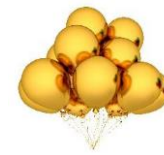


# January 2023 Soup Menu



SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Chef's Choice	2 Broccoli Cheddar Vegan Cream of Fennel	3 Chicken Tortilla Vegan Spinach Soup	4 Turkey Noodle Tuscan Bean	5 Detox Soup Vegan Minestrone	6 Beef Vegetable Vegan Black Bean	7 Chef's Choice
8 Chef's Choice	9 African Peanut Soup Hearty Tomato	10 Beef Barley Mushroom Barley	11 Chicken and Rice Mushroom Garlic	12 Sweet and Sour Soup Garden Vegetable	13 Kielbasa and Kale Wild Rice Soup	14 Chef's Choice
15 Chef's Choice	16 French Onion Curried Cauliflower	17 Potato Soup Roasted Carrot	18 Italian Wedding Roasted Red Pepper	19 Turkey Chili Quinoa Chili	20 Chicken Noodle Miso	21 Chef's Choice
22 Chef's Choice	23 Tortellini Soup Tomato Basil	24 Corned Beef & Cabbage Butternut Squash	25 Navy Beans and Ham Fresh Pea Soup	26 Jambalaya Coconut Curry Lentil	27 Clam Chowder Vegan Corn	28 Chef's Choice
29 Chef's Choice	30 Egg Drop French Lentil	31 Pork Green Chili Vegan Green Chili	The talented chefs at Castle Creek Café offer up our homemade soups daily. Please enjoy our uniquely crafted recipes including a routine vegetarian option. Soups may vary from chef to chef; as culinary artists we encourage and thrive on creative freedom. ;Bon Appétite!			



Happy New Year



# No-Bake Coconut Truffles Recipe

**Contributors:** Dawn Jackson Blatner, RDN, CSSD

**Published:** January 24, 2018



These dairy-free truffles taste great without added fat and sugar. Give as a holiday gift to family, friends or coworkers.

Rebecca Clyde, MS, RDN, CD

## Ingredients

- 12 medjool dates, pitted
- 2 tablespoons water
- 4 tablespoons unsweetened cocoa powder
- ½ cup puffed brown rice
- ½ cup shredded unsweetened dried coconut

**Directions** *Before you begin: Wash your hands.*

1. In food processor or blender puree dates and water until a sticky paste/ball forms. Pulse in cocoa powder until solid dough forms. Stir in puffed brown rice.
2. With small scoop, form mixture into 14 tablespoon-sized balls.
3. Roll each ball into coconut to lightly coat.
4. Refrigerate for 30 to 60 minutes to set.

You can store refrigerated balls in an airtight container for up to two weeks.

**Nutrition Information** Serving size: 1 truffle *Serves 14*

Calories: 70; Total Fat: 2.5g; Saturated Fat: 2g; Cholesterol: 0mg; Sodium: 0mg; Total Carbohydrate: 13g; Dietary Fiber: 2g; Sugars: 10g; Protein: 1g; Vitamin A: 0%; Vitamin C: 0%; Calcium: 2%; Iron: 2%