



## Chaga Ghanoush

**E**ggplant, the dark purple oblong fruit might be what first comes to mind; their shape, size, and color can vary from small and oblong, big and round, to long and thin, and from shades of purple to white, and even green. Although eggplant is not a ‘superfood’, it is low in calories and high in fiber, contains **Potassium, Vitamin C, B6** and **Anthocyanin** to support heart health. Research shows consuming **Eggplant** is helpful in lowering LDL cholesterol and blood pressure.



**Chaga** is a woody fungus that supports our immune system. It's available as a tincture, as capsules, & also as dried chunks for making pots of tea, or in a convenient powder form for soups and smoothies. It has a long history in supporting the body regarding heart disease, diabetes, stomach and intestine cancer, liver disease, parasites, stomach pain, and tuberculosis. **Chaga** has a rich array of antioxidants that help to lower cholesterol levels and stabilize blood sugar.

**Coriander** or cilantro, is a simple and versatile herb that has a lot of nutritional benefits and is a staple in many ethnic cuisines. It is a wonderful source of dietary fiber, manganese, iron and magnesium. This incredibly fragrant herb helps to lower 'bad' cholesterol (LDL) and increase 'good' cholesterol (HDL).

### **3 simple ingredients, 1 amazing dip**

With a little twist on the traditional Baba Ganoush, this dip will likely become a fan fave.

#### **What you need:**

**1 big Eggplant or 2 small ones (Feel free to mix and match: 1 purple and 1 white)**

- **1 tsp of Chaga powder**
- **2 cloves of garlic (feel free to use more)**
- **1 tbsp of Tahini**
- **1 tbsp of Greek yogurt**
- **½ tsp salt**
- **1 tbsp of lemon juice**
- **1 tsp of Maple syrup**
- **1 tbsp of chopped coriander (aka cilantro) leaves (or parsley leaves), keep the stalks**
- **1 pinch of Chilli powder (optional)**
- **Makes 1 large portion**



### **What you do:**

- ✓ **Roast eggplant on a BBQ grill or in the oven at 350F for 15 - 20 minutes, depending on the size of the eggplant, until it is wrinkled and charred thoroughly with a light smoky aroma. \*Flip over half way through the roasting process. Remove from heat and let stand for 15 – 20min - until you can handle it**
- ✓ **Peel the cooled eggplant, cut open and scoop out the soft meat inside and put it in the food processor**
- ✓ **Throw in garlic, coriander stalks, Greek yogurt, tahini, lemon juice and salt, pulse a few times until everything blends well→ it should look a little lumpy**
- ✓ **Stir in maple syrup and chopped coriander leaves**
- ✓ **Add more salt and lemon juice to your taste**
- ✓ **Refrigerate for at least 30min before serving.**
- ✓ **Cut up veggie sticks, pita bread or nacho chips and dig in.**

## Tips:

- Make bigger batches and store them in smaller containers with lids - remember to put a piece of shrink wrap directly on top of the dip, making sure it does not have air pockets. This way, they will keep well in the fridge for up to 5 days.
- Do not discard the coriander stalks, they add a lot of flavour and a more vibrant green to the dip.
- If you are vegan or dairy sensitive, simply omit the Greek yogurt and replace with an additional 2 tbsp of tahini instead; it will give you a stronger tahini taste and lessen the smoky eggplant flavour.
- Great as an afterschool snack with raw veggies.

## Note:

**While Chaga can act as an immunity booster, if you suffer from an Autoimmune disease, consult with your medical practitioner before using.**

