

California Recipes

Almond Joy Cookies

Ingredients:

¾ cup old fashioned oats
½ cup almond meal/flour
2 tablespoons coconut flour
¼ cup unsweetened shredded coconut
½ teaspoon baking powder
¼ teaspoon salt
¼ cup sugar
2 tablespoons honey
1 egg, lightly beaten
1 tablespoon coconut oil, melted
½ teaspoon vanilla extract
¼ cup dark chocolate chunks/chips

**Directions:**

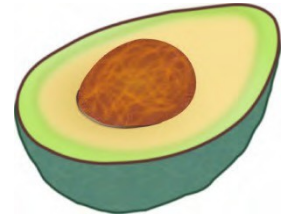
In a large mixing bowl, combine oats, almond flour, coconut flour, shredded coconut, baking powder, salt, sugar, and honey. In a smaller mixing bowl, whisk together egg, coconut oil, and vanilla extract. Add to dry ingredients and mix until well combined. Fold in chocolate chips. Place bowl in fridge and chill for a minimum of 30 minutes.

When ready to bake, preheat oven to 350° F and line a cookie sheet with parchment paper. Use a tablespoon to drop cookies onto baking sheet, pressing down to flatten them slightly. Bake for 8-10 minutes, or until the edges begin to turn golden brown. Remove from oven and allow to cool on sheet for 5 minutes before transferring to a cooling rack to cool completely.

Cucumber Avocado Salad

Ingredients:

1 large seedless cucumber, chopped
3 large avocados, pits removed and chopped
Juice of 1 lemon
½ cup crumbled feta cheese
1 tablespoon finely chopped fresh dill
Salt and black pepper, to taste



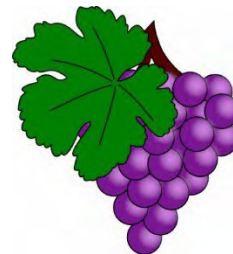
Directions:

In a large bowl, combine cucumber, avocado, lemon juice, feta, and dill. Gently stir to combine. Season with salt and black pepper to taste and serve.

Waldorf Salad

Ingredients:

½ cup mayonnaise
1 tablespoon sugar
3 apples, cored and chopped
1 teaspoon lemon juice
1 celery stalk, diced
½ cup California walnuts, chopped
½ cup grapes, cut in half or quarters
Lettuce leaves



Directions:

In a medium bowl, whisk together the mayonnaise and sugar. Set aside.
In a Ziploc bag, add the apples and lemon juice. Seal the bag and shake to coat.
Add the apples, celery, walnuts, and grapes to the mayonnaise mixture and stir to combine. Chill until ready to serve. Serve atop lettuce leaves if desired.

Tri-Tip Roast

Ingredients:

1 (3-pound) tri-tip roast
1 onion, thinly sliced
3-4 garlic cloves, minced
¼ cup apple cider vinegar
1 tablespoon honey
¼ cup coconut milk
Sea salt and black pepper to taste
Coconut oil



Directions:

Season the roast generously with salt and pepper on both sides. Heat a spoonful of coconut oil in a large skillet over medium high heat. When the pan is nice and hot, place the roast in the hot oil and sear on all sides until browned all over.

Transfer the seared roast into a slow cooker and pour the vinegar over the roast. Drizzle the top of the roast with the honey, sprinkle with the minced garlic, and top with the sliced onions. Cover and cook on high for 6-7 hours or until the meat is tender and shreds easily.

Remove the roast from the slow cooker and use a fork to shred the meat. Using a slotted spoon, remove the onions from the juices in the slow cooker and spread evenly over the top of the shredded roast.

Pour the juices from the slow cooker into a medium sauté pan over medium heat and bring to a simmer. Add the coconut milk to the pan and whisk together. Bring back to a simmer and reduce the liquid down by half, whisking occasionally. Pour the sauce over the roast and the onions and serve.

Salsa

Ingredients:

4 pounds tomatoes
1 large yellow onion, peeled
1 green bell pepper
3 small jalapeno peppers
1 Anaheim pepper
1 clove garlic
 $\frac{1}{3}$ bunch cilantro
1 tablespoon + 1 teaspoon salt
1 tablespoon + 1 teaspoon seasoned salt
1 tablespoon + 1 teaspoon lemon juice
Freshly ground black pepper



Directions:

Core and roughly chop all produce. Remove seeds from peppers as desired. For milder salsa, remove all pepper seeds; for spicier salsa, leave some or all seeds in. Working in batches, use a food processor to chop tomatoes, onion, all peppers, garlic, and cilantro until it's just a little chunky. Pour salsa into a large bowl and add all seasoning and lemon juice. Refrigerate until needed. Makes 4-5 pints.

Strawberry Cream Cheese Cobbler

Ingredients:

$\frac{1}{2}$ cup butter
1 egg
1 cup milk
1 cup all-purpose flour
1 cup sugar
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
2 quarts whole fresh strawberries, capped and washed
4 ounces cream cheese (cut in small pieces)

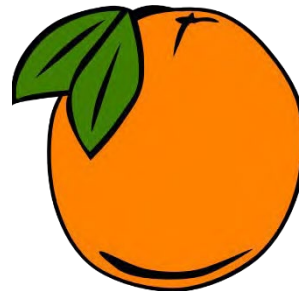


Directions:

Preheat oven to 350° F. Melt butter and pour into a 9" x 13" glass baking dish. In a small bowl, mix the egg, milk, flour, sugar, baking powder, and salt. Pour directly over the butter in the baking dish, but do not stir. Add the strawberries, arranging in a single layer as much as possible. Sprinkle cream cheese pieces over strawberries. Place in preheated oven and bake for 45 minutes, or until top is golden brown and edges are bubbling.

Fresh California Orange Cake**Ingredients:**

⅓ cup butter
⅓ cup shortening
2 teaspoons grated orange rind
1½ cups sugar
2 eggs
2½ cups sifted cake flour
2½ teaspoons baking powder
1 teaspoon salt
1 cup fresh orange juice, less 2 tablespoons
2 tablespoons orange juice concentrate

**Creamy Orange Frosting:**

½ cup butter
1 (3-ounce) package cream cheese
1 pound powdered sugar, sifted
¼ cup fresh orange juice
2 teaspoons grated orange rind
Dash salt
Orange food coloring

Tinted Orange Coconut:

1 cup flaked coconut
1 teaspoon orange juice
1 or 2 drops orange food coloring

Directions:

Cream together butter, shortening, and rind. Gradually add sugar, creaming until light. Add eggs, one at a time, beating well after each. Continue beating 5 minutes.

Sift together dry ingredients and add alternately with orange juice to creamed mixture. Add in orange juice concentrate. After each addition, beat only until smooth.

Bake in 2 greased and floured 9" round pans at 350° F for 25-30 minutes. Cool 10 minutes on rack and then remove from pans and cool.

Fill and frost with Creamy Orange Frosting. Top with tinted coconut.

Creamy Orange Frosting directions:

Cream together the butter and cream cheese. Gradually add in sugar alternately with orange juice, beating until smooth. Stir in orange rind and salt. Add a drop or two of orange food coloring to tint a light orange. Beat until creamy.

Tinted Orange Coconut directions:

Combine coconut, orange juice and food color. Shake or stir with a fork. Coconut should be lightly colored to match frosting