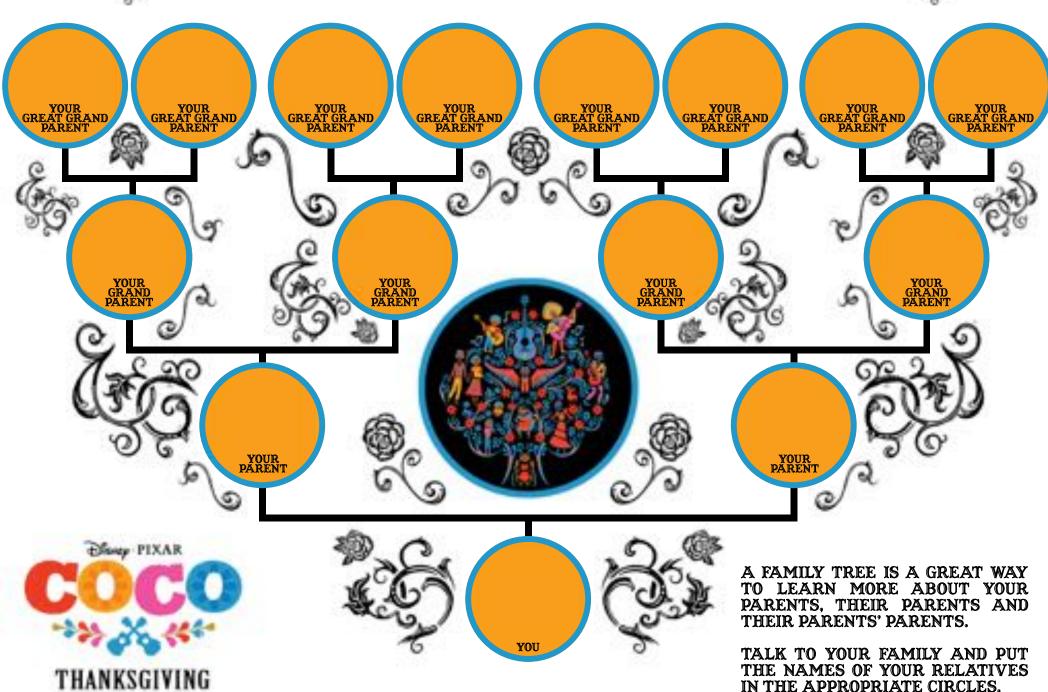








YOUR FAMILY TREE



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Pan de Muerto & Hot Chocolate

Family

What You'll Need:

Pan de Muerto (Servings: 6)

- ¼ cup unsweetened applesauce
- 1/2 cup mashed bananas
- · 2 tsp maple syrup
- 2 tsp aniseed
- 1 tbsp orange zest
- ½ tsp salt
- · 2 eggs
- 1/2 cup water
- · 3 cups whole wheat flour
- 1 packet of yeast

Glaze

- ½ cup orange juice
- 1 tbsp maple syrup
- Sprinkle of beetroot sugar
- Natural food coloring (varied)

Hot Chocolate (Servings: 2)

- 2 cups of non-fat milk
- 2 tbsp unsweetened cocoa powder
- 1 tbsp bittersweet chocolate chips
- 2 tsp sugar
- 1/4 tsp cinnamon
- 2 pinches of cayenne pepper
- Garnish Cinnamon stick, star anise, and sprinkle of cinnamon

How to Make It:

Pan de Muerto

- In a large bowl, whisk together 1/3 cup of flour, aniseed, applesauce, bananas, and maple syrup.
- In a separate bowl, combine water, eggs, and orange zest. Pour into dough mixture, adding an additional 1/3 cup of flour and whisking to combine.
- Add another 1/3 cup of flour, along with packet of yeast, and combine with a whisk.
- Add 2 cups of flour, and stir with a wooden spoon (dough will start to thicken).
- Cover bowl with a dampened towel, and let sit to rise for one hour.
- Sprinkle flour on your hands, and form 6 balls of dough, setting them on a baking
- Save about $\frac{1}{6}$ of the dough, using the remaining dough to form a criss-cross shape on top of each loaf.
- Cover with plastic wrap, and let rise for another 45 minutes.

- 9 Bake for 30 minutes.
- While cooling, make a glaze by combining maple syrup and orange juice in a small saucepan. Heat the glaze in a saucepan until completely combined and simmering.

Use a brusher to glaze the Pan de Muerto, and finish off with a sprinkle of beetroot sugar to serve.

Hot Chocolate

- Place milk, cocoa powder, maple syrup, and bittersweet chocolate in a small
- Heat on medium heat, and whisk together until smooth.
- Add in cinnamon and cayenne pepper, and whisk again.
- Continue to heat on medium until the hot chocolate becomes fragrant.
- 5 Serve with garnishes and enjoy!





