



Seattle City Light

Cookin' with Kilowatts



Cookbook

2018

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Cookin' with Kilowatts Contest

Seattle City Light challenged all home cooks, foodies or anyone who just cares about the environment to submit a favorite recipe using a cleaner, greener more energy efficient cooking method than a traditional oven or stovetop.

This cookbook is full of amazing recipes that did just that: made great food while using less energy and saving money.

Thank you to our 2018 partners!



Typical appliance costs

APPLIANCE	TEMPERATURE	TIME	ENERGY	COST*
Electric oven	350° F	1 hour	2.0 kWh	25¢
Toaster oven	425° F	50 minutes	.95 kWh	12¢
Crockpot	200° F	7 hours	.7 kWh	9¢
Microwave oven	High setting	15 minutes	.36 kWh	5¢
Solar oven	Hot	Varies	Sun	Free
Rice cooker	Regular	30 minutes	.7 kWh	4¢
Instant Pot®	High setting	15 minutes	.36 kWh	5¢



★ ★ ★ ★
★ FIRST PLACE ★

Chick2 Curry

Elizabeth M.
Shoreline

“A healthy and easy curry with both chicken and chickpeas. Serve over quinoa or brown rice.”

Preheat Instant Pot®, and select sauté.

Once hot, add the oil, onion, and chicken pieces. Stir periodically, cooking for about 2 minutes.

Add bell pepper, garlic and sauté about 2 minutes more until onions are translucent and starting to brown.

Add the curry powder, stir.

Add the chickpeas, tomato with juice, corn, broth, and salt.

Stir in cayenne (if desired).

Secure the Instant Pot® lid and ensure that the vent is turned to “sealing.”

Cancel the sauté setting. Select manual, and set to cook at high pressure for 7 minutes.

Once cooking is complete, use a natural release. This will take about 30 minutes.

Open lid, stir. Stir in lime juice and cilantro leaves.



**11 minutes
in an Instant Pot®**



*1 large chicken breast, cut to
1/2 inch cubes*

2 T olive oil

1 onion, diced

1 small green bell pepper, diced

2 large garlic cloves, minced

2 T yellow curry powder

*2 15 oz cans chickpeas (garbanzo
beans) rinsed and drained*

*1 14.5 oz can fire roasted diced
tomatoes with juice*

1 14.5 oz can corn, rinsed

1 C vegetable or chicken broth

2 tsp of salt

Dash of cayenne spice (optional)

Juice of 1 lime

*2 T cilantro leaves, washed
and chopped*

SECOND PLACE



Chocolate Peanut Butter Blappiness Pie

Amanda R.
Seattle

25 Oreo® cookies
5 T of butter for crust, plus
1 stick for filling
1.5 C of peanut butter for filling,
plus 2 T for topping
1/2 C powdered sugar
1 tsp vanilla
1 C semi-sweet chocolate chips
1/2 C whipping cream

Make crust: Crunch up most of a package of Oreo cookies (about 25) as fine as possible by hand or in a food processor. Melt 5 tablespoons of butter in the microwave. Mix together butter and cookie bits and press into the bottom of a 9" pie pan using the bottom of a flat surfaced cup or cup measure. Freeze 10 min and then place in the refrigerator while you make the filling.

Make filling: Mix 1.5 cups peanut butter (creamy is our favorite) with 1 stick of unsalted butter (or salted butter if using unsalted peanut butter), 1/2 cup powdered sugar, and 1 tsp vanilla until smooth. This can be done quickly using a stand mixer with paddle or more slowly by hand, either works. Fill cookie crust with peanut butter mixture and place back in fridge.

Make chocolate top: Add 1 cup semi-sweet chocolate chips (buy good ones!) and 2 tablespoons of peanut butter (definitely creamy) and 1/2 cup whipping cream to a microwavable bowl. Microwave in 20-30 second bursts to melt chocolate. Watch carefully and stir often so as not to burn chocolate. Mix well and spread on top of the peanut butter layer.

Refrigerate for an hour or two to chill and set. Enjoy!



About 1 minute
in a microwave

THIRD PLACE

MacDonald's Magical Vegan Chili

Nathan M.
Seattle

Finely chop the veggies.

Add all ingredients to the Instant Pot®.

Add 2 cups of water to the pot.

Cook on high pressure for 15 minutes, and release pressure naturally.



- 2 stalks of celery
- 2 carrots
- 1 onion
- 1 bell pepper
- 1 jalapeño
- 2 cans kidney beans (dark or light)
- 1 28 oz can diced tomatoes
- 1 C quinoa
- 3 T chili powder
- 1 T cumin
- 1 T oregano
- 1 tsp salt
- 1 tsp pepper
- A dash of cayenne or more depending on how spicy you like your chili!



15 minutes in
an Instant Pot®



GIFT CARD WINNER

Orange Lemon Olive Oil Cake

Anita R.
Seattle

2 C flour
1 T baking powder
Pinch of salt
3 large eggs
1 + 1/4 C sugar
1 C olive oil
1/2 C whole milk
2 T brandy, 2 T orange liqueur
(triple sec, Cointreau etc.)
2 T lemon zest
2 T orange zest
1/2 C orange juice
(fresh-squeezed if available)

Preheat the toaster oven to 325° F and grease a 9x5 inch loaf pan.

Whisk flour, baking powder, and salt together in a medium bowl.

In a separate larger bowl, whisk the eggs with 1 cup of the sugar (or use an electric mixer). Whisk or beat in the olive oil, milk, liqueur and brandy, lemon and orange zests, and 1/4 cup of the orange juice.

Add the dry ingredients and whisk or beat to combine.

Pour the batter into the loaf pan and bake for 1 hour, plus 5 or 10 minutes, until a knife or toothpick inserted into the center comes out clean.

Let the cake cool in the pan on a rack until it's cool enough to handle; then run a knife around the edge of the cake and flip it out of the pan onto the rack to finish cooling. When it's cooled, flip it right side up.

Mix the remaining 1/4 cup sugar and 1/4 cup orange juice together and brush the glaze over the top of the cake.



About 1 hour
in a toaster oven

GIFT CARD WINNER

Easy Peachy Dessert

Judith G.
Lake Forest Park

Empty can of peaches into a 2 quart crockpot.
Top with the oatmeal mix.
Cut butter into small cubes and add on top of cookie mix.
Cook on high for 2 hours.
Serve warm with whipped cream or vanilla ice cream.



- 1 29 oz can sliced peaches
(in heavy syrup)
- 1 17.5 oz package oatmeal
cookie mix
- 1 stick (4 oz) butter



2 hours
in a crockpot



GIFT CARD WINNER

Chocolate Upside-Down Cake

Kine Y.
Seattle

1 1/2 C of all-purpose flour
1/2 C white sugar
4 T unsweetened cocoa powder
1 tsp baking soda
1/2 tsp salt (optional)
1 tsp cinnamon
1/3 C vegetable oil
1/2 tsp vanilla
1 T vinegar
3/4-1 C water
Powdered sugar, berries, or any
other desired toppings

Add all of the dry ingredients together in a bowl—flour, sugar, cocoa powder, baking soda, salt (optional) and cinnamon.

Mix ingredients with a whisk.

Add the wet ingredients to the bowl—oil, vanilla, vinegar, and water.

Pour the mixture into the rice cooker.

Now, depending on which rice cooker you use, the cook times will be different. It took me about 30 minutes to cook mine.

When the toothpick comes out clean, bring the bowl out of the rice cooker to cool for 5 minutes.

Flip the cake and add whatever toppings please you. I added berries, powdered sugar, and shredded coconut.

Enjoy!



About 30 minutes
in a rice cooker



GIFT CARD WINNER



Best Gazpacho Recipe

Liz G.
Seattle

*2 pounds ripe red tomatoes, cored
and roughly cut into chunks*

*1 Italian frying (Cubanelle) pepper
or another long, light green
pepper, such as Anaheim,
cored, seeded and roughly
cut into chunks*

*1 cucumber, about 8 inches long,
peeled and roughly
cut into chunks*

*1 small mild onion (white or red),
peeled and roughly
cut into chunks*

1 clove garlic

2 tsp sherry vinegar, more to taste

Salt

*1/2 C extra virgin olive oil, more
to taste, plus more for drizzling*

Combine tomatoes, pepper, cucumber, onion and garlic in a blender, blend at high speed until very smooth, at least 2 minutes.

With blender on, add the vinegar and salt, slowly drizzle in the olive oil. The mixture will turn bright orange or dark pink and become smooth and emulsified, like a salad dressing. If it still seems watery, drizzle in more olive oil until texture is creamy.

Strain the mixture through a strainer or a food mill, pushing all the liquid through with a spatula or the back of a ladle. Discard the solids. Transfer to a large pitcher (preferably glass) and chill until very cold, at least 6 hours or overnight

Before serving, adjust the seasonings with salt and vinegar. If soup is very thick, stir in a few tablespoons ice water. Serve in glasses, over ice if desired. A few drops of olive oil on top are a nice touch.



A few minutes
in a blender





GIFT CARD WINNER

Grandma's Swiss Steak

Amanda M.
Seattle

In a large plastic bag, combine flour, salt and pepper.

Add the steak pieces and toss to coat.

Place onion in a greased crockpot.

Top with steaks, celery and tomato sauce.

Cover and cook on low for 6-8 hours or until meat is tender.



2 T all-purpose flour

1/2 tsp salt

1/4 tsp black pepper

1 1/2 lbs boneless beef (round
steak cut into 6 pieces)

1 medium onion, sliced

1 celery, cut into 1/2" slices

2 14.5 oz cans tomato sauce



6-8 hours
in a crockpot



Speedy Breakfast Burrito

Courtney Y.
Seattle

*3 lbs fresh tomatoes, sun-ripened,
organic heirloom varieties*

1 small jalapeño

1 whole Walla Walla sweet onion

12 cloves fresh garlic

1 small bunch cilantro

1/2 C fresh lime juice

1/2 C red wine vinegar

“Make this breakfast burrito in less time than you’ll wait in line at a taco truck!”

Place bacon on a plate between a double layer of paper towels and microwave for 2 minutes or until desired crispiness. It will continue to crisp after cooking. Set aside.

Crack the egg into a 4 inch ramekin or plastic microwave egg cooking container. Add milk and use a fork to scramble. If using a ramekin, cover with a small plate and microwave for 90 seconds. Set aside.

Place tortilla on a plate, sprinkle cheese on top and microwave 10-15 seconds until cheese is melted.

Top tortilla with cooked egg and bacon and salsa/hot sauce as desired. Wrap and enjoy!

Note: remove containers from microwave carefully as they can become very hot.



About 4 minutes
in a microwave

Naked Eggs

Walker H.
Seattle

Spray oil on the inside of a coffee mug.

Add ingredients and stir.

Microwave for 1 minute at normal power.

Stir.

Microwave for another minute.

With a clean spoon, pop the egg cylinder out of the mug onto your plate, and split it in half so the inside can cool a bit before you eat it.



2 eggs

Add whatever you like to
scrambled eggs, for example:

1 T salsa

1 diced green onion

1 T diced bell pepper

1 T diced tomato

1 T shredded cheddar cheese

1 tsp bacon bits

1 tsp hot sauce



About 2 minutes
in a microwave

Super Simple Tuna Pasta

Alicia E.
Seattle

10 C salted water
16 oz bowtie (farfalle) pasta
2 7 oz cans albacore tuna, drained
2 T extra virgin olive oil
1/4 C capers
1/4 C shredded Parmesan cheese
Salt and pepper to taste

• Fill the electric pressure cooker pot with 10 cups of salted water.
• Put the bowtie pasta in the water.
• Close the pressure cooker lid and set for five minutes on high, according to manufacturer's directions.
• Meanwhile, place the albacore tuna, olive oil, and capers in a large bowl. Break the tuna into bite-size chunks with a fork.
• When the five minutes is done, open the valve for a "quick release".
• Drain the pasta, then place it in the bowl with the tuna.
• Mix the tuna, oil, and capers in with the pasta. Salt and pepper to taste. Sprinkle cheese on top and serve.



About 2 minutes
in a pressure cooker

Tropical Toast

Levi T.
Seattle

Toast two slices of bread.

Mash avocado in a bowl and season with lime juice, cayenne and salt.

Mix to combine.

Spread avocado mix on toast and top with pineapple and cilantro for garnish.

2 slices of seeded bread
1 avocado
1/4 C chopped pineapple
1 T lime juice
1 T chopped cilantro
Pinch of cayenne
Pinch of salt



A few minutes
in a toaster

Crunchy Taco Cups

Faye M.
Seattle

- 1 lb ground beef, browned and drained of fat*
- 1 envelope taco seasoning mix*
- 1 10 oz can diced tomatoes and chillies, drained*
- 1 jalapeño diced*
- 1 2.25 oz can sliced black olives*
- 24 wonton wrappers*
- 1 C cheddar cheese*

Combine the beef, seasoning mix, diced tomatoes and jalapeño in a bowl. Mix well.

In a mini muffin pan, line each muffin cup with a wonton wrapper.

Spray with canola oil.

Add 1 tablespoon of beef filling to each wonton wrapper and top with cheese.

Bake at 370° F for 8-10 minutes, until hot and golden brown.

Top with sour cream and enjoy!



8-10 minutes
in an air fryer

Spanish Gazpacho

Anne A.
Seattle

Clean and roughly chop the tomatoes into quarters. Add them to a blender and turn them into a liquid sauce.

Pass this sauce through a fine sieve to remove pieces of skin and seeds. Return to the blender.

Cut the bread into small pieces and add them to the blender. Let them rest for about 10 minutes.

Peel the garlic and remove the center. Add it to the blender.

Add the extra virgin olive oil and salt.

Blend the sauce and bread until the soup is creamy.

Put the gazpacho in the fridge to let it cool for at least a couple of hours.

Serve cold in individual bowls with a drizzle of extra virgin oil.

(Optional) Sprinkle serrano or Iberico ham shavings that you have cooked for 10 seconds in the microwave.

(Optional) Add a boiled egg.

- *1/2 C extra virgin olive oil*
- *2 lbs of ripe tomatoes.*
- *Half of a stale baguette*
- *1 clove of garlic*
- *Salt to taste*



*A few minutes
in a blender*

Chicken, Strawberry, and Red Onion Salad

Molly A.
Seattle

*5-6 C baby salad greens
(spinach, arugula, kale, etc.)*

*1 roast chicken from the market
(any flavor)*

1 red onion

1 quart strawberries

*Salad dressing of choice: poppy
seed, green goddess or balsamic
vinaigrette are all delicious*

Tear chicken into bite-sized pieces, discarding skin and bones.

Slice onion into thin rings.

Hull and slice the strawberries.

Assemble the chicken, strawberries and red onion rings on top
of the salad greens. Top with salad dressing.



Italian Chopped Salad with Basil Vinaigrette

Callan C.
Seattle

To make the dressing, combine the basil, garlic, shallot, vinegar, and salt in a food processor.

While the food processor is running, slowly pour in the olive oil and continue to process until the mixture is smooth and blended.

Taste and add additional salt and pepper if needed.

In a large mixing bowl, combine the lettuce, radicchio, onion, tomatoes, bell pepper, chickpeas, olives, mozzarella, and salami.

Add vinaigrette to taste and toss gently (you will probably have some leftover).

Serve immediately and enjoy!



A few minutes in
a food processor

- For salad:
- 2 medium heads of romaine lettuce, chopped
- 1/2 medium head of radicchio or red cabbage, thinly sliced
- 1/2 red onion, thinly sliced
- 1 pint cherry tomatoes, halved
- 1 red bell pepper, thinly sliced
- 1 can chickpeas, rinsed and drained
- 1/2 C Kalamata olives, halved
- 8 oz fresh small mozzarella balls (ciliegine), halved
- 5 oz salami, sliced
- For vinaigrette:
- 2 C packed basil leaves
- 1 clove garlic, chopped
- 1 small shallot, chopped
- 2 T red or white wine vinegar
- 1 tsp coarse salt
- 1/2 cup olive oil
- Freshly ground black pepper, to taste

SWEDISH TOFFEE---Electric saucepans or skillets with high sides are excellent for cooking candies.

3 cups sugar
2 tablespoons cocoa
2 tablespoons instant coffee

1 cup corn syrup
1/4 cup butter or margarine
2 cups evaporated milk
1/8 teaspoon salt

Mix all ingredients in 4-quart saucepan. Cook on Medium heat to 242°. Stir occasionally at the beginning and almost constantly after mixture begins to thicken. Pour into buttered 9 x 9-inch pan. Cool. Turn out on cutting board. Cut.
Yield: 2-1/4 pounds
HINT: Wrap each piece in waxed paper. Store in covered container in cool place.



CHOCOLATE PEANUT PILLOWS

1 Package (6 oz.) chocolate bits
1 tablespoon shortening
1/2 cup peanut butter

Melt chocolate bits and shortening over Low heat. Remove from heat and stir in peanut butter and sugar. Dip biscuits in chocolate mixture, coating all sides; gently shake off excess. Roll in chopped peanuts. Cool on rack; store in refrigerator.

2 tablespoons powdered sugar
3 cups spoon-sized Shredded Wheat biscuits
1 cup finely chopped peanuts

CRANBERRY Dainties

1 can (1 lb.) jellied cranberry sauce
2 packages orange- or red flavored gelatin

1 cup sugar
2/3 cup nuts, chopped

Combine cranberry sauce, gelatin and sugar. Cook and stir over Low heat till sugar dissolves. Add nuts. Pour into a greased 9 x 5-inch pan. Refrigerate until firm. Cut into 1-inch squares; roll in additional sugar. After 24 hours, sugar again. Yield: 3 dozen jellied candies

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Baked Halibut

Ruth E.
Seattle

Spread lemon juice over fish.

Dot with butter.

Sprinkle ginger, salt, and pepper on fillet.

Bake in toaster oven at 400° F for approximately 10 minutes, until fish flakes easily with fork.

Garnish with chopped parsley, basil or cilantro.

- 1 fresh halibut fillet
- 1 T lemon juice
- 1 T butter
- 1 tsp ground ginger
- Salt and pepper to taste
- Parsley, basil or cilantro



About 10 minutes
in a toaster oven

Solar Ratatouille

MB A.
Seattle

2 T olive oil
1 medium onion, chopped
3-4 cloves garlic, finely chopped
1 whole roasted red pepper, chopped (fresh, or from a jar)
1 8 oz can tomato paste
Salt and freshly ground black pepper
1 small yellow squash, sliced 1/4 inch thick
1 small zucchini, sliced 1/4 inch thick
2-3 small potatoes (baby Yukon Gold, or Red Bliss, or Blue), sliced 1/4 inch thick
1 small eggplant, sliced thicker than the other veggies
3-4 sprigs thyme, leaves removed

“The traditional French ratatouille recipe is a stew. Mine is adapted from Rachel Ray’s recipe, and composed in a similar manner to Remy’s version in the Disney Pixar movie, Ratatouille.”

Set up your oven and preheat in the sun. A dark-colored casserole works best.

Lay the eggplant on a baking sheet, and salt each side. Let it sit until the water is drawn out.

Place a large skillet over medium-high heat with 2 tablespoons of olive oil.

Add the onion, garlic and roasted peppers to the pan and cook until the onions begin to get tender, 4-5 minutes.

Set up a food processor or blender and add the contents of the pan.

Add in the tomato sauce and puree everything together (it should be about the consistency of thin tomato sauce).

Season with salt and pepper and pour the mixture out into the bottom of a casserole dish or an oven-safe sauté pan.

Swirl your dish around so that the bottom is evenly coated with the sauce; then arrange your veggies on top in a spiral pattern, alternating each veggie type, until you’ve filled the pan.

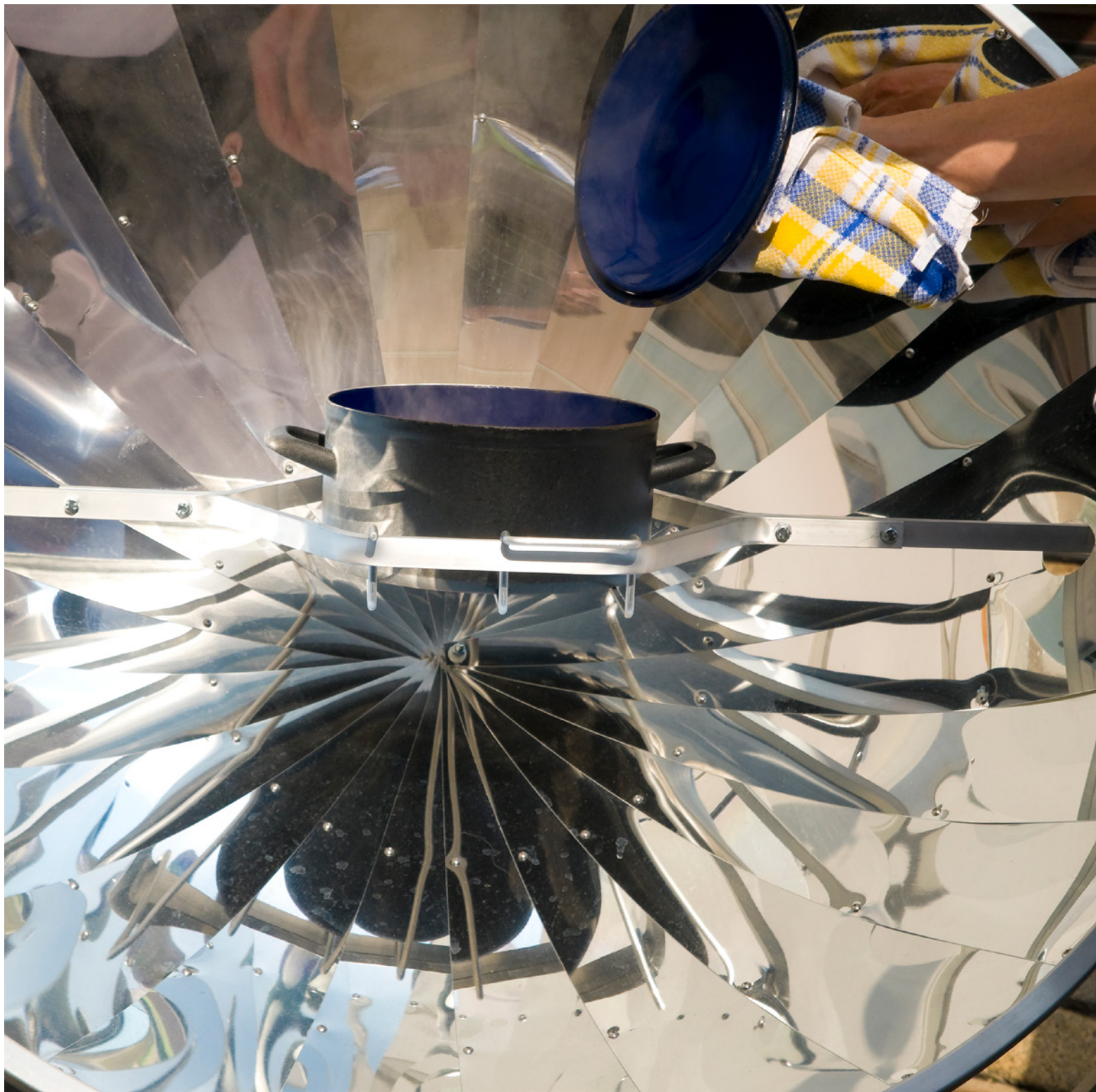
Sprinkle the thyme leaves over the top along with some salt, pepper and a drizzle of olive oil.

Cover, and place the whole pan into the oven. Bake until the veggies are tender (may be as long as 2-3 hours in a solar oven).

Serve the ratatouille over polenta or rice, or with a nice, crusty artisan bread.



**2-3 hours
in a solar
oven**



Chicken Chili Stew

Catherine S.
Seattle

*3 chicken breasts,
diced into 1/2" pieces*
1 C diced white onions
1 medium green bell pepper, diced
2 garlic cloves, minced
2 T canola or other vegetable oil
*2 14.5 oz cans of
diced tomatoes*
1 15 oz can kidney beans, drained
3/4 C Pace® Picante sauce, mild
1/2 tsp salt
1/2 tsp sugar

Add 2 tablespoons of oil to the crockpot set on high heat.
Stir the chicken, onions, green bell peppers, garlic until slightly browned, for 5 to 8 minutes.
Add the remaining ingredients and simmer for 30 to 45 minutes on low heat. Stir occasionally.
Ladle into bowls and top with condiments.

Suggested condiments:

Shredded cheddar cheese

Green onions, sliced

Avocados, diced into 1/2" pieces

Sour cream



30 to 45 minutes
in a crockpot

Fruity Flank Steak Dinner

Pam N.
Seattle

Put steak in slow cooker, sprinkle cumin over meat, add salsa and cook on low heat in crockpot for 8 hours.

Serve with yellow rice and black beans for an easy, healthy meal.

- 1-2 lbs flank steak
- 1/4 T cumin for each lb of flank steak
- 1 C fruited salsa per lb of flank steak (I like Costco mango salsa), lightly drained



8 hours
in a crockpot



Hazelnut Chocolate Mousse

Crissy G.
Seattle

To make hazelnut milk: Take 1 cup hazelnuts soaked for 3 hours in 3 cups of water. Place hazelnuts and water in blender (I used a Vitamix) and blend very well. Strain through nut milk bag.

To make almond butter: Take 2 cups of almonds (not soaked, dry) and process in food processor, adding 2 tablespoons of olive oil towards the end. Process until smooth.

You can opt to use store bought nut milk and nut butter to simplify the preparation. Use other nuts for either the nut milk or butter, or a combination.

To make the mousse: Place all ingredients in food processor. Process until very smooth. Refrigerate before serving. Top with grated hazelnuts (or other nuts), fresh berries, or mint if desired.

For hazelnut milk:

1 C hazelnuts

3 C water

For almond butter:

2 C almonds

2 T olive oil

For mousse:

2 avocados

1/2 cup almond butter

1 cup hazelnut milk

3/4 C cocoa powder

1/2 C agave nectar



A few minutes
in a blender



A few minutes in
a food processor

Raw Berry Crisp

Mel S.
Seattle

*6 C mixed berries, such as
blackberries, blueberries,
raspberries and sliced strawberries*

*1 T pure maple syrup, more or less
to taste depending on sweetness
of berries*

1 C raw pecans

1/2 C raw walnuts

*1/2 C pitted dates,
roughly chopped*

1/2 tsp ground cinnamon

In a 2-quart baking dish, toss berries with maple syrup.

Put pecans, walnuts, dates and cinnamon into a food processor and pulse until coarsely ground. Scatter nut mixture over berries and serve immediately, or chill until ready to serve.



A minute or two in
a food processor

No-Bake Blueberry Coconut Mousse

Jenna W.
Seattle

Pour the can of coconut cream into a microwave safe dish.

Empty the packet of gelatin into the coconut milk and whisk together. Microwave for 1 minute then remove and check to see if all gelatin has dissolved. If not, whisk and repeat until dissolved.

When gelatin is fully incorporated into the coconut cream pour the mixture into the blender.

Add the blueberries to the blender and puree until you have a smooth texture.

Add chia seeds for extra crunch and extra firmness in final product.

When blended fully, pour mixture into a shallow glass dish. Or pour into several small containers to take this treat on the go.

Refrigerate for at least 4 hours.

When firm, remove from fridge, top with whipped cream, fresh berries, and slivered almonds.

Serve cold for a healthy and refreshing dessert.

1 8 oz can coconut cream
1 packet of plain gelatin
2 pints of blueberries
(sub for other berries if desired)
Chia seeds (optional)
Whipped cream (optional)
Slivered almonds (optional)



A few minutes
in a blender

Chia Pudding with Love

Itala S.
Seattle

*1/2 C unsweetened canned
coconut milk*

1/2 C unsweetened almond milk

*3 T sweetener, such as maple
syrup, agave nectar, cane sugar, or
coconut sugar*

2 tsp vanilla extract

1/8 tsp kosher salt

*1/4 C white chia seeds
(1.5 ounces)*

*For serving: fresh fruit, toasted
coconut flakes, toasted macadamia
nuts, or almonds*

“My boyfriend and I are dairy and gluten-free and obsessed with this healthy breakfast or dessert that is filled with beneficial Omega 3s. And, many substitutes can be made: no nuts, nuts, granola, alternative milks, cinnamon, fresh fruit, fruit purees, etc.”

Combine and blend: Stir the coconut milk, almond milk, sweetener, vanilla, and salt in a pint glass jar. Whisk in the chia seeds until evenly dispersed. Seal the jar.

Chill to thicken: Refrigerate overnight to thicken the pudding. Chia pudding is set when the seeds swell to almost double their size and have an opaque area of gel around them. Serve with fresh fruit, toasted coconut, or toasted nuts.

Recipe Notes

Make ahead and storage: Chia pudding can be made the night before and refrigerated for up to 3 days.

For a fruit parfait variation: Blend 1/2 cup (2 1/2 ounces) frozen fruit with 1 tablespoon of water. Pour the puree into a serving bowl. Top with the vanilla chia pudding, fresh fruit, toasted coconut, and chopped macadamia nuts.

George's Skinny Muffins

Jennifer M.
Seattle

Mix all ingredients together in a mug and microwave for 52 seconds.
Allow to cool to a safe temperature and enjoy!



About 1 minute
in a microwave

- 1/4 C ground flax*
- 1 tsp baking powder*
- 2 tsp cinnamon*
- 1 tsp coconut oil*
- 1 egg*
- 1 packet stevia*

Happy Cookin'!



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uwajimaya.com



SEA WOLF

seawolfbakers.com