

Ara Wiseman Nutrition and Healing

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Healthy Indulgence Recipes

Easy Banana Chocolate Ice Cream

- 3 frozen bananas (peeled)
- 2 tbsp raw cacao
- 1 tbsp ground chia
- Optional: cardamom or cinnamon to taste

Toss ingredients in food processor and blend until smooth. If you are using a blender, you may need to add a little almond milk to get things moving. Enjoy right away or store in freezer for later.

Gluten-Free Chocolate Fudge Cake

- 1/2 cup gluten-free flour blend (like Bob's Red Mill)
 - 1/2 cup oat flour
 - 2 tbsp coconut flour
 - 1/2 cup raw cacao powder
 - 1/4 tsp sea salt
 - 2 tsp each baking powder & baking soda
 - 1 medium ripe avocado
 - 1.5 medium very ripe bananas
 - 1/4 cup + 2 tbsp honey (or sub maple syrup if you want to make it vegan)
 - 1/4 cup coconut oil, melted
 - 1 cup unsweetened vanilla almond milk + 1 tbsp white vinegar
 - 2 tsp pure vanilla extract
1. Position a rack in the middle of the oven. Preheat oven to 350 degrees F and butter an 8-inch round baking pan (or 8x8 rectangular pan) with coconut oil. Toss with some white rice flour (or other GF flour) to coat the edges and remove excess. Set aside.
 2. Add avocado and banana to a large mixing bowl and mash.
 3. Add honey (or maple syrup or agave), vanilla, coconut oil and stir. Measure out 1 cup almond milk and toss in the vinegar. Let set for a minute or two then add to

the mixture and whisk.

4. Next add baking soda and powder and mix vigorously to combine.
5. Add cacao powder, salt, gluten free flour blend, and coconut flour to a sifter (reserving oat flour since it's more coarse) and sift over wet ingredients. Whisk vigorously to combine.
6. Last, add oat flour and stir once more. Taste a bit to see if it needs more honey. Then pour into the prepared baking pan and smooth the top with a rubber spatula.
7. Bake for 40-48 minutes or until a toothpick inserted into the center comes out clean. Cracks on the top are fine and actually good. The edges should be pulling away from the sides just slightly.
8. Remove from oven and let cool in the pan for 1 hour. Then, loosen the sides with a knife and place a plate on top and gently flip over. Repeat with another serving plate so it's right-side up. Dust with cocoa powder (optional) and serve immediately. Refrigerate if keeping longer than a few days. Freeze for even longer storage. Frosting is really not necessary. It's very rich and fudgy on its own.

NOTES

When you pull the cake out of the oven, it will look like it's not done in the center. That's fine, it is. Plus, it's egg-free so it's fine if it's a little fudgy in the middle. However, cook for 5 minutes more if you're concerned. Cooling in the pan for 1-2 hours will finish "cooking" it and will let it set.

Chocolate Chip Oatmeal Cookies

- 1/4 cup coconut oil melted
- 1/4 cup sucanat sugar or coconut sugar
- 1 tsp pure vanilla extract
- ¼ cup boiling water
- 1¾ spelt flour or gluten free flour
- ½ tsp sea salt
- 1 tsp baking soda
- 2 cups organic oatmeal
- ½ cup flaked unsweetened organic coconut
- 2/3 cup dark organic chocolate chips

Mix the coconut oil, sugar and vanilla for a few minutes until mixed together. Add boiling water and mix. Add flour, salt, soda, oatmeal and mix. Stir in coconut and chocolate chips.

Form 1” balls, place on parchment paper lined cookie sheets, and flatten completely with a fork in a criss-cross pattern. Bake at 325 degrees F for 18-20 minutes or until golden brown. Enjoy!

Potato chips

- 2 medium Yukon Gold or potatoes of your choice, peeled and sliced into 1/8-inch slices on a mandolin or other handheld slicer
- 3 tablespoons coconut oil (in a sprayer is preferred)
- Sea Salt

Preheat the oven to 400°F. Slice the potatoes into a bowl and use a towel or paper towel and remove any excess water and then lightly spray them with coconut oil.

Season lightly with sea salt and arrange them in a single layer on a baking sheet with parchment paper.

Bake in the oven until golden brown — about 12-15 minutes. Season again lightly with sea salt when they come out of the oven. Transfer to a rack to cool for maximum crispness.

Homemade Nacho Chips

- 2 whole grain tortilla (I like the sprouted Ezekiel 4.9 whole grain tortillas from Food For Life)
- A pinch of sea salt
- Fresh rosemary chopped

Slice the whole grain tortilla into triangles. Lightly spray the triangles with coconut oil and sprinkle on the rosemary and a little bit of sea salt to taste.

Place the triangles on the top rack in the basket. Set temperature to 350 degrees F for 5 minutes.

Serve with guacamole or salsa!

Homemade Salsa

- 2 -4 large ripe tomatoes chopped small (enough to make 2 cups)
- 1 tsp minced jalapeno pepper
- 1 clove of garlic cloves pressed or minced
- Pinch of sea salt to taste
- Juice of half a lime
- 2 tbsp chopped fresh cilantro

- 1 tbsp chopped red onion

Mix all the ingredients together in a mixing bowl with a wooden spoon or large spoon and chill until ready to serve.

Guacamole

- 3 ripe avocados, peeled, pitted and mashed
- 1 lime juiced
- ½ cup diced red onion
- 3 tbsp fresh chopped cilantro
- 2 plum tomatoes diced
- 1 tsp minced garlic
- 1 tsp minced jalapeno pepper
- Pinch of sea salt to taste

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, jalapeno pepper and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Helpful Hint: To keep the guacamole from turning brown in the fridge, put the pit from the avocado in the middle of the guacamole to store overnight.

Margarita Pizza

- Organic sprouted spelt pizza crust (Shasha Co.)
- 1 large tomato sliced
- 1/4 red onion, chopped
- Handful of chopped spinach
- 1 tsp dry Italian seasoning (basil, oregano, thyme)
- 1/2 garlic clove, minced
- 2 tbsp extra-virgin olive oil (EVOO)
- Optional: Freshly shaved high quality parmesan

Combine the seasoning, garlic, and olive oil in a small bowl. Drizzle over the pizza with a spoon to make sure the whole area is covered. Add more EVOO if necessary. Decorate with your tomato and red onion. Sprinkle with a touch of cheese if you like.

Bake at 375F for 10-12 minutes on a pizza pan if you have one, or a cookie sheet. Every oven is different, so watch it carefully. Then increase temp to 400F and cook for another 5-7 minutes.