



THE BIBLICAL NUTRITIONIST

Celebrate Jesus in the Holidays

PASSOVER & RESURRECTION
SUNDAY RECIPES

BY ANNETTE REEDER

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Celebrating Jesus in the Holidays

By Annette Reeder ~ The Biblical Nutritionist

The time is now to celebrate every season of our LORD. Passover and Resurrection Sunday are a pivotal time in a Christian's life. We get to see God at work through the fulfilling of the Old Testament through the life of Jesus as He lived back then and even today in our personal life.

As we celebrate this season it is more than a reflection it is a resurrecting of our own spiritual journey. These stories and their revelation in our life today is what give us the promise He is coming again.

A celebration to our Lord!

God is doing a new thing – more and more Christians are seeing the significance of celebrating the festivals of our Lord.

These recipes are my favorites! I love to share these with family and friends at this first festival of our Lord

Benefits of Celebrating the Feast of Our Lord

First let me share a number of benefits of celebrating the feast of our lord.

1. A better understanding of the Bible – the Bible was first shared through pictures – the Old Testament is a complete picture of the coming Messiah. As the families relived and acted out the stories through meals and

celebrations they were continuing the story to their children how God provides – not only a release from slavery but a coming KING.

2. A rediscovery of our Jewish roots. – we are grateful in and that makes us family.
3. A renewed passion for Jesus. – What story book character can your child act out by memory? This is how we want them to act out the story of God's love and redemption.
4. Greater insights into God's prophetic seasons
5. A discovery of the biblical church calendar

Celebrating the festivals of our lord is not about what we *have* to do – it is about what we *get* to do!

It is a blessing not a burden.

It is an act of love not of legalism.

I want to continually remind my grandchildren what the Love of God looks like. It is the story of Esther and Purim. It is the story of Passover and the Lamb.

In Romans 15:4, Paul said “For whatever things were written before were written for our learning.”

By celebrating Jesus in the feasts we can learn more fully what Jesus has done for us and how to walk with Him in our everyday lives.

I highly recommend the book by Dr Richard Booker – *Celebrating Jesus in the Biblical Feasts*.

PASSOVER

Now let's move on to the feast of Passover

Christians traditionally call this the last supper – is actually our Lord celebrating the feast of Passover with his disciples. It was a covenant meal symbolizing Jesus giving his life for us and to his disciples.

The church in Corinth consisted primarily of non-Jewish believers. Yet, Paul wrote to them “therefore purge out the old leaven, that you may be a new lump, since you truly are unleavened.”

For indeed Christ, our Passover was sacrificed for us.

Therefore let us keep the feast, not with the old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth. 1 Corinthians 5:7-8

So as we today celebrate the Passover in our homes we are painting the picture pointing to Jesus our Passover lamb.

We also get to revisit the story of the first Passover in Egypt and teach our children how God cares for his own no matter what they are going through.

The word Seder means order. It is a precise way of telling the story so the elements of the story have meaning.

It is my goal to share recipes that are simple to prepare, delicious for the family to love and most importantly share elements of the Story!

RECIPES

My holiday recipes include a recipe of family favorites, flavored with Jewish customs and Biblically inspired ideas. Combined together we get to experience all the flavors of God's goodness and please all members of the family.

The foods selected are to help share the Gospel story while enjoying a blessed time of family gathering around the table.

I use the same recipes for all three celebrations: Passover, Resurrection Sunday and Feast of Unleavened Bread. If I am serving the same people for more than one celebration I will change the options to make it inspiring and, of course, delicious.

RECIPES.....	5
BREAD	7
UNLEAVENED BREAD	8
OLIVE OIL DIPPING SAUCE	9
APPETIZERS	9
PUMPKIN HUMMUS	9
ALMOND BUTTER HUMMUS.....	10
TZATZIKI SAUCE	10
SALAD AND VEGETABLES.....	11
KALE SALAD Another cruciferous recipe!	12
BRUSSELS SPROUTS SALAD A delicious cruciferous recipe!	13
ISRAELI SALAD	14
QUINOA & PARSLEY SALAD.....	14
Basic Roasted Asparagus	15
ELEVEN DISCIPLES SALAD EGGS.....	16
CHAROSET	17
Fruit Salad.....	17
ENTRÉE.....	18
ROASTED LEG OF LAMB	20
DESSERTS	21
MARSHMALLOW FRUIT SALAD	21
BAKED FRUIT DELIGHT	22
STRAWBERRY SAUCE	23
BERRY BERRY SAUCE.....	23
CHOCOLATE – CHERRY NUT TOPPING	24
CHOCOLATE CAKE.....	24
CHOCOLATE FUDGE PIE	26

BREAD

We start with unleavened bread. I have two blogs that add more content to this bread for your reading.

Why Serve Unleavened Bread for Passover?

What is Unleavened Bread?



Freshly milled flour is amazing. Of the 44 known essential nutrients needed by our bodies and naturally obtained from foods, only 4 are missing from wheat—vitamin A, B₁₂, and C, and the mineral iodine.

Once the kernel of wheat is broken open, however, as in milling, the protection of the bran is gone and many of these nutrients, now exposed to oxygen, are lost by oxidation.

In fact, once milled, as much as 45% of the nutrients are oxidized, in the first day alone. In 3 days, just 72 hours later, 90% of the nutrients are lost, all to oxidation alone and none to the sifting of the bran and germ.

UNLEAVENED BREAD

Israeli Classic

Adapted from *Food at the Time of the Bible*, by Miriam Feinberg Vamosh

This delicious savory bread is enjoyed as written or enhanced with more herbs by adding oregano, parsley, and rosemary for a delightful addition.

2 cups (470 ml) whole wheat bread—hard white or spelt
¾ cup (180 ml) cold water – milk can be substituted for more flavor

2 tablespoons olive oil
1 teaspoon salt
½ medium onion—chopped finely
1 garlic clove—minced

Directions

1. Preheat oven 450°F (260°C).
2. Combine all ingredients with the water to form dough and knead for 3 minutes.
3. Divide into 8 balls. Flatten each into a thin round and prick with a fork.
4. Bake on a greased cookie sheet for 10 minutes in oven.

Personal Note: rolling this thin makes crispier bread, sometimes I keep it not thin and bake 1-2 minutes less for a chewier texture and variety.

Flavorful Options

- * Top with hummus and chopped fresh vegetables for a perfect lunch treat.
- * Top with cheese and peppers for an appetizer, broil to melt cheese.
- * Use as a crust for personal pizzas.

Other than unleavened bread I do not serve bread products for these celebrations.



OLIVE OIL DIPPING SAUCE

Very traditional in the Mediterranean is to have dipping sauce for the bread.

½ cup olive oil

¼ teaspoon salt

5 cloves garlic – minced

2 teaspoons Italian seasoning blend (oregano, basil, parsley)

Serve with Unleavened bread

Other toppings for unleavened bread: hummus, tzatziki sauce, vegetable dips, or baked again with butter and cinnamon toppings.

APPETIZERS

HUMMUS

Here is one of my favorite hummus recipes:

Pumpkin Hummus

I gather several pumpkins in the fall and process them for a meal like this!

PUMPKIN HUMMUS

4 garlic cloves

1 ½ cup pumpkin puree

¼ cup fresh cilantro or 1 tablespoon dried

¼ cup lime juice

¼ cup sunflower seed butter

2 tablespoons olive oil

3 teaspoons cumin

1 teaspoon salt or to taste

½ teaspoon chili powder

½ teaspoon ground or flakes pepper

Toasted pumpkin seeds for garnish



Put garlic cloves into a food processor and pulse to chop fine. Add the pumpkin, cilantro, lime juice, butter, pumpkin, oil, cumin, salt, chili powder, and pepper. Blend until smooth.

Transfer to a bowl, cover and refrigerate for at least 8 hours.

Garnish with pumpkin seeds and drizzle with additional oil before serving.

Serve with vegetables, cracker or chips. Makes 2 ¼ cup.

ALMOND BUTTER HUMMUS

- 1 - 15 oz. can or 2 cups chickpeas (drained)
- ¼ cup almond butter
- 3 tbsp. lemon juice
- 1 tbsp. plus 1 tsp. olive oil
- 1 garlic clove
- ½ tsp. cumin

1. Combine all in a food processor or blender.
2. Add 1 tbsp. water at a time until desired thickness is reached.

NOTE: For creamy hummus – boil the chick peas for 10 minutes in water with a teaspoon baking soda. This will make the best creamiest hummus ever!



- ½ tsp. sea salt
- ½ tsp. pepper

TZATZIKI SAUCE

- 16 oz. of Yogurt. unsweetened
 - 1 cucumber peeled, seeded, and diced
 - 1 tbsp. dried Mint or ¼ cup fresh mint diced (parsley or cilantro can also be used in place of mint)
1. Combine all ingredients in a bowl and mix together.



SALAD AND VEGETABLES

Cruciferous vegetables would be most appropriate. You can read more about



cruciferous vegetables in the *Treasures of Health Nutrition Manual*. They are

termed cruciferous due to the fact that the bloom of their flower is four petals

shaped into a cross – crucifix. These are

12 of the most health promoting vegetables available. Prepare your favorite

dishes using any of the 12 cruciferous vegetables (there are more but these are

the 12 families of vegetables). An example of these is broccoli, cabbage,

horseradish, cauliflower, kale, and

mustard greens.

Listed here are recipes using

Brussel Sprouts and kale to share

this Cruciferous – Crucifix story

with your family.



KALE SALAD

Another cruciferous recipe!

About 2 cups of fresh kale with stems removed

1 parsnip sliced thin

1 carrot sliced thin

1/4 of a red onion sliced thin

3 tbsp red wine vinegar

2 tsp olive oil

2 pinches of Kosher salt and a pinch of ground black pepper

1 tsp dried oregano

1 tsp minced garlic or 1 large clove minced

20g of dried cranberries

2 – 4 ounces feta cheese



Directions:

Grab a bunch of the kale and slice it into thin ribbons. The key to this salad is the thin ribbons rather than large pieces.

Add the cut kale to a large bowl. Slice the parsnip, carrot and onion as thin as possible and add them to the bowl. In a small bowl add the vinegar, salt, pepper, oregano, garlic, and dried cranberries. Whisk and mash the cranberries a bit letting them flavor the dressing.

Pour the dressing over the kale and veggies. Toss everything together making sure to coat all the leaves with the dressing. Cover and let sit in the fridge for at least 2 hours. Once you're ready to eat add the feta and toss.

BRUSSELS SPROUTS SALAD



A delicious cruciferous recipe!

1 pound Brussels sprouts, de stemmed and halved
2/3 cup fresh cranberries
1/3 cup feta cheese, crumbled

1/3 cup pecans
1 tablespoons maple syrup
1 tablespoon balsamic vinegar
Olive oil
Salt & pepper

Directions:

Heat skillet with drizzling olive oil medium heat. Season with salt and pepper and combine with cranberries in skillet.

Cook sprouts and cranberries for 8-10 minutes until berries begin to burst and sprouts become tender. Add balsamic vinegar and maple syrup. Stir to coat and remove from heat.

Toss sprouts, cranberries and pecans in a large bowl. Top with cheese and serve.

ISRAELI SALAD

Served with most meals, including breakfast. You will enjoy this while traveling in Israel.

5 tomatoes, diced small
2-3 small cucumbers, diced small
¼ mild onion, chopped fine

2-3 tbsp. extra-virgin olive oil
1-2 tbsp. fresh lemon juice
Salt and freshly ground pepper

1. Combine diced tomatoes, cucumbers and onions in bowl. Add olive oil, lemon juice, salt and pepper. Mix well.
2. Optional Add-ins; 1 avocado, diced, ½ green or red peppers, diced small, ¼ cup green and black olives, pitted and quartered.



QUINOA & PARSLEY SALAD

Inspired by Cooking Light Annual Recipes

Parsley would be a bitter herb for the Passover story.

Serves 4-2/3 each

1 cup water
½ cup uncooked quinoa
¾ cup fresh parsley leaves
½ cup thinly sliced celery
½ cup thinly sliced green onions
½ cup finely chopped dried apricots (any dried fruit is good)
3 tbsp. fresh lemon juice
1 tbsp. olive oil

1 tbsp. honey
¼ tsp. salt
¼ tsp. black pepper
¼ cup unsalted pumpkin seed kernels, toasted. (sesame seeds are a good option)

1. Bring water and quinoa to a boil in a medium saucepan. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Spoon into a bowl, fluff with a fork. Add parsley, celery, onions, and apricots.
2. Whisk lemon juice, olive oil, honey, salt, and black pepper. Add to quinoa mixture, and toss well.
3. Top with pumpkin seed kernels and garnish with dried apricots

Basic Roasted Asparagus

1 large bunch (about 1 pound) fresh asparagus

1 to 2 teaspoons olive oil

Salt, to taste

Freshly ground black pepper, to taste

Can add:

Zest and juice of 1/2 medium lemon, preferably organic

Lemon wedges, from the remaining 1/2 lemon

Sprinkle of finely grated Parmesan cheese

Small handful of fresh mint or parsley, finely chopped

Light sprinkle of red pepper flakes

Other options

Pat or two of butter

Light drizzle of balsamic reduction or thick balsamic vinegar

Toasted sliced almonds



INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy cleanup. Snap off the woody ends of the asparagus (if you sharply bend the asparagus near the base, it will snap in the right place). Discard the ends.
2. Place the asparagus on the sheet and drizzle with 1 to 2 teaspoons olive oil, just enough to lightly coat the asparagus. Sprinkle salt and pepper over the asparagus, and toss until the spears are lightly coated in oil. Arrange the spears in a single layer on the pan.

3. Bake just until the base of the asparagus is easily pierced through by a fork. Very thin asparagus, like the kind shown here, will take as little as 9 to 12 minutes, whereas thicker asparagus will need 15 to 20 minutes.
4. Transfer the roasted asparagus to a serving platter and season however you'd like. You could keep it simple with a squeeze of lemon juice, or a sprinkle of Parmesan, or add a pat of butter or drizzle of balsamic vinegar.
5. Roasted asparagus is best served when it's fresh out of the oven, but it will keep at room temperature for up to 1 hour or up to 4 days in the refrigerator (gently reheat before serving).

ELEVEN DISCIPLES SALAD EGGS

Use your own recipe, also known as deviled eggs. Yet, I prefer to call them Disciples Eggs. Hard boil 12 eggs. Use eleven of the eggs to make into salad eggs. The twelfth egg should be overcooked to make the inside dark. Show the 12th egg peeled (not prepared) and placed in the center of the tray of prepared salad eggs.



The darkness of the overcooked egg with the top white removed (do not prepare this egg – just cut it open and display the dark color) represents the darkness in Judas' heart and his betrayal of Jesus.

Disciple Eggs

1 dozen large eggs
2 teaspoons Dijon mustard
1/3 cup mayonnaise

1 Tbs pickle relish
Salt and pepper, to taste
Paprika, to taste

Place eggs in a pot and cover with water. Bring to a rolling boil. Turn stove off, cover and let sit for 10-12 minutes. Rinse with cold water

Many different ways to make

Dijon mustard, regular mustard, dash of hot sauce, chives, onions, etc.

CHAROSET

Charoet (pronounced *har-o-set*) comes from the Hebrew word *cheres* that means "clay," though it goes by many different names around the world. It is a sweet relish made with fruits, nuts, spices, as well as wine and a binder such as honey.



It is not a food from Biblical teaching. It is a food that has come to represent the slavery in Egypt and the clay used to make bricks. It is a typical food to serve on top of lettuce.

Ingredients for Charoet

3 apples, peeled and diced

1 cup walnuts, toasted and roughly chopped

1 teaspoon cinnamon, ground

Directions:

1 teaspoon sucanat or honey

1 tablespoon pomegranate juice

1 tablespoon honey

Stir together cinnamon, sucanat, juice and honey. Add mixture to apples and walnut. Chill or serve immediately.

Fruit Salad

Always makes me think of spring. My dad loved fruit salad and I have fond memories of him chopping up all of the fruit and mixing it with a whipped topping with a sprinkle of nuts on top. So this is my healthier version

DRESSING

1 cup plain Greek or regular unsweetened organic yogurt

1 tsp cinnamon

¼ cup honey (more or less) or monk fruit or liquid stevia

½ tsp pure vanilla extract

Mix all ingredients until smooth

1 cup fresh strawberries

1 cup blueberries

1 cup pineapple

1 cup mandarin oranges

1 apple sliced into cubes

2 sliced bananas (add later) gets brown and mushy

Mix together with yogurt dressing.

Spoon into pretty bowls and top with nuts, coconut and mini marshmallows.

Can use any kind of fruit

Dressing can be fresh whipping cream sweetened with powdered sugar and vanilla extract.

I like to use yogurt so if we have left overs, I can eat it for breakfast with granola on top.



Figure 1Image from Savor the Best

ENTRÉE

Abraham told Isaac that God would provide the Lamb. John declared “Behold the Lamb”. In Revelation there will be the marriage supper of the Lamb. Jesus is The Lamb that takes away our sin. He was the sacrificial Lamb. Therefore that should be the most obvious choice for the dinner. Remember this meal is about

remembering – with each dish served we can share a part of the story of Jesus!
He came not to be A story but to be The Story.

This is the lamb recipe I love to make and serve most often.

Other entrees to be considered:

Fish - After Jesus resurrection he ate fish by the sea with his disciples. Broiled fish would be another entrée option of significance. It could also be served the week after Passover/Resurrection Sunday.

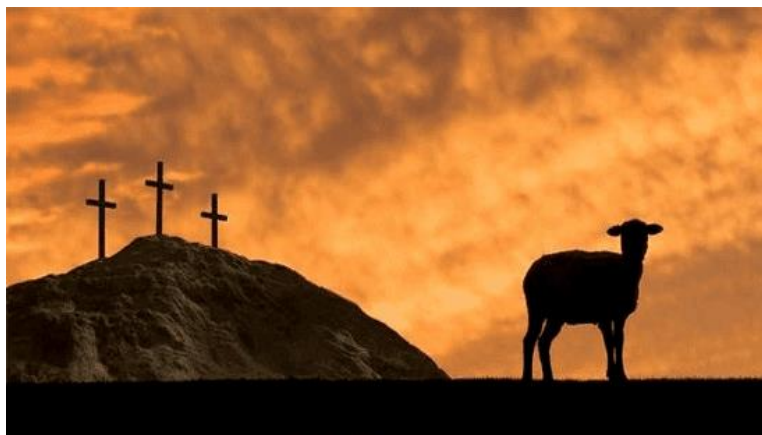
If possible have your family eat this meal of fish and bread on a shoreline near a body of water. Eat the meal as a picnic on the shore and read the account of this story from your Bible.

Lamb : I believe the best entrée to serve is lamb. It gives you ample opportunity to share how Jesus is the lamb – you can refer them to the book of Revelation to confirm this.

Lambs were used for sacrifice in the temple - after Jesus death, shortly after the temple was destroyed and the sacrifice was discontinued. There was no more need to sacrifice a lamb since Jesus was the ultimate sacrifice for all of us.

With the blood on the doorpost, the people inside were saved by grace through faith in the blood of the lamb which they could not see.

During the meal you can also read Isaiah 53 which describes the suffering the human lamb would suffer. Our children see much more graphic images on tv today so don't think for a moment this is too graphic.



ROASTED LEG OF LAMB



Image from Traeger Grills

1 (7-pound) leg of lamb, fat trimmed to 1/4 inch thick; lamb can be boneless or with bone-in

4 garlic cloves

1 tablespoon fine sea salt

2 tablespoons chopped fresh rosemary

1/2 teaspoon black pepper

1/4 cup dry red wine or beef broth; I used Marsala and it tasted perfect.

Directions:

Pat lamb dry and score fat by making shallow cuts all over with tip of a sharp small knife.

Pound garlic to a paste with sea salt using a mortar and pestle (or mince and mash with a heavy knife) and stir together with rosemary and pepper. Put lamb in a lightly oiled roasting pan, then rub paste all over lamb. Let stand at room temperature 30 minutes.

Preheat oven to 350°F.

Roast lamb in middle of oven until an instant-read thermometer inserted 2 inches into thickest part of meat (do not touch bone) registers 130°F, 1 1/2 to 1 3/4 hours. Transfer to a cutting board and let stand 15 to 25 minutes (internal temperature will rise to about 140°F for medium-rare).

Add broth to pan and deglaze by boiling over moderately high heat, stirring and scraping up brown bits, 1 minute. Season pan juices with salt and pepper and serve with lamb.

DESSERTS

Desserts are typically the most looked forward to part of the meal. Traditionally they are layered with calories and fat that leaves the person feeling overstuffed and slightly lethargic.

This Celebration season is an opportunity to serve satisfying sweets but without the extra burden. Your family will leave the table feeling satisfied and happy.

MARSHMALLOW FRUIT SALAD

Recipe was adapted from *Taste of Home 2000 Annual Recipes*, it is a similar version to the one my mom loved to make because we all thoroughly enjoyed it. There is no spiritual connection to these ingredients – it is just a family memory.

Yields 12-16 servings

3 eggs, beaten

¼ cup sucanat – will not work well with stevia, could substitute monk fruit

¼ cup vinegar

2 tablespoons butter

2 cups blueberries – fresh

2 cups organic miniature marshmallows



1 can (20 oz.) pineapple chunks, drained
1 can (15 ounces) mandarin oranges, and drained

2 medium firm bananas, sliced

2 cups whipping cream, whipped

½ cup chopped pecans

Directions:

In a double boiler over medium heat, cook and stir eggs, sucanat and vinegar until mixture is thickened and reaches 160°. Remove from heat; stir in butter. Cool.

In a large serving bowl, combine blueberries, marshmallows, pineapple, oranges and bananas; add cooled dressing and lightly fold to mix.

Refrigerate for 4 hours or overnight.

Just before serving, fold in whipped topping and pecans.

BAKED FRUIT DELIGHT

Recipe by Robin Jeep from the book: *Antioxidant Diet*

Another all-time favorite – serve for breakfast, lunch, dinner or pleasure!

Hot or cold!

Can be served as is or as a topping on a fresh bed of favorite greens. I have also served this over quinoa.



Dates in this recipe are an opportunity to share the stories from Scripture about the 7 foods in the Promised Land in Deuteronomy 8. Dates are in several stories in the Bible.

The more we share stories from the Bible as we serve meals we help everyone all ages remember the promises of our Savior.

Serves 10

6 apples, chopped
8 dates – chopped
1 cup currants
1 cup frozen cherries
1 cup frozen blueberries
1 cup crushed pineapple with juice

¼ cup water
¾ cup chopped walnuts or pecans
½ teaspoon cinnamon
¼ teaspoon nutmeg
Juice of one orange
2 teaspoons lemon zest

Directions:

Preheat oven to 350.

Mix all ingredients. Put in a covered pan and bake for 30 minutes or until all fruit is soft.

Great served warm or cold with any of the following toppings. All toppings come from *The Antioxidant Diet* by Robin Jeep.

NOTE: Currants seem to be harder to find so raisins can be substituted. Currants are the best option though.

TOPPING OPTIONS:

STRAWBERRY SAUCE

Serves 8-10

½ cup vanilla soy milk or almond milk
¼ cup cashew nuts
6 ounces frozen strawberries – thawed

2 dates

Blend all ingredients together and serve over Baked Fruit Delight



BERRY BERRY SAUCE

2/3 cup raw cashews
½ cup frozen strawberries, defrosted
1 cup blueberries

8 dates
1 cup soy milk

Blend all ingredients for 2-3 minutes till creamy.

CHOCOLATE – CHERRY NUT TOPPING

1 cup raw cashews

½ cup cherries – any fruit will be good

3 tablespoons cocoa powder

1 teaspoon vanilla

2/3 cup dates

Blend ingredients until smooth and creamy.



2/3 cup soy or almond milk

CHOCOLATE CAKE

This cake recipe includes baking soda which is a leavening product. If you are following the customs and teachings of unleavened then bypass this recipe.

¾ cup dates – chopped

¾ cup boiling water

1 ½ teaspoons baking soda

1 1/8 cup honey

1 ½ cup unflavored organic Greek yogurt

1 ½ teaspoon vanilla

2 ¾ cup whole wheat pastry flour – freshly milled; spelt or kamut are good options

6 tablespoons cocoa powder

1 ½ teaspoon cinnamon

¼ teas. salt

1 cup walnuts – chopped - optional

Chocolate chips - optional

Preheat oven to 325°. Spray Bundt pan.

Pour hot water over dates; whisk in soda. In separate large bowl whisk or beat together honey, yogurt and vanilla until smooth and creamy.

Whisk or beat date mixture into honey mixture to blend well.

Blend dry ingredients together in separate bowl; flour, cocoa, cinnamon and salt.

Thoroughly whisk or beat dry ingredients into liquid ingredients; fold in; 1 cup walnuts and chocolate chips.

Pour into greased pan and bake in preheated oven at 325° for 30-40 minutes or until knife comes clean out of center.

TOPPINGS FOR CAKE – this cake is very moist and flavorful. Good without icing or topping. For a low calorie, flavor rich topping use the Chocolate – Cherry Nut Topping above. If traditional icing is desired use this recipe:

ICING:

1 stick of butter
¼ cup cocoa powder
1 egg



¼ cup sucanat with honey or honey
1 teaspoon vanilla

Blend until creamy and spread onto cupcakes or cake.

CHOCOLATE FUDGE PIE

Makes 8 servings

Inspired by **SOUTHERN LIVING**

Baked in a pie plate, this not-to-be-missed dessert boasts a super-rich and moist texture.

Ingredients

Unsweetened dark cocoa
8 ounces bittersweet chocolate, coarsely chopped
1/2 cup butter
3/4 cup sucanat

3 large eggs, beaten
1 teaspoon vanilla extract
½ cup unsweetened coconut flakes or shredded
2 tablespoons powdered coconut sugar



Directions

Preheat oven to 350°. Lightly coat a 9-inch pie plate with cooking spray, and dust with cocoa.

Chocolate note: I have used Lilly's Stevia sweetened dark chocolate chips and it tasted wonderful.

Melt chopped chocolate and margarine in a heavy saucepan over low heat, stirring constantly, 3 to 5 minutes or until smooth; whisk in 3/4 cup sugar, whisking until blended.

Whisk together eggs and vanilla in a large bowl. Gradually whisk in chocolate mixture, whisking until blended. Pour into prepared pie plate.

Bake at 350° for 30 minutes or until edges are dry and center is set. (Do not overbake.) Cool in pie plate on a wire rack 30 minutes or until completely cool. (Cake will fall slightly when removed from oven.) Dust with 2 Tbsp. powdered sugar just before serving.

NOTE: To make your own powdered sugar – take the organic sugar you have and add it to a dry blender. Blend until powdery.

We hope you enjoy these recipes and celebrating Passover! As we prepare these recipes and enjoy the company around the table – it is the sacrifice of Christ that allows us that deep inner personal peace.

Thank you for letting us share our favorites with you.

Blessings

Annette Reeder and Rhonda Carroll