

## Sweet & Sour Pasta Salad

Serves 8 • Ready in 30 minutes

12 oz EDEN Kamut Vegetable Spirals,  
or any EDEN Spiral Pasta  
15 oz EDEN Kidney Beans, drained  
15 oz EDEN Garbanzo Beans, drained  
15 oz EDEN Black Beans, drained,  
or EDEN Black Soybeans  
½ cup green onions, finely chopped  
¼ cup red onion, finely minced  
1 medium cucumber, chopped  
1 medium red bell pepper, chopped

### Dressing

⅓ cup EDEN Brown Rice Vinegar  
¼ cup EDEN Extra Virgin Olive Oil  
1½ Tbsp dried EDEN basil  
2 Tbsp EDEN Barley Malt Syrup  
2 Tbsp organic maple syrup  
2 Tbsp EDEN Shoyu Soy Sauce

Cook pasta as package directs. Rinse, drain, and place in a bowl. Add beans and vegetables. Prepare dressing. Mix into salad.

Per serving 353 Calories, 8g Fat (21% calories from fat), 14g Protein, 57g Carbohydrate, 10g Fiber, 0mg Cholesterol, 372mg Sodium

## Sweet Black Soybeans

Prep Time 5 minutes • Cook Time 10 minutes • Serves 3

15 oz EDEN Black Soybeans, drained  
1½ Tbsp EDEN Barley Malt Syrup  
½ tsp EDEN Shoyu Soy Sauce

Place beans, barley malt, and shoyu in a saucepan. Bring to a boil, reduce flame to medium, simmer for 5 to 10 minutes until most liquid has evaporated.

Per serving 163 Calories, 7g Fat (34% calories from fat), 13g Protein, 16g Carbohydrate, 8g Fiber, 0mg Cholesterol, 90mg Sodium



1,125 free recipes at  
[edenfoods.com](http://edenfoods.com)

Eden Foods • Clinton, Michigan 49236  
888.424.3336

©2015 Eden Foods  
M/032015 07656

## Black Eyed Pea & Pasta Salad

Serves 10 • Ready in 30 minutes

12 oz EDEN Kamut Elbows  
45 oz EDEN Black Eyed Peas,  
rinsed, drained  
1½ cups organic tomatoes, diced  
1½ cups organic fresh or frozen  
sweet corn, blanched 2 minutes  
1 cup organic green pepper, diced  
1 cup organic red bell pepper, diced  
½ cup red onion, minced  
¾ cup green onion, finely chopped  
1 medium cucumber, score skin  
with a fork, quartered, sliced

### Dressing

⅓ cup EDEN Apple Cider Vinegar  
2½ Tbsp EDEN Barley Malt Syrup  
2½ Tbsp organic maple syrup  
⅓ cup EDEN Extra Virgin Olive Oil  
4 cloves garlic, minced  
1 Tbsp dried EDEN oregano  
2 Tbsp dried EDEN basil  
¼ cup EDEN Shoyu Soy Sauce,  
or to taste  
⅓ tsp EDEN cayenne pepper, optional,  
for spicier flavor

Cook pasta per package directions, rinse and drain. Place the pasta, tomatoes, corn, green and red peppers, green onion, red onion, and cucumber in a medium mixing bowl. To prepare the dressing, place all ingredients in a blender and pulse several seconds, or place in a sealed glass jar and shake vigorously to mix. Pour the dressing over the salad and toss to mix. For the best flavor, chill 1 hour before serving or serve at room temperature.

Per serving 366 Calories, 10g Fat (24% calories from fat), 15g Protein, 56g Carbohydrate, 10g Fiber, 0mg Cholesterol, 431mg Sodium



To replace sugar  
use ¼ cup less  
liquid in the  
recipe for each  
cup of barley malt.



## Quinoa Pudding

Serves 4 • Ready in 30 minutes

1 cup EDEN Quinoa, rinsed  
2½ cups EDENSOY Original,  
or EDENSOY Extra Original  
⅛ tsp EDEN Sea Salt  
1 Tbsp organic sesame butter,  
or organic sesame tahini  
2 Tbsp EDEN Barley Malt Syrup,  
or organic maple syrup  
2 Tbsp EDEN Kuzu Root Starch,  
dissolved in 3 Tbsp cold water  
2 tsp pure vanilla extract  
½ tsp EDEN ground cinnamon or grated nutmeg

Put quinoa, EDENSOY, and salt in a saucepan and bring to a boil. Cover and simmer for 20 minutes. Add sesame butter and syrup. Mix well. Add kuzu, stirring constantly until mixture thickens. Add vanilla and spices. Top with your choice of chopped nuts, roasted seeds or fruit. Delicious warm or chilled.

Per serving 349 calories, 9g fat (23% calories from fat), 14g protein, 53g carbohydrate, 12g fiber, 0mg cholesterol, 147mg sodium



Sweet

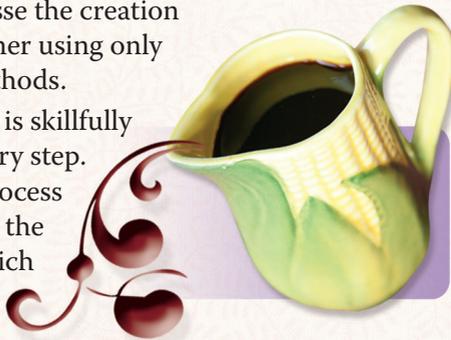


## Whole Grain Sweetness

EDEN Barley Malt Syrup is a very old traditional sweetener from methods that impart great value and mellow flavor. No additives of any kind whatsoever are used.

EDEN Barley Malt Syrup's sugars are solely from the barley's sprouting-created enzymes that convert complex carbohydrates into sweet simple sugars. Genetically engineered enzymes and dubious chemicals that speed up these processes are completely avoided. Artisan maltsters finesse the creation of this sweetener using only old-world methods.

Adulteration is skillfully avoided at every step. The patient process is rewarded in the barley malt's rich sweet taste.



## Ancient Malt Syrup

Malting is ancient. It converts whole grain into sweet syrup using only the miracle of the grain sprouting. Our Barley Malt is made of just two ingredients: 1. U.S.A. family farm organic whole grain malting Barley and 2. pure Water. Over 30 to 45 days the barley is • sprouted, converting carbohydrates to sugars • kiln roasted • cured • mashed and • reduced into thick sweet syrup. Its caramel flavor and malt fragrances add warm appeal to baked goods, glazes, sauces, and cereals.

Barley Malt sweetness does not stress us like refined sugars. It metabolizes slowly with a balance of nutrients. Its sugar profile is 76% maltose, 1 to 6% glucose, 6% sucrose, and 2% fructose. Use one-for-one to replace honey and molasses in recipes. To replace sugar, use ¼ cup less liquid for each cup of barley malt used.

## Banana Nut Muffins

(Malt Sweetened)

Serves 12 • Ready in 45 minutes

2½ cups organic whole wheat pastry flour  
2 tsp baking soda  
1 tsp non-aluminum baking powder  
½ tsp EDEN ground cinnamon  
½ tsp EDEN Sea Salt  
2 cups EDENSOY Original,  
or EDENSOY Extra Original  
2 Tbsp EDEN Extra Virgin Olive Oil  
2 Tbsp EDEN Brown Rice Vinegar  
¼ cup EDEN Barley Malt Syrup,  
or organic maple syrup  
2 tsp pure vanilla extract  
2 medium ripe bananas, mashed  
1 cup walnuts, chopped  
½ cup organic seedless raisins

Preheat oven to 350°. Stir dry ingredients together in a large bowl. In a separate bowl, combine liquids. Add dry ingredients to wet and stir. Fold in the bananas, walnuts, and raisins. Spoon into oiled muffin tin. Bake for 30 to 35 minutes.

Yields - 12 large or 32 small muffins

Per serving 183 calories, 5g fat (23% calories from fat), 6g protein, 32g carbohydrate, 4g fiber, 0mg cholesterol, 240mg sodium



## Oat Bars

Serves 24 • Ready in 30 minutes

2 cups EDEN Oat Flakes  
or any EDEN Whole Grain Flakes  
½ cup EDEN Barley Malt Syrup  
⅓ cup organic almond butter  
½ tsp EDEN ground cinnamon  
½ tsp pure vanilla extract  
½ cup EDEN Tamari Roasted  
Almonds, coarsely chopped

Place all ingredients in a mixing bowl. Moisten your hands slightly and mix all ingredients thoroughly. Moisten your hands repeatedly to prevent sticking, and form the mixture into equal sized balls or bars. No Bake! Arrange on a serving platter.

Walnuts, Pecans, Hazelnuts or any other nuts can also be substituted or combined in this recipe.

Per serving 85 Calories, 4g Fat (38% calories from fat), 3g Protein, 11g Carbohydrate, 2g Fiber, 0mg Cholesterol, 76mg Sodium

## Ginger Snap Cookies

Serves 24 • Ready in 25 minutes

2½ cups organic whole wheat pastry flour  
1 tsp non-aluminum baking powder  
1 tsp baking soda  
½ tsp EDEN Sea Salt  
1¼ tsp ground ginger  
¾ tsp EDEN ground cinnamon  
¾ cup organic maple syrup  
3 Tbsp EDEN Barley Malt Syrup  
1 tsp pure vanilla extract  
½ cup EDEN Extra Virgin Olive Oil  
or EDEN Safflower Oil

Preheat oven to 350°. Mix all dry ingredients together. Mix all wet ingredients together. Combine the dry and wet ingredients and mix well. Lightly oil two baking sheets. Scoop out 1 tablespoon of cookie dough for each cookie and place them 1 inch apart on the cookie sheets. Bake 15 minutes until lightly browned on the bottom. Remove and allow to cool on a cookie rack.

Makes 2 dozen cookies

Per serving 75 calories, 5g fat (54% calories from fat), 0g protein, 9g carbohydrate, 0g fiber, 0mg cholesterol, 111mg sodium



## Caramel Corn Mix

Serves 8 • Ready in 22 minutes

½ cup EDEN Popcorn  
3 Tbsp EDEN Extra Virgin Olive Oil  
½ tsp EDEN Sea Salt, optional  
8 oz EDEN Quiet Moon,  
or EDEN Wild Berry Mix  
½ cup EDEN Barley Malt Syrup  
½ cup organic maple syrup

Pop the corn per package directions. Put the popped corn in a large mixing bowl with the snack mix. Bring the syrups almost to a boil in a small saucepan. Reduce flame to low and simmer 5 to 7 minutes, stir often. Pour hot syrup over the corn/snack combination and mix it to evenly coat.

Preheat oven to 350°. Spread the mixture on a large baking sheet and bake 3 to 5 minutes. Over baking will burn the syrup! Immediately remove the caramel corn from the sheet to prevent sticking to the sheet and place it in a serving bowl.

Per Serving 349 Calories, 27g Fat (53% calories from fat), 10g Protein, 44g Carbohydrate, 6g Fiber, 0mg Cholesterol, 185mg Sodium



## Pure EDEN Sweetness

- U.S.A. family farm organic grain
- Traditional – no test tube enzymes
- Sugar sweet that metabolizes