

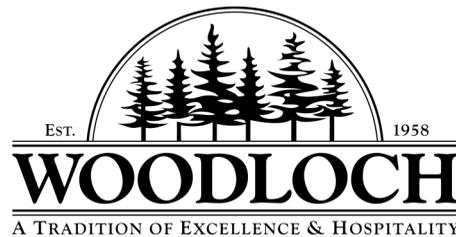
Beet Cake with Coffee Flour

Ingredients:

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/2 cup coffee flour
- 1 1/2 tsp. cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp. nutmeg
- 1/2 cup turbinado sugar plus 2 tbsp. for topping the cake
- 1/2 cup melted, unrefined coconut oil plus 1 tsp. for greasing the cake pan
- 1 egg plus 1 egg yolk at room temperature
- 1 tbsp. vanilla extract
- 1 tbsp. water
- 2 cups grated, peeled raw beets (about 2 fist sized beets)
- 1/2 cup Greek yogurt

Directions:

1. Preheat oven to 350 degrees. Grease a 10 inch cake pan with 1 teaspoon coconut oil; set aside
2. In a medium bowl, whisk together whole wheat, all-purpose and coffee flours, along with cinnamon, baking soda, baking power, nutmeg, and salt.
3. In a large bowl, stir together 1/2 cup sugar and coconut oil until well incorporated. Add the 1/2 cup of yogurt, eggs, vanilla and water and stir to combine.
4. Add flour mixture to the sugar mixture in three separate additions, stirring well after each time. Add the beets and mix until fully incorporated. The batter will be thick.
5. Scrape batter into the prepared cake pan. Top with remaining 2 tablespoons sugar. Bake for 40-50 minutes, rotating the pan after 30 minutes, until the cake is firm and a toothpick inserted into the center comes out with crumbs, not wet batter.
6. Cool completely. Serve with Greek yogurt, desired.



WOODLOCH'S ALL NEW...

It's Your Duty, To Become A "Foodie" Cooking Class



FUN FOOD TRENDS FOR 2017

Creamy Carrot Turmeric Soup

Ingredients:

- 1 Tablespoons coconut oil (or EVOO)
- 1/2 cup chopped shallot
- 2 tbsp. chopped, peeled turmeric (1 tsp ground)
- 2 tbsp. chopped, peeled ginger
- 4 garlic cloves, rough chopped
- 2 cups of fresh or store bought carrot juice
- Pinch of cayenne pepper
- 2 cups of water
- 1 lb chopped carrots
- 1/2 tsp. salt
- 1 can coconut milk
- 1 tsp. curry powder
- 1/2 tsp. apple cider vinegar
- 1/2 tsp soy sauce
- 1 tsp maple syrup

Directions:

1. Peel and chop shallots, turmeric, ginger, and garlic. Chop the carrots into 1/2 inch rings.
2. Heat oil in a large pot, over medium heat. Add shallots, turmeric root and ginger, then saute until golden, about 3-4 minutes.
3. Add garlic and continue cooking, stirring about 2 minutes
4. Add carrot juice, water, carrots, and salt. Bring to a boil, cover, turn heat down and simmer until carrots are tender, about 15-20 minutes.
5. Let it cool a bit and then blend in batches until smooth and velvety.
6. Place soup back in pot, over low heat and add coconut milk, curry, vinegar, soy sauce, and maple syrup. Simmer and stir until coconut milk is combined. Taste, adjust salt. Add cayenne for a little heat.

#Trending In 2017

1. **Locally sourced meat and seafood**
2. **Locally grown produce**
3. **Healthful kids meals**
4. **Natural ingredients/minimally processed food**
5. **New cuts of meat**
6. **Food waste reduction**



Healthy Cauliflower Rice

Ingredients:

- 1 large head cauliflower, separated into 1 inch florets
- 3 tbsp. olive oil
- 1 medium onion, finely diced
- Kosher Salt
- Juice of 1/2 lemon
- 2 tbsp. fresh parsley, finely chopped

Directions:

1. Trim the cauliflower florets, cutting away as much stem as possible. In 3 batches, break up the florets into a food processor and pulse until the mixture resembles couscous.
2. Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking, stirring frequently, until the onions are golden brown at the edges and have softened, about 8 minutes. Add the cauliflower, and stir to combine. Add 1 tsp. salt, and continue to cook, stirring frequently until the cauliflower has softened, 3 to 5 minutes. Remove from the heat.
3. Spoon the cauliflower into a larger serving bowl, garnish with the parsley, sprinkle with the lemon juice and season to taste with salt. Serve warm.

Dark Chocolate Beef Chili

Ingredients:

- 2 lbs ground beef
- 1 large onion, diced
- 1 14oz can crushed tomatoes
- 1 14oz can diced tomatoes
- 1 14oz can of black beans, rinsed
- 1 stalk celery, diced
- 1/2 cup carrots, chopped
- 1 green bell pepper, chopped
- 2 tbsp. Frank's Red Hot
- 2-3 tbsp. chili powder
- 1 tsp cumin powder
- 1/2 cup dark chocolate chips
- 1/4 cup Heinz ketchup (optional)
- Salt and pepper to taste

Directions:

1. Brown the beef and onions together in a large pot over medium heat. Once cooked through, you can drain the fat if you like.
2. If not, go ahead and add everything else into the pot.
3. Let simmer on medium-low heat for 45 minutes to an hour, or until flavors blend together. Serve with plenty of green onions and cheddar cheese (or any cheese of your choice)