

Sundara Holiday Recipes

Prepared by our Culinary Chef, Dennis.

Gingerbread Smoothie

Makes 1 - 16oz

Ingredients:

- 1 cup plant based milk (I used Almond)
- 2 frozen bananas
- 1 Tbs. peanut butter
- 1 tsp. nutmeg or allspice
- 1 tsp. cinnamon
- ½ tsp ginger paste or a ½ inch piece of fresh ginger peeled
- 1 tbs. real maple syrup

Method:

1. Place all ingredients into the cup of a high speed blender.
2. Blend until smooth.
3. Pour into a 16oz glass
4. Garnish with a sprinkle of cinnamon, or a crumbled ginger snap cookie.

Christmas Wassail

Serves 12

Ingredients:

- ½ gallon apple cider
- 1 (46oz) can of pineapple juice
- 1 46oz container of cranberry juice
- 1 orange thinly sliced
- 5 cinnamon sticks
- 1 Tbs. whole allspice berries
- 1 Tbs. whole cloves

Method:

1. In a stockpot, place apple cider, pineapple juice, and cranberry juice.
2. Place orange slices, cinnamon sticks, allspice berries, and cloves in a Muslin pouch, or directly into the cider mixture.
3. Bring mixture to a boil, reduce heat and simmer until all flavors have blended. About 15-20 minutes.
4. Remove orange slices and spices before serving.

Makes 10 cups

Ingredients:

- 2 cups corn squares cereal
- 2 cups wheat squares cereal
- 2 cups rice square cereal
- 2 cups circular oat cereal
- 1 cup pretzel sticks
- 1 ½ cups mixed nuts or nut of your choice.
- 6 Tbs. butter, melted
- 3 ½ Tbs. worcestershire sauce
- 1 ½ tsp. seasoned salt
- ¾ tsp. garlic powder
- ½ tsp. onion powder

Holiday Snack Mix

Method:

1. In a gallon plastic zip bag, mix together the cereals, pretzels, and nuts.
2. To the melted butter, add worcestershire, seasoned salt, onion, and garlic powder. Mix thoroughly.
3. Pour the butter and seasoning mixture into the zip top bag, secure tightly, and shake to coat evenly.
4. Spoon mixture onto a cookie sheet, and bake at 250F for 1 hour; stirring every 15 minutes.
5. Allow to cool completely and transfer to an airtight container.

There's more...



We Wish You Pure Joy This Holiday Season.

Warm Swiss Bacon-Onion Dip

Makes 4 cups

Ingredients:

8 slices bacon, chopped
8oz pkg. cream cheese, softened
1 cup shredded Swiss cheese
½ cup mayonnaise
2 Tbs. green onions, chopped
1 cup round butter crackers, crushed

Method:

1. In a medium skillet over medium high heat, cook bacon pieces until crisp. Remove bacon to paper towels and allow to drain.
2. In a medium mixing bowl, combine cream cheese, swiss cheese, mayonnaise, and onion.
3. Transfer to a small casserole dish and top with crumbled bacon and cracker crumbs.
4. Bake uncovered in a 350F oven for 15-20 minutes or until hot and bubbly.
5. Serve warm with your favorite crackers, chips, or bread.

Balsamic Roasted Red Grape and Ricotta Cheese Crostini

Makes 20-24 piece

Ingredients:

1lb. red grapes
6oz Ricotta cheese
4Tbs. balsamic vinegar
balsamic glaze
1 French baguette

Method:

1. Preheat oven to 400F.
2. Place grapes in a shallow baking dish along with Balsamic vinegar, and cook for 12-15 minutes or just until the grapes begin to caramelize. Remove from oven and allow grapes to cool to room temperature.
3. Slice the baguette into 1/2" slices, and arrange on a cookie sheet. Place into oven and toast 6-8 minutes or until golden brown and crispy. Remove from oven and cool to room temperature.
4. To assemble, spread a thin layer of the ricotta onto the toasted bread.
5. Spoon on a small amount of the roasted grapes.
6. Drizzle with the balsamic glaze, and garnish with some fresh chopped flat leaf parsley for a little color.

Enjoy!

