

Creative Cooking

THE HOLMES SISTERS DDCC0000012

EPISODE 12

FOCUS:
SOUL FOOD



Eat It

NUT-FREE MAC AND CHEEZ

INGREDIENTS

- 2 lb elbow macaroni
- 2 medium potatoes, peeled and diced
- 2 medium carrot
- 1 medium onion chopped
- 1 cup unsweetened non-dairy milk
- 1 cup non-dairy sour cream
- 1½ cup of water
- 3 tsp salt
- ½ tsp smoked paprika
- 1 cup nutritional yeast
- 1 Tbsp of lemon juice
- 3 cup vegan cheddar cheese, shredded

INSTRUCTIONS

Preheat oven to 375°F. Add the macaroni to a large pan of boiling water and cook as per the instructions (usually 8-10 minutes). While the macaroni is cooking boil the potatoes, carrots and onion until they soften. Add 1 cup of cheese and all of the other ingredients to a blender and blend until smooth. Drain the macaroni and return to the pan. Mix in 2 cups of cheese with the macaroni. Pour the sauce over the macaroni and stir well. Pour into a baking dish. Place in oven and bake for 30 minutes covered. Remove foil and top with a handful of cheese. Place pan back into the oven and allow to crust for 15 min.

SMOKED COLLARD GREENS

INGREDIENTS

- 2 lb of collard green, chopped
- 1 small yellow onion, diced
- 1 Tbsp olive oil
- 2-3 cups water
- 1 tsp smoked paprika
- 1 Tbsp of liquid smoke (hickory)
- 1 tsp of salt

INSTRUCTIONS

Coat a large deep skillet or pot with olive oil. Saute onions until almost tender over medium heat. Cook until onions are translucent, about 2-3 minutes. Add in water. Season with paprika. Bring to a simmer and reduce heat. Add in the greens. Green will wilt down as they cook. Simmer for 30 min. Do not boil. Add hickory smoke. Add more vegetable broth if needed. May need more or less time so be sure to check them after 30-45 minutes. When done, greens will be dark green, tender and will not have a raw taste. Add in more salt if desired.

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Juice It

PINA COLADA

INGREDIENTS

- ½ cup unsweetened almond milk
- ½ cup coconut water
- ½ cup frozen pineapple
- 1 tsp honey
- 1 Tbsp shredded coconut
- ¼ tsp vanilla extract

INSTRUCTIONS

Add all of the ingredients to a blender (no particular order), and blend for 1 minute. Serve.

Wear It

COCONUT OIL MASK

INGREDIENTS

- honey
- coconut oil

INSTRUCTIONS

Mix your raw honey and coconut oil together until you have a sticky (well-mixed) texture. It may seem thick at first, but the honey and coconut oil will actually warm up and soften on your face, so be prepared for a for drips! Keep the mask on for about 15-20 minutes and rinse with warm water.