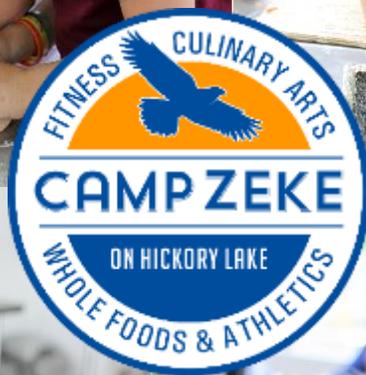


CAMP ZEKE COOKING

2017 COOKBOOK

Recipes by Alexandra Zohn, MA, HHC





CAMP ZEKE

FITTER. FASTER. STRONGER.

The first Jewish overnight camp where 7 to 17 year-olds celebrate healthy, active living through whole foods, culinary arts, fitness, and sports.

Our elective-based schedule lets campers craft their perfect summers.



DROP US A LINE to learn MORE!
campzeke.org | 212.913.9783 | questions@campzeke.org

Put on an apron and cook gourmet dishes with a professional chef. Choose from action-packed sports and fitness electives, like running, soccer, yoga, strength training, dance, basketball, circus arts and martial arts!

Enjoy music, theater, fine arts, camp crafts, and nightly all-camp evening programs, like Zumba parties, talent shows, and Iron Chef competitions. Grow up in our kind community and join our **Teen Leadership** or **Teen Travel** programs.





THERE'S NOTHING LIKE CAMP ZEKE COOKING

OUR FOOD VALUES

We threw traditional notions of “camp food” out the window! We believe delicious meals start with organic, locally-sourced ingredients whenever possible. Campers enjoy gourmet meals from Café Zeke, and they design and prepare impressive, healthy dishes that are often shared with the whole camp!



ABOUT THE AUTHOR

Our summer 2017 cookbook is filled with the dishes created in culinary arts classes. Our teaching kitchens are among the hottest spots in camp. Like our [2016](#) and [2015](#) cookbooks, all recipes were lovingly developed and curated by our kind, talented, and passionate director of culinary arts, Alexandra Zohn.

Alexandra holds a masters in food studies from NYU, a nutrition degree, and is a certified eating psychology and holistic health coach, pastry chef, recipe developer, teacher, and published cookbook author. Her incredibly fun (and scrumptious) classes empower campers to cook fresh, delicious and colorful dishes with the best quality and least processed ingredients.



JOIN US IN THE KITCHEN

Whether campers have never stirred a pot in their lives, or dream of opening their own restaurant, our culinary program provides an unrivaled opportunity to learn recipes, cooking techniques, and culinary theory.

SHARE YOUR CREATIONS

Making these dishes will bring you back to the joy-filled song sessions in Café Zeke, the smell of fresh baked challah on Fridays, and the excitement of Iron Chef.

SEND PHOTOS OF YOUR DISHES TO QUESTIONS@CAMPZEKE.ORG,
TAG US ON [INSTAGRAM](#), [FACEBOOK](#) OR [TWITTER](#).



ZEKE TEEN PROGRAMS

WATCH VIDEOS AT CAMPZEKE.ORG/ABOUT-TEEN-PROGRAMS

ZEKE TEEN TRAVEL

Hit the road and experience the food and fitness cultures of three cities in three weeks – Boston, Philadelphia, and Manhattan!

Connect to iconic neighborhoods. Shop for unique spices at hidden markets. Cook meals with master chefs. Join action-packed workouts with top trainers. Explore unique cultural destinations. Make life-changing friendships.



IN-CAMP LEADERSHIP

Build leadership skills. Mentor younger campers. Train to be a counselor. Take awesome trips. Enjoy all the cooking, fitness and arts electives Camp Zeke has to offer!

Live at camp and fill your summer days with all of our fitness, sports, and cooking electives. Serve as assistant specialists and mentor younger campers. Go on food- and fitness-oriented day trips such as: surfing on the Jersey Shore, embarking on a fitness challenge at a CrossFit gym, or cooking in a real restaurant kitchen. Connect, grow, and have the best summer of your life.



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BREAKFASTS





HEMP “MYLK”

INGREDIENTS:

- 1 cup hemp seeds
- 3 cups water
- 2 Medjool dates, pitted
- Pinch vanilla powder
- Pinch salt
- Nut milk bag



INSTRUCTIONS:

1. Puree all ingredients together in a power blender well (don't use a food processor!).
2. Line the inside of a jar or pitcher with the nut milk bag, folding the top around the external part of the top of the jar or pitcher.
3. Pour the contents of the blender into the bag and lift bag and squeeze it so all the liquid comes into the jar. That liquid is your “mylk”!
4. Blend the pulp again with 3 cups of clean water to obtain a second batch. Use the remaining pulp as a granola ingredients or discard. “Mylk” keeps covered and refrigerated for up to 3 days.



CARROT AND BEET GRANOLA

INGREDIENTS:

- 2 cups rolled oats
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- 1/3 cup coconut sugar
- 1 tablespoon poppy seeds
- 1 tablespoon sesame seeds
- ½ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon Himalayan salt

- ¼ cup grated carrots
- ¼ cup peeled beet, grated

- ½ cup pure maple syrup
- ¼ cup olive oil



INSTRUCTIONS:

1. Preheat oven to 300° F and line a baking sheet with parchment paper.
2. In a bowl, mix the oats with the coconut sugar, the seeds and the spices. Add in the carrots and beets.
3. Pour in the maple syrup and the olive oil and mix with a spatula until everything is evenly distributed, but don't overmix, or the vegetables will make everything mushy.
4. Spread mixture on the prepared sheet and bake.
5. Stir well every 10 minutes and bake until golden brown (about 30 minutes).

Makes 3 cups



HOMEMADE COCONUT YOGURT

INGREDIENTS:

- 2 cups unsweetened coconut milk (preferably organic)
- 2 tablespoons (15 g) tapioca starch (tapioca flour)
- 4 probiotic capsules
- 2 tablespoons (18 g) coconut sugar

INSTRUCTIONS:

1. Warm the coconut milk in the instant pot (on sauté) just until it starts to simmer (small bubbles form around the edge). Remove from instant pot.
2. Transfer $\frac{1}{2}$ cup to a small bowl and whisk in the tapioca starch. The mixture will thicken. Add this back to the instant pot bowl and bring all back to simmer (over sauté) for about 3 minutes, stirring constantly until thickened.
3. Turn off the heat and cool the milk to 90° F to 100° F (it should feel warm to the touch, but not hot).
4. Empty the contents of the probiotic capsules and the coconut sugar into the mixture. Place mixture into a non-metal container and cover with plastic wrap. Place it in a dark, cool place to ferment at room temperature for 12 to 24 hours. Then refrigerate at least 6 hours to chill.

Use within 1 week. Makes one pint.





VANILLA BUCKWHEAT PANCAKES

INGREDIENTS:

- ½ cup buckwheat flour
- ½ cup oat flour
- ½ teaspoon baking soda
- 1 teaspoon non-aluminum baking powder
- 2 teaspoons coconut sugar
- ¼ teaspoon Himalayan salt
- 1 teaspoon vanilla powder

- 2 flax “eggs”: 2 tablespoon flax meal + 1/3 cup water
- 2 cups hemp “mylk” see page 888
- Coconut oil for cooking
- Sliced fresh fruit and maple syrup for serving

INSTRUCTIONS:

1. In a medium bowl, whisk the flours, baking soda, baking powder, coconut sugar, salt and vanilla powder.
2. Heat a ceramic frying pan with a gulp of coconut oil to medium heat.
3. Add flax egg and coconut mylk into the bowl and whisk until the batter is smooth.
4. Ladle about ¼ cup portions of batter onto hot pan and flip once you see bubbles on top of the pancakes.
5. Serve on plates and top with fruit and drizzle with pure maple syrup.



SNACKS, SOUPS AND SIDES





CHILLED AVOCADO SOUP

INGREDIENTS:

- 2 large or 4 small cucumbers, seeded
- 2 avocados
- 1 cup water
- 2 tablespoons fresh lemon juice + zest
- 1 tablespoon raw apple cider vinegar
- 1/3 cup mint leaves, chopped + 2 tablespoons reserved
- ¼ cups parsley leaves, chopped + 2 tablespoons reserved
- 1 teaspoon salt, plus more for herb topping
- 1 tablespoon extra virgin olive oil
- 1 cup water



INSTRUCTIONS:

1. Half cucumbers lengthwise, scrape the seeds with a spoon. You no longer need the seeds—compost them! Place cucumbers in the bowl of a blender.
2. Half avocados by cutting them around the pit and twisting the halves. Remove pit, peel avocados and scoop flesh into the bowl of the blender.
3. Add into the blender the water, lemon juice (not the zest), apple cider vinegar, the mint and parsley (except the 2 reserved tablespoons), and the salt. Blend until very smooth. Add more water, if needed.
4. Chill preferably for at least 2 hours.
5. While soup chills, mix lemon zest, reserved mint, parsley and a pinch of salt.
6. Ladle soup into bowls, drizzle with a bit of olive oil and sprinkle with herb mixture.



MISO SOUP

We made this during a rainy day. Miso is a great probiotic food that adds healthy bacteria to our body, is very alkalizing and full of umami, the fifth taste, the flavor of “deliciousness.” The whole pot was empty within seconds.

INGREDIENTS:

5 g. wild kombu seaweed (about 1¼ leaves)
1 cup water
2 inches fresh ginger, peeled and minced
4 scallions, pale green and white parts only,
finely sliced crosswise
1 pack extra firm tofu
1 cup peas (frozen work)
2 carrots, shredded or finely sliced
4 cups baby spinach
1 cup sliced shiitake mushrooms, optional
4 cups water
¼ cup white mellow miso
Himalayan salt, if needed

To serve:

Fresh lemon juice
toasted sesame oil



INSTRUCTIONS:

1. Place kombu in a small bowl and soak it in the 1 cup of water while you get the rest of the ingredients ready.
2. Add ginger, scallions, tofu, peas, carrots, spinach and remaining 4 cups of water into a soup pot or Instant Pot, but don't turn heat on yet.
3. Grab the soaked kombu from the water and squeeze any liquid into the bowl. Chop softened seaweed with a knife into bite-size pieces. Add into the pot with vegetables and tofu and add the soaking liquid as well.
4. Cook over medium high heat until it reaches a boil, or in the Instant Pot using the soup function for 1 minute. When ready, remove from heat and let cool for 5 minutes.
5. Add in the miso and mix until dissolved. It's important to add miso at the end to keep its live, heat-sensitive good bacteria alive!
6. Season with salt, if needed and serve into bowls.
7. Top with a squeeze of lemon juice and a drizzle of toasted sesame oil.

Makes 4 to 6 servings



GLUTEN FREE MULTI-SEED BREAD

Tim, our farmer-neighbor, showed up one morning with amazing looking kale, & we had to get busy with its gorgeous dark green leaves full of detoxifying qualities, fabulous phytochemical, antioxidants, vitamins, minerals, & fibers.

INGREDIENTS:

- 290 g. gluten free rolled oats
- 135 g. flax meal
- 40 g. ground chia seeds
- 40 g. psyllium husks
- 25 g. hulled hemp seeds (aka hemp hearts)
- 150 g. sunflower seeds, or nuts of your choice
(pumpkin, almonds, walnuts, pecans, and other seeds are great as well)
- $\frac{3}{4}$ teaspoon Himalayan salt
- 3 cups water (720 ml)
- 90 g. raw honey or maple syrup
- 80 g. coconut, avocado or olive oil
- $\frac{1}{2}$ cup dried cherries, raisins or other dried fruits, optional (chopped if large, such as apricots or dates, even olives)



INSTRUCTIONS:

1. In a large bowl, whisk in all the dry ingredients except dried fruit. Switch to a spatula (or to your hands) and mix in water, honey and oil, until ingredients are well incorporated and a dough forms. Add dried fruits, if using and knead until incorporated.
2. Cover the bowl with plastic wrap and let rest at room temperature for at least 2 hours, and up to 12 hours.
3. Preheat oven to 350° F and line 2 baking sheets with parchment paper.
4. Take a large portion of dough and divide it into equal portions, shape each portion into rounds or logs. Bake for about 50 minutes (it's really hard to burn it!). In our case, we flattened the dough to 1-inch thick in between pieces of parchment paper. Then we cut small pieces with round cookie cutters to make "thick" flatbreads. We kept collecting the scraps and flattened them again and kept cutting until all the dough was used. They took about 30 minutes to bake.
5. Let cool and serve or freeze.
6. If making savory biscotti, slice cooled bread into $\frac{1}{2}$ inch pieces and bake in a 350° F preheated oven until toasted and browned.



GOMASHIO

Gomashio is a dry condiment, made from un-hulled sesame seeds and salt. It's often used in Japanese cuisine. We love sprinkling it on salad, sautéed greens and so much more!

INGREDIENTS:

¼ cup sesame seeds
Pinch Himalayan salt

INSTRUCTIONS:

1. Preheat a sauté pan over low heat.
2. Add sesame seeds and salt and stir constantly with a heatproof spatula until sesame is fragrant and toasted (it might take up to 10 minutes).
3. Let cool for 2 minutes and transfer into a spice grinder or a mortar and pestle and grind **ONLY** a little bit, you want a very coarse texture.
4. Place into a sealed container and refrigerate for up to 1 month.





SUPER HEALTHY NACHOS

Full of wholesome ingredients in a dairy-free, but very cheesy sauce and topped with plenty of vegetables, including jicama, which many campers tasted for the very first time, this dish is fun to eat and very nutritious... We might even dare to call it dinner!

The sauce can be served over pasta too (omit paprika if you don't want a smoky flavor).

SAUCE INGREDIENTS:

1 cup steamed cauliflower
¼ cup raw hulled, sunflower seeds, soaked
4 to 6 hours, drained and rinsed
¼ cup water, more if needed
1 small garlic clove
1 teaspoon coconut oil
1 teaspoon raw apple cider vinegar
1 teaspoon fresh lime juice
2 teaspoons nutritional yeast
¾ teaspoon Himalayan salt
½ teaspoon smoked Spanish paprika

STEAMED CAULIFLOWER INGREDIENTS:

1 cauliflower, coarsely chopped
Water
Pinch salt

NACHO INGREDIENTS:

1 cup black beans, soaked overnight, or
2 cups cooked lentils
1 large bag organic corn tortilla chips
1 avocado, peeled and diced
1 red, orange or yellow bell pepper,
seeded and chopped
1 tomato, diced
1 jicama, very thinly sliced
2 scallions, sliced
bunch cilantro, coarsely chopped

dried oregano, optional
ground cumin, optional
chili powder, optional





SUPER HEALTHY NACHOS

...CONTINUED

INSTRUCTIONS:

1. Place a steaming basket or steaming rack in a pot or instant pot. If you don't have a steaming basket, just fill pot with about 1 finger of water. If using a regular pot, cover and turn heat to medium high and when water starts boiling, add in cauliflower and cook until the florets are easily pierced with a fork, but not mushy.
2. If using an instant pot, program to steam for 1 minute and use the quick release method.
3. Cook beans with 3 cups of water in an instant pot, with the bean function.
4. Blend all sauce ingredients in a power blender, add more water, 1 tablespoon at a time, if needed.
5. Preheat oven to 350 ° F. Line a baking sheet with parchment paper.
6. When beans are cooked, drain them and season with salt and pepper, and oregano, cumin and chili, if desired.
7. Spread chips all over prepared sheet and top them with prepared beans. Drizzle sauce on top. Bake for 10 minutes.
8. Remove from oven and top with avocado, pepper, tomato, radishes, scallions and cilantro.

Serves 4-6





MAC 'N NO CHEESE

INGREDIENTS:

2 cups steamed cauliflower
½ cup raw hulled, sunflower seeds,
soaked 4 to 6 hours, drained and rinsed
½ cup water, more if needed
1 small garlic clove
2 teaspoons coconut oil
1 teaspoon raw apple cider vinegar or fresh
lemon juice
1 teaspoon nutritional yeast, more to taste
1 teaspoon Himalayan salt
Black pepper, to taste

One (12 to 16 oz.) package pasta, gluten free if
needed

INSTRUCTIONS:

1. Fill a large pot 2/3 full with water and bring to a boil over medium high heat.
2. While water boils, place steamed cauliflower, sunflower seeds, water, garlic, coconut oil, vinegar or lemon juice, nutritional yeast, salt and pepper into a power blender and blitz until a smooth puree forms. Add more water, if needed and taste for seasoning, adjusting if desired.
3. Cook pasta according to package directions and drain. Place in a bowl and add sauce while pasta is still hot. Enjoy!

Serves 4





BLISSBALLS

Also called amazeballs, energy balls, or power balls, these bites made with a mixture of seeds (since Camp Zeke is nut free, feel free to use nuts if you'd like to), dried fruits, spices, and seasonings. They are packed with nutrients, easy and quick to make, and can be easily taken anywhere! Campers loved creating their own recipes after mastering the technique and the concept.

CHOCOLATE:

- 1 ½ teaspoons coconut oil, melted
- ½ cup large seeds (such as pumpkin and/or sunflower seeds)
- 2 tablespoons cup poppy, sesame, chia OR hemp seeds
- 1 tablespoon cacao powder
- 1 ½ teaspoons coconut sugar
- ¼ teaspoon vanilla powder
- ½ cup (75 g) Medjool dates, pitted
- 2 tablespoons roasted hemp seeds
- unsweetened shredded coconut (for rolling)

Add ¼ teaspoon Himalayan salt, if seeds are unsalted

CARROT "CAKE":

- 1 ½ teaspoons coconut oil, melted
- ½ cup large seeds (such as pumpkin and/or sunflower seeds)
- ¼ cup unsweetened shredded coconut
- 2 tablespoons shredded carrots
- 1 tablespoon tahini
- ½ teaspoon orange zest
- 1 teaspoon raw honey
- ¼ teaspoon vanilla powder
- pinch ground cardamom
- ¼ cup dried apricots
- 2 tablespoons dried pineapple
- 1 dried fig
- 2 tablespoons ground chia seeds

Add ¼ teaspoon Himalayan salt, if seeds are unsalted





BLISSBALLS

...CONTINUED

HONEY MUSTARD INGREDIENTS:

- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- 1 ½ teaspoons coconut oil, melted
- ½ cup (75 g) Medjool dates, pitted
- 2 tablespoons raw hemp seeds
- 1½ teaspoons raw honey
- 1 teaspoon grain mustard
- ¼ teaspoon lemon zest
- ¼ teaspoon raw apple cider vinegar
- ¼ teaspoon zaatar
- ¼ teaspoon garlic powder
- pinch sweet smoked paprika

WINNING RECIPE INGREDIENTS:

- by: Kelly D, Maeve G, Emily R, Mark G, Eli B, Abe R, Gerald R, and Jack E.*
- 2 teaspoons coconut oil
 - 1 teaspoon raw honey
 - ¼ cup dried apricots
 - ¼ cup Medjool date, pitted
 - 1 teaspoon coconut sugar
 - 1 tablespoon cacao powder
 - ½ teaspoon raw apple cider vinegar
 - ¼ cup pumpkin seeds
 - ¼ cup sunflower seeds
 - Unsweetened shredded coconut (for rolling)



INSTRUCTIONS:

1. Place seeds in a power blender and pulse about 10 to 20 times until seeds break, but are not completely pulverized.
 2. Add any flavoring ingredients, any sticky ingredients and pulse until everything sticks together, but don't over blend. You don't want a paste, you want to feel some texture in every mouthful.
 3. Remove from blender and form small balls (about the size of 1 tablespoon). If desired, rolled in shredded coconut (or chopped nuts, cacao nibs. etc..).
 4. Chill preferably for 1 hour before enjoying.
- Each recipe makes about 8 amazeballs.

UNICORN WEEK

“Colorful!” “Pastels!” “Magical!” “Candy!” Campers exclaimed when asked what Unicorn Food was... And we made it colorful in a pastel palette, magical, but we left the candy out! Instead of tinting our foods with artificial food coloring, we used natural pigments present in plants, which we learned, are full of health-protective compounds, as well.





UNICORN SMOOTHIES

Using chia seeds in our smoothies thickened them, so we could easily layer them in see-through cups. Campers cut fruit slices with cookie cutters and placed them against the glass before pouring the smoothies in. They also used the shapes as toppings, as well as ground-up freeze-dried fruit that turned into “magic unicorn dust.” Freeze dried fruit is easily pulverized with a spice grinder and/or by putting it into ziploc bags and rolling a rolling pin over them. They are vibrant in color and very flavorful.

Each smoothie serves about 6 people

PINK INGREDIENTS:

- 2 cups frozen raspberries
- 3 cups frozen strawberries
- 4 bananas
- 1 cup freshly squeezed orange juice
- 2 (13 oz.) cans coconut milk
- ¼ cup chia seeds

GREEN INGREDIENTS:

- 3 cups “mylk” (any plant-based milk)
- 4 cups baby spinach
- 2 frozen bananas
- 2 small apples, cored (optional)
- ¼ cup chia seeds
- 1-2 tablespoons fresh lime juice
- ½ teaspoon vanilla powder
- ice or water, if needed

PURPLE INGREDIENTS:

- 4 cups frozen blueberries
- 3 cups mylk (any plant based milk)
- ¼ cup chia SEEDS
- 2 tablespoons raw honey
- 1-2 tablespoon fresh lemon juice

INSTRUCTIONS:

Blend all ingredients of each smoothie color in a power blender, one color at a time. Once you blend the first color, pour it into cups, then make the next smoothie and top the first layer with the second blend, finish it with the third one. Top with fruit and/or magic unicorn dust.

NOTE: you can make yellow with frozen mango and/or pineapple instead of blueberries in the purple recipe (and omit honey). You can swirl colors or combine them as if they were paint. Have fun, that’s what unicorns call for!





UNICORN JELL-O

There's something magical about Jell-O. Its colors, how it wiggles, its sweetness... During our unicorn food week, we wanted to reproduce the magic without the artificial coloring or flavors, and without the excessive amount of refined sugar. We did it with our plant-based version using agar (which can be purchased in amazon.com or health food stores).

GRAPEFRUIT “GELATIN”:

1 cup fresh grapefruit juice
1 1/2 tablespoons raw honey
1 pinch Himalayan salt
1 1/2 tablespoons agar flakes

1. Place grapefruit juice, honey and salt in a small pot and bring to a simmer (small bubbles forming around the pot).
2. Add agar and cook over low heat for about 5 minutes, or until agar has completely dissolved. If needed, use an immersion blender, or transfer liquid to a power blender to make sure all agar flakes are well dissolved.
3. Pour into cups or bowls and refrigerate for 30 minutes, or until firm. 3 cups “mylk” (any plant-based milk)

RASPBERRY-HIBISCUS “GELATIN”:

1 cup water
1/3 cup raspberries, fresh or frozen (thawed)
2 bags hibiscus tea
2 tablespoons raw honey
1 pinch Himalayan salt
1 1/2 tablespoon agar flakes
1 tablespoon fresh lemon juice

1. Place water, raspberries, tea bags, honey and salt in a small pot and bring to a simmer (small bubbles forming around the pot).
2. Turn off heat and let sit for 5 minutes.
3. Strain and discard tea and raspberries (or save the latter for another use).
4. Add agar flakes into the strained liquid and bring mixture to a simmer (do not boil). Cook for 5 minutes.
5. Add lemon juice, and blend if necessary (see recipe below).
6. Pour into cups or bowls and refrigerate for 30 minutes, or until firm.



NOTE: you can make one batch first, chill for a few minutes, and top with a batch of another color and refrigerate again.



MAGIC UNICORN FRENCH TOAST

The magic of this French toast resides in the fact that it doesn't use any bread nor eggs, not milk, and that it actually up-cycles old cooked oatmeal. The secret is to season your oats cooked in water, with a bit of cinnamon, vanilla and a bit of Himalayan salt (and if you want, a bit of pure maple syrup). Let it cool and place it in an 8-inch square pan lined with parchment paper, making sure it's flattened and compacted with a spatula on an even layer. Cover it and refrigerate it overnight.

2 to 4 cups cooked rolled oats prepared as explained above.

BATTER INGREDIENTS:

1 tablespoon flax meal
3 tablespoons water
½ cup coconut milk
2 tablespoons pure maple syrup
1 teaspoon ground cinnamon
½ teaspoon vanilla powder
Pinch teaspoon ground cardamom, ginger
and/or nutmeg (optional)
Pinch teaspoon Himalayan salt

WHIPPED CREAM INGREDIENTS:

1 can (13 oz.) full fat coconut milk, refrigerated overnight
½ to 1 teaspoon pure maple syrup
½ teaspoon vanilla powder
Pinch Himalayan salt
Powdered freeze-dried fruit of different varieties (raspberries, strawberries, blueberries, mango, etc.)
Assorted fruit for topping

INSTRUCTIONS:

1. *Prepare the whipped cream topping first:* Open the can of cold coconut milk and place the solid, creamy part into a standing mixer bowl. Discard remaining liquid from can. Beat cream on medium speed and add maple, vanilla and salt. Set aside.
2. *Continue with the toast:* Unmold the oatmeal and cut it into squares.
3. In a medium bowl, whisk together all batter ingredients and place oat squares, a few at a time into the batter and let them soak for 1 to 2 minutes per side. In the meanwhile preheat a ceramic, or other non-stick pan over medium heat.
4. Place oat "breads" onto hot pan without crowding them and cook for a few minutes, until browned. Flip over and continue cooking until the second side browns.
5. Place on dishes and top with a dollop of whipped coconut cream, sprinkle them with the freeze-dried fruit powder and the fruit of your choice.

NOTE: instead of whipped coconut cream, you can top with any of the smoothies from the unicorn smoothies.



UNICORN HUMMUS

Colorful versions of the Israeli classic! It makes for a dramatic presentation to serve the three of them in the same bowl, swirled a bit with a spoon for a fun “watercolor” effect.

PINK INGREDIENTS (BEET):

4 oz. (about 1 cup) cooked chickpeas
1/3 cup tahini
3 tablespoons fresh lemon juice
2 tablespoons extra virgin olive oil, plus more for serving
1 clove garlic, peeled
½ teaspoon Himalayan salt
¼ teaspoon ground cumin
1 to 2 cooked peeled beets, cut into fourths, Amount depends on desired color (add a few quarters at a time)
Water, if needed
Zaatar, for topping

YELLOW INGREDIENTS (TURMERIC):

4 oz. (about 1 cup) cooked chickpeas
1/3 cup tahini
3 tablespoons fresh lemon juice
2 tablespoons extra virgin olive oil, plus more for serving
1 clove garlic, peeled
½ teaspoon Himalayan salt
¼ teaspoon ground cumin
1 teaspoon ground turmeric
Water, if needed
Zaatar, for topping

GREEN INGREDIENTS (PEA):

This isn't a typical hummus recipe, I came up with it for a party and guests loved it so much that I thought campers might enjoy it as well. They did! By using thawed frozen peas, preparing it is a breeze! The sweet flavor from the peas with the tanginess of the citrus and the freshness of the herbs, play beautifully together in this creamy dip/spread.

1 bag (10-oz.) frozen peas, thawed
¼ cup extra virgin olive oil
1 to 2 tablespoons tahini
1 lemon, juice and zest
1 small garlic clove, peeled
Himalayan salt and black pepper, to taste
handful fresh mint, basil, cilantro, and/or parsley
Water, if needed

INSTRUCTIONS:

1. Place all ingredients, except water in a power blender and whizz until completely pureed and smooth. Add water if needed.
2. Taste for seasoning and adjust, if needed.
3. For yellow and pink only: to serve, drizzle with olive oil and sprinkle with zaatar.





UNICORN NICECREAM

Instead of using ice cream cones, campers made their own edible bowls with crunchy cereal, we froze them to set while making the nicecream and then they had a great treat! What is Nicecream you ask? Ice cream made from fruit!

CRISPY BOWLS INGREDIENTS (MAKES 1 BOWL):

- ½ cup any crispy unsweetened cereal (such as crispy brown rice, etc.)
- 1 ½ teaspoons unsweetened shredded coconut
- 2 teaspoons virgin coconut oil, melted
- 2 teaspoons pure maple syrup

BOWLS INSTRUCTIONS:

1. Mix all ingredients in a bowl with a spatula. If the cereal is too big (squares), crush as you mix. Don't pulverize completely, break it into smaller pieces.
2. Place mix in a small disposable bowl and with your hands, distribute the mixture evenly all over the internal cavity and walls of the bowl. Then freeze until ready to use. It can be done up to a few days in advance, but must be kept in the freezer.



NICECREAM INGREDIENTS:

- 1 cup frozen bananas (about 2)
 - ½ cup (or more) other frozen fruit (strawberries, raspberries, blueberries, pineapple)
 - pinch vanilla powder
- NOTE: We combined bananas with pineapple and fresh mint from our herb garden –it was delicious!*

NICECREAM INSTRUCTIONS:

1. Blend bananas, fruit and vanilla in a powder blender until they get into a soft-serve ice cream consistency.
2. Serve into crispy bowl and add toppings.

TOPPING IDEAS: Unsweetened shredded coconut, mini chocolate chips or cacao nibs, cut up fruit, pulverized freeze-dried fruit in different colors, seeds and/or nuts





UNICORN SUSHI

I wasn't planning to include sushi making in this summer's curriculum. However, when campers first saw me upon their arrival, the first thing they asked was when we would be making it! We added a twist to our go-to recipe (featured in our [2015](#) and [2016](#) cookbooks): instead of cooking the rice in plain water, we colored the liquid with natural pigments:

INGREDIENTS:

- 2 cups sushi rice
- 2 cups colored water*
- Water for rinsing rice
- ¼ cup rice vinegar
- 1 tablespoon + 2 teaspoons honey
- 1 teaspoon sea salt
- Assorted vegetables (cucumber, jicama, carrots, bell peppers in different colors, red cabbage, baby spinach, etc.) and mango cut into long, thin pieces
- Sesame seeds, optional
- Shoyu or tamari (gluten free) soy sauce
- Prepared wasabi, optional



COLORFUL WATER INSTRUCTIONS:

Add 4 bags of hibiscus tea into the cooking water for light pink, or 2 bags of butterfly flower tea bags (found in amazon.com) for blue, that turns more purple with the addition of the vinegar syrup. ½ to 1 teaspoon matcha tea or spirulina powder for green, ½ teaspoon or more of turmeric powder, for yellow, (depending on desired intensity), cooking liquid remaining after cooking a quartered red cabbage for 20 minutes) for purple that turns blue after adding the vinegar syrup (super cool to observe the process!)

1. Place rice into a mixing bowl and cover it with cold water. Swirl rice in water, drain water off and repeat 3 more times or until water is clear after swirling.
2. Place rice and 2 cups of colored water into a medium saucepan and place over high heat. Bring to a boil, uncovered. Once it begins to boil, reduce the heat to the lowest setting and cover. Cook for 15 minutes. Remove from heat and stand, covered for 10 minutes (or cook in a rice cooker or in an instant pot using the rice function).
3. Combine rice vinegar, honey and salt in a small saucepan and heat until it simmers, and salt and honey dissolve.
4. Transfer rice into a non-metal bowl and pour in the vinegar mixture. Fold thoroughly with a spatula to combine until each grain of rice is coated with the mixture. Allow to cool to room temperature before using to make sushi. Make batches of each color separately.



UNICORN SUSHI

...CONTINUED

ASSEMBLY:

1. Lay a sheet of nori on a bamboo mat. The creases in the nori sheets should line up with the strips of bamboo in the mat, and the shiny side of the nori should face down.
2. With moistened hands, lightly spread about 2 tablespoons of rice of one color over the bottom half of nori. Try not to press too hard, but extending evenly. Layer horizontally and right on top of the first color, another color rice and keep going with the different colors until you cover half the nori sheet.
3. Place vegetables in an even row across the middle of the layer of rice.
4. Starting from the bottom, roll the nori away from you into a roll, as tightly as possible. When you near the end, with your finger, moisten the full length of the edge of the nori sheet with water, then complete the roll, sealing it.
5. Cut each roll across with a moistened knife into 6 pieces and see the magic. Serve with sesame on top, if desired, and some soy sauce and wasabi paste.

NOTE: wrapping bamboo mats with plastic wrap makes cleanup very easy and prevents the rice from sticking all over, making the rolling easier.





UNICORN CHALLAH

We used our go-to recipe but we tinted it with pulverized freeze-dried fruit (blueberries, raspberries), cooled down and prepared butterfly flower tea instead of water (for blue), turmeric for yellow, the liquid from a can of beets for a very intense pink.

We made separate batches and then formed strands with each color that we then braided into the same challah.

STARTER INGREDIENTS:

1 ¾ teaspoon instant yeast

250 grams (1 ⅔ cups) all-purpose flour (preferably unbleached) *or* 125 grams all-purpose and 125 grams whole wheat.

400 grams (1 ¾ cups) warm colored water

NOTE: To test if the water is warm enough for the yeast without a thermometer, feel it with the inner part of your wrist. If you could bathe a baby in water at that temperature, then it's fine for the yeast.

DOUGH INGREDIENTS:

2 ½ teaspoons sea salt

85 grams (¼ cup) honey

110 grams (½ cup) avocado *OR* grape seed oil, plus more for covering dough

500 grams (4 cups) all-purpose flour, plus more for flouring the work surface





UNICORN CHALLAH

...CONTINUED

INSTRUCTIONS:

1. **Make the starter:** In a medium bowl, whisk together the yeast, 250 grams flour and warm colored water, until smooth. Set aside and let stand uncovered while you get the dough ingredients ready (5 to 10 minutes). The mixture should form tiny bubbles on the surface (this means the yeast is active starting to eat!)
2. **Mix the dough:** In a large bowl, mix with a silicone or wooden spatula salt, honey, and oil. Pour in the starter and stir until smooth. Add in the remaining 500 grams of flour at once and stir until a shaggy ball forms. Scrape it out onto a floured work surface.
3. **Flour or oil your hands and knead the dough** with them until it is well mixed (no visible lumps), smooth and elastic. If using chocolate chips or raisins, add them at this point. If the dough is too sticky, add more flour, a bit at a time, and if it's too tough, add a bit more water. To test if kneading is done, press the dough gently and it should spring back. Once ready, oil the large bowl lightly and bring dough back into it. Cover dough all over with a tiny bit of oil and cover the bowl loosely with plastic wrap. Set aside in a warm place and let rise for about 1:30 to 2 hours, until it doubles in bulk. Alternatively, transfer covered bowl into fridge and let rise overnight.
4. **Once dough has doubled up in bulk, and you are ready to bake, preheat oven to 350 F and line rimmed baking sheets with parchment paper. Halve dough. Divide each half into 3 equal portions, and form each portion into ropes or strands. Make 2 braids. Place braids on prepared pans, making sure there's**

enough space in between them to allow them to rise even more without sticking and bake for about 35 minutes, until nicely browned. To ensure challah is done baking, carefully turn one of the leaves upside down and tap it on the bottom. If it makes a hollow sounds, it's cooked through. Allow to cool and enjoy.

Makes 2 loaves.



SWEET STUFF





RASPBERRY MOUSSE & CHIA PUDDING TOPPING

This dish, a dessert for our avocado clinic, was a huge hit. Fernando, our canteen chef loved it so much that he made it often for all campers, playing around with different frozen fruit. Strawberries, blueberries, mango...And he also added a bit of cacao powder to the chia pudding and omitted the lime zest to make it chocolate flavor. A strawberry bottom, with chocolate chia pudding and unsweetened shredded coconut made for a beautiful “Neapolitan” presentation.

CHIA PUDDING INGREDIENTS:

3 tablespoons chia seeds
Pinch vanilla powder
1 cup plant based milk (hemp,
coconut, oat, etc.)
Zest of 1 lime

MOUSSE INGREDIENTS:

200 grams (1 ½ cups) frozen raspberries,
thawed
1 ripe avocado
½ teaspoon fresh lime juice
4 Medjool dates, pitted
Pinch Himalayan salt
Pinch vanilla powder



INSTRUCTIONS:

1. Make chia pudding: Whisk all chia pudding ingredients in a bowl until combined. Let set for 10 minutes and whisk again to prevent lumps. Refrigerate for at least 10 minutes more or overnight.
2. Make Mousse: Blend all ingredients in a power blender on high, until completely smooth and airy.
3. Assembly: Divide mousse among 4 cups and top with chia pudding. If desired, top with fresh fruit or shredded coconut.

Serves 4



CHOOSE-YOUR-OIL CHOCOLATE CHIP COOKIES

We used a healthier version of the classic Toll House chocolate chip cookie recipe to experiment with different oils and observe what happened to our final products. It was an interesting experiment to realize how when we change one ingredient, we can change the flavor, the texture and the appearance of the final product. Most importantly, we realized how the mixing and even the group dynamic influenced each team's resulting baked goods.

INGREDIENTS:

- ¾ cups oil (avocado/olive/coconut)
- 1½ cups coconut palm sugar
- 1 teaspoon Himalayan salt
- ½ teaspoon vanilla powder
- 2 tablespoons flax meal + 1/3 cup water
- 300 g (2 ¼ cups) gluten free oat flour
- 1 teaspoon baking soda
- ¾ cup mini chocolate chips



INSTRUCTIONS:

1. Preheat oven to 350° F. Line 2 rimmed baking sheets with parchment paper.
2. In a large bowl, whisk the oil of your choice with coconut sugar, salt, and vanilla. Add flax meal and water and whisk until incorporated.
3. Add in oat flour and baking soda and switch to a spatula. Mix until a uniform dough forms.
4. Add in chocolate chips and mix until evenly distributed.
5. Form 1 tablespoon balls out of dough with 2 spoons of a cookie scoop and placed on prepared sheet leaving 1½ inches in between balls to all room for expansion.
6. Bake for 10 to 12 minutes until slightly crisped on the surface, very aromatic and browned.
7. Let cool for 2 minutes and enjoy.





ALTERNATIVE FLOURS

CHOCOLATE CHIP COOKIES

Campers worked with many different types of flour: buckwheat, garbanzo, tiger nut, mesquite, and green plantain. We discussed their origins (and how many of them don't even come from grains, but from pods, fruits, and seeds) and saw the results after baking with them.

OAT, GARBANZO AND BUCKWHEAT BLEND

INGREDIENTS:

- ¾ cup avocado oil
- 1¼ cup pure maple syrup
- 1 teaspoon Himalayan salt
- ½ teaspoon vanilla powder
- 6 tablespoons flax meal + 3 tablespoons water
- 100 g. gluten free oat flour
- 100 g. garbanzo bean flour
- 100 g. buckwheat flour
- 1 teaspoon baking soda
- 2/3 cup mini chocolate chips
- 1 1/3 cups rolled oats

INSTRUCTIONS:

1. Preheat oven to 350° F. Line 2 rimmed baking sheets with parchment paper.
2. Whisk oil, maple syrup, salt and vanilla in a large bowl. Add in flax meal and water and whisk until well mixed.
3. Add in dried ingredients and switch to a spatula for easier mixing. Mix in chocolate chips and form 1 tablespoon balls out of dough with 2 spoons of a cookie scoop and placed on prepared sheet leaving 1½ inches in between balls to all room for expansion.
4. Bake for 10 to 12 minutes until slightly crisped on the surface, very aromatic and browned.
5. Let cool for 2 minutes and enjoy.





ALTERNATIVE FLOURS

CHOCOLATE CHIP COOKIES

...CONTINUED

TIGER NUT FLOUR INGREDIENTS:

- ½ cup tiger nut flour
- ½ cup tahini
- 1/3 cup pure maple syrup
- 1 tablespoon flax meal
- ½ teaspoon baking soda
- ¼ teaspoon Himalayan salt
- ¼ teaspoon vanilla powder
- ¼ cup mini chocolate chips
- 2 tablespoons sesame seeds



INSTRUCTIONS:

1. Preheat oven to 350° F. Line 2 rimmed baking sheets with parchment paper. Whisk tiger nut flour, tahini, maple syrup, and flax meal in a large bowl. Add in baking soda, salt and vanilla, whisking until well incorporated. Add in chocolate chips with a spatula.
2. Form 1-tablespoon balls out of dough with 2 spoons of a cookie scoop and placed on prepared sheet leaving 1½ inches in between balls to all room for expansion. Sprinkle a bit of sesame seeds on each ball and flatten with your palm.
3. Bake for 10 to 12 minutes until slightly crisped on the surface, very aromatic and browned.
4. Let cool for 2 minutes and enjoy.



ALTERNATIVE FLOURS CHOCOLATE CHIP COOKIES ...CONTINUED

PLANTAIN, GARBANZO AND MESQUITE FLOUR BLEND INGREDIENTS:

4 tablespoons green plantain flour
3 tablespoons garbanzo flour
1 tablespoon mesquite flour
½ cup tahini
1/3 cup pure maple syrup
1 tablespoon flax meal
2 tablespoons water
½ teaspoon baking soda
Pinch Himalayan salt
¼ teaspoon vanilla powder
¼ cup mini chocolate chips
2 tablespoons watermelon seeds

INSTRUCTIONS:

1. Preheat oven to 350° F. Line 2 rimmed baking sheets with parchment paper. Whisk flours, tahini, maple syrup, flax meal and water in a large bowl. Add in baking soda, salt and vanilla, whisking until well incorporated. Add in chocolate chips and watermelon seeds with a spatula.
2. Form 1 tablespoon balls out of dough with 2 spoons of a cookie scoop and placed on prepared sheet leaving 1½ inches in between balls to all room for expansion. Flatten each ball slightly with your palm.
3. Bake for 10 to 12 minutes until slightly crisped on the surface, very aromatic and browned.
4. Let cool for 2 minutes and enjoy.





RAW CHOCOLATE CHIP COOKIE BITES

Our last chocolate chip cookie variation for the week. These were a culinary arts challenge during our Maccabiah (Color War). They are an easy and fast treat to make, which is still full of good fats, protein, fiber and no refined sweeteners.

INGREDIENTS:

- 1 cup tahini (or any other unsweetened seed or nut butter)
- 2/3 cup pure maple syrup (or use ½ cup in order to reduce sweetness)
- 2 tablespoons flax meal
- 1 cup sunflour (sunflower seeds finely ground to flour in a power blender or food processor, just make sure you don't overland or it can turn into sunbather)-our sunflowers were dry roasted and salted. Add a bit of Himalayan salt if using raw
- ¾ cup gluten free oat flour
- ½ cup mini chocolate chips

INSTRUCTIONS:

1. Whisk all ingredients in a large bowl, except chocolate chips.
2. Once all ingredients are incorporated, add chocolate chips, mixing them in with a spatula.
3. Make 1 tablespoon-sized balls, rounding them well with your hands. Once all of them are ready, keep them refrigerated or frozen.





SECRET INGREDIENT FROZEN HOT CHOCOLATE

Adapted from mynewroots.org

INGREDIENTS:

2 cups / 250 g frozen cauliflower florets

1/3 cup / 100 g pitted dates

3 Tbsp. raw cacao powder

1 ½ cups coconut milk

¼ teaspoon pure vanilla extract

handful of ice cubes

1 seedless orange, peeled, optional

INSTRUCTIONS:

1. Place all ingredients in a blender and blend on high until smooth. Add more liquid if necessary (mixture should be relatively thick). Enjoy immediately!





HOMEMADE SUNBUTTER + SUNBUTTER NICECREAM

Since Camp Zeke is nut free, sunbutter is a staple in Café Zeke. We wanted to show campers how they can make it from scratch and become creative with it.

SUNBUTTER BASE:

1½ cups dry roasted sunflower seeds (unsweetened)
½ teaspoon Himalayan salt

SWEETENER (CHOOSE 1):

(start with a bit and add more if desired: remember, it's much easier to add extra than to remove!)

Pure maple syrup
Raw honey
Plump Medjool dates, pitted (raisins and figs work too)

OIL (CHOOSE 1):

Add 3 tablespoons (they make the butter more spreadable)

Avocado oil
Olive oil
Coconut oil

FLAVORING (START WITH ¼ TEASPOONS)

Cinnamon
Allspice
Ginger
Raw cacao powder



INSTRUCTIONS:

1. Blend everything in a power blender. Until it turns into spread. Once ready, taste and add more sweetener and/or flavorings. It does take a while, please be patient, a great reward awaits!

FOR NICECREAM:

Add slices of peeled and frozen bananas into the blender along with the sunbutter, until it takes the consistency of soft serve ice cream. Enjoy!



RAW CHOCOLATE

Two years ago, we made chocolate from scratch. This year we used a very similar recipe to make molded chocolates in silicone molds and mini cupcake wrappers, to cover roasted chickpeas, and hand dip frozen banana halves, unsulphured dried apricots, fresh strawberries, and left-over frozen Raw Chocolate Chip Cookie Bites (recipe above).

Campers had a blast filling molded chocolates with our “caramel” (date) filling. They were so focused that the culinary arts kitchen was in complete silence while they worked. We spoke about the differences in raw cacao and alkalized cocoa production and nutritional quality. They smelled, observed and tasted both kinds, but we used raw cacao to make our treats more nutritious and phytochemical rich.

INGREDIENTS:

80 grams coconut oil, melted
50 grams pure maple syrup
30 grams raw cacao powder
1/8 teaspoon vanilla powder
1/8 teaspoon Himalayan salt



INSTRUCTIONS:

1. If coconut oil is solid, melt it by dipping the container where it's at in a hot (not boiling) water bath. Once the coconut oil reaches 76° F, it melts pretty fast.
2. Whisk the liquified oil with the rest of the ingredients in a small bowl or container, making sure there are no lumps left. Either pour the mixture into molds, or dip food in it. Freeze until chocolate hardens and sets. Then unmold and enjoy.
3. To make filled chocolates: pour a layer of melted chocolate into the mold or paper wrap, making sure the base is well covered. Add a bit of filling (use nut or seed butters, if you don't want to prepare your own), but very little! Then top off with more melted chocolate until the chocolate comes all the way to the top of the cavity of the mold, but make sure it doesn't overflow, as this affects the appearance. If making chocolate “cups,” just fill up half way through the paper.





RAW CHOCOLATE

...CONTINUED

TO MAKE ROASTED CHICKPEA CHOCOLATE CLUSTERS:

Chocolate and chickpeas may not sound like the ideal pairing, but you'd be surprised how well they go together

1. To roast chickpeas, preheat oven to 375° F and line a rimmed baking sheet with parchment paper.
2. Place well drained and cooked (or canned) chickpeas, on the prepared baking sheet and drizzle with some oil (enough to make sure all chickpeas are covered, but you don't need them to be dripping). We used coconut oil because it pairs well with chocolate, which contains the same fat.
3. Roast in the oven for 30 to 40 minutes until crunchy. Let cool.
4. Once completely cooled down, place a few chickpeas in a cup or small container, drizzle enough melted chocolate to cover them all, shaking chickpeas to ensure they are all well covered. Fill a tablespoon with the mixture and scoop on to a rimmed baking sheet lined with parchment. Repeat with the remaining chickpeas, forming clusters, keeping about ½ inch in between clusters.
5. Freeze until set and enjoy (NOTE: you can sprinkle the chocolate with sea salt flakes before freezing).





RAW CHOCOLATE

...CONTINUED

CARAMEL FILLING:

We were inspired by the salted date caramel shake recipe, so turned it into a filling for our chocolates. It has no refined sugar, but it's extremely sweet and gooey. Full of fiber and minerals.

INGREDIENTS:

- 8 soft Medjool dates, pitted
- $\frac{3}{4}$ cup full fat unsweetened coconut milk
- 2 tablespoons coconut oil
- 1 teaspoon vanilla powder
- $\frac{1}{2}$ teaspoon Himalayan salt
- $\frac{1}{2}$ teaspoon fresh lime juice

INSTRUCTIONS:

1. Blend all ingredients in a power blender until soft and gooey.
2. Place filling in a bowl and use teaspoons of transfer to a pastry bag and serve small portions of it in between chocolate layers.





SALTED CARAMEL DATE SHAKE

From goop.com

INGREDIENTS:

10 soft Medjool dates, pitted
1½ cups full fat, unsweetened coconut milk
2 teaspoons pure vanilla extract or 1 teaspoon vanilla powder
½ teaspoon Himalayan salt
1 teaspoon fresh lemon or lime juice
3 cups ice

INSTRUCTIONS:

1. In a power blender, whizz on high the dates, coconut milk, vanilla, salt and lemon juice until all dates are well blended with the rest of the ingredients, It should look like a loose spread.
2. Add 1½ cups ice and pulse. Once all the ice is crushed, add the remaining and blend until you get a frappe consistency.
3. Serve into 4 to 5 cups and enjoy.



JEWISH HOLIDAY WEEK

For a few cooking sessions, we focused on the symbolic foods of different Jewish holidays. We discussed how each holiday uses seasonal ingredients that when combined together, represent the different celebrations throughout the Jewish calendar. Of course, we “healthified” them all! So expect to find nutrient-packed dishes that may differ a bit from your grandmother’s recipes!





HAMANTASCHEN (OZNEI HAMAN)

We talked about the story of Purim, and evil Haman, who tried to do away with the Jewish people. To celebrate his defeat, we bake these triangular purse/hat/ear shaped cookies.

DOUGH INGREDIENTS:

240 g. gluten free oat flour
60 g. potato flour
8 g. ground chia seeds
¼ teaspoon Himalayan salt
125 g. pure maple syrup
120 g. olive oil
1 teaspoon vanilla extract

FILLING INGREDIENTS:

10 oz. berries (of your choice, frozen work too, just thaw them overnight in the refrigerator)
2 tablespoons chia seeds
2 teaspoons pure maple syrup
½ teaspoon fish lemon juice



INSTRUCTIONS:

1. In a large bowl, whisk the oat and potato flours, ground chia and salt.
2. Add maple syrup, oil & vanilla into dry mixture and mix. Switch to a spatula, if needed.
3. When dough comes together, separate into 3 portions, form 3 balls and wrap each in plastic. Refrigerate for 10 minutes, if possible (it makes it easier to handle dough).
4. Prepare the filling by blending all ingredients in a blender. Allow them to set for 10 minutes (while you roll out dough).
5. Preheat oven to 375° F.
6. Roll out dough in between 2 layers of plastic wrap to a ¼ or ½-inch thickness.
7. Remove plastic. Cut dough into circles (2.5 inch diameter) with a cup or a cookie cutter.
8. Place about ¾ teaspoon filling in the center of the circle, pinch sides forming a triangle.
9. Bake for about 15 minutes, until dough looks drier and firmer to the touch (be careful when touching!). Let cool and package or serve.



RAINBOW LATKES (LEVIVOT)

It's all about the oil miracle for Chanukah! So we like choosing a good quality oil to fry our vegetable-loaded pancakes. By using high protein and high fiber flours, we increase the nutritional value of this plant-based dish. But don't fear the fat, as this nutrient allow us to absorb some of the fat-soluble vitamins and phytonutrients present in the vegetables.

INGREDIENTS:

- ½ cup zucchini, shredded
- ½ cup carrot, shredded
- ½ cup parsnip, shredded
- ½ cup red cabbage, shredded
- 2 scallions (white and pale green parts only), thinly sliced
- 1/3 cup sunflour (ground sunflower seeds) or almond flour
- ½ cup garbanzo bean flour
- ½ cup tapioca or arrowroot flour
- 1 teaspoon zaatar
- ¾ teaspoon Himalayan salt, or to taste
- pinch black pepper, or to taste
- ¼ teaspoon turmeric
- Olive or avocado oil, for frying



Plain Greek yogurt (or coconut yogurt) and/or unsweetened apple sauce for serving, optional

INSTRUCTIONS:

1. Place all ingredients except oil into a bowl. Mix them together a bit with your fingers. The mix will look dry.
2. Grab ping-pong ball-sized portions of mixture and press them very well with your hands to form a thick pancake. Repeat with the rest of the mixture.
3. Place a few gulps of oil in a frying pan and bring to high heat. When oil is hot, place a few pancakes on the pan and cook for a few minutes, until golden brown. Lower the heat to medium. Flip them and continue cooking for a few extra minutes.
4. Place on a platter lined with paper towels to allow excess oil to drip.
5. Repeat with the remaining ones, adding more oil, if necessary. Don't overcrowd the pan!
6. Serve and enjoy.

Note: You can use other shredded vegetables, such as beets, kohlrabi, sweet potatoes, etc..



APPLE AND HONEY MOLTEN CAKES

These individually sized cakes are a mixture between a muffin and a pudding. Their soft, melted center makes them extra gooey and turn any Rosh Hashanah meal into a sweet celebration, that work as a good omen for a sweet New Year.

INGREDIENTS:

- ¼ cup water
- 1/3 cup coconut palm sugar
- ¼ cup honey
- 5 tablespoons olive oil
- 1 teaspoon pure vanilla extract
- ¾ cup unsweetened apple sauce
- ¼ cup gluten free oat flour
- ¼ cup sunflower
- ¼ cup flax meal
- ¼ cup garbanzo flour
- 1¼ teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon Himalayan salt
- ½ teaspoon ground ginger
- 1/3 cup gluten free rolled oats
- 1 apple, cored and cubed into ¼-inch pieces



INSTRUCTIONS:

1. Preheat oven to 350° F. Line a muffin tin with paper liners.
2. In a large bowl, whisk together water, coconut palm sugar, honey, olive oil, vanilla extract and apple sauce until well combined.
3. Add in oat flour, sunflower, flax meal, garbanzo flour, baking soda, baking powder, cinnamon, salt, and ginger and whisk again until a batter forms (don't overmix, some lumps are OK, but you want all the ingredients to be incorporated)
4. Immediately after dry ingredients have been mixed in, fold in oats and apple cubes. Pour into prepared pans, filling the cavities ¾ full.
5. Bake immediately for about 20 minutes and let cool until they are just warm or even cooled completely. Unmold, but serve still in the paper liners, they are gooey and sticky.

NOTE: They can be reheated for a few minutes in a low (200° F) oven.



CHAROSET

This sweet paste symbolizes the mortar that the enslaved Israelites used in Egypt before they became free during Passover. It's an incredibly interesting dish made differently in each Jewish community in the world! Recipes represent family traditions, local resources and heirloom recipes that keep evolving in the many different countries where Jews have established themselves.

We spoke about Sephardic and Ashkenazi Jewry, about emigration and some of the classes even created their own charoset versions. We kept it very old fashioned, so campers didn't grind anything in the food processor or blender. It was all done by hand with a rolling pin. At the end we had taste tests of the different versions.

INSTRUCTIONS:

For the method, you can just blend/process all the ingredients together. In our case, we placed them all in Ziploc bags and used the rolling pin and/or our hands in the exterior, or even some small pots for banging!

ISRAELI INGREDIENTS:

- ½ cup dried figs
- ½ cup raisins
- ½ cup Medjool dates, pitted
- ½ cup seeds (or nuts such as walnuts, almonds, pecans...)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground ginger
- ¼ teaspoon allspice
- 1-1½ tablespoons grape or pomegranate juice

SEPHARDIC INGREDIENTS:

- ¾ cup raisins
- 3 Medjool dates, pitted
- ¼ cup seeds (or nuts such as walnuts, almonds, pecans...)
- 1 apple, peeled, cored and cubed
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 2 tablespoons orange juice





CHAROSET

...CONTINUED

MOROCCAN INGREDIENTS:

- ½ cup seeds (or nuts such as walnuts, almonds, pecans...)
- ¼ cup raisins
- ¼ cup dried prunes, pitted
- ¼ cup Medjool dates, pitted
- ½ apple, peeled, cored and cubed
- ¼ teaspoon ground cinnamon
- 1 teaspoon grape juice
- ¼ teaspoon honey

This charoset is shaped into small balls after all ingredients have been pureed

ASHKENAZI INGREDIENTS:

- ¼ cup seeds (or nuts such as walnuts, almonds, pecans...)
- 1 apple, peeled and shredded
- ¼ - ½ teaspoon ground cinnamon
- 1 - 1½ tablespoons grape juice, or sweet wine
- 1½ teaspoons honey

TURKISH INGREDIENTS:

- 125 g. Medjool dates, pitted
- 30 g. seeds (or chopped nuts such as walnuts, almonds, pecans...)
- ½ cup raisins
- juice and zest ½ orange
- 1 apple, peeled, cored and cubed
- ½ cup grape juice



FOOD SPAHHHH!

For “Lazy Day” we turned our culinary arts kitchen into a Food Spa! Instead of creating dishes with food, we prepared skincare with it. We spoke about how many of the same nutrients that we eat and help us build, repair and maintain our body's cells can be absorbed through our largest organ: the skin, and do the same thing. By making our own skincare with ingredients that we can actually eat (and are good for us!), we ensure we're feeding and enriching our skin with healthful and non-toxic stuff. We discussed the ingredients we used, where they come from and why they are healthy for our skin. Black, green and sticky faces with huge smiles paraded in and out of our kitchen that day. Of course, we sliced cucumber rounds to cover our eyes to cool us off in the heat!

All recipes can be mixed by hand using a fork and a small bowl, but if you have a mortar and pestle, feel free to use them!

Since most of these are made with perishable ingredients, use immediately or keep for 1 day covered and refrigerated.





FOOD SPAHHHH!

CACAO DREAM HYDRATING MASK:

This one was a favorite (to make, apply and eat!)

- ¼ avocado, pitted and peeled
- 1 tablespoon raw cacao powder
- 1 tablespoon raw honey

NOURISHING MASK:

This one is a bit stinky, but it feeds your face with lots of live enzymes, vitamins and healing phytochemicals.

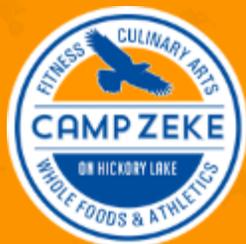
- 1 tablespoon raw honey
- 1 tablespoon nutritional yeast
- Brewed and cooled chamomile tea, enough to make a spreadable paste together with the other ingredients.

BREAKFAST MASK:

Your mask can also be a smoothie!

- ½ banana, peeled
- 1 strawberry, leaves removed
- 2 tablespoons oat flour (gluten free, if needed)
- 1 tablespoon raw honey
- 1 teaspoon bee pollen





FOOD SPAHHHH!

MASK TO COUNTERACT ENVIRONMENTAL DAMAGE:

Loaded with antioxidants!

- 2 tablespoons baking soda
- 1 tablespoon mashed blueberries
- 1 tablespoon mashed cucumber
- 1 tablespoon brewed and cooled chamomile tea
- 1 teaspoon ground turmeric

ENERGIZING AND REJUVENATING MASK:

This mask wakes up the skin and makes it very soft and plump.

- 1 teaspoon matcha tea powder
- ½ teaspoon bee pollen
- Brewed and cooled chamomile tea, enough to make a spreadable paste





FOOD SPAHHHH!

FACIAL SCRUB:

This is great to remove impurities in a very soothing, but antimicrobial way... or to get rid of stubborn mask residues.

- ½ cup rolled oats (gluten free, if needed)
- 2 tablespoons raw honey
- 15 drops lavender essential oil
- 15 drops tea tree essential oil
- 1 teaspoon crushed dried chamomile flowers



EXFOLIATING BODY SCRUB:

This is great to soften dry patches on the skin.

- ½ cup brown rice, ground (in a spice grinder or use brown rice flour)
- ½ cup unsweetened coconut or dairy milk
- ¼ cup brown sugar
- 1½ tablespoons ground ginger



FOOD SPAHHHH!

LIP SCRUB:

Scrubs your lips with this mixture to nourish them. Leave the product for 10 minutes, then rinse off and cover your clean lips with a bit of plain coconut oil at the end.

- 2 tablespoons oat flour (gluten free, if needed)
- 1 teaspoon raw honey
- 1 teaspoon coconut oil

HAND AND FOOT LAVENDER CREAM:

This cream can be kept for a very long time covered, at room temperature. It is prepared by whipping all the ingredients in a bowl with either a handheld or standing mixer until all ingredients come together into a fluffy cream.

- ½ cup coconut oil
- 2 tablespoons natural (without any coloring) aloe vera gel
- 5 drops lavender essential oil

NOTE: If you want your cream to be refreshing as well, add 5 drops of peppermint essential oil to it as well.





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