WONDERFUL WARM WINTER *Recipes*



We got these wonderful warm winter recipes for you from two women: Shana Balkin (R), whose fun and popular food blog is called @saladtherapy (Shana responded to the *N'shei Chabad Newsletter's* request on social media for sugar-free recipes), and Rivkah Krinsky, mother of eight, a health coach living in Crown Heights. To read more about her work, see "Free at Last: Conquering Sugar" in this issue. –Ed.



Pancakes



Perfect Protein-Packed Pancakes

By Rivkah Krinsky

This Chanukah, try something new!

Ingredients

1 cup almond flour
3 eggs
1 ripe banana
1 tsp cinnamon
1 cup blueberries
1 Tbsp honey (optional)
Approx. 3 tsp coconut oil for frying

Instructions

Mash banana. Add eggs, almond flour, and cinnamon (and honey, if desired). Mix. Fold in blueberries. Fry with coconut oil. Sit around the menorah watching the flames and feel good that you fed yourself and your family so well.

Kugel



Broccoli Mini Kugels

By Rivkah Krinsky

Incorporating colorful tasty vegetable side dishes will help you maintain your weight, keep you satisfied and, most importantly, you and your guests can enjoy the good food ("good" in every way) at your Shabbos meal.

Briefly steam lots of broccoli and cauliflower. Drain and mash. Add eggs, salt, and pepper. Bake in muffin tins sprayed with olive oil with a little oil drizzled on top at 350°F for 15 minutes.

Soup

Autumn Slow Cooker Soup With Roasted Acorn Squash and Whole Wheat Couscous

(from Shana Balkin's food blog facebook.com/saladtherapy, also visible without a Facebook account)

Soup ingredients

2 chopped carrots

1 chopped celery stalk

1 chopped acorn squash (or equivalent amount in butternut squash, cabocha squash, delicata squash, pumpkin, or sweet potato)

1 sliced onion

4-6 cup cooked beans (chickpeas or white beans preferred, but any kind of bean is fine)

1 chopped zucchini

3 cloves garlic

1 can tomato sauce

One to one and a half emptied tomato sauce cans full of water

Salt and pepper to taste

1 Tbsp golden raisins per serving

Whole wheat couscous (1 package)

Cashew cream ingredients

1/2 cup raw cashews

1/2 cup nondairy milk

1/2 teaspoon white vinegar or lemon juice

Salt and garlic powder to taste

Acorn squash garnish:

Acorn squash

Salt and pepper to taste

Instructions

Chop all soup vegetables in whatever size pieces you prefer. Place all soup ingredients except the raisins and couscous into the slow cooker and cook on low for 5-6 hours or longer.

In the meantime, put all cashew cream ingredients in the blender and blend at top speed for a good minute or until extremely creamy. It's best to do this an hour or less before serving so it will be warm or room temperature, but if you refrigerate it first just take it out an hour or so before serving and let it reach room temperature.

Cook whole wheat couscous according to package instructions.

For the acorn squash garnish, preheat your oven to 400°F, then slice your squash in rounds about a quarter-inch thick. Prepare a baking sheet with parchment paper, arrange sliced acorn squash rounds on the sheet, and add salt and pepper to taste. Bake for about 30 minutes or until soft and just beginning to brown. Remove seeds (you can eat the crunchy ones!).

When soup is finished, serve over warm whole wheat couscous and top with golden raisins (trust me, you want these), cashew cream drizzle, and acorn squash garnish. Do NOT stir in the cashew cream; leave it as is or else you won't taste it.

Follow N'shei Chabad Newsletter on social media to see your healthy, sugar-free recipe on these pages.

**Please check with your Rov if you have questions about how to check vegetables for bugs.*