

Introduction & Bio	1
--------------------------	---

Breakfast

Scrambled Eggs with Fresh Chives	3
Hot Coco Pancakes	4
South Indian Idli with coconut Chutney	5

Soups , Snacks & Sides

Bruschetta	7
Chilled Corn Soup.....	8
Zucchini Guacamole Tostadas	9
Samosa	10
Curried Chickpea Snack Mix.....	11

Mains

Zucchini Lasagna	13
Socca Pancakes with Carrot Ribbon Salad	14
Cauliflower Alfredo	15
Pumpkin “Pie” Ravioli	16
Buckwheat Crepes with Spinach	17
Bok Choy-Ginger Stir Fry	18

Treats

Mini Italian Plum Cakes	19
Baked Pumpkin Doughnuts	20

Table of Contents

Introduction & Bio Page 1

Breakfast

Scrambled Eggs with Fresh Chives Page 3

Hot Cocoa Pancakes Page 4

South Indian Idli with Coconut Chutney Page 5

Soups , Snacks & Sides

Bruschetta Page 7

Chilled Corn Soup Page 8

Zucchini Guacamole Tostadas Page 9

Samosa Page 10

Curried Chickpea Snack Mix Page 11

Mains

Zucchini Lasagna Page 13

Socca Pancakes with Carrot Page 14

Cauliflower Alfredo Page 15

Pumpkin Ravioli Page 16

Buckwheat Crepes with Spinach Page 17

Treats

Mini Italian Plum Cakes Page 18

Baked Pumpkin Doughnuts Page 19

Introduction & Bio Page 1

Breakfast

Scrambled Eggs with Fresh Chives