



Four recipes curated by Linda Jones:

QUINOA* CRACKERS (adapted from One Ingredient Chef) * Peru is the world’s largest producer of quinoa.

Ingredients:

- 1 cup raw quinoa (rinsed and drained)
- 1/3 cup cashews (ground into a powder)
- ¾-1 cup water
- 1 T. nutritional yeast
- 1 tsp. garlic
- 1 T. Italian seasoning



Instructions:

1. Preheat oven to 325⁰ F.
2. Toast quinoa in a pan on very low heat, stirring gently. The quinoa will begin to turn a light golden color and have a nutty aroma. Let cool slightly.
3. Put ¾ cup water into a blender.
4. Add quinoa, cashews, nutritional yeast, garlic and Italian seasoning to blender.
5. Blend all together. The mixture will be thick. You may need to add additional water.
6. Spread dough onto a parchment paper-lined cookie sheet, into a rectangle shape. Make the crackers as thick or thin as you like.
7. Bake for 25 minutes; remove from oven and use a pizza cutter to cut the dough into squares. Flip the squares over.
8. Return to the oven and continue baking for an additional 20-25 minutes. Watch carefully—crackers on the outside edges of the pan may bake faster.
9. Let cool completely, for several hours.
10. Keep in an uncovered container so that they will remain crispy.

LIMA BEAN* HUMMUS (modified from Camellia Co.) * Lima beans (or butter beans) are named after the capital of Peru.

Ingredients:

- 3 cups lima beans, drained/rinsed—save ½-¾ cup of the liquid from the cooking pot or cans
- 1 T. fresh lemon juice
- ¾ T. garlic powder
- 3 tsp. onion powder
- 2 tsp. dried parsley
- ¼-½ tsp. cumin
- ¼-½ tsp. cayenne pepper
- ¼ tsp. black pepper
- 1-2 T. miso



Instructions:

1. Blend all ingredients in a blender, slowly adding the liquid until you get the desired consistency.
2. Cover and chill for several hours.
3. Serve with crackers or raw vegetables.

PERUVIAN ENERGY BALLS (modified from Vegetarian Passport Cookbook)

Ingredients:

- ½ cup puffed wheat cereal (quinoa or amaranth)
- 1 cup dried dates
- ½ cup unsweetened coconut
- ¼ cup almonds or cashews
- ¼ cup brown sesame seeds
- ¼ cup raisins
- date paste (enough to form balls)

Directions:

1. Add all ingredients to food processor and blend well.
2. Form into small balls and place in refrigerator to harden.



PISTACHIO LEMON TRUFFLES (from Crazy Vegan Kitchen)

Ingredients:

- ½ cup raw pistachios
- zest of a lemon (plus extra for coating)
- 8 large Medjool dates (pitted)
- ¼ cup raw cashews
- 1 tsp. of water
- 2 T. lucuma powder* (or another sweetener)

*Lucuma powder is from lucuma fruit that grows on trees in Peru, with a butterscotch/sweet potato taste and undertones of caramel or maple syrup.

Instructions:

1. In a small food processor, process pistachios, cashews, lucuma, salt, and lemon zest until finely chopped. Do not over process.
2. Add pitted dates and water. Pulse until mixture forms a ball. If too dry and crumbly, add a little more water and process.
3. Roll mixture into balls and coat with chopped pistachio or more lucuma powder. Store in an airtight container and keep in refrigerator.



Peruvian Lucuma | Peru ...



plus, this recipe from The Jaroudi Family:

PERUVIAN GRANOLA SQUARES (serves 6-8)

Ingredients:

- 2 cups raw rolled oats (186 g)
- ½ cup raw nuts or seeds (53 g)
- ½ cup pitted dates (61 g)
- ½ cup dried fruit (76 g) (mango, dragon fruit, papaya)
- 2 Tbsp. plant milk (add as needed)
- 1 Tbsp. chia seeds
- 1 Tbsp. flax meal
- 1 tsp. lime juice
- 1 tsp. Ceylon cinnamon
- 2 tsp. camu camu* powder
- ¼ tsp. chili powder
- ¼ cup shredded coconut (optional)

Instructions:

1. Preheat oven to 350° F.
2. In a small bowl add pitted dates and dried fruit. Cover with hot water for around 5 minutes to soften. Drain and discard the water.
3. Add all ingredients to a food processor including softening of dried fruit/dates. Process ingredients until you can pinch the mixture. (Add 1 Tbsp. of extra plant milk at a time if needed)
4. Pour the granola mixture into a 9-inch square pan and press down firmly to form an even layer.
5. Bake for 10-15 minutes. Cool bars completely before cutting.



*Camu Camu is a small, highly acidic fruit that grows on bushy trees along Peruvian riverbanks and areas of the Amazon rainforest. It's high in Vitamin C and many other nutrients. Because of its unique and sour taste (cross between a lime and sour cherry), camu camu powder is usually mixed into juices, smoothies, jams, and recipes—such as Brittany's granola bars!

