



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

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### Recipes of the Month



Association pour la santé environnementale du Québec - Environmental Health Association of Québec (ASEQ-EHAQ)

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\*All recipes are vegan, gluten-free, and dairy-free. Use organic ingredients whenever possible.

## **Breakfast: Gingerbread Waffles**

**Prep Time: 5 minutes**

**Cooking Time: 15 minutes**

**Serving: 2**

### **Ingredients:**

1 ½ cups gluten-free flour blend

2 tsp baking powder

2 tsp ground ginger

2 tsp ground cinnamon

2 tsp ground nutmeg

Pinch of salt

1 ½ cups unsweetened almond or coconut milk (or other dairy-free milk)

2 flax eggs (1 flax egg = 1 tablespoon ground flax + 3 tablespoons water, whisk together, set for 15 mins)

1 tsp vanilla extract

3 tbsp avocado/olive/coconut oil

¼ cup molasses

### **Preparation:**

Preheat waffle maker. In a mixing bowl, combine gluten-free flour blend, baking powder, ground ginger, ground cinnamon, ground nutmeg, and salt. Mix together until there are no lumps. In another smaller mixing bowl, combine almond or coconut milk, flax eggs, vanilla extract, oil of your choice, and molasses. Whisk to combine. Pour the wet ingredients into the dry ingredients and mix so there are no lumps remaining. Ladle the batter into the waffle maker once it's heated. Close the cover and let cook, until the "Ready" indicator light or sound comes on. Serve





your gluten-free dairy-free waffles with vegan butter and syrup, spiced butter and syrup, fresh fruit, a homemade raspberry or cranberry syrup, maple syrup or whipped coconut cream.

## **Lunch: Curried Butternut Squash Soup**

**Preparation Time: 15 minutes**

**Cooking Time: 25 mins**

**Serving: 2**

### **Ingredients:**

- 1 tbsp oil
- 1/2 cup onion
- 1 bay leaf
- 1 clove optional
- 1/2 tsp ginger minced
- 1 clove of garlic
- 1/4 cup chopped carrot
- 1/4 tbsp cinnamon powder
- 1/4 tbsp curry powder
- 1/8 tbsp turmeric powder
- a pinch of nutmeg
- 1 ½ cups mashed butternut squash or canned
- 1/4 tbsp salt or to taste
- 1/2 cup coconut milk
- 1/2 cup water
- a generous dash of black pepper or cayenne or both
- 1 tbsp sugar or maple syrup

### Garnish:

- 2 tbsp unsweetened coconut
- 2 tbsp sunflower seeds or raw pumpkin seeds
- Cashew cream or coconut milk for garnish





**Preparation:**

In a pan, add oil and heat on medium. Add onion, bay leaf, and clove and cook for 5 minutes or until translucent. Add in the garlic, ginger, and carrots and cook for 2 minutes. Add in the curry powder, cinnamon, turmeric, nutmeg and mix for a few seconds. Add in the mashed butternut squash and salt and cook for 2 minutes. Add in the coconut milk, water, and black pepper, and cover and cook for 7 to 8 minutes. Taste and add sugar and spice. Take off heat. Blend until smooth.

Garnish: Toast the coconut and pumpkin seeds in a pan on medium heat until the coconut is golden. Mix in a pinch of cinnamon powder and use as garnish.



## **Dinner: Lentil Loaf**

**Prep Time: 20 minutes**

**Cook Time: 40 minutes**

**Servings: 8 persons**

### **Ingredients:**

- 1 cup red lentils uncooked
- 3 cups chestnut mushrooms finely chopped
- 1/2 medium eggplant finely chopped
- 1 medium onion finely chopped
- 1 large carrot finely chopped
- 1 large red bell pepper finely chopped
- 3 stalks celery chopped
- 2 tbsp tomato purée
- 1/2 tsp black pepper
- 2 tbsp cranberries chopped
- 3 cloves garlic minced
- 1 small bunch cilantro chopped
- 1 tbsp ground flaxseed
- sea salt, to taste
- 2 tbsp buckwheat flour



### **Preparation:**

Preheat oven to 180 degrees C/356 F. Meanwhile, cook the red lentils according to instructions on the packaging - this usually takes 10-15 minutes. Make sure they are cooked through but not mushy. Add the mushrooms and eggplant to a baking tray and cooked for around 10-15 minutes. Meanwhile, add the onion to a pan and



cook over medium heat for a few minutes. Then, add the bell pepper, carrot, celery, tomato purée, and black pepper. Lower the heat and cook, stirring frequently, on a low heat for around 10 minutes. When all the ingredients are ready, add them to a large mixing bowl together with the cranberries, garlic, cilantro, and flax egg. Season to taste with salt and pepper. Wait a few minutes until the mixture had cooled down and stir in the buckwheat flour. Transfer the mixture to a loaf container and roast in the oven for 35-40 minutes, making sure it doesn't burn.



## **Dessert: Chocolate Chip Muffins**

**Prep Time: 15 minutes**

**Cook Time: 22 minutes**

**Serving: 9-12 muffins**

### **Ingredients:**

#### wet ingredients

1 cup 100% pure pumpkin puree

¼ cup melted coconut oil

¼ cup + 2 tablespoons pure maple syrup

¼ cup + 2 tablespoons coconut sugar

1 flax egg (1 tablespoon ground flax + 3 tablespoons water, whisk together, set for 15 mins)

1 tsp pure vanilla extract

#### dry ingredients

2 cups gluten free oat flour

½ cup almond meal

1 tsp baking soda

½ tsp baking powder

2 tsp pumpkin pie spice

¼ tsp salt

¾ to 1 cup vegan chocolate chips



### **Preparation:**

Preheat the oven to 350°F. Place cupcake liners in a standard, 12-muffin pan. Set aside. Add the wet ingredients to a large bowl: pumpkin, coconut oil, maple syrup, sugar, flax egg, and vanilla. Whisk until well incorporated. Add the dry ingredients:



oat flour, almond meal, baking soda, baking powder, spice and salt. Mix the batter well. Add flour, 2 spoons at a time. Do not add additional liquids—the batter is meant to be very thick. Fold in chocolate chips. Using a large scoop, drop the batter evenly into each muffin cupcake. If not using a scoop, use a rubber spatula to smooth batter into an even layer with a domed top. To make large muffins, distribute the batter between 9 muffin cups. Bake for 18-25 minutes. 25 minutes for larger muffins. Allow to cool on a cooling rack.

## **Snack: Roasted Carrots with Honey-Mustard Glaze**

**Prep Time: 15 minutes**

**Cook Time: 20 minutes**

**Serving: 6 persons**

### **Ingredients:**

12-15 medium carrots, multicolour or orange

2 tbsp olive oil extra virgin

2 tbsp honey

1 tbsp Dijon mustard

1 tbsp fresh rosemary, finely chopped

2 cloves garlic, minced

½ tsp sea salt

½ tsp freshly ground pepper

2 tbsp chopped fresh parsley for garnish



### **Preparation:**

Preheat oven to 425°F. Peel the carrots. Cut larger ones in half lengthwise so that carrots are of uniform sizes and place them in a large bowl. In a separate container, whisk olive oil, minced garlic, rosemary, mustard, honey, salt and pepper. Combine thoroughly and pour over carrots, coating evenly, making sure they are all well-coated. Arrange in a single layer, not touching each other, on a baking sheet. Use two baking sheets if necessary. Cook in the oven for 20-25 minutes, turning occasionally until tender and just beginning to brown. Garnish with fresh chopped parsley and serve.