutes so chia seeds expand (this way you won't miss out on chia's important nutritional benefits!).

Blend almond milk and chia seed mixture with remaining ingredients until smooth.

Optional: serve with cinnamon, walnuts, banana.

*\*If you are on a reduced sugar diet, try making this smoothie with less or no banana, OR swap banana for 1/2 teaspoon honey.*





# cranberry + pear gingerbread loaf

@\_sappho\_

## loaf ingredients

1 ½ cups gluten free flour (or equal mix of almond flour, teff flour, chickpea flour and arrowroot -- you can use a pre-mixed GF baking flour)  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
1 teaspoon cinnamon  
1 teaspoon pumpkin spice  
1 teaspoon ground ginger for batter + 1/2 tsp for topping  
¼ teaspoon salt  
2 eggs  
1/3 cup coconut sugar for batter + 2 tbsp for topping  
½ cup coconut oil + 2 tbsp melted for topping  
1 cup pear cranberry sauce  
1 cups walnuts, coarsely chopped + ½ cup for topping

## loaf instructions

Preheat oven to 400°F and grease loaf pan.  
Stir together flour, baking powder, baking soda, spices, and salt in a bowl.  
Whisk together eggs and 1/3 cup sugar in a large bowl until combined well, then add oil whisking or blending with electric mixer until creamy.  
Stir in pear cranberry sauce, then fold in flour mixture to combine.  
Stir in 1 cup of walnuts and pour into tin.  
In a small bowl, combine remaining 2 tablespoons sugar, 1/2 teaspoon ground ginger and 1/2 cup walnuts.  
Sprinkle topping evenly on top of loaf.  
Bake until golden and toothpick inserted into the center comes out clean, about 50 minutes.  
Cool in pan for 5 minutes, remove and cool on a rack.





# cranberry + pear gingerbread loaf

@\_sappho\_



## cranberry pear sauce ingredients

4 small ripe pears, cored and diced  
1 tablespoons coconut oil or ghee  
3/4 cup cranberries  
2 tablespoons fresh grated ginger

## cranberry pear sauce instructions

Heat ghee/oil in a large saucepan over medium-high heat. When melted add the pears, tossing with a wooden spoon to coat. Bring to boil, then reduce heat to low. Add grated ginger and cranberries, cook on low heat for about 10 minutes until fruit is soft. Remove from heat, allow to cool for 15-20 minutes.

## glaze ingredients

3/4 cup pecans/walnuts  
1/4 cup maple syrup  
1/4 cup coconut milk  
2 tbsp coconut oil  
1 tsp vanilla extract  
1 tsp pumpkin spice  
pinch of salt

## glaze instructions

Blend ingredients in a high speed blender until smooth. Drizzle over loaf once cooled.



# oatmeal blueberry pumpkin seed muffins

@jewelsofadreamer | jewelsofadreamer.com

*Adapted from Namaste Gurl*

## ingredients

- 1 1/2 cups oat flour (alternative: grind gluten-free oats in a food processor to create flour)
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/3 cup maple syrup
- 1 tsp vanilla
- 1/3 cup coconut oil
- \*1 organic egg OR 1 flax egg  
(1 tbsp flax meal mixed with 2.5 tbsp warm water)
- 1/2 cup non-dairy milk
- 1/2 cup pumpkin seeds
- 1 cup blueberries, fresh or frozen
- 1/4 cup chia seeds, optional

## directions

Pre-heat oven to 400°F. Grease muffin tins with non-stick cooking spray and set aside. If using flax egg, mix and set aside. In a large bowl, combine all dry ingredients except blueberries, pumpkin and chia seeds. In another medium- sized bowl, combine all wet ingredients. Add wet ingredients to dry ingredients as well as flax egg and mix till combined evenly. Fold in blueberries, pumpkin seeds, and chia seeds (do not over stir). Bake for 18-20 minutes in a well-greased muffin tin till golden brown and toothpick comes out clean.





# cauliflower soup + greens

@jessameltzer

## ingredients

1 tablespoon extra-virgin olive or coconut oil + more to drizzle

1 medium onion, chopped (about 1 cup)

4 cloves garlic, chopped

sea salt

1 medium head cauliflower (about 3 pounds), florets and stems cut into 1-inch pieces (8 to 9 cups)

4 1/2 cups filtered water

1/4 cup chopped fresh dill, plus more for garnish

5 large kale or collard leaves, or a combination, tough ends removed and leaves roughly chopped

freshly ground black pepper

## instructions

Heat oil in a large pot over medium heat; cook onion, covered, until soft, 4 to 5 minutes.

Add garlic and a pinch of salt, and cook for 3 minutes more.

Add cauliflower, and pour in filtered water until it reaches just below the top of the cauliflower.

Bring to a boil over high heat, add 2 tablespoons dill.

Reduce heat to low, and simmer until cauliflower is just tender, about 10 minutes.

Stir in greens, and simmer for 3 minutes.

Let sit for 5 minutes to cool slightly, stir in remaining 2 tablespoons dill.

Puree soup in batches in a blender until smooth, adding more water (about 1/2 cup) if it's too thick.

Return to pot, and reheat, seasoning with salt and pepper.

Garnish with dill, black pepper, a drizzle of oil, and pinch of sea salt.





# peanut peach + lime noodle salad

@bothsidesbattered | bothsidesbattered.com

serves 4

## salad ingredients

- 1 lb soba noodles  
(alternative: rice noodles)
- 1 medium red cabbage, thinly sliced
- 2 medium carrots, sliced lengthways
- 2 peaches, sliced into wedges
- 1 handful fresh snap peas, sliced

## dressing ingredients

- 2 limes
- 1 tablespoon grated fresh ginger
- 1 garlic clove
- 3 tablespoons liquid aminos  
(alternative: gluten-free tamari)
- 1 tablespoon raw honey
- 2 tablespoons organic peanut butter  
(alternative: almond butter)
- sea salt to taste

## topping

- 1 cup raw organic peanuts, crushed
- 1 cup cilantro
- sesame seeds

## instructions

Prepare noodles per instructions (careful to not overcook). While hot, pour cooked noodles over sliced cabbage in a large serving bowl.

Make the dressing by adding all ingredients to a blender or whisk by hand.

Pour a small amount of dressing over the (now cooled) noodles and cabbage to dress the base of your salad (give them a massage to make sure everyone's covered).

Add the rest of the salad ingredients into the bowl. Pour over remaining dressing before sprinkling with toppings (peanuts, sesame seeds, cilantro) or keep dressing separate.





# herb + ghee mashed potatoes

@itsnotyouitsmewellness | rebeccaconran.com

## ingredients

- 2 lbs red fingerling potatoes (or any other organic potatoes with beautiful skins)
- 1 tbsp dill, finely chopped
- 1 tbsp rosemary, finely chopped)
- 3 tbsp organic ghee (dairy-free alternative: coconut or olive oil)
- 3 tbsp organic plain goat milk yogurt (dairy-free alternative: Anita's coconut yogurt)
- 1/4 tsp himalayan sea salt
- 1 pinch black pepper, to taste

## instructions

Cut potatoes into small cubes with skin on.

Boil water in a medium pot and cook potatoes until you can easily run a fork through them (soft, but not too mushy).

Drain potatoes in a colander to remove excess water.

Put potatoes back into pot and add ghee, yogurt, rosemary, dill, salt and pepper.

Using a potato masher, mash them all together.

If you find they are not creamy enough, add small additional amounts of ghee or yogurt to taste.

Put potatoes in your favorite bowl and garnish with small sprig of rosemary.





# roasted carrot, chickpea + tahini salad

@lg8020 | 8020wellness.com

## salad ingredients

6 carrots, sliced  
1 large bunch of parsley or cilantro, chopped  
1 tablespoon sesame seeds  
2 tablespoons avocado oil  
2 cups mixed greens (optional)  
salt and pepper to taste

## dressing ingredients

2 tablespoons tahini  
2 tablespoons olive oil  
juice of one lemon

## directions

Heat the oven to 400°F.  
Put the diced carrots in a roasting pan and coat with avocado oil, salt and pepper.  
Roast for 25-30 minutes.  
Whisk the dressing ingredients in small bowl.  
Remove carrots from oven, stir in chickpeas.  
Mix in parsley or cilantro and sesame seeds.  
Transfer to large bowl, add greens and dressing.





# vegan chocolate pudding

@heidikristoffer | heidiyoga.com



## ingredients

7 small sweet potatoes  
¾ cup almond milk  
7 tbsp cocoa powder  
1 tsp vanilla extract  
cardamom to taste  
sea salt to taste

raw cocoa nibs to serve  
optional: extract like mint, butterscotch, orange

## instructions

Bake the sweet potatoes (suggestion: place in crock pot on high for 4 hours, or in oven at 400°F for 45 minutes) - soften them any way you like. Allow the potatoes to cool, then remove the skin (feel free to salt and eat potato skins separately).

Place remaining ingredients in a Vitamix, high-powered blender or food processor with skin-free sweet potatoes until smooth.

Refrigerate for 3 hours before serving.

To plate: sprinkle a generous amount of cocoa nibs over the top.



# kabocha molten cake cups

@sashayogawellness | sashayogawellness.com

## ingredients

3/4 cup kabocha squash, steamed + pureed  
(or pumpkin puree)  
1/3-1/2 cup sunflower butter, unsweetened  
(add to desired consistency)  
1 tsp coconut oil  
2 tsp vanilla extract  
3 tsp raw local honey or pure maple syrup  
2 tsp unsweetened shredded coconut  
3 tsp pumpkin pie spice  
(or 1 tsp cinnamon & nutmeg, 1/2 tsp ginger & cloves)  
1 generous pinches turmeric, ground  
1 pinch black pepper  
1 tsp maca (optional)  
1 pinch sea salt  
1 handful 100% cacao bar or dark chocolate bar, chopped  
(optional)

## instructions

Blend everything (except chocolate, if using)  
in a food processor or strong blender.  
Scoop into small mason jars, eco-friendly  
muffin cups, or small ramekins.  
Bake at 325°F for 5-10 minutes for a crispy crust  
(or serve as-s for a no-bake mousse).  
Serve hot or cold, sprinkled with sea salt and  
unsweetened shredded coconut,  
or with a dollop of Anita's coconut yogurt.





# superfood raw chocolate

@teaforpaige | @goddessbrunch

## ingredients

2 cups cacao powder  
1 tsp maca  
1 tbsp vanilla extract  
1 tsp Himalayan salt  
1/2 cup goji berries  
1/2 cup goldenberries  
1/3 cup coconut sugar  
3/4 cups coconut oil or cacao butter  
love

## garnish

sesame seeds  
goji berries  
lavender

## instructions

Mix all ingredients together with melted cacao butter or coconut oil and pour into baking tray lined with parchment paper, adding garnishes to top. Place in freezer to set, approximately 20-45 minutes. Store in fridge.





# raw brownies + icing

@diti22 | aditishahyoga.com

*Shared with Aditi by friend and fellow yogi Mary McGowan.*

## **brownie ingredients**

1 cup pecans (alternative: walnuts)  
1 cup dates  
5 tablespoons raw cacao (or cocoa) powder  
4 tablespoons shredded unsweetened coconut  
2 tablespoons honey or agave nectar  
1/4 teaspoon sea salt

## **brownie directions**

Place pecans in food processor and pulse until they become small and crumbly. Add dates and process until the mixture sticks together into a paste. Add remaining ingredients and process until the mixture turns a dark chocolatey brown, stopping before it gets too buttery. There should be air between the small bits so you will be able to press them down into a brownie pan. Press mixture firmly into a brownie dish or small cake pan, and refrigerate for a couple hours (easier to slice when chilled), storing leftovers in the fridge.

## **icing ingredients**

1 cup dates (soak & drain to soften)  
1/4 cup raw cacao (or cocoa) powder  
1/4 cup coconut oil  
3/4 cup water (add more as needed - try to keep at 3/4 cup)

## **icing directions**

Blend all ingredients in a high-speed blender, starting at a low speed and increasing slowly. Keep blending for a while to get a velvety consistency - if the blades are spinning but aren't moving the icing around, turn blender off and make an air pocket down the side of the blender with a spatula to expose the blades. Remove spatula, replace lid, and start blending slowly until dates are blended. Smooth over chilled raw brownies, slice and serve. Optional: sprinkle walnuts and/or cacao nibs on top for texture.





# vegan apple crisp

@yungfussy



*Inspiration/photo by Minimalist Baker*

## ingredients

6 large apples, peeled & chopped  
1 tbsp cornstarch  
1 tsp cinnamon  
squeeze of lemon juice  
pinch of salt  
1/3 cup maple syrup

## toppings

1/3 cup date sugar or coconut sugar  
1/4 cup maple syrup  
1/4 cup buckwheat flour  
1/2 cup gluten-free oats  
1/4 cup almond meal  
tsp cinnamon  
1/2 tsp ginger  
1/2 tsp allspice  
1 pinch sea salt  
1/3 cup coconut oil

## directions

Preheat oven to 375°F and grease a 9x9 baking dish. Place cut apples in a large bowl and toss with lemon juice, spices, syrup and cornstarch. Combine dry topping ingredients then add melted coconut oil so the mixture becomes clumpy. Add apples to greased baking dish, sprinkle topping evenly. Bake until topping is golden brown and apples are soft, approximately 45 minutes-1 hour. Let rest for 15 minutes and serve with scoop of Anita's coconut yogurt or vegan ice cream.



# chickpea bread

natasababic.com

## ingredients

- 2 cups brown rice flour
- 2 cups chickpea flour
- 1 egg (optional, if dough is not binding well)
- 1 tbsp Bob's Red Mill baking powder
- 1 tsp of salt (or less, optional)
- 2 tbsp olive oil
- 750 ml sparkling water (adding more flour if needed)
- 1-2 tbsp sunflower seeds (to top)

## directions

- Mix dry ingredients with wet ingredients in a large bowl and slowly add sparkling water until mixture is smooth. Use hands to mix well and smash any little balls of flour. Preheat oven to 400°F.
- Coat a pan with ghee or use a non-stick baking sheet (alternative: coconut oil).
- Pour mixture into baking pan and sprinkle with sunflower seeds if using.
- Bake for 45-50 minutes (if the top is browning after 30 minutes, cover with foil so as not to burn).
- Check the bread after 45 minutes and stick a toothpick in, which should come out dry.
- Let cool before serving.





# golden turmeric milk

@cjnutrition | cjnutrition.com

*makes 2 servings*

## ingredients

1 1/2 teaspoons powdered turmeric

1/8 teaspoon: nutmeg, coriander, cardamom, fennel, ginger, cinnamon, Chinese 5-spice, black pepper

pinch each: cloves, sea salt

1/8 teaspoon vanilla extract

1 teaspoon honey

1 teaspoon coconut oil

1 cup water

2 cups milk of choice

## instructions

In a sauce pan, over low heat, heat 1 cup water with all spices.

Once mixture is steaming hot, cover and let sit for 5 minutes or longer (even overnight, if you want a potent flavor).

After the mixture sits, whisk in milk, vanilla, honey, and coconut oil and heat to steaming hot again.

Serve warm, or let cool and serve over ice.





# iced mint matcha latte

@emilynachazel | emilynachazel.com

## ingredients

- 1 cup non-dairy milk of choice (almond, coconut, cashew)
- 2 tsp matcha powder
- 1/4 tsp peppermint extract (or 1 drop peppermint essential oil)\*
- 1/2 - 1 tbsp maple syrup (optional)

## instructions

Add all ingredients to high speed blender and blend until well combined.  
Adjust peppermint extract to taste (some brands will be much stronger than others).  
Pour over ice in a glass and enjoy!

*\*Note: Emily recommends doTERRA essential oils, a certified therapeutic grade of a high enough quality that is safe for internal consumption. Not all essential oils are meant to be taken internally, so check the label before using (which should say "essential oil supplement").*





# positivity practice

@lucyshahjahan | [lightupwithlucy.com](http://lightupwithlucy.com)

Write down or share out loud 5 positive things with a friend, family member or partner that happened during your day before you go to sleep.





peace  
**love**

»»»»»»»»»»»»»»»» and happy holidays ««««««««««««««««

**be well**



follow us on Instagram for inspiration @goddessbrunch