

Shopping List

Produce

Apples

Medjool dates

Bulk

Maple syrup

Vanilla

Raw cashews

Sea salt



Check out our recipe blog at
www.communityfoodcoop.wordpress.com
You can sign up to receive recipes periodically via email or RSS feed.

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Raw Caramel Dip



Community
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Raw Caramel Dip

INGREDIENTS

1 c raw cashews *
1 c medjool dates, pitted (about 8-10 dates)
1/4 c maple syrup
2 t vanilla
Pinch of sea salt
Date soaking water as needed

* cashews are technically not raw because they are heated to remove the shell.

INSTRUCTIONS

1. Place the cashews into a small bowl and cover with water. Let soak at room temperature for 2 to 3 hours.
2. Place the pitted dates into a separate small bowl and cover with water. Let soak for 2 to 3 hours.
3. Drain and rinse the cashews, then place them into a blender or a Vita-Mix, along with the drained dates (save the date soaking water).
4. Add the maple syrup, vanilla, and salt.
5. Add about 6—8 T of the date water and blend all ingredients until ultra smooth, scraping down the sides if needed.
6. Scoop into small bowls and serve with sliced, fresh apples.

Tom Malterre and Ali Segersten wrote the *Whole Life Nutrition* and *Nourishing Meals: Healthy Gluten-free Meals for the Whole Family* cookbooks. Tom is the Co-op's nutritionist—you can find him twice a month at the Co-op. Check the most recent newsletter for dates/times. He will be here to answer your questions about healthy eating, nutrition, and diets.

Alissa Segersten received her Bachelor's of Science from Bastyr University in Kenmore, Washington. She is the previous owner of a Personal Chef business in Seattle, Washington that successfully addressed the health and lifestyle needs of many families with her delicious, healthy cooking. She is currently a cooking instructor and author of the food blog www.nourishingmeals.com, empowering people with cooking skills and knowledge of whole foods so that they may reconnect with the pleasure in eating delicious, nourishing food.

Tom Malterre received both his Bachelor's and Master's of Science in Nutrition from Bastyr University and is licensed by the state of Washington as a Certified Nutritionist. Tom travels throughout the United States and Canada lecturing at conferences on topics such as Vitamin D, Gluten Intolerance, and Digestive Health. He empowers people through classes, seminars, and private counseling with his insight and depth of knowledge on the biochemical interactions within our body and their relationship to our diet.



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