

HOB NOB

Nº. 05

WANNA TAKE YOU
HIGHER

HOST
this
PARTY
in 3 steps

HEY FLOWER CHILD, INVITE THE GANG TO A HEALTH-CONSCIOUS PARTY UPLIFTED BY THE POWER OF POSITIVE THINKING.



Recipe

**CRISPbread
WITH MIXED
SEEDS**



WHAT TO SERVE

SUPERFOODS RULE THIS
MENU, IN THE MOST
DELICIOUS WAY.

healthy food has never tasted this good...



Recipe
**VEGAN
NUTTY CUPS
WITH
COCONUT
CREAM**



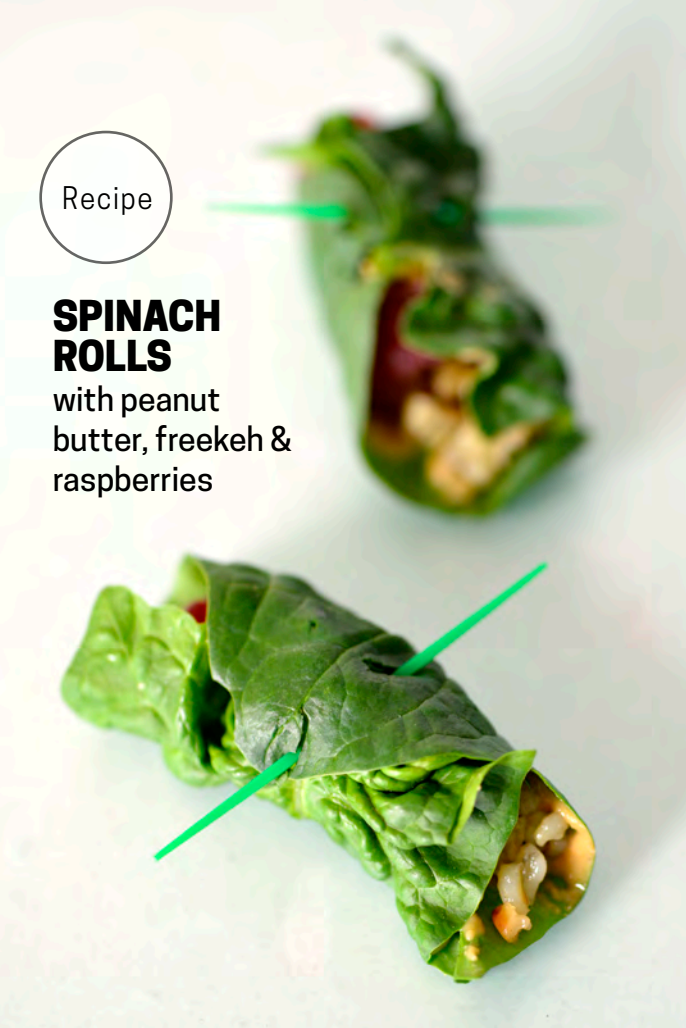
Recipe
SARDINES & ZESTY CRUMBS



Recipe
**SALMON
CHEESECAKE**



Recipe
**AVOCADO &
GREEN PEA
HUMMUS**



Recipe
**SPINACH
ROLLS**
with peanut
butter, freekeh &
raspberries



signature
COCKTAIL

**THE HIP
REFRESHER**

Rose hip liqueur
mixes with sparkling
additions.

Recipe



WHAT TO
DRINK

ON A HIGH OF HEALTHY
HYDRATION....

THE MOST GORGEOUS MINERAL WATERS FOR YOUR PARTY

If you are thinking of offering soda at your gathering, why not choose a mineral water? Inside each bottle lie a symphony of nutrients—calcium for bone density, sulfates help digestion, magnesium allows muscles to relax, plus electrolytes keep you hydrated for hours. When staging the bar, the look of the bottle can add to the scene. Picture these bottles gracing the bar...

[1] AQUA PANNA, from 3,700 feet up on Mt. Gazzaro in Tuscany, has a traditional but minimalist design. \$36 for a 12-pack. [amazon.com](https://www.amazon.com)

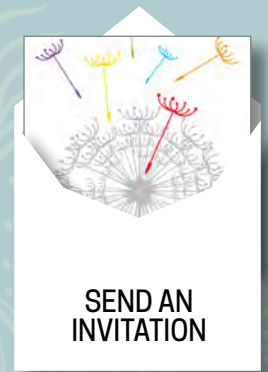
[2] VOSS is the one you grab for a purist, modern bar. From Norway. \$38 for a 12-pack. [aquamaestro.com](https://www.aquamaestro.com)

[3] The intense blue of the TY NANT bottle highlights its amazing water from Wales. A stunning, eye-catching silhouette. \$53 for a 12-pack. [thewaterloft.com](https://www.thewaterloft.com)



PARTY RITUAL: MAKE A WISH

To make the party more interesting, ask your guests to come with a wish in mind. At the party, have them write their wish on a small piece of paper and create an area where it can be safely burned. Indoors, in a large skillet on the stove. Outdoor burning is, of course, preferred: use a bbq, a bonfire, or a fire pit (see selections in the DESIGN section).



WHAT TO STAGE

MAKE WISHES COME TRUE:
STAGE A RITUAL TO MAKE
IT SO.



Turn party goes on to a compilation of indie songs that are uplifting, edgy and happy by Miles Fisher. He's an actor and music enthusiast and curates playlists as a hobby.

[Link](#)

WEEKEND GUESTS

NEXT MONTH

A NO MUSS, NO FUSS FORMULA FOR HOSTING GUESTS FOR THE WEEKEND.

HIP REFRESHER 1 & 2



shopping list

herbs frozen in ice cubes (I used lemon thyme and mint)

Koval Organic Rose Hip Liqueur

Mionetto Organic Prosecco

lemon thyme, for garnish

mineral Water

MAKE THE ICE CUBES

lemon thyme sprigs
whole mint leaves

In a ice cube tray, fill each section about 1/3 full of water, and place one herb. Put in freezer. After an hour or so, it should be frozen. Add water to almost the top, and allow to freeze again.

CHOOSE YOUR GLASS

champagne coup glass
stemless wine glass

If you are making the Hip Refresher 1, with prosecco, then use the coup glass. For the Hip Refresher 2, use the wine glass, so you can fit the ice cubes.

HIP REFRESHER 1

Koval Organic Rose Hip Liqueur
Mionetto Organic Prosecco

Pour 1/3 of the glass with the liqueur, top with prosecco. Garnish with a sprig of lemon thyme.

HIP REFRESHER 2

Koval Organic Rose Hip Liqueur
mineral water

Pour 1/3 of the glass with the liqueur, add a couple of ice cubes, top with mineral water. Garnish with a sprig of lemon thyme.

<< **BACK**

The signature cocktail at this healthy gathering is quite light, and depending on if you top the liqueur with prosecco or mineral water will determine the level of alcohol. Adding the herbal ice cubes in either version gives it a botanical bent. This needs to be done in stages, so that the herbs are in the center of the glass, not floating at the top. Herbs are packed with vitamins, so you should make a point to add them anywhere you can.

MAKES ONE COCKTAIL



WANNA TAKE YOU
HIGHER
Party N° 05



shopping list

Mestemacher
Pumpernickel bread
chia seeds
grapeseed oil
2 scallions
cream cheese
ricotta
sour cream
s + p
dill
2 jumbo eggs
6 oz Seabear Wild
King salmon
poppy seeds
glass baking dish
12 x 8

SALMON CHEESECAKE WITH POPPY SEED TOP

GET OUT THE FOOD PROCESSOR

3 slices Mestemacher Pumpernickel bread, cut into cubes
1 ½ TB chia seeds
2 ½ TB grapeseed oil

Pulse bread in food processor to create crumbs. Add to a warmed skillet with chia seeds and oil. Toast over high heat for three min. Set aside to cool. Lightly grease baking dish with grapeseed oil. Press crumb mixture into the bottom.

PREHEAT OVEN 350° F... MAKE THE CREAM CHEESE MIXTURE

2 scallions, cut into very thin rings
16 oz cream cheese, softened, cut into cubes
8 oz ricotta
1 CUP sour cream
½ tsp kosher salt
½ tsp black pepper
1 TB fresh dill, chopped
2 jumbo eggs

In a food processor, process all ingredients, except the eggs. Add eggs, and pulse until combined.

MAKE THE CHEESECAKE

breadcrumb crust
cream cheese mixture
6 oz Wild Alaskan smoked salmon, shredded by hand
poppy seeds, for sprinkling on top

Ladle ⅓ of the cream cheese mixture over the breadcrumbs. Put a layer of salmon over that. Top with the rest of the cream cheese mix. Sprinkle poppy seeds.

Bake for 45 min, until an inserted toothpick comes out clean. Remove from the oven and allow to cool in the pan. Cover and place in the fridge overnight, or for at least 4 hrs. When ready to serve, cut into portions while the cheesecake is still cool.

<< **BACK**

Guests will go crazy over this dish, especially those pescatarian friends of yours. It leans to the decadent end of the healthy spectrum: A hot-smoked salmon gets a foundation of pumpernickel crumb and chia seed crust, topped with a trio of creamy cheeses and poppy seeds. Best made the night before, so that the cheese will set and the flavors will meld. I used Sunbear smoked salmon that my friend Mary had brought me as a hostess gift, which came in a box. I was skeptical, until I tasted it. It is wild-caught and smoked in alder wood, which is more liked cooked salmon than lox. This is a pantry item must. I could see this recipe made with lox-style salmon as well.

MAKES 12 MINI PORTIONS
[2.5 X 3 INCHES]

OR 9 AS MAIN COURSE
[4 X 4 INCHES]

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SALMON CHEESECAKE WITH POPPY SEED TOP: STEPS



above: the Sunbear
Smoked Salmon
straight out of the
box.



The layers: after lightly greasing the pan, start with pumpernickel crumb mix, top with 1/3 cream cheese mix, the salmon, then the rest of the cream cheese mix. Sprinkle poppy seed over the top.



shopping list

flax seeds
sesame seeds
pumpkin seeds
spelt flour
grapeseed oil
baking powder
salt

CRISPbread WITH MIXED SEEDS

PREHEAT OVEN 400°F... MAKE THE DOUGH

¾ CUP flax seeds
¾ CUP sesame seeds
1 CUP pumpkin seeds
2 ½ CUPS spelt flour
¾ CUP grapeseed oil
2 tsp baking powder
1 tsp salt
1 ½ CUPS boiling water

Mix all the dry ingredients in a bowl, pour the boiling water over, mix well.

LINE TWO BAKING TRAYS WITH PARCHMENT

Bake in two batches, or on 2 separate trays...

Spoon half of the mixture onto each parchment-lined tray, and press it into a thin layer. With a knife, score the pastry into desired size. Bake for 25 to 30 min, until crispy and golden. (Start checking after 20 min, to make sure it does not burn.) Move parchment and crisps onto cooling rack. When cool, break apart on scored lines.



<< **BACK**

Every seed is a concentrated powerhouse of vitamins, minerals, fiber, and essential fatty acids, and these crispbreads are loaded with them. The spelt flour really pairs nicely with the seeds. It has an almost pretzel-like taste. A cinch to throw together, and they bake quickly. Warning: they are addictive, make a lot!

MAKES 80-100 CRACKERS



WANNA TAKE YOU
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shopping list

10 oz bag Woodstock Organic frozen peas
 2 ripe avocados
 grapeseed oil
 garlic
 lemon
 Rejuvenative Foods Fresh Raw Black Sesame Tahini
 ground cumin
 cayenne pepper
 s + p
 broccoli sprouts
 Crispbread with Mixed Seeds (recipe)



AVOCADO & GREEN PEA HUMMUS

GET OUT THE FOOD PROCESSOR

frozen peas, thawed
 2 ripe avocados, cut into chunks
 ¼ CUP grapeseed oil
 2 cloves garlic, crushed
 juice from one lemon
 3 TB tahini
 ½ tsp ground cumin
 pinch of cayenne pepper
 s + p
 broccoli sprouts, for garnish

Process all ingredients in food processor. Transfer to shallow serving bowl, sprinkle top with broccoli sprouts. Serve with pita chips or Crispbread with Mixed Seeds.

<< **BACK**

This “hummus” is unusual, tasty, and packed with healthy ingredients. Avocados contribute the “good fat” along with 20 vitamins and minerals. Mix that with green peas’ antioxidant and anti-inflammatory benefits, and raw tahini’s calcium, zinc, fiber, and B vitamins and you may just be floating on cloud nine. Make the hummus just before the gathering, so it will keep its nice green color. Using the raw tahini made with black sesame seeds, adds to the color density; if you use regular tahini, the green will be brighter. Serve with Crispbread with Mixed Seeds for a super-duper healthy and tasty combo.

MAKES ABOUT 2 CUPS

WANNA TAKE YOU
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NUTTY SPINACH LEAF ROLLS WITH FREEKEH & RASPBERRIES

shopping list

1 bag freekeh
(Kalustyan's calls it Frik)
salt
olive oil
San-J organic tamari
grapeseed oil
sesame oil
lemon
garlic
s + p
large spinach leaves
natural peanut butter
6 oz pack Driscoll's
organic raspberries



COOK THE FREEKEH

1 CUP freekeh
1 tsp salt
1 tsp olive oil

Add freekeh to 2 cups of boiling water with salt and olive oil. Cover. Simmer 30 min, until all the water is absorbed. Let stand for 5 min. Fluff. Transfer to large bowl.

MAKE THE DRESSING

1 TB San-J organic tamari
1 TB grapeseed oil
4 TB sesame oil
juice from ½ lemon
2 cloves garlic, crushed
s + p

In a small bowl, whisk together all the ingredients. Pour over the freekeh while it's still warm, toss to combine.

MAKE THE ROLLS

large spinach leaves
cooked freekeh
natural peanut butter
raspberries

Spread a thin layer of peanut butter over a spinach leaf. Add a spoonful of the freekeh in a thin line across the leaf, top with 1 or 2 raspberries. Roll up and weave toothpick through the two ends to hold together.



Prep the day before: cook the freekeh, add the dressing to allow flavors to meld. Then there won't be much left to do.

The combination of ingredients in this bite are so surprising, yet so satisfying. Freekeh provides a nutty, yet rice-like texture. The peanut butter and raspberries juxtapose each other, and the spinach leaf grounds everything with an earthy taste. Dark, leafy greens contain folate and B vitamins essential for mood and proper nerve function. Do try this one.

MAKES 20-25 ROLLS

<< **BACK**

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shopping list

Mestemacher
Pumpernickel bread
tin of Matiz Gallego
Sardines in Olive Oil
orange or cherry
tomatoes
Zesty Crumbs (see
recipe on following
page)
capers
small onion
lemon

SARDINES WITH ZESTY CRUMBS ON PUMPERNICKEL TOASTS

MAKE THE TOASTS

pumpernickel bread, toast
and cut each piece into 3 long
strips

orange or cherry tomatoes,
sliced thinly (horizontal
slices)

3 sardines, split in half
lengthwise, remove bones

Zesty Crumbs

2 TB capers

1 small onion, cut into very
thin rings

1 lemon, cut into wedges

On each strip, place slices of tomato, top with half of one sardine. Sprinkle crumb mixture over the sardines, add a couple of capers, a ring or two of the onion, and a squeeze of lemon.

A fresh and pretty offering — the strips of sardines match up perfectly with the pumpernickel bread when cut into three sections. These little fish can do wonders for your body as they promote heart and bone health. They contain one of the highest concentrations of omega-3s, as well as high quantities of vitamin b12, vitamin D, and calcium. Skeptical about the fishy taste? Matiz Gallego's sardines are the perfect way to give sardines a chance, as they have a very subtle and uncommon flavor.

MAKES 6 TOASTS

<< **BACK**



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ZESTY CRUMBS



shopping list

lemon
parsley
garlic
breadcrumbs
olive oil

MAKE THE CRUMBS

zest and juice 1 lemon
½ bunch parsley, finely
chopped
2 cloves garlic, finely chopped
1 CUP breadcrumbs
3 TB olive oil

Mix together in a bowl. Crumbs should be kind of sticky.

<< **BACK**

The lemon and parsley mixed with the crumbs gives the dish a dotted effect, and a zip of flavor. Sprinkle away!

If sardines are not your thing, grill steak, and top semolina toasts with tomatoes, capers, onion, and the crumbs. Some other uses for these delicious crumbs: Stuff chicken or fish fillets, top a head of cauliflower, roast. Add it to a veggie pasta dish, especially one in garlic and oil with veggies: asparagus, cauliflower, broccoli. Stuff mushrooms.

MAKES 1.25 CUPS



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shopping list

2 cans (13.5 oz) full-fat coconut milk
 almonds
 rolled oats
 10 dates
 vanilla
 maple syrup (grade B)
 coconut flakes
 nutritional yeast (optional)
 vanilla extract
 superfine sugar
 cornstarch
 metal bowl

SWEET NUTTY CUPS WITH COCONUT CREAM AND BERRIES

PREPARE THE COCONUT MILK

2 cans full-fat coconut milk
 metal bowl

Leave cans in refrigerator overnight. Place metal bowl in fridge for whipping.

MAKE THE CUPS

1 CUP almonds
 1 CUP rolled oats
 10 dates
 1 tsp vanilla
 2 TB maple syrup (grade B)
 ½ CUP coconut flakes
 1 TB nutritional yeast (optional)

Pulse in food processor until combined. Mold into a mini muffin tin to create the cups. Place in freezer for at least 10 minutes.

MAKE THE COCONUT CREAM

chilled coconut milk
 1 TB vanilla extract
 ¼ CUP superfine sugar
 1 tsp cornstarch

Remove cans from the fridge carefully, do not shake. Open the cans. Remove the solids from the top, leaving the liquid behind (save for use in a smoothie). Transfer to the chilled metal bowl. With a hand mixer, beat the coconut cream until thick and fluffy. Add the rest of the ingredients, combine. Chill in the fridge for at least an hour before serving.

<< **BACK**

A great no-bake, complicated-looking dessert. Coconut gives it the lusciousness people crave. No one will suspect that this is vegan. Heads up: the coconut milk must go into the fridge for at least 6 hours, so plan ahead. For the cocoa lovers in your life, add 2 TB cocoa powder or 1 CUP vegan chocolate chips to the cream.

MAKES 4 - 5 CUPS OF CREAM