

# *Yum* Universe

Bonus Recipes



**THIS DOCUMENT IS INTERACTIVE**

That means that anywhere you see underlined content, you can click it and it will launch the appropriate webpage or document page for you. Many images and icons will do the same.

Helpful, right?

---

This eBook is distributed only for informational and inspirational purposes. The author will not be held responsible, in any way, for the use or misuse of the information in this eBook. This eBook is not intended as medical advice, because the author is not a medical doctor. The recommendations, recipes and resources in this eBook are not given as medical advice, nor are they intended to propose, or offer to propose, a cure for disease or other conditions. Because there is always risk involved, the author and YumUniverse, LLC may not be held responsible for any adverse consequences or effects resulting from the use of any recipes, suggestions, tips, or procedures described hereafter.

The unauthorized reproduction or distribution of this copyrighted work is illegal. Criminal copyright infringement, including infringement without monetary gain, is investigated by the FBI and is punishable by up to five years in federal prison and a fine of up to \$250,000.

The techniques and advice described in this eBook represent the opinions of the author, based on her personal experience. The author expressly disclaims any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a result of using any of the techniques, recommendations or recipes suggested herein. If in any doubt, if requiring medical advice and before starting any dietary changes, consult a physician. Only your health care provider, personal physician or pharmacist can provide you with advice on what is safe and effective for your unique needs, and only they can diagnose your particular medical history and needs.

YumUniverse™, YumUniverse, LLC, all content, recipes, photographs, illustration, and design ©2007-2014 Heather Crosby and YumUniverse™. All Rights Reserved. Again, no part of this eBook may be reproduced or transmitted in any form, or by any means, electronic or mechanical, without written consent of the author. By opening this document you agree to these terms. Thank you.

This eBook is provided subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition, including this condition, being imposed on the subsequent purchaser or registrant.

This (first) edition published by Heather Crosby, YumUniverse LLC in Shepherdstown, West Virginia, USA, in 2014.

For more recipes, resources, inspiration, step-by-step photos, and tips, visit [YumUniverse.com](http://YumUniverse.com).

---



CONTENTS

---

*Recipes*

---

1

- 4 | Warming Cayenne, Lemon & Ginger Drink
- 5 | Yellow Split Pea Soup
- 6 | Carrot Cake Muffins
- 7 | Easy Bean Dip
- 8 | Blackberry & Lemon Syrup





## Warming Cayenne, Lemon & Ginger Drink

### SERVES 2+

*All the goodies in this drink boost circulation, which keeps the body nice and warm during cold winters, or summers where the thermostat is out of your control, like my old office. I had to wear fingerless gloves and scarves there year-round (I know some of you know this one well). Also, if you can get over how weird it may seem, a pinch of cayenne in your socks can help to warm your entire body, but I digress. If you're not quite ready to go there just yet, you can sip on this drink instead.*

### STEPS

1. Stir or blend together ingredients and warm in a pot until hot.

---

***psst!*** Make it creamy by adding a non-dairy milk recipe from *YumUniverse* (page 276).

---

---

### INGREDIENTS

- 2 cups water
- 1 – 2 tsp raw honey
- 1 – 2 hearty pinches of cayenne
- 1 – 2 tsp ginger, minced
- 1 tbsp lemon juice



## Yellow Split Pea Soup

SERVES 2 - 4

*This protein and fiber-rich soup proves that you don't need ham for big flavor from a pea soup. Treat it like an Indian dal (like a stew) and serve over brown or Forbidden rice.*

---

### INGREDIENTS

1 cup dry yellow split peas,  
soaked  
8 cups veggie stock  
2 tsp coconut oil (optional)  
1 yellow onion, diced  
1 cup carrots, chopped  
1 tsp ground coriander  
½ tsp ground cumin  
½ tsp ginger, minced  
½ tsp ground turmeric  
½ tsp mustard seeds  
½ cup coconut milk  
1½ tsp sea salt  
¼ tsp ground cinnamon  
Pinch ground cloves  
Black pepper to taste

### STEPS

1. Heat a large stock pot to medium, add oil, carrots, and onion, and sauté for 7 minutes. Add spices and stir together for about 2 minutes for some exciting aromatic action.
2. Add veggie stock and coconut milk and bring to a boil. Once boiling, reduce heat to a simmer and cover pot for 2 hours until peas are soft.
3. Season with salt and pep and serve warm.

---

***psst!*** Make this soup with an equal amount of lentils or mung beans instead of peas (cook time is significantly less).

—  
Serve with Cashew Cream Sauce from *YumUniverse* (page 209).

---



## Carrot Cake Muffins

**SERVES 12+**

*I used to dislike raisins, especially in baked goods. Walking on the street in Chicago one day, a gal walked by me in a “stupid raisins, stay out of my cookies” t-shirt and I remember shaking my head in an “mmhmm, amen sister” sort of solidarity. But just like with celery, avocado, kale, and beets, the day came where I began to embrace raisins — wanting to put them in loads of dishes. Like this muffin recipe that also has vegetables in it. Boy, I’ve come a long way.*

---

### INGREDIENTS

#### Dry:

- 1 cup sorghum flour
- 1 cup sucanat
- ¾ cup almond flour
- 1 tsp baking soda
- 1½ tsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp sea salt

#### Wet:

- 1 tbsp chia
- ¾ cup warm water
- 2 tsp apple cider vinegar
- 2 tbsp coconut oil (optional)
- 1 tsp vanilla extract
- ½ tsp fresh ground ginger
- 1 tbsp fresh orange juice

#### Fold-ins:

- 1 cup carrot, grated
- ¼ cup pecans, toasted and chopped
- ¼ cup walnuts, toasted and chopped
- ½ cup shredded coconut, toasted
- ½ cup sundried raisins (optional)

### STEPS

1. Preheat oven to 325°F and line muffin tin with parchment liners or homemade ones (see the BOC Welcome Packet page 9).
2. Place all wet ingredients in the blender and let them sit for 5 minutes so chia seeds can plump.
3. In a large bowl, sift together dry ingredients and prepare your fold-ins.
4. Blend wet ingredients until smooth and fold into dry ingredients. Once mixed, add fold-ins.
5. Fill muffin tin to the top with batter and bake for 35 minutes. Remove from oven and cool in the pan.

---

**psst!** If you want to skip the oil in this one, add ¼ cup sliced banana or ¼ cup diced apple to the blender in step 4.

—  
Use mini muffin tins for adorable bite-sized carrot cakes. If you do, shave 5–10 minutes off of the baking time.

—  
If you’re in the “stupid raisins” camp, by all means, leave them out.

---




---

**INGREDIENTS**

2½ cup Anasazi beans, cooked  
(1 cup dry)  
3 cloves garlic, sliced  
½ cup onion, diced  
¼ cup lemon juice  
½ cup veggie stock  
1½ tsp sea salt  
1 tsp coconut oil (optional)  
½ tsp black pepper

## Easy Bean Dip

**SERVES 4+**

*I often make a version of this spread with whatever beans I have soaked at the time so I have a nice dip for a snack of celery and snap peas throughout the week. I love how the Anasazi beans in the recipe make this recipe slightly pink, but feel free to try Cannellini beans, yellow eye beans, mung beans, or even black-eyed peas for this dip.*

**STEPS**

1. In a skillet heated to medium high, add coconut oil and onion. Sauté for 5 minutes, then add garlic and sauté another 3 minutes. Transfer them to a food processor.
2. Add remaining ingredients and purée until super smooth.

---

***psst!*** This spread is a great addition to wraps and sandwiches — so much more flavorful than mayo.

—  
For some kick, add 1 tsp cumin, ¼ tsp coriander, and ¼ tsp cayenne. With this combo, you could also try ¼ cup lime juice instead of lemon.

---



## *Blackberry & Lemon Syrup*

**SERVES 8+**

*This is one of my favorite ways to top recipes from “YumUniverse” like Banana Pancakes (page 167) or Vanilla Bean Ice Cream (page 285).*

**STEPS**

1. In a sauce pot, bring all ingredients to a boil, then reduce heat and simmer for 20 minutes until berries break apart.
2. Strain through mesh sieve, nut milk bag, or cheesecloth.
3. Serve warm or chilled.

---

***psst!*** Try different berries in equal amounts, or a mixture of many.

—

Instead of lemon zest and juice, try orange or lime.

—

You can always save the goodies caught in the sieve from the straining and fold into ice cream, yogurt (make your own with this recipe), or even blend into non-dairy milk from *YumUniverse* (pages 276 – 277).

---



---

**INGREDIENTS**

- 1 cup maple syrup
- 2 cups blackberries
- 2 tsp lemon zest
- 3 tsp fresh lemon juice
- Pinch fine-ground sea salt



## *Stay Connected*

If you want more inspiration, I'm always sharing recipes, videos, tips, news, and snippets of my day-to-day right here:



Come say “hello,” ask a question, share a fun discovery or a photo. I want to hear from YU.

# #ILoveYU