

## Nut Pâté

### Ingredients

2 cups any variety of nuts\*, soaked for 6-8 hours or overnight

1 tablespoon olive oil

1 tablespoon tomato paste

1 clove garlic, minced

1 tablespoon capers

1 ½ tablespoons sherry vinegar

1 tablespoon nutritional yeast

1 tablespoon miso

¼ cup water (plus additional tablespoons as needed)

Salt & pepper to taste



### Ingredient Note

You can use a single variety of nuts or a combination.

I like the enhanced flavor of toasted nuts and I often toast them before I soak but you can also do it after. Or you can skip toasting entirely and this will still taste great.

### Instructions

Drain the nuts and combine with all other ingredients in a food processor until smooth.

If the mixture is too thick, it can be thinned with water 1 tablespoon at a time.

You want the mixture to be smooth and moist enough that it moves around the food processor without getting stuck.

Taste to adjust seasonings to your liking.

This will keep in the refrigerator for up to a week or can be frozen.

### Serving ideas

As a dip with crackers or veggies

As a sandwich spread

Thinned with water or olive oil and used as a pasta sauce

*Original recipe by Kip Hardy, MS, RDN*

## **Fruit & Yogurt Pops**

### **Ingredients**

2 cups fruit (fresh or frozen)  
2-4 tablespoons liquid sweetener  
2 cups whole milk Greek yogurt



### **Ingredient Notes**

Honey, agave nectar, maple syrup, molasses, sorghum syrup and simple syrup are all great liquid sweetener options.

If you are using sweetened yogurt, start with only 2 tablespoons of liquid sweetener, but know that you can also adjust based on your preferences and the sweetness of your fruit.

I like to use Greek yogurt because it is more concentrated and therefore has more protein, but any kind of yogurt will work

Additional unflavored protein supplements can be added to the fruit mixture if you are struggling to meet your protein needs due to diminished appetite during active treatment.

### **Instructions**

Puree the fruit and liquid sweetener in a blender or food processor until liquified.

Transfer the fruit mixture to a bowl and swirl in the yogurt - for a more tie dye look don't mix them entirely

Taste it and adjust the sweetener to your liking

Pour the mixture into your popsicle molds - if your molds have a place to hold a stick, add it. If not let them freeze for about 2 hours then add the stick and freeze for an additional 4-6 hours.

### **Things to use as popsicle molds if you don't have dedicated popsicle molds:**

- Small disposable cups
- Muffin tins
- Ice cube trays
- Small yogurt containers

*Original recipe by Kip Hardy adapted from Sally McKenney at <https://sallysbakingaddiction.com/>*

## Sungold Tomato Jam & Ricotta Toast

So many aspects of this recipe are optional - you can scale it all the way down to olive oil and tomatoes and you'd still be rewarded with a flavorful jammy sauce that is just as good on pasta or in a grain bowl as it would be on toast. I love the floral notes that coriander

contributes to the classic pairing of tomatoes, garlic and basil. And finishing with the dill adds a bright green element that contrasts with the cooked basil. But as always, choose your own adventure!



### Ingredients

- ½ cup olive oil, divided
- 4 slices of crusty bread (sourdough is a great choice)
- 4 garlic cloves, 1 halved, 3 sliced
- ½ teaspoon ground coriander
- 2 pints Sungold tomatoes (or any variety of grape or cherry tomato)
- Salt to taste
- 10-12 large basil leaves
- 1 cup of ricotta cheese or cashew cream
- Freshly ground black pepper
- 4 sprigs of fresh dill

### Instructions

Heat 2 tablespoons of olive oil over medium heat in a wide skillet. Toast 2 slices of the bread in the olive oil for about 2 minutes on each side. Add additional oil and toast the other 2 pieces of bread. Set the bread aside.

Add the remaining ¼ cup of oil to the pan. Add the garlic slices and cook until they just start to get fragrant but before they darken. Add the coriander and stir for just about 30 seconds until it is fragrant. Add the tomatoes to the pan and turn up the heat to high. The tomatoes will start to split and burst and you can help them along by smashing them with the back of a wooden spoon or spatula. Season with salt.

After a few minutes once the tomatoes are all slumped and/or smashed and have released their juices, I turn the heat back down to medium and let them cook and thicken for 4-5 minutes.

Stir in the basil and continue cooking for another 4-5 minutes until everything is getting more thick and jammy. You can let this thicken and reduce as much as you like or as much as you have time and patience for.

Rub each of your slices of bread with the halved garlic cloves then smear each slice with a generous dollop of ricotta or cashew cream. Spoon the tomato jam over each slice and garnish with a few grinds of black pepper and some small sprigs of dill.

*Original recipe adapted by Kip Hardy from Juistine Doiron at <https://justinesnacks.com/>*