



SUNNY FRUIT RECIPE BOOK

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FIGS

Fig Bars



INGREDIENTS:

Fig Filling:

- 8 ounces Sunny Fruit Organic Dried Fig stemmed and quartered
- 2 cups apple juice*
- Pinch salt
- 2 teaspoons fresh lemon juice

For the crust:

- 3/4 cup (3 3/4 ounces) all-purpose flour
- 1/2 cup (2 1/4 ounces) whole wheat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 6 tablespoons unsalted butter, softened
- 3/4 cup packed (5 1/4 ounces) light brown sugar
- 1 large egg
- 2 teaspoons vanilla extract



Instructions

FOR THE FILLING: Simmer the figs, apple juice*, and salt in a medium saucepan over medium heat, stirring occasionally, until the figs are very soft and the juice is syrupy, 25 to 30 minutes. There should only be 3-4 tablespoons of liquid remaining in the pan when they're done.

1. Let the mixture cool slightly. Puree the figs in a food processor with the lemon juice until the mixture has a thick jam consistency, about 8 seconds.
2. FOR THE CRUST: Adjust an oven rack to the middle position and heat the oven to 350 degrees. Line an 8-inch square baking pan with a parchment both directions, and then



grease the paper.

3. Whisk the flours, baking powder, and salt together in a medium bowl.
4. In a large bowl, beat the butter and sugar together with an electric mixer on medium speed until light and fluffy, 3 to 6 minutes.
5. Beat in the egg and vanilla until combined.
6. Stir in the flour mixture until just incorporated.
7. Reserve 3/4 cup of the dough for the topping!
8. Sprinkle the remaining dough mixture into the prepared pan and press into an even layer with a greased spatula.
9. Bake the crust until just beginning to turn golden, about 20 minutes.
10. Meanwhile, roll the reserved 3/4 cup of dough for the top crust between 2 sheets of greased parchment paper into an 8-inch square; trim the edges of the dough as needed to measure exactly 8 inches. Leaving the dough sandwiched between the parchment, transfer it to a baking sheet and place it in the freezer until needed.
11. Spread the fig mixture evenly over the crust. Unwrap the frozen, reserved top crust and lay it over the filling, pressing lightly to adhere. Honestly, this part doesn't have to be perfect; you can see in the photos I had some tears and holes and I just patched it. Once you cut the bars, no one will notice!
12. Bake the bars until the top crust is golden brown, 25 to 30 minutes, rotating the pan halfway through baking.
13. Let the fig bars cool completely in the pan, set on a wire rack, about 2 hours. Remove the bars from the pan using the foil, cut into squares, and serve.

Notes

*Instead of apple juice, you can use 2 cups of water with 1 tablespoon of honey added.

Coconut Chai Fig Smoothie

INGREDIENTS:

- 1 cup unsweetened coconut milk
- 1/2 cup strongly brewed chai tea, chilled (homemade chai concentrate works great)
- 1 frozen banana, peeled and cut into 1-inch pieces
- 4-6 Sunny Fruit Organic Dried Figs
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- pinch sea salt
- unsweetened shredded or flaked coconut, for serving

Optional boosts: collagen peptides or other protein source, coconut oil, ground flaxseed, greens or green powder.

Add all of the ingredients to a high speed blender. Blend until thick and creamy. Adjust seasonings and sweetness as necessary. Top with shredded coconut and a pinch of
RECIPE NOTES: I suggest starting with four California dried figs and adjusting and adding more to reach your desired level of sweetness.



Fig and Goat Cheese Bruschetta

INGREDIENTS:

- 1 1/4 cups chopped Sunny Fruit Organic Dried Figs (about 9 ounces)
- 1/3 cup sugar
- 1/3 cup coarsely chopped orange sections
- 1 teaspoon grated orange rind
- 1/3 cup fresh orange juice (about 1 orange)
- 1/2 teaspoon chopped fresh rosemary
- 1/4 teaspoon freshly ground black pepper
- 40 (1/2-inch-thick) slices French bread baguette, toasted (about 8 ounces)
- 1 1/4 cups (10 ounces) crumbled goat cheese
- 5 teaspoons finely chopped walnuts

How to Make It

Step 1

Combine first 7 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until figs are tender. Uncover and cook 5 minutes or until mixture thickens. Remove from heat; cool to room temperature.

Step 2

Preheat broiler.

Step 3

Top each bread slice with 1 1/2 teaspoons fig mixture and 1 1/2 teaspoons goat cheese. Arrange bruschetta on a baking sheet; sprinkle evenly with walnuts. Broil 2 minutes or until nuts begin to brown. Serve warm.



Moroccan Snake Pastry - M'hanncha

INGREDIENTS:

Fig Filling:

- 8 ounces moist Sunny Fruit Organic Dried figs (soak overnight in water or tea, drain before using)
- 7 ounces almond paste cut into 1/4 inch pieces
- 1/4 teaspoon anise seed optional
- zest of 1 lemon very finely chopped
- 3 tablespoons sugar
- 2 tablespoons honey
- 15 sheets filo the sheets should be 17 inches long, if possible, room temperature
- 2 large egg yolks
- 6 tablespoons unsalted butter melted and lukewarm
- powdered sugar and candied lemon zest for serving



Instructions

1. Preheat the oven to 375°.
2. Generously butter the bottom and sides of a 9-inch cake pan with some melted butter. Unfold the fila and lay it out on the work surface. Cover with plastic wrap and a damp towel to prevent it from drying out.
3. To prepare the filling, trim the hard stems from the figs and discard. Place the figs, almond paste, anise seed, lemon zest, sugar and honey in the bowl of a food processor and process until the mixture is very finely chopped. It should not be ground to a homogenous paste. Set aside.
4. Place the egg yolks in a small bowl and stir,



just to blend.

5. To assemble the snake pastry, place a fila sheet on the work surface, with one of the long sides toward you. Brush the surface lightly with melted butter. Place another sheet of fila on top and brush lightly with melted butter. Repeat with one more sheet of filo dough. Take a fifth of the fig mixture and make a long, even mound with it on the fila, about one inch from the edge nearest you, that extends all the way out to the two short edges of the dough. Fold the bottom of the fila over the filling, then proceed to roll it up, jelly roll fashion, to within one inch of the opposite long edge. Do not try to roll it very tightly or the fila will crack. Brush a small amount of egg yolk along the top edge, then continue to roll the dough on top of it, so the seam side is down. Arrange the roll, seam side down, along the outer edge of the buttered cake pan. Brush the inside of the roll with a light coating of egg yolk.
6. Note: I found it easier to start from the center of the pan and work out.
7. Prepare 4 more rolls as directed above, then place each one in the cake pan, extending the coil by attaching the new roll to the end of the last roll with a dab of egg yolk. Again, brush the inside of each roll with egg yolk so that as the rolls coil around and touch each other, they will adhere to both the roll behind them as well as in front of them - this is very important when slicing the pastry for serving.
8. Brush the final roll with egg everywhere except the bottom before you put it in the pan, as the last roll fits snugly and there will not be room to add the egg later. The last roll should curl tightly around itself, filling the center of the pan. Brush the top of the pastry evenly with the remaining egg yolk. Place the pan in the oven and bake for 25 to 30 minutes, or until a lovely golden color. Remove from the oven and place on a rack to cool completely.
9. To unmold, run a thin sharp knife around the edges of the pan, loosening any fila that may have stuck. Gently set a plate upside down on top of the cake pan, then, holding the pan and plate together, flip the two over. The pastry should slide out onto the plate.
10. Note: If the pastry sticks to the bottom of the pan, place the pan in a hot oven or over a burner for a few seconds, just long enough to warm and loosen the butter and egg, then try turning it out again.
11. Place your serving platter upside down on top of the pastry, then flip the two over so that the pastry is right side up.
12. Dust the top of the snake very lightly with powdered sugar. Use a thin, sharp knife to cut wedges of the pastry, transferring each to a plate using a pie wedge or cake server.
13. Store at room temperature, lightly covered with plastic wrap or foil, for up to 4 days.

Dried Figs in Honey

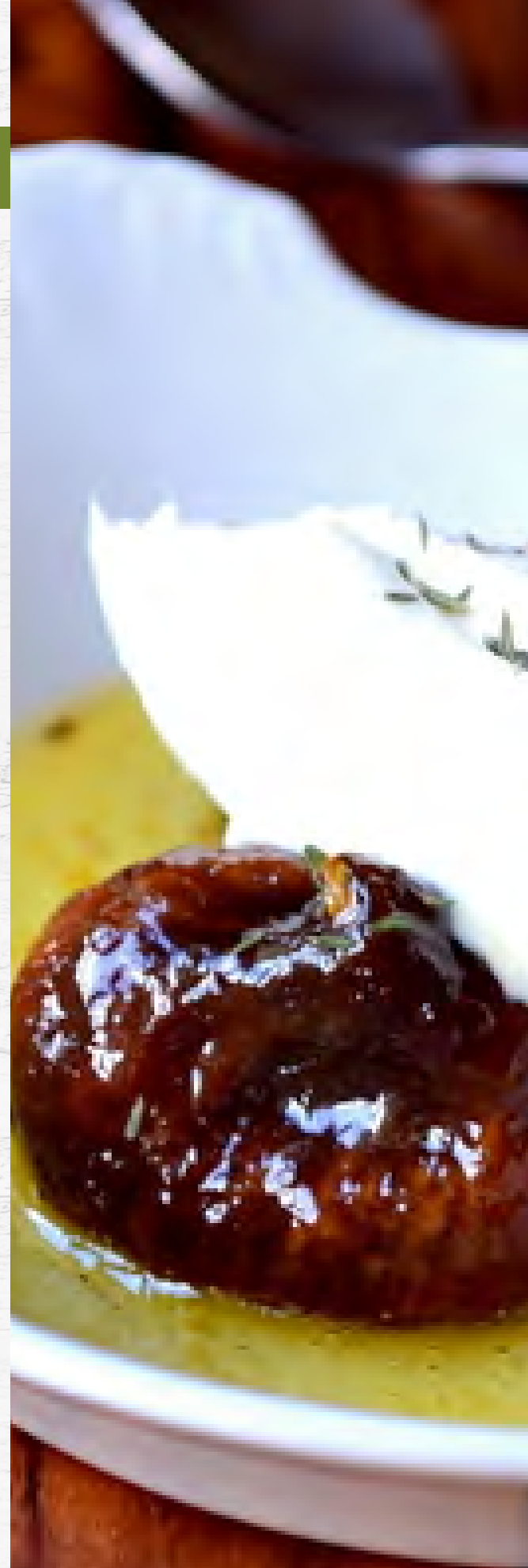
INGREDIENTS:

Fig Filling:

- 6 Sunny Fruit Organic figs
- 2 tbsp honey
- 1 tbsp extra virgin olive oil
- 1 tbsp water
- 1 tbsp mascarpone cheese
- a few sprigs of thyme

Method:

1. In a small pan bring the honey, oil and water to a gentle simmer. Place the figs in the honey, put the lid on the saucepan and leave for 3-4 minutes until the figs have heated through.
2. Place three figs in each dish and drizzle with the remaining honey. With two dessert spoons form your mascarpone into two quenelles and place atop the fruit.
3. Sprinkle a little fresh thyme over each dish and serve immediately. Coffee should be nearby.



APRICOTS



Dried Apricot, Date and Ginger Chutney

INGREDIENTS:

- 12 ounces Sunny Fruit Organic apricot halves
- boiling water
- 4 large cloves garlic, finely chopped
- 2 tablespoons finely chopped fresh ginger
- 2 cups sugar
- 1-1/2 cups red wine vinegar
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1 cup halved pitted dates
- 3/4 cup golden raisins



PREPARATION:

1. Place the apricots in a bowl and pour in enough boiling water to cover them. Let the apricots soak for 30-60 minutes. Drain the apricots and place them in a saucepan. Add the garlic, ginger, sugar, vinegar, cayenne pepper and salt and bring to a boil over high heat. Reduce the heat and simmer the ingredients, stirring occasionally, for 20 minutes. Add the dates and raisins and cook for another 20-25 minutes or until the fruits are tender and thick. Let cool. Makes about 2-1/2 cups



Homemade Tropical Coconut Granola

INGREDIENTS:

1. 3 cups old-fashioned rolled oats
2. 1 cup shredded coconut (I used sweetened)
3. 1/2 cup unsalted macadamia nuts, roughly chopped
4. 3 Tbsp coconut sugar (or brown sugar)
5. 1/4 tsp salt
6. 1/4 cup coconut oil, melted
7. 1 tsp vanilla extract
8. 1/2 tsp almond extract
9. 1/4 cup maple syrup
10. 1/4 cup honey
11. 1/3 cup Sunny Fruit Organic apricots, chopped
12. 1/3 cup dried pineapple, chopped
13. 1/3 cup dried golden raisins
14. 1/3 cup dried cranberries
15. Preheat oven to 325 degrees and line a large baking sheet with non-stick foil.
16. In a large bowl, mix oats, coconut, coconut sugar, macadamia nuts, and salt together.
17. Add in melted coconut oil, vanilla extract, almond extract, maple syrup, and honey. Stir until well combined.
18. Spread the granola onto the baking sheet in an even layer.
19. Bake granola for 30-35 minutes. Every 10 minutes, take the granola out of the oven and stir/flip granola (this helps it bake evenly). Press granola back into an even layer and put back into the oven.
20. Allow granola to cool about 20 minutes. Transfer granola into a ziplock bag or airtight container (if any granola is in large chunks, carefully break it into smaller pieces, if desired). Add in dried fruit.
21. Enjoy!

Apricot Bars

INGREDIENTS:

- 12 ounces Sunny Fruit Organic apricots, (1 1/2 cups)
- 1 3/4 cups sugar, divided
- 3/4 cup butter, softened
- 2 cups flour
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1 cup sweetened coconut, toasted
- 1/2 cup pecans, chopped

Instructions:

1. Preheat oven to 350°. Line a 9 x 13 pan with parchment paper.
2. In a small saucepan, cover apricots with water and bring to a boil. Simmer for 20 minutes until soft. Drain, reserving 1/4 cup water. Place water back in saucepan and add 3/4 cup sugar. Cook over medium heat until sugar has dissolved.
3. Chop apricots and add to saucepan.
4. In the bowl of an electric mixer, combine butter and 1 cup sugar and beat until fluffy, about 2 minutes. In a separate bowl, whisk together flour, soda and salt. Add to butter mixture and mix until combined. Add toasted coconut and pecans.
5. Place 3/4 of the mixture into prepared pan, pressing it with the bottom of a measuring cup. Bake for 10 minutes until it is golden brown. Remove from oven and spread apricot mixture over the crust. Sprinkle the remaining crust over the top and bake an additional 25-30 minutes until the top is golden brown.



Pistachio & Goat Cheese Apricot Bites

INGREDIENTS:

- ~3 dozen Sunny Fruit Organic apricots
- 4 oz goat cheese
- 1/3 cup finely chopped pistachios
- Honey, for drizzling

INSTRUCTIONS:

Place apricots on a plate or serving tray.

1. With a spoon, spread a small dollop of cheese over each apricot.
2. Sprinkle about 1/2 tsp crushed pistachios on each.
3. Drizzle with honey.
4. Enjoy!

Maple-Almond Granola with Dried Fruit

INGREDIENTS:

- ⅓ cup pure maple syrup
- ⅓ cup light brown sugar
- 4 teaspoons vanilla extract
- ½ teaspoon salt
- ½ cup vegetable oil
- 5 cups old-fashioned rolled oats
- 2 cups whole raw almonds, coarsely chopped
- 1 cup dried cranberries
- 1 cup chopped Sunny Fruit Organic apricots

DIRECTIONS:

1. Adjust oven rack to upper-middle position and preheat oven to 325 degrees F. Line a rimmed baking sheet with parchment paper; set aside.
2. In a large bowl, whisk together the maple syrup, brown sugar, vanilla extract and salt. Whisk in the vegetable oil to combine. Add the oats and almonds and fold the mixture together with a rubber spatula until all of the oats and almonds are thoroughly coated.
3. Turn the oat mixture onto the prepared baking sheet and spread into a thin, even layer. Using a stiff metal spatula, compress the oat mixture until very compact.
4. Bake until the top is lightly browned, 40 to 45 minutes, rotating the sheet halfway through baking. Remove the granola from the oven and let cool on a wire rack to room temperature, about 1 hour. Break the cooled granola into pieces as large or as small as you like. Stir in the dried cranberries and dried apricots. The granola can be stored in an airtight container at room temperature for up to 2 weeks.



DATES



No Bake Date Squares

INGREDIENTS:

Prepare

- 3 cups pitted dates, soaked in boiling water for at least 10 minutes - (you are going to use ½ packed cup of the soaked dates for the cookie crust and crumble topping AND 2 packed cups of the soaked dates for the date middle layer, you may have a bit of dates leftover)

Cookie Crust + Crumble Topping

- 1 cup pecans (or walnuts)
- 1 cup shredded coconut
- 1 cup oats
- ¼ cup coconut oil
- ½ packed cup of the soaked dates
- ½ tsp sea salt
- ¼ tsp cinnamon (optional)

Middle Date Layer

- 2 packed cups of the soaked dates
- ¼ cup water (from the soaked dates)
- ¼ tsp sea salt
- ¼ tsp lemon juice

Directions

1. Soak 3 cups of pitted dates in boiling water for 30 minutes [do not discard the water!!].
2. Place parchment or plastic wrap, two-ways, in the bottom of an 8x8 or 9x9 square baking pan.
3. Cookie Crust + Crumble Layer: Pulse pecans in the food processor until they turn into a course powder. Add shredded coconut, oats, sea salt, and cinnamon and pulse until your



mixture has processed into a course powder. Add ½ packed cup of the soaked dates and pulse until the dates are fully cut up and mixed into the dough mixture. Add coconut oil and pulse a few times, scraping down sides when necessary, until a crumbly dough is formed that is easily pressed together with your fingers.

4. Measure out ¾ cup of the dough mixture and save for the crumble topping. Scoop dough into the square baking pan. Press an even layer, with the palms of your hands, onto the bottom of your pan (dough might be a bit sticky - that is okay). Place in the fridge to harden slightly for 5 minutes while you prepare the ooey-gooey date middle layer.
5. Middle Date Layer: Process the final 2 packed cups of soaked dates in the food processor with ¼ cup of water from the soaked dates, sea salt, and lemon juice until you have a consistent, almost creamy and sticky (*but not runny*) consistency. If the mixture seems too thick add a bit more water by the tbsp until the desired consistency is formed.
6. Take the pan out of the fridge. Pour the date mixture with a spatula on top of the first crust layer. Evenly smooth out the date layer with the back of a spoon.
7. Evenly crumble, with your fingers, the remaining ¾ cup of the dough mixture onto the top of the middle date layer. Lightly press the crumble layer into the dates (so they do not “fly” away)
8. Cool for 2 or more hours in the fridge. They are easiest to cut when they are cold directly from the fridge. Cut into 16 or 24 pieces depending on the desired size (see note).
9. Devour, Share and Enjoy

Notes

Soaking the dates before processing them in the food processor brings out their natural sweetness as well as makes them much easier to process in the food processor. Make sure to line your square baking pan (9x9 or 8x8) with parchment paper or plastic wrap for easy transferring and less clean up. After throwing these squares together, allow them to chill out and set in the fridge for at least 2 hours [or overnight]. These date squares cut best when cold with a sharp knife. Cut into 16 or 24 pieces depending on how big you want each date square - keep in mind that these are very sweet (I prefer cutting them into 24). Keep these date squares in the fridge for up to 5 days or freeze for up to a couple weeks.



No Bake Energy Bites

INGREDIENTS:

- 1 - cup (about 14) Medjool Dates
- ½ cup creamy peanut butter
- 2 tablespoons unsweetened cocoa powder
- ¼ cup peanuts
- 1 tablespoon chia seeds
- 1 teaspoon pure vanilla extract
- small dash of salt
- 1 tablespoon water

INSTRUCTIONS:

1. Soak the dates in warm tap water for 10 minutes and then drain.
2. Place the dates, peanut butter, cocoa powder, peanuts, chia seeds, vanilla, and salt into a food processor (or blender) and pulse until all of the ingredients are blended together and forms a thick dough. If the dough doesn't come together add 1 tablespoon of water.
3. Roll the dough into 20 balls and then store in an airtight container in the refrigerator. Let the bites set for about 3 hours or overnight in the refrigerator. You can also place in the freezer.

Stuffed Dates

INGREDIENTS:

- 1 Tbs. olive oil
- 2 Tbs. fine dried bread crumbs
- 24 large dates, preferably Medjool
- 1/4 lb. soft fresh goat cheese

Directions

Preheat an oven to 375°F. Lightly oil a baking dish just large enough to hold the dates in a single layer.

In a small fry pan over medium heat, warm the olive oil. Add the bread crumbs and cook, stirring constantly, until the bread crumbs are evenly golden brown, about 1 1/2 minutes. Remove the pan from the heat, transfer the bread crumbs to a plate and let cool.

Using a small knife, make a small lengthwise incision in each date. Carefully remove the pits. Stuff 1 tsp. of the goat cheese into the cavity left by each date's pit. Arrange the dates, with the goat cheese side facing up, in the prepared dish. Sprinkle the bread crumbs evenly over the top. (The dates can be prepared up to this point up to 24 hours in advance. Store, tightly covered, in the refrigerator.)

Bake the dates until warmed through, 10 to 12 minutes. Transfer to a serving platter and serve warm. Serves 6.



Majoon (Banana and Date) Smoothie

INGREDIENTS:

- 1/2 cup walnuts
- 1/4 cup pistachios
- 5 Medjool dates, pitted
- 1 and 1/2 cups almond milk
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1 ripe banana
- 1 cup ice

INSTRUCTIONS:

1. Grind the walnuts and pistachios in the blender.
2. Add the dates and blend together until creamy.
3. Add the almond milk, cinnamon, and vanilla extract and blend until smooth.
4. Add the banana and ice and blend.



Date Caramel Sauce

INGREDIENTS:

- 8 oz. pitted Medjool dates
- 1/2 cup hot water
- 2 teaspoons vanilla
- pinch of Himalayan pink salt

Directions

If the skin on the dates is very dry, soak them in hot water for 10 minutes and peel off as much of the skin as you can. This will make for a smoother sauce. If the dates are soft, you can skip this step.

Place the pitted dates in the bowl of a food processor with the water and vanilla. Puree until completely smooth. This will take a few minutes. Scrape down the sides of the bowl with a spatula as needed. Add salt to taste for a salted caramel flavor. Enjoy immediately with apple slices, pretzels, or other dippers, or store in the refrigerator.



SUN DRIED TOMATOES





Sun Dried Tomato Pesto

INGREDIENTS:

- 1 1/4 cups jarred Sunny Fruit Organic Dried Tomatoes packed in olive oil, do not drain
- 2 cloves garlic, minced
- 1 cup fresh basil leaves, packed
- 1 cup parmesan cheese, grated
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup olive oil

INSTRUCTIONS:

1. Layer the ingredients into your food processor as follows - basil leaves, garlic, Sunny Fruit Organic Dried Tomatoes with the oil from the jar, salt, and black pepper.
2. Pulse until the desired consistency is achieved. Pesto is not meant to be extra smooth, so don't over process the ingredients.
3. Remove the lid and add the parmesan cheese.
4. Again, pulse a few times to blend through the cheese. Check the consistency. Add more olive oil if you'd like a more wet pesto. I always add 1/4 cup more, but you can add a tablespoon at a time until you get to your desired consistency.
5. Place in clean mason jars and store in the refrigerator until needed. Will last 7-10 days.
6. When ready to use, simply heat the pesto in a sauce pan, and toss with freshly cooked pasta.

Sun Dried Tomato Hummus

INGREDIENTS:

- 1 cup Chickpeas (cooked (See Note 1))
- 2 1/2 teaspoons Sesame Seeds (Nylon (See Note 2))
- 1/4 cup Sunny Fruit Organic Dried Tomatoes
- 1/4 cup Extra Virgin Olive Oil
- 1/2 cup Water
- 4 cloves Garlic
- to taste Salt
- Olive oil (and chopped Sunny Fruit Organic Dried Tomatoes for topping)

INSTRUCTIONS:

1. For a super creamy hummus, remove the skin on the chickpeas. This is optional and doesn't affect the taste, but definitely gives you a better texture.
2. To make Sunny Fruit Organic Dried Tomatoes hummus, add chickpeas, sesame seeds, Sunny Fruit Organic Dried Tomatoes, water, garlic and salt to a blender. Blend till smooth. Add a little more water if required.
3. Add olive oil and give it another whizz, just enough to mix it in. Over blending extra virgin olive oil can lead to a bitter after taste.
4. Top with chopped sundried tomatoes and olive oil and serve alongside lavash, cucumbers, carrots or celery.
5. Store in an airtight container in the refrigerator for up to a week.






Sun Dried Tomato and Whipped Feta Crostini



INGREDIENTS:

Sun-dried Tomato Jam

- 1 cup dry, Sunny Fruit Organic Dried Tomatoes, sliced thin
- 2 Tablespoons Pompeian Grapeseed Oil (plus extra for brushing)
- 2 Shallots, thinly sliced
- 1 garlic clove, minced
- 2 Tablespoons Honey
- 1/4 cup red wine vinegar
- 1/2 cup reduced-sodium chicken broth
- 3/4 cup water
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



Whipped Feta

- 6 ounces fat-free Feta, freshly crumbled
- 1 1/2 ounces reduced-fat cream cheese
- 1 French Baguette

Directions

Sunny Fruit Organic Dried Tomatoes Jam

1. In a medium sized saucepan over medium heat, warm the grapeseed oil.
2. Toss in the Sunny Fruit Organic Dried Tomatoes and shallots. Cook until softened, about 4-6 minutes.
3. Stir in the garlic, cook for about a minute.
4. Add the honey, vinegar, chicken broth, water, thyme, salt, and pepper. Stir.
5. Bring to a boil, reduce heat, cover and simmer

for about 30-35 minutes.

6. Remove the cover and continue simmering for about 10 minutes, until most of the liquid has reduced down.
7. Remove from heat, pour into a food processor, and quickly pulse 2-3 times. (You don't want to puree it, you just want to mix it slightly better. Reference the before and after photo in the post!)
8. Pour into a bowl and set aside.

Whipped Feta

1. In the bowl of a food processor, pulse 2-3 times, until the feta is in small crumbled pieces.
2. Add the cream cheese, and pulse until smooth, about 20-30 seconds. You may need to scrape down the sides once or twice.
3. Scoop into a bowl and set aside.
4. **Crostini**
5. Preheat oven to 400 degrees
6. Slice your baguette in 1/2 inch pieces and brush each piece with grapeseed oil.
7. Pop in the oven and toast until golden brown, about 3-4 minutes, flip them over and continue toasting for another 2-3 minutes.
8. Remove from the oven, cool slightly.
9. Smear on some whipped Feta, top with the Sunny Fruit Organic Dried Tomato Jam and Enjoy!



A photograph showing a white bowl filled with a creamy, light-colored dip, likely the Sun Dried Tomato Dip. The dip is garnished with small green herbs. In the background, there are several round, golden-brown crackers. In the foreground, there are several sticks of bright orange carrot sticks.

Sun Dried Tomato Dip

INGREDIENTS:

- 1 - 8 ounce cream cheese, softened
- 1 - 7 ounces Sunny Fruit Organic Dried Tomatoes
- 1 - 12 ounce jar marinated artichoke hearts, drained
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper

INSTRUCTIONS:

1. In a food processor, combine cream cheese, tomatoes in oil, artichoke hearts, salt, pepper and red pepper.
2. Spoon into a zip top bag, cut one corner, pipe into shot glasses and serve with vegetable sticks and/or crackers.

Sundried Tomato and Mozzarella Quinoa Veggie Burgers

INGREDIENTS:

- 1 cup cooked quinoa
- 3/4 cup low part skim mozzarella shredded cheese
- 2 Sunny Fruit Organic Dried Tomatoes, chopped
- 1 1/2 eggs (I usually beat a whole egg, then half it)
- 3 tablespoons flour (you can use coconut flour for GF)
- 1 tablespoon chopped scallion/green onions
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons oil
- 1 teaspoon sriracha (optional)

To cook quinoa (makes 3 cups):

- 1 cup uncooked quinoa
- 2 cups vegetable broth
- 1/2 teaspoon salt



INSTRUCTIONS:

Cooking Quinoa

Wash the quinoa in a mesh strainer rigorously with water.

In a pan over medium high heat, add 2 teaspoons olive oil. Dry the quinoa by adding it to the pan and letting it heat up for about 2 minutes. Add the broth to the pan and the salt. Stir, and bring to a boil. Lower to medium-low heat and cover, cooking for 15 minutes, stirring



occasionally.

When all of the water has been absorbed, the quinoa is finishing cooking. Use your fork to fluff the quinoa a bit.

Quinoa Burgers

Add all of the ingredients together to make the burgers, stirring until thoroughly combined.

Divide into 4 burgers on a parchment paper (or just a place).

Heat the oil in a large pan over medium-high heat.

Test to ensure the oil is hot enough (but not burned) by breaking off a piece of one of the burgers. If it sizzles, it is hot enough.

Add the burgers into the pan. Allow to cook for 2-3 minutes on one side, then flip.

Cook for 2-3 minutes on this side. It should be golden brown. If not, cook for one minute extra on each side. Place on a paper towel to cool and remove excess oil. Enjoy!