

Noodle Kugel

Preheat oven to 375 degrees

Bring 6 quarts of water to a rapid boil.

Blend in food processor or blender:

- 2 medium honeycrisp apples, peeled
- 2 bananas
- 1/2 cup ground chia seeds
- 3 tbsp. cashew butter
- 3 tbsp. almond butter
- 1 can unsweetened coconut milk (full fat)
- 3 tbsp. coconut oil
- 1 tsp. vanilla extract
- 1 1/2 tsp. cinnamon
- 1/2 tsp. cardamom powder
- 1/4 tsp. ginger powder
- 2 tbsp. lemon juice

Add to boiling water:

- 4 cups dry quinoa noodles (or other glutenfree and cornfree noodles)

Cook noodles according to instructions on package, subtracting 4 minutes, until noodles are not quite al dente (they will continue to cook in oven).

Strain noodles and rinse with cold water.

Mix noodles together with blended ingredients, stir in:

- 1/2 cup cacao nibs or raisins (optional)

Spread noodle mixture evenly into large glass casserole dish

Top with:

¼ c. sliced almonds

Bake until top is golden brown-- approximately 30 minutes.

Makes 8 servings

Approximately 450 calories per serving