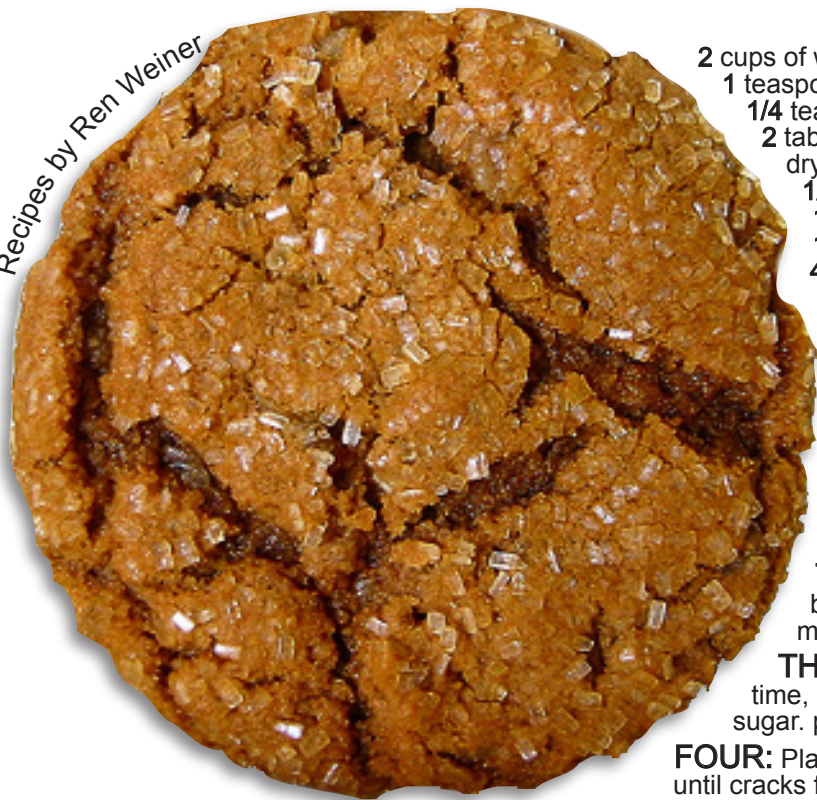


Ginger O'SNAPS

Recipes by Ren Weiner



What you will need:

- 2 cups of whole wheat pastry flour
- 1 teaspoon of arrowroot (or baking Soda for more fluff)
- 1/4 teaspoon of sea salt
- 2 tablespoons of fresh grated ginger (or 2.5 teaspoons of the dry stuff)
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/3 cup of sunflower oil
- 4 tablespoons of coconut milk
- 1/4 cup of Molasses
- 1/4 cup of soy milk
- 1/3 cup of brown sugar
- 2/3 cup of raw sugar
- 1 teaspoon if vanilla extract
- approx. 1/4 cup or raw sugar for topping

Preheat oven to 350 degrees Fahrenheit
oven tray greased with veggie oil

ONE: Take ALL of the dry ingredients and mix em' together.

TWO: Combine all the wet ingredients together till well blended, then mix the dry into the wet ones. (an electric mixer helps ALOT because the batter is very stiff.)

THREE: Gather around one tablespoon of the batter at a time, roll into a ball in your hands then dip one side in the raw sugar. place upwards on tray pressing down to flatten slightly.

FOUR: Place about 2 inches from each other and bake for 5-7 min, or until cracks form on surface. if u want them crunchy cook for 10 min.

HUMMUS and

What you will need:

A good blender or
food processor

1 8oz can of chick
peas (drain but save
the water!)

2 cloves of garlic
(roast in olive oil on
high till brown and
soft, approx. 15 min)

4 tablespoons of
lemon juice

5 tablespoons of olive oil

1 teaspoon of cummin



ONE: Put it all into a blender and mix it
up...

TWO: Add the chick pea water 'till you have the
desired consistency.

Homemade CHIPS

What you will need:

- 1 sauce pan with 2 inches of olive oil
- 1 pack of tortillas sliced like a pie
(go crazy, use spinach, roasted
peppers or whole wheat)

Preheat oven to 400 de-
grees fahrenheit

ONE: Get the oil nice and
hot on med high heat

TWO: Dip chips in till they
get a bit harder (if you have
the oil nice and hot this could
be a few seconds)

THREE: Take out and place
on a oven tray in a single layer

FOUR: Sprinkle with salt & pep-
per or go crazy,
onion salt, curry, paprika...

FIVE: Put in the oven till golden brown 1-2 min, watch
em, they burn fast!

Let em cool and ENJOY, over good philosophic
conversation (highly recommended).

