



# Organic Annie's Green Gourmet

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Seasonal Wheat-free and Dairy-free Recipes,  
Food Facts and Natural Health Tips

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## Don't Run Out of Your Gourds!



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Decorative carnival squash store best at room temperature.

Squash and pumpkins are natural treasures of the season. For sweetness, flavor and convenience, I prefer squash, though they have a similar array of nutrients, including vitamin A and fiber and seeds that are high in protein, B-complex vitamins, essential fatty acids and zinc. The seeds are, in fact, the most nutritious part of the gourd and its *raison d'etre*. The recipes in this newsletter taste best if made from the sweeter squash like buttercup, carnival, delicata, or butternut, for added sweeteners have been minimized. Use only pie pumpkins, or a variety like Cinderella.

Squashes and pumpkins are perhaps the easiest and the most fun veggies to store and they look so festive. We often kept baskets of them around our big farmhouse kitchen for they store best at room temperature. Choose ones that are heavy for their size and undamaged, with bright color, and shells hard enough to resist scratching with the fingernails. Be sure that they're thoroughly dry then wipe with a soft cloth and seal by buffing with olive oil. Add a few drops of lemon essential oil to prevent spoilage. Check frequently and use quickly if soft spots develop, trimming generously before cooking.

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**Baked Squash:** Cut squash in half lengthwise and bake in a 350<sup>o</sup> F. oven for 45 minutes or until the skin is soft to the touch, or can be easily pricked with a fork.



Carnival squash with *Seed Sereal*, plumped apricot halves and walnut milk.

A simple and delicious way to include small squashes in your weekly menu is to have them for breakfast. Their sweet, mild flavors and textures go well with cooked cereals, fruits, nuts and seeds. This breakfast is filling and satisfying. You can even serve it right out of the gourd for fun! (Bake the squash ahead, if more convenient.)

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### Squash Breakfast (photo on previous page)

Serves 2

1 medium size acorn, carnival or sweet dumpling squash

Cut squash in half from stem to blossom end then turn cut side down on a greased cookie sheet. Bake in a 350° F. oven for 45 minutes. Scoop out and save the seeds for making "milk" or *Vegan Holiday Nog*. To re-heat leftover squash, steam or cover and microwave, or simply stir spoonfuls of squash into hot cereal to warm. Add a dash of nutmeg or 5 Spice Powder and some flaxseed oil or nut milk.

For a grainless breakfast try the *seed sereal* that follows.



Buttercup squash chunks (with skins) and *Chia Gel* with a dash of spice  
(recipe on next page)

There are some seeds which I call the gel-forming seeds that make delicious and easy hot or cold "sereals" (I spell it this way because there are no "cereal" grains in these foods). These sereals are remarkable for their high protein and low starch content, beneficial fats and healing mucilaginous fibers. They help us to balance blood lipids and glucose levels too! They are by themselves very mild tasting and need the addition of some fruit or veggies to flavor them.

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### Seed Sereal (grain-free)

Serves 1 or 2

Stir together 2 Tbsp. each ground flaxseeds and ground chia seeds. Add 1 tsp. of dulse flakes, or a dash of salt, if desired. Stir in 1 cup of very hot water and allow to stand for a few minutes to thicken. Sweeten if desired. Add a little spice and a handful of nuts or seeds perhaps.

Place the sereal in the squash cavity scooping some of the squash flesh to mix in. Serve with a little milk or nut milk, or try the "Pumpkin (or Squash) Seed Milk" on p. 4.

### Chia Gel (see photo on page 3)

Makes 2 1/2 cups

In a jar with a tightly fitting lid, sprinkle 1/4 cup chia seeds over 2 1/2 cups water (room temperature).

Shake vigorously, then let stand for 5 minutes. Shake again to distribute seeds. Let stand another 15 min. or overnight before eating.

Stores in the fridge for 2 weeks.

Eat as is or combine with fruit juice or lemonade for *Chia Fresca*. Serve over fruit or cooked veggies as a breakfast sereal.

Combine half and half with any of the following to extend it and to add a rich array of nutrients: Mayonnaise, salad dressings, jams and jellies and liquid sweeteners like maple syrup.

There are more recipes for seed sereals and chia seeds in *Organic Annie's Fresh Tastes for Breakfast* (2005).

Click here to:

**Order Chia seeds**

Or go to *Products* at:

[www.organicannie.com](http://www.organicannie.com)

#### Nutrients in Chia seeds:

20% protein by weight  
5 times the calcium of milk, by weight  
60% omega-3 (alpha linolenic acid)  
Iron  
B-complex vitamins

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My favorite part of the squash is the seeds. If you're used to tossing them out, think again. After all, the seeds are why Mother Nature grew the fleshy stuff to begin with—to protect the treasured baby *selflets* where she had posited the richest array of nutrients and the genetic blueprint for the next generation! And the pulp, that obnoxious slimy stuff we can't wait to get rid of, has more beta carotene than the flesh.

*Here's one of my favorite pumpkin or squash seed recipes. Freeze the seeds and pulp for later use if you can't make this in a day or two.*



*Vegan Holiday Nog (see next page)*

### **Pumpkin/Squash Seed Milk**

Yields about 1 pint

- 1 c. fresh seeds and pulp (cooked or raw)
- 1 c. water (the purest you can get)
- 1 more c. water, or fruit juice

Blend until texture appears thick and creamy, adding a little more water if necessary for good blender action. Add remaining liquid and blend again briefly. Pour through a fine mesh strainer to separate out seed hulls. Flavor with a little vanilla glycerite (alcohol-free), if desired, and/or sweeten with a little maple or agave syrup, or by substituting 1 cup of fruit juice for the second cup of water. Use on cereal or for blender shakes.

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**Vegan Holiday Nog** (photo on previous page)—Use cooked seeds to make the seed milk above, then add a little vanilla and nutmeg or 5 Spice Powder for a delightfully nutritious dairyless and eggless beverage—you could even add a little rum!



*Squash Pie (baked) with Oat/Pecan Crust*

### **Squash Pie (baked, contains eggs)**

Makes one 9 inch pie

4 to 5 c. baked squash (buttercup is a favorite for its sweetness)  
2 Tbsp. Blackstrap Molasses  
1/3 c. maple syrup  
1½ tsp. 5 spice powder  
2 tsp. vanilla extract, or 1 Tbsp. vanilla glycerite  
2 large eggs, beaten

Preheat oven to 400° F.

In a bowl, combine squash and the next four ingredients. Stir in eggs. Fill pie crust and garnish with pecan halves. Place on a middle oven rack and bake at 400° F for ½ hour, then reduce heat to 350° F for another ½ hour.

**Squash Flan** (crustless variation) Bake in a 350° F oven for 1 hour or until firm.

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Oat/Hempseed Pie Crust for Unbaked Filling

### Oat/Nut Pie Crust

Makes one 9 inch crust

- 1 c. rolled oats, regular
- 1 c. pecans, hempseeds\* or other raw nuts or seeds, ground
- 2 Tbsp. mild flavored oil, or room temperature butter, or ghee
- 2 Tbsp. water, room temperature

Stir together dry ingredients. Mix in fat with a fork. Stir in water to moisten. Pat into an oiled pie plate, fill and bake.

**variation for unbaked filling:** Bake crust in a 325° F oven for 1/2 hour. This can be done on the lowest rack. Allow to cool before filling.

\*Hempseeds are super nutritious and versatile with an essential fatty acid content that is well balanced for the human body—3 times as much omega-6 as omega-3.

To order Hempseeds go to:  
[www.manitobaharvest.com](http://www.manitobaharvest.com)

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To order low glycemic agave "cactus" syrup go to [www.herbsofwellness.com](http://www.herbsofwellness.com)



*Eggless, Vegan Squash Pie with Oat/Hempseed Crust and Almond Cream*

### **Vegan Squash Pie (Unbaked)**

Yields one 9 inch pie

Stir the following ingredients together in a large bowl:

4 c. baked carnival squash (or your choice), mashed

¼ c. date sugar

1 Tbsp. mild flavored oil (optional: ghee or butter for non-vegan)

1 Tbsp. 5 Spice powder

1 Tbsp. vanilla glycerite

2 Tbsp. maple, or agave, syrup

In a small pot combine:

1c. apricot juice (apple or pear will also work well)

1 tsp. agar agar powder

Heat over medium heat, stirring frequently, until the agar agar has dissolved. Then whisk the agar solution into the squash mixture. Fill the pie shell. Garnish with lightly toasted pecans or other nuts.

**Lightly Toasted Nuts and Seeds:** Preheat oven to 225° F and place on a cookie sheet. Toast for 20 to 30 minutes. Nuts and seeds will taste crisp and slightly sweeter. Higher temperatures can damage fats and give nuts a bitter taste.

