

# COOKING FOR WELLNESS

## March 2023 Recipes



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

# The Why-Didn't-I-Think-of-That Bowl

**MAKES BREAKFAST FOR 1**

This combination is both obvious and totally new. You're welcome.

## INGREDIENTS

- ¾ cup cooked whole grains (I like brown rice best here)
- ½ cup (120 ml) unsweetened almond milk
- 2 tablespoons smooth peanut butter, or any nut butter
- ½ small sweet apple, such as Fuji or Pink Lady, chopped
- 2 teaspoons raw honey
- 1 tablespoon sesame seeds
- 1 tablespoon poppy seeds

## HOW TO MAKE IT

Stir the whole grains and almond milk together in a small serving bowl and microwave them until hot. Top with the peanut butter and apple. Drizzle with the honey and sprinkle with the sesame and poppy seeds.

# I Dream of Hawaii Bowl

**MAKES BREAKFAST FOR 1**

When I eat this on cold winter mornings, I close my eyes and imagine myself sitting beachside in Hawaii. It doesn't actually work, but at least I'm enjoying a delicious breakfast.

## INGREDIENTS

- ¾ cup cooked whole grains (I like oats best here)
- ½ cup (120 ml) almond milk
- 1 cup (165 g) chopped mango, from 1 ripe mango
- 2 tablespoons pure maple syrup
- ¼ cup (30 g) roasted, unsalted cashews
- 3 tablespoons unsweetened shredded coconut

## HOW TO MAKE IT

Stir the whole grains and almond milk together in a small serving bowl and microwave them until hot. Top with the mango. Drizzle with the maple syrup and sprinkle with the cashews and coconut.



# Double Apple, Mint, and Ricotta Toast

**MAKES 1 TOAST**

Most commercially made ricotta has stabilizers and is spongy, not creamy. So, if you can find ricotta at your farmers' market or specialty food shop, it's worth the splurge. Since you'll only use a little for the toast, a small container will go a long way.

## INGREDIENTS

- 1 large slice multigrain bread, toasted
- 3 tablespoons ricotta cheese
- 1 tablespoon apple butter
- ½ sweet apple, such as Fuji or Pink Lady, thinly sliced
- 1 teaspoon agave nectar or pure maple syrup
- 1 tablespoon small fresh mint leaves

## HOW TO MAKE IT

Spread the toast with the ricotta and then gently smear the apple butter on top. Nestle the apple in the apple butter. Drizzle with the agave and top with the mint leaves.

# Cozy Bean and Egg Skillet for Two

MAKES BREAKFAST FOR 2

This is my favorite way to cook eggs for two—perfect for lazier-than-usual mornings with your special person. Toasted and oiled crusty bread is a luxurious addition for dipping in the yolks and sauce, but this is plenty filling without it. If you're opening a new 15-ounce can of beans to make this, save the extras for a grain bowl or hearty salad.

## INGREDIENTS

- 1 tablespoon olive oil
- 1 garlic clove, smashed
- 1 teaspoon fresh thyme leaves, plus more to top the eggs
- 1 cup (260 g) canned cannellini beans, rinsed
- ½ cup (120 ml) water
- Kosher salt and freshly ground black pepper
- 2 to 4 eggs, depending on how hungry you are
- Crusty bread, toasted and oiled, for serving (optional)

## HOW TO MAKE IT

Heat the oil in a small skillet over medium-high heat. Add the garlic and thyme and cook until the garlic is fragrant, about 45 seconds. Stir in the beans, water, and ¼ teaspoon each salt and pepper. Turn the heat up to high and cook, stirring here and there and smashing the beans with your spatula, until the beans are saucy and the liquid is creamy, 2 to 4 minutes.

Using your spatula, make wells in the beans—one for each egg. Crack the eggs into the wells one at a time, then cover and cook until the whites are set but the yolks still jiggle when you shake the pan a bit, 1 to 2 minutes.

Taste, garnish with thyme leaves, and season with a little more salt and pepper. Eat right away, with toasted and oiled bread, if you want.

# Fresh Fruit with Sour Cream Dipping Sauce and Pistachios

**MAKES DESSERT FOR 2 TO 4**

I love date molasses for its mellow sweetness. Look for it near the maple syrup at your grocery store or natural food market.

## INGREDIENTS

- ½ cup (120 ml) sour cream
- 1 tablespoon date molasses or pure maple syrup
- ¼ teaspoon pure vanilla extract
- ⅓ cup (45 g) chopped roasted pistachios
- 3 tablespoons shredded sweetened coconut
- 1 pound (455 g) ripe fruit, such as strawberries, pears, bananas, mangoes, or peaches

## HOW TO MAKE IT

Whisk together the sour cream, date molasses, and vanilla in a small bowl. In a separate bowl, mix together the pistachios and coconut.

Arrange the fruit on a serving plate with the sauce and pistachio-coconut mixture alongside. To eat, dip the fruit halfway in the sour cream, then roll in the pistachios and coconut. Use a fork or a skewer to dip hard-to-hold fruit such as bananas, mangoes, or peaches.