

easy LIV

SAVORING THE SMALL PLEASURES IN LIFE

Have It Your Way / Healthy Choices



VING

es / Sound Bites



HAVE IT YOUR WAY

Trick or Treat

Surprise the kids this Halloween with this retro cake-and-ice cream dessert, complete with the flavors of fall. —**AMY GREEN**

SOLID PLAN

Vegan? Go ahead and substitute 1 teaspoon of agar agar.

FAT CHANCE

Use ½ cup liquified coconut oil, grapeseed oil or melted butter for the canola oil.

DAIRY OR NOT

Use any nondairy milk, or even cow's milk, in place of the almond milk.

STICKY SITUATION

No coconut palm sugar in the cupboard? Just use 2 tablespoons of confectioners' sugar or about 10 drops of liquid vanilla stevia.

GET IN SHAPE

No push-pop containers? Layer this in dessert glasses or ½ pint mason jars. Or, use a loaf pan and make an icebox cake.



Chocolate Cake and Pumpkin Spice Ice Cream Push Pops

MAKES 12 PREP TIME 25 min COOK TIME 15 min

½ cup plus 2 tablespoons boiling water
 ½ cup cocoa powder
 ⅓ cup garbanzo-fava bean flour
 ⅓ cup sorghum flour
 3 tablespoons potato starch
 2 tablespoons tapioca starch
 1 cup coconut palm sugar plus 2
 tablespoons powdered in a coffee grinder
 1 tablespoon flaxseed meal
 1 teaspoon baking powder
 ½ teaspoon salt
 ½ cup canola oil
 2 large eggs
 2½ teaspoons vanilla extract
 One 13.6-ounce can full-fat coconut milk
 4 cups homemade or store-bought dairy-
 free pumpkin ice cream
 ¼ cup toasted pecans, finely chopped

① Preheat the oven to 350°. Grease and line a 9-by-13-inch baking pan with parchment paper. In a small bowl, stir together the water and cocoa powder; let cool to room temperature. In a large bowl, whisk together the garbanzo-fava bean flour, sorghum flour, potato starch, tapioca starch, 1 cup of the palm sugar, flaxseed meal, baking powder and salt. Add the oil, eggs and 2 teaspoons of the vanilla; using an electric hand mixer, beat on medium speed for 2 minutes. Add the cocoa powder mixture and beat until combined. Transfer the batter to the prepared pan, smoothing out the top. Bake until a toothpick inserted in the center comes out clean, 15 to 18 minutes. Let cool in the pan completely.

② Meanwhile, refrigerate the coconut milk overnight; open and carefully remove the solid, white portion from the can being careful to not get any of the liquid. Whip the cream and remaining ½ teaspoon vanilla until medium peaks form. Add the 2 tablespoons powdered palm sugar, 1 tablespoon at a time; beat until combined.

③ Assemble the cake pops: Set the ice cream out to soften for about 20 minutes before assembling. Use the open end of the push pop to cut out 24 cake circles. Fit a pastry bag with a large, round pastry tip and add about ½ cup softened ice cream to the bag. Working quickly, pipe a layer of ice cream into the bottom of 6 push pop containers. Add a cake circle, pushing it snugly against the ice cream. Add the next layer of ice cream, then one more cake circle; top with ice cream. Pop a lid on each push pop; freeze. Repeat with the remaining 6 push pops. To serve, top with the whipped coconut cream and toasted pecans.



HEALTHY CHOICES

Cheesy Goodness

Dig in to this flavor-packed classic comfort food. We've cut calories, fat and cholesterol down to size so you can indulge and eat healthier.

—CYBELE PASCAL

THE CHOICE IS YOURS

Make these healthy food swaps and you'll be making changes for good!

INSTEAD OF

wheat flour
eggs
bread crumbs
mozzarella and parmesan

USE

no flour
no eggs
gluten-free bread
vegan cholesterol-free
mozzarella-style cheese



Chicken Parm Casserole with Garlic Croutons

For allergy-friendly bread that is free of the top eight allergens, try *Ener-G Foods*.

SERVES 8 **PREP TIME** 10 min **COOK TIME** 1 hr 5 min

6 tablespoons olive oil
 4 cloves garlic, pressed or finely chopped
 Salt and pepper
 ½ teaspoon dried oregano, crushed
 5 cups gluten-free white bread, cut into ½-inch pieces (about 8 slices)
 3 cups homemade or store-bought gluten-free, vegan marinara sauce, plus more for serving
 2 pounds chicken tenders, patted dry
 8 ounces shredded or thinly sliced dairy-free mozzarella-style cheese, such as Daiya
 6 leaves basil, torn, for topping

1 Make the croutons: Preheat the oven to 350°. In a bowl, combine the olive oil, garlic, ½ teaspoon salt and oregano. Place the bread pieces in a large bowl. Drizzle with the olive oil mixture, toss to coat evenly. Transfer to a baking sheet in a single layer and bake, turning halfway through baking, until golden and dry, 20 to 25 minutes. Let cool on a wire rack.

2 To assemble, season the chicken all over with salt and pepper. Spread 1 cup of the marinara sauce in the bottom of a 9-by-12-inch baking dish. Top with the chicken in a single layer and spoon over 2 cups of sauce; bake for 20 minutes. Remove from the oven and top with half of the cheese, croutons and the remaining cheese; bake until the chicken is cooked through, about 20 minutes. Let rest for 10 minutes. Serve topped with basil and marinara alongside.

SOUND BITES

Easy Eats goes behind the scenes with singer-songwriter Allie Moss, who shares her diary of life on the road with longtime friend and indie-pop star, Ingrid Michaelson. Moss reveals how she keeps up her energy with her grueling tour schedule while maintaining a gluten-free, dairy-free diet, including her must-have pantry staples and favorite standby recipes. BY SILVANA NARDONE



AROUND 11 A.M.

Breakfast

I start each day with a cup of coffee and almond milk, then I have this rich smoothie.

Energy Smoothie

MAKES 1 **PREP TIME** 3 min

Hemp adds protein, but definitely changes the flavor. If I use just the superfood powder, this tastes like dessert.

- 1 cup vanilla cashew or almond milk
- 1 scoop Chocolate Green SuperFood, such as Amazing Grass
- 2 tablespoons hemp protein powder, such as Nutiva
- 1 ripe banana
- 1 tablespoon almond or peanut butter
- 1 teaspoon coconut oil
- 2 ice cubes

Place all ingredients in a blender; process until smooth.





AROUND 3 P.M.

Lunch

This sandwich is a cinch to make on the bus.



Egg Salad Sandwich

MAKES 1 PREP TIME 5 min

Besides the flavor of fresh ingredients, the most important thing to me in a sandwich is ratios. Gluten-free bread can sometimes be a bit dry, so I make sure the filling has enough moisture to balance it out.

- 2 hard-boiled eggs, chopped
- ½ stalk celery, chopped
- 1 tablespoon mayonnaise
- 1 teaspoon Dijon mustard
- ½ teaspoon Penzey's Sandwich Sprinkle (or substitute salt and pepper to taste)
- Juice of 1 lemon wedge
- 2 slices gluten-free whole-grain bread, toasted, such as Udi's
- Broccoli or alfalfa sprouts, for topping
- 2 thin slices tomato

In a medium bowl, gently combine the eggs, celery, mayonnaise, mustard, spices and lemon juice. To assemble, layer the sprouts, egg salad and tomatoes between the bread slices and cut in half.



Free Time

Before sound check, I chill out on the bus.



Warm Up

After I get dressed, I like to play my guitar, which relaxes me before the show.



TOUR BUS PANTRY STAPLES



**Rook Coffee Roasters
New Orleans Style**
(*\$13.80 for 1 lb;*
rookcoffeeroasters.com)



**Amazing Grass
Chocolate Green
SuperFood**
(*\$27.99 for 8.5 oz.;*
amazinggrass.com)



**Nutiva Organic Hemp
Protein Hi-Fiber Powder**
(*\$14.99 for 16 oz.;* nutiva.com)



**Artisana 100% Organic
Raw Extra Virgin
Coconut Oil**
(*\$14.59 for 16 oz.;*
artisanafoods.com)



**Penzey's
Sandwich Sprinkle**
(*\$5.69 for 4 oz.;* penzeys.com)



**Udi's Gluten Free
Whole Grain Bread**
(*\$5 for 1 loaf;* udisglutenfree.com)



Mahalo Candy Bar
(*\$2.49 for 1 bar;*
gomaxgofoods.com)

AROUND 7 P.M.

Snack

Before hitting the stage, I sometimes eat this quick, pick-me-up snack.

Honey Nut Rice Cake with Almond Butter

MAKES 1 **PREP TIME 2 min**

- 1 to 2 tablespoons almond butter
- 1 honey nut rice cake, such as Lundberg Fruit, such as sliced banana or blueberries

Spread the almond butter on the rice cake and top with fruit.



9:15 TO 11:15 P.M. (GIVE OR TAKE)

On Stage





AFTER THE SHOW

Dinner

When I'm on tour, I like to find local gluten-free restaurants with the Find Me Gluten Free app. If nothing catches my eye, I make this easy salad.

Tossed Kale Salad

MAKES 1 **PREP TIME 4 min**

- ½ of a 16-ounce bag of chopped kale, stems discarded
- 2 teaspoons olive oil
- Salt and pepper
- ½ ripe avocado, scored into small squares
- Juice of ½ lemon
- ½ container of cherry tomatoes, halved
- ½ English cucumber or 1 regular cucumber, seeded and diced

Place the kale in a medium bowl, drizzle with the olive oil and season with ½ teaspoon salt. Using your hands, massage the kale until it wilts down to about half the volume, about 2 minutes. Pour over the lemon juice, add the avocado and massage for a minute more. Add the tomatoes, cucumber and pepper to taste; toss.



5 TOUR BUS KITCHEN TOOLS



Blender



Salad Spinner



Toaster



Cutting Board



Chef's Knife