



Lifestyle Cookbook



BETTER HEALTH. BETTER LIFE.

9325 World Mission Drive
Loveland, CO 80538
(970) 669-7730

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Juicing Schedule

Every Day at 6:30 p.m. there is a Vegetable Broth served.

Monday - Juice Day

7:30 a.m. 8 oz. Glass per Guest – 4 medium Carrots, ¼ medium Green Apple, 1 stalk Celery, & ½ Lemon

Green Barley Supplement – 1 tsp. Green Barley, ½ tsp. Vitamin C powder with bioflavonoids, ½ tsp. liquid Vitamin B, ½ pinch stevia, 2 oz. water

9:30 a.m. 8 oz. Glass per Guest - 1 Green Apple, 1 Celery Stalk, 1 cup Spinach, 1 Tbsp. Cilantro, ¼ Lemon, 1 slice Ginger

Glass Jar - Protein Supplement – 2 tsp. Protein Powder, 2 tsp. Coconut Cream, 100 ml. Almond milk

11:30 a.m. 8 oz. Glass per Guest – 1 Green Apple, ½ cup diced Cucumber, 1 ½ cup Greens (Kale, Spinach, Swiss Chard, Mint), ½ Lemon

Green Barley Supplement – 1 tsp. Green Barley, ½ tsp. Vitamin C powder with bioflavonoids, ½ tsp. liquid Vitamin B, ½ pinch stevia, 2 oz. water

1:30 p.m. 8 oz. Glass per Guest - 2 Carrots, 1 Celery stalk, ½ medium Green Apple, ½ small Beet, 3 tsp. Lemon

Glass Jar - Protein Supplement - 1 tsp. Protein Powder, 1 tsp. Coconut Cream

3:30 p.m. 8 oz. Glass per Guest – 1 Green Apple, 1 Celery Stalk, 1 cup Spinach, 1 Tbsp. Cilantro, ¼ Lemon, 1 slice Ginger

Green Barley Supplement – 1 tsp. Green Barley, ½ tsp. Vitamin C powder with bioflavonoids, ½ tsp. liquid Vitamin B, ½ pinch stevia, 2 oz. water

Tuesday - Juice Day

7:30 a.m. 8 oz. Glass per Guest - 4 medium Carrots, ¼ medium Green Apple, 1 stalk Celery, & ½ Lemon

Glass Jar - Protein Supplement - 2 tsp. Protein Powder, 2 tsp. Coconut Cream, 100 ml. Almond milk

9:30 a.m. 8 oz. Glass per Guest - – 1 Green Apple, 1 Celery Stalk, 1 cup Spinach, 1 Tbsp. Cilantro, ¼ Lemon, 1 slice Ginger

Green Barley Supplement – 1 tsp. Green Barley, ½ tsp. Vitamin C powder with bioflavonoids, ½ tsp. liquid Vitamin B, ½ pinch stevia, 2 oz. water

11:30 a.m. 8 oz. Glass per Guest - 1 Green Apple, ½ cup diced Cucumber, 1 ½ cup Greens (Kale, Spinach, Swiss Chard, Mint), ½ Lemon

Glass Jar - Protein Supplement - 2 tsp. Protein Powder, 2 tsp. Coconut Cream, 100 ml. Almond milk

1:30 p.m. 8 oz. Glass per Guest - 2 Carrots, 1 Celery stalk, ½ medium Green Apple, ½ small Beet, 3 tsp. Lemon

Green Barley Supplement – 1 tsp. Green Barley, ½ tsp. Vitamin C powder with bioflavonoids, ½ tsp. liquid Vitamin B, ½ pinch stevia, 2 oz. water

3:30 p.m. 8 oz. Glass per Guest - – 1 Green Apple, 1 Celery Stalk, 1 cup Spinach, 1 Tbsp. Cilantro, ¼ Lemon, 1 slice Ginger

Glass Jar - Protein Supplement - 2 tsp. Protein Powder, 2 tsp. Coconut Cream, 100 ml. Almond milk

SAMPLE MENU: WEEK 1

Wednesday Breakfast - 7:30 a.m.

Red Lentils
Short-Grain, Brown Rice
Baked Zucchini
Fruits - Berries

Thursday Breakfast - 7:30 a.m.

Chickpea Waffles
Breakfast Kidney Beans
Fruit Berry Sauce
Stewed Apples
Fruits (Berries & Grapefruit)
Sprouts

Friday Breakfast - 7:30 a.m.

Quinoa with Almonds
Scrambled Tofu
Green Split-Peas
Fresh Fruit
Sprouts
Tomatoes
Steamed Garlic
Avocado

Sabbath Breakfast - 7:30 a.m.

Polenta
Split Mung Beans
UnSausages
Tomato Sauce
Sprouts
Tomatoes
Steamed Garlic
Fruits (Berries & Grapefruit)

Sunday Lunch - 1:30 p.m.

Baked Potato
Butternut Squash
Black Beans
Special Salad: Tomato, Cucumber, Basil Salad
Ranch Dressing
Salad Bar

Wednesday Lunch - 1:30 p.m.

Mung Bean Noodles with Pesto
Black-Eyed Peas
Baked Tofu with Vegetables
Cucumber Mint Dressing
Salad Bar

Thursday Lunch - 1:30 p.m.

Cauliflower Cheesy Soup
Roasted Sweet Potatoes
Cornbread Muffins
Garlic Mayo Dressing
Garbanzo Bean Special Salad
Sprouts
Salad Bar

Friday Lunch - 1:30 p.m.

Green Lentils
Rice
Spinach/Carrot "Tofu-Young"
Asian Coleslaw
Garlic/Ginger Sauce
Tahini Dressing
Salad Bar
Steamed Garlic
Sprouts

[Continued on next page]

Sabbath Lunch - 1:00 p.m.

Haystacks:

Pinto Beans

Mozzarella Cheese (Vegan)

Chips

Rice

Guacamole

Salad

SAMPLE MENU: WEEK 2

Sunday Breakfast - 7:30 a.m.

Baked Oatmeal
Scrambled Tofu
Garbanzo Beans
Fresh Fruit (Berries & Grapefruit)
Almond Butter
Sprouts
Tomatoes
Steamed Garlic

Wednesday Breakfast - 7:30 a.m.

Sweet Potatoes
Green Lentils
Baked Zucchini
Fruits (Berries)

Thursday Breakfast - 7:30 a.m.

French Toast
Pinto Beans
Pear Cream Sauce
Stewed Apples
Fresh Fruit (Berries & Grapefruit)
Tomatoes
Sprouts
Steamed Garlic
Avocado
Almond Butter

Friday Breakfast - 7:30 a.m.

Chick-like Patties
Brazil Nut Gravy
Red Lentil Dahl
Fresh Fruit (Berries & Grapefruit)
Tomatoes
Sprouts
Steamed Garlic

Sunday Lunch - 1:30 p.m.

Zucchini Noodles
Tomato Sauce
Baked Soy Curls & Vegetables
Three Bean Salad OR Green Bean Salad
Avocado Dressing
Salad Bar
Steamed Garlic

Wednesday Lunch - 1:30 p.m.

Feijoada
Okra
Hearts of Palm Salad
Baked Yucca
Brazilian Salad Dressing
Salad Bar

Thursday Lunch - 1:30 p.m.

Raw Pizza
Yellow Lentils (Dahl)

Friday Lunch - 1:30 p.m.

Millet
Chana Masala Chickpeas
Greek Salad
Garlic Mayo
Salad Bar

Sabbath Lunch - 1:00 p.m.

Spinach Tofu Lasagna
Asparagus or Brussel Sprouts
Special Meatballs with Mozzarella Cheese
Salad Bar
Ranch Dressing
Chia Vanilla Pudding

Sabbath Breakfast – 7:30 a.m.

Chickpea Waffles
Northern Beans
Fruit Berry Sauce
Stewed Apples
Fresh Fruit in Cups
Tomatoes
Sprouts
Steamed Garlic
Almond Butter

Sunday Breakfast - 7:30 a.m.

Baked Oatmeal
Scrambled Tofu
Split-Mung Beans
Fresh Fruit (Berries & Grapefruit)
Almond Butter
Sprouts
Tomatoes
Steamed Garlic

How to Cook Beans (Stovetop)

NAME	FACTS	NUTRIENT VALUE	COOK 1 CUP WITH...
Adzuki Beans	Known as “King of Beans” in Japan. Brought to N.A. in the 1850’s. Small, oval. ¼” long, dark brown or purple.	Good source of protein and minerals. Useful for kidney ailments. More digestible than most beans.	4 c. water 60 min. Yield 3 cups. Excellent with rice, in chili, or in bean salad as a side dish.
Black-Turtle Beans	Latin American origin, very versatile, especially tasty with a soft, creamy texture.	Good source of zinc. Lower in fiber than most beans.	4 c. water 1-1 ½ hours. Yield 2 ½ cups. Use in chili, soups, salads & refried dishes.
Black-eyed Pea/Bean	Originally from China. A bean, not a pea. Black spot (eye) identifies this versatile, white colored bean.	Good source of B-complex, vitamins. Average protein content.	4 c. water 60 min. Yield 2 cups. Do not need pre-soaking. Good in salads casseroles, mixed with cooked greens.
Broad/Fava Beans	From ancient Egypt. A large, light brown bean with a tough skin that may best be removed after cooking.	Similar to most other beans being a good source of calcium, iron, and phosphorous.	4 c. water 1 ½ hr. Yield 2 cups. Use like Lima beans, in salads, casseroles. Puree cooked beans as a spread.
Chickpea/Garbanzo	Cultivated since 5,000 B.C. Popular worldwide. Normally tan color, medium sized, and very versatile.	Excellent source of many nutrients—calcium, potassium, phosphorous, iron, vitamins. Very high in folic acid.	4 c. water 1 ½-2 hr. Yield 2 cups. Use in salads, casseroles, soups. Puree, add lemon, garlic sesame oil or tahini for hummus.
Great Northern	A medium sized white bean, famous in baked bean dishes. Mild flavor.	Good source of protein and carbohydrates. Low in fat.	3 c. water 1 ½-2 hr. yield 2 cups. Use in baked beans, casseroles, soups, stews.
Kidney	Popular bean with distinctive red color and shape, robust flavor.	Tops in nutrients with low fat, high protein and very high fiber.	3 c. water 1-1 ½ hr. Yield 2 cups. Use in bean salads, chili, casseroles, soups.
Lentil	Related to peas from ancient Asia. Delicious and nutritious, staple for millions.	Easily digested, rich supply of minerals, vitamins A and B-complex. Only a trace of fat. Very high fiber content.	3 c. water, 30-40 min. Yield 2 ¼ cups. No pre-soaking needed. Use in soups, stews, gravies, casseroles, salads.
Lima Bean (Butter)	History traces back to the Incas. This “aristocrat of beans” has a distinctive flavor and light green color.	Good source of protein and minerals. May be more difficult to digest, for some, than other beans.	2 c. water 1-1 ½ hr. Yield 2 cups. Use in salads, soups, casseroles, side dishes, whole or mashed.
Mung Bean	From India and China—this small, green bean is most often seen as bean sprouts in Chinese cuisine.	Used therapeutically for detoxifying properties. High in nutrients, low in calories and fat. Easy to digest.	3 c. water 45-60 min. Yield 2 cups. Use in stews, soup, or casseroles. Add to millet or rice dishes.
Navy Pea/Bean	Similar to Great Northern, but smaller. White bean used in traditional baked beans.	Similar to Great Northern, but higher in a number of minerals.	2 c. water 1 ½ - 2 hr. Yield 2 cups. Use in baked beans, casseroles, stews, soups.
Peas, split or whole	Normally eaten fresh—dried green peas are a good diet choice, particularly split ones in soups.	Highly digestible and a good source of protein.	3 ½ c. water 60 min. for whole peas or 30 min. for split. No soaking needed. Excellent in soup or pureed.
Pinto Beans	Popular in Mexican dishes, this brown, speckled bean is widely used.	Good source of potassium, iron, calcium, and protein. High in folic acid.	3 ½ c. water 1 ½ - 2 hour. Yield 2 cups. Use in chili, soups, refried dishes.
Soy Beans	This yellowish bean from China is the most widely cultivated bean in the world. Versatile and used in different ways. The cooked whole bean is the least popular form, however.	Exceptional! Contains all eight essential amino acids. They are high in B vitamins, protein, phosphorous, potassium and calcium. Good source of lecithin.	4 c. water 3 hrs. Yield 2 cups. Must be well cooked. Eat tofu and try soy nuts as a snack. Add soy grits or TVP (textured vegetable protein) to soups, casseroles, or stews.

Beans

How to Cook Beans: Soak overnight. Rinse well. Cook with ample water, about 2 inches covering the beans. Season with garlic (sauteed in water or coconut oil). Salt to taste. Variations: Cilantro, smoked paprika or parsley can be added.

Black Beans

[Serves:6]

Ingredients

3 cups	Black Beans (soaked overnight & well-washed)
½ tsp.	Roasted Garlic, pg. 104
½ tsp.	Onion Powder
½ cup	Fresh Cilantro
1	Peeled Tomato
Pinch	Cayenne Powder
Pinch	Smoked Paprika
	Salt to taste
	Water

Directions

Cook beans for 55 minutes in an Instant pot, covered by water (water should reach 1 ½ in. above the beans). Once Instant Pot is done cooking the beans, add the seasonings & simmer in a pot on the stove for about 1 hour. To thicken the sauce, smash some of the beans.
Serves 6.

Black-Eyed Peas/Beans

[Serves:6]

Ingredients

3 cups	Black-Eyed Beans
2 Tbsp.	Onion, diced
2	Tomatoes, mashed
1 ½ tsp.	Salt
1 tsp.	Basil, fresh
1 tsp.	Roasted Garlic, Pg. 104
2	Bay Leaves

Directions

Cook beans for 35 minutes in an Instant pot (add 2 Bay leaves to the Instant Pot & remove after cooking), covered by water (water should reach 1 ½ in. above the beans). Once Instant Pot is done cooking the beans, add the seasonings, tomato & onion & simmer in a pot until onion & tomatoes are cooked. To thicken the sauce, smash some of the beans.

Garbanzo Beans, Chickpeas

[Serves:6]

Ingredients

3 cups Garbanzo Beans
(soaked overnight &
well-washed)
1 Peeled & Sautéed
Tomato
2 stalks Celery, chopped &
sautéed
½ tsp. Roasted Garlic
1 tsp. Onion Powder
Pinch Cayenne Powder
Salt to taste.
Water

Directions

Cook Chickpeas for 18 minutes covered by water (water should reach 1 ½ in. above the chickpeas). Once the Instant pot is done cooking the chickpeas, add the sautéed tomatoes & celery (sauté both of the veggies together) & simmer in a pot on the stove for about 45 minutes.

Green Split-Peas

[Serves:6]

Ingredients

2 cups Green Split Peas
4 Cups Water
½ tsp. Garlic Powder
½ tsp. Onion Powder
2 Tbsp. Fresh Cilantro
Salt as needed

Directions

Cook Green Split Peas in a pot on the stovetop for about 30 minutes. Add seasonings.

Fejoada (Brazilian Beans)

[Seves: 8]

Ingredients

3 cups Black Beans
2 cups Eggplant, peeled & diced
2 Medium carrots
¼ cup Green onions, chopped
½ tsp. Roasted Garlic, Pg. 104
¼ tsp. Oregano
Pinch Cayenne
2 cups Baked tofu recipe (Pg. 96)
1 cup Cilantro, fresh
Salt as needed

Directions

Soak beans overnight. Cook for 55 minutes in an Instant Pot.

Dehydrate eggplant for 10 minutes at 375°F.

Peel, slice and saute carrots in water for 4 minutes.

Mix everything together and keep simmering in the pot for ½ hour.

Savory Brown Lentils

[Serves: 4]

Ingredients

1 cup Brown lentils
1 Bay leaf
When soft, strain and add:
½ cup Water
1 tsp. Salt
½ Onion, diced
2 cloves Garlic, minced
1 tsp. Italian herbs
1 tsp. Miso

Directions

Cover lentils with water and bring to a boil. Turn heat to low and simmer with lid on, until soft.

Add seasonings and sauteed onions and garlic. Mix well. Heat through and serve.

Green/ Yellow Lentils

[Serves:6]

Ingredients

3 cups	Lentils
6 cups	Water
1 tsp.	Roasted Garlic, Pg. 104
½ cup	Yellow Onion
1 tsp.	Nutritional Yeast Flakes
1 cup	Celery, diced
½ cup	Tomatoes, diced
	Salt as needed

Directions

Cook lentils in water until tender. sauté vegetables separately in water & then add to lentils with seasonings. Cook for another ½ hour low heat simmer.
Serves 6.

Red Lentil Dahl

[Serves:6]

Ingredients

3 cups	Red lentils, rinsed 4 times
	Salt
1 tsp.	Turmeric
2 tsp.	Italian herbs

Directions

Bring lentils to a boil and rinse again. Cover with fresh water, add remaining ingredients & cook on low heat for 15 minutes.

Kidney Beans

[Serves:6]

Ingredients

3 cups	Kidney Beans (soaked overnight & well-washed)
1 tsp.	Roasted Garlic
1 tsp.	Onion Powder
2	Bay Leaves
2 Tbsp.	Green Onions
Pinch	Cayenne Powder
	Water

Directions

Cook beans for 35 minutes in an Instant pot with the Bay leaves in water (water should reach 1 ½ in. above the beans). Once Instant Pot is done cooking the beans, add the seasonings & simmer in a pot on the stove for about ½ an hour. Add green onions before serving.

Mung Beans (Split)

[3 cups serves: 6]

Ingredients

3 cups Mung Beans (Split)
1 tsp. Roasted Garlic, Pg. 104
1 tsp. Onion powder
¼ cup Onion, diced
1 tsp. Thyme, OR
½ tsp. Cumin, OR
1 tsp. Italian Seasoning
Salt to taste
Water

Directions

Wash & rinse very well. Remove all the foam you can as much as possible. Bring to a boil in a pot. Once boiling, remove from the heat to wash again to remove the foam (wash very well because there tends to be excess foam). Add seasonings (& sauteed onion) & bring to a boil again with 1 inch of water covering beans. Cook on low heat until tender.

Northern Beans

[Serves:6]

Ingredients

3 cups Northern Beans
(soaked overnight &
well-washed)
1 tsp. Roasted Garlic, pg. 104
½ tsp. Onion Powder
2 Bay Leaves
2 Tbsp. Basil Leaves
Pinch Cayenne Powder
½ tsp. Paprika
1 Tomato (peeled & smashed)
Water

Directions

Cook beans for 30 minutes in an Instant pot with the Bay leaves in water (water should reach 1 ½ in. above the beans). Once Instant Pot is done cooking the beans, add the seasonings & simmer in a pot on the stove for about ½ an hour. Add basil leaves before serving.

Meatless Chili

[Serves: 6-8]

Ingredients

4 cups Red kidney beans, cooked
2 Onions, chopped
2 ½ cups Tomatoes, chopped
1 cup Celery, finely chopped
1 cup Carrot, finely chopped
2 cups Tofu, diced - Baked
1 tsp. Cumin
2 tsp. Salt
1 tsp. Turmeric
2 cloves Fresh garlic
½ cup Coconut oil
1 Tbsp. Tomato paste

Directions

Soak Soy curls in chicken style broth until softened. sauté onion & garlic in water until onions are translucent. Add tomatoes, celery & carrots. Gently simmer for ½ an hour. Add kidney beans, soy curls, turmeric, cumin & salt. Simmer for another half an hour. Option: Add 2 tbsp olive oil before serving.

Quinoa Chili

[Recipe serves 10 people]

Ingredients

5 cups Broth
1 sm. can Tomato paste
1 lg. can Tomatoes, crushed
5 cups Beans, cooked
1 Onion chopped
1 sm. can Green chilis, diced (opt.)
5-8 cloves Garlic, minced
1 Tbsp. Paprika
1 Tbsp. Cumin
1 Tbsp. Chili powder (Pg. 113)
½-1 cup Corn, frozen
When boiling, add:
1/2 cup Quinoa

Directions

Broth: 5 cups water, 5 Tbsp. of Jennie's Chicken-Style Seasoning (Pg. 114).
Beans can be pinto, black, northern or a mix.
Cook until quinoa is done, about 20 minutes.
Add more broth if needed.

Salt to taste.

Pinto Beans

[Serves:6]

Ingredients

3 cups Pinto Beans
(soaked overnight &
well-washed)
1 tsp. Roasted Garlic, pg. 104
1 tsp. Onion Powder
2 Bay Leaves
2 Tbsp. Green Onions
Pinch Cayenne Powder
Water

Directions

Cook beans for 35 minutes in an Instant pot with the Bay leaves in water (water should reach 1 ½ in. above the beans). Once Instant Pot is done cooking the beans, add the seasonings & simmer in a pot on the stove for about ½ an hour. Add green onions before serving.

Bread & Alternatives

Bread Maker - Sourdough Bread

[Serves:6]

Ingredients

2 cups Warm water
1 tsp. Salt
2 tsp. Oil
1 cup Starter
5 cups Gluten Free Flour

Starter Recipe:

1 Tbsp. Yeast
1 Tbsp. Sugar
1 cup Warm Water

Directions

Place water, salt, oil and starter in a tin. Pour flour on top. Set the bread maker on a 5-hour cycle or a 12-hour cycle overnight.

When completed, bake at 350°F for another half hour in the oven.

Chickpea Waffles

[Yields: 10]

Ingredients

2 ¼ cups Water
1 cup Chickpeas, soaked
1 cup Millet, dry
¾ tsp. Salt

Directions

Liquefy in a blender; bake in waffle-iron for approximately 12 minutes.

Cornmeal Muffins

[Yields: 20]

Ingredients

1 ½ cups Chickpeas, soaked
1 ½ cups Dates
3 cups Water
½ tsp. Salt
1 ½ cups Oats
1 ½ cups Cornmeal
¼ cup Coconut
½ cup Raisins (optional)

Directions

Blend chickpeas, dates & water. Then pour into a bowl & mix with the rest of the ingredients. Pour into oiled muffin trays & bake at 350°F for one hour or until golden.

Cornbread

[Serves:8]

Ingredients

Blend the following and pour into mixing bowl:

2 cups Corn kernels
2 cups Water

Add and stir well:

1 tsp. Salt
¼ cup Oil

Add and mix:

1 cup Polenta

Directions

Pour into a greased loaf pan.

Bake at 350°F for 45-60 minutes until firm.

Most Delicious Cornbread

[2 recipes makes 55 small muffins]

Ingredients

1 cup	Gluten-free flour
1 cup	Corn meal
1 Tbsp.	Baking powder
1 tsp.	Tapioca Starch (or flour)
1 tsp.	Salt
1 ½ cup	Almond or Soy milk
2 Tbsp.	Honey
¼ cup	Avocado Oil
½ cup	Corn, frozen
Opt:	
1 Tbsp.	Tahini

Directions

Preheat the oven to 350°F. Mix together the dry ingredients. (Bob Mills 1:1 Baking flour is recommended. Cornmeal or corn grits will work.)

In a separate bowl, thoroughly stir wet ingredients, then combine with dry ingredients.

Grease muffin pans with coconut oil. Fill to the top & bake for 25 minutes (on the bottom oven rack). After, bake for another 10 minutes more on the top oven rack so they can golden.

Crispy Oat Crackers

[12 Servings]

Ingredients

2 cups	Quick oats, ground fine
¾ cup	Brown rice flour
¼ cup	Buckwheat flour
¼ cup	Quinoa flour
1 tsp.	Salt
½ cup	Brazil nuts, chopped fine
¼ cup	Walnuts, chopped
⅓ cup	Avocado Oil
¾ cup	Ice water

Directions

Preheat the oven to 350°F.
In a mixing bowl, combine dry ingredients.

Emulsify oil & water with a fork or immersion blender.

Add wet to dry ingredients. Mix well with your hands. Oil or spray a 10 x 15 cookie sheet. Use a roller or glass jar to roll dough out thin. Score into crackers.

Bake for 30 – 45 minutes, until nice & crispy. Set timer for 30 minutes & remove outer crackers first as they brown more quickly than those in the center. Return to the oven & watch carefully for 10 or more minutes, as needed. Remove crackers & let them cool. These may be frozen.

Millet Burger Buns, Pizza Crust, & Dinner Rolls

*Note: ALL the cups, tablespoons and teaspoons are leveled amounts, which means a flat knife slid across the top to level it off.

2 ½ cups	Millet flour
1 cup	Tapioca flour
½ + ⅓ cup + 1 T.	Flaxseed meal
6 Tbsp.	Chia seed meal
⅓ cup	Whole psyllium seed husks (ground psyllium seed husks does NOT work)
3 Tbsp.	Cane sugar, organic
1 ½ Tbsp.	Dry instant yeast or quick rising
1 tsp.	Sea salt

Mix the ingredients above together in a bowl, until thoroughly mixed.

¼ cup	Avocado oil (light, not extra virgin)
2 cups	Hot water (110-115°F)

Add the wet ingredients above and stir quickly, but gently. Set aside for 30 minutes in a warm place to allow flour to absorb and for the dough to start rising.

Preheat the oven to 400°F. Flour your hands and gently knead—should take no more than 30 seconds of kneading. It should now have a nice, moldable texture, not too sticky. If too sticky add a couple of tablespoons of flour.

Burger Buns: (Yields: 8)

Divide the dough evenly into 8 balls, shaping them into 4" round buns and place them on an oiled baking sheet.

Let rise for 15-25 minutes in a warm place, until size doubles. The heat from the oven helps it rise and then your oven is ready when the rising is finished.

Bake for 30 minutes. Remove from the oven and cool on a rack. Cool thoroughly before storing. Keep one week in the refrigerator or freeze for later use.

Pizza Crust: (Yields: 4 pizza crusts, 8-inch OR 2 pizza crusts, 12-inch)

Divide the dough evenly into 4 OR 2 balls. Flatten by hand on 8" or 12" oiled pizza pans and prick with a fork. **(Continued on next page)**

Let rise for 15-25 minutes in a warm place, until size doubles. The heat from the oven helps it rise and then your oven is ready when the rising is finished.

Bake for 7 minutes, then spoon pizza sauce on the crust and add your favorite pizza toppings. Bake at 350°F for an additional 15 minutes.

Dinner Rolls: (Yields: 18 dinner rolls)

Divide the dough evenly into 18 balls, rolling them into rolls and place them in an oiled 9"x13" baking dish.

Let rise for 15-25 minutes in a warm place, until the size doubles. The heat from the oven helps it rise and then your oven is ready when the rising is finished.

Bake for 40 minutes or until the toothpick comes out clean. Remove from the oven and cook on a rack. Serve warm. Cool thoroughly before storing. Will keep up to 7 days in the refrigerator or freeze for later use.

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Nutty Pie Crust

[Yields: 1 medium crust]

Ingredients

1 cup Dates (soaked in ½ cup boiling water)
1 cup Walnuts
1 cup Fresh gluten free breadcrumbs

Directions

Blend all ingredients into a thick paste. Press into a baking tray about ½ inch thick & bake for approximately 15 minutes at 350 - 400°F.

Pizza Crust

[Serves:9]

Ingredients

1 cup	Millet (soaked overnight)
1 cup	Quinoa (soaked overnight)
1 ½ tsp.	Salt
¾ cups	Water
1 Tbsp.	Nutritional Yeast
1 tsp.	Onion Powder
1 tsp.	Garlic Powder
¼ cup	Refined Coconut Oil
1 pinch	Cayenne Pepper

Directions

Rinse & drain the millet & quinoa. Blend with water very well. Add remaining ingredients & blend lightly. Preheat the oven at 350° F. Pour mixture on a sprayed baking sheet lined with parchment paper. Bake for 20 minutes.

Seed Crackers

[Serves:6]

Ingredients

½ cup	Sunflower seeds
½ cup	Pumpkin seeds
¼ cup	Flax seeds
¼ cup	Chia seeds
¼ cup	Sesame seeds
1 cup	Water
½ tsp.	Salt

Directions

Soak for 15-30 minutes. Spread to desired thickness.

Bake 300°F for 30 minutes. Cut and bake an additional 20-30 minutes until brown.

Sesame Flaxseed Crackers

[Serves:6]

Ingredients

1 cup	Quinoa flour
¾ cup	Buckwheat flour
6 Tbsp.	Sunflower seeds, ground
6 Tbsp.	Sesame seeds
3 Tbsp.	Flaxseed meal
¼ tsp.	Salt
⅔ cup	Water
1 ½ Tbsp.	Honey
2 Tbsp.	Avocado oil

Directions

Preheat the oven to 350°F.
Mix all the ingredients until a firm ball is formed. Knead 3 minutes. Rest 20 minutes.
Divide into 2 lumps. Shape. Prepare 2 half sheet pans lined with either parchment paper or silicone mats. On a lightly oiled work surface, roll each piece of dough thinly into a rectangular shape to fill the sheet pan. Transfer the rolled dough carefully onto the prepared sheet pans. Using a pizza wheel, cut the rolled dough into shapes and sizes of your choice.
Bake for 10 minutes at 350°F. Rotate if necessary and bake another 10 minutes or until the crackers are deep brown.

Sourdough Bread

[Yields 2 Loaves]

Ingredients

6 cups	Gluten free Flour
2 tsp.	Salt
3 cups	Water
1-2 cups	Sourdough Starter, pg. 28

Directions

Put 3 cups of water (very hot water for a 2-hour rise, or cold water for a slow 6–8-hour rise) in a bowl with starter and salt. Add flour and mix well. (3 ½ cups gluten free flour, 1 cup corn, 1 cup rye, ½ cup sesame, or any combination of flour can be used.) Should not be stiff enough to knead, but not too moist that it falls apart.
Place in an oiled tin or line tin with plastic wrap. Place plastic wrap on top of tin and place it in the sun or a warm place to rise. Bake at 350°F for 1 ½ hours.

Sourdough Starter

Ingredients

¼ cup	Sourdough starter
2 cups	Gluten free flour
1 cup	Water

Directions

Mix well & put into a washed jar. Cover jar with plastic wrap. To make bread 1-2 times per week, keep the starter in the refrigerator.

Sourdough is the product of two microorganisms. The wild yeast makes the bread rise, & the bacteria, primarily lacto-bacilli, produces the sour flavor.

Lacto-bacilli produces the flavor by fermentation, which also prevents spoilage.

Fermentation is the process by which a variety of bacterial organisms act on food to reproduce a variety of different textures, flavors, and aromas.

Each culture is a mixture of several strains of yeast and lactobacilli, some leaven rapidly, some slowly, just as some are mild and some are strong.

You can capture your own wild culture by combining **2 cups of flour and 1 cup water**.

Mix well and cover with cheesecloth. Let this sit outside. Stir twice in 24 hours.

If you are successful, a 2-inch foam will form on the top of your mixture.

Unleavened Bread

[Serves: 12]

Ingredients

6 cups Gluten free flour
½ cup Avocado oil
2 tsp. Salt
3 cups Water

Directions

Mix all ingredients in a bowl. Then pour into an oiled tray and bake at 350°F for approximately 1 - 1 ½ hours.

White Quinoa & Red Lentil Crepes

[1 recipe makes 25 crepes - Serves 12]

Ingredients

1 cup Quinoa, raw
1 cup Red lentils, raw
2 cups Water
½ tsp. Salt

Directions

Soak overnight. Blend into smooth, crepe consistency. Add more water if needed. Spray a non-stick frying pan to cook the crepes.

Sun-Dried Tomato Crackers

[12 Servings]

Ingredients		Directions
4 cups	Golden flax seeds	In a large mixing bowl, soak your flaxseeds in 6 cups of water for around 30 minutes, or until gelled. In a small bowl, cover almonds in water & soak for 30 minutes. Put the sun-dried tomatoes in a separate bowl & soak in one cup of warm water, for 30 minutes.
½ cup	Almonds	
2 cups	Sun dried tomatoes, organic	After soaking, coarsely blend all ingredients together (including water from soak), except for flax seeds. This should create a thick paste. Add mixture & all other ingredients to the flax bowl, then mix thoroughly by hand. Spread the mixture evenly over dehydrator trays lined with wax paper, generally 3 heaping cups per dehydrator tray. Yields 3-4 trays. Dehydrate at 105°F for 2-3 hours, then remove trays. Place a new dehydrator tray, with just the mesh sheet & no wax paper, over the cracker, then flip them over. Gently peel off the wax paper. Dehydrate for an additional 6-8 hours or until dry. Break them up by hand or using a knife. Store in an airtight container.
4 cloves	Garlic, minced	
3 Tbsp.	Onion powder	
2 tsp.	Coarse sea salt	
1 Tbsp.	Italian herbs	
Pinch	Cayenne powder	
1 Tbsp.	Maple syrup, optional	
3 Tbsp.	Dried basil	
½ cup	Fresh parsley, minced	

Burgers

Lentil Burgers

[Serves 12]

Ingredients

1 cup	Dry lentils, well rinsed
2 ½ cups	Vegetable stock
3 Tbsp.	Coconut oil
½ med.	Onion, processed
1 med.	Carrot, processed
½ tsp.	Cayenne pepper
1 tsp.	Miso (optional)
¾ cup	Gluten free flour
¾ cup	Gluten free breadcrumbs
1 Tbsp.	Fresh mint, chopped
1 Tbsp.	Fresh oregano, chopped
3 cloves	Garlic, crushed
	Salt to taste

Directions

Place the lentils & vegetable stock in a saucepan; bring to a boil. Lower heat, cover & simmer for about 45 minutes, until nearly all liquid has been absorbed & lentils are very soft, with splitting skins. Cook onion & carrot in a small amount of water until soft.

Mix the lentils & seasonings in a large bowl,

then mix in the flour & breadcrumbs.

While still warm, form the lentil mixture into patties, which can be frozen, or cooked immediately & refrigerated.

Cook burgers on a baking sheet. Bake in the oven preheated to 400° F, until light brown, approximately 15 minutes.

Sunflower Burgers

[Yields: 30 – Serves 15]

Ingredients

4 cups	Carrot or potato, grated
1 ½ cups	Firm tofu, mashed
2 cups	Pecans
3 cups	Water
2 Tbsp.	Stock Powder (see recipe, pg. 115)
4 Tbsp.	Tomato paste
¾ cup	Whole meal or spelt flour
4 cups	Sunflower seeds
4 cloves	Garlic
1 lg.	Onion, finely chopped
1 ½ cups	Gluten free breadcrumbs
	Salt to taste

Directions

Blend sunflower seeds until fine & place in a mixing bowl.

Blend pecans until fine & add to sunflower seeds in a mixing bowl.

Squeeze moisture out of grated potato (if using). Combine all other ingredients & mix.

Scoop out into burger shape onto oiled baking tray & bake at 350°F. Turn burgers over after 20 minutes & continue cooking until golden brown.

Serve with tomato sauce or gravy. Excellent for freezing.

Walnut Olive Burgers

[Yields: 14]

Ingredients

1 cup	Walnuts, ground
1 can	Olives (1 cup minimum)
¼ cup	Water
3 ½ cups	Old-fashioned rolled oats
1 cup	Walnuts
1	Onion, quartered for blending
1 ¾ cups	Water
1 tsp.	Salt
½ tsp. each:	Sage, thyme, onion/garlic powders
¼ tsp.	Marjoram or oregano

Directions

You will use the blender three times. The texture of the burgers is dependent upon closely following the directions.

- 1) Blend the first cup of walnuts. Empty into a mixing bowl.
- 2) Puree olives with ¼ cup water. Empty puree into the mixing bowl with the ground walnuts.
- 3) Add the rolled oats to the mixing bowl.
- 4) Blend the rest of the ingredients until smooth & add to the mixing bowl, stirring thoroughly. Let rest 15-20 minutes. Preheat the oven to 350°F. Lightly spray two cookie sheets or line with parchment paper. Form burgers using a ¼ measuring cup. (For perfect form & height, use a Mason canning ring & seal to form patties. It is slower, but the presentation is superior.) Bake the first side for 25 minutes. After turning burgers, bake the second side for 15 minutes. Serve as a main dish with gravy or as a “garden” burger. Delicious!

Butters & Cheeses

Alfredo Cheese Sauce

[Serves 6]

Ingredients		Directions
1 ½ cups	Water	Blend & cook.
½ cup	Navy beans, cooked	
½ cup	Cashews	
¼ cup	Nutritional yeast (optional)	
3 Tbsp.	Lemon juice	
3 Tbsp.	Instant Clearjel	
1 ½ tsp.	Salt	
½ tsp.	Garlic	

Love Your Heart Butter

[Serves 6]

Ingredients		Directions
1 cup	Cornmeal mush	Cornmeal Mush: 1 cup boiling water + ⅓ cup fine cornmeal—boil on low heat, stirring occasionally until cooked or cooked grits/yellow polenta—may use leftovers, just warm & proceed with recipe.
1 tsp.	Salt	
½ - ¾ cup	Water, depending how thick you want the butter	
⅓ cup	Coconut milk	
2 Tbsp.	Olive oil	*Note: If using cornmeal, add a small bit of carrot to achieve the yellow color.
		Place all ingredients into a blender & blend well, until smooth & creamy. Place in a container & cool. Will keep up to 7 days in the refrigerator.
		Tasty Tip: If you don't want to use coconut milk, you can use ½ cup cashews (rinsed) or ½ cup sunflower seeds.

Vegan Butter

[Serves:8]

Ingredients

8 Tbsp.	Almond flour
10 Tbsp.	Water
1 ½ tsp.	Nutritional yeast
½ - 1 tsp.	Salt
1 tsp.	Lime
4 Tbsp.	Olive Oil
1 cup	Coconut Oil, refined

Directions

Blend almond flour, water, nutritional yeast, salt & lime until no longer grainy.

Pour in oils, then blend on full speed until velvety smooth & light, 2 minutes minimum.

Pour into a container, then place in the refrigerator to set. (This may take several hours.)

Raw almonds can be used in place of almond flour. Place ½ cup raw almonds into boiling water for approximately 30 seconds. Drain, then pinch to peel the skin off.

Layer evenly on a cookie sheet & dry overnight in the oven (turned off).

In the morning, put almonds in a blender & blend until you have a flour.

Cheese Sauce with Pimiento

[Serves 8]

Ingredients

⅓ cup	Raw cashews
2 cups	Water
2-4 Tbsp.	Pimientos
1 Tbsp.	Onion powder
1 Tbsp.	Fresh lemon juice
1 tsp.	Salt
¼ cup	Nutritional yeast (optional)
½ - 1 Tbsp.	Garlic powder

Directions

Blend until smooth. Cook on medium heat, stirring constantly until thickened.

Jededias' Cheese

[Serves 8]

Ingredients

1 ¼ cups	Soy milk or yogurt (if milk add 1 tsp. lemon juice)
1 ½ cups	Coconut milk
3 Tbsp.	Cornstarch, non-GMO
1 ½ tsp.	Honey
1 tsp.	Onion powder
1 ½ - 2 tsp.	Salt
1 ½ Tbsp.	Tahini

Directions

Blend ingredients well. Cook, stirring constantly, until thickened. This makes a nice cheese for pizza.

Mozzarella Cheese

[Serves:8]

Ingredients

1 cup	Cashews, raw (soak in warm water at least one hour, then drain)
2 Tbsp.	Lemon juice, fresh
2 cloves	Garlic
1 ½ tsp.	Salt
2 cups	Water, <i>boiling</i>
1 Tbsp.	Tapioca starch
¼ cup	Nutritional yeast flakes

Directions

Blend until very smooth. Pour mixture into a pan & bring to a boil, over medium-low heat. Cook, stirring constantly.

Pumpkin Seed Cheese

[Serves:6]

Ingredients

2–3 cloves	Garlic, large
1½ –2 cups	Pumpkin seeds, raw
4-5	Juice of limes, fresh
1 tsp.	Cayenne pepper
1 tsp.	Cumin powder
Dash	Sea salt or Himalayan salt to taste
1 Tbsp.	Nutritional yeast flakes (optional)

Directions

A delicious, 100% vegan raw food cheese. Grind the dry pumpkin seeds & put aside. Then, chop/grind the fresh garlic.

Add the ground pumpkin seeds again, squeeze in the fresh lime & add the spices. Grind again.

The consistency should be moist; if still dry, add more lime juice. This dip tastes best if left to sit overnight.

You can also add yeast flakes for some extra B vitamins & cheesy taste.

Dressings

Avocado Dressing

[Serves:8]

Ingredients

1 medium Avocado
2 Tbsp. Lemon Juice
Salt to taste
¼ tsp. Garlic
2 cups Water

Directions

Blend all ingredients until smooth.
Pour over salad just before serving.

Avocado Salad Dressing

[Serves:8]

Ingredients

3 cloves Garlic
2 Avocadoes
½ cup Olive Oil
3 Green Onions
½ cup Parsley
Fresh Dill, small handful
Fresh Basil, small
handful
3 Tbsp. Lemon Juice
2 tsp. Salt
2 cups Water (or more)

Directions

Blend all ingredients.

Brazilian Salad Dressing

[Serves:8]

Ingredients		Directions
3 cups	Brazil Nuts	Blend all ingredients except green onions (add for garnish & mix in after blending).
½ tsp.	Salt	
1 Tbsp.	Olive Oil	
1 tsp.	Honey (optional)	
¼ block	Tofu	
¼ tsp.	Garlic Powder	
½ tsp.	Onion Powder	
½ cup	Water (or more)	
3 Tbsp.	Lemon Juice	
2 Tbsp.	Green Onions	

Creamy Avocado Dressing

[Serves:8]

Ingredients		Directions
2 cups	Mayonnaise of choice	Blend all ingredients until smooth.
2 ripe	Avocados	
1 tsp.	Season salt	
¼ cup	Lime or lemon juice to taste	
½ cup	Water	

Creamy Cucumber Dressing

[Serves:8]

Ingredients		Directions
2 cups	Cucumber, washed, sliced & unpeeled	Blend all ingredients until smooth. Chill & serve. Enjoy! <u>Variation:</u> Add ½- 1 avocado, or to taste.
½ cup	Raw cashews, washed	
1 cup	Water	
3 Tbsp.	Fresh lemon juice	
1 tsp.	Garlic powder	
1 tsp.	Onion powder	
1 tsp.	Salt	

Cucumber Mint Dressing

[Serves:8]

Ingredients		Directions
1 cup	Water	Blend all ingredients until smooth. Enjoy!
1 cup	Cashews	
1 Large	Cucumber (peeled & seeded)	
2 Tbsp.	Mint	
2 Tbsp.	Lemon Juice	
1 tsp.	Salt	

Green Olive Dressing

[Serves:8]

Ingredients		Directions
2 Jars	Green olives, drained	Blend all ingredients until smooth. Chill.
1 cup	Water	
2 small	Garlic cloves or ¼ tsp	
	Garlic powder	
	Salt to taste	

Ginger Dressing

[Serves:8]

Ingredients

2/3 cup Milk alternative
2 lg. Carrots
2 Tbsp. Fresh Ginger
2 Tbsp. Lime juice
1 Tbsp. Honey (or ½ tsp. Stevia)
1 tsp. Salt
1 Tbsp. Bragg's Amino's
1 Tbsp. Chia seeds

Directions

Blend well in a Vita Mix type blender.

Italian Dressing

[Serves:8]

Ingredients

Blend the following well:

¼ cup Olive oil
2 Tbsp. Lemon juice
½ cup Water
½ tsp. Maple syrup
2 sm. cloves Garlic

Add and blend briefly:

1 Tbsp. Italian seasoning
1 Tbsp. Instant Clear Jel
1 ½ tsp. Sea salt

Directions

Will keep up to 5 days in the refrigerator.

Moikos Salad Dressing

[Serves:8]

Ingredients		Directions
¾ cup	Cashews	Blend all ingredients.
½ cup	Water	
2 Tbsp.	Lemon Juice	
½ tsp.	½ tsp. Salt	
½ tsp.	Thyme or oregano	
1 clove	Garlic	
½ tsp.	Onion powder	
1 Tbsp.	Dill	
1 Tbsp.	Parsley	

Pink Lady Dressing

[Serves:10]

Ingredients		Directions
2 cups	Carrots, cooked	Blend all ingredients.
1 cup	Beets, cooked	
3 cups	Water	
½ cup	Lemon juice	
1 cup	Cashews	
1 ½ Tbsp.	Onion powder	
1 Tbsp.	Garlic powder	
	Salt	
2 Tbsp.	Olive oil	

Pimiento Salad Dressing

[Serves:8]

Ingredients		Directions
2 cup	Pimientos	Blend all ingredients.
½ cup	Olive oil	
4 Tbsp.	Lemon juice	
2 Tbsp.	Mayonnaise	
2 Tbsp.	Vegan parmesan cheese	
3 cloves	Garlic	
½ Tbsp.	Basil	
	Salt to taste	

Ranch-Style Dressing

[Serves:6]

Ingredients		Directions
1 cup	Mayonnaise of choice (Sunny-Not Mayo, Pg. 117)	Mix all ingredients together in a small bowl. Serve with tossed salad or use as a dip.
1 Tbsp.	Lemon juice (optional)	
¼ cup	Water	
1 Tbsp.	Ranch-Style Dressing Mix (Below)	
<u>Ranch-Style Dressing Mix:</u>		
¼ cup	Onion powder	
2 Tbsp.	Dried Parsley Flakes	
1 Tbsp.	Poppy Seeds	
1 Tbsp.	Dried Dill Weed	
1 tsp.	Garlic powder	
2 tsp.	Dried Sweet Basil	
2 tsp.	Salt	

Red Cabbage Salad Dressing

[Serves:8]

Ingredients		Directions
1 ½ cup	Red cabbage	Blend all ingredients.
3 Tbsp.	Fresh parsley	
½ cup	Olive oil	
1 tsp.	Salt	
2 cloves	Garlic	
2 Tbsp.	Lemon juice	
	Water	

Thousand Island Salad Dressing

[Serves:8]

Ingredients		Directions
1 cup	Sunny Not Mayo (See pg. 117)	Mix together.
¼ cup	Green Olives, diced	
¼ cup	Pickles Relish	
1 small jar	Pimiento, chopped	
2 Tbsp.	White or Yellow Onion, chopped	
¼ tsp.	Salt	
1-2 tsp.	Capers, chopped	
1 tsp.	Tomato Paste	

Tahini Dressing

[Serves:8]

Ingredients

½ - ¾ cup Cashews
3 Tbsp. Lemon juice
¼-½ tsp. Maple syrup
1 cup Water
2 cloves Garlic, large
2 Tbsp. Tahini
Salt to taste

Directions

Place all ingredients in a blender & blend until smooth.

Jams & Sweet Creams

Pear Cream

[Serves: 8]

Ingredients

½ cup Brazil nuts
1-2 tsp. Vanilla
15 oz. can Pears in their own juice
Pinch of salt

Directions

Blend until smooth. Will keep up to 2 days in the refrigerator.

Currant Jam

[Serves:20]

Ingredients

Place the following ingredients in a saucepan & bring to a boil:

3 cups Grape juice
2 cups Currants

Mix:

3 Tbsp. Arrowroot
½ cup Water

Directions

Pour arrowroot mixture into the currants and juice, stirring constantly. Remove from the stove as soon as it starts to simmer.

Cool and serve. Will keep up to 5 days in the refrigerator.

Date & Apricot Jam

[Serves:20]

Ingredients

½ cup Dates
¾ cup Dried apricots

Directions

Place the ingredients in a saucepan and cover with water.

Bring to a boil and simmer until soft. Blend well or mash and serve.

Will keep 1-2 weeks in the refrigerator.

Almond Cream

[Serves:2]

Ingredients

1/4 cup Almonds
¼ cup Dates, soaked
¼ tsp. Vanilla
1 cup Water
Pinch of salt

Directions

Blend until smooth.

Leli Corn Cream

[Serves 6]

Ingredients

2 cups Corn, frozen
½ cup Coconut milk
½ cup Water
2 Tbsp. Rice flour
2 Tbsp. Avocado oil
1 clove Garlic
Salt
4 Tbsp. Coconut milk
Green onions, chopped

Directions

Blend half of the corn with coconut milk, water, rice flour, avocado oil and garlic.

Add the other half of corn.

Cook until creamy, then add coconut milk. Garnish with green onions.

Mocha Cream

[Serves: 6-8]

Ingredients

½ cup Sunflower seeds
¾ cup Dates, soaked
1 Tbsp. Carob powder
½ Tbsp. Caro
1 tsp. Vanilla
1 cup Water

Directions

Blend the ingredients until soft.

(Caro is a grain beverage, coffee substitute.)

Economical Cashew Cream

[Serves: 6]

Ingredients

½ cup Cashews
½ cup Soaked dates
1 cup Hot cooked polenta,
rice, or millet
2-3 cups Water
1-2 tsp. Vanilla

Directions

Blend well until velvety smooth. Good alternative to milk on breakfast dishes.

Will keep up to 2-3 days in the refrigerator.

Tofu Whipped Cream

[Serves: 6]

Ingredients		Directions
1/3 cup	Olive oil	Blend ingredients well.
1/3 cup	Water	
	Juice of 1 lemon	
1 tsp.	Vanilla	
10 oz.	Silken tofu	
1 Tbsp.	Maple syrup or 1/4 tsp. stevia	
1/4 tsp.	Salt	

Special Nut Cream

[Serves: 4]

Ingredients		Directions
1 cup	Cashews	Cover with water and blend well.
1-2 tsp.	Vanilla	
2 Tbsp.	Maple syrup	
	Pinch of salt	

Juices & Supplements

Apple, Cucumber & Greens

Ingredients		Directions
1	Green Apple	Juice ingredients.
½ cup	Cucumber, diced	Monday & Tuesday: 11:30 AM
1 ½ cups	Greens (mint, kale, spinach, swiss chard)	
½	Lemon	

Carrot, Celery & Apple Juice

Ingredients		Directions
4 med.	Carrots	Juice ingredients.
1	Celery stalk	Monday & Tuesday: 7:30 AM
¼ med.	Green Apple	
½	Lemon	

Carrot, Celery & Beet Juice

Ingredients		Directions
2	Carrots	Juice ingredients.
1 lg.	Celery stalk	Monday & Tuesday: 1:30 PM
½ med.	Green Apple	
½ sm.	Beet	
3 tsp.	Lemon	

Green Barley Supplement

Ingredients

1 tsp. Green barley
½ tsp. Vitamin C
with bioflavonoids
½ tsp. Vitamin B

Directions

Monday: 7:30 AM, 11:30 AM, 3:30 PM
Tuesday: 9:30 AM, 1:30 PM
Add 2-4 oz. water.

Protein Supplement

Ingredients

2 tsp. Protein powder
2 tsp. Coconut cream
100 ml. Almond milk

Directions

Monday: 9:30 AM, 1:30 PM
Tuesday: 8:00 AM, 12:00 PM, 4:00 PM
Add 2 oz. water.

Spinach-Avocado Smoothie

[Serves: 2]

Ingredients

½ cup Apple juice (frozen)
2 handfuls Spinach
1 large Apple, peeled & chopped
½ Avocado
Ice (as needed to make
creamy)

Directions

Blend all ingredients until smooth.

Juice for Cancer

Ingredients		Directions
1	Green apple	Juice ingredients. Monday & Tuesday: 9:30 AM & 3:30 PM
1 cup	Spinach	
1 large	Celery stalk	
¼	Lemon	
1 slice	Ginger	
1 Tbsp.	Cilantro, shredded	

Miscellaneous

Soy Yogurt

[4 Servings]

Ingredients		Directions
1 pkg.	Silken tofu	Use stevia equal to 1 Tbsp. of sugar. Blend all ingredients in the food processor until smooth. Optional: Add fresh fruit.
½ tsp.	Lemon juice	
Pinch	Salt	
1 tsp.	Vanilla	
	Stevia	

Garlic Linseed (Flaxseed) Dream

[Serves:4]

Ingredients

1 Tbsp. Linseed (flaxseed) or chia seeds, soaked in 1 cup water overnight.
10 cloves Garlic
½ tsp. Salt
½ tsp. Maple syrup
½ cup Lemon juice
1 tsp. Basil
½ tsp. Oregano
½ tsp. Marjoram

Directions

Blend the first five ingredients (with ½ cup of Olive Oil) until smooth. Then add seasonings & blend briefly.

Note: Parsley can be added to hide the strong garlic flavor.

Will keep up to 5 days in the refrigerator.

LSA

[Serves:10]

Ingredients

¼ cup Linseed (flaxseed)
¼ cup Sunflower seeds
¼ cup Almonds

Directions

Grind in a blender or coffee grinder until

Note: Parsley can be added to hide the strong garlic flavor.

Will keep up to 5 days in the refrigerator.

Heavy Metal Detox Cilantro “Cheese”

[Serves:6-8]

Ingredients		Directions
2 cups	Fresh coriander (aka cilantro), packed (Vitamin A)	Process the coriander and flaxseed oil in a blender until the coriander is chopped.
½ cup	Flaxseed oil	Add the garlic, nuts and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add salt to taste and blend again.
4 cloves	Garlic	Store in dark glass jars, if possible. It freezes well, so purchase coriander in season and fill enough jars to last throughout the year.
⅓ cup	Brazil nuts (selenium)	
⅓ cup	Sunflower seeds (cysteine)	
⅓ cup	Pumpkin seeds (zinc, magnesium)	
4 Tbsp.	Lemon juice (Vitamin C)	
2 tsp	Dulse powder	
Pinch	Himalayan salt to taste	<p>**Coriander (cilantro) has been proven to chelate toxic metals from our bodies in a relatively short period of time. Combined with the benefits of the other ingredients, this recipe is a powerful tissue cleanser. Two teaspoons of this pesto daily for three weeks are purportedly enough to increase the urinary excretion of mercury, lead and aluminum, thus, effectively removing these toxic metals from our bodies. Consider doing this cleanse for three weeks at least once a year. The pesto is delicious on toast, baked potatoes, and pasta.**</p>

Nut Milk

[Serves:6]

Ingredients

2 cups	Raw nuts
4 cups	Filtered water
2	Dates, pitted
1 tsp.	Vanilla or maple flavoring, optional
½ tsp.	Sea salt

Directions

Soak nuts (almonds, walnuts, or Brazil nuts) in 2 quarts of water for 8-12 hours. Afterward, drain off the water and rinse them thoroughly. Please note that the nuts will swell to almost double their original size. You still want to use all of them.

Place all of the soaked nuts in the blender and add the rest of the ingredients.

Blend until everything has a very thick consistency. Line a large bowl with a flour cloth or nut milk bag and pour the mixture into it. Holding the cloth, squeeze the cloth/bag until all the liquid has been strained out.

Pour the strained milk into a two-quart jar and add more water to top it off (approx. another 4 cups).

Will keep up to 3-4 days in the refrigerator.

Vegetable Broth

[Yields: Approximately 16 cups]

Ingredients

5 medium Carrots
5 medium Potatoes with skins
¼ small Beetroot
½ bulb Garlic
Large handful of celery leaves
3 medium Onions, cut in half
21 cups Cold water
5 sprigs Fresh thyme
2 Bay leaves

Directions

Chop vegetables into big chunks.
Add cold water to all ingredients and simmer for 2 hours. Strain; then add salt or homemade stock powder to taste.
This can be used as stock for soups, sauces or casseroles.

Raw

Raw Hummus

[8 Servings]

Ingredients

1 ½ cups Sunflower seeds
½ cup Sesame seed
½ cup Lemon juice
1-2 tsp. Salt
3 Tbsp. Olive oil
½ cup Tahini
2 cloves Garlic

Directions

Soak sunflower & sesame seeds in water overnight, then drain. Blend all ingredients until smooth.

Sprouted Red Lentils with Curry Sauce & Kale

[Serves: 4]

Ingredients		Directions
1 cup	Lentils, sprouted	Two days before, sprout lentils by soaking overnight in water, then rinsing three times until tiny tails appear. Get coconut flesh & coconut water from young Thai coconuts, if possible.
1 cup	Coconut flesh	
½ cup	Coconut water	In a high-speed blender, blend coconut flesh, coconut water, garlic, lemon juice, Tamari, curry powder, coconut crystals (or sweetener of choice), & olive oil. Continued on next page.
1 clove	Garlic	
2 tsp.	Lemon juice	In a separate bowl, de-stem kale & tear into bit sized pieces. Massage with 1 Tbsp. olive oil, lemon juice, & salt until wilted.
½ tsp.	Tamari	
1 ½ tsp.	Sweet yellow curry powder	Mix together sprouted lentils, curry sauce, kale, tomato & green onions. Season to taste with salt, then top with cashews.
2 tsp.	Coconut crystals	
	Himalayan salt to taste	
1 med.	Kale bunch	
1 Tbsp.	Olive oil	
	Squeeze of lemon juice	
Pinch	Himalayan salt	
1 med.	Tomato, chopped	
⅓ cup	Scallions, sliced	
½ cup	Cashews, chopped	

Raw Pizza

[9 Servings]

Ingredients

Pizza Crust Recipe, Pg. 26
Tomato Sauce Recipe, Pg. 73
Mozzarella Cheese Recipe, Pg. 37
Pesto Recipe, Pg. 90 (Pesto #2)

Toppings:

Spinach
Tomatoes
Cucumbers
Black Olives
Corn
Artichokes
Roasted garlic
Roasted onions
Raw onions

Directions

Prepare Pizza Crust, Tomato Sauce, Mozzarella Cheese, & Pesto.
Add on toppings.

Mung Bean Sprouts

Ingredients

1 cup Mung Beans
4 cups Water

Directions

Wash beans very well. Cover with filtered water overnight to soak. The next day, drain & rinse. Set in a jar & cover jar with a cheesecloth or breathing screen. Place the jar in a well-ventilated dark place overnight. The next day, rinse, put back on the shelf for two more nights, rinsing every day.

Salads

Artichoke Salad

[10 Servings]

Ingredients

4 cups Artichoke hearts
1 sm. Onion, minced
2 sm. Tomatoes, seeded
& diced
1 tsp. Basil, dry
½ cup Parsley, chopped
½ cup Green olives, chopped
2 Tbsp. Yeast flakes (optional)
Juice of 2 lemons
Salt, if desired

Directions

Put artichokes into a bowl & put aside.
Sauté the onions with the tomatoes & mix well.
Let simmer for about 4 minutes, stirring occasionally.
Season with basil & add the mixture to the artichokes.
Season with yeast flakes, parsley, lemon juice & salt, if needed.
Mix well & serve cold.

Asian Coleslaw

[15 Servings]

Ingredients

2 cups Cabbage, finely sliced
½ cup Carrot, grated
1 ½ tsp. Celtic salt (fine)
½ tsp. Ginger, grated
½ tsp. Garlic, minced
1 cup Rice noodles, cooked
until soft
½ cup Fresh cilantro, finely sliced
1 tsp. Sesame oil
Juice of 1 lemon

Directions

Mix all ingredients together.

Asian Salad

[15 Servings]

Ingredients

1	Cabbage, finely sliced
½	Red onion, cubed
2	Carrots, grated
3 Tbsp.	Sunflower seeds, toasted
3 Tbsp.	Almond slivers, toasted
2	Avocadoes, cubed
3 Tbsp.	Fresh lemon juice
3 Tbsp.	Sesame oil
	Salt to taste

Directions

Toss ingredients, then refrigerate for one hour before serving.

Beets & Carrots Salad

[Serves:4]

Ingredients

1 cup	Cooked carrots with salt
1 cup	Cooked beets with salt
1	White onion, sliced
	Lemon juice
	Salt

Directions

Let carrots & beets cool down. Mix white onions with lemon & salt. Slice carrots & beets and add to onion mixture. Marinate for 30 minutes. Add Veganize or mayo. Chill before serving.

Broccoli Salad

[Serves:6]

Ingredients		Directions
1 bunch	Broccoli, cut into bite-sized pieces	Pulse broccoli in a food processor, not too fine.
2 cups	Frozen peas	Transfer to a bowl & add the rest of the ingredients.
2 stalks	Celery, sliced thin	
¼ cup	Almonds, sliced & toasted	
1 tsp.	Dry dill	
1 cup	Sunny-Not Mayo, Pg. 117	

Butternut & Chickpea Salad

[Serves: 6]

Ingredients		Directions
2 ½ lbs.	Butternut squash, peeled, seeded, cut into ¾ inch pieces	Preheat the oven to 400°F. Lightly grease a large roasting pan.
⅓ cup	Olive oil	Combine squash, 2 Tbsp. oil, ground coriander & cumin in a large bowl.
1 tsp.	Coriander, ground	Season with salt. Transfer to a greased pan.
1 tsp.	Cumin, ground	
14 oz. can	Chickpeas, drained & rinsed	Roast for 20 minutes or until squash is tender. Allow to cool.
1 sm.	Red onion, thinly sliced	Combine squash, chickpeas, onion & chopped coriander in a large bowl.
½ cup	Coriander leaves, roughly chopped	Combine remaining olive oil, lemon rind, lemon juice & salt in a jug. Pour over squash. Toss until well combined.
1 lg.	Lemon juice & rind	
1 tsp.	Salt	

Cauliflower Salad

[Serves:10]

Ingredients		Directions
1 lg.	Cauliflower head, cut in flowerets	After cutting cauliflower & broccoli to size, blanch in boiling water for 30 seconds, stirring constantly. Refresh with cold water immediately, to maintain fresh color. Add all other ingredients except parsley, and toss together, adding Avocado Dressing (pg. 29) just before serving. Sprinkle with chopped parsley.
1 sm.	Broccoli head, cut in flowerets	
1 sm.	Salad onion, halved and thinly sliced	
	Snow peas or sugar snap peas, trimmed	
	Fresh parsley, chopped	
1 serving	Avocado Dressing (see page 38)	

Candi's Cucumber Salad

[Serves:4]

Ingredients		Directions
	Cucumbers, diced/sliced	Mix well, chill, & serve.
	Red onion, diced/sliced	
	Mayo of choice, just to coat	
	Dill weed to taste	
	Salt to taste	

Coleslaw

[Serves:4]

Ingredients		Directions
2 cups	Cabbage	Chop cabbage finely, then add seasonings.
½ cup	Parsley	
½ cup	Ranch dressing, pg. 43	
	Salt to taste	

Garbanzo Bean Salad

[Serves: 6-8]

Ingredients		Directions
3 cups	Garbanzo beans, drained	Mix all the ingredients, except the avocados.
1 can	Black olives, chopped	
1	Red pepper, chopped	Gently incorporate diced avocados to keep their shape.
1 Tbps.	White onion, chopped	
2 cloves	Garlic, minced	
1-2 Tbsp.	Olive oil	
¼ cup	Fresh lemon juice	
1 tsp.	Oregano	
½ tsp.	Salt	
2 Tbsp.	Parsley, chopped	
¼ tsp.	Cayenne pepper (optional)	
3 lg.	Avocados, diced	

Gingered Carrot & Beetroot Salad

[Serves:4]

Ingredients		Directions
3	Carrots, grated	This salad is best made a couple of hours ahead of time, so it has time to marinate.
1 lg.	Beetroot, grated	
½ inch	Fresh ginger, peeled and grated	Place carrots & beets in a large bowl.
2 cloves	Garlic, crushed	Mix the rest of the ingredients together & pour over carrots & beets. Toss thoroughly with marinade.
	Juice of 1 lemon	
1 Tbsp.	Olive oil	
1 tsp.	Salt	

Greek Salad

[Serves: 6]

Ingredients

1-2 Tbsp. Lemon juice
1 tsp. Ginger, finely grated
1-2 tsp. Salt
1 tsp. Kome Miso
2 Tbsp. Olive oil
1 tsp. Garlic, finely grated
2 block Tofu, cut in $\frac{3}{4}$ inch cubes,
marinated in 1 Recipe of
Tamari Sauce (pg. 72)
3 Fresh tomatoes, diced
1 Cucumber, diced
1 Tbsp. Red onion, cut in chunks
 $\frac{1}{4}$ cup Kalamata olives
1 stick Celery, sliced (optional)
2 Tbsp. Mint, chopped

Directions

Marinate tofu in Tamari Sauce for about 2 hours. Then bake at 375°F for 20 minutes bottom rack & then 10 minutes top rack (uncovered).

After tofu has cooled, combine with all other ingredients in a bowl. Mix. Serve.

Green Bean Salad

[Serves:10]

Ingredients

4 cups Green Beans
2 cups Cooked Carrots,
Matchstick cut
2 Tbsp. Green Olives, diced
2 Tbsp. Green Onions, diced
2 Tbsp. Parsley, finely diced
2 Tbsp. Lemon Juice
Salt as needed
2 Tbsp. Olive Oil

Directions

Combine all cut ingredients & mix in a bowl. Serve.

Hearts of Palm Salad

[Serves:8]

Ingredients

2 Medium Cucumber, diced
3 Medium Tomatoes, diced
1 Small can of Hearts of Palm,
drained & rinsed, sliced
1 tbsp. Red Onion
1 tsp. Caper, finely diced
1 Tbsp. Lemon Juice
1 Tbsp. Basil, torn
Salt if necessary

Directions

Cut ingredients & mix altogether (keeping the salt added last, if necessary).

Pasta Salad

[Serves: 6]

Ingredients

½ lb. Gluten free pasta, cooked
1 cup Pesto
2 tsp. Sun Dried tomatoes,
sliced
Olive Oil

Directions

Toss with a small amount of olive oil & serve chilled.

Potato Salad

[Serves:8]

Ingredients

3 ½ cups	Potatoes, cooked
½ cup	Olives, sliced
1 cup	Celery, finely chopped
1 ½ tsp.	Dill weed (optional)
1 Tbsp.	Lemon juice
⅛ tsp.	Turmeric
½ cup	Onion, finely chopped
2 ½ tsp.	Onion powder
¼ tsp.	Garlic Powder
1 tsp.	Salt
1 ½ cup	Plant-Based Mayonnaise

Directions

Cut potato into ¾" cubes. Mix all ingredients & let the flavors blend for a few hours before serving. Prior to serving, taste saltiness & adjust if necessary.

Variations: Add chopped lemon pickles or ½ cup pickle relish; ¾ cup leftover scrambled tofu (replaces egg); diced cucumber; green onions or chives may be used in place of white onion.

Ukrainian Potato Salad

[Serves:10]

Ingredients

6 medium	Potatoes, cooked with skin
2 medium	Carrots, peeled
1 cup	Corn, frozen
1 cup	Green peas, frozen
2 large	Dill pickles, diced
3 stalks	Green onion, diced
3 Tbsp.	Onion, diced
3 tsp.	Roasted, canned pimientos
¾ cup	Green olives, diced
1 ½ cup	Mayonnaise

Directions

Boil potatoes & carrots together. Peel & chop the potatoes, then chop the carrots. Add all the other ingredients. Toss everything together & keep in the refrigerator until time to serve.

Quinoa Salad

[Serves:8]

Ingredients		Directions
A pinch	Sea Salt	<p>Bring a large pot of water to boil & season generously with salt. Rinse quinoa under cool running water, lightly rubbing it between your fingers for a few seconds. Add it to the boiling water & cook until tender: 12-15 minutes. Drain the quinoa well & spread out on a baking sheet to cool.</p>
1 cup	Quinoa	
1 clove	Garlic, pounded into a smooth paste, with a pinch of salt	
1 lg.	Red onion, finely diced	<p>Put garlic, onion, & lime/lemon juice in a small bowl. Season with salt & stir to combine. Let sit for 5-10 minutes. Add ½ cup of puréed olives & whisk to combine. Taste; add more salt or lime/lemon if necessary.</p>
3 ½ Tbsp.	Lime/lemon juice (more if needed)	
½ cup	Green olives (pureed)	<p>Put quinoa, red pepper, cucumber, & chopped cilantro in a medium bowl. Gently fold to combine. Taste; add more salt or lime/lemon, if necessary.</p>
1 med.	Red pepper, halved, seeded, and finely diced	
1 med	Cucumber, peeled and seeded, if necessary; diced into ¼ inch pieces (approximately 1 cup)	
½ cup	Cilantro, roughly chopped, plus for garnish	<p>Arrange the sliced avocado on a platter or individual serving plates. Spoon the quinoa salad on and around the avocado. Garnish with cilantro & serve immediately.</p>
	Black beans, cooked	
2-3 ripe	Avocados, sliced	

Quinoa Summer Salad

[Serves:6]

Ingredients

Dressing:

2 Tbsp. Lime juice, fresh
½ tsp. Salt
½ tsp. Garlic powder
½ tsp. Onion powder
Pinch of cayenne
2 Tbsp. Olive or coconut oil
(optional)
1 ½ cups Water
1 cup Quinoa
½ tsp. Salt
2 Tbsp. Nutritional yeast flakes,
optional
1 cup Black beans, cooked (if
from a can, rinse well)
1 cup Corn, raw
½ Red pepper, finely diced
½ cup Sweet onion, finely diced
2 Roma tomatoes, diced
1 med. Cucumber, peeled & diced

Optional: Chopped scallions, Greek
olives, fresh mint, or
basil

Directions

Blend dressing ingredients & set aside.

Bring water to a boil, add the next four ingredients, & turn heat down. Simmer until all the water is absorbed & quinoa opens up, about 25 - 30 minutes. Let cool. Optional: add 2 Tbsp. of olive oil & mix well.

Mix the next six ingredients together thoroughly, lightly salt to taste. Add to quinoa & dressing.

Sprinkle with ¼ cup chopped herbs before serving.

Roasted Beetroot Salad

[Serves:3]

Ingredients		Directions
1 ½ cup	Beetroot, cut into wedges	Preheat the oven to 425°F. In a bowl combine olive oil & salt (to taste) & toss the beetroot in the oil until all the pieces are coated.
1 cup	Baby spinach	
½ cup	Red onion	Line a baking tray with paper & roast for 25 minutes until the outside of the beetroot develops a skin. Then toss together with onion & baby spinach & serve with lemon wedges.
3 Tbsp.	Olive oil	
Salt		
Lemons		

Sun-Dried Tomatoes with Arugula

[Serves:5]

Ingredients		Directions
3 cups	Sun-dried tomatoes, cut into small cubes	Mix ingredients together. Let sit for one hour or so. Serve on top of arugula.
1	Red onion, chopped	
3 Tbsp.	Lemon juice	
2 Tbsp.	Olive oil	
2 tsp.	Salt	
2 cloves	Garlic, minced	
2-3 cups	Arugula	

Tomato, Cucumber, Basil Salad

[Serves:5]

Ingredients

- 3 Tomatoes, diced
- 1 Medium Cucumber, diced
- ¼ cup Basil, torn
- Salt
- 1 tsp. Capers, finely diced
- 1 Tbsp. Lemon juice
- 1 Tbsp. Red onion, diced
- ½ tsp. Fresh garlic

Directions

Mix all ingredients together in a bowl & serve.

Three-Bean Salad

[Serves:8]

Ingredients

- Drain and rinse, then put into a bowl:
- 1 can Black beans
 - 1 can Red Kidney Beans
 - 1 can Northern or Navy Beans
- Add:
- 1 cup Celery, diced
 - ½ cup Onion, diced
 - 1 can Artichoke Hearts, drained & diced
 - 2 Tbsp. Cilantro OR Mint
 - ¼ cup Kalamata Olives, diced
 - 1 cup Tomatoes, diced (add last to keep fresh)
- Dressing:
- 2 Tbsp. Olive oil
 - 1 tsp. Ginger, grated
 - ½ - 1 tsp. Salt to taste
 - 2 tsp. Lemon, juiced (add more to taste)

Directions

Mix well together & let sit for an hour before serving.

Zippy Kale Salad

[Serves:6]

Ingredients

2 ½ Tbsp.	Fresh lemon juice
2 Tbsp.	Honey
2 Tbsp.	Tamari Sauce
2 Tbsp.	Olive oil
½ tsp.	Onion powder
½ tsp.	Garlic powder
3 cups	Kale, finely chopped
¾ cup	Radishes, julienned
1 dozen	Grape tomatoes, halved
½ cup	Red onions, finely diced
2 ½ TB	Raw sunflower seeds

Directions

In a small bowl, mix together the first six ingredients.

Remove the kale stems. In a larger bowl, place the next five ingredients.

Add the dressing & mix well. Cover & refrigerate at least 1 hour before serving.

Zucchini Noodles with Tomato Sauce

[Serves:6]

Ingredients

3	Medium Zucchini
Salt	
Tomato Sauce (Pg. 73)	

Directions

Spiralize zucchini, then sprinkle a pinch of salt over zoodles & wait 30 minutes to squeeze the excess water out of it.

Serve with Tomato Sauce on the side.

Sauces & Gravy

BBQ Sauce

[Serves:4]

Ingredients

¼ cup	Water
1 tsp.	Honey
½ tsp.	Onion Powder
1 can	Tomato paste
¼ tsp.	Garlic Powder
½ tsp.	Salt
⅛ tsp.	Cayenne Powder

Directions

Mix well all ingredients.

Brazil Nut Gravy

[Serves:6]

Ingredients

1 ½ cup	Water
⅔ cup	Brazil nuts
1 Tbsp.	Onion powder
3 Tbsp.	Cornstarch, non-GMO
1 Tbsp.	Sesame seeds
1 tsp.	Molasses
½ Tbsp.	Tahini
1 tsp.	Salt
1 cup	Boiling water

Directions

Bring 1 cup water to a boil. Blend remaining ingredients until smooth in 1 ½ cup water. Add blended mixture into a saucepan with boiling water. Stir over low heat until thickened.

Garlic/Ginger Sauce

[Serves 5]

Ingredients		Directions
½ cup	Water	Heat water.
1 tsp.	Honey	
1 med.	Ginger chunk (peeled, cut thin)	Add the ginger & garlic & boil for 15 minutes. Strain out the ginger & garlic, keeping the liquid. Add cornstarch, dissolved (whisked) in a little water (cold water). Let it cook until it thickens. Add remaining ingredients & cook for about another 3 minutes.
8 medium cloves	Garlic, sliced in 3 parts	
2 Tbsp.	Tamari	
2 tsp.	Corn starch	
1 tsp.	Lemon Juice	

Tamari Marinade Sauce

Ingredients		Directions
1 cup	Tamari	Mix all ingredients together well & store in a jar.
4 cup	Water	
2 tsp.	Garlic powder	
2 tsp.	Onion powder	
1 tsp.	Italian Seasoning	
½ tsp.	Smoked Paprika	
1 tsp.	Paprika	
Pinch	Cayenne	
Salt if necessary		

Tomato Sauce

[Serves:5]

Ingredients

5 cups Roma tomatoes
1 tsp. - 1 Tbsp. Roasted Garlic, Pg. 104
1 Tbsp. Fresh basil
Salt to taste

Directions

Have tomatoes in boiling water for 1 minute (or until tomato skin starts to peel/break).

Remove the tomatoes from the boiling water & remove their skin.

Process the tomatoes lightly (seeds should not be ground).

Cook in a pot until the tomatoes become sauce-like.

Add the seasonings & remaining ingredients & cook for another 5 minutes.

Savory - Entrees

BBQ Tofu

Ingredients

2 pkg. Firm or extra firm tofu
1 ¼ cup Almond butter
1 Tbsp. Basil
1 Tbsp. Garlic powder
2 tsp. Salt
1 tsp. Tamari
½ tsp. Paprika
⅓ cup Coconut oil
1 - 2 cups Water

Directions

Marinate tofu in BBQ sauce (see pg. 71)

Blend ingredients until smooth, except tofu.

Dip the tofu in the sauce, place on a baking sheet. Bake for 20 minutes at 350°F.

Short-Grain Brown Rice

[4 cups serves 12 people]

Ingredients

4 cups rice
Salt to taste
2 Tbsp. Roasted Garlic, Pg. 104
½ cup chopped Parsley
3 Tbsp. Sesame seed oil

Directions

Wash rice. Cook in a rice cooker (with water covering about 1 inch above the rice). After cooking, add seasonings.

Alfredo Zoodles

[Serves:4]

Ingredients

1 lb. Small Zucchini
1 Small Carrot
½ Small broccoli
½ Recipe Mozzarella Cheese
(Pg. 37)

Directions

Spiralize zucchini, then sprinkle a pinch of salt over zoodles & wait 30 minutes to squeeze the excess water out of it.

Slice the carrots very thin & cut the broccoli into florets. Prepare the mozzarella cheese.

While the cheese is boiling, add the veggies & stir very well. Keep stirring the veggies in the cheese consistently to prevent the cheese from burning on the bottom of the pot. Serves 4 people.

Antonietta's Eggplant/Zucchini Lasagna

[Serves:5]

Ingredients

1 qt. Fresh Tomato Sauce (pg. 73)
4 Eggplants
2 Zucchini
3 Tbsp. Avocado Oil
8 cloves Garlic
1 pkg. Extra firm tofu
2 tsp. Garlic powder
2 tsp. Onion powder
1 Tbsp. Lemon juice
1 tsp. Salt (to taste)

Fresh Tomato Sauce:

2 lb. Roma tomatoes
3 cloves Garlic, minced
2 Tbsp. Avocado oil
Fresh basil, chopped medium
Salt, to taste

Boil enough water to cover the tomatoes. Add tomatoes to boiling water, let boil for 2-3 min., then drain.

Peel & chop tomatoes. In a saucepan, sauté the garlic in avocado oil & then add the tomatoes. Cook for 15-20 minutes.

Put tomatoes in a food processor for 10 seconds, then put back into the saucepan. Add chopped basil & salt.

Let cook for 10-15 more minutes.

Directions

Preheat the oven to 400° F. Peel eggplants & slice lengthwise, about ¼ inch thick. Sprinkle a little salt on each slice & let stand for 1 hour in a 9 x 13 pan. Eggplant will release liquid, so drain it off occasionally.

Blend the avocado oil with garlic cloves & pour over the eggplants. Toss with your hands gently until the eggplants are coated evenly (wear gloves).

Using a nonstick cookie sheet, make 1 layer. Bake on the bottom rack, until the eggplants are golden, flipping them once (about 20 minutes on each side).

Remove from the oven & set aside.

Slice the zucchini lengthwise ¼ inch thick. Sprinkle with salt & bake in the oven at 400° F (bottom rack) until both sides are slightly golden. Let cool on paper towels to soak up the liquid.

Turn the oven down to 350° F to bake the lasagna.

Tofu Filling:

Squeeze water out of the tofu & mash with a fork or your hands. Add lemon juice, garlic & onion powder, & salt to taste.

(Recipe Continues on Next Page)

Layer in the following order, in a lightly sprayed non-stick 9 x 13 baking pan:
 Tomato sauce
 Slices of eggplant covering the pan
 Tomato sauce
 Tofu filling - small spoonfuls in rows (save some for the top)
 Zucchini slices

Repeat layers until ingredients are gone. Top layers should be eggplant, tomato sauce, & sprinkle of tofu filling. Bake at 350° F until the lasagna is bubbly, about 20 minutes. If there is too much liquid, take paper towels & “sop up” the excess.

Spinach Tofu Lasagna

[Serves:9]

Ingredients

Tomato Sauce (enough to cover for 4 layers – see recipe in sauces section)
 Barilla brand gluten-free lasagna noodles – enough for 3 layers
 2 pkg. Water-pack tofu
 1 bag Frozen spinach, diced
 1 Tbsp. Nutritional yeast flakes
 1 Tbsp. Garlic powder
 1 Tbsp. Onion powder
 1 Tbsp. Italian seasoning
 1 tsp. Salt to taste

Directions

Crumble tofu. Let spinach thaw out. Squeeze liquid from spinach very well. Mix all the seasonings and spinach into the tofu. In a deep, rectangular casserole dish, spread out these layers:
 1 layer tomato sauce
 Uncooked noodles with space in between to allow them to expand
 Tofu & spinach
 Repeat with 2 more layers.
 Add one more layer of tomato sauce to the top. Optional: put 1 TB scoops of tofu mixture on top. Cover with foil. Bake at 400°F for ½ hour.

Basil Stir “Fried” Rice

[Serves:12]

Ingredients

2 cups Brown rice, short-grained
1 cup Carrots, julienned
1 cup Celery, cut at a thin angle
½ cup Green onion, thinly sliced
½ cup Red pepper, thinly sliced
1 cup Cabbage, thinly sliced
1 cup Basil leaves, wash & dry

Seasoned Water:

1 cup Water
1 Tbsp. Garlic powder
1 Tbsp. Onion powder
¼ cup Unfermented gf soy sauce
(such as GF Tamari)
2 Tbsp. Miso

Optional: Broccoli florets

Directions

Cook rice as usual & season with salt & sesame oil to taste when done.

Ten minutes before serving, pour the seasoned water into a skillet. When it has reached a hard boil, put all the veggies in the skillet & stir it for only 1 – 2 minutes, just until the veggies are tender. *Do not overcook.* It will still cook after you take it off the heat.

Mix the veggies into the rice.

Sprinkle sesame seeds or thinly sliced green onions as garnish.

Black Bean Roll-Ups (Enchiladas)

[Serves:6]

Ingredients

12 Corn tortillas

Enchilada Sauce:

2 cups Salsa
1 ½ cup Vegetable broth
2 tsp Chili powder

Filling:

2 Tbsp. Coconut oil (divided)
1 sm. Onion, chopped
4 cloves Garlic, minced
2 cups Beans, cooked & drained
(Mashed, half left whole)
3 tsp. Chili powder (divided)
½ cup Salsa
¼ tsp Salt
½ cup "Mozzarella Cheese"
(Pg. 37)

Topping:

1 ripe Avocado, sliced
1 Tomato, diced
Green onion, sliced thinly
Cilantro, chopped

Directions

Preheat the oven to 375°F. Blend enchilada sauce until smooth. Spray a 9x13 pan & cover the bottom with enchilada sauce.

Sautee filling ingredients (except cheese) in a skillet until mixture is hot.

Dip tortillas in the enchilada sauce & place two spoonfuls of filling in each. Roll them up & place them in the baking pan with the seam down. Pour leftover sauce on top, making sure all rolls are covered with the sauce. Place dollops of "Mozzarella Cheese" on top.

Bake at 375°F for 35-40 minutes until the sauce is bubbling. Afterwards, evenly sprinkle with topping & serve.

Breaded Eggplant

[Serves:4]

Breading Meal:

Toast 1 cup sesame seeds in a skillet, on medium-high heat. Stir constantly until browned & it starts to crackle (about 5 minutes). Remove from heat, add ½ tsp. salt, & blend on high to fine texture (it will stick to the eggplant better).

Place 1 cup of the ground sesame seeds into a bowl & add:

- 1 cup GF breadcrumbs, toasted until browned
- 1 tsp. Salt
- 2 tsp. Onion powder
- ½ tsp. Garlic powder
- ¾ tsp. Dried basil
- ¾ tsp. Dill weed
- ¾ tsp. Dried oregano

Prepare Eggplant:

Peel the eggplant & cut into ¼ inch slices. Place in a bowl of cold water with salt & let rest for about 10 minutes.

Lightly oil the baking pans. Dip both sides of the eggplant in the breading meal. Place close together on the pan, as they will shrink while cooking.

Bake at 350°F for 20-30 minutes until lightly browned, then turn them over & bake for an additional 10-15 minutes.

Chana Masala Chickpea Curry

[Serves:8]

Ingredients

4 cups	Chickpeas (garbanzos), cooked
3 Tbsp.	Onion, chopped
1 Tbsp.	Roasted Garlic, pg. 104
1-2 tsp.	Garam masala or good-quality curry powder
1-2 tsp.	Turmeric
2 tsp.	Fresh ginger, grated
2 lg.	Tomatoes, diced
1 small can	Tomato Paste
1 Tbsp.	Lemon juice
¼ cup	Fresh cilantro, minced
7 cups	Boiling Water
	Salt to taste

Directions

Have water boiling & then add all ingredients (except garbanzos & cilantro).

Boil for 5-10 minutes. Add garbanzos & simmer for 15 more minutes.

Add fresh cilantro before serving.

Chick-Like Patties

[2 recipes yields 45 patties]

Ingredients

1 cup	Chickpeas, soaked
1 cup	Soybeans, soaked
2 cups	Water
1 Tbsp.	Onion powder
⅓ tsp.	Cumin powder
1 ¼ tsp.	Salt
Pinch	Sage (optional)
1 cup	Chickpeas, soaked
1 scant cup	Rolled oats
¼ cup	Oat bran* or more rolled oats
¾ cup	Brazil nuts, coarsely grated or ground

Directions

Blend chickpeas, soybeans, & water until smooth. Then add the next 5 ingredients to the blender & blend shortly (batter does not have to be smooth with next 5 ingredients).

Pour blended mixture into a mixing bowl & add oats, oat bran, & Brazil nuts.

Cover the bowl & let it sit for 25 minutes or overnight.

Baking instructions:

Use a ¼ cup measuring cup to scoop out onto a sprayed, parchment paper-lined baking sheet.

Cook for about 20 minutes at 375°F on the bottom rack, & then for another 10-15 minutes on the top rack. Can be served plain or with brazil nut gravy.

Chickpea with Spinach

[Serves:6]

Ingredients

2 cups Chickpeas, dried
1 med. Onion
3 cloves Garlic, minced
1 Tbsp. Coconut oil
2 tsp. Turmeric
½ tsp. Cumin
Salt to taste
2 cups Spinach or other greens
of your choice (e.g., Swiss
chard, kale, etc.)

Directions

Soak chickpeas overnight. Next day,
rinse thoroughly & boil or put in a crock
pot until soft.
In a separate pan, sauté the onion, garlic,
& avocado oil.
Then add seasonings.
Turn off heat & add greens.

Chickpea Cardamom Casserole

[Serves: 6-8]

Ingredients

1 med. Onion
2 cloves Garlic
1-inch Ginger
3 cups Chickpeas, cooked
1 tsp. Cardamom seeds
4 Tomatoes, chopped
1 Tbsp. Tomato paste
2 tsp. Salt
1 cup Celery with leaves, finely
chopped
½ cup Carrots, finely chopped
¼ cup Coconut oil

Directions

Sautee onions, ginger & garlic until lightly
golden.
Add tomatoes, celery, carrots, avocado
oil & cardamom seeds. Gently simmer
for half an hour. Add chickpeas, salt &
tomato paste, & gently simmer for
another 20 minutes.

Chickpea a-la-King

[Serves:8]

Ingredients		Directions
1 cup	Chickpeas/garbanzo, dry	Soak chickpeas for several hours, drain.
3 cups	Water, fresh	Add water & cook overnight in a crockpot or in a pressure cooker. Save the juice.
1 cup	Carrots, diced (steam first, until tender)	Sautee carrots, celery, & onions for 2 minutes.
1 cup	Celery, diced	Thaw peas & set aside.
½ cup	Onions, diced	(Tamari is unfermented soy sauce.) In a pot bring the next five ingredients to a boil. Turn heat down & boil for at least 1 minute - this will be thick, but you will add more liquid later.
1 cup	Baby peas	Add coconut milk, from a can, (not the kind you drink).
2 cups	Chickpea juice	Add chickpeas, & sautéed veggies & cook until everything is tender. Add the thawed peas & cook ONLY until the peas are heated.
2-3 Tbsp.	Corn starch	Serve over rice or gluten-free noodles.
½ tsp.	Salt	
1 Tbsp.	Tamari	
1 tsp.	Garlic powder	
1 cup	Coconut milk	

Chickpea Bake

[Serves:4]

Ingredients

2 cups	Chickpeas, cooked
½	Onion, diced
1 cup	Carrots, sliced
½ cup	Celery, sliced
1 cup	Cauliflower, cut into florets
2 cup	Broccoli, cut into florets
1 – 2 tsp.	Tarragon (can use oregano or fresh parsley if you don't have tarragon)
1 Tbsp.	Garlic (sautéed)
1 pinch	Cayenne

Sauce:

½ cup	Cashews
½ cup	Sunflower seeds
½ cup	White sesame seeds
2 cups	Water
2 tsp.	Onion powder
½ tsp.	Garlic powder

Gluten free topping:

Small handfuls each of walnuts, pumpkin seeds, & sesame seeds. (Can substitute any other nut or seed)

1 tsp.	Onion powder
½ tsp.	Garlic powder
1Tbsp.	Tahini
	Salt to taste

Directions

Sautee onion, add about a cup of water, bring to a boil, & add remaining vegetables, tarragon & cooked chickpeas, & steam lightly. Do not overcook in order to keep the vibrant colors. Do not drain water out – it will be used.

For sauce, add all ingredients to a blender, & blend until very smooth. Then add sauce to cooked vegetables and bring to a boil. The cashews should thicken the sauce. If necessary, add a little corn flour mixed with water to achieve a better sauce consistency. Add salt to taste. Adjust seasonings.

Try this dish as it is, with pasta, or you can add your favorite crumble topping & bake it in the oven. Do not overcook, as the end result should taste light & fresh.

For topping, blend nuts & seeds in a blender until fine & place in a bowl. Add the rest of the ingredients. Rub through with fingers until the mixture resembles breadcrumbs.

Place hot chickpea vegetable mixture in a casserole dish, & sprinkle topping over it.

Bake at 350°F for about 10 minutes until lightly browned.

Lentil Roast

[3 recipes serves about 15 people]

Ingredients

2 cups Lentils
1 cup Soy milk
¼ cup Coconut oil
½ cup Onion, chopped
½ cup Pecan meal
1 tsp. Garlic powder
1 ½ cup Cornflakes
Salt to taste

Directions

Mix & put in an oiled casserole dish.
Bake at 350°F for 45 minutes. Roast can be topped with ketchup, or barbeque sauce. Good plain.

Baked Macaroni & Cheese Casserole

[Serves:6]

Ingredients

6-7 cups Macaroni, gluten-free,
cooked and drained
1 can Coconut milk
1 recipe Pimento cheese (pg. 36)
1 ½ cup Frozen green peas
1 cup Green olives, sliced

Directions

Mix all ingredients (cooked macaroni with prepared pimento cheese & other ingredients) together.
Bake at 350° F for 45 minutes.

Eastern Vegetable Curry

[Serves:8]

Ingredients

2 cups Pumpkin/Squash ~ diced
4 med. Tomatoes, or 1
can of diced tomatoes
¾ cup Chickpeas
1 med. Onion, thinly sliced
¾ cup Red Lentils
1 sm. Eggplant, cut into
¾" cubes
1 ½ cups Baby Spinach Leaves
½ cup Coconut Oil
⅓ cup Almond Flakes
2 tsp. Celtic Salt

Curry Paste:

2 lg. cloves Garlic, finely grated
1 Tbsp. Fresh Ginger, finely
grated
1 cup Fresh Cilantro
1 cup Fresh Mint
¼ - ½ cup Water

Dry Spice Mix:

1 Tbsp. Turmeric
½ tsp. Cardamom Pods
1 ¼ tsp. Coriander
¼ tsp. Fenugreek Seeds
⅓ tsp. Cayenne Pepper
(optional)

Directions

The day before, soak lentils & chickpeas (soak overnight). Rinse-soaked lentils & chickpeas several times, then cook until soft. Drain & set aside.

Preheat the oven to 350° F. Brush a little oil on cut pumpkin/squash & place on a baking tray in the oven. Bake until golden brown.

sauté onions on low heat until almost translucent, then add the dry spice mix. Cook for 3 minutes. Add tomatoes & eggplant, cook on low heat for 20 minutes.

Add the cooked & drained lentils, chickpeas, & blended curry paste with the oil & salt. Allow this mixture to gently simmer for approximately 10 minutes. Gently fold through the baked pumpkin/squash & spinach leaves.

Heat thoroughly & serve on brown rice cooked with turmeric (optional) & topped with almonds flakes.

Simple Meatless Meatballs

[Serves:20]

Ingredients		Directions
2 cups	Water	Boil water & GF tamari. Add oats & walnuts. Cook until thickened.
¼ cup	Tamari (gluten-free soy sauce)	
2 cups	Rolled oats, gluten-free	Add onion, garlic, & parsley - allow to cool down. Scoop the meatballs onto the pan.
½ cup	Walnuts, chopped	
½ med.	Onion, finely chopped	Bake at 350° F for 20 minutes or until light brown.
1 lg. clove	Garlic, minced	
	Salt to taste	
2 cups	Fresh parsley	

Meatless Meatballs (Special)

[Serves:12]

Ingredients		Directions
5 cups	Water	Combine water & dry seasonings & bring to a boil.
½ cup	Tamari	
2 ½ cups	Rolled oats	Add oats & cook for 1 minute.
2 cups	Quick oats	
1 Tbsp.	Onion powder	Add fresh onion & parsley.
1 cup	Pecan meal	
2 tsp.	Sage	Roll into meatballs.
¼ cup	Yeast flakes (optional)	
2 tsp.	Garlic powder	Bake in a pan, sprayed with cooking spray, at 375° F for approximately ½ hour.
1 tsp.	Italian seasoning	
2 tsp.	Liquid smoke	
1	Fresh onion, chopped	
1 bunch	Parsley, chopped	

Not Cheesy Potatoes

[Serves:6]

Ingredients

Cheese Sauce:

3	Potatoes, peeled
1	Carrot, peeled
1 ½-2 cups	Water (from veggies)
½ cup	Nutritional yeast flakes
½ cup	Coconut oil
2 Tbsp.	Jennie's Chicken-style seasoning, pg. 114
1 tsp.	Salt
1 tsp.	Onion powder
½ tsp.	Garlic powder
8-10	Potatoes

Directions

In a saucepan, cook the potatoes & carrots in water until soft. In a blender, blend all the ingredients thoroughly. Add additional water only to keep the blender going & scrape down the sides.

Scrub, peel, & partially cook potatoes & put through the large shredder in your food processor. Mix potatoes with the cheese sauce & bake at 325°F for 45-60 minutes.

Millet

[Serves:4]

Ingredients

1 cup	Millet
1 ½ cup	Water
¼ cup	Toasted Pecans
1 cup	Fresh Parsley
1 tsp.	Roasted Garlic
1 Tbsp.	Sesame Oil
	Salt

Directions

Pressure cook for 12 minutes OR cook in a Rice Cooker on the Brown Rice Setting. Add seasonings & toasted pecans.

Mediterranean Rice

[Serves:6]

Ingredients

1	Onion, finely chopped
1 clove	Garlic, crushed
2 cups	Brown rice
3 ½ cups	Water (boiling water if cooking on stove top)
2 tsp.	Jennie's Chicken-Style Seasoning, Pg. 114
2 Tbsp.	Lemon rind, grated
¼ cup	Parsley, chopped (set aside)
	Salt
<u>Optional:</u>	
1-2 Tbsp.	Coconut oil

Directions

Sautee ingredients in water or oil. Sautee onion & garlic until tender, then stir in rice. Add 3 ½ cups boiling water. Turn down heat to low-medium. Stir in chicken-style seasoning & lemon rind. COVER TIGHTLY & let boil gently for 40 mins. DO NOT uncover it while it is cooking. After 40 minutes, check to see if rice is done. If dry, add more water, cover & let cook for another 10 minutes. When done, fluff with a fork & add chopped parsley just before serving.

**If cooking this in a rice cooker, add all the ingredients together & turn on. Water does not have to be boiling for the cooker.

Polenta

[Serves:4]

Ingredients

1 cup	Yellow corn grits
¼ cup	Coconut milk, canned
4 cups	Water
1 tsp.	Salt
½ tsp.	Garlic Powder
½ tsp.	Onion Powder
Dash	Cayenne

Directions

Bring water & seasonings to a boil in a large saucepan; pour corn grits slowly into boiling water, whisking constantly until all corn grits are stirred in & there are no lumps. Cook for 12 minutes on low temperature. Serve atop with dried parsley.

Pasta with Sun-Dried Tomato Pesto

[Serves:4]

Ingredients		Directions
12 oz.	Gluten-free Pasta	Cook pasta as directed. (Gluten-free pasta needs cooking directions followed exactly.) Drain, but reserve 1 cup of liquid. Pour the pasta into a serving bowl. Blend sun-dried tomatoes & their oil, garlic, salt, & basil (or cilantro, parsley) in a food processor until the tomatoes are finely chopped. Add the pesto to the pasta and toss to coat, adding enough reserved cooking liquid to moisten. Season the pasta with salt.
8.5 oz. jar	Sun-dried tomatoes,	
2 cloves	Garlic	
1 cup	Fresh basil (½ cup basil & ½ cup cilantro or parsley will work)	
2 Tbsp.	Nutritional yeast flakes Salt to taste	

Pesto #1

[Serves:6]

Ingredients		Directions
1 cup	Cilantro	Process all ingredients in a food processor. For a dressing, add more water/lemon juice if needed.
1 cup	Basil leaves or parsley	
¼ cup	Avocado/ Olive Oil	
2 cloves	Garlic	
¼ cup	Yeast flakes	
1 tsp.	Salt	
¼ cup	Lemon juice	

Pesto #2

[Serves:8]

Ingredients		Directions
2 cups	Basil leaves	Process all ingredients together.
1 cup	Cilantro	
½ cup	Avocado/ Olive oil	
2 cloves	Garlic	
¾ cup	Walnuts	
¼ cup	Sunflower seeds	
1 ½ tsp.	Salt	
⅓ cup	Lemon juice	
½ inch	Ginger	
	Water as needed	

Quinoa with Almonds

[3 cups of quinoa serves 12 people]

Ingredients		Directions
½ cup	Red onion, chopped	Sautee onion in water, 2-3 minutes until transparent. Add turmeric, garlic, & cumin, then cook for another minute. Rinse quinoa in cold water & add to the pan & stir. Add seasonings to 2 cups of liquid. Add to the pan & gently bring to boil, stirring. Reduce heat, cover pan, simmer for 15 minutes or until water is absorbed. Sprinkle almonds & salt on top. Garnish with chopped cilantro & lime wedges. Ready to serve.
2 cloves	Garlic, minced	
½ tsp.	Turmeric	
½ tsp.	Cumin, ground	
1 ½ cups	Quinoa	
2 ½ cups	Water	
2 tsp.	Salt	
½ cup	Slivered almonds, dry roasted	
½ cup	Fresh cilantro, roughly chopped	
	Lime wedges	

Baked Soy Curls

[Serves:6]

Ingredients

1 lb. Soy curls
1 tsp. Garlic powder
1 tsp. Onion powder
1 tsp. Paprika
½ tsp Smoked paprika
1 tsp. Italian Seasoning
½ tsp. Cumin
¼ cup Tamari
Add water to cover 2 inches above soy curls. Salt as needed (taste first because tamari is salty).

Directions

Boil water in a pot. After boiling, add seasoning, & soy curls. Stir very well & simmer for 3 minutes. Remove from heat & set aside for soy curls & seasonings to marinate for 1-2 hours. Drain. Place soy curls on a sprayed, parchment paper-lined baking pan. Bake at 350°F for 25 minutes.

Opt. Can add vegetables (cut bell peppers, onion, broccoli).

Red Tofu Curry

[Serves:5]

Ingredients

1 large Onion
2 cups Veggies
1 head Broccoli florets
1 ½ cup Tofu, diced
1 Tbsp. Tomato paste
1 tsp. Caraway seeds
1 tsp. Fenugreek seeds
2 Kaffir lime leaves
2 Tbsp. Ginger, grated
½ tsp. Cayenne pepper
14 oz. Coconut cream, canned

Directions

Put coconut oil into a medium sized saucepan over medium heat. Sauté onions in coconut oil until they begin to soften, then add ginger & dry spices. Stir for 5 minutes. Add coconut cream & bring to a slow simmer, then add tofu. Turn heat on low & simmer for 10 minutes, then turn off heat & sit for 1 hour.

Steam veggies (zucchini, eggplant, carrot) & add to curry. Serve hot on basmati or brown rice.

Stuffed Shells

[Yields: 18 stuffed shells]

Ingredients

Pasta shells

Tofu-Ricotta Style Filling:

1 lb. Firm tofu, mashed
½ cup Mayonnaise of choice
½ tsp. Salt
¼ Tbsp. Dried parsley
½ Tbsp. Lemon juice
Basil to taste (fresh or dried)
¼ tsp. Onion powder
¼ tsp. Garlic powder

Directions

In a bowl, mix the filling ingredients together.

Cook pasta shells for approximately 6 minutes. Spread a little spaghetti sauce or Alfredo Sauce (pg. 24) on the bottom of a baking dish. Fill shells with Ricotta-style filling & place in a prepared dish. Spoon a little sauce over each shell. Bake covered at 350° F for approximately 45 minutes, or until thoroughly hot.

Tofu Croquettes

[Serves: 4-6]

Ingredients

10 oz. Tofu, mashed
½ cup Flour (spelt or rice) or GF breadcrumbs or rolled oats
3 Tbsp. Tahini
½ cup Fresh parsley, finely chopped
1 sm. Onion, finely chopped
2 tsp. Salt
1 tsp. Italian herbs

Directions

Mix all ingredients together.

Use an ice cream scoop to form into 2-inch domes, then roll in flour. Bake in an oiled dish in a moderate oven for 15 minutes, each side until browned & cooked through.

Serve with hot spaghetti & Italian tomato sauce.

Grilled Soy Curls

[Serves:6]

Ingredients

3 cup	Soy curls
7 cups	Water
¼ cup	Tamari (gluten-free soy sauce)
1 tsp.	Garlic powder
1 Tbsp.	Smoked paprika
1 tsp.	Italian seasoning
1 Tbsp.	Onion powder
Pinch	Cayenne pepper
	Onions & peppers, thinly sliced and grilled
1 Tbsp.	Sesame Oil

Directions

Put all seasonings in the water & bring to a boil. Add soy curls, turn off heat, & soak for 2 hours. Drain out excess water after soy curls are softened.

Bake for 30 minutes at 375° F.

Sauté peppers & onions in little water until onions are soft.

Add to soy curls after they are done baking.

Add sesame oil & mix well. Serve with sesame seeds (white & black) sprinkled on top.

Sunflower Seed Loaf

[Serves:6]

Ingredients

1 ½ cup	Gluten free breadcrumbs
1 lg.	Raw potato, shredded
1 ⅓ cup	Walnuts, ground
1 cup	Sunflower seeds, ground
1 ½ cup	Soy/nut milk
2 cloves	Garlic, minced
½ cup	Onion, chopped
1 ½ tsp.	Salt
2 Tbsp.	Tamari
½ tsp.	Frontier All-Purpose Seasoning

Directions

Mix all ingredients together & put in an oiled dish & bake covered at 350°F for 45 minutes.

Scrambled Tofu

[Serves: 6-8]

Ingredients

2 pkg. Firm Tofu
¼ tsp. Salt or less
¼ tsp. Garlic Powder
½ Tbsp. Roasted Garlic, pg. 104

Seasoning:

½ tsp. Turmeric
½ tsp. Onion Powder
1 tsp. Grated Ginger
1 tsp. Italian Herb (garnish)
¼ cup Chopped Cilantro OR Parsley
(garnish)

Optional:

1 Tbsp. Nutritional Yeast Flakes

Directions

Crumble tofu.

Add seasonings & sauté tofu in a large skillet over medium heat until liquid evaporates.

Variations:

You may add onion, green peppers, olives, etc.

Spring Rolls

[Serves:8]

Ingredients

1 pkg. Rice paper
1 cup Green cabbage, shredded
1 cup Carrots, shredded
½ cup Onion, finely diced
½ cup Mushrooms, finely sliced
½ cup Bell peppers, finely sliced
¼ cup Tamari
2 Tbsp. Fresh garlic, minced
1 Tbsp. Fresh ginger, minced
1 Tbsp. Coconut oil
1 Tbsp. Sesame oil

Directions

Saute garlic & onion in water. Add all other ingredients (except rice paper), let cook down for 5 minutes.

Roll in the rice paper, rub edge with water and close. Spray each roll with cooking spray. Bake at 400°F until light brown.

Stir-Fry Noodles

[Serves:6]

Ingredients

15 oz. Mung Bean Noodles

Seasoned Broth to Sauté Veggies In:

½ cup Carrots

½ cup Celery

½ small Onion

2 cups Spinach or broccoli
spears

Add other veggies to your liking, such
as: cabbage, red/green peppers, etc.

To Cook Noodles:

½ cup Water

1 tsp. Garlic, minced

1 tsp. Ginger, minced

2 Tbsp. Vegan “chicken”
seasoning

2 Tbsp. Tamari

1 tsp. Miso

5 cups Water

¼ tsp. Turmeric

Salt to taste

Directions

At grocery stores, these noodles are
called Mai Fun or Sai Fun. It will say bean
threads or bean noodles.

Thinly slice vegetables & set aside.
Combine water with seasonings. Pour
water into a skillet & bring to a rapid boil.
Add veggies & stir for 1 - 2 minutes
ONLY!! Drain excess liquid. Pour into a
cool bowl. Veggies will keep cooking &
wilt if you cook them too long.

To cook the noodles, bring water &
seasonings to a boil. Turn heat down to
medium & add noodles. Cook for 5 - 6
minutes or until just tender. Drain, but
DO NOT rinse. Cut noodles with a knife,
and sprinkle Sesame Oil, & toss. Combine
veggies & noodles & add salt if needed.

Baked Tofu (Opt: with Vegetables)

[Serves:4]

Ingredients

Baked Tofu:

1 pkg. Extra firm organic tofu,
Cut into 1-inch cubes

Dry spice rub:

1 tsp. Garlic powder

1 tsp. Onion powder

½ tsp. Paprika

¼ tsp. Smoked Paprika

1 tsp. Italian Seasoning

3 Tbsp. Tamari

2 Tbsp. Coconut oil

Enough water to cover the Tofu

With Vegetables:

½ cup Slice onion

½ cup sliced thin red bell pepper

½ cup sliced thin yellow bell pepper

½ cup sliced thin orange bell pepper

½ cup broccoli florets

1 Tbsp. Sesame Oil

1 tsp. White + 1 tsp. Black sesame seeds

Directions

Preheat the oven to 400°F.

Marinate tofu in all mixed ingredients for about 2 hours. Drain out the liquid.

On a sprayer, parchment paper-lined cookie sheet, lay out the drained tofu in a single layer. Bake at 400° F for 20 minutes on the oven bottom rack. Bake for another 10 minutes on the top rack. This can be used in curries, salads, or wraps.

Sautee all vegetables in a little bit of water to maintain crispiness. After, combine with baked tofu. Add sesame oil & sesame seeds.

Tofu with Cilantro Pesto

[Serves:4]

Ingredients		Directions
2 cups	Water	Blend pesto ingredients together, until very smooth.
¼ cup	Tamari (gluten-free soy sauce)	
2 cups	Rolled oats, gluten-free	Cut tofu into cubes. Marinate in a mixture of Tamari, water, & lemon juice for 1-2 hours.
½ cup	Walnuts, chopped	
½ med.	Onion, finely chopped	Bake the tofu at 375° F until light brown. Mix baked tofu with pesto.
1 lg. clove	Garlic, minced	
	Salt to taste	
	Fresh parsley	
<u>Tofu:</u>		
1 pkg.	Tofu, firm or extra firm	
3 cups	Water	
2 Tbsp.	Lemon juice	

Tofu with Cilantro Pesto, Baked

[Serves:3]

Ingredients (Tofu)		Directions
1 Pkg.	Tofu (extra firm) cut into cubes marinated for 1 hour or more in ⅓ cup of tamari & 2 cups of water.	Blend the Pesto Ingredients well & mix with tofu. Strain & place tofu on a baking sheet (covered with parchment paper) & bake at 400°F until lightly browned.
Ingredients (Pesto Sauce)		
1 bunch	Cilantro	
1 clove	Garlic	
½ inch	Fresh Ginger	
½ tsp.	Salt	
¼ cup	Water	
¼ cup	Olive Oil	

Tofu Patties with Spinach & Carrots

[Serves:6]

Ingredients		Directions
1 block	X- firm OG tofu, crumbled	Mix all ingredients, except for “eggs.”
1 cup	Carrot, finely cut	
1 cup	Spinach pieces, thawed & squeezed dry	Quickly whisk together egg mixture & immediately add to the tofu mixture, mixing thoroughly.
½ cup	Pecan meal	
⅔ cup	Quick oats	
½ small	Onion, finely chopped	Shape into patties & place on a sprayed, parchment paper-lined baking sheet & bake at 375°F for 20 minutes on the bottom rack & then for 10 minutes on the top rack (do not cover with aluminum foil).
1 tsp.	Onion powder	
1 tsp.	Garlic powder	
1 tsp.	Salt, or to taste	
1sp.	Italian Seasoning	
<u>Make two “Eggs”:</u>		
6 Tbsp.	Water	
2 Tbsp.	Psyllium husks	

UnSausages

[2 recipes serve about 15 people]

Ingredients		Directions
2 ½ cups	Water	Preheat the oven to 375°F.
1 Tbsp.	Sage	
1 tsp.	Italian seasoning	In a medium pan, bring water to boil. Turn heat down to medium & add the rest of the ingredients.
1 tsp.	Garlic powder	
2 tsp.	Onion powder	
½ tsp.	Salt	Stir thoroughly & cook for 3 minutes.
2 Tbsp.	Tamari	Remove from heat & let cool enough to make patties (stirring occasionally helps it cool down faster).
2 cups	Quick oats	
		Form into sausage size patties & bake for 20 minutes on the oven bottom rack & then for 10 minutes on the oven top rack.

Vegan Meatless Crumble

Ingredients

1 block Tofu, extra firm
2 Tbsp. Coconut oil
1 tsp. Smoked paprika
1 tsp. Garlic powder
1 tsp. Chili powder
3-4 Tbsp. Tamari

Directions

Crumble tofu, season & bake at 400°F, & turn every 10-15 minutes.

Vegan Curry

[Serves:8]

Ingredients

4 large Potatoes, cubed & steamed *or*
2 pkg. Tofu, cubed
4 Carrots, cubed & steamed
2 Tbsp. Coconut oil
1 Onion, diced
3 cloves Garlic, minced
1-inch Fresh ginger, minced
2 tsp. Cumin
Pinch Cayenne pepper
4 tsp. Curry powder
2 tsp. Salt
2 cups Garbanzo beans, cooked
2 cups Peas, frozen
1 can Coconut milk

Directions

sauté onion & garlic in water.
Add remaining ingredients, except coconut milk.
Let simmer for 10 minutes.
Add coconut milk, simmer for 2 more minutes.

Falafels

[Yields: 11]

Ingredients		Directions
1 can	Chickpeas, rinsed, dried	Add the first seven ingredients to a food processor and mix until a crumbly dough is formed. Then add flour to the food processor one tablespoon at a time, until moldable. Refrigerate for 1-2 hours to firm up. Then scoop rounded tablespoon amounts into 11-12 discs. Cook for 4-5 minutes in a large skillet over medium heat, flipping once, until golden brown. Serve falafels warm with Tzatziki sauce or hummus, inside a pita or atop a bed of fresh greens. Tzatziki Directions: Combine dressing ingredients thoroughly. Refrigerate at least one hour for the best flavor.
1/3 cup	Parsley/Cilantro, chopped	
4 cloves	Garlic, minced	
2	Shallots, minced	
2 Tbsp.	Sesame seeds, raw	
1 ½ tsp.	Cumin	
¼ tsp.	Salt	
Pinch	Cardamom & Coriander, optional	
3-4 Tbsp.	Brown rice flour	
3-4 Tbsp.	Coconut oil	
<u>Tzatziki Dressing:</u>		
½ cup	Vegan mayonaise	
2	Cucumbers, peeled, seeded & diced	
½	Lemon, juiced	
3 cloves	Garlic	
½ cup	Vegan sour cream	
2 Tbsp.	Olive oil	
1 Tbsp.	Dill, fresh, chopped	

Savory - Vegetables

Seasoned Baby Carrots

[Serves: 5]

Ingredients

Carrots
Dill weed
Coconut oil
Salt
Fresh garlic, minced

Directions

Steam carrots, then add seasonings.

Asparagus

[Serves: 5]

Ingredients

1 bunch Asparagus
3 cloves Garlic, minced
2 Tbsp. Coconut oil
Salt
½ tsp. Paprika
½ tsp. Onion Powder
½ tsp. Garlic Powder

Directions

Mix all ingredients together. Spread asparagus on a sprayed, parchment paper-lined baking sheet. Bake at 375°F for 15-20 minutes, or until asparagus is tender.

Roasted Asparagus

[Serves: 5]

Ingredients

1 lb. Asparagus
1 tsp. Sesame oil or 1 Tbsp.
Coconut Oil
1 tsp. Lemon juice
1 tsp. Sesame seeds, toasted
1 clove Garlic, crushed

Directions

Preheat the oven to 375°F. Clean & cut asparagus into 1-inch lengths. Mix seasoning & coat the asparagus. Spread in a single layer on baking sheets lined with parchment paper or lightly oiled. One large baking sheet should accommodate 2 lbs. of asparagus. Bake for 15 minutes.

Seasoned Asparagus

[Serves:5]

Ingredients

Asparagus
Coconut oil
Garlic, minced
Salt

Directions

Steam asparagus. Then add seasoning to taste.

Brussel Sprouts

[Serves:4]

Ingredients

6 cups Brussel Sprouts
1 Tbsp. Garlic powder
2 Tbsp. Coconut oil
Salt

Directions

Remove the hard, outer leaves from the Brussel Sprouts. Cut in half. Season. Spread Brussel Sprouts on a sprayed, parchment-paper-lined baking sheet. Bake at 375°F for about 25 minutes or until lightly golden-brown.

Baked Butternut Squash

[Serves: 8]

Ingredients	
5 cups	Butternut Squash (peeled & cubed)
1 Tbsp.	Coconut oil
1 ½ tsp.	Herbs of Provence Seasoning, pg. 113
½ tsp.	Salt

Directions

Mix all ingredients.

Place Butternut Squash on a sprayed, parchment paper-lined baking sheet. Cover with aluminum foil.

Bake in the oven at 375°F for 10 minutes with the aluminum foil on. After 10 minutes, remove the aluminum foil & bake until squash cubes are slightly roasted.

Eggplant “Pepperoni”

[Serves:6]

Ingredients	
2	Japanese eggplant (long, skinny ones)
2 Tbsp.	Coconut oil
1 tsp.	Garlic
2 Tbsp.	Tapioca starch/flour
<u>Optional:</u>	
1 tsp.	Paprika (gives red pepperoni color)

Directions

Preheat the oven to 375°F. Cut into ¼” slices. Sprinkle with salt & let sit for one hour to draw out the liquid. Drain. If too salty, rinse & squeeze out liquid.

Toss everything together until flour is evenly distributed. Spray a cookie sheet. Place slices in a single layer & bake for 15 minutes, until the bottom is golden. Flip & bake for another 15 minutes. Delicious on pizza as “pepperoni” or side dish.

Lebanese Green Beans

Ingredients		Directions
3 cups	Green beans, sliced	Cook onion on low heat until clear. Add tomato & cook for another 5 minutes. Add oil & mix. Place beans on top, but do not mix. Cook with lid on, over low heat for 45 minutes until beans are soft.
1	Tomato, peeled & chopped	
1	Onion, sliced	
1 Tbsp.	Oil	
1 tsp.	Salt	

Roasted Garlic

Ingredients		Directions
3-4 bulbs	Garlic (peeled)	Peel & process garlic. Oil a skillet, & then over medium to low heat, roast garlic, stirring constantly, until golden color. Be careful not to brown the garlic because it will cause it to taste bitter.
2 Tbsp.	Olive Oil	

Okra

[Serves:5]

Ingredients		Directions
1 package	Frozen Okra	Let frozen okra preheat in oven at a high temperature to thaw out. Sprinkle seasonings on top of okra, but do not mix to prevent gumminess. Bake at 375° F for 10 minutes or until lightly roasted.
1 tsp.	Garlic Powder	
2 Tbsp.	Refined Coconut Oil	
Pinch	Cayenne	
	Salt as needed	

Steamed Kale

[Serves:5]

Wash kale well. If the leaves are small, do not chop. If leaves are larger, remove the coarsest part of the stem & stack 6-8 leaves on top of one another. Cut crosswise into 1" strips. Place it in a steamer to cook or drop it into 5 cups of boiling water until it turns bright green & shrinks. Drain & set aside.

Serving Variations

Option #1

For each ½ lb. of Kale (1 average bunch)

In a saucepan, sauté (in water) the following ingredients for 4-5 minutes:

¼ cup	Onion slices
¼ cup	Red pepper slices (optional)
2-3 cloves	Garlic, crushed
2-3	Tbsp. water

Add:

½-1 tsp. Lemon juice

Add the cooked kale & sauté for another 5-10 minutes.

Option #2

For 2 lbs. of raw kale or about 4 average bunches.

Prepare the kale for steaming as given above. Steam for 10 minutes.

Blend the following ingredients until smooth:

½ cup	Cashews, raw
½ cup	Soy milk or milk alternative
2 Tbsp.	Dried onion flakes

Place kale in a bowl & massage the cream sauce into the kale.

Cheesy Kale Chips

[Serves:3]

Ingredients

- 1 lg. bunch Curly green kale
- Cheesy Sauce:
- 1 cup Nuts or seeds (cashews, sunflower seeds, Brazil nuts)
- 1 lg. Red bell pepper
Juice 1 lemon
- 2 tsp. Raw honey or dates
- ½ tsp. Sea salt
- 1 Tbsp. Nutritional Yeast Flakes (optional)

Directions

Wash kale & remove large stems. Tear into large bite-sized pieces & put into a large mixing bowl.

Quarter & seed red pepper. Blend sauce ingredients until smooth. Pour over kale & massage into kale pieces, getting it inside the curls.

Place on t-flex sheets for your dehydrator. Dehydrate at 105°F overnight or until the coating is dry. Slide onto mesh screens & dehydrate another 12 hours or until very crispy.

Baked Potatoes

[Serves: 8]

Ingredients

- 8 Potatoes
- 1 Tbsp. Coconut oil
- 1 tsp. Garlic powder
- 1 tsp. Celtic salt
- 1 tsp. Sweet paprika

Directions

Wash potatoes & cut into chunks or chips. Spread potatoes in an oven-safe dish.

Mix remaining ingredients together in a bowl. Paint potatoes with this mixture then bake at 375°F until crispy & brown (approximately 1 to 1 ½ hours), covered with aluminum foil.

Baked Potatoes 2

[Serves: 8]

Ingredients

1 lb.	Potatoes
2 Tbsp.	Coconut Oil
1 Tbsp.	Garlic Powder
½ tsp.	Onion Powder
1 tsp.	Italian Seasoning
1 tsp.	Salt
½ tsp.	Paprika
¼ tsp.	Smoked Paprika
Pinch	Cayenne Pepper

Directions

Wash Potatoes. Put in a pot & boil potatoes in water for 8 minutes. Remove from water.

Cut potatoes into wedge-like shapes. Add seasonings.

Put potatoes on a sprayed parchment-lined baking sheet. Cover the potatoes with aluminum foil. Bake in the oven at 450°F until brown & crispy on the bottom of the potatoes.

Baked Hash Browns

[Serves:8]

Ingredients

1 lb.	Potatoes (about four potatoes, peeled and shredded)
½ cup	White onion, diced finely
¼ cup	Raw cashews
⅓ cup	Water
1 Tbsp.	Nutritional Yeast Flakes
½ Tbsp.	Onion powder
½ tsp.	Garlic powder

Directions

Preheat the oven to 400°F. Peel & grate the potatoes. Blend the cashews, water, Jennie's Chicken-Style seasoning (Pg.118), onion & garlic powder until smooth. Combine the mixture with the diced onions & shredded potatoes & mix.

Place on a non-stick cookie sheet & bake until golden, approximately 20 minutes.

Roasted Herb Potatoes

[Serves:8]

Ingredients		Directions
3 lbs.	Small red potatoes, halved	Preheat the oven to 400°F. Distribute the potatoes & onions evenly on the baking sheet. Sprinkle with oil & salt, then toss to coat.
1 med.	Yellow onion, quartered	
1 Tbsp.	Coconut oil	
	Coarse salt, to taste	
4 tsp.	Fresh rosemary, chopped (or 1 tsp. dried)	Bake for 35 minutes, then remove & sprinkle with herbs. Roast for an additional 20 minutes. The potatoes should be brown & tender.
4 tsp.	Fresh thyme, chopped (or 1 tsp. dried)	
<u>Optional:</u>		
¼ cup	Nutritional yeast flakes	
¼ tsp.	Cayenne pepper	
2 tsp.	Garlic granules	

Scalloped Potatoes

[Serves: 6-8]

Ingredients		Directions
5 lg.	Potatoes, finely sliced	Layer potatoes, leeks, & onions alternately in a baking dish.
1 lg.	Leek, finely sliced (opt.)	
1 lg.	Onion, finely sliced	Blend the last six ingredients well & pour over potatoes & onions.
1 can	Coconut milk	
1 tsp.	Thyme	
2 tsp.	Salt	Cover & bake at 375°F for 2 hours. Uncover for the last half hour, until browned.
4 cups	Water	
2 cloves	Garlic	
2 Tbsp.	Corn starch	

Creamed Spinach

[Serves: 5-6]

Ingredients

1 tsp.	Fresh ginger, grated
Sm. pinch	Cayenne pepper (optional)
1 tsp.	Coriander, ground
½ tsp.	Sweet paprika
½ tsp.	Cumin, ground
½ tsp.	Turmeric
2 tsp.	Coconut oil
2 lg. bunch	Spinach, silver beet, or kale washed & sliced roughly
1 sm. can	Coconut cream
1 tsp.	Salt
1 sm.	Onion, chopped

Directions

Sautee onion slowly until transparent. Add spices & oil, stir for 2 minutes until it starts to stick. Add spinach & cook with lid on until spinach wilts.

Sweet Potato Bake

[Serves: 6-8]

Ingredients

1 med.	Yellow sweet potato
1 med.	Onion
12 oz. can	Coconut cream

Directions

Slice sweet potato & onion & layer in a casserole dish.

Pour coconut cream over top. Cover & bake at 375°F for 45 minutes, then uncover & cook for another 15 minutes.

Sweet Potatoes (Roasted)

[2 cups of raw, sweet potato slices per person]

Ingredients

2 cups Sweet Potatoes, raw
1 ½ Tbsp. Coconut oil
Pinch of salt

Directions

Place sweet potatoes on a sprayed parchment paper-lined baking sheet & bake until lightly roasted at 450° F.

Vegetable Medley

[Serves:8]

Ingredients

4 Carrots, sliced
1 lb. Brussel sprouts, halved
1 sm. Butternut squash,
cubed
1 lb. Red potatoes, cubed
1 Tbsp. Rosemary
Salt to taste
1 Tbsp. Dry basil
1 tsp. Thyme powder
2 Tbsp. Coconut oil

Directions

Bake for 40 minutes at 400°F.

Roasted Veggies

[Serves:8]

Ingredients

1 head Cauliflower *or*
1 bunch Asparagus *or*
Several Carrots

2 Tbsp. Coconut oil
Salt, to taste

Directions

Cut vegetables into florets. Season with oil & salt. Place on a baking tray & roast in the oven at 400° F until light brown.

Baked Zucchini

[Serves 12 people]

Ingredients

12 cups raw zucchini, sliced ¼ inch thin
2 Tbsp. coconut oil
1 flat tsp. salt
1 tbsp. dried basil

Directions

Cut zucchini. Mix with seasonings & oil.
Bake on a sprayed, parchment paper-lined baking sheet at 450°F until lightly browned.

Baked Yucca

[Serves:3]

Ingredients

1 pack (1 lb.) Frozen Yucca
3 Tbs. Olive Oil
1 tsp. Onion Powder
1 tsp. Garlic Powder
1 Tbs. Nutritional Yeast
1 pinch of cayenne pepper
Salt as needed.
Enough water to cover the Yucca in the Instapot.

Directions

Cook yucca in Instant Pot with salt & water (covering the yucca) for 12 minutes. Drain the water off & mash the yucca while it is still very hot, remove the stringy roots as you mash.
DO NOT USE A FOOD PROCESSOR.
Spread a little coconut oil in a Pyrex dish.
Layer half of the yucca in the dish.
Add your favorite filling on top of the yucca.
Layer the 2nd half of the yucca on top of the filling & then bake on 450° F in the oven for 25 minutes.

Asparagus Soup

[Serves:5]

Ingredients

1 bunch Asparagus
10-12 cups Water
3 cloves Garlic, minced
2 Tbsp. Coconut oil
Salt
Potato flakes

Directions

Cook asparagus for 5 minutes.
Sauté garlic & oil.
Blend the cooked asparagus with water & sautéed garlic. Strain.
Put back into the saucepan, add salt, & thicken with potato flakes to desired thickness.

Cauliflower Cheesy Soup

[Serves: 4]

Ingredients

1 large Cauliflower (cut in small florets)
1 recipe Pimento Cheese Sauce, Pg. 36

Directions

Boil water (enough to cover cauliflower).
Once boiling, cook cauliflower for 5 minutes. Make the cheese recipe. Cook sauce. Once boiling, add cauliflower & cook for about 3 more minutes. Then remove from heat.

Seasonings

Chili Powder

Ingredients		Directions
8	Bay leaves, ground	Blend all ingredients.
½ cup	Paprika	
¼ cup	Parsley flakes	
1 tsp.	Garlic powder	
1 ½ Tbsp.	Basil	
4 Tbsp.	Oregano	
1 ½ Tbsp.	Cumin	

Herb Salt

Ingredients		Directions
2 Tbsp.	Dried rosemary	Blend all ingredients.
2 Tbsp.	Dried basil	
2 Tbsp.	Dried oregano	
2 Tbsp.	Himalayan salt	

Herbs of Provence

Ingredients	Directions
Equal amounts of Thyme, marjoram, Basil, Fennel, Sage, Lavender	Mix all ingredients in a bowl.
	Seal in a jar. Store at room temperature.

Curry Powder

Ingredients		Directions
12	Bay leaves (ground first)	Blend all ingredients.
1 Tbsp.	Coriander	
2 tsp.	Cumin	
2 Tbsp.	Celery seed	
1 tsp.	Garlic powder	
1 ½ Tbsp.	Turmeric	
½ tsp.	Cardamom	
1 Tbsp.	Onion powder	

Jennie's Chicken Style Seasoning

Ingredients		Directions
1 cup	Sesame seeds	Grind sesame seeds in a small grinder (coffee grinder, Bullet, etc.) and pour into a bowl.
1 tsp.	Salt	
2 T. + 2 tsp.	Onion powder	Blend remaining ingredients together in a blender and add to the sesame seeds. Stir together and store in the refrigerator.
4 tsp.	Garlic powder	
4 tsp.	Dried basil	
2 tsp.	Parsley	
1 tsp.	Oregano	
1 tsp.	Rosemary	
1 tsp.	Ground ginger	
½ tsp.	Paprika	
2 T. + 2 tsp.	Sage	
2 T. + 2 tsp.	Thyme	
1 tsp.	Turmeric	

Stock Powder

Ingredients

5 Tbsp.	Salt
1 ½ Tbsp.	Oregano
¼ tsp.	Celery salt
5 Tbsp.	Dried parsley
1 ½ Tbsp.	Onion powder
2 Tbsp.	Sweet paprika
1 ½ Tbsp.	Basil
½ tsp.	Turmeric
2 Tbsp.	Garlic powder

Directions

Blend all ingredients together in a dry blender until turned into a powder.

Seal in a jar. Store at room temperature.

Vegan Seasonings for Vegetables, Soups, & Beans

Ingredients

3 Tbsp.	Himalayan salt
1 ½ cups	Yeast flakes (optional)
1 tsp.	Turmeric
1 Tbsp.	Garlic powder
3 Tbsp.	Onion powder
1 tsp.	Oregano
1 tsp.	Sage powder
1 tsp.	Celery seeds
1 tsp.	Marjoram powder
3 Tbsp.	Dry parsley

Directions

Blend all ingredients in a food processor or blender.

Keep in a jar.

Spreads & Condiments

Ketchup

Ingredients

12 oz.	Tomato paste
½ cup	Tomato puree
2 Tbsp.	Honey
1 Tbsp.	Lemon juice
1 Tbsp.	Pickle juice, (Bubbies), opt.
¼ tsp.	Oregano, opt.
2 tsp.	Onion powder
¼ tsp.	Garlic powder
1 tsp.	Salt

Directions

Stir all ingredients together & refrigerate.

Mayonnaise

[Serves:10]

Ingredients

¾ cup	Soy, rice, or cashew milk
½ cup	Lemon juice
¼ tsp.	Garlic powder
1 ½ tsp.	Onion powder
¾ cup	Avocado oil
½ cup	Olive oil

Directions

While blending, add oil slowly until consistency thickens.

Garlic Mayo

Ingredients

4 large cloves Garlic
1 block Silken tofu
2 cups Water
 $\frac{3}{4}$ cup Olive oil
 $\frac{1}{2}$ cup Lemon juice
Celtic salt to taste

Directions

Blend all ingredients, gradually adding the oil to the blender while it's blending to make the mayo fluffy.

Mayo (Sunny-Not)

[Serves:6]

Ingredients

1 $\frac{1}{2}$ cups Water
 $\frac{3}{4}$ cup Sunflower seeds
 $\frac{1}{4}$ cup Lemon juice
1 tsp. Salt
1 tsp. Onion powder
1 clove Garlic **or** $\frac{1}{4}$ tsp. garlic powder

Directions

Blend on high for two minutes.

Options:

Can make a dip by substituting lime for lemon & adding cilantro or seasonings of choice. May add more lime or salt to taste.

To make a dressing, add more water or other liquid to create pourable consistency.

Tofu Mayonnaise

[Serves:10]

Ingredients

18 oz. Firm silken tofu
 $\frac{1}{4}$ cup Lemon juice
 $\frac{1}{2}$ cup Soymilk
1 tsp. Celtic salt
 $\frac{1}{2}$ tsp. Onion powder
 $\frac{1}{2}$ tsp. Garlic powder
 $\frac{1}{4}$ tsp. Maple syrup
 $\frac{1}{2}$ cup Olive oil

Directions

Blend the first seven ingredients well. Then add oil & blend lightly.

Eggplant Pâté

[Serves:6]

Ingredients

2 Eggplant
2 cups Mayonnaise
2 cloves Garlic
4 Tbsp. Tahini
2 Tbsp. Lemon juice
1 tsp. Liquid smoke
Salt

Directions

Bake two eggplants in aluminum foil for 30 minutes at 400°F. Open the eggplant & scoop out the pulp.

Then add the other ingredients.

Garbanzo Sandwich Spread

[Serves:10]

Ingredients

2-15 oz cans Garbanzo
beans, cooked & drained,
rinsed & mashed
½ cup Celery, finely diced
½ tsp. Onion powder
⅛ tsp. Garlic powder
½ cup Pa's pickle relish,
drained
1 tsp. Salt
Plant-Based Mayo of
choice to lightly coat

Directions

Mix all ingredients together.

Guacamole

[Serves:4]

Ingredients

2 large Avocados
2 ½ Tbsp. Lemon juice
½ tsp. Garlic powder
Salt, to taste

Directions

Combine all ingredients & mash with a fork.

Hummus

[Serves:4]

Ingredients

2 cans Chickpeas
2 Tbsp. Lemon juice
1-2 tsp. Salt
1 Tbsp. Tahini
2 cloves Garlic
1/2 cup Water

Directions

Mix all ingredients and process for one minute.

Spicy Bean Pâté

[Serves:3]

Ingredients

1 ½ cup Red kidney beans, cooked
1 Tbsp. Tomato paste
½ tsp. Paprika
½ tsp. Cumin
½ tsp. Oregano
1 clove Garlic, crushed
1 tsp. Tamari
1 tsp. Lemon juice
½ tsp. Celtic salt
Parsley

Directions

Blend into a smooth paste; add olive oil if more liquid is needed. Place into mold and smooth the surface with a knife.
Chill.
Serve with parsley to garnish.

Silken Tofu Sour Cream

[Serves:2]

Ingredients

1 cup Silken tofu
4 Tbsp. Olive oil
1 Tbsp. Lemon juice
1 Tbsp. Honey
Pinch of Salt

Directions

Blend all ingredients.

Sour Cream

[Serves:5]

Ingredients

2 cups Instant soy milk
1 tsp. Garlic powder
2 tsp. Onion powder
1 tsp. Salt
5 Tbsp. Lemon juice

Directions

Blend well, then add oil a little at a time until creamy.

Sunflower Sour Cream

[Serves:7]

Ingredients

1 ½ cups Sunflower seeds
1 ½ cups Water
1 ½ tsp. Celtic salt
1 tsp. Onion powder
1 tsp. Garlic powder
½ cup Lemon juice
Handful Parsley

Directions

Blend all ingredients, except parsley, until velvety smooth. Then add parsley and blend just enough to chop up parsley.

Will keep up to 7 days in the refrigerator.

Sunflower Seed Pâté

[Serves:3]

Ingredients

1 ½ cups Sunflower seeds
½ cup Lemon juice
½ tsp. Salt
1 clove Garlic
½ tsp. Miso, dissolved in ¼ cup water

Directions

Soak sunflower seeds for 36-48 hours, making sure the sunflower seeds are sprouted. (When they start sprouting, they will look like the open beak of a bird).

Blend with remaining ingredients.

You will need to keep pushing the ingredients back down in the blender with a scraper.

Will keep up to 5 days in the refrigerator.

Sweets

Apple Cake

[Serves: 4-6]

Ingredients

½ cup Coconut
2 cups Cornmeal or ground millet
1 cup Gluten free Flour
1 cup Dates, chopped
2-3 Bananas, mashed
6 Apples, chopped

Directions

Add enough water to make the mixture runny. Pour into a glass baking dish & bake at 350°F for 30-40 minutes.

Apple Crumble Oat Topping

[Serves: 6-8]

Ingredients

2 cups Gluten free flour
2 cups Rolled oats
1 cup Coconut
1 cup Walnuts
½ cup Olive oil
4 Tbsp. Maple syrup

Directions

Mix all ingredients together, spread evenly on a sprayed cookie sheet, then bake at 250° F for one hour. Sprinkle over stewed apples, peaches, pears, nectarines, or plums.

Apple Crumble Topping

[Serves: 6-8]

Ingredients

2 cups Millet flour
2 cups Spelt flour
1 cup Coconut
1 cup Sunflower seeds or walnuts
½ cup Maple syrup
½ cup Olive oil

Directions

Mix all ingredients together.
Use a 9x13 baking pan, filled with stewed fruit of your choice: apples, peaches, pears, nectarines or plums.
Pour crumble topping on top of fruit and bake at 350°F for 15 – 20 min.

Banana Custard

[Serves: 6]

Ingredients		Directions
½ cup	Polenta	In a saucepan, cook polenta, water & salt for 30 minutes.
1 ½ cups	Water	
	Pinch of salt	Blend cashews, hot water, dates & vanilla. (¼ cup of maple syrup can be substituted for dates). Add polenta, then bananas. May be reheated in a saucepan.
1 cup	Cashews	
½ cup	Dates, chopped	
1 ½ tsp.	Vanilla	
2 cups	Hot water	
2	Bananas	

Banana Pudding

[Serves: 4]

Ingredients		Directions
½ cup	Dates	Soften dates in a little hot water. Blend with remaining ingredients.
1 ½ cups	Soy milk	
2-3 Tbsp.	Polenta	Pour into an oiled dish and bake at 325°F for approximately 45 minutes.
1 tsp.	Lemon rind, grated	
8	Bananas	
1 tsp.	Vanilla	
3 Tbsp.	Coconut (optional)	

Carob Balls

[Yields: 30]

Ingredients

½ cup Light carob powder
1 Tbsp. Maple syrup
¾ tsp. Peppermint extract or
1 tsp. vanilla extract
½ cup Tahini
¾ cup Nuts & seeds, chopped
1 cup Coconut

Directions

Mix all ingredients well using only half the coconut. Roll into small balls, then roll in the remaining coconut.

Carob Mousse

[Serves: 6]

Ingredients

4 cups Soymilk
5 ½ Tbsp. Corn starch
5 ½ Tbsp. Carob powder
1 ½ Tbsp. Caro*
1 ½ Tbsp. Maple syrup
1 can Coconut cream
6 drops Peppermint oil
(optional)

Directions

*Caro is a grain beverage coffee substitute.
Blend together, then cook until thickened. Place in a bowl, sprinkle with coconut, & refrigerate.

Chia Vanilla Pudding

[2 recipes for 15 people]

Ingredients

1 cup	Chia seed
1 can	Coconut milk
3 cups	Almond milk
1 Tbs.	Vanilla
½ tsp.	Maple flavoring (optional)
½ tsp.	Stevia

Directions

Mix all ingredients except chia. Add chia & whisk well, getting all clumps out.

Place in a serving bowl and refrigerate until mealtime.

Handy Tip: It is necessary to stir continuously, otherwise lumps will form.

Tasty Tip: You can add other flavorings or fruits/berries to your own personal taste, such as more vanilla and/or coconut flavorings.

Fluffy Piña Colada

[Serves: 6]

Ingredients

1 can	Pineapple, crushed
1 pkg.	Vegan vanilla pudding
1 container	Vegan coconut whip
1 cup	Pecans, crushed

Directions

Combine all ingredients, sprinkle some shredded coconut on top, & chill.

French Toast

[Serves:10]

Ingredients

Enough batter to make 10 slices:
½ block of tofu
½ cup plant-based milk of choice
½ tsp vanilla
Pinch of salt

Directions

Blend until smooth.

Dip slices of your favorite bread (do not soak).

Shake off excess.

In a nonstick pan, spray, & over medium heat, cook each side until golden brown.

Fruit Compote

[Serves: 6-8]

Ingredients

2	Granny Smith apples or pears
¾ cup	Dried dates
¾ cup	Bananas, sliced
½ cup	Organic grape juice
1 Tbsp.	Lemon rind
¾ cup	Dried apricots
¾ cup	Prunes, pitted
1 ½ cups	Fresh orange juice
1 Tbsp.	Ginger, grated
1 tsp.	Cardamom

Directions

Prepare apricots & dates first. Place in a pot with orange juice, ginger, lemon rind & cardamom.

While heating, core apples & slice into rings. Add to ingredients already simmering in the pot & simmer for a further 2 minutes.

Turn heat off & place the lid on the saucepan. Leave for approximately 10 minutes. Lastly, add bananas & prunes. Stir very gently to avoid mashing ingredients.

Serve warm or hot, sprinkled with orange & lemon rind.

Fruit Sauce (Berries)

[Serves:4]

Ingredients

¾ cups	Water
2 Tbsp.	Corn starch
	Honey to taste
1 tsp.	Vanilla
3 cups	Frozen Mixed Berries

Directions

Mix water & cornstarch together and bring to a boil in a saucepan, then turn heat down to medium and boil for 1 minute, stirring constantly. Remove from heat.

Add 2 cups of fruit (we use frozen berries - but you can use frozen peaches, apricots, etc.). Bring to a boil again & then remove from heat.

Harvest Pudding

[Serves: 6]

Ingredients

Crumble Nut Crust:

½ cups Walnuts
½ cup Pumpkin seeds
1 Tbsp. Honey
¼ tsp Coriander
¼ tsp. Cardamom

Process in a food processor until mixture is crumbly. Press into a 9x9 pan and bake at 350°F for 15 minutes. Cool to room temperature before use.

Blend until very smooth:

3 cups Millet, cooked
⅓ cup Unsweetened coconut shreds
2 Tbsp. Honey
½ tsp. Vanilla flavoring, opt.
½ cup Water

Directions

Pour blended millet mixture on top of the Crumble Nut Crust. Cool. When ready to eat, place fresh berries or fruit sauce on top. May serve cold if stored in the fridge.

**If water has condensed on the top of a cooled millet, carefully pour it off or soak it up with paper towels, before spreading the fruit on top.

Lemon Sauce

[Serves:5]

Ingredients

2 cups Pineapple juice
¼ cup Arrowroot powder
½ tsp. Lemon juice
¼ cup Apple juice concentrate

Directions

Stir all ingredients together & heat at medium high, stirring constantly until thickened. Chill.

Lemon Balls

[Serves: 6]

Ingredients

¾ cup	Cashews, raw
1 cup	Golden raisins
1 cup	Pineapple pieces, dried
⅛ tsp.	Lemon extract
¼ tsp.	Salt

Directions

In a food processor, blend all ingredients for about one minute. At first the ingredients will remain crumbly and separate; then they will begin to stick together in a ball. Continue for another 15 – 30 seconds to blend.

Make into 1-inch balls and roll in a ¼ cup fine shredded coconut.

Millet Cake

[Serves: 10]

Ingredients

2 cups	Millet
7 cups	Water
2 tsp.	Salt
¾ cup	3-4 of the following: dried papaya, pineapple, pears, dates, apricots, figs, raisins, peaches, cranberries
¼ cup	Honey
¼ cup	Coconut, unsweetened
¾ cup	Nuts, chopped

Directions

Bring the first three ingredients to a boil; cover & simmer for forty minutes.

Fold in the remaining ingredients into a hot, cooked millet. Press mixture into a lightly oiled Bundt pan. Chill overnight.

Invert on a cookie sheet & bake at 350°F for 25-35 minutes, or until golden. Cool, slice, & serve.

Millet Cheesecake

[Serves: 6]

Ingredients

½ cup	Millet, hulled
¼ cup	Pineapple juice
¼ cup	Maple syrup
¼ cup	Lemon juice
½ tsp.	Vanilla
½ cup	Water
½ cup	Coconut cream
½ tsp.	Salt
¼ cup	Tahini

Directions

Simmer millet in water for 1 hour; then remove from heat & blend while still hot until very smooth. While blending, add remaining ingredients. Then pour into the pre-baked pie crust & decorate with fruit.

Let rest overnight in the fridge before serving.

Oat Cake

[Serves: 6-8]

Ingredients

6 cups	Oats
1 cup	Coconut
1 cup	Sunflower seeds
½ cup	Apricots, chopped
1 cup	Dates, chopped

Directions

Mix all ingredients in a bowl. Then add enough water to make it sloppy (usually 3-4 cups). Let sit for at least 1 hour.

Pour into a baking dish and bake at 350°F approximately 45 minutes.

Note: It is ideal to make this in the evening and let it sit overnight. Then cook it when you get up in the morning and it will be ready for breakfast.

Oatmeal Bake

[Serves: 8]

Ingredients

2 cups	Gluten free rolled oats
½ cup	Shredded coconut
5 cups	Nut milk
	Pinch of salt
2 cups	Grated cooking apples
½ cup	Almonds or pecans, sliced
<u>Opt.</u>	
1 tsp.	Vanilla

Directions

Mix all ingredients (except nuts) & refrigerate overnight. Bake at 400°F on the top oven rack for one hour, or until light brown.

Sprinkle nuts on top after baking.

Passionfruit Cheesecake

[Serves: 6]

Ingredients

2 boxes	Silken tofu
½ cup	Lemon juice
2 Tbsp.	Cornstarch or arrowroot
4	Passionfruit pulp
2 Tbsp.	Maple syrup
2 Tbsp.	Lemon rind, grated
1 cup	Soy milk
1 tsp.	Vanilla
½ cup	Palm sugar

Directions

Place all ingredients, except for passionfruit, into the food processor & blend until smooth. Stir passionfruit in gently after other ingredients have been blended.

Pour into the prepared pastry shell & bake at 325°F for 25-30 minutes in a moderate oven. Allow to cool in the oven.

Rice Pudding

[Serves: 6]

Ingredients

4 cups Rice, cooked
1 cup Cashews
1 tsp. Salt
2 tsp. Vanilla
¾ cup Soymilk
¼ cup Maple syrup or palm sugar
1 tsp. Coriander
4 cups Water

Directions

Place rice in a baking dish & set aside. Blend cashews, maple syrup, salt, coriander, vanilla & milk. Add water & pour over rice. Bake for 1 ½ hours at 300° F until the top is brown & puffy.

Walnut Cookies

[Yields: 24]

Ingredients

2½ cups Walnuts, ground
⅓ cup Gluten-free flour
1 tsp. Salt
⅓ cup Linseed, ground (flaxseed)
¾ cup Maple syrup
2 tsp. Vanilla

Directions

Add all ingredients in order. Mix well. Spray a thin layer of oil on the tray. Roll dough into small balls, place on tray, flatten with fork and then place walnuts on top. Bake at 350°F for 10-15 minutes until golden brown, careful not to let them burn. Let cool before removing from the tray.

Tofu Cheesecake

[Serves:8]

Ingredients

Base:

1 cup Coconut
½ cup Spelt or rice flour
½ cup Blended nuts
¼ tsp. Salt
¼ cup Maple syrup or 2 tsp.
palm sugar
¼ cup Sunflower or avocado oil

Filling:

10 oz. Silken tofu
1 cup Cashews
15 oz. can Crushed pineapple
½ cup Water
3-4 Tbsp. Corn flour or arrowroot
½ cup Maple syrup or 2 Tbsp.
palm sugar
¼ tsp. Salt
½ cup Lemon juice

Topping:

1 cup Pineapple slices, dried
2 cups Frozen strawberries

Directions

Mix base ingredients together. Press firmly into the dish and bake at 350° F for 15 minutes, until browned.

Blend all filling ingredients together and pour into a saucepan; simmer until thick, then pour into the crust to set. If there is extra liquid on top, dab carefully with a paper towel.

Pour the strawberries over the pineapples. Cover & let sit for at least 4-6 hours. Overnight is best. Blend in a food processor until smooth. Pineapple will thicken the topping.

Spread over set filling and place in the refrigerator.

Stewed Apples

[Serves: 6]

Ingredients

5 Green Apples
1 cup Water

Directions

Peel & slice apples.
Add to a pot with water. Cook until boiling, with the lid on the pot. Remove from heat.

