

Yummi Yoga Recipes

Raw Granola Treats!



Feel like having a yummi treat but don't feel like baking? This gluten-free & vegan granola is a hit with kids and adults alike. Everyone loves this edible asana recipe! Have fun and add your own favorites into a batch. We like to keep our granola chilled in the fridge, plus the yoga shapes hold together this way too.

Ingredients:

2 Cups Rolled oats • 2 Cups Brown Rice Cereal 1/2 C Chopped Almonds • 1/2 C Chopped Dried Cherries

• 1/2 C Shredded Coconut 3/4 C Brown Rice Syrup • 1/2 C Almond or Peanut Butter • 1 Tbsp. Maple Syrup

Instructions:

Combine the dry ingredients and set aside • Combine the liquids and warm for 40 seconds • Add the liquid to the dry mix and stir well • If the mix is too dry, add a little more warmed brown rice syrup • Place your Yummi Yogi cookie cutters on a baking sheet and fill with the granola • Cover with saran wrap and refrigerate for an hour • Remove the granola gently from the cutters by pulling the cookie cutter away from the granola, the granola should slide right out. • Best if stored in refrigerator. *Alternatives to add: yellow raisins, currants, peanuts, walnuts, sesame seed butter, carob chips...*

Vanilla Sugar Cookie Recipe



A quick and easy cookie dough recipe! Make cookies in small batches by keeping the dough cool or in the freezer. Make it your own with your favourite flavouring.

Ingredients:

1 cup unsalted butter – softened • 1 1/2 cup powdered sugar • 2 eggs • 2 tsp vanilla • 3 cups all purpose flour • 1 tsp salt • 1 tsp baking powder

Instructions:

In a mixing bowl, cream together the butter and powdered sugar until smooth. Beat in the eggs and vanilla. • In a separate bowl combine the flour, salt and baking powder. • Add the dry ingredients to the mixing bowl of wet ingredients and mix until combined. • Roll the dough out to 1/4 inch between two sheets of wax paper. • Chill in the refrigerator for at least 1 hour. • Preheat oven to 375 degrees F • Cut out cookies and place on cookie sheet lined with parchment paper or a silpat baking sheet. • Bake: 375 degrees F • 7-9 minutes depending on size.

Royal Icing Recipe



Ingredients:

2 lbs powdered sugar • 5 tbs meringue powder • 3/4 cup warm water • 1-2 tsp flavouring • 2 tbs corn syrup

Instructions:

In the bowl of a stand mixer with the paddle attachment, combine the sugar and meringue powder. • While mixing is running on low speed, slowly add the water and flavoring. • Allow the water to incorporate and add in the corn syrup. • Continue to mix at a medium-high speed until the icing becomes fluffy and stiff peaks form. This may take 5-10 minutes. • Separate and color with food colouring as desired.

Brown Sugar Henna Cookie Recipe



Ingredients:

1 cup unsalted butter • 1 cup brown sugar • 2 Eggs • 2 tsp vanilla • 4 cups all purpose flour • 3/4 tsp salt • 1/4 tsp baking powder • Cinnamon and ground ginger (about 1/2 tsp each), optional.

Instructions:

In a large mixing bowl, cream the butter and sugar • Add the eggs and vanilla and mix completely • Combine the dry ingredients and them to the mixing bowl • Mix until the dough comes together • Roll the dough to 1/4 inch between two sheets of wax paper • Chill until firm and then cut out with cookie cutters and place on baking sheets • Bake at 350 degrees for 8-10 minutes.

Henna Design:

Create design on cookie using an **edible** ink marker.