**From the Kitchen Let’s Cook Healthful Meals**

January 22, 2021 Recipes

**Quick overnight breakfast bowl** – 1/3 cup rolled oats, pulse in a dedicated spice grinder for a smoother texture. 3 dried figs cut up into pieces, three small slices of ginger root, ½ tsp. cinnamon, ¼ tsp. cardamon powder, 1 tsp. vanilla extract, 1 tsp. maple syrup. Combine in a pint-sized Mason jar and add ½ cup of nut milk. Cover shake vigorously until all ingredients are combined. Refrigerate overnight. It will be ready to consume in the morning.

**Green Mango/Gingerroot Chutney** 3 large mangoes, one small green chili or ¼ tsp. cayenne pepper, 4-inch piece of ginger root, cut into slivers, 1/2 cup apple cider vinegar, ¾ cup organic sugarcane. Spices of 1 tsp. each: cinnamon, cumin and or coriander powder.

Slice and peal mangoes cut into medium size pieces off of the seed and add to a medium sized saucepan. Add above ingredients and place over low heat on the burner. Cook for one hour or so, until the fruit becomes a jelly-like consistency. When cooled, store in pint sized jar. Keeps for approximately two weeks. This is a good winter condiment because it is both sweet and warming in nature. A little goes a long way with your meal.

**Buddha Sauce (from Kripalu Kitchens)**

½ head of cauliflower, ½ cup sesame tahini, juice of lemon, 1 ½ TBS., Umeboshi Vinegar, 1 ½ TBS., 1/2 cup chives, cut into small pieces. Small amount of broth from steamed cauliflower. Cut cauliflower into small pieces, steam with a double boiler and add to a kitchen Cuisinart. Add all of the ingredients and blend into smooth. May season to taste with black pepper. Excellent on roasted vegetables, and grains.

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