



Recipes from Lentine Alexis

Overnight Oats w/ Berry Chia Jam

Makes 2 servings

1 cup oats
4 Tbsp chia seeds
2 Tbsp coconut butter or almond butter
1 Tbsp raw honey
1/2 tsp flaky sea salt
1/4 tsp each ground ginger, cinnamon + cardamom
1 pint (2 cups) strawberries, blueberries or raspberries
Zest and juice of one lemon
1/2 tsp cardamom
Big pinch flaky salt
2 Tbsp chia seeds
Toasted coconut, hemp seeds, raw ginger, yogurt, raw honey



Directions:

Mix ingredients. Store in jar overnight. Make jam - cool.

In the morning, warm porridge over medium-high heat adding a bit of water to thin. Top with berry jam and other crunchy items, as you wish.

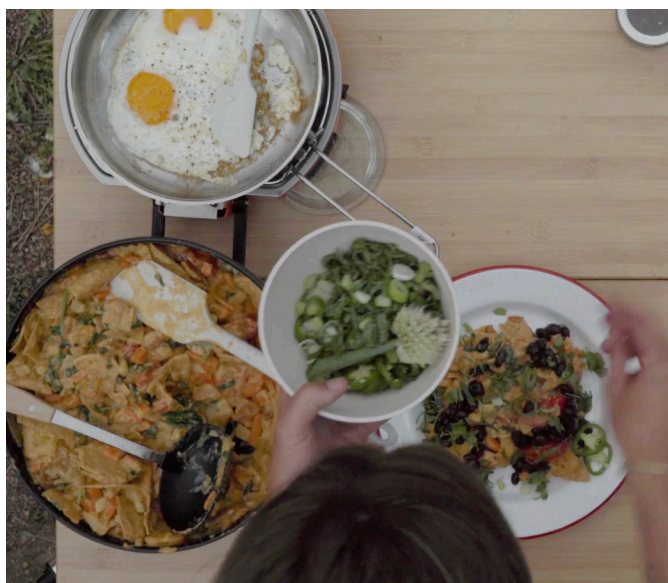


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Chilaquiles

Makes 2 servings

2 tbsp avocado oil
1/2 yellow onion, diced
1 large carrot, dived
1 small zucchini squash, diced 1
large nopal paddle, diced
1 14oz can crushed tomatoes OR
1 pint fresh cherry tomatoes
1 cup full-fat coconut milk
1 handful baby kale or spinach
2-3 handfuls tortilla chips (roughly 36 chips) 1 jalapeno, seeded and diced
salt and pepper to taste
4 fried eggs, cooked to your liking
pickled red onions, avocado, cotija or feta cheese, cilantro,
fresh shaved radish, black beans, toasted pepitas



Directions:

Warm a large skillet over medium-high heat. When a drizzle of water dropped in the skillet sizzles, add avocado oil and swirl the pan to coat. Add the onion to the pan, and sweat until translucent. Roughly 4-5 minutes. Add the carrot, stirring to incorporate. Season with salt and cook until the carrot is just tender.

Next, add the jalapeno, nopal and zucchini, again stirring to incorporate. Cook until the zucchini is just tender.



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Add the tomatoes. If using fresh tomatoes, you'll want to cook down the tomatoes until they burst and start to make a sort of sauce. If using crushed, you'll add the tomatoes and all of the juices and cook until the liquid reduces and the vegetable mixture starts to be more chunky than watery. (Roughly 6-8 minutes.) Add the coconut milk. Stir to combine, then taste the sauce to be sure its salty and peppery to your liking. Add more seasoning if you wish. Lower the heat to medium-low.

In a separate, smaller skillet warm a touch of ghee or avocado oil to fry your eggs. Cook them to your liking (I like them sunny side up in ghee.) While the eggs are frying, add your tortilla chips to the veggie mixture, stirring to incorporate the chips completely.

Divide the chilaquiles mixture between plates, top with 1-2 fried eggs. Garnish with avocado, crema, pepitas, black beans, radishes, cilantro, hot sauce and anything else your heart desires.

Mung Bean Tacos w/Pickled Radishes (lunch) OR Ultimate Nachos

Makes 2 servings

1 cup cooked mung (made in the Instant Pot, canned or black beans brought from home)

6 Tortillas

2 handfuls Arugula

1 bunch radishes + black peppercorns, rice vinegar, chili flakes + maple 1 avocado

1 bunch cilantro



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1 handful radish sprouts
1 Tbsp yogurt
1/2 tsp cumin
1 tsp raw honey
Flaky salt + fresh black pepper
2 limes
1/4 cup toasted pepitas

Directions:

Warm the vinegar over medium-high heat until just simmering. Add the black peppercorns, chili flakes and honey. Pour over the sliced radishes in a jar. Allow to cool while you adventure. When you're ready to enjoy your tacos, mix up the yogurt, cumin, juice and zest of one lime and honey. Stir to combine. Spread over tortillas, warmed in a skillet.

Divide the tortillas between plates, top with yogurt sauce, lentils, herbs, arugula, sprouts, radishes, sliced avocado and toasted pepitas to your liking. Enjoy.

Cold Rice Noodle Salad w/Herby Tahini Sauce (lunch) OR an Ultimate Picnic From Your Fridge at Home Makes

2-4 servings

1 8oz package rice noodles
2 carrots, sliced into matchsticks
1 bunch asparagus, trimmed
1 Tbsp ghee or olive oil
Salt and pepper, to taste



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8oz roasted chicken or baked tofu

2 Tbsp furikake seasoning

4 cups spinach, chopped very finely

2 Tbsp tahini or peanut butter

Juice of one lime

1 handful cilantro, chopped finely

1 Tbsp maple syrup

1/2 Tbsp smoked chili pepper (to taste)

Water to thin sauce

To serve: Bragg's Liquid Aminos, rice vinegar, sriracha sauce, sunflower sprouts

Directions:

Cook noodles according to package directions. Drain in cold water until cold to the touch, then store in cold water until ready to use. Set aside.

In a medium sized skillet, warm the ghee over medium-high heat and swirl the pan to coat. Add the asparagus, season with salt and pepper and sauté until tender and charred in some spots, 5-7 minutes. Transfer to a plate and allow to cool, then chop into bite sized pieces.

While the asparagus cooks, make the sauce. Whisk together the lime juice, tahini or peanut butter, chili pepper, maple syrup and a pinch of salt. The sauce will seize - no worries. Add water to thin to your liking, then stir in the chopped cilantro.

Divide the noodles between bowls, top with sauce to taste along with Bragg's and vinegar. Add asparagus, carrots, chicken or tofu, furikake and sprouts as you like.



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Lemony Pasta w/Greens + Mussels

Makes 2 servings

8oz pasta shapes

1/2 cup grated fresh parmesan cheese

Juice + zest of one large lemon

2 cloves garlic, minced

4 cups fresh spinach or kale, destemmed and chopped finely Olive oil

Ghee

2 tins Patagonia Provisions mussels

Directions:

Bring a pot of salted water to boil. Cook the pasta according to package directions. Reserve 1 cup of the cooking liquid. While the pasta cooks, make the spinach + mussel sauce. Add 1 Tbsp ghee to a large, heavy skillet set over medium-high heat. Swirl the pan to coat, then add the garlic and stir until fragrant - 1-2 minutes. Add the chopped spinach and the tinned mussels with their juices. Sauté until the spinach is wilted, 2-3 minutes. Remove the skillet from heat.

When the pasta is al dente, make sure you've reserved your cooking water and drain the pasta completely. Transfer the pasta and 1/3-1/2 of the reserved pasta water to the reserved skillet and return the skillet to medium-high heat. Add a drizzle of olive oil and the grated parmesan and stir the pasta until the water starts to sizzle and a sauce begins to form and coats the pasta, 5 minutes or so. Add a dollop of ghee and the zest and lemon juice and stir to combine, then remove from heat.



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Serve with more grated parmesan, enjoy immediately.

The Ultimate Rice Bowl

1 1/2 cups sushi rice
1/2 cup carrot, shredded thinly
1/2 cup purple cabbage, shredded thinly
2 Tbsp cilantro, chopped roughly
2 cups baby arugula, torn
1-2 avocados, sliced and pits removed
2 Tbsp Bragg's Liquid Aminos
5 Tbsp rice vinegar, divided
2 Tbsp maple syrup
2 Tbsp olive oil or sesame oil
flaky sea salt + freshly cracked black pepper, to taste
To serve: eggs, prepared to your liking + sunflower or radish sprouts
(optional) or sriracha sauce

Directions:

Place the rice in a bowl and cover the water by 1 inch with cool water, rub the rice with your hand until the water turns cloudy, then strain completely. Repeat 3-4 times until the water runs almost completely clear. This is important as it rinses away impurities in the rice and washes away additional starch.

Rice Cooker Instructions: Place the rinsed rice in the bowl of a rice cooker, then cover with water just enough that when you place your palm flat on the top of the rice the water rises to the crease in your wrist (roughly 1 1/2 cups.) Cook the rice according to the directions for your rice cooker.



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Instant Pot Instructions: Place the rinsed rice in the bowl of an Instant Pot, cover with 1 1/2 cups of water and secure the lid on the pot. Pressure cook on high for 5 minutes, followed by a 10 minute natural release, followed by a quick release.

Stovetop Instructions: Place the rinsed rice in a large saucepan along with 1 3/4 cups water, then cover the pot with a tight fitting lid. Turn the heat to medium-high and cook until the water just reaches a simmer. Reduce heat to medium-low to maintain the simmer, and cook for 16-18 minutes or until all of the liquid is absorbed and the rice is tender. Remove saucepan from the heat (with the lid still on) and let the rice steam for an additional 10 minutes.

Skillet Granola

makes 8 servings

2 cups rolled oats (I love One Degree Sprouted Oats!)

1 cup unsweetened shredded coconut or coconut flakes

3/4 cup favorite nuts, chopped roughly (almonds, cashews, pecans, walnuts, etc)

1 Tbsp flaxseed meal

1/2 cup sunflower seeds or other favorite seeds

1/4 cup maple syrup (or another favorite liquid sweetener)

1 tsp flaky sea salt

1 1/2 tsp ground cinnamon

2-3 Tbsp ghee (or another favorite fat)



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In a medium sized bowl, combine the oats, coconut, nuts, seeds, salt, and spices. Toss to combine.

Then drizzle the maple syrup in and stir with a rubber spatula to coat.

In a large, cast-iron skillet (I use a 12") or equivalent large skillet, melt the ghee and swirl the pan to coat. Add the oat mixture and stir to coat with the melted fat.

Toast the granola, stirring often to make sure it doesn't burn, for roughly 5 minutes. The skillet will start to sizzle a bit - this is great - and the mixture will become fragrant and toasty. Keep stirring and toasting until you have a few crispy and browned bits (these are my favorite,) then remove the pan from the heat and allow the granola to cool. Don't worry - the granola will still feel a bit wet to the touch when you remove it from the heat but will crisp up as it cools.

Cool completely before storing your granola in an airtight container. Granola is ready to be enjoyed immediately.

Pistachio Ginger Granola Bars (make ahead)

Wrapped in parchment paper + shot w/fanny or handlebar bag

2 cups raw pistachio nuts

1/2 cup raw pumpkin seeds

3 Tbsp. extra-virgin olive oil, plus more for pan

2 cups old-fashioned oats, divided

1 1/4 cups dried candied ginger fruit (such as tart cherries, raisins, currants, dates, apricots, and/or blueberries)

3/4 cup natural tahini

1/2 cup plus 2 Tbsp. honey



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2 tsp. kosher salt
2 tsp. vanilla extract
1 large egg white

Instructions:

Step 1

Preheat oven to 350°. Spread nuts and pumpkin seeds in a 13x9" baking pan and roast until darkened in color and toasty smelling, 10–12 minutes. Transfer nuts and seeds to a food processor and let sit until cool enough to handle.

Step 2

Reduce oven temperature to 300°. Lightly oil 13x9" pan and line with parchment paper, leaving overhang on both long sides. Lightly oil parchment.

Step 3

Add 1 cup oats to nut mixture in food processor and pulse until nuts are broken down to a sandy mixture and no whole oats remain. Transfer to a large bowl.

Step 4

Pulse any dried fruit larger than a raisin in food processor (no need to wipe out) until finely chopped, about the size of chocolate chips. Transfer to bowl with nut mixture. Add remaining 1 cup oats and stir to combine, breaking up any fruit that is stuck together. Add 3 Tbsp. oil and stir to coat. Add peanut butter, but don't stir it in.

Step 5

Bring honey, salt, and vanilla to a boil in a medium saucepan (honey will bubble up) over medium heat. Reduce heat to medium-low and simmer,



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stirring occasionally, until honey is foaming vigorously and smells like caramel, about 3 minutes.

Step 6

Immediately pour honey syrup over tahini in reserved bowl (it will melt the tahini). Stir to combine, making sure to aggressively break up any clumps of nut butter.

Step 7

Stir egg white with a fork or whisk in a small bowl to liquefy. Add to oat mixture and stir until egg white is no longer visible.

Step 8

Transfer oat mixture to prepared pan and press firmly into an even layer. (Be sure to really compact the mixture into the pan—it helps to use the bottom of a heavy glass or metal measuring cup.)

Step 9

Bake granola bars until deep golden brown and no longer sticky or wet, 30-35 minutes. Let cool 5 minutes, then lightly score into 16 long rectangles (1 cut lengthwise and 8 cuts crosswise will make bars that are about 6 1/2 x 1"). Let cool completely in pan, then use parchment to hoist bars out onto a cutting board. Using a sharp chef's knife, cut along marks to separate bars.

Step 10

Do Ahead: Bars can be made 1 week ahead. Store airtight at room temperature.



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Almond Butter Stuffed Date Bombs (trail snack)

Served on a plate w/wrapping for the trail // fanny pack or trail pack

25 whole medjool dates, as juicy as you can find!
2 Tbsp tahini, stirred well
2 Tbsp coconut butter, melted slightly
1 fat pinch flaky sea salt
2 Tbsp toasted sesame seeds or cacao nibs, or both!
1 1/4 cup 70% chocolate bars, chopped finely
1 Tbsp coconut oil, melted

Instructions

Make the chocolate coating (optional)

Add 2 inches of water to a medium saucepan and bring to a rolling simmer over medium-high heat. Reduce heat to medium and set a medium glass or ceramic mixing bowl on top, making sure it's not touching the water (this creates a "double boiler").

To the mixing bowl, add the finely chopped chocolate and the coconut oil and let melt, stirring occasionally with a rubber spatula until it's smooth and liquidity – about 2-3 minutes.

Once the chocolate is melted, carefully remove bowl from heat (turn off stove top) set the mixture in the fridge to chill slightly – about 15 minutes. This will make the coating easier to work with.

Fill the dates



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In a small bowl, stir together the tahini and the coconut butter. Add a fat pinch of salt. Set aside.

Next, carefully remove pits from dates and be careful to keep one side of the date intact, as opposed to splitting it into two separate pieces. You're trying to create little canyon in the date so it's easy to add/contain the tahini-coconut mixture. Once pitted, fill with tahini-coconut mixture – about 1/2 – 1 tsp depending on size of date.

Place the dates on a plate or a parchment-lined baking sheet and pop in freezer to chill while chocolate thickens.

Dip the dates

Once chocolate has thickened (if it got too thick, briefly microwave or set back over the double boiler to thin very gently), add one date at a time and flip with a fork to fully coat, then tap off any excess chocolate. Set the date back on the parchment baking sheet and immediately sprinkle with the sesame seeds or cacao nibs. Repeat with all of the dates.

Enjoy immediately and often. Store the dates in the refrigerator for 1 week or the freezer for 1 month. Let come to room temperature before enjoying for best flavor/texture.



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Batched Ginger Sazerac (cocktail) OR Whiskey High Ball -- simply rye + water w/lemon

Served in a mug or enamelware cup

3 cups Sazerac rye
3 ounces rich simple syrup (2:1)
60 dashes Peychaud's bitters
2 cups water
Herbsaint for spraying glasses
Lemons for garnish

Combine rye, simple syrup, bitters and water in a large container. Funnel mixture into bottles or a covered container. Chill until ready to serve. Chill glasses.

To serve, spray glass with Herbsaint. Pour about 3 ounces into glasses. Garnish with a lemon twist.

Rich simple syrup: Dissolve 1 cup sugar in 1/2 cup water.



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No Bake Energy Bar Bites

Makes ~2 dozen energy bites.

1 cup lightly toasted old-fashioned rolled oats
3 tablespoons chia seeds, ground in mortar & pestle
1/4 cup chopped chocolate (or chips)
3 tablespoons good maple syrup
1 1/2 teaspoon vanilla extract
1/2 cup unsweetened, toasted coconut flakes
2/3 cup well-stirred natural peanut butter
sea salt, to taste

Combine the oats, chia seeds, chocolate, maple syrup, vanilla, and coconut in a medium bowl. Toss until well combined. Add the peanut butter, and use your hands to really work the ingredients together. Adjust a bit if necessary, adding a bit more peanut butter if the mixture won't stay in a ball shape. Alternately, add more oats if the mixture is too sticky.

You can shape into balls by hand, but I find it is easier (and less messy) to press the mixture into a rounded tablespoon, then press it out (see photo). Arrange on a parchment lined baking sheet or plate, and refrigerate or freeze. Carry around in a small jar, or any small structured bento or container.