

Creative Cooking

THE HOLMES SISTERS DDCC000004

EPISODE 4 FOCUS: QUICK DESSERTS



Eat It

CARAMEL MAPLE POPCORN VEGAN

INGREDIENTS

- 1 cup organic popcorn kernels
- ¼ teaspoon sea salt
- ½ cup vegan butter
- 1 cup pure maple syrup

INSTRUCTIONS

Air-pop the popcorn kernels. In a small saucepan, heat vegan butter, maple syrup, and salt, stirring until boiling. Boil for 5 minutes. Drizzle evenly over popcorn. Mix. Spread on baking sheet and bake at 350° F for 10 minutes. Cool for 5-10 minutes before serving.

MOUTH WATERING STRAWBERRY DROPS!

INGREDIENTS

- 1 package fresh strawberries
- 8 oz block vegan cream cheese, at room temperature
- ⅓ cup organic confectioner's sugar
- ½ tsp vanilla extract
- ¼ tsp almond extract

INSTRUCTIONS

With hand mixer, blend vegan cream cheese, confectioner's sugar, vanilla, and almond together until smooth. Remove tops and bottoms from strawberries. Scoop out center with a small melon baller. Fill cavity with cream cheese mixture. Garnish with shaved carob chips.

Juice It

BAHAMA MAMA TROPICAL SMOOTHIE

INGREDIENTS

- 1 banana
- 2 cups frozen or fresh pineapple
- 1 tsp of shredded coconut (unsweetened)
- 1 cup frozen or fresh strawberries
- 1½ cups coconut milk or fresh coconut
- 7 dates
- 2 Tbsp flaxseed
- 1½ cup of carob chips
- ½ cup of water
- Optional: add greens such as collards; spirulina powder or kale

INSTRUCTIONS

Add all ingredients to Vita Mix till blended smooth and serve.

Wear It

STRAWBERRY MASK

INGREDIENTS

- 2-3 ripe strawberries
- honey

INSTRUCTIONS

In a small bowl, mash strawberries into a pulp. Stir in the honey until you form a fairly smooth paste. Apply the mixture onto your face in a gentle circular motion. Massage the mask onto your face for at least 2 minutes. Wash off with warm water first then cold water to close off pores.