

Conference Recipes



Ultragrain® Cranberry Orange Muffins

2654.0 grams	(f) Ultragrain soft	1512.8 grams	Water
132.7 grams	Baking Powder	663.5 grams	Eggs, beaten
53.1 grams	Baking Soda	982.0 grams	Oil, vegetable
928.9 grams	Sugar, granulated	663.5 grams	Butter, unsalted, softened
238.9 grams	Sugar, light brown	119.4 grams	Orange Zest
39.8 grams	Salt, fine	238.9 grams	Orange Juice
305.2 grams	Non fat dry milk	1061.6 grams	Dried Cranberries

1. Preheat a convection oven to 325°F. Line a muffin tin with paper liners.
2. In the bowl of a stand mixer place the orange zest, butter and both sugars. Beat on medium speed until light and fluffy.
3. In a medium bowl place, the flour, baking powder, baking soda, salt, and nonfat dry milk, whisk to combine.
4. In another medium bowl combine the orange juice, water, and oil.
5. Once the butter mixture is light and fluffy mix in the eggs. Once combined add in the liquids and mix. It will be easier to do this by hand with a spatula.
6. Add the dry ingredients to the wet and mix until just combined. Do not overmix as this will cause tunneling within the muffins.
7. Lastly add in most of the cranberries, reserving some for topping the muffins.
8. Once the cranberries are folded in, scoop with a #20 scoop into the lined muffin tins. Top each muffin with 2–3 cranberries.
9. Bake the muffins in the preheated oven for about 16 minutes or until lightly golden and springy to the touch.
10. Remove the muffins from the oven and let cool in the tin for about 5 minutes before removing. Cool on a cooling rack and enjoy.

Makes 150 muffins (55 grams each)

Served at Monday breakfast



Gremolata Salad Bowl

4480 grams	Olive Oil	210 grams	Basil, chopped finely
1020 grams	Minced Garlic	60 grams	Lemon Zest
1280 grams	IQF Purple Barley	610 grams	Lemon Juice
1660 grams	IQF Spelt	20 grams	Tarragon, chopped finely
1470 grams	IQF White Sonora	50 grams	Black Pepper, cracked
600 grams	Italian flat leaf parley, finely chopped	170 grams	Salt, kosher
		20 grams	Crushed Red Pepper

Optional: Salad greens, tomatoes, and olives

1. Combine all ingredients in a large mixing bowl. Mix well.
2. Pour into an airtight container and refrigerate for 24 hours before serving.
3. To make this into a green salad, toss the gremolata with greens, tomatoes, and olives.

Makes 150 servings (2.5 oz. each)

Served at Sunday welcome reception



Black Rice Açaí Shake

- 1 cup cooked InHarvest Nerone Italian Black Rice
- 2 cup acai berry puree
- 1 cup sliced bananas
- 1 cup blueberries
- 1 cup whole milk vanilla yogurt
- 4 tablespoon honey
- 6 tablespoons unsweetened, shredded coconut

1. Place the ingredient into the bowl of the blender. (Note: Recipe is intended to be blended in a standard 64 oz. blender with a strong motor.)
2. Blend until completely smooth.
3. Pour 12 fl. oz. shakes into clear cups or glasses. Cover and refrigerate for at least 1 hour to chill.

Makes 4 servings (12 fl. oz. each)

Served at Sunday welcome reception





Lemon Mint Freekeh Salad

- | | |
|--------------------------------------|--------------------------------------|
| 2 cups Water | 1 teaspoon Salt |
| 1 cup Organic Cracked Freekeh | ½ teaspoon Ground Black Pepper |
| 2 cups Fresh Parsley (50g) | ⅓ cup Extra Virgin Olive Oil |
| 1 cup Fresh Mint (25g) | 15 oz Garbanzo Beans cooked |
| 2 teaspoon Lemon Zest (from 1 lemon) | 2 each medium Red Bell Peppers diced |
| ½ cup Lemon Juice (from 2 lemons) | 2 each large Tomatoes diced |
| ½ cup Pine Nuts toasted | |

1. Bring water to a boil in a small saucepan. Add Bob's Red Mill Organic Cracked Freekeh, reduce heat, partially cover and let simmer until liquid has absorbed, about 10 – 15 minutes. Drain thoroughly and let cool for 30 minutes.
2. In a food processor or blender, puree parsley, mint, lemon zest and juice for about 15 seconds. Add the toasted pine nuts, salt and pepper and puree until smooth, another 15 seconds. With the machine running, slowly drizzle in the olive oil. Continue to process until smooth.
3. In a large bowl, toss the herb pesto with the cooled Bob's Red Mill Cracked Freekeh, chickpeas, red bell peppers and tomatoes. Serve immediately or chilled.

Makes 4 servings as a main dish

Served at Sunday welcome reception



Peanut Butter Chocolate Smoothie

- 1 cup Chocolate Peanut Butter Cheerios™ cereal
- ¼ cup natural creamy peanut butter
- 2 containers (5.3 oz each) Yoplait® Greek 100 vanilla yogurt
- ½ cup milk

1. In blender, place all ingredients. Cover; blend on high speed 30 seconds to 1 minute or until smooth.
2. Pour into 2 glasses. Serve immediately.

Makes 2 servings

Served at Monday morning break

— TIPS —

- Blend in a medium banana for added flavor, if desired.
- Swap almond butter for the peanut butter and almond milk for the milk for a different flavor.
- Cooking gluten-free? Always read labels to make sure each recipe ingredient is gluten-free. Products and ingredient sources can change.

Vegan Sorghum "Fried Rice" Recipe

- | | |
|--------------------------------|---|
| 2 tablespoons rice vinegar | 1 each medium red bell pepper and green bell pepper, thinly sliced into 1-inch pieces |
| 2 teaspoons toasted sesame oil | 4 scallions cut into 1-inch pieces |
| Hot red pepper sauce to taste | 4 teaspoons tamari |
| 1 cup sorghum | 1 tablespoons fresh ginger minced |
| 3 cups vegetable broth | 6 ounces snow peas, trimmed and cut in to 1-inch pieces |
| 2 teaspoons vegetable oil | |
| 1 clove garlic, minced | |

1. Combine sorghum and broth in small sauce pan and bring to a boil over high heat. Cover, reduce heat, and simmer until the liquid is absorbed, 40 to 55 minutes.
2. Spread the sorghum out on a large plate and let stand for 5 minutes.
3. While the sorghum is cooling, coat a large nonstick wok with cooking spray and place over medium heat. Add snow peas and cook stirring for 2 minutes. Add bell peppers, scallions, garlic, and ginger. Cook stirring until the vegetables are just tender, about 2 minutes.
4. Add cooked sorghum, tamari and vinegar to the pan and cook until the liquid is absorbed, about 30 seconds to 1 minute. Remove from the heat, stir in sesame oil, and hot sauce. Season to taste.

Makes 6 servings

Served at Monday lunch

Organic Sprouted Pumpkin Muffin Mix

- 1 Bag of *Second Spring Organic Sprouted Pumpkin Muffin Mix*
- 1 can (425g) OR 1 3/4 cup of pumpkin puree
- 1 large egg
- 1/2 cup unsalted butter, melted

1. Preheat to 350°F and line muffin tin with paper cups
2. Wisk together melted butter, eggs and pumpkin puree in mixer
3. Stir in Organic Sprouted Wheat Pumpkin Muffin Mix
4. Divide evenly into muffin tin and bake for 30-35 minutes

Makes 12 regular-sized muffins

Served at Tuesday morning break



Crunchy Multi-grain Granola

1½ cups rolled oats	½ teaspoon kosher salt
1 cup InHarvest puffed brown rice	⅓ cup honey
¼ cup InHarvest Crispy Red Quinoa	¼ cup vegetable oil
¼ cup InHarvest Crispy White Quinoa	1 teaspoon vanilla
1 tablespoon brown sugar	¼ cup coconut, shredded, unsweetened
½ teaspoon cinnamon	

1. Combine all ingredients and mix very well.
2. Lay out in a thin layer on parchment-lined sheet pans.
3. Bake at 300°F for 30 minutes. Granola should be toasted and lightly browned.
4. Remove pans from oven and stir the granola if you want a loose consistency. For large chunks, let cool, then break up.
5. Store in airtight container.

Makes 20 servings (5 cups)

Served at Tuesday breakfast