

Hello! Please watch the video and as always feel free to email me with questions at lkaplan@hmjds.org

Cranberry Walnut Cake Bread.

2 cups flour
¾ cup sugar
1.5 teaspoons baking powder
1 teaspoon salt
½ cup cold diced butter
Zest of an orange
¾ cup orange juice
2 eggs
⅓ cup sour cream
2 teaspoons vanilla
1 ½ cups cranberries sliced/chopped
½ cup walnuts toasted and chopped

Set your oven to 350

Whisk together flour, sugar, baking powder, salt, and cold butter. Crumble the butter in with your hands. Wash your hands before and after. Set aside. In another bowl whisk together two eggs, orange zest and juice, sour cream and vanilla. Mix the two bowls together gently. Add cranberries and walnut. But into bread pan. Bake 45-60 minutes depending on your pan.

Sweet potato hummus

1 can drained chickpeas
1 cup roasted sweet potatoe. (Roast, microwave or canned. Let it cool)
¼ cup tahini
1 clove garlic
1 juice of a lemon
4 Tablespoons olive oil
Salt to taste.
¼ teaspoons cumin
Black pepper
A bit of really cold water

Blend everything well in a food processor.
Make a beautiful plate with crackers and veggies.