

## Holiday Recipes

Make your seasonings a real holiday this year...tasty recipes from the Macrobiotica America kitchen!

### Warm Hearth Sprinkle

- 1 cup dulse
- 1 cup pumpkin seeds

Preheat oven to 350 degrees. Place pumpkin seeds on a cookie sheet and place in the oven. Roast for about 7-10 min. or until puffed and golden. Unfold dulse and check for small shells. Place on a cookie sheet and roast 5-10 min. or until dry and crumbly. Grind the dulse in a suribachi until fine and powdery. Add roasted pumpkin seeds and grind together until seeds are about 2/3 crushed. Serve as a condiment for grain, creamy soups or vegetables.

### Red & Green Holiday "Quickles"

- 1 cup red radishes (sliced in thin rounds)
- 2 cups finely chopped radish greens (trimmed from the radishes)
- 2-1/2 Tablespoons (or to taste) umeboshi vinegar

In a bowl, mix together the sliced radish rounds and mix with the chopped greens. Add umeboshi vinegar and mix in thoroughly. Place in a salad press or under a plate with a weight for 45 min. Remove and squeeze out excess liquid when done.

### Spiced Pears

- 2 fresh pears
- 2 cups natural cranberry juice
- 1/2 cinnamon stick

Slice pears in half, remove core, and place center-side down in a sauce pan. Cover pears with juice and add crumbled cinnamon stick. Heat slowly and simmer for 30 minutes. Serve warm or prepare ahead of time and reheat before serving.

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*David and Cynthia Briscoe*

## Orange Almond Spread

- 1 cup almond butter
- 1 tablespoon orange peel, grated
- 1/3 cup barley malt or rice syrup
- juice of one orange

Blend all ingredients together until smooth. Serve on rice cakes, your favorite sourdough bread or muffins.

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