

# Wild Rice Bowls

Makes 8 Servings

2 cups of wild rice

1 tsp salt

1 1/2 cup of butternut squash, peeled and cubed

1 cup turnip, cubed

1 cup sweet potato, peeled and cubed

2 shallots, roughly chopped

1/2 cup Jerusalem Artichoke, chopped

1/2 cup raw, unshelled pumpkin seeds

1 cup dried cranberries

Salt and Olive Oil

- Rinse the wild rice. Pour the wild rice in a large sauce pan with 6 cups water, cranberries and salt, bring to a boil and reduce to a simmer. Cook for about 45 or until tender, drain.
- Prepare the vegetables, toss in oil and spread on a baking sheet. Roast at 375 until vegetables are tender (about 45minutes).
- Serve over wild rice and sprinkle with pumpkin seeds.

## Cedar Tea

3 cups Water

1/4 cup maple syrup

Fresh Cedar Sprigs

- Place Cedar sprigs in water on stove top, bring water to a boil, simmer and steep.
- Add maple syrup to taste

# Pumpkin Seed Brownies

*Original recipes from Indigikitchen.com*

Makes 9 brownies

1 cup pumpkin seed flour (make this by putting raw, unshelled pumpkin seeds into a coffee grinder or blender and turning them into a flour)

2/3 cup cocoa powder

1/2 cup real maple syrup

3 Tbsp. tapioca flour (or corn starch)

1 tsp. salt

Approx. 1/3 cup water

2 Tbsp. avocado or coconut oil

Avocado or coconut oil for greasing pan

Raw unshelled pumpkin seeds and sea salt flakes for the top



- Using a coffee grinder, grind the pumpkin seeds.
- Combine dry ingredients, then add the maple syrup, water and oil.
- Grease pan with oil and press dough into a 9 x9 inch pan, add a few pumpkin seeds and sea salt to the surface for garnish and flavor.
- Bake at 350 degrees for 30 minutes
- Serve warm.