



Wellnesssleuth Recipes

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delicious food

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CASTAGNACCIO – TRADITIONAL TUSCAN CHESTNUT FLOUR CAKE

INGREDIENTS:

Ingredients:

1/3 c. raisins, divided

2 T. fresh rosemary leaves

3 c. chestnut flour, sifted

1 2/3 c. lukewarm water

2 T. honey*

2 T extra virgin olive oil

***¼ c. chopped walnuts,
divided***

¼ c. pine nuts, divided

****Honey is optional. Use
more or less honey
depending on level of
sweetness desired.***

DIRECTIONS

- ***Directions:***

- ***Soak raisins and rosemary leaves in a small bowl of lukewarm water. Set aside.***

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- ***Position oven rack to center position. Preheat oven to 350°F and grease a 9” pie pan with olive oil or non-stick cooking spray. Set aside.***

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- ***In a large bowl, combine chestnut flour, water, honey, and olive oil with a fork. Continue stirring until a smooth batter forms. If batter is too thick, add another tablespoon or two of water to thin slightly.***

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- ***Drain raisins and rosemary leaves and pat dry. Add half of the raisins, walnuts, and pine nuts to batter and stir to combine.***

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- ***Pour batter into prepared pie pan and spread with a spatula to form a smooth, uniform layer. Evenly distribute rosemary and remaining raisins, walnuts, and pine nuts on top of batter.***

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- ***Place pan in pre-heated oven and bake for 30-35 minutes or until the top is dried and starting to crack.***

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- ***Remove from oven and cool slightly before cutting into thin slices and serving. Enjoy!***

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**GRILLED
POLENTA
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)