

Creative Cooking

THE HOLMES SISTERS DDCC000001

EPISODE 1

FOCUS:
SOUTHERN
BREAKFAST



Eat It

T'S GRANDMA'S VEGAN SOUTHERN BISCUITS

INGREDIENTS

- 1½ cup whole wheat pastry flour
- ½ cup white whole wheat flour
- 2 Tbsp Rumford Aluminum-Free Baking Powder
- 1 tsp salt
- 2 Tbsp organic cane sugar
- 8 Tbsp Earth Balance Shortening
- ¾-1 cup unsweetened almond/soy milk

INSTRUCTIONS

Sift flour, baking powder, sugar, and salt together. Cut in Earth Balance Shortening until mixture resembles coarse meal. Add milk to form soft dough; then turn out onto floured surface. Knead gently for 30 seconds. Roll out into ½ to ¾ inch thickness. Cut into rounds of desired size and place onto non-stick bake pan. Bake in 400°F pre-heated oven for 10-15 minutes.

FRITATA

INGREDIENTS

- 1 14-16 oz extra firm Tofu
- 4-5 Tbsp water
- 1 tsp smoked paprika
- ¼ cup chopped red pepper
- ½ cup small medium onion chopped
- ¼ cup chopped fresh cilantro
- 1 tsp salt to taste
- ½ Tbsp basil
- 1 Tbsp onion powder
- ¼ tsp turmeric

INSTRUCTIONS

Blend Tofu, salt, basil, onion powder, paprika and turmeric in food processor until smooth; add water slowly to food processor; transfer mixture to bowl and add chopped onion, peppers and cilantro. Heat oven to 450°F or 475°F; scoop onto nonstick baking pan using Ice Cream Scooper coated with PAM; place in oven and cook 15-20 minutes on each side until crispy.

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Juice It

CIRCULATION SMOOTHIE

INGREDIENTS

- 1 cup Apple juice
- 2 cups of water
- ½ banana
- 5 strawberries
- 1 lemon

INSTRUCTIONS

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

Wear It

BAKING SODA & COCONUT OIL

INGREDIENTS

- 1 Tbsp baking soda
- 1 tsp coconut oil

INSTRUCTIONS

Mix and apply to face