

# Membership Luncheon

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*by* Board of Directors

# Riding the Wave

## Cookbook



# Appetizers



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# Bow Tie Pasta Salad

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Contributor: Maggie Powell, Communications Chair

Source: Her father.

Note: Make a big bowl to snack on through the weekend.

Ingredient	Amount
Bowtie Pasta	4 servings
Kraft Catalina Dressing	1/2 cup
Bell Peppers (diced)	2
Red onion (diced)	1
Ham or pepperoni cubed (optional)	1 cup
Cheese-cubed (optional)	1 cup

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## Directions

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1. Boil Pasta 8-12 minutes or until soft.
2. Mix in meat, cheese and vegetables.
3. Add dressing start with about 1/3-1/2 a cup to give the pasta the orange color, then adjust to taste!

Note: Add any other veggies that strike your fancy!



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# Cranberry Brie Bites

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Contribution: Caitlin Cairns, Treasurer

Source: [delish.com](http://delish.com)

Ingredient	Amount
Crescent dough	1 tube
Cooking spray, for pan	
Flour, for surface	
Brie	8 oz
Cranberry sauce (whole berry)	1/2 cup
Pecans (chopped)	1/4 cup
Rosemary sprig (cut into 1" pieces)	6

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## Directions

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1. Preheat oven to 375° and grease a mini muffin tin with cooking spray. On a lightly floured surface, roll out crescent dough, and pinch together seams. Cut into 24 squares. Place squares into muffin tin slots.
2. Cut brie into small pieces and place inside the crescent dough. Top with a spoonful of cranberry sauce, some chopped pecans, and one little sprig of rosemary.
3. Bake until the crescent pastry is golden, about 15 minutes.



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# Collard Green Wraps

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Contributor: Lucy McLellan, Membership Chair

Source: [honestllyum.com](https://honestllyum.com)

Ingredient	Amount
Collard greens	1 bundle
Carrots-shredded	1 cup
English cucumber (juliened)	1/2
Hummus	10 oz
Extra firm tofu	1 package
Alfafa sprouts	
Avocado (large)	1
Red cabbage (shredded)	1/4 head
Tahini	1/2 cup
Garlic	1 Clove
Lemon	1/2
Braggs amino acid or Kamari (to taste)	
Sea or kosher salt (to taste)	

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# Directions

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1. **Tahini Dipping Sauce.** Combine the tahini, garlic, lemon and a pinch of salt in a food processor. Blend until smooth. Add a tablespoon of water and blend, keep adding a tablespoon of water at a time until the sauce is runny but still thick. Season to taste.
2. Drain tofu on paper towels and gently press dry. Let rest for 1/2 hour. Preheat the oven to 425 degrees. Cut in into thick 1/2 inch sticks and continue to pat the sticks to get rid of excess moisture. Season baking sheet with a neutral oil. Coat tofu sticks lightly in oil and place them on the baking sheet. Coat tofu with Drizzle Braggs amino acids or tamari. Sprinkle the sticks with salt to taste. Bake for about 15-20 minutes until the tofu begins to brown and get crispy around the edges.
3. Boil a water and slowly pour over the collard greens leaves. Pat leaves dry.
4. With a paring knife, remove the white stem of the collard greens. Be careful not to cut the collard green all the way in half.
5. Flip the collard green leaf so that the dull side is facing up.
6. Spread hummus down the collard green on both sides of the cut and then place a small handful of the carrots, cucumbers, avocado, alfalfa sprouts and cabbage in a short row across the middle of the leaf (lay them across where the stem was). Add a stick of tofu.
7. Roll the collard green up like a burrito folding the edges in and then rolling the green up. Cut the roll down the middle along where the leaf is already split. Serve with the garlic tahini sauce.



# Beet Borscht

Contributor: Marleigh Chapman, Canadian Representative  
Source: canadianliving.com.

Ingredient	Amount
Vegetable oil	2 tbsps
Onion (diced)	1
Garlic cloves (minced)	3
Caraway seeds	1/2 tsp
Beets (peeled and diced)	1 1/2 lbs
Green cabbage (diced)	5 cups
White potatoes (cubed)	2
Celery (diced)	2 ribs
Carrot (diced)	1
Bay leaves	2
Salt	1 3/4 tsp
Pepper	1/2 tsp
Tomato paste	1 can
Brown sugar	1 tbsp
Water	10 cups
Vinegar	3 tbsps

# Directions

1. In large Dutch oven, heat oil over medium-high heat; cook onion, garlic and caraway seeds, stirring occasionally, until softened and light golden, about 4 minutes.
2. Stir in beets, cabbage, potatoes, celery, carrot, bay leaves, salt and pepper; cook over medium heat, stirring often, until beets are starting to soften, about 10 minutes.
3. Stir in tomato paste and brown sugar; cook, stirring, for 2 minutes. Stir in water; bring to boil. Reduce heat and simmer, stirring occasionally, until beets are tender, about 40 minutes. Stir in vinegar; discard bay leaves. *(Make-ahead: Freeze in airtight container for up to 2 weeks.)*



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# Classic Deviled Eggs

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Contributor: Dr. Mimi Savage, Education Chair

Source: [downshiftology.com](https://downshiftology.com)

Ingredient	Amount
Large eggs	6
Mayonnaise	3 tbsp
Dijon mustard	1 tsp
Apple cider vinegar	1 tsp
Salt and pepper	to taste
Paprika, for garnish	to taste

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## Directions

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1. Bring a pot of water to a boil. Reduce the heat to low (or off) to ensure the water is no longer boiling or has bubbles and use a skimmer to place the eggs in the water. Then increase the heat back to high and set a timer for 14 minutes.
2. While the eggs are boiling prepare an ice water bath and set aside. After 14 minutes, remove the eggs from the water and place in the ice water bath.
3. Once the eggs have cooled completely, peel them and slice in half lengthwise. Remove the yolk to a small bowl with a spoon and place the egg whites on a plate.
4. Mash the yolks with a fork and add the mayonnaise, mustard, vinegar, salt and pepper. Stir everything together until it's smooth.
5. Use a spoon to add a portion of the deviled egg mixture back into the hole of each egg white. Sprinkle on paprika for garnish.



# Entrées

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# Spicy Vegetarian Chili

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Contributor: Josiah Stickels, President  
Source: [wholefoodsmarket.com](http://wholefoodsmarket.com)

Ingredient	Amount
Extra virgin olive oil	2 tbsps
Yellow onion (diced)	1
Carrot (large, diced)	1
Celery (diced)	1 stalk
Green bell pepper (seeded and diced)	1
Red bell pepper (seeded and diced)	1
Garlic (finely chopped)	3 cloves
Chipotles in abodo (finely chopped)	1 tbsp
Cumin (ground)	2 tsp
Chili powder	1 tbsp
Kosher salt	2 tsp
Diced tomatoes (no-salt-added)	2 (14.5 oz) cans
Red kidney beans (drained and rinsed)	2 (14.5 oz) cans
Black beans (drained and rinsed)	1 (14.5 oz) can
Oregano (dried)	1 tbsp

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## Directions

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1. Heat oil in a large pot over medium heat.
2. Add onion, carrot, celery, bell peppers and garlic and cook, stirring occasionally, until vegetables are softened but not browned, 10 to 12 minutes.
3. Add chipotle chiles, oregano, chili powder, cumin and salt and stir to blend.
4. Add tomatoes with juices and 3 cups water. Bring to a simmer, then reduce heat to low and gently simmer, uncovered, for 45 minutes.
5. Add beans and simmer for 30 minutes more to warm through.



# Calli-Power Fettuccine

Contributor: Kari Rogenski, President-Elect

Source: [ohsheglows.com](https://ohsheglows.com)

Ingredient	Amount
Cauliflower florets	4 cups
Extra-virgin olive oil	1/2 tbsp
Garlic (minced)	1 tbsp
Almond milk (unsweetened, non-flavored)	1/2 cup
Yeast	1/4 cup
Lemon juice (fresh)	1 tbsp
Onion powder	1/2 tsp
Garlic powder (to taste)	1/2 tsp
Fine grain sea salt (to taste)	3/4 tsp
Black pepper (to taste)	1/2 tsp
Fettuccine or rotini pasta	1 Package
Fresh minced parsley, for garnish	

## Directions

1. Place cauliflower florets in a steamer basket and steam, covered, for 10 to 15 minutes until fork tender. (Alternatively, you can boil the cauliflower in a pot of water for 8 to 15 minutes until fork tender. Drain well before proceeding.)
2. Meanwhile, cook the pasta according to the package directions. Drain well and add it back to the pot. Set aside.
3. Add the oil and minced garlic to a small skillet and sauté over low heat for 4 to 5 minutes until softened and fragrant. Be careful not to burn.
4. Add the cooked cauliflower, sautéed garlic, milk, nutritional yeast, lemon juice, onion powder, garlic powder, salt, and pepper to a high-speed blender. Blend until a very smooth sauce forms. Adjust seasonings to taste.
5. Add the cauliflower sauce to the pot with the pasta and stir well. Heat over low-medium until heated through. The pasta will tone down the flavors of the sauce so it's important to taste the mixture and add more seasonings (salt, pepper, lemon, etc.) to taste before serving.
6. For serving: Divide the warm pasta into bowls and top with more salt and pepper (to taste), along with a squeeze of lemon and some fresh minced parsley. Feel free to add your favorite cooked veggies such as broccoli, peas, leeks, asparagus, butternut squash, etc.



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# Slammin' Salmon

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Contributor: Adam D-F Stevens, Diversity Chair

Source: [delish.com](https://delish.com)

Ingredient	Amount
Paprika	1/2 tsp
Garlic powder	1 tsp
Chili powder (or Cayenne pepper for more spice)	1 tsp
Dried thyme	1 tsp
Ground black pepper	1 tsp
salt	1 tsp
Salmon Steaks	1/2 lb
Flour tortillas	2
Caesar dressing	2 tbsps
Romaine Lettuce	5 cups
Parmesan cheese (shredded)	2 tbsp

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# Directions

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1. Preheat your skillet on medium so it will be good and hot by the time you're ready to cook. Combine all of the seasonings in the mixing bowl. Toss the pieces of fish in the spices until evenly coated.
2. Move the seasoned fish to the skillet and sauté for 5 to 7 minutes, stirring often, until the fish pieces are crunchy-brown on the outside and juicy-opaque on the inside. Resist the temptation to eat all of the fish as soon as it cooks. Turn off the stove when it's done.
3. Spread 1 tablespoon of dressing on each tortilla. Divide the lettuce, cheese, and fish between the tortillas. (Let the pan cool if you want to grab the fish with your fingers like Liz is doing in the photograph.) Wrap them up and chow down.



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# Kalua Pig

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Contributor: Rachel Lee Soon, Vice President  
Source: [foodland.com](http://foodland.com)

Ingredient	Amount
Pork butt or shoulder	5 lbs
Liquid Smoke	2 tbsps
Alaea salt	1/8 cup

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## Directions

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1. Preheat the oven to 250 degrees.
2. Score the pork butt on all sides with a diamond pattern. The incisions should be no deeper than ¼ inch deep.
3. Rub the pork butt with the liquid smoke and Alaea salt.
4. Place the pork butt in a 9X13 pan lined with foil. Cover with foil and place in the oven.
5. Cook for 8-10 hours or until fully cooked and easily shreds.
6. Remove from oven and allow to cool until you can handle.
7. Shred the pork. Adjust the seasoning and moisture of the kalua pork with salted water.



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# Schwarties Hash Browns

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Contributor: Mallory Minerson, Government Affairs Chair

Source: [bestofbridge.com](http://bestofbridge.com)

Ingredient	Amount
Frozen hash brown potatoes	2 lbs
Sour Cream	2 cups
Mushroom soup	2 (10 oz) cans
Butter (melted)	1/2 cup
Onion (grated)	To taste
Salt	To taste
Cheddar cheese (grated)	2 cups
Parmesan cheese	2 tbsp

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# Directions

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1. Thaw potatoes slightly.
2. Mix potatoes, sour cream, mushroom soup, butter, onion, salt and cheddar cheese in a 9 x 13" baking dish.
3. Sprinkle parmesan on top and bake at 350F for 1 hour.



# Dessert



# Salted Chocolate Chip Cookies

Contributor: Adam Reynolds, Ethics Chair  
Source: [thechunkychef.com](http://thechunkychef.com)

Ingredient	Amount
All-purpose flour	1 1/4 cups
Baking soda	1 tsp
Salted butter (room temperature)	1/2 cup
Light brown sugar	1/2 cup
Granulated sugar	1/3 + 2 tsp
Large egg (room temperature)	1
Vanilla extract	1 tsp
Semisweet chocolate chips	1 1/2 cups
Sea salt flakes (for sprinkling)	



## Directions

1. Add flour and baking soda to a mixing bowl and whisk for 15 seconds to incorporate and make them fluffy.
2. To the bowl of a stand mixer, add softened butter and both sugars. Beat with paddle attachment for about 2 minutes, until mixture is smooth and fluffy.
3. Add egg and vanilla, beat on low speed until combined.
4. Add flour, half the mixture at a time, beating on low speed until combined after each addition. Don't over mix, or your cookies won't be soft and tender.
5. Add chocolate chips and stir together with a wooden spoon.
6. Cover bowl and chill for at least 30 minutes.
7. Minutes before you want to bake, preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.
8. Use a large cookie scoop (or a 1/4 cup filled about 2/3 of the way), scoop round balls of dough onto parchment paper about 2 inches apart.
9. Press a couple chocolate chips into the tops of the balls of dough, and bake about 10-12 minutes, or until edges are lightly golden brown and tops of cookies look a little underdone. (mine took 11 minutes).
10. Sprinkle top of baked cookies with some sea salt flakes.
11. Allow cookies to cool on the baking sheet for 5 minutes, then transfer to a cooling rack to finish cooling.

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# Chocolate Truffles

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Contributor: Lucy McLellan, Membership Chair  
Source: [cooking.nytimes.com](https://cooking.nytimes.com)

Ingredient	Amount
Heavy cream	7/8 cup
Bittersweet chocolate (chopped)	8 oz
Unsweetened cocoa powder as needed	

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# Directions

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1. Heat cream in a pot until it steams. Put chocolate in a bowl, pour hot cream on top, and stir until chocolate is melted and incorporated into cream.
2. Chill until solid all the way through, 1 to 2 hours. Using a chilled melon baller or latex gloves to prevent the ganache from melting or sticking to your hands, scoop out about a tablespoonful and quickly roll it into a ball. Repeat, lining truffles on a plate or a baking sheet.
3. If truffles become too soft to handle, place them in refrigerator or freezer for a few minutes. Roll them in cocoa powder, confectioners' sugar or a mixture of sugar and ground cinnamon. Serve immediately or store, wrapped in plastic, in refrigerator for up to four days.



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# Pumpkin Crunch

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Contributor: Rachel Lee Soon, Vice President  
Source: [foodland.com](http://foodland.com)

Ingredient	Amount
Yellow cake mix	1 package
Pumpkin	1 (15 oz) can
Evaporated milk	1 (12 oz) can
Large eggs	3
Sugar	1 cup
Ground cinnamon	1 tsp
Salt	1/2 tsp
Pecans (chopped)	1 cup
Butter	1 cup

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# Directions

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1. Grease bottom of 9x13 pan, placing a piece of parchment or wax paper on the bottom of the pan.
2. Combine pumpkin, milk, eggs, sugar, cinnamon, and salt in large bowl.
3. Mix well, pour into pan, and sprinkle cake mix evenly over pumpkin mixture.
4. Top with pecans, drizzle melted butter over top, and bake 350 degrees for 50-55 minutes or until golden brown.
5. When cool, loosen pumpkin crunch from side of pan with a knife.
6. Invert pan onto platter (the top becomes the crust). Top with whipped cream.



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# Chocolate Haupia Pie

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Contributor: Rachel Lee Soon, Vice President

Source: [hawaiimagazine.com](http://hawaiimagazine.com)

Ingredient	Amount
9-in. unbaked pie crust	1
Milk	1 cup
Coconut milk	1 (14 oz) can
Coconut extract	1 tbsp
Sugar	1 cup
Water	1 cup
Cornstarch	1/2 cup
Chocolate (Dutch chocolate, or any chocolate with high cocoa butter content)	7/8 cup
Heavy cream	1 1/2 cups
Sugar	1/4 cup

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## Directions

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1. Preheat oven to 350°F.
2. Bake crust for 15 minutes, or until golden brown. Set aside to cool.
3. In a medium saucepan, whisk together milk, coconut milk, coconut extract and 1 cup sugar.
4. In a separate bowl, dissolve the cornstarch in water.
5. After bringing coconut milk mixture to a boil, reduce to simmer and slowly whisk in the cornstarch mixture. Continue stirring over low heat until thickened—about three minutes. Divide evenly into two bowls.
6. In another bowl, microwave chocolate until melted.
7. Mix chocolate into one of the bowls of coconut pudding, then pour mixture into the pie crust, spread and let sit.
8. Pour the remaining bowl of coconut pudding on top of the chocolate-coconut pudding mixture and spread smooth being careful not to mix the two layers. Refrigerate the pie for an hour or more.
9. Whip the heavy cream with 1/4 cup of sugar until stiff. Layer the whipped cream on the pie surface. Garnish with chocolate shavings.



# Drinks

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# Java Chai

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Contributor: Danielle Levanas, Western Region Representative  
Source: Danielle Levanas

Ingredient	Amount
Milk	1 1/2 cups
Black tea leaves (loose)	2-2 1/2 tbsp
Powdered ginger	1/2 tsp
Cardamom	4-5 pods
Cinnamon	1 stick
Star anise cloves	3 4-5
Sugar	4 tbsp
Water	3 cups

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# Directions

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1. Boil 3 cups water.
2. Add in everything except milk. Be sure to crush/open the cardamom pods in the hot water. Continue to boil for approx. 5-7 minutes. (The longer you boil, the stronger the tea.)
3. After 5-7 minutes, add in 1 1/2 cups milk.
4. Allow pot to come to a boil until almost overflowing. Turn off and serve through a strainer.
5. Add more sugar if desired!



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# Basil-Chocolate Peppermint Herbal Tea

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Contributor: Nina L. Garcia, Central Region Representative  
Source: Nina L. Garcia

Ingredient	Amount
Basil	to taste
Chocolate peppermint	to taste
Honey (optional)	to taste

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## Directions

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1. Fill your preferred container that will hold the tea half up with ice.
2. Boil a little more than the water equivalent of the ice in a pot
3. Placing stalks of basil and chocolate peppermint in to steep (low boil, or if you decide to stop the boil, then cover with a pot top).
4. After fifteen minutes or so, go ahead and stop all heat to let the tea cool slightly (and safely) before adding it to your container of ice.
5. Let this sit and mix for as long as you prefer before enjoying a cup, with or without honey. Enjoy!



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# Bourbon-Peach Iced Tea

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Contributor: Craig Flickinger, Eastern Region Chair

Source: southernliving.com

Ingredient	Amount
Peaches (chopped)	2
Granulated sugar	1 1/2 cups
Black tea	8 bags
Bourbon	1 cup
Water	10 cups
Peach slices (for garnish)	
Ice	

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# Directions

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1. Bring chopped peaches, sugar, and 1 cup water to a boil in a saucepan over medium-high heat.
2. Reduce heat to low, and simmer, stirring often, about 10 minutes.
3. Allow to cool slightly then process in a blender 30 seconds. Pour through a fine mesh strainer into a 1-gallon container.
4. Bring 3 cups water to a boil over high heat in a saucepan. Add tea bags, and boil 1 minute.
5. Remove from heat. Cover; steep 10 minutes.
6. Discard tea bags. Stir the tea, bourbon, and 6 cups cold water into peach mixture.
7. Serve in highball glasses over ice, and garnish with peach slices.



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# Orange Turmeric Fizz

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Contributor: Danielle Levanas, Western Region Representative  
Source: Danielle Levanas

Ingredient	Amount
Orange (small)	1
Orange juice	1/2 cup
Sparkling water	1/2 cup
Lemon Juice	1 tbsp
Turmeric (ground)	1/4 tsp
Sugar or coconut sugar (optional)	1/2 tsp
Rosemary (optional)	to taste
Gin or Vodka (optional)	to taste
Ice	

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# Directions

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1. Cut orange into thin slices and place in a medium glass.
2. Fill glass with ice, orange juice, sparkling water, lemon juice, ground turmeric and sugar.
3. Option to add your choice of alcohol.
4. Stir well and garnish with rosemary.

