



COOKING WITH SANCTUAIRE IG LIVE

RECIPE GUIDE
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COLLARD SLAW

INGREDIENTS

- 1 small bunch of collard greens
- 1 small red onion sliced
- 1/2 red bell pepper thinly sliced
- 1 tbsp apple cider vinegar or rice vinegar
- 1 tbsp olive oil
- 1 tbsp maple syrup or agave
- 1 tbsp dijon mustard
- 1 tsp soul spice blend
- 1/4 cup fresh orange juice
- 1 tbsp date syrup (optional)

DIRECTIONS

1. Remove stem from collard leaves and thinly chop leaves and set aside in a mixing bowl.
2. In a separate mixing bowl whisk together vinegar, olive oil, maple syrup, dijon mustard, orange juice and soul blend.
3. Combine the chopped collards, red onion and pepper with the orange maple dijon vinaigrette until well combined.



HOPPIN' JOHN HUMMUS

DIRECTIONS

PITA CHIPS

1. Cut pita bread in triangular shapes and place in a mixing bowl
2. Add oil and soul blend and toss until oil and blend are equally distributed on all pieces of the bread
3. Spread across a baking sheet and bake in the oven on 375 degrees until crisp (about 10-15 min.)

HUMMUS

1. Combine all ingredients in a food processor or blender and pulse on high until smooth puree consistency
2. Garnish with toasted sunflower seeds, parsley and oil
3. Serve with Soul Pita Chips

CRAJUN SPICED SUNFLOWER SEEDS

1. In a mixing bowl combine all ingredients
2. Spread across a baking sheet and bake for 15-20 minutes on 350 degrees.

INGREDIENTS

PITA CHIPS

- 2 fresh pitas
- 2 tbsp grape seed oil
- 1 tbsp [Soul Spice Blend](#)

HUMMUS

- 2 cups cooked black eyed peas
- 1 cup tahini sauce (See Next Page)
- 1 tbsp [Crajun Spice Blend](#)
- 1 roasted jalapeno (optional)

CRAJUN SPICED SUNFLOWER SEEDS

- 1/4 cup raw sunflower seeds
- 1 tsp [Crajun Spice Blend](#)
- 1 tbsp grape seed oil

TAHINI SAUCE

INGREDIENTS

- 1/2 cup tahini
- 1/4 cup fresh lemon juice
- 1/4 cup fresh lime juice
- 1/4 cup water (add additional if needed)
- 1 garlic clove
- 1 tbsp soul spice blend

DIRECTIONS

1. Combine all ingredients in a high speed blender and pulse on high until well combined.