



NOVEMBER, 2020

PURELY HOLIDAY

a purely elizabeth publication.

BREADS, MUFFINS + SCONES

*Our NEW multipurpose
baking mix showcases its
versatility and amazing taste!*



THE PURELY HOLIDAY GIFT GUIDE

**5 Simple
Immune-
Boosting Tips
From Mark
Hyman**

**A GLUTEN-FREE,
PLANT-BASED
PUBLICATION**



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Welcome



to our 2020 Purely Holiday magazine!

It's our hope that the warmth inside these pages will provide a bit of comfort and familiarity during a somewhat untraditional holiday season. While the holidays may look a little different this year, it's important to ensure that they still feel special, whatever that might mean to you.

Let's focus on the things that matter: connecting with loved ones (whether it be across a table or a computer screen), practicing gratitude, and giving back. Across a chaotic year, these things have remained a constant and represent what the holidays are truly about. Readjusting our perspectives to focus on what we can control is the first step in rippling positivity across our lives, our families, and our communities.

One thing we know here at Purely is how to warm your spirits through food, and that's why now was the perfect time to release our new Bread + Muffin Mix. With more time spent in the kitchen now, we wanted to provide an easy, healthy, customizable bread mix to complement any holiday meals you may be prepping. Everything we do, we do with our Purely Community in mind, so we hope you love this new product and that it might add a little something special to your holiday spread. Thank you from the bottom of my heart for your continued support.

Wishing you a safe and happy holiday season,

Elizabeth

All-New



GRAIN-FREE BREAD + MUFFIN MIX

- + 7-9g protein (per serving)
- + Made with chia, almond flour + coconut flour
- + Two varieties: Grain-Free and Grain-Free Protein

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LIVE

PURELY

5 Tips for Boosting Immunity

1 Diet

Fill 50-75% of your plate with vegetables like bok choy, arugula, spinach, tomatoes, and peppers. Try to include as much variety as possible. I say eat the rainbow, and no I don't mean skittles. All of the colors in plant foods contain disease-fighting phytonutrients. Try to include plants from each color group every day: green, blue, red, purple, white, yellow, orange.

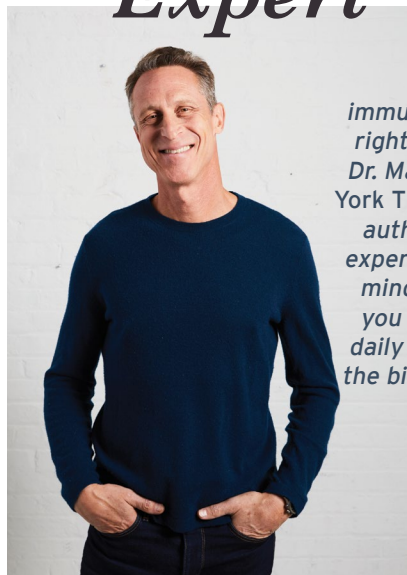
2 Exercise

If you're short on time, try a 7-minute workout. New research has revealed that we can work out less than previously thought and see even better results. Interval workouts alternate between bursts of high-intensity movements and low-intensity resting periods. One of my favorite ways to do this is the scientifically proven 7-minute workout.

3 Mental Health

Set an intention. So many people let their day happen to them versus taking charge of the day. Every morning I like to take 5 minutes to plan out my day and set an intention. This can be as simple as "find joy in every task" or "connect with an open heart." When you set an intention and write it down, you're more likely to follow through. If you have big health goals, this is really important.

From the Expert




With boosting immunity top of mind right now, we tapped Dr. Mark Hyman, New York Times bestselling author and wellness expert, to discuss the mindful actions that you can take in your daily routine to make the biggest impact on your immunity.

4 Relaxation

Practice my Take 5 breathing technique. Sit on a chair, or propped up on pillows in your bed, or cross-legged on a cushion on the floor. Close your eyes and your mouth. Breathe in slowly through your nose to the count of five. Hold to the count of five and then slowly breathe out to the count of five. This is great before meals to slow down and improve digestion or in the morning when you wake up or before you get ready for bed.

5 Relationships

Remember that getting healthy is a team sport. Our social connections are more important than we imagine, considering that you literally become like the people you surround yourself with. If you're just getting started on your health journey, don't go at it alone. Enroll your community, health coach, forward-thinking doctor, or a friend to be your teammate on the journey to a healthier you. These days it's easy to form groups online where people can hold each other accountable.

Follow Dr. Hyman for more:
drhyman.com
 @drmarkhyman



What's in Your Pantry?

Megan Roup, Founder of The Sculpt Society and superstar fitness entrepreneur, dishes on what's on her dinner plate, jam-packed agenda, and ambitious mind.

GO-TO MORNING BEVERAGE?

Usually caffeine! But ideally the 1st thing I will have in the morning is a big glass of room temp water and 1/2 a lemon, immediately followed by a French press coffee with almond milk.

ALWAYS STOCKED IN YOUR FRIDGE?

Avocado, eggs, feta cheese, almond milk, coffee, Ezekiel bread, and fruit.

FAVORITE PURELY ELIZABETH PRODUCT?

I can't pick one! I LOVE the Grain-Free Granola and the Pancake Mix.

STAPLE ITEMS IN YOUR PANTRY?

Nuts, almond butter, beans, and tortilla chips.

FAVORITE FREEZING BUYS?

I have a bit of a sweet tooth, so there is usually always some ice cream in the freezer. I also will stock up on Ezekiel bread and freeze it.

IMMUNE-BOOSTING SUPPLEMENTS TO STAY HEALTHY FOR THE HOLIDAYS?

I've been really enjoying Hilma's immune-boosting powder; it's great to sip on at night. I also take B12 almost every day.

GO-TO DINNER THAT'S HEALTHY + QUICK?

I love breakfast for dinner. I will have scrambled eggs on Ezekiel toast with 1/2 a smashed avocado.



FAVORITE HOMEMADE HOLIDAY DISH?

I can make a pretty mean roasted chicken and grilled vegetables. This was a staple in my mom's repertoire growing up and is still my top-requested meal for her to make when I go home.

HOLIDAY TREAT WORTH SPLURGING ON?

Banoffee pie! It is so rich and decadent, but it's so good!

WHAT INSPIRES YOUR COOKING?

My mom is an amazing cook, and I'm always inspired how she puts ingredients together for a simple but delicious meal. Whenever I go to make dinner, it's usually something I have learned from her.

MOST TRUSTY KITCHEN APPLIANCES?

We use our SodaStream a lot! I also have an airfryer that comes in pretty handy on the days I don't have much time to prepare something.

LATEST FOOD TREND YOU'RE CURRENTLY LOVING?

I am not a big pasta person, but I have been enjoying chickpea pasta lately for a quick and easy meal. I'll also dabble in some pickled/fermented vegetables and love the added gut health benefits.

GUILTY PLEASURE?

No guilt here; I truly love Mexican food and could be happy eating a cheese quesadilla with chips and guac every day. I also have a soft spot for pancakes with lots of butter and syrup! They remind me of my grandmother; growing up we would make them together.



All-New



HONEY ALMOND ANCIENT GRAIN GRANOLA

- + 4g added sugar (per serving)
- + Probiotics
- + Made with organic quinoa, amaranth + chia

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purely holiday

GIFT GUIDE

Our favorite picks from local, female-owned and minority-owned businesses.

Lilah Lifestyle Co / Wood Tray \$18



Ruffled Thread / Terracotta Pillow \$55



Waam Industries / Canvas Lunch Bag \$24



Sunday Suppers / Cookbook \$33



Lilah Lifestyle Co / Metal Vase \$55



Cedar & Hyde / Ramen Bowls \$64



Golde / Superfood Latte Sampler \$22



Dram / CBD Drops \$48



unwrp / Girls
Wrapping Cloth
\$22



Crown Affair
/ Wide Tooth
Comb \$36



Jordan Road /
Tulum Hoops
\$62

BYCHARI /
Initial Necklace
\$70

Dae / Deep
Conditioning
Treatment \$28



Purely Elizabeth /
Coconut Sugar Body
Scrub \$39

Byndr / Leather
Wallet \$100



Briogeo / Hair
Oil \$30



+ Lux
Unfiltered /
Bronzing Face
Drops \$42

Topo Designs /
Fleece Cap \$36



Greenhouse
Mercantile /
Beard Balm \$22



PURELY CHATting

With Phyllicia Bonanno

Prolific artist, mindful living advocate, and Co-Founder of Sisters of Yoga, Phyllicia Bonanno talks meditation, representation in the wellness industry, and living with intention.

Tell us about yourself and your journey to mindful living.

Mindfulness, spiritualness, the believing in something greater than me has always been part of my life. But it wasn't until I totally dove into my yoga practice and meditation that I had a true understanding of the mind, body and spirit.

Growing up I was the oldest of 7, raised by my grandparents because my mother was struggling with drug addiction. And my father wasn't in the picture at all. From a young age I had a lot of suppressed anger towards my mother. I didn't understand how somebody could be a mother and not care for their children, not hold them, not be there for them to love them unconditionally. As I grew up the anger grew; feelings of mistrust and not feeling wanted grew as well, as I felt unwanted by those closest to me.

I was never the type to show my emotions. I held them in. I went to church, put on a pretty dress, smiled, did everything that I was supposed to do. I never wanted anybody to pity me – to think I was a charity case because my family was on welfare. I wanted to be like everybody else. But I wasn't. And inside it hurtttt.

When I was 17 years old, I was a huge Madonna fan, and she was practicing yoga. I was in awe of her, and felt I should give it a try. I was never into any other athletic sports, so I felt this might be it. And it was. Yoga opened up a whole new world for me. I discovered my breath, my inner voice, a calmness that I had never felt before.

What does “living with intention” mean to you, and what is your advice for those looking to improve their mindfulness?

We are blessed each day with a new opportunity at life. Living with intention means to follow your truth, your light, your path. We are all here for a reason. Be mindful of the words you speak and the energy you put out. Make every space you walk into a little bit brighter.

How did you get involved with meditation/sound therapy?

I was struggling with meditation. I actually hated it when I first started practicing yoga. I had difficulty with stillness and having my true feelings come to the surface. I didn't want to face the truth, so I didn't like meditating.

I started using the sound bowls for fun, but soon realized how they deepened my meditation. The vibrational sounds smoothed over my body like a

wave, distracting me from all my mind chatter, allowing me to drift into meditation. The meditation that I received from soundbaths is unlike any other, as it's truly a safe space.

How do your meditation and sound therapy practices influence your approach to wellness and mindful living?

Meditating is hard! As simple as it seems, it isn't, and that's why so many may shy away from it. But sound ... sound is universal. It touches the soul and is accessible to any and everybody. Using sound therapy has changed how I meditate but has also changed how I offer it to others. I use the sound to draw people into wellness and mindfulness. All you have to do is lie there and surrender.

Tell us about Sisters of Yoga; how did it come to fruition?

Sisters of Yoga (SOY) is a global wellness collective and network that blossomed out of necessity for representation and community healing. With supportive sisterhood as our foundation, SOY is a rapidly growing community of wellness professionals creating safe spaces for women of color to explore their connection to Self, heal traumas, and cultivate a healthy, sustainable lifestyle through yoga, holistic healing modalities, and mindful living.

In addition to our dedication to community healing, it's also important for us to help increase inclusivity and visibility in the wellness space. By creating greater opportunities for high-quality, yet marginalized wellness professionals, we are bridging the gap and dismantling the misrepresentation of inclusivity in the wellness space.

The SOY Collective facilitates yoga and wellness experiences for communities, organizations, companies, and individuals of all ages. We also offer yoga challenges through our Instagram page.

How does your yoga practice impact your life and complement your other practices (i.e., meditation and sound therapy)?

Creating balance and connecting the mind, body and spirit is how yoga has changed my life. It has made me more reflective opposed to reactive. And it has allowed me to slow down, taking in and savoring every moment with gratitude.

What are some of the most impactful benefits you feel in your own body/mind resulting from your meditation and yoga practices?

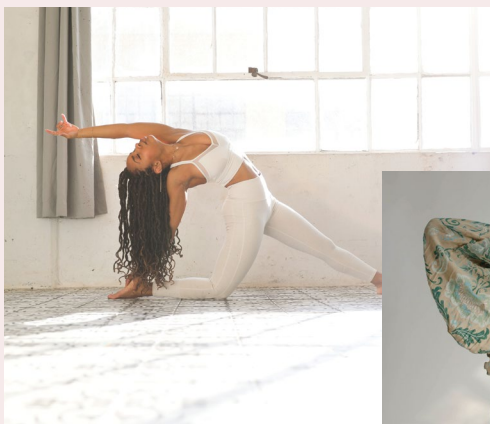
I'm 33 years old, and everything about me feels better than when I was younger. I feel like I'm only getting more vibrant, more alive with age as each day I discover a bit more about my true self.

Given our current environment, what advice or tips do you have for easing anxiety and boosting immunity?

Step outside. Breathe in the fresh air. Move your body. And just breathe through it all. When things get stressful, allow your breath to calm you down.

Do you have any advice to those who may be new to meditation, sound therapy, or yoga and are interested in exploring a practice?

The best advice I could give is to not focus on what society says is true right way to do something. Don't worry about photos posted on Instagram and such. Enjoy YOUR journey. We all start somewhere. And do what feels good for you. Don't look to your right or left at what others are doing. Look within yourself. All the answers you ever need are right there.



Connect:

You can find Phyllicia on Instagram (@Phyllicia.Bonanno) guiding sound bath meditations, practicing yoga or working with brands centered on wellness and mindful living.



EAT
PURELY

Easy-Bake Bread - and - Muffin Mix

Breads and muffins and scones ... oh my! It's the holidays, so we're all about the comfort of fresh-baked goods - even better when they're made with nourishing, wholesome ingredients that you can feel good about. These Purely Elizabeth Bread + Muffin Mix recipes are perfect for the season and will fill your belly and your home with holiday warmth.



**EITHER
MIX WORKS!**
Our Grain-Free Bread
+ Muffin Mixes are
interchangeable, so
use either mix for any
of these recipes!



Morning Glory Muffins

Grain-Free, Gluten-Free
8-10 Servings

- 1 Pouch Purely Elizabeth
Bread + Muffin Mix
- 2 eggs
- 1/4 cup oil
- 1/4 cup maple syrup
- 1/4 cup yogurt
- 1/2 cup shredded carrots
- 1/3 cup raisins
- 1/3 cup walnuts

Preheat oven to 350°F. Line 10 muffin tins with muffin liners. Whisk wet ingredients together until well combined. Add full pouch of dry mix and mix until incorporated. Fold in carrots, raisins, and walnuts. Disperse batter evenly across the muffin tins and smooth the top. Bake for 15-20 minutes, or until edges begin to brown and pull away from the muffin tins and a toothpick inserted into the center comes out clean.





Apple Streusel Bread

*Grain-Free, Gluten-Free
About 8 servings*

1 Pouch Purely Elizabeth
Bread + Muffin Mix
2 eggs
1/4 cup oil
1/4 cup maple syrup
1/4 cup Greek yogurt
1/2 tsp ground ginger
1 tsp ground cinnamon
1/4 tsp ground cloves
1 cup apples, chopped
and quartered

NUT BUTTER CARAMEL DRIZZLE:

1/2 cup almond butter
1/4 cup coconut oil
1 tsp vanilla extract
1/4 cup maple syrup
1/4 cup chopped walnuts,
optional

Preheat oven to 350°F. Lightly grease an 8"x4" loaf pan or line with parchment paper. Whisk wet ingredients together until well combined. Add full pouch of dry mix and additional spices and mix until incorporated. Fold in apples. Bake for 35-40 minutes, or until edges begin to brown and pull away from the pan and a toothpick inserted into the center comes out clean. While the bread is baking, make the caramel sauce. Combine all caramel ingredients in a small saucepan over medium-low heat and whisk continuously until all ingredients melt together and the sauce begins to thicken into a caramel consistency. After the bread is fully cooled, drizzle with caramel and top with chopped walnuts.



Pumpkin Bread with Cream Cheese Drizzle

*Grain-Free, Gluten-Free
About 8 servings*

1 Pouch Purely Elizabeth
Grain Free Bread + Muffin Mix
2 eggs
1/4 cup oil
1/4 cup maple syrup
3/4 cup pumpkin purée
1 tsp vanilla extract
1/2 tsp ground nutmeg
1/2 tsp ground cloves
1/2 tsp ground ginger

FOR THE GLAZE:

4oz cream cheese, room temperature
1 tbsp maple syrup
1-2 tbsp almond milk (or milk of choice), adjust
for thickness preference

Preheat oven to 350°F. Lightly grease an
8"x4" loaf pan or line with parchment paper.
Whisk wet ingredients together until well

combined. Add full pouch of dry mix plus
additional spices and mix until incorporated.
Pour batter into prepared pan and smooth
the top. Bake for 35-40 minutes. While the
bread is baking, make the glaze. In a small
bowl, whisk together the cream cheese,
maple syrup, and almond milk. Once bread
is done, remove from oven. Let sit in pan
for 5-10 minutes, remove from pan, and let
cool completely before glazing. *If you glaze
it while it's hot the glaze will seep into the
bread.

CREAM CHEESE SWIRL

*For the cream cheese lovers: Forego the
drizzle and swirl the cream cheese right into
the mix!*

1-8oz tub Kite Hill Cream Cheese

Skip the glaze. Mix pumpkin bread ingredients
according to above instructions. Pour half of
batter into the prepared pan and smooth the
top. Dollop half of cream cheese across the
top. Pour remaining batter on top and follow
with remaining half of cream cheese. Sprinkle
a mix of cinnamon and sugar on top. Follow
baking instructions above.

*or try
this ...*





Orange Cranberry Bread with Glaze

*Grain-Free, Gluten-Free
About 8 servings*

1 Pouch Purely Elizabeth
Bread + Muffin Mix
2 eggs
1/4 cup oil
1/4 cup maple syrup
1/4 cup Greek yogurt
2 tsp orange zest
1 cup fresh or frozen cranberries

FOR GLAZE:

1/2 cup powdered sugar
1 tbsp orange juice
1 tbsp almond milk

Preheat oven to 350°F. Lightly grease an 8"x4" loaf pan or line with parchment paper. Whisk wet ingredients together until well combined. Add full pouch of dry mix and mix until incorporated. Fold in the zest and cranberries. Bake for 35-40 minutes, or until edges begin to brown and pull away from the pan and a toothpick inserted into the center comes out clean. While the bread is baking, make the glaze. In a small bowl, whisk together the powdered sugar, orange juice, and almond milk. After the bread is fully cooled, drizzle with glaze. Enjoy!







Chai Tea Scones with Vanilla Glaze

*Grain-Free, Gluten-Free
About 8 servings*

1/4 cup water
1 masala chai tea bag
1 Pouch Purely Elizabeth
Bread + Muffin Mix
1 tsp baking powder
4 tbsp unsalted butter, chilled
and cut in cubes
2 tbsp maple syrup
1/4 cup oat milk + 1 tbsp
1 tsp vanilla
1 tsp cinnamon, for dusting

FOR THE ICING:

1/2 cup powdered sugar
1 tbsp oat milk
1/2 tsp vanilla extract

Preheat oven to 400°F. Line a baking sheet with parchment paper. In a microwave-safe bowl, add the 1/4 cup water and microwave just until boiling. Remove from microwave and add tea bag. Let steep for 10 minutes. Meanwhile, prep your scones. In a food processor, add the full pouch of bread + muffin mix, baking powder and butter. Pulse the mix until the butter breaks up into pea-size pieces. Transfer to large bowl. In a small bowl, mix together the maple syrup, oat milk, vanilla, and tea water. Mix into the dry mix until just combined. At this point the batter is very delicate and moist. Form the dough mix into a disc. Lightly flour all sides and wrap it in cling wrap. Place in freezer for 20 minutes. Remove from freezer and place on parchment-lined baking sheet. Roll the disc out to about a 9" diameter. Cut the disc into 8 even triangles. Place them evenly on the baking sheet and brush with 1 tbsp of oat milk. Sprinkle with cinnamon and bake for 20-25 minutes or until edges begin to brown. Remove from oven and let cool completely. While scones are cooling, make the icing. In a small bowl, combine the powdered sugar, oat milk, and vanilla. Drizzle the icing on the scones. Enjoy!

HOLIDAY

wanderlust

*An unexpected year calls
for unexpected holiday
cuisine.*



2020 was an unexpected year. Lost travel plans have left us with lingering wanderlust, warm embraces are now taboo, and we're all hungry for the familiarity of the holiday season (and our favorite holiday cuisine).

While our go-to holiday dishes will always remain a mainstay, why not take a cue from 2020 and do something unexpected this year? Fueled by wanderlust, our team dreamed up a colorful holiday spread inspired by flavors from around the world. We hope these recipes will not only warm the bellies of you and your loved ones, but also will foster a sense of cultural connection by bringing a little bit of the globe to your table.




Sweet + Smoky Glazed Moroccan-Spiced Carrots

Vegetarian, Grain-Free,
Gluten-Free
4 servings

1 lb whole carrots
(heirloom recommended)
1 tbsp olive oil
1 tbsp honey
1 tsp ground cumin
1 tsp smoked paprika
1/2 tsp ground ginger
1/8 tsp ground cinnamon
1/8 tsp ground cayenne
(optional)
1/4 tsp sea salt
1/4 cup crumbled feta cheese
2 tbsp fresh mint, chopped

Preheat the oven to 375°F and line a baking sheet with parchment paper. Peel the carrots and trim down the stalks slightly. Place carrots on baking sheet. In a small bowl, combine the oil, honey, spices, and salt. Drizzle mixture over carrots and toss well to combine. Cook 20-25 minutes or until carrots are tender and slightly browned. To serve, top with crumbled feta and mint.



REGION: MOROCCO / Thanks to Morocco's location amongst ancient spice routes, spices play a big role in the cuisine. If you're cooking like a local, you buy spices whole and grind them yourself! But we won't judge you if you buy pre-ground ... Typical Moroccan spices include cumin, ginger, cinnamon, paprika and cayenne. This blend of sweet and spicy gives a flavorful kick to meat rubs, couscous or rice, and in this case veggies!



REGION: THAILAND / Known for its balance of salty, sweet, sour, bitter and spicy, Thai food is bursting with harmonious flavors. Thai food has been influenced by cuisines from around the world, including China, Laos, Vietnam and Cambodia. These green beans pack a flavorful kick that is salty, sweet and a little bit spicy!

Sesame Sautéed Green Beans

Vegan, Grain-Free, Gluten-Free
5 servings

1 tbsp toasted sesame oil
2 cloves garlic, minced
1 lb green beans, rinsed
and ends trimmed

SAUCE:

1 tbsp coconut aminos
(or soy sauce)
1/2 tbsp toasted sesame oil
2 tbsp creamy almond butter
1 tsp fresh ginger, minced
1 tsp rice wine vinegar
pinch of red pepper flakes
sea salt, to taste
1/4 cup warm water

OPTIONAL TOPPINGS:

sliced almonds, green onion, sesame seeds

Place a large skillet over medium heat, add the toasted sesame oil followed by the garlic, and sauté for 30 seconds or until the garlic is fragrant. Add the green beans, stirring frequently for 5-8 minutes or until the beans begin to brown. While the beans are cooking, make the sauce. In a medium bowl, combine all ingredients except for water and whisk to combine. Slowly whisk in the warm water until it reaches a creamy consistency. Once green beans are cooked but still crunchy, add the sauce directly to the skillet, stirring to coat the beans. Cover and let simmer for a few minutes. Remove from pan and top with nuts, green onions, and sesame seeds.





Saag Paneer

Vegan, Grain-Free, Gluten-Free
4 servings

12oz (1 block) extra firm tofu,
(certified gluten-free)
3 tbsp olive oil
1 tbsp arrowroot powder
1/2 tsp garlic powder
salt and pepper, to taste
1 pound mature fresh spinach
8oz fresh arugula
1 small yellow onion, finely chopped
2 cloves garlic, minced
1 tbsp ginger, minced
2 tsp cumin
2 tsp garam masala
1/2 tsp turmeric
1/4 tsp cayenne powder
1/2 tsp salt
1 3/4 cups coconut milk

OPTIONAL TOPPINGS:

sliced almonds, pea shoots

Remove tofu from package and place in between two paper towels. Place a heavy pan like a cast iron pan on top of the tofu. Press for 20 minutes or until most of the water has left the tofu. Preheat the oven to 375°F and line a baking sheet with parchment paper. Cut tofu into small squares and place in a small bowl. Add 1 tbsp olive oil, arrowroot powder, garlic powder, and salt and pepper to tofu and toss to coat tofu. Place tofu onto baking sheet and bake for 10 minutes, then flip and bake another 10 minutes or until crispy. Remove from oven and set aside. In a small saucepan bring 3 cups of water to a boil. Once boiling, add the spinach and arugula and cook for 2-3 minutes until the spinach and arugula turn bright green and soften. Strain and rinse with cold water. Squeeze out as much water as possible and chop. Heat a large saucepan over medium heat, add remaining 2 tbsp of olive oil. Add onion, garlic, and ginger and sauté for 3-5 minutes until onion softens and becomes translucent. Add in the spices and sauté for 1 minute until spices become fragrant. Add the spinach and arugula and mix to combine followed by the salt, coconut milk, and tofu. Cook for 10-15 minutes or until the coconut milk has cooked down, resulting in a thick green sauce consistency.

REGION: INDIA / India has a very diverse food scene that varies within the different regions of the country. Each region has its own combination of spices, ingredients and specialty dishes. Saag paneer originated in northern India. Saag refers to leafy greens and paneer is a type of curd cheese. This is our dairy-free version of the recipe!

Festive Champagne Rice

Vegetarian, Grain-Free, Gluten-Free

5 servings

1/2 cup raisins
3/4 cup champagne
1 tbsp olive oil
2 cloves garlic, minced
1 small yellow onion, minced
1 cup rice, uncooked and rinsed
1/2 tsp sea salt
1 1/4 cups cold water

OPTIONAL TOPPINGS:

1/3 cup chopped nuts (i.e., cashews, almonds)
fresh rosemary

In a small bowl, combine the raisins and champagne and allow raisins to soak for 30 minutes. In a medium saucepan, heat the olive oil over medium heat. Add the garlic and onion and sauté for 3-5 minutes or until onions become translucent and soften. Add the uncooked rice and salt and mix to combine with the onion and garlic and sauté for 1 minute. Drain the champagne into the rice mixture, reserving the raisins. Add the water and bring it to a boil. Reduce to a simmer, cover, and let cook for 10-12 minutes or until the rice has absorbed all liquid. Turn off the heat, add the raisins and let rice sit covered for 10 minutes. Top with chopped nuts and rosemary.

REGION: BRAZIL / Also known as Brazilian Christmas Rice, this is a festive side dish common at Brazilian holiday meals. The rice is cooked with champagne – what could be more festive?! Raisins, dried fruits and nuts are very big around the holiday season in Brazil and add a nice texture and sweetness to the dish. Enjoy with a Batida de Coco cocktail!







Melomakarona Honey Cookies

*Vegetarian, Gluten-Free
About 10-12 servings*

FOR THE COOKIES:

1 tbsp orange zest
1/2 cup coconut sugar
1/4 cup olive oil
1/4 cup coconut oil
2 tbsp orange juice
1 Pouch Purely Elizabeth
Ancient Grain Pancake Mix
1/2 tsp baking powder
1/4 tsp baking soda
1/2 tsp ground cinnamon

FOR THE SYRUP:

1/2 cup honey
1/2 cup coconut sugar
3/4 cup water
1 cinnamon stick
1/2 tsp ground cloves or 1 whole clove
1 lemon rind slice

TOPPINGS:

1/4 cup Purely Elizabeth
Honey Almond Ancient Grain Granola
sea salt

Preheat the oven to 350°F and line a baking sheet with parchment paper. Zest the orange and combine the zest with the coconut sugar in a large bowl. Add the oils to the sugar mixture and beat until well combined. Add the orange juice. In a small bowl, combine the pancake mix, baking powder, baking soda, and cinnamon. Add dry ingredients to wet ingredients and mix until fully incorporated. Place batter in refrigerator for 25 minutes to cool. Scoop 1 tbsp of dough and form into ball, place on baking sheet. These cookies will spread, so provide enough space in between. Repeat until all dough has been used. Place batter in refrigerator when not using. Bake for 15-20 minutes or until cookies are lightly browned on the ends. Cool cookies on a cooling rack. To make the syrup, combine the honey, sugar, water, cinnamon, cloves and lemon rind into a saucepan and bring to a boil. Once at boil, lower heat and simmer uncovered for about 10 minutes until the syrup has thickened. Whisk often to avoid the sugar burning. After the syrup has reached the ideal consistency, remove the cinnamon stick and lemon rind. Drizzle the syrup onto the cookies and sprinkle with salt and honey almond granola. Allow cookies to cool completely before serving.

REGION: GREECE /

Melomakarona are traditional Greek Christmas cookies that grace the ovens of countless Greek kitchens around the holidays. Like many Greek sweets, these are made with olive oil and honey. Due to its Mediterranean climate, Greece has optimal conditions for growing olive trees, which subsequently are a staple of the Greek diet. Olive oil makes its way into most Greek dishes, including baked goods!

happy
holidays



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