**Seasonal Citrus Cooking Class**

Hot Apple Lemon Ginger Toddy

Serves 1

This is a great drink if you are chilled or feeling a bit under the weather. I like to juice all of these together (apples, lemon and ginger) and warm on the stove top, but if you don’t have a juicer, just follow the instructions below. I will often add turmeric and a little white onion as it has an anti-inflammatory effect. Kind of like the Fire Cider recipe that sits for weeks on end. This is a quick version.

Ingredients:

1 ½ cups apple cider (fresh pressed if possible) (high polyphenols and anti-oxidants)

1 lemon, juiced (immune and skin support with high vitamin C) \*

1 inch piece of ginger (cut into pieces) (improves digestion, protects against respiratory virus)

1 clove garlic, crushed (anti-bacterial, anti-fungal, anti-viral)

Cinnamon sprinkle (is anti-viral, anti-inflammatory, supports heart health)

Optional (1 tablespoon white onion, chopped, 1 inch piece turmeric chopped, 1 sprig rosemary)

Directions:

Place your fresh pressed apple juice in a sauce pan

Add the lemon juice, ginger and garlic and let simmer for about 5 minutes.

(If adding other ingredients, add at this time)

Strain ingredients into a mug, and sprinkle with cinnamon.

Enjoy!!

Note: you can add apple cider vinegar in place of lemon (just use about 1 ½ tablespoons)

Also, for a less sweet version use 1 ½ tablespoons of organic apple cider vinegar, 1 tablespoon lemon juice and 1 ½ cups water. Follow directions above, adding in other spices and herbs and sweeten with honey (Manuka honey also is great when you’re feeling sick).

Cremini Mushroom and Red Pepper Tacos with Grapefruit and Avocado Salsa

Serves: 6

Taco Ingredients:

1 – 2 Tablespoons avocado oil

½ onion, cut into moon shapes (anti-viral, anti-fungal, anti-bacterial)

½ red bell pepper, cut into slices (high vitamin C source, anti-oxidants)

3 cups Cremini Mushrooms, sliced (note, you can also use portabella or even oyster mushrooms) (high vitamin D source)

2 teaspoons fajita or taco seasoning (chili or cayenne is a great stimulant of digestion)

6 tortillas or 6 lettuce cups for a low carb option (I like to use Food for Life Sprouted Corn Tortillas). Sprouting creates more digestive properties to the food.

Directions:

Pour a bit of oil into a sauté pan and add the onion, red bell pepper and oyster mushrooms. Add the seasoning, salt and pepper and sauté until vegetables start to caramelize. Remove from heat when ready.

If using tortillas, warm on a hot pan and fill your tortilla with the mixture. Top with Fresh Salsa or fill lettuce cups and add salsa on top.

Either way, a delicious bite!!

Grapefruit and Avocado Salsa

Serves: 6

Ingredients

1 large grapefruit, supreme (high dose of vitamin C)

1 large avocado, diced (healthy fats, and good source of fiber)

½ cup red pepper, diced (great for immune system, heart, brain, skin and vision)

½ cup cucumber, diced (hydrating, digestive properties, bone health)

1 small shallot, diced (anti-viral, anti-fungal, anti-bacterial)

1 jalapeno, seeded and small chop (circulatory properties, anti-oxidant)

½ cup cilantro, chopped (great detoxifier)

1 lime, juiced (high vitamin C)

½ - 1 tsp taco seasoning

Sea salt, to taste

Directions:

Combine all ingredients in a bowl and mix until well incorporated.

Serve with tacos.

Note: I also love to make a protein rich salad (steak, chicken, fish or shrimp) and serve salsa on top.

Yogurt Tangerine Bites with Chocolate Ganache Drizzle

Makes: 10 - 12

Ingredients:

About 8 – 10 tangerines or 1 ½ cups plus a couple more for garnish (high vitamin C content, collagen producer)

1 cup thick yogurt like Greek or Cocojune (you can use vanilla flavored if you want already sweetened or sweeten it yourself with a tablespoon of honey or pure maple syrup) (good source of probiotics, good digestion)

Homemade Chocolate Ganache (see recipe below)

12 Popsicle sticks if you want to make them into POP’s.

Directions:

Zest some of the tangerines (about 2 tsp) and set aside.

Peel and chop enough tangerines to equal about 1 ½ cups.

Add your zest and tangerines to the yogurt mixture, along with honey and vanilla if using.

On a parchment lined baking dish, spoon out enough the yogurt mixture into 3 inch rounds.

Place in the freezer until frozen.

Remove the rounds from the parchment and set aside. There should be an outline of the yogurt round on the parchment that you will use as a guide.

Using the same pan, add a spoonful of chocolate onto the outline of the yogurt rounds.

Place a Popsicle stick onto the chocolate and top with the yogurt round. Push down a bit to secure.

Add another spoonful of chocolate on top of the yogurt, leaving a little bit of edge.

Peel 3 tangerines and section them (about 24 pieces total or enough for two per pop)

Take two sectional pieces of peeled tangerine and place them rounded sides together on top of the chocolate, creating a butterfly shape.

Place back in the freezer until fully frozen.

When ready to eat, pull out and let sit for about 10 minutes.

They should be perfect to bite into and enjoy!!!

Note: You can use any fruit in place of orange. I personally love the orange/chocolate combo and a strawberry/chocolate combo. You can shape a strawberry into the shape of a heart as the top decoration. Have fun and use your imagination. Nut butters are also a great option.

Chocolate Ganache

Makes: about 1 ½ cups

Ingredients:

1 cup chocolate (you can use a sugar free or allergen friendly chocolate, like Lily’s, Hu or Enjoy Life Foods) (great magnesium source, just be sure to watch sugar content)

3/4 cup heavy cream or coconut cream for a dairy free version

1 tsp vanilla

Pinch salt

Directions:

Place chocolate in a glass dish.

Heat your coconut milk or cream, vanilla and salt in a heavy bottomed sauce pan over medium heat just below simmer, 2 – 3 minutes or so (swirl and watch for steam, but don’t overcook as you can burn the milk).

Pour the hot milk into the chocolate and let sit for about 1 minutes.

Whisk gently until the ganache is silky smooth. Over whisking can cause too many bubbles and we are looking for a smooth ganache.

Let sit at room temperature to firm up a bit.