

CHERRY COBBLER

This tastes as good as it looks and is also delicious warmed in the dehydrator.

Filling

3 (16-ounce bags) frozen cherries, defrosted and drained (juice reserved)

1 cup pitted dates, soaked in the cherry juice

Juice and rind of 1 lemon

1 tablespoon alcohol-free vanilla extract, or 1 teaspoon vanilla powder

1 recipe Streusel Topping

To make the filling, process about ¼ of the cherries with the rest of the filling ingredients in a food processor fitted with the “S” blade. Stir this mixture into the remaining cherries by hand. Chill 1 hour or until firm. Assemble in a parfait glass, alternate layering the cherry filling with the streusel topping.

CHEF’S NOTE: Substitute fresh or frozen peaches for all or some of the cherries.

STREUSEL TOPPING

I always like to keep some on hand to sprinkle over fresh fruit. This can even turn a sliced banana into a special treat.

1 cup raw pecans

1 cup unsweetened coconut

2 teaspoons cinnamon

½ teaspoon nutmeg

2 cups pitted dates

In a food processor fitted with the “S” blade, process the nuts into a flour, being careful not to overprocess and turn them into nut butter. Add the coconut, cinnamon, and nutmeg and process again. Add the dates, a few at a time, until a streusel-like texture is achieved. Store in a sealed container in the refrigerator.

LEMONADE DRESSING

One day, when preparing the Lemon Poppy Seed Dressing, I had put almost all of the ingredients into the blender when I realized I was out of mustard! Our company was on their way and there was no time to go to the store. So I just went with it. And everyone loved it. While slightly sweeter than the original version, since it’s going on greens it’s not an issue. This may be a perfect variation for you if you don’t like, or can’t find, the salt-free mustard. It reminds me of lemonade!

INGREDIENTS:

½ cup lemon juice
½ cup water
2 ounces of dates (approximately 4 large Medjool dates)
1 Tablespoon poppy seeds
2 teaspoons chia seeds

PREPARATION:

Place all ingredients in a high-powered blender and blend until smooth and creamy. Refrigerate any unused portion.

LEMON POPPY SEED DRESSING

Slightly sweet, slightly tangy, this dressing is the perfect accompaniment to greens.

INGREDIENTS:

½ cup lemon juice
½ cup water
2 ounces of dates (approximately 4 large Medjool dates)
2 Tablespoons *Westbrae* salt-free stone ground mustard
1 Tablespoon poppy seeds
2 teaspoons chia seeds

PREPARATION:

Place all ingredients except for the chia seeds in a high-powered blender and blend until smooth. Add the chia seeds and briefly blend again. Refrigerate the dressing.

SWEET AND SMOKY DRESSING

Make sure you get *smoked* paprika and not regular. It makes a big difference in this recipe. The name says it all—sweet and smoky.

INGREDIENTS:

1 cup of water
½ cup lime juice
4 ounces pitted dates
¼ cup *Westbrae* salt-free stone ground mustard
1 teaspoon chia seeds
2 teaspoons SMOKED paprika
¼ teaspoon chipotle powder

PREPARATION:

Blend all ingredients in a blender until smooth and creamy. Pour over salad and mix well. Serve chilled. Refrigerate any unused portion.

THAI PEANUT-FREE SAUCE

Back in the day, I used to LOVE Thai Peanut Sauce. I would slather it on everything from tofu to broccoli to rice. But it sure didn't love me back. Now I can have ALL of the flavor of my beloved peanut sauce with none of the guilt or fat. By using chestnuts instead of peanut butter, the sauce has 6 grams of fat instead of 72!

INGREDIENTS:

- 1 cup roasted chestnuts
- fresh ginger (approx. one-inch knob)
- 2 garlic cloves
- 4 Tablespoons lime juice
- 1 Tablespoon unsweetened rice vinegar
- 2 ounces pitted dates
- ½ teaspoon crushed red pepper flakes
- 1 cup of water (or less)

PREPARATION:

Place all ingredients except for the water in a high-powered blender and blend until they are fully incorporated. Add up to 1 cup of water, a little at a time, until smooth and creamy. Refrigerate any unused portion.