

Creative Cooking

THE HOLMES SISTERS DDCC000003

EPISODE 3

FOCUS:
CONDIMENTS



Eat It

KIMMY'S KETCHUP

INGREDIENTS

- 1 cup diced tomatoes
- 1 Tbsp Lemon juice
- 1/8 tsp sea salt
- 1/8 tsp paprika
- 1 tsp maple syrup

INSTRUCTIONS

Fire roast tomatoes in oven for 5 min on broil. Blend all ingredients together. Pour in mason jar. Refrigerate.

VEGAN COCONUT BUTTER

INGREDIENTS

- 2 cups dried, shredded, unsweetened coconut
- 1/2 tsp salt to taste, optional

INSTRUCTIONS

Process the coconut: put the dried coconut in the food processor or blender. Mix on high speed, scraping down the sides often for approximately 18 or 19 minutes, until a thick paste is formed.

THS UNIVERSAL TASTY BUTTA RECIPE

INGREDIENTS

- 1 1/4 cup coconut oil
- 3/4 cup olive oil
- 2 Tbsp lecithin
- 1 cup water
- 1 Tbsp salt

INSTRUCTIONS

Blend for several minutes oils. Mix to dissolve water and salt. Add to the oil mixture and continue blending for 3-4 minutes. Pour into container and freeze solid. Then put in refrigerator for 24 hrs. Enjoy.

Wear It

BANANA OAT MASK

INGREDIENTS

- 1/2 banana
- 1 Tbsp milk
- 1 Tbsp of ground oatmeal

INSTRUCTIONS

In a small mixing bowl, place banana and mash with a fork into a lump free pulp. Then mix in milk and oatmeal. Wash your face with lukewarm water to open pores and pat dry with a soft towel. Keep mask in place for 10 to 15 minutes.

Juice It

SWISS CHARD GREEN SMOOTHIE

INGREDIENTS

- 1 large leaf swiss chard
- 1/2 cup pineapple
- 1 very ripe banana
- 1 1/2 cup of water
- 5-7 dates
- ice (optional)

INSTRUCTIONS

Blend all ingredients in a blender.