

Almond Cranberry Granola

Dr. Oliveira from the UC Davis Department of Integrative Medicine reminded us that the holiday season is not just about shopping and wrapping gifts. It can also be about sharing food with others and giving to those who might be in need of food. She highlighted two holiday recipes that can be easily shared: “Almond Cranberry Granola contains a medley of oats, almonds and cranberries that are seasoned with vanilla extract and cinnamon then baked until golden brown. Make it for yourself or add it to decorative glass jars and give it as a gift to loved ones during the holiday season.

<https://ucintegrativemedicine.com/recipes/almond-cranberry-granola/#gs.cwtlM4A>

Prep Time: 15 Minuets

Cook Time: 35-40 Minuets

Serves: 4

Ingredients:

- 3 cups rolled oats
- 2 cups almonds, raw or dry-roasted, sliced
- 3/4 cup cranberries, dried, unsweetened
- 1/2 cup maple syrup
- 1/4 cup applesauce
- 3 tablespoons warm water
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract



Instructions:

- Preheat oven to 350°F and line a baking sheet with parchment paper.
- Prepare chia ‘egg’ by combining chia seeds with water. Set aside.
- Mix oats, almonds and cinnamon in a bowl.
- Add chia ‘egg’, maple syrup, applesauce, and vanilla extract. Stir to combine.
- Spread granola on baking sheet and bake for 20 minutes.
- Flip and cook another 15-20 minutes until granola is crispy and golden.
- Cool for 1 hour then stir in dried cranberries.

Peanut Butter Fudge Truffles

Dr. Oliveira also recommends the Peanut Butter Fudge Truffles. Peanut Butter Fudge Truffles are a no-bake dessert that the entire family will love! You will learn how to prepare your own homemade Date Paste, which is combined with peanut butter & a few other basic ingredients to make a rich Chocolate FUNdue. Once chilled, just roll into balls & coat with peanuts... This simple & sweet dessert is completely sharable, making it the ideal offering to take along to parties and gatherings this holiday season.

<https://ucdintegrativemedicine.com/recipes/peanut-butter-fudge-truffles/#gs.XCWJVlg>

Prep Time: 30 Minuets

Serves: 12

Ingredients:

Peanut Butter Fudge Truffles

- 1 batch Chocolate FUNdue
- Peanuts, roasted, oil-free, salt-free, chopped
- Date Paste
- 2 cups Medjool dates, pitted, soaked
- 1 cup liquid (water, [Homemade Nut Milk](#) or store-bought plant-based milk, or juice, unsweetened)



Chocolate FUNdue

- 1 cup Date Paste
- 1 cup peanut butter, roasted, oil-free, salt-free
- 3/4 to 1 cup [Homemade Nut Milk](#) or store-bought plant-based milk
- 1/2 cup cacao powder, raw
- 1 tablespoon vanilla extract
- 1/2 teaspoon caramel extract (optional)

Instructions:

- Prepare Date Paste by soaking dates in chosen liquid overnight or for several hours, until much of the liquid has been absorbed, then adding dates and liquid to food processor and processing with S blade until completely smooth. Store in the refrigerator.
- Prepare Chocolate FUNdue by placing all ingredients except milk in food processor and processing with S blade until incorporated, scraping down the sides as needed, then adding Homemade Nut Milk incrementally and processing until desired consistency is reached. Place in a glass bowl and chill until firm.
- Remove Chocolate FUNdue from the refrigerator. Scoop out and form into balls then roll in chopped peanuts. Freeze until firm.