

Recipes



食譜





THE LOCAL BOWL

在地

Protein (20%)

Black Pepper Tofu

Grain (20%)

Brown Rice

Fermented Food (10%)

Kimchi

Veggies (25%)

Dragon Whiskers with Ginger and Garlic

Salad (25%)

Leafy Greens with Shiso Dressing

This bowl is inspired by local, Taiwanese-grown, organic produce. It is our simplest bowl. The aim is to stay simple and local, using as many greens from our own garden as possible.

**The kimchi is premade (see the fermentation article on p. 25) and the rice is made as usual.*



Black Pepper Tofu

- 2-3 pieces firm tofu (*do gan*, 豆乾)
- vegetable oil for frying
- cornstarch to dust the tofu
- 2 small shallots, thinly sliced
- ¼ yellow onion, chopped
- 1 fresh red chili (fairly mild/no seeds)
- 1 garlic clove, crushed
- ½ tbsp. fresh ginger, chopped
- ½ tbsp. sweet soy sauce
- 1 tbsp. light soy sauce
- 1 tsp. dark soy sauce
- ½ tbsp. natural sweetener (like maple syrup)
- sprinkle of coarsely crushed black peppercorns
- 1-2 shallots, cut in 1 cm pieces

Start with the tofu. Pour enough oil into a large frying pan or wok to come 1/4 inch up the sides and heat. Cut the tofu into large cubes. Toss them in some cornstarch and shake off the excess, then add to the hot oil. (You'll need to fry the tofu pieces in a few batches so they don't stick to the pan.) Fry, turning them around as you go, until they are golden all over and have a thin crust. As they are cooked, transfer them onto paper towels.

Remove the oil and any sediment from the pan. Add the shallots, chili, garlic and ginger. Sauté on low to medium heat for about 15 minutes, stirring occasionally, until the ingredients have turned shiny and are totally soft. Next, add the soy sauces and sweetener and stir, then add the crushed black pepper. Add the tofu to warm it up in the sauce for about a minute. Finally, stir in the green onions. Serve immediately.

Dragon Whiskers

- dragon whiskers
- 1 garlic clove, diced
- olive oil
- ginger
- salt
- pepper

Clean and coarsely chop the dragon whiskers. Dry them using a salad spinner. Dice up the garlic. Cut the ginger into thin toothpick shapes.

Heat the olive oil in a pan and add the garlic and ginger. When aromatic, add the dragon whiskers and continue to stir as they cook. You may need to add a little hot water. Add salt to taste.

Leafy Salad with No-Oil Shiso Dressing

Dressing Ingredients

- shiso leaves
- 1 tbsp. vinegar
- 1 tsp. soy sauce
- maple syrup
- ¼ tbsp. lemon juice
- grated ginger
- ½ tbsp. sesame seeds

Salad Ingredients

- any combination of light salad greens
- keep this salad light
- goes well with chopped dried plums

Add all the dressing ingredients into a food processor and mix well. Toss the dressing onto the salad in a large bowl and then transfer to the bowl. We try to keep the salad very light for this bowl, as the rest of the dishes are pretty heavy. As we mentioned in the previous article, we measure everything on our own homemade heaviness scale, which helps us correlate food to tea ceremonies, amount of tea drunk in a day (which can make guests hungry), physical activity and other aspects of our days at the Hut.

龍鬚菜和黑胡椒豆腐



THE CITRUS BOWL

柑橘

Protein (20%)

Tempeh Glazed with Orange

Grain (20%)

Quinoa

Fermented Food (15%)

Pickled Beets

Veggies (20%)

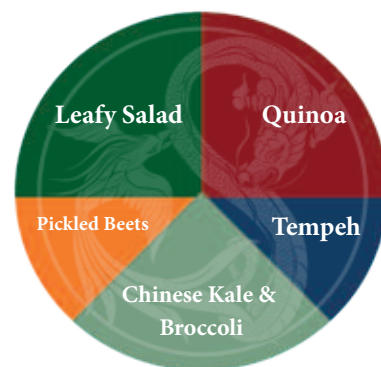
Chinese Kale & Broccoli

Salad (25%)

Leafy Green Salad

This bowl is a lighter, zesty bowl that is perfect as a refreshing meal on a hotter or lighter day, when work is minimal and the Center is turning inward towards tea and meditation.

*The pickled beets are premade (see the fermentation article on p. 25) and the quinoa is made as usual.



Orange Pan-Glazed Tempeh

- 1 freshly squeezed orange
- 1 tbsp. ginger, freshly grated
- 2 tsp. tamari (or soy sauce)
- 1½ tbsp. mirin
- 2 tsp. maple syrup
- ½ tsp. ground coriander
- 1 small garlic clove, crushed
- tempeh
- 2 tbsp. coconut oil
- ½ lime
- a handful of cilantro (coriander) leaves

Put the orange juice in a small bowl. Squeeze the grated ginger over the bowl to extract the juices, then discard the pulp. Add the tamari, mirin, maple syrup, ground coriander and garlic. Mix together and set aside. Also, cut the tempeh if needed.

Put the coconut oil in a large frying pan over medium-high heat. When the oil is hot but not smoking, add the tempeh and fry for 5 minutes or until golden underneath. Turn and cook the other side for another 5 minutes or until golden. Pour the orange juice mixture into the pan and simmer for 10 minutes or until the sauce has reduced to a lovely thick glaze. Turn the tempeh once more during this time and spoon the sauce over the tempeh from time to time. Serve the tempeh drizzled with any remaining sauce and a squeeze of lime, with the coriander scattered on top.

Chinese Kale & Broccoli

- Chinese kale
- broccoli
- virgin coconut oil
- salt & pepper

Wash the kale and broccoli. Tear the kale leaves and chop broccoli into florets. Very, very lightly stir-fry the kale and florets in the coconut oil. Stir for a very short time and remove from heat. Add salt and pepper to taste. The veggies should be crisp and slightly raw.

Leafy Salad with Citrus Dressing

Dressing Ingredients

- ½ tsp. finely grated lemon rind
- 2 tbsp. fresh lemon juice
- 1 tbsp. olive oil

Salad Ingredients

- ¼ red onion, thinly sliced
- lettuce and/or spinach
- fresh sprouts
- 1 satsuma mandarin, peeled/sectioned/sliced
- snap peas and/or snow peas
- toasted coconut flakes

Wash and cut all the veggies and put them into a large salad bowl. Toss the salad well. Mix the dressing ingredients in a bottle and shake vigorously. You can use any type of orange or citrusy fruit in the salad itself instead of, or along with, the mandarins. We sometimes put diced pineapple and orange as well. This salad can be spiced up with a bit of toasted coconut flake as well on that extra-special day.

橙汁天貝



THE TIAN WU BOWL



Protein (20%)

Scrambled Tofu

Grain (20%)

Quinoa (red & white)

Fermented Food (15%)

Sauerkraut

Veggies (20%)

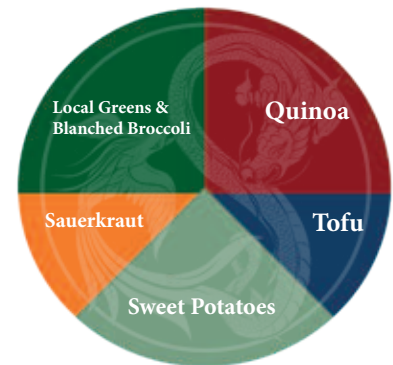
Stir-Fried Greens & Blanched Broccoli

Starchy/Heavy Winter Element (25%)

Sweet Potatoes

This bowl is designed after all the favorite foods of our dear sister Tian. In typical Zen fashion, it also includes one thing she doesn't like so much: scrambled tofu. It is a favorite around here, especially in cooler weather, since it has no raw/salad element.

*The sauerkraut is premade (see the fermentation article on p. 25) and the quinoa is made as usual.



Scrambled Tofu

- ¼ red onion, finely chopped
- ¼ red bell pepper, finely chopped
- 1 clove garlic, minced
- 1 square firm tofu
- 1 tsp. extra virgin olive oil
- ½ cup nutritional yeast flakes
- spices/herbs (to taste)
- ⅛ tsp. turmeric

Place your chopped onion, bell pepper and garlic in a frying pan with about 1 teaspoon of olive oil and sauté it on the stove over medium-high heat. Remove from heat when onions are beginning to change color. Set aside.

In a bowl, crumble your tofu and mix in your seasonings. Add some olive oil to the bottom of the frying pan and place over medium heat. Place tofu on top of the olive oil and stir. Continue stirring until the tofu begins to brown around the edges.

Gently fold your onion/pepper mixture into your tofu and serve immediately.

Stir-Fried Greens & Blanched Broccoli

- market-fresh, local greens
- minced garlic
- minced turmeric
- 1 tbsp. virgin coconut oil
- broccoli, chopped into florets

Wash the greens and chop or tear them. Heat up oil with the garlic and turmeric. Very lightly stir-fry the greens. Add a splash of water. Stir until cooked. They should still be a little raw and crunchy. In a large pan, bring a small pool of water to a boil. Lower the heat and add the broccoli, ladling water over the florets for about 2 min. Strain and serve.

Baked Sweet Potatoes

- 2 tbsp. olive oil
- 1 medium-size sweet potato per bowl
- 4 pinches dried oregano (or lots of fresh oregano)
- salt & pepper
- other herbs (rosemary, etc.)

Preheat oven to 350 °C. Wash and peel the sweet potatoes. Cut them into medium-size pieces. Place the cut sweet potatoes in a baking dish and turn them so that they are coated with the olive oil. (It helps to use a spray bottle for the olive oil.) Sprinkle moderately with oregano and salt and pepper (to taste). Bake in an oven preheated to 350 °C for 60 minutes or until soft. (It is sometimes nice to boil the sweet potatoes for a few minutes before baking, which will make them crispier.)

烤地瓜



THE BUDDHA'S DELIGHT BOWL

佛陀的喜悦

Protein (20%)

Peanuts and Sauce in Buddha's Delight

Grain (15%)

Brown Rice

Fermented Food (15%)

Kimchi

Veggies (25%)

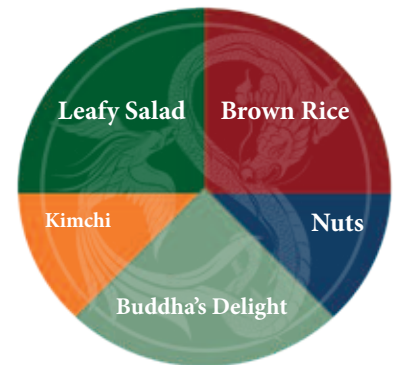
In the Buddha's Delight

Salad (25%)

Leafy Salad

Some of you will remember this dish from our issue on food last January, only it was not in a bowl. This is one of our signature dishes and one that most guests remember and ask us for the recipe!

*The kimchi is premade (see the fermentation article on p. 25) and the rice is made as usual.



Buddha's Delight

Stir-Fry Ingredients

- fresh celery
- shredded carrots
- fresh broccoli
- cauliflower
- soaked or canned chickpeas
- roasted peanuts
- chopped coriander/cilantro

Sauce Ingredients

- 1 large piece red turmeric
- Bragg's or soy sauce
- 1 chili pepper
- 1 small piece fresh ginger
- 1-2 garlic cloves
- 2 tbsp. virgin coconut oil
- 1 tsp. roasted and ground cumin
- chopped carrots
- peanuts

Start with the sauce. Blend all the ingredients for the sauce thoroughly. You will need to add a bit of water. You will want the consistency of a smoothie, made on the thin side; thick, but definitely liquid in form. Add more of any ingredient to taste as you blend.

For the stir-fry, you can substitute any veggies you want for this, also adding tempeh if you like. Put the oil in a large wok and turn the heat on high. Stir-fry the carrots, broccoli, cauliflower and chickpeas. Add the peanuts and celery later, so that they stay crunchy. When the veggies are ready, pour the Buddha's Delight sauce over the veggies. Immediately turn off the heat so the sauce doesn't burn, and cook with the sauce for another minute. Serve the Buddha's Delight, using some extra coriander to garnish if you want.

Leafy Salad with Vinaigrette Dressing

Dressing Ingredients

- 2 tsp. virgin olive oil
- 1 clove garlic, minced
- 1 tsp. soy sauce
- dash of maple syrup
- ¼ tbsp. balsamic vinegar
- water

Salad Ingredients

- any combination of light salad greens
- some toasted sesame

Wash and cut all the veggies and put them into a large salad bowl. Toss the salad well. Mix the dressing ingredients in a bottle and shake vigorously. You will want to keep the salad lighter, as the Buddha's Delight is quite heavy. However, we sometimes add toasted sesame seeds (*gomasio*), pine nuts or sunflower seeds to the top of the salad. This salad also goes well with a bit of vegan nut cheese.

健康的身體是佛陀的喜悦



THE JAPAN BOWL

日本

Protein (15%)

Tofu Mixed into Sticky Rice

Grain (15%)

Sticky Brown Rice

Fermented Food (10%)

Pickled Ginger

Veggies (30%)

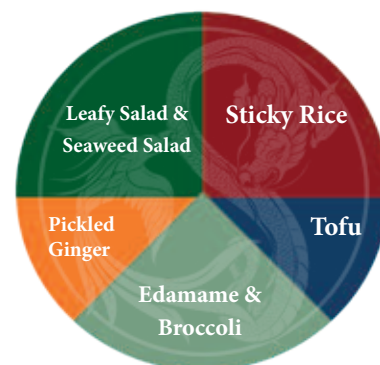
Stir-Fried Edamame & Broccoli

Salad (30%)

Leafy Green Salad & Chuks Seaweed Salad

This bowl is medium to heavy. We based it on the wonderful flavors of Japanese cooking, paying attention to balance in color and flavor, and also using some more aesthetic grace in the preparation of this bowl.

*The pickled ginger is premade (see the fermentation article on p. 25).



Sticky Brown Rice with Tofu

- brown rice (~¼ cup dry per bowl)
- soft tofu
- Bragg's or soy sauce
- wasabi
- sesame seeds
- toasted, crunchy seaweed, sliced into strips
- dash of sesame oil

Cook brown rice until light and fluffy. Mix wasabi and soy sauce in a bowl with a fork until the wasabi is completely dissolved into the soy sauce. Once the rice is very hot, add the soft tofu to the rice and mix continually, slowly adding the wasabi sauce. Add the sesame seeds and seaweed strips. Stir until well combined. Add a drizzle of sesame oil (just a few drops). Try to serve this bowl immediately (the rice cannot sit for more than a few moments before serving or it becomes mushy).

Edamame Stir-Fry

- hulled edamame (defrosted if frozen)
- broccoli, cut into small pieces
- 1 lemon, juiced
- 1 tbsp. virgin coconut oil
- salt & pepper

Prepare the broccoli, cutting it into small pieces. Juice the lemon. Defrost the edamame if necessary. Lightly stir-fry the vegetables with salt and pepper to taste. The veggies should be crisp and slightly raw. (You can boil the edamame for just a minute or two beforehand to make them softer if you like.)

Chuks Seaweed Salad

- dried *chuks* seaweed
- sesame seeds
- soy sauce

Place the dried seaweed in warm water until rehydrated. This usually takes twenty minutes. Strain the seaweed. Mix in a little soy sauce with the seaweed and toss sesame seeds into the salad. (Serve immediately; like most dishes in the bowl, this needs to be fresh.)

Leafy Salad with Miso Dressing

Dressing Ingredients

- sesame seeds
- 1 tbsp. tahini
- ½ tbsp. sesame oil
- 1 tbsp. dijon mustard
- honey (to taste; skip if you're vegan)
- miso paste (stronger miso is preferable)

Salad Ingredients

- Chinese kale
- lettuce

Add all the dressing ingredients into a food processor and mix well. Either add the dressing and toss the salad again or add it after the salad is placed in the bowl(s). We try to keep the salad very light for this bowl, as the rest of the dishes are pretty heavy. Also, the dressing itself is a bit thick, which is why we use Chinese kale, as it is a thicker, heavier leaf and takes to the dressing well. (You can use other kinds of kale as well.)

糯米和海帶芽沙拉



THE THAI BOWL



Protein (20%)

Barbecue Tofu

Grain (20%)

Pad Thai Rice Noodles

Fermented Food (15%)

Kimchi

Veggies (25%)

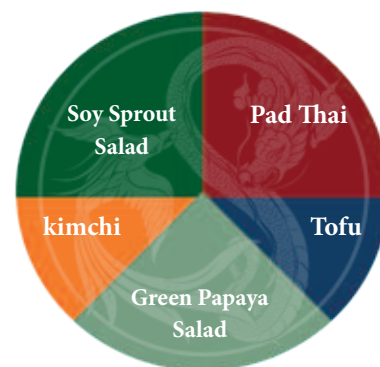
Papaya Salad (Extra raw in this bowl)

Salad (20%)

Soy Sprout Salad

A spicy Thai bowl is a must-have for such a menu as ours. This brings a bit of color and flavor to the menu. We tend to serve this at the end of the course, as the guests are heading back out into the world.

*The kimchi is premade (see the fermentation article on p. 25). The soy sprout salad is just sprouts with lemon juice squeezed on top.



Pad Thai Rice Noodles

Stir-Fry Ingredients

- Thai rice noodles
- red bell pepper
- ½ yellow onion
- carrot
- 2 tbsp. coconut oil
- ½ cup chopped peanuts
- ½ cup fresh cilantro and Thai basil
- spring onions, chopped

Sauce Ingredients

- 1 tbsp. tamarind paste
- rice vinegar (to taste)
- dab of maple syrup
- scoop of peanut butter (to taste)

Place the uncooked noodles in a bowl of cold water to soak. Chop the carrots, red pepper and onions into strips. Blend the sauce ingredients in a food processor.

Heat a couple tablespoons of oil over medium-high heat. Add the veggies and stir-fry with tongs for 2-3 minutes or until tender but still crisp. Be careful not to overcook them—they'll get soggy and heavy. Transfer to a dish and set aside.

Add another tablespoon of oil to the pan. Drain the noodles. They should be softened by now. Add the noodles to the hot pan and stir-fry for a minute, using tongs to toss. Add the sauce and stir-fry for another minute or two, until the sauce is thick and sticks to the noodles. Toss everything around with the tongs. Turn off the heat.

Add in the vegetables, toss together and remove from the stove. Stir in the peanuts and herbs (or garnish with them) and serve immediately.

Barbecue Tofu

- firm tofu cubes (*do gan*, 豆乾)
- Thai sweet chili sauce (chilies, sweetener and rice vinegar mixed)

Barbecue over charcoal or use a stove flame. Skewer 3-5 pieces of tofu per person and lather with sweet chili sauce as you cook. This is much better when done over a lively charcoal flame!

Papaya Salad

Dressing Ingredients

- ½ tbsp. tamarind paste with warm water
- ¼ cup lime juice (about 3 limes)
- 2 tbsp. coconut sugar (not palm sugar), melted with 1 tbsp. warm water

Salad Ingredients

- 2 chilies, seeded and cut in 3 segments each
- 1-2 garlic cloves, peeled and roughly chopped
- 1-2 small unripe green papaya, peeled, seeded and julienned into strips
- 1 cup long green beans, stem ends and cut in 1½-inch long segments
- carrots, julienned
- cherry tomatoes, halved
- 2 tbsp. chopped roasted peanuts (optional)
- cilantro leaves, coarsely chopped (optional)
- Thai basil leaves, coarsely chopped (optional)

Peel and julienne your papaya. Soak in ice water for 10-15 minutes until they are firm. Drain the papaya well and place in a bowl lined with towels to absorb excess water. You want to have as little water on the papaya as possible so as to not dilute the dressing.

Whisk together all the sauce ingredients in a small bowl or measuring cup. Prepare two batches if you have a standard mortar and pestle. Pound the garlic and chilies together in a mortar and pestle until they form a smooth paste. Add the beans and pound well to bruise. Follow with the green papaya and carrot. Stir well with a big spoon and pound to bruise the vegetables so that they absorb the heat and flavor of the chilies and garlic.

Add the sauce and continue to pound a bit more, tossing the mix. Add the tomatoes, stir and lightly pound to slightly bruise them. Transfer to a covered bowl and serve fresh or refrigerate for at least 2-3 hours or overnight to let the flavors combine well. After refrigeration, sprinkle the peanuts, cilantro and Thai basil leaves over the top and serve.



THE WINTER BOWL



Protein (15%)

Chickpeas

Salad (25%)

Romaine Salad

Fermented Food (10%)

Pickled Turnips

Veggies (25%)

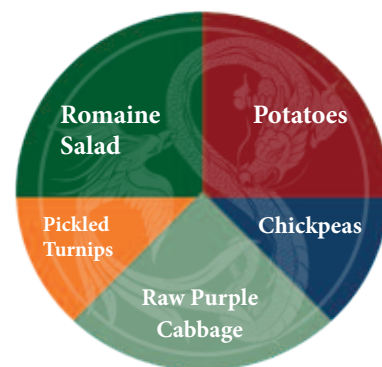
Raw Purple Cabbage

Starchy/Heavy Winter Element (25%)

Roasted Potatoes

This bowl is our heartiest, heaviest bowl, which we only serve when guests will be working very hard and need extra nourishment, or on those cool, chilly days when we all need some extra warmth in our bellies. No grain in this bowl, as it is very heavy

*The pickle turnips are premade (see the fermenting article on p. 25).



Roasted Chickpeas

- chickpeas (canned or soaked and boiled)
- herbs/spices of choice
- 2 cloves garlic, minced
- olive oil
- salt & pepper

Preheat oven to 250 °C. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil and season to taste with salt, garlic salt and cayenne pepper, if desired. Spread on a baking sheet and bake for 30 to 40 minutes, until browned and slightly crunchy.

Roasted Potatoes

- salt
- ½ tsp. baking soda
- russet or Yukon Gold potatoes
- 2-3 tbsp. extra virgin olive oil
- rosemary leaves, finely chopped
- 2-3 cloves garlic, minced
- freshly ground black pepper
- fresh parsley leaves, minced

Preheat the oven to 250 °C. Heat the water in a large pot until boiling. Add 2 tbsp of salt, the baking soda and potatoes and stir. Return to a boil, reduce to a simmer, and cook until soft (about 10 minutes). Combine the olive oil with the rosemary, garlic and a few grinds of black pepper in a small saucepan over medium heat. Cook, stirring and shaking the pan constantly, until the garlic just begins to turn golden (about 3 minutes). Immediately strain the oil through a fine mesh strainer into a bowl. Set the garlic/rosemary mixture aside and reserve separately.

When the potatoes are cooked, drain carefully and let them rest in the pot for about 30 seconds to allow excess moisture to evaporate. Transfer to a large bowl and infuse with oil, season to taste with a little more salt and pepper and toss to coat, shaking the bowl roughly, until a thick layer of mashed potato-like paste has built up on the potato chunks.

Transfer the potatoes to a large baking sheet and separate them, spreading them out evenly. Roast without moving for 30 minutes. Continue roasting until the potatoes are deep brown and crisp all over, turning and shaking them a few times during cooking, 30 to 40 minutes longer. Transfer the potatoes to a large bowl and add the garlic/rosemary mixture and minced parsley. Toss to coat and season with more salt and pepper.



Raw Purple Cabbage Salad

- purple cabbage
- cilantro, finely chopped
- spring onions, finely chopped
- 1-2 tbsp. extra virgin olive oil
- 1-2 tbsp. fresh lemon juice
- sea salt (to taste)
- freshly ground black pepper (to taste)

Chop the cabbage into strips like slaw and put into a bowl. Add the oil, salt and pepper, and lemon juice. Knead the cabbage until it softens and absorbs the oil and spices. Toss in the green onion and cilantro.

烤馬鈴薯和雪蓮子



THE CURRY BOWL

咖喱

Protein (15%)

Tofu or Seitan

Grain (20%)

Basmati Rice

Fermented Food (10%)

Pickled Beets

Veggies (30%)

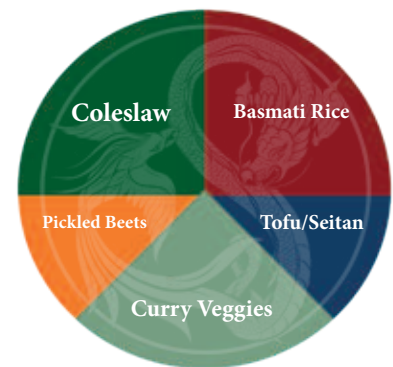
Vegetable Curry

Salad (25%)

Coleslaw

This bowl is another heavier bowl for the warm weather or the celebratory occasions in life, when you need more spice and flavor to liven things up. Guests always love this bowl when we serve it.

*The pickled beets are premade (see the fermentation article on p. 25).



Vegetable Curry with Tofu/Seitan

- potatoes, chopped into bite-sized pieces
- long green beans, cut into pieces
- baby corn, cut in half
- carrots, cut into bite-sized pieces
- tofu/seitan (or neither)
- any suitable veggies (cabbage, eggplant, bell peppers, onions, broccoli, cauliflower, etc.)
- 1-2 garlic cloves
- 1 can coconut milk
- curry powder and ground chili
- virgin coconut oil

Heat a dry skillet until it is too hot to touch (cast iron is best for this). Turn the heat off and add the curry and chili powder, stirring constantly and vigorously until the curry starts to smell delicious. Slowly stir in coconut oil a drizzle at a time until you have a nice curry paste. Put the paste aside and let it sit for 20-30 minutes (or overnight, which is ideal). Meanwhile, bring a pot of water to a boil. Boil the potatoes until they are slightly soft (at least 5-10 minutes).

In another pot, add more oil and a spoon of curry paste. Stir-fry your veggies, tofu (seitan) and the potatoes for around 5 minutes. Add in 500 ml of water and bring to a boil, then slowly add the rest of the curry paste to the water. Stir it until it simmers. Cook until the veggies are tender. Lower the heat and add in the coconut milk. Stir it in and wait until it is hot. (Leaving this sit for 2-3 hours and then reheating before serving will be way better as the potatoes and veggies will get infused with curry. If you do this, you don't need to pre-boil the potatoes.)

Basmati Rice

- basmati rice (~¼cup per person)
- 2-3 star anise
- dash of cinnamon
- 2-3 crushed cardamom pods
- 1-2 cloves
- 2-4 tbsp. coconut milk
- salt & pepper

Measure and rinse the rice very well under cool tap water. Add 1 part rice to 1.5 parts water. Add rice and water to a pot. Add star anise, cloves, salt and pepper, and cardamom pods. Bring everything to a boil quickly, then reduce heat to a simmer and leave with the lid on for 8-10 minutes. Don't open the lid! Use a timer. Turn off the heat and mix in coconut milk and replace the lid, letting the milk evaporate.

Coleslaw with Lemon Dressing

Dressing Ingredients

- ¼ cup olive oil
- 2-3 tbsp. lemon juice
- 1 clove garlic, pressed or minced
- ½ tsp. ground and roasted cumin
- ½ tsp. salt

Salad Ingredients

- finely sliced purple cabbage
- finely sliced cabbage
- shredded carrots
- ¼ cup chopped fresh parsley
- ¾ cup mixed seeds (pumpkin, sunflower, etc.)

In a medium serving bowl, combine the prepared purple and green cabbage, carrots and parsley. Set aside. Measure out your seeds into a small skillet. Toast over medium heat, stirring frequently, until the seeds are fragrant and the pepitas are starting to make little popping noises. Pour the toasted seeds into the mixing bowl and toss to combine.

To make the dressing, in a small bowl, combine the olive oil with the lemon juice. Add the garlic, cumin and salt, and whisk until thoroughly blended.

Drizzle the dressing over the slaw and toss until all ingredients are lightly coated in dressing. Add lemon juice if the slaw needs a little more zip. Cover and refrigerate to marinate for up to several hours.



Dessert 甜品

CACAO CHIA PUDDING

Chia Pudding

- ½ cup chia seeds
- 1 tbsp. goji berries (garnish)
- 2 tbsp. cacao powder
- maple syrup (add to preferred sweetness)
- ½ cup toasted almonds (garnish)
- 1 tbsp. coconut flakes (garnish)

Whipped Coconut Cream

- 1 can coconut milk (chilled overnight)
- ½ tsp. vanilla extract
- maple syrup (add to preferred sweetness)

Begin by adding chia seeds, cacao powder, maple syrup and coconut milk to a small bowl. Whisk vigorously until all the ingredients are well combined. You want to make sure there are no chia seeds stuck to the bottom of the bowl. Place the chia pudding in the fridge overnight to soak.

To make the coconut cream begin by scooping off the cream which should have separated after being chilled overnight. Add the coconut cream, maple syrup and vanilla extract to a chilled metal bowl, and whisk until smooth and fluffy.

Soak goji berries for 30 seconds in hot water until they are soft. Gently toast almonds in the oven or in a frying pan and crush into small pieces. Once the chia pudding has soaked, place in the desired serving bowl, place a scoop of coconut cream on top, and scatter goji berries and crushed almonds on top. Enjoy!

