



Recipes for your

LUMINOUS NIGHT

Vegan GF Dark Chocolate Muffins

- ½ 15-oz can (7.5 oz) black beans
- ½ c sunflower seed butter
- ¾ c pumpkin puree
- ½ c maple syrup
- ½ c unsweetened baking cocoa powder
- ½ c old fashioned rolled oats
- 3 T coconut oil, melted and cooled
- 1 t white vinegar
- 1 t baking soda
- 1 t real vanilla extract
- ½ c chocolate chips
- (optional: 1/4 c brown sugar for a more traditionally sweet treat)

**Makes about
30 mini-muffins**
Rich and chocolaty,
but not heavily sweet

Add items one at a time to bowl of food processor. Continue blending until black beans are very smooth. Stir in chocolate chips by hand at the end.

Preheat oven to 350° F.

Grease mini-muffin tins with coconut oil or spray oil. Fill tins about ¾ full so they'll come out of the pan more easily. Bake about 12 minutes or until a toothpick comes out clean. (I make 1½ recipes to fill two pans, about 48 muffins).

Vegan Buttercream Icing

- ½ c vegan butter
- 2 ½ c powdered sugar
- ½ – 1 t flavoring of choice: mint, vanilla, almond extract.

Optional toppings: a few chocolate chips to the top of each muffin before baking. Top icing with a blanched almond, macadamia nut and/or a fresh raspberry.

Recipe refined and shared by Rebecca Sears

Turkish Red Lentil Wedding Soup

- 1 cup red lentils, washed and drained
- 3 Tbsp olive oil
- 1 onion, chopped
- 3 medium carrots, chopped
- 1 medium potato, peeled and cubed
- 1 medium tomato, peeled and crushed (fresh or canned)
- 1 tsp red pepper paste
- 1 cup vegetable stock (or broth)
- 3 cups water
- 2 cloves of garlic, crushed
- Juice of 1 lemon
- Salt (to taste)

Optional:
Cumin (to taste)
Black pepper (to taste)

Garnish:
Toasted pumpkin seeds (pepitas)

Soak the red lentils in cold water for 30 minutes.

Rinse and drain.

Saute chopped onion in olive oil.

Place the sauteed onion and all the main ingredients in a medium-sized pot.

Cook for about 30 minutes on medium-low heat, then mix thoroughly in a blender until smooth.

If necessary (too thick), add more hot water.

Pour into soup bowls using a ladle.

Serve while still hot with fresh bread or pita chips.

Shared by Masha Shukovich, mashashukovich.com