



# Lifestyle Cookbook



BETTER HEALTH. BETTER LIFE.

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# savory

## Eastern Vegetable Curry

### Ingredients

2 cups	Pumpkin/squash, diced
4 med.	Tomatoes, or 1 can 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	Avocado 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
⅛ tsp.	Cayenne pepper (optional)

### Directions

The day before, soak lentils and chickpeas. Rinse soaked lentils and chickpeas several times then cook until soft. Drain and set aside.

Preheat oven to 350° F. Brush a little oil on cut pumpkin/squash and place on baking tray in 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 and eggplant, cook on low heat for 20 minutes.

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

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

## Antonietta's Eggplant/Zucchini Lasagna

### Ingredients:

- 1 qt. Fresh tomato sauce
- 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 or to taste

### Directions:

1. Preheat oven to 400°F.
2. Peel eggplants and slice lengthwise, about ¼ inch thick.
3. Sprinkle a little salt on each slice and let stand for 1 hour in a 9x13 pan. Eggplant will release its liquid, so drain it off every once in a while.
4. Blend the avocado oil with garlic cloves and pour over the eggplants. Toss with your hands gently until eggplants are coated evenly (wear gloves).
5. Using a non-stick cookie sheet, make 1 layer. Bake, on the **bottom rack**, until the eggplants are golden, flipping once (about 20 minutes on each side).
6. Remove from oven and set aside.
7. Slice the zucchini lengthwise ¼ inch thick. Sprinkle with salt and bake in the 400°F oven (**bottom rack**) until both sides are slightly golden. Let cool on paper towels to soak up the liquid.
8. Turn oven down to 350°F to bake the lasagna.

### Tofu Filling:

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

Layer in the following order, in a lightly sprayed non-stick 9x13 baking pan:

Tomato sauce

Slices of eggplant covering the pan

Tomato sauce

Tofu filling – small spoonful's in rows (save some for the top)

Zucchini slices

Repeat layers until ingredients are gone. Top layers should be eggplant, tomato sauce, and 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 and “sop” up the excess.

### FRESH TOMATO SAUCE

- 2 lbs. 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, drain.

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

Put tomatoes in food processor 10 seconds, then put back into saucepan. Add chopped basil, and salt.

Let cook for 10-15 more minutes.



## Scrambled Tofu

[Serves: 6-8]

### Ingredients

1 pkg. Firm tofu  
½ tsp. Salt or less  
¼ tsp. Garlic powder  
1 clove Garlic, minced  
2 tsp. McKay's Chicken

### Seasoning:

½ tsp. Turmeric  
½ tsp. Onion powder

### Optional:

1 Tbsp. Nutritional yeast

### Directions

Crumble tofu and set aside to drain.  
Add spices and sauté tofu in large skillet over medium heat until liquid evaporates.

### Variations:

You may add onion, green peppers, olives, etc.  
Scrambled tofu can be made into mock egg salad by adding chopped pickles and Vegemaise to moisten.

## Asparagus Soup

### Ingredients

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

### Directions

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

## 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	Avocado oil

### Directions

Sauté 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, and gently simmer for another 20 minutes.

## Tofu Croquettes

[Serves: 4-6]

### Ingredients

10 oz.	Tofu, mashed
½ cup	Flour (spelt or rice) or bread crumbs 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 ice cream scoop to form into 2-inch domes, then roll in flour. Bake in oiled dish in moderate oven 15 minutes, each side until browned and cooked through.

Serve with hot spaghetti and Italian tomato sauce.

## Meatless Chili Beans

[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
1 tsp.	Cumin
2 tsp.	Salt
1 tsp.	Turmeric
2 cloves	Fresh garlic
½ cup	Avocado oil
1 Tbsp.	Tomato paste

### Directions

Sauté onion & garlic until lightly golden. Add tomatoes, avocado oil, celery & carrot. Gently simmer for ½ an hour. Add kidney beans, tofu, turmeric, cumin & salt.

Simmer for another half an hour.

## Black Eyed Beans

### Ingredients

1 cup	Black eyed beans
1 med.	Onion
1 Tbsp.	Avocado oil
2	Tomatoes, sliced
1 ½ tsp.	Salt
1 tsp.	Basil

### Directions

Soak beans overnight, cook until soft.

Sauté onion until soft, then add tomatoes. Simmer for 5 minutes then add salt, oil, and basil. Then add cooked beans and simmer another 10 minutes.

## Sunflower Burgers

[Yields: 30]

### 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. 108)
4 Tbsp.	Tomato paste
¾ cup	Wholemeal or spelt flour
4 cups	Sunflower seeds
4 cloves	Garlic
1 lg.	Onion, finely chopped
1 ½ cups	Bread crumbs
	Salt to taste

### Directions

Blend sunflowers until fine. Place in mixing bowl. Blend pecans until fine. Place in mixing bowl. Squeeze moisture out of grated potato (if using). Combine all other ingredients and mix.

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

Serve with tomato sauce or gravy. Excellent for freezing.

## Pesto #1

### Ingredients

2 cups	Cilantro or basil leaves
½ cup	Avocado oil
2 cloves	Garlic
¾ cup	Nuts (pine, Brazil, etc.)
¼ cup	Sunflower seeds
1 tsp.	Salt
¼ cup	Lemon juice

### Directions

Blend all ingredients well.

For a dressing, add more water/lemon juice if needed.

## Pesto #2

### Ingredients

2 cups	Basil leaves
½ cup	Avocado oil
2 cloves	Garlic
¾ cup	Cashews
¼ cup	Sunflower seeds
1 ½ tsp.	Salt
⅓ cup	Lemon juice
1 cup	Water

### Directions

Blend garlic, cashews, sunflower seeds, salt, water and lemon juice until smooth.

Add basil leaves and avocado oil and blend until smooth.

## Pesto Beans

### Ingredients

1 recipe	Pesto (see above)
4 cups	Canneloni beans

### Directions

Use hot, cooked beans. Great Northern or small lima beans can be substituted.

Mix together and serve with salad or baked veggies.

## Red Lentil Dahl

[Serves: 6]

### Ingredients

2 cups	Red lentils, rinsed 4 times
2 tsp.	Salt
2 tsp.	Turmeric
2 tsp.	Basil or Italian herbs
4 Tbsp.	Avocado oil

### Directions

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

Add last four ingredients, mix well, and serve on toast with rice and vegetables.

## Savory Brown Lentils

[Serves: 4]

### Ingredients

1 cup Brown lentils  
When soft, strain and add:  
½ cup Water  
1 tsp. Salt  
1 Tbsp. Avocado oil  
1 tsp. Italian herbs  
1 lg. tsp. Miso

### Directions

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

Mix very well. Heat through and serve.

## Mediterranean Peas

[Serves: 8]

### Ingredients

1 ½ cups Black eyed peas, cooked  
1 sm. can Tomato paste  
1 ½ cups Coconut milk  
1 Onion, sliced or chopped  
1 tsp. Salt  
½ tsp. Paprika  
Pinch Cayenne pepper

### Directions

Sauté onion until soft. Add tomato paste, coconut milk and spices. Add beans and heat through. DO NOT BOIL.

Serve with quinoa or rice.

## Quinoa with Almonds

### Ingredients

1	Red onion, chopped
2 cloves	Garlic, crushed
½ tsp.	Turmeric
½ tsp.	Cumin, ground
1 ½ cups	Quinoa
	Juice of 1 lime
2 tsp.	Salt
½ cup	Slivered almonds, dry roasted
½ cup	Fresh cilantro, roughly chopped
	Lime wedges

### Directions

Sauté onion, 2-3 minutes until transparent. Add turmeric, garlic, and cumin, then cook for another minute. Rinse quinoa in cold water and add to pan and stir.

Add lime juice in water to make 2 cups liquid. Add to pan and gently bring to boil, stirring. Reduce heat, cover pan, simmer 15 minutes or until water is absorbed.

Stir in almonds, salt and coriander. Garnish with lime wedges and serve.

## Pasta with Sun-Dried Tomato Pesto (Gluten-Free)

### Ingredients

12 oz.	Gluten-free Pasta
8.5 oz. jar	Sun-dried tomatoes, packed in avocado oil
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

### Directions

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, and 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.

## Tofu with Cilantro Pesto

### Ingredients

#### Pesto:

1 lg. bunch Cilantro  
¼ cup Avocado oil  
1 lg. clove Garlic  
1 tsp. Salt  
1-inch Ginger, fresh  
¼ cup Water

#### Tofu:

1 pkg. Tofu, firm or extra firm  
¼ cup Tamari  
3 cups Water  
2 Tbsp. Lemon juice

### Directions

Blend pesto ingredients together, until very smooth.

Cut tofu into cubes. Marinate in a mixture of tamari, water, and lemon juice for 1-2 hours.

Bake the tofu at 400°F until light brown. Mix baked tofu with pesto.

## Simple Meatballs

### Ingredients

2 cups Water  
¼ cup Tamari (gluten-free soy sauce)  
2 Tbsp. Avocado oil  
2 cups Rolled oats, gluten-free  
½ cup Walnuts, chopped  
½ med. Onion, finely chopped  
1 lg. clove Garlic, minced  
Salt to taste  
Fresh parsley

### Directions

Boil water, tamari, and avocado oil. Add oats and walnuts. Cook until thickened.

Add onion, garlic, parsley - allow to cool down. Scoop the meatballs onto pan.

Bake at 350°F for 20 minutes or until light brown.



## Grilled Soy Curls

Ingredients		Directions
1 cup	Soy curls	Put all seasonings in the water and bring to a boil. Add soy curls, turn off heat, and soak for ½ hour. Add additional water if necessary to soften soy curls. Sauté in avocado oil.
2 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	
3 Tbsp.	Avocado oil	
Pinch	Cayenne pepper	
<u>Optional:</u>		
	Onions & peppers, thinly sliced and grilled	
Pinch	Cayenne	

## Baked Macaroni & Cheese Casserole

Ingredients		Directions
6-7 cups	Macaroni, gluten-free, cooked and drained	Mix all ingredients together.
1 can	Coconut milk	Bake at 350°F for 45 minutes.
1 recipe	Pimento cheese (pg. 67)	
1 ½ cup	Frozen green peas	
1 cup	Green olives, sliced	
1 pkg.	Firm tofu, cubed	

## Chick-Like Patties

### Ingredients

1 cup	Chickpeas, soaked
1 cup	Soybeans, soaked
2 cups	Water
1 cup	Chickpeas, soaked
1 Tbsp.	Onion powder
1/8 tsp.	Cumin powder
1 1/4 tsp.	Salt
Pinch	Sage (optional)
1 scant cup	Rolled oats
1/4 cup	Oat bran* or more rolled oats
3/4 cup	Brazil nuts, coarsely grated or ground

### Directions

Blend chickpeas, soybeans, and water until smooth.

Then add the next five ingredients to briefly mix and lightly grind.

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

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

#### Baking instructions:

Use 1/4 cup measuring cup to scoop out onto a hot griddle (300°F). Cover with a couple of inverted baking sheets.

Cook for about 20 minutes, then flip patties and cook for another 10-15 minutes. Can be served plain or with gravy or salsa.

## Chickpea with Spinach

Ingredients		Directions
2 cups	Chickpeas, dried	Soak chickpeas overnight. Next day, rinse thoroughly and boil or put in crockpot until soft.
1 med.	Onion	In a separate pan, sauté the onion, garlic, and avocado oil.
3 cloves	Garlic, minced	
1 Tbsp.	Avocado oil	
2 tsp.	Turmeric	Then add seasonings.
½ tsp.	Cumin	
	Salt to taste	
2 cups	Spinach or other greens of your choice (e.g. Swiss chard, kale, etc.)	Turn off heat and add greens.

## Spring Rolls

Ingredients		Directions
1 pkg.	Rice paper	Sauté garlic and onion in avocado oil. Add all other ingredients (except rice paper), let cook down for 5 minutes.
1 cup	Green cabbage, shredded	
1 cup	Carrots, shredded	Roll in the rice paper, close with water, and spray each roll with cooking spray. Bake until light brown at 400° F.
½ cup	Onion, finely sliced	
½ cup	Mushrooms, finely sliced	
½ cup	Peppers, finely sliced	
¼ cup	Tamari	
2 Tbsp.	Fresh garlic, minced	
1 Tbsp.	Fresh ginger, minced	
1 Tbsp.	Avocado oil	
1 Tbsp.	Sesame oil	

## 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	Avocado oil
1 - 2 cups	Water

### Directions

Marinate tofu in BBQ sauce (see pg. 75)

Blend ingredients until smooth, except tofu.

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

## Special Meatballs

### Ingredients

5 cups	Water
½ cup	Tamari
2 ½ cups	Rolled oats
2 cups	Quick oats
¼ cup	Avocado oil
1 Tbsp.	Onion powder
1 cup	Pecan meal
2 tsp.	Sage
¼ cup	Yeast flakes (optional)
2 tsp.	Garlic powder
1 tsp.	Italian seasoning
2 tsp.	Liquid smoke
1	Fresh onion, chopped
1 bunch	Parsley, chopped

### Directions

Combine water and dry seasonings and bring to a boil.

Add oats and cook for 5 minutes.

Add fresh onion and parsley.

Roll into meatballs.

Bake in a pan, sprayed with cooking spray, at 350°F for approximately 1 hour.

## Breaded Eggplant

### Breading Meal:

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

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

1 cup	Bread crumbs, 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 and cut into ¼ inch slices. Place in a bowl of cold water with salt and 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 and bake an additional 10-15 minutes.

## 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 mixing bowl and stir thoroughly. Let rest 15-20 minutes. Preheat oven to 350°F. Lightly spray two cookie sheets or line with parchment paper. Form burgers using ¼ measuring cup. (For perfect form and height, use Mason canning ring and seal to form patty. It is slower, but the presentation is superior.)  
Bake the first side 25 minutes. After turning burgers, bake the second side 15 minutes.  
Serve as a main dish with gravy or as a “garden” burger. Delicious!

## Chickpea a-la-King

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

## Vegan Lentil Burgers

### Ingredients

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

### Directions

Place the lentils and vegetable stock in saucepan; bring to a boil. Lower heat, cover and simmer for about 45 minutes, until nearly all liquid has been absorbed and lentils are very soft, with splitting skins.

Cook onion and carrot in small amount of water until soft.

Mix the lentils and seasonings in a large bowl, then mix in the flour and breadcrumbs. While still warm, form the lentil mixture into patties, which can be frozen, or cooked immediately and refrigerated.

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



## Chickpea Bake

### Ingredients

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

### 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 handful each of walnuts, pumpkin seeds, and sesame seeds. (can substitute any other nut or seed)

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

### Directions

Sauté onion, add about a cup of water, bring to a boil, and add remaining vegetables, tarragon and cooked chickpeas, and 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 blender, and 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 cornflour 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 and bake it in the oven. Do not overcook, as the end result should taste light and fresh.

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

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

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

## Vegan Curry

Ingredients		Directions
4 large	Potatoes, cubed & steamed <i>or</i>	Sauté onion and garlic in avocado oil.
2 pkg.	Tofu, cubed	Add remaining ingredients, except coconut milk. Let simmer for 10 minutes.
4	Carrots, cubed & steamed	
2 Tbsp.	Avocado oil	Add coconut milk, simmer for 2 more minutes.
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	

## Sunflower Seed Loaf

Ingredients		Directions
1 ½ cup	Whole wheat bread crumbs	Mix all ingredients together and put in an oiled dish and bake covered at 350°F for 45 minutes.
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	

## Tofu Patties with Spinach & Carrots

### Ingredients

1 lb.	Extra firm organic tofu, scrambled
1 cup	Carrot, finely cut
1 cup	Spinach pieces, thawed & squeezed dry
½ cup	Pecan meal
⅔ cup	Quick oats
½ small	Onion, finely chopped
1 tsp.	Onion powder
1 tsp.	Garlic powder
1 tsp.	Salt, or to taste

### Make two “Eggs”:

6 Tbsp.	Water
2 Tbsp.	Psyllium husks

### Directions

Mix all ingredients, except for “eggs.”

Quickly whisk together egg mixture and immediately add to the tofu mixture, mixing thoroughly.

Heat an electric skillet to 325°F. Spray the skillet generously with olive or avocado oil. Form into 2” patties and place in the skillet. Make sure to cover tightly. Cook for 5 minutes, flip over and cook for an additional 5 minutes, until golden.

Can be served with tomato sauce.

## Polenta

### Ingredients

1 cup	Yellow corn grits
4 cups	Water
<i>Or</i>	
1 cup	Yellow corn grits
1 cup	Coconut milk, canned
3 cups	Water

### Directions

Bring water and salt to a boil in a large saucepan; pour polenta slowly into boiling water, whisking constantly until all polenta is stirred in and there are no lumps.

## Stuffed Shells

[Yields: 18 stuffed shells]

### Ingredients

	Pasta shells
<i>Tofu-Ricotta Style Filling</i>	
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. 66) in the bottom of a baking dish. Fill shells with Ricotta-style filling and 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.

## UnSausages

### Ingredients

2 cups	Water
1 Tbsp.	Sage
1 tsp.	Italian seasoning
1 tsp.	Garlic powder
2 tsp.	Onion powder
½ tsp.	Salt
2 Tbsp.	Tamari
1 Tbsp.	Avocado oil (optional)
2 cups	Quick oats

### Directions

Preheat oven to 375°F. Lightly spray a cookie sheet.

In a medium pan, bring water to boil. Turn heat down to medium and add the rest of the ingredients.

Stir thoroughly and cook for 3 minutes. Remove from heat and let cool enough to make patties (stirring occasionally helps it cool down faster).

Form into sausage size patties and bake for 20 minutes on one side. Lightly spray top of patties, flip over and bake for 10 more minutes. Let cool slightly before serving.

## Stir-Fry Noodles

### Ingredients

15 oz. Mung Bean Noodles

#### Seasoned Broth to Sautee 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

Salt to taste

¼ tsp. Turmeric

### Directions

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

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

To cook the noodles, bring water & seasonings to a boil. Turn heat down to medium and 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, and toss. Combine veggies and noodles and add salt if needed.

## Scalloped Potatoes

[Serves: 6-8]

### Ingredients

5 lg.	Potatoes, finely sliced
1 lg.	Leek, finely sliced (optional)
1 lg.	Onion, finely sliced
1 can	Coconut milk
1 tsp.	Thyme
2 tsp.	Salt
4 cups	Water
2 cloves	Garlic
2 Tbsp.	Corn starch

### Directions

Layer potatoes, leeks, and onions alternately in baking dish.

Blend last six ingredients well and pour over potatoes and onions.

Cover and bake at 375°F for 2 hours. Uncover for last half hour, until browned.

## Chana Masala Chickpea Curry

### Ingredients

1 Tbsp.	Avocado oil
1 lg.	Onion, chopped
2-3 cloves	Garlic, minced
4 cups	Chickpeas (garbanzos), cooked
1-2 tsp.	Garam masala or good- quality curry powder
½ tsp.	Turmeric
2 tsp.	Fresh ginger, grated
2 lg.	Tomatoes, diced
1 Tbsp.	Lemon juice
¼ cup	Fresh cilantro, minced
	Salt to taste

### Directions

Heat the oil in a wide skillet. Add the onion and sauté until translucent. Add the garlic and continue to sauté until the onion is golden.

Add the chickpeas, garam masala, turmeric, ginger, tomatoes, lemon juice, and about ¼ cup water. Bring to a simmer, then cook over medium-low heat for 10 minutes, stirring frequently. This should be moist and stew-like, but not soupy; add a little more water, if needed.

Stir in the cilantro and season with salt. Serve as is in shallow bowls or over a hot, cooked grain, if desired.

## Black Bean Roll-Ups (Enchiladas)

### Ingredients

12	Corn tortillas
<u>Enchilada Sauce:</u>	
2 cups	Salsa
1 ½ cup	Vegetable broth
2 tsp	Chili powder
<u>Filling:</u>	
2 Tbsp.	Avocado oil (divided)
1 sm.	Onion, chopped
4 cloves	Garlic, minced
2 cups	Beans, cooked & drained (mashed, half left whole)
3 tsp	Chili powder (divided)
	Salt, to taste
½ cup	Salsa
¼ tsp	Salt
½ cup	“Mozzarella Cheese”
<u>Topping:</u>	
	Green onion, sliced thinly
	Cilantro, chopped
1 ripe	Avocado, sliced
1	Tomato, diced

### Directions

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

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

Dip tortillas in the enchilada sauce and place two spoonsful of filling in each. Roll them up and 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” (pg. 76) on top.

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

## Mediterranean Rice

### 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.	McKay's chicken seasoning
2 Tbsp.	Lemon rind, grated
¼ cup	Parsley, chopped (set aside)
<u>Optional:</u>	
1-2 Tbsp.	Avocado oil

### Directions

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

When done, fluff with a fork and add chopped parsley just before serving.

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

## Vegan Crumble

### Ingredients

1 block	Tofu, extra firm
2 Tbsp.	Avocado 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, and turn every 10-15 minutes.



## Baked Tofu

### Ingredients

1 pkg. Extra firm organic tofu

#### Dry spice rub:

1 tsp Garlic powder  
1 tsp Onion powder  
¼ tsp Turmeric  
½ tsp Smoked Paprika  
½ tsp Salt

### Directions

Preheat oven to 400°F. Cut tofu into 1-inch cubes. Drain very well after it is cut, then lay on layers of paper towels while you prepare the rub.

Mix the seasonings well, then add 2 Tbsp. avocado oil and *very gently* coat the tofu evenly.

Spray a cookie sheet and place the tofu in a single layer. Bake at 400°F for 15-20 minutes. Turn the tofu over and bake for another 15 minutes, or until golden on both sides. This can be used in curries, salads, or wraps.

## Eggplant “Pepperoni”

### Ingredients

2 Japanese eggplant  
(long, skinny ones)

2 Tbsp. Avocado oil  
1 tsp. Garlic  
2 Tbsp. Tapioca starch/flour

#### Optional:

1 tsp. Paprika (gives red pepperoni color)

### Directions

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

Toss everything together until flour is evenly distributed. Spray a cookie sheet. Place slices in single layer and bake 15 minutes, until bottom is golden. Flip and bake for another 15 minutes.

Delicious on pizza as “pepperoni” or side dish.

## Basil Stir “Fried” Rice

### Ingredients

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

### Seasoned Water:

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

### Optional:

Broccoli flowerets

### Directions

Cook rice as usual and season with salt and 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 and stir it for only 1 – 2 minutes, just until 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.

## Lentil Roast (Gluten-Free)

[Serves: 6]

### Ingredients

1 ½ cups	Lentils, cooked
1 cup	Soy milk
¼ cup	Extra light avocado oil
½ cup	Onion, chopped
½ cup	Pecan meal
1 tsp.	Garlic powder
1 ½ cup	Cornflakes
	Salt to taste

### Directions

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

## Not Cheesy Potatoes

### Ingredients

<u>Cheese Sauce:</u>	
3	Potatoes, peeled
1	Carrot, peeled
1 ½-2 cups	Water (from veggies)
½ cup	Nutritional yeast flakes
½ cup	Vegetable oil
2 Tbsp.	Chicken style seasoning
1 tsp.	Salt
1 tsp.	Onion powder
½ tsp.	Garlic powder
8-10	Potatoes

### Directions

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

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

## Seasoned Baby Carrots

### Ingredients

Carrots  
Dill weed  
Avocado oil  
Salt  
Fresh garlic, minced

### Directions

Steam carrots, then add seasonings.

## Vegetable Medley

### 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. Avocado oil

### Directions

Bake for 40 minutes at 400°F.

## Seasoned Asparagus

### Ingredients

Asparagus  
Avocado oil  
Garlic, minced  
Salt

### Directions

Steam asparagus. Then add seasoning to taste.

## Steamed Kale

Wash kale well. If the leaves are small, do not chop. If leaves are larger, remove the coarsest part of the stem and 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 and shrinks. Drain and set aside.

### *Serving Variations*

#### **Option #1**

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

In a saucepan, sauté 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 and 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  
2 Tbsp.        Dried onion flakes

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

## Roasted Veggies

### Ingredients

1 head	Cauliflower <i>or</i>
1 bunch	Asparagus <i>or</i>
Several	Carrots
2 Tbsp.	Avocado oil
	Salt, to taste

### Directions

Cut vegetables into florets. Season with oil and salt. Roast in oven at 400°F until light brown.

## Cauliflower Bake

[Serves: 4]

### Ingredients

½	Cauliflower
3	Carrots
1 head	Broccoli
¼ cup	Sesame seeds
½ tsp.	Paprika
½ cup	Cashew nuts
½ cup	Sunflower seeds
¼ cup	Lemon juice
2 tsp.	Onion powder
2 tsp.	Garlic powder
2 tsp.	Salt

### Directions

Cut cauliflower and broccoli into flowerets and carrots into chunks, then lightly steam. Place in baking dish.

Blend remaining ingredients, covered approximately with 1 inch of water, until smooth and creamy. Pour over vegetables. Place in oven for 45 minutes at 400° F or until browned on top.

## Grilled Asparagus

### Ingredients

2 lbs. Fresh Asparagus  
Salt to taste  
1 Tbsp. Avocado oil

### Directions

Preheat oven to 400°F.  
Wash & stem asparagus. Sprinkle salt & rub oil evenly over the asparagus. Evenly place asparagus on a cookie sheet, in one layer. Bake for 10 minutes, then gently flip over and bake for another 10 minutes, or until asparagus is tender, but still bright in color.

## 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. Avocado oil  
2 lg. bunch Spinach, silverbeet, or kale washed & sliced roughly  
1 sm. can Coconut cream  
1 tsp. Salt  
1 sm. Onion, chopped

### Directions

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

## Roasted Asparagus

### Ingredients

1 lb.	Asparagus
1 tsp.	Sesame oil
1 tsp.	Lemon juice
1 tsp.	Sesame seeds, toasted
1 clove	Garlic, crushed

### Directions

Preheat oven to 250°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.

## Cheesy Kale Chips

### 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 and put into large mixing bowl.

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

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



## Roasted Herb Potatoes

### Ingredients

3 lbs.	Small red potatoes, halved
1 med.	Yellow onion, quartered
1 Tbsp.	Avocado oil
	Coarse salt, to taste
4 tsp.	Fresh rosemary, chopped (or 1 tsp. dried)
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

### Directions

Preheat oven to 450°F. Distribute the potatoes and onions evenly on baking sheet. Sprinkle with oil and salt, then toss to coat.

Bake for 35 minutes, then remove and sprinkle with herbs. Roast for an additional 20 minutes. The potatoes should be brown and tender.

## Baked Hash Browns

### 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.	McKay's Chicken Seasoning
½ Tbsp.	Onion powder
½ tsp.	Garlic powder

### Directions

Preheat the oven to 400°F. Peel & grate the potatoes. Blend the cashews, water, McKay's seasoning, onion & garlic powder until smooth. Combine the mixture with the diced onions and shredded potatoes and mix.

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

## Baked Potatoes

[Serves: 8]

### Ingredients

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

### Directions

Wash potatoes and cut into chunks or chips. Spread potatoes in oven dish.

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

## Smoked Baked Potatoes

### Ingredients

Potatoes
Salt
Rosemary (fresh)
Smoked paprika
Avocado oil

### Directions

Peel potatoes.

Cut into 1-inch cubes.

Cook in salted water until almost cooked. Add seasonings.

Bake at 375°F until light brown.

## Sweet Potato Bake

[Serves: 6-8]

### Ingredients

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

### Directions

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

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

## Falafels

[Yields: 11]

### Ingredients

1 can	Chickpeas, rinsed, dried
⅓ 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.	Avocado oil

### Taziki Dressing:

½ cup	Vegenaise
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

Combine dressing ingredients thoroughly. Refrigerate at least one hour for the best flavor.

### Directions

Add first seven ingredients to a food processor and mix until a crumbly dough is formed. Then add flour to 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 golden brown.

Serve falafels warm with Taziki sauce or hummus, inside a pita or atop a bed of greens.

## Red Tofu Curry

### Ingredients

1 large	Onion
2 cups	Veggies
1 head	Broccoli flowerets
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. Sate onions in a coconut oil until the begin to soften, then add ginger and dry spices. Stir for 5 minutes. Add coconut cream and bring to a slow simmer, then add tofu. Turn heat on low and simmer for 10 minutes, then turn off heat and sit for 1 hour.

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

## Lebanese Green Beans

### Ingredients

3 cups	Green beans, sliced
1	Tomato, peeled & chopped
1	Onion, sliced
1 Tbsp.	Oil
1 tsp.	Salt

### Directions

Cook onion on low heat until clear. Add tomato and cook for another 5 minutes. Add oil and mix. Place beans on top, but do not mix.

Cook with lid on over low heat 45 minutes until beans are soft.

## Sun-Dried Tomato Crackers

## Ingredients

4 cups	Golden flax seeds
½ cup	Almonds
2 cups	Sun dried tomatoes, organic
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

## Directions

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 and soak for 30 minutes. Put the sun-dried tomatoes in a separate bowl and soak in one cup of warm water, for 30 minutes.

After soaking, coarsely blend all ingredients together (including water from soak), except for flax seeds. This should create a thick paste. Add mixture and 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 and 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 airtight container.

## Raw Hummus

### 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 and sesame seeds in water overnight, then drain. Blend all ingredients until smooth.

## Sprouted Red Lentils with Curry Sauce & Kale

[Serves: 4]

### Ingredients

1 cup	Lentils, sprouted
1 cup	Coconut flesh
½ cup	Coconut water
1 clove	Garlic
2 tsp.	Lemon juice
½ tsp.	Tamari
1 ½ tsp.	Sweet yellow curry powder
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

### Directions

Two days before, sprout lentils by soaking overnight in water, then rinsing three times until tiny tails appear. Get coconut flesh and coconut water from young Thai coconuts, if possible.

In high-speed blender, blend coconut flesh, coconut water, garlic, lemon juice, Tamari, curry powder, coconut crystals (or sweetener of choice), and olive oil.

In a separate bowl, de-stem kale and tear into bit sized pieces. Massage with 1 Tbsp. olive oil, lemon juice, and salt until wilted.

Mix together sprouted lentils, curry sauce, kale, tomato and green onions. Season to taste with salt, then top with cashews.

# salads

## Greek Salad

[Serves: 6]

### Ingredients

	Juice of 1 lemon
1 tsp.	Ginger, finely grated
1-2 tsp.	Salt
½ tsp.	Oregano
1 tsp.	Kome Miso
2 Tbsp.	Olive oil
1 tsp.	Garlic, finely grated
¼ tsp.	Cayenne pepper
1 tsp.	Italian herbs
1 tsp.	Paprika
18 oz.	Tofu, cut in ¾ inch cubes
3	Fresh tomatoes
3	Cucumbers
½ lg.	Red onion, cut in chunks
½ cup	Kalamata olives
1 stick	Celery, sliced (optional)
2 Tbsp.	Parsley, chopped

### Directions

Mix first 10 ingredients and pour over the tofu cubes. Marinate for at least 1 hour, stirring occasionally.

Cut tomatoes and cucumbers into wedges. Then add all the remaining ingredients to the marinated tofu.

Toss and serve on a head of lettuce, washed and dried.

## Pasta Salad

[Serves: 6]

### Ingredients

½ lb. Pasta, cooked  
1 cup Pesto  
2 tsp. Sundried tomatoes,  
sliced  
Olive Oil

### Directions

Toss with small amount of olive oil and served chilled.

## Asian Coleslaw

### Ingredients

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

### Directions

Mix all ingredients together.



## Gingered Carrot & Beetroot Salad

### Ingredients

3	Carrots, grated
1 lg.	Beetroot, grated
½ inch	Fresh ginger, peeled and grated
2 cloves	Garlic, crushed
	Juice of 1 lemon
1 Tbsp.	Olive oil
1 tsp.	Salt

### Directions

This salad is best made a couple of hours ahead of time, so it has time to marinate.

Place carrots and beets in large bowl.

Mix the rest of the ingredients together and pour over carrots and beets. Toss thoroughly with marinade.

## Cauliflower Salad

[Serves: 7]

### Ingredients

1 lg.	Cauliflower head, cut in flowerets
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 67)

### Directions

After cutting cauliflower and 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. 67) just before serving.

Sprinkle with chopped parsley.

## Butternut & Chickpea Salad

[Serves: 6]

### Ingredients

2 ½ lbs.	Butternut squash, peeled, seeded, cut into ¾ inch pieces
½ cup	Olive oil
1 tsp.	Coriander, ground
1 tsp.	Cumin, ground
14 oz. can	Chickpeas, drained & rinsed
1 sm.	Red onion, thinly sliced
½ cup	Coriander leaves, roughly chopped
1 lg.	Lemon juice & rind
1 tsp.	Salt

### Directions

Preheat oven to 400° F. Lightly grease a large roasting pan.

Combine squash, 2 Tbsp. oil, ground coriander and cumin in a large bowl. Season with salt. Transfer to greased pan.

Roast for 20 minutes or until squash is tender. Allow to cool.

Combine squash, chickpeas, onion and chopped coriander in a large bowl. Combine remaining olive oil, lemon rind, lemon juice and salt in a jug. Pour over squash. Toss until well combined.

## Ukrainian Potato Salad

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

## Quinoa Salad

[Serves: 4-6]

### Ingredients

	Sea Salt
1 cup	Quinoa
1 clove	Garlic, pounded into a smooth paste, with a pinch of salt
1 lg.	Red onion, finely diced
3 ½ Tbsp.	Lime/lemon juice (more if needed)
½ cup	Green olives (pureed)
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 sprigs for garnish
	Black beans, cooked
2-3 ripe	Avocados, sliced

### Directions

Bring a large pot of water to boil and 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 and cook until tender: 12-15 minutes. Drain the quinoa well and spread out on a baking sheet to cool.

Put garlic, onion, and lime/lemon juice in a small bowl. Season with salt and stir to combine. Let sit for 5-10 minutes. Add ½ cup of pureed olives and whisk to combine. Taste; add more salt or lime/lemon if necessary.

Put quinoa, red pepper, cucumber, and chopped cilantro in a medium bowl. Gently fold to combine. Taste; add more salt or lime/lemon, if necessary.

Arrange the sliced avocado on a platter or individual serving plates. Spoon the quinoa salad on and around the avocado. Garnish with cilantro and serve immediately.

## Artichoke Salad

### 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 and put aside.

Sauté the onions with the tomatoes and mix well.

Let simmer for about 4 minutes, stirring occasionally.

Season with basil and add the mixture to the artichokes.

Season with yeast flakes, parsley, lemon juice and salt, if needed.

Mix well and serve cold.

## Garbanzo Bean Salad

[Serves: 6-8]

### Ingredients

3 cups	Garbanzo beans, drained
1 can	Black olives, chopped
1	Red pepper, chopped
½	White onion, chopped
3 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

### Directions

Mix all the ingredients, except the avocados.

Gently incorporate diced avocados to keep their shape.

## Broccoli Salad

### Ingredients

1 bunch	Broccoli, cut into bite-sized pieces
2 cups	Frozen peas
2 stalks	Celery, sliced thin
¼ cup	Almonds, sliced & toasted
1 tsp.	Dry dill
1 cup	Vegenaise

### Directions

Pulse broccoli in food processor, not too fine.

Transfer to a bowl and add the rest of the ingredients.

## Asian Salad

### Ingredients

1	Cabbage, finely sliced
½	Red onion, cubed
2	Carrots, grated
3 Tbsp.	Sunflower seeds, toasted
3 Tbsp.	Almond slivers, toasted
2	Avocados, 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

### Ingredients

Cooked carrots with salt
Cooked beets with salt
White onions, sliced
Lemon juice
Salt

### Directions

Let carrots and beets cool down. Mix white onions with lemon & salt.

Slice carrots and beets and add to onion mixture. Marinate for 30 minutes. Add Vegenaise or mayo. Chill before serving.

## Candi's Cucumber Salad

### Ingredients

Cucumbers, diced/sliced  
Red onion, diced/sliced  
Mayo of choice, just to coat  
Dill weed to taste  
Salt to taste

### Directions

Mix well, chill, and serve.

## Sun-Dried Tomatoes with Arugula

### Ingredients

3 cups Sun-dried tomatoes, cut  
into small cubes  
1 Red onion, chopped  
3 Tbsp. Lemon juice  
2 Tbsp. Olive oil  
2 tsp. Salt  
2 cloves Garlic, minced

### Directions

Mix ingredients together. Let sit for one hour or so.  
Serve on top of arugula.

## Coleslaw

### Ingredients

2 cups Cabbage  
½ cup Parsley  
½ cup Ranch dressing  
Salt to taste

### Directions

Chop cabbage finely, then add seasonings.

## Quinoa Summer Salad

### Ingredients

### Directions

#### 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)

Blend dressing ingredients and set aside.

1 ½ cups Water  
1 cup Quinoa  
½ tsp. Salt  
1 Tbsp. Chicken seasoning  
2 Tbsp. Nutritional yeast flakes,  
optional

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

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

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

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

Sprinkle with ¼ cup chopped herbs before serving.

## Three-Bean Salad

### Ingredients

Drain and rinse, then put into a bowl:

1 can Black beans  
1 can Dark red kidney beans  
1 can Northern or navy beans

Add:

1 cup Celery, diced  
1 cup Carrots, diced  
1 cup Cucumbers, diced  
½ cup Sweet onion, diced

Dressing:

2 Tbsp. Coconut or olive oil  
1 lg. tsp. Italian seasoning  
½ - 1 tsp Salt to taste  
½ Lemon, juiced (add more to taste)

### Directions

Mix well together and let sit for an hour before serving. This makes quite a lot and gets better the next day.

Optional:

Add cherry tomatoes to your serving you will eat in one sitting. If you have leftovers, pick out the tomatoes before storing.

## Roasted Beetroot Salad

### Ingredients

1 ½ cup Beetroot, cut into wedges  
1 cup Baby spinach  
½ cup Red onion  
3 Tbsp. Olive oil  
Salt  
Lemons

### Directions

Preheat oven to 425°F. In a bowl combine olive oil and salt (to taste) and toss the beetroot in the oil until all the pieces are coated.

Line a baking tray with paper and roast for 25 minutes until the outside of the beetroot develops a skin. Then toss together with onion and baby spinach and serve with lemon wedges.



# butters & dressings

## Tofu Mayonnaise

### Ingredients

18 oz.	Firm silken tofu
¼ cup	Lemon juice
½ cup	Soymilk
1 tsp.	Celtic salt
½ tsp.	Onion powder
½ tsp.	Garlic powder
¼ tsp.	Maple syrup
½ cup	Olive oil

### Directions

Blend the first seven ingredients well.

Then add oil and blend lightly.

## Spicy Bean Pâté

### 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.

## Mayonnaise

### Ingredients

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

### Directions

While blending, add oil slowly until consistency thickens.

Keeps 5 days in refrigerator.

## Tomato Sauce

### Ingredients

2	Onions, finely diced
2	Zucchini, cut into thin strips
3	Fresh tomatoes, diced
8	Mushrooms, sliced
½ cup	Olive oil
2 Tbsp.	Tomato paste
2 tsp.	Paprika
1 tsp.	Fresh basil
	Salt to taste
2 tsp.	Fresh oregano
2 cloves	Garlic
Pinch	Thyme
½ tsp.	Maple syrup

### Directions

Sauté onions.

Then add vegetables & oil. Continue cooking until vegetables are soft.

Then add the remaining seasonings.

## Tahini Dressing

### Ingredients

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

### Directions

Place all ingredients in blender and blend until smooth.

Keeps 5 days in refrigerator.

## Sunflower Seed Pâté

### 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 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.

Keeps 5 days in refrigerator.

## Guacamole

### Ingredients

1 large	Avocado
1 clove	Garlic
2 ½ Tbsp.	Lemon juice
	Salt to taste

### Directions

Combine ingredients and mash with fork. Or combine in a food processor/blender.

## Hummus

### Ingredients

2 cups	Chickpeas, cooked
½ cup	Lemon juice
1-2 tsp.	Salt
3 Tbsp.	Olive oil
½ cup	Tahini
2 cloves	Garlic

### Directions

Mix all ingredients and blend for one minute.

## Sunflower Sour Cream

### 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.

Keeps 7 days in refrigerator.

## Tahini Mayo

### Ingredients

2 Tbsp.	Lemon juice
¼ tsp.	Celtic salt
¼ cup	Water
1 clove	Garlic
¼ cup	Tahini
¼ tsp.	Maple syrup
2 Tbsp.	Olive oil

### Directions

Blend all ingredients together and chill.

## Italian Dressing

### 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

Keeps 5 days in refrigerator.

## Garlic Mayonnaise

### Ingredients

2-3 cloves Garlic  
10 oz. Silken tofu  
¾ cup Olive oil  
½ cup Lemon juice  
Celtic salt to taste

### Directions

Crush garlic cloves and blend with tofu and lemon juice until smooth.

Gradually add the oil to the tofu at maximum speed, until ingredients are well incorporated and the texture is light and fluffy. You can also manually beat the oil into the tofu mixture until the mayonnaise is smooth.

Season to taste.

## Garlic Linseed (Flaxseed) Dream

### 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
½ cup	Olive oil

### Directions

Blend the first five ingredients until smooth. Then add seasonings and blend briefly.

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

Keeps 5 days in the refrigerator.

## Avocado Dressing

[Serves: 7]

### Ingredients

1 medium	Avocado
	Juice of 1 lemon
8 Tbsp.	Olive oil
½ tsp.	Maple syrup
	Salt to taste
2 sm.cloves	Garlic
2 Tbsp.	Water

### Directions

Blend all ingredients until smooth.

Pour over salad just before serving.

Keeps 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.

## Fresh Tomato Sauce

### Ingredients

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

### Directions

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

Peel and chop the tomatoes. In a saucepan, sauté the garlic in avocado oil, add the chopped tomatoes. Let cook for 15-20 minutes.

Blend tomatoes in food processor for a few seconds, then put back into saucepan. Add chopped, fresh basil, and salt.

Let cook for 10-15 more minutes.

## Ranch-Style Dressing

### Ingredients

1 cup Mayonnaise of choice  
1 Tbs. Lemon juice (optional)  
¼ cup Water  
1 Tbsp. Ranch-Style Dressing Mix (see recipe below), rounded

### Directions

Mix all ingredients together in a small bowl. Serve with tossed salad or use as a dip.

## Ranch-Style Dressing Mix

### Ingredients

¼ cup Onion powder  
2 Tbs. Dried parsley flakes  
1 Tbs. Poppy seeds  
1 Tbs. Dried dill weed  
1 tsp. Garlic powder  
2 tsp. Dried sweet basil  
2 tsp. Salt  
1 Tbs. Sugar (optional)

### Directions

Mix together and store in an airtight container. Makes ¾ - 1 cup.

## Sunny Not Mayo

### Ingredients

*Raw*  
1 ½ cups Water  
1 cup Sunflower seeds  
¼ cup Lemon juice  
1 tsp. Salt  
1 tsp. Onion powder  
1 clove Garlic **or** ¼ tsp. garlic powder

### Directions

Blend on high for two minutes.

#### Options:

Can make a dip by substituting lime for lemon and 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.



## Alfredo Sauce

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

## Ketchup

Ingredients		Directions
12 oz.	Tomato paste	Stir all ingredients together & refrigerate.
½ cup	Tomato puree	
2 Tbsp.	Honey	
1 Tbsp.	Lemon juice	
1 Tbsp.	Pickle juice, (Bubbies) optional	
¼ tsp.	Oregano	
2 tsp.	Onion powder	
¼ tsp.	Garlic powder	
1 tsp.	Salt	

## Creamy Avocado Dressing

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

## Cheese Sauce with Pimiento

Ingredients		Directions
$\frac{2}{3}$ cup	Raw cashews	Blend until smooth. Cook in medium heat, stirring constantly until thickened.
2 cups	Water	
2-4 Tbsp.	Pimientos	
1 Tbsp.	Onion powder	
1 Tbsp.	Fresh lemon juice	
1 tsp.	Salt	
$\frac{1}{4}$ cup	Nutritional yeast (optional)	

## Jededia's' Cheese

Ingredients		Directions
1 $\frac{1}{4}$ cups	Soy milk or yogurt (if milk add 1 tsp. lemon juice)	Blend ingredients well. Cook, stirring constantly, until thickened. This makes a nice cheese for pizza.
1 $\frac{1}{2}$ cups	Coconut milk	
3 Tbsp.	Cornstarch, non-GMO	
1 $\frac{1}{2}$ tsp.	Honey	
1 tsp.	Onion powder	
1 $\frac{1}{2}$ - 2 tsp.	Salt	
1 $\frac{1}{2}$ Tbsp.	Tahini	

## Green Olive Dressing

### Ingredients

2 cans	Green olives, ripe & drained
1 cup	Water
1 tsp.	Ranch-Style Dressing Mix (pg. 65)
4 small	Dates
2 small	Garlic cloves or ¼ tsp. garlic powder
	Salt to taste

### Directions

Blend all ingredients until smooth. Chill.  
Keeps in the refrigerator for 3-5 days.

## Garbanzo Sandwich Spread

### Ingredients

2-15oz 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
	Mayo of choice to lightly coat

### Directions

Mix all ingredients together.

## Creamy Cucumber Dressing

### Ingredients

2 cups	Cucumber, washed, sliced and un-peeled
1 ¼ cups	Raw cashews, washed
½ cup	Green onion, sliced
½ cup	Water
6 Tbsp.	Fresh lemon juice
1 tsp.	Garlic powder
1 tsp.	Onion powder
1 tsp.	Season salt
1 tsp.	Celery salt

### Directions

Blend all ingredients until smooth. Chill & serve. Enjoy!

#### Variation:

Add ½- 1 avocado, or to taste.

## Love Your Heart Butter

### Ingredients

1 cup	Cornmeal mush
1 tsp.	Salt
½ - ¾ cup	Water, depending how thick you want the butter
⅓ cup	Coconut milk
2 Tbsp.	Olive oil

### Directions

Conrmeal Mush: 1 cup boiling water + ⅓ cup fine cornmeal—boil on low heat, stirring occasionally until cooked **or** cooked grits/yellow polenta—may use leftover, just warm and proceed with recipe.

\*Note: If using cornmeal, add a small bit of carrot to achieve the yellow color.

Place all ingredients into blender and blend well, until smooth and creamy. Place in container and cool. Keeps up to a week in refrigerator.

Tasty Tip: If you don't want to use coconut milk, you can use ½ cup cashews (rinsed) or ½ cup sunflower seeds

## Brazil Nut Gravy

### Ingredients

1 ½ cup	Water
¾ 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 sauce pan with boiling water. Stir over low heat until thickened.

## Pimiento Salad Dressing

### Ingredients

2 cup	Pimientos
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

### Directions

Blend all ingredients.

## Red Cabbage Salad Dressing

### Ingredients

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

### Directions

Blend all ingredients.

## Moikos Salad Dressing

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

## Pink Lady Dressing

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	

## Avocado Salad Dressing

Ingredients		Directions
3 cloves	Garlic	Blend all ingredients.
2	Avocados	
½ cup	Olive oil	
3	Green onions	
½ cup	Parsley	
	Fresh dill, small handful	
	Fresh basil, small handful	
3 Tbsp.	Lemon juice	
2 tsp.	Tamari	
	Salt	
2 cups	Water (or more)	

## Brazilian Salad Dressing

Ingredients		Directions
3 cups	Brazil nuts	Blend all ingredients.
½ tsp.	Salt	
1 Tbsp.	Olive oil	
1 tsp.	Honey (optional)	
¼ cup	Silken tofu	
¼ tsp.	Garlic powder	
½ tsp.	Onion powder	
½ cup	Water (or more)	
	Lemon juice	

## Tahini Sauce

Ingredients		Directions
3 cups	Tahini	Blend until smooth. Great for falafels.
3 cups	Olive oil	
1 ½ cups	Lemon juice	
12 cloves	Garlic	
12 Tbsp.	Tamari	

## Tahini Salad Dressing

Ingredients		Directions
2 cups	Tahini	Blend all ingredients.
4 cups	Water	
1 cup	Lemon juice	
8 Tbsp.	Olive oil	
2 Tbsp.	Honey	
3 cloves	Garlic	
2 tsp.	Onion powder	
8 Tbsp.	Tamari	

## Thousand Island Salad Dressing

Ingredients		Directions
1 cup	Sunny Not Mayo (See pg. 65)	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	



## Eggplant Pâté

### 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 and scoop out the pulp.  
Then add the other ingredients.

## Sour Cream

### 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.

## Silken Tofu Sour Cream

### Ingredients

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

### Directions

Blend all ingredients.

## BBQ Sauce

Ingredients		Directions
2 Tbsp.	Oil (optional)	Sauté first 3 ingredients.
3 medium	Onions, chopped	
1 Tbsp.	Fresh garlic, crushed	
1 ½ cups	Tomato sauce (puree)	Add the rest of ingredients, simmer on low for 30 - 40 minutes.
¼ cup	Honey	
3 Tbsp.	Molasses	
1 Tbsp.	Salt	
3 Tbsp.	Parsley	
1 cup	Lemon juice	
6 Tbsp.	Tamari	

## Ginger Sauce

Ingredients		Directions
4 cups	Water	Heat water.
2 Tbsp.	Honey	Add rest of the ingredients and boil 15-20 minutes. Add cornstarch, dissolved in a little water. Let cook until it thickens. Strain before use.
1 med.	Ginger chunk, sliced thin	
5 cloves	Garlic, sliced in 3 parts	
⅓ cup	Tamari	
¼ cup	Corn starch	

## Mozzarella Cheese (Vegan)

Ingredients		Directions
1 cup	Cashews, raw (soak in warm water at least one hour, then drain)	Blend until very smooth. Pour mixture into a pan and bring to a boil, over medium heat. Cook for another 3-4 minutes, stirring constantly. Let cool. It should be very thick. Using a small scooper, scoop “cheese” on top of pizza.
1 Tbsp.	Avocado Oil	
2 Tbsp.	Lemon juice, fresh	
2 cloves	Garlic	
1 ½ tsp.	Salt	
2 cups	Water, <i>boiling</i>	
2 Tbsp.	Tapioca starch	
1 Tbsp.	Nutritional yeast flakes	

## Pumpkin Seed Cheese

Ingredients		Directions
2–3 cloves	Garlic, large	A delicious, 100% vegan raw food cheese. Grind the dry pumpkin seeds and put aside. Then, chop/grind the fresh garlic.  Add the ground pumpkin seeds again, squeeze in the fresh lime and 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 and cheesy taste.
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)	

## Vegan Butter

[Yields: 2 sticks]

### 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 and lime until no longer grainy.

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

Pour into a container, then place in 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 cookie sheet and dry overnight in the oven (turned off). In the morning, put almonds in blender and blend until you have a flour.

# sweet

## Passionfruit Cheesecake

[Serves: 6]

### Ingredients

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

### Directions

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

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

## Banana Pudding

[Serves: 4]

### Ingredients

½ cup	Dates
1 ½ cups	Soymilk
2-3 Tbsp.	Polenta
1 tsp.	Lemon rind, grated
8	Bananas
1 tsp.	Vanilla
3 Tbsp.	Coconut (optional)

### Directions

Soften dates in a little hot water. Blend with remaining ingredients.

Pour into oiled dish and bake at 325°F for approximately 45 minutes.

## Apple Cake

[Serves: 4-6]

### Ingredients

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

### Directions

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

## 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 and blend while still hot until very smooth. While blending, add remaining ingredients. Then pour into pre-baked pie crust and decorate with fruit.

Let rest overnight in fridge before serving.

## 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 baking dish and set aside. Blend cashews, maple syrup, salt, coriander, vanilla and milk. Add water and pour over rice.

Bake for 1 ½ hours at 300° F until top is brown and puffy.

## Millet Cake

### 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, cranberry
¼ cup	Honey
¼ cup	Coconut, unsweetened
¾ cup	Nuts, chopped

### Directions

Bring first three ingredients to a boil; cover and simmer forty minutes.

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

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

## 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 bowl, sprinkle with coconut, and refrigerate.

## Baked Oatmeal

### Ingredients

2 cups Rolled oats  
½ cup Shredded coconut  
5 cups Nut milk  
Pinch of salt  
  
½ cup Almonds or pecans,  
sliced

### Directions

Mix & refrigerate overnight. Bake at 350°F for one hour, or until light brown.  
  
Sprinkle nuts on top after baking.



## 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 sloppy (usually 3-4 cups). Let sit for at least 1 hour.

Pour into 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.

## Banana Custard

[Serves: 6]

### Ingredients

½ cup Polenta  
1 ½ cups Water  
Pinch of salt  
  
1 cup Cashews  
½ cup Dates, chopped  
1 ½ tsp. Vanilla  
2 cups Hot water  
2 Bananas

### Directions

In saucepan, cook polenta, water and salt for 30 minutes.

Blend cashews, hot water, dates and vanilla. (¼ cup of maple syrup can be substituted for dates). Add polenta, then bananas. May be reheated in saucepan.

## 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 and seeds, chopped
1 cup	Coconut

### Directions

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

## 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 and dates first. Place in pot with orange juice, ginger, lemon rind and cardamom.

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

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

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

## Fluffy Piña Colada

### 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, and chill.

## Harvest Pudding

### Ingredients

#### Crumble Nut Crust:

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

Process in 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, optional
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 fridge.

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

## Tofu Cheesecake

### 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. Cornflour 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 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 crust to set. If there is extra liquid on top, dab carefully with a paper towel.

Pour the strawberries over the pineapples. Cover and 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 refrigerator.

## Lemon Sauce

### Ingredients

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

### Directions

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

\*Note: Yields enough for one Millet Bundt Cake recipe (see above).

## Chia Vanilla Pudding

### Ingredients

<i>Raw</i>	
⅔ cup	Chia seed
3 cups	Almond milk
1 Tbs.	Vanilla
½ tsp.	Maple flavoring (optional)
¼ cup	Honey

### Directions

Put all ingredients together in a bowl and stir for approximately 15 minutes until thickened. Place in serving bowl and refrigerate until meal time.

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 butterscotch and/or coconut flavorings.

## Walnut Cookies

[Yields: 24]

### Ingredients

2½ cups	Walnuts, ground
⅔ cup	Spelt wholemeal 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 thin layer of oil on 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 tray.

## Apple Crumble Topping

[Serves: 6-8]

### Ingredients

2 cups Whole wheat 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.

## Spinach/Avocado Smoothie

[Serves: 2]

### Ingredients

½ cup Apple juice  
2 handfuls Spinach  
1 large Apple, peeled & chopped  
½ Avocado  
Ice

### Directions

Blend all ingredients until smooth.

## Apple Crumble Topping (Gluten-Free)

[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.

## Lemon Balls

### 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.

## Fruit Sauce

### Ingredients

⅓ cups	Water
2 Tbsp.	Corn starch
	Honey to taste
1 tsp.	Vanilla

### Directions

Mix together and bring to a boil in a sauce pan, 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.) Let thaw in the heated sauce, stirring once or twice. DO NOT STIR MORE to prevent berries becoming mush. Heat up again if needed before serving. Do not bring to boil.

# jams & creams

## 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 stove as soon as it starts to simmer.

Cool and serve. Keeps 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.



## 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.)

## Pear Cream

[Serves: 8]

### Ingredients

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

### Directions

Blend until smooth. Keeps 2 days in the refrigerator.

## Almond Cream

[Serves: 2]

### Ingredients

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

### Directions

Blend until smooth.

## Special Nut Cream

[Serves: 4]

### Ingredients

1 cup Cashews  
1-2 tsp. Vanilla  
2 Tbsp. Maple syrup  
Pinch of salt

### Directions

Cover with water and blend well.

## 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.

Keeps 2-3 days in the refrigerator.

## Tofu Whipped Cream

### Ingredients

⅓ cup Olive oil  
⅓ cup Water  
Juice of 1 lemon  
1 tsp. Vanilla  
10 oz. Silken tofu  
1 Tbsp. Maple syrup or ¼ tsp.  
stevia  
¼ tsp. Salt

### Directions

Blend ingredients well.

Keeps 5 days in the refrigerator.

## Leli Corn Cream

### Ingredients

2 cups	Corn, frozen
½ cups	Coconut milk
½ cups	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.

# bread & alternatives

## Chickpea Waffles

[Yields: 10]

### Ingredients

3 cups Water  
1 cup Chickpeas, soaked  
2 cups Rolled oats or 1  $\frac{3}{4}$  cup polenta or rice flour  
 $\frac{1}{2}$  tsp. Salt

### Directions

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

## Waffles (Gluten-Free)

### Ingredients

3 cups Water  
1 cup Chickpeas, soaked  
1  $\frac{1}{2}$  cups Sunflower seeds  
2 cups Brown rice flour  
1 Tbsp. Avocado oil  
 $\frac{1}{2}$  tsp. Salt

### Directions

Blend thoroughly and allow to sit overnight.  
Then bake in a waffle iron for approximately 12 minutes.

## Cornmeal Muffins

[Yields: 20]

### Ingredients

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

### Directions

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

## Unleavened Bread

[Serves: 12]

### Ingredients

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

### Directions

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

## Cornbread

### 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 greased loaf pan.

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

## Most Delicious Cornbread (Gluten-Free)

### 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      Earth Balance or  
              margarine, melted  
½ cup      Corn, frozen

### Directions

Preheat oven to 350°F. Mix together dry ingredients. (Bob Mills 1:1 Baking flour is recommended. Corn meal 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 and bake for 25 minutes.

## Nutty Pie Crust

[Yields: 1 medium crust]

### Ingredients

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

### Directions

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

## Sourdough Bread

### Ingredients

6 cups Flour  
2 tsp. Salt  
  
3 cups Water  
1-2 cups Starter

### 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 flours and mix well. (3 ½ cups wheat, 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 in sun or warm place to rise.

Bake at 350°F for 1 ½ hours.

## Bread Maker Sourdough Bread

### Ingredients

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

### Starter Recipe:

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

### Directions

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

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

## White Quinoa & Red Lentil Crepes

### 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 non-stick frying pan to cook the crepes.

## Seed Crackers

### 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 15-30 minutes. Spread to desired thickness.

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



## Sourdough Starter

### Ingredients

¼	Starter
2 cups	Wheat flour
1 cup	Water

### Directions

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

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

Lacto-bacilli produce 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, flavor, and aromas. As 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 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.

## Millet Burger Buns, Pizza Crust, & Dinner Rolls (Gluten-Free)

\*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.

Pre-heat 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. Keeps 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 fork.

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 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 toothpick comes out clean. Remove from the oven and cook on a rack. Serve warm. Cool thoroughly before storing. Keeps one week in the refrigerator or freeze for later use.

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## Gluten-Free Millet Waffles

### Ingredients

1 cup	Millet, hulled
1 cup	Chickpeas or soybeans, soaked
2 ¼ cups	Water
¾ tsp.	Salt
1 Tbsp.	Avocado oil

### Directions

Blend the ingredients together very well.  
For sweeter waffles, add 3-4 dates and a pinch of salt.

## Sesame Flaxseed Crackers

### 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 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 silicon 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 crackers are deep brown.

## Crispy Oat Crackers

### Ingredients

2 cups	Quick oats
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 oven to 350° F.

In a mixing bowl, combine dry ingredients: blend whole grains to make flour.

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

## Millet

### Ingredients

1 cup Millet  
1 ½ cup Water

### Directions

Pressure cook for 12 minutes. Add savory seasoning.

## Pizza Crust

### Ingredients

¾ cup Sunflower Seeds  
1 cup Millet  
1 cup Oats  
1 tsp. Salt  
2 ½ cups Water  
½ cup (approx.) Water  
½ cup Millet

### Directions

Blend the first five ingredients well, until creamy. Add ½ cup millet and a little water. Be careful not to blend it too long. Place on a baking sheet lined with parchment paper. Bake at 400°F, 20 minutes on the bottom rack, then 15 minutes on the top rack, until golden brown.

# juices & supplements

## Carrot, Celery & Apple Juice

Ingredients		Directions
4 med.	Carrots	Juice ingredients.
1	Celery stalk	Monday & Tuesday: 8:00 AM
¼ med.	Green Apple	
½	Lemon	

## Carrot, Celery & Beet Juice

Ingredients		Directions
2	Carrots	Juice ingredients.
1 lg.	Celery stalk	Monday & Tuesday: 2:00 PM
½ med.	Green Apple	
½ sm.	Beet	
3 tsp.	Lemon	

## Juice for Cancer

Ingredients		Directions
1	Green Apple	Juice ingredients.
1 cup	Spinach	Monday & Tuesday: 10:00 AM & 4:00 PM
1 lg.	Celery stalk	
¼	Lemon	
1 slice	Ginger	
1 Tbsp.	Cilantro, shredded	

## Green Barley Supplement

Ingredients		Directions
1 tsp.	Green barley	Monday: 8:00 AM, 12:00 PM, 4:00 PM Tuesday: 10:00 AM, 2:00 PM Add 1-2 oz. water.
½ tsp.	Vitamin C with bioflavonoids	
1 tsp.	Vitamin B	

## Protein Supplement

Ingredients		Directions
1 tsp.	Protein powder	Monday: 10:00 AM, 2:00 PM Tuesday: 8:00 AM, 12:00 PM, 4:00 PM Add 1-2 oz. water.
1 tsp.	Coconut cream	

## Apple, Cucumber & Greens

Ingredients		Directions
1	Green Apple	Juice ingredients. Monday & Tuesday: 12:00 PM
½ cup	Cucumber, diced	
1 ½ cups	Greens (mint, kale, spinach, swiss chard)	
½	Lemon	



# seasonings

## Vegan Seasonings for Vegetables, Soups, & Beans

Ingredients		Directions
3 Tbsp.	Himalayan salt	Blend all ingredients in a food processor or blender.  Keep in a jar.
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	

## 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	

## 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	

## Jennie's Chicken Style Seasoning

Ingredients		Directions
1 cup	Sesame seeds	Grind sesame seeds in 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 blender and add to the sesame seeds. Stir together and store in 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 dry blender until turned into a powder.

Seal in jar. Store at room temperature.

# miscellaneous

## Nut Milk

### 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).

Keeps 3-4 days in the refrigerator.

## Heavy Metal Detox

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	
4 cloves	Garlic	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.
⅓ cup	Brazil nuts (selenium)	
⅓ cup	Sunflower seeds (cysteine)	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	Pumpkin seeds (zinc, magnesium)	
4 Tbsp.	Lemon juice (Vitamin C)	
2 tsp	Dulse powder	**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.**
Pinch	Himalayan salt to taste	

## LSA

Ingredients		Directions
¼ cup	Linseed (flaxseed)	Grind in blender or coffee grinder until all are ground like fine bread crumbs (not like a paste). Sprinkle 2-4 teaspoons on fruit salad at breakfast time. You can also use sesame seeds or pumpkin seeds.
¼ cup	Sunflower seeds	
¼ cup	Almonds	

## Soy Yogurt

### Ingredients

1 pkg. Silken tofu  
½ tsp. Lemon juice  
Pinch Salt  
1 tsp. Vanilla  
Stevia

### Directions

Use stevia equal to 1 Tbsp. of sugar.  
Blend all ingredients in food processor until smooth.  
Optional: Add fresh fruit.

## juicing schedule

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

### Monday - Juice Day

8:00 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, 1 tsp. liquid Vitamin B

10:00 a.m. 8 oz. Glass per Guest - 1 Green Apple, 1 Celery Stalk, 1 cup Spinach, 1 Tbsp. Cilantro, ¼ Lemon, 1 slice Ginger

4 oz. Glass - Protein Supplement – 1 tsp. Protein Powder, 1 tsp. Coconut Cream

Noon 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 with powder with bioflavonoids, 1 tsp. liquid Vitamin B

2:00 p.m. 8 oz. Glass per Guest - 2 Carrots, 1 Celery stalk, ½ medium Green Apple, ½ small Beet, 3 tsp. Lemon

4 oz. Glass - Protein Supplement - 1 tsp. Protein Powder, 1 tsp. Coconut Cream

4:00 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, 1 tsp. liquid Vitamin B

## Tuesday - Juice Day

- 8:00 a.m. 8 oz. Glass per Guest - 4 medium Carrots,  $\frac{1}{4}$  medium Green Apple, 1 stalk Celery, &  $\frac{1}{2}$  Lemon
- 4 oz. Glass - Protein Supplement - 1 tsp. Protein Powder, 1 tsp. Coconut Cream
- 10:00 a.m. 8 oz. Glass per Guest - – 1 Green Apple, 1 Celery Stalk, 1 cup Spinach, 1 Tbsp. Cilantro,  $\frac{1}{4}$  Lemon, 1 slice Ginger
- Green Barley Supplement - 1 tsp. Green Barley,  $\frac{1}{2}$  tsp. Vitamin C powder with bioflavonoids, 1 tsp. liquid Vitamin B
- Noon 8 oz. Glass per Guest - 1 Green Apple,  $\frac{1}{2}$  cup diced Cucumber, 1  $\frac{1}{2}$  cup Greens (Kale, Spinach, Swiss Chard, Mint),  $\frac{1}{2}$  Lemon
- 4 oz. Glass - Protein Drink - 1 tsp. Protein Powder, 1 tsp. Coconut Cream
- 2:00 p.m. 8 oz. Glass per Guest - 2 Carrots, 1 Celery stalk,  $\frac{1}{2}$  medium Green Apple,  $\frac{1}{2}$  small Beet, 3 tsp. Lemon
- Green Barley Supplement - 1 tsp. Green Barley,  $\frac{1}{2}$  tsp. Vitamin C powder with bioflavonoids, 1 tsp. liquid Vitamin B
- 4:00 p.m. 8 oz. Glass per Guest - – 1 Green Apple, 1 Celery Stalk, 1 cup Spinach, 1 Tbsp. Cilantro,  $\frac{1}{4}$  Lemon, 1 slice Ginger
- 4 oz. Glass - Protein Supplement - 1 tsp. Protein Powder, 1 tsp. Coconut Cream



## Menu: Week 1

### Wednesday Breakfast - 7:30 a.m.

Large Salad Platter  
Baked Sweet Potato  
Steamed Cauliflower and Broccoli  
Guacamole  
Hummus

### Thursday Breakfast - 7:30 a.m.

Fruit Salad  
Stewed Apple  
Millet  
Pear Cream  
Coconut Cream  
Soy Yogurt  
LSA  
Red Lentil Dahl

### Friday Breakfast - 7:30 a.m.

Waffles  
Avocado and sliced Tomato  
Stewed Apple  
Fruit Salad  
Pear Cream  
Coconut Cream (prepare day before)  
Soy Yogurt  
LSA  
Savory Brown Lentils

### Wednesday Lunch - 1:30 p.m.

Baked Potato and Butternut Squash  
Navy Beans with celery, tomatoes, &  
seasonings  
Greek Salad  
Carrot/Beetroot Salad  
Large Green Salad  
Italian Dressing

### Thursday Lunch - 1:30 p.m.

Meatless Chili Beans with Soy Curls  
Sweet Potato Bake  
Quinoa with Almonds with Lemon  
Roasted Beetroot Salad (350°F)  
Large Tossed Salad  
Garlic Mayonnaise

### Friday Lunch - 1:30 p.m.

Cilantro Pesto Tofu  
Spring Rice with corn & green peas  
Asian Coleslaw  
Tomato/Cucumber Salad  
Mayonnaise

**Sabbath Breakfast - 7:30 a.m.**

Fruit Salad  
 Stewed Apple  
 Pear Cream  
 Coconut Cream  
 Soy Yogurt  
 LSA  
 Cooked Quinoa  
 Black-eyed Beans

**Sunday Breakfast - 7:30 a.m.**

Rice Pudding (prepare day before)  
 Fruit Salad  
 Pear Cream  
 Coconut Cream  
 Soy Yogurt  
 LSA  
 Scrambled Tofu  
 Stewed Apple  
 Polenta  
 Avocado & Sliced Tomato

**Sabbath Lunch - 1:30 p.m.**

Lasagna with white sauce  
 Cooked Beetroot Salad  
 Steamed Broccoli  
 Salad Platter  
 Tahini Mayonnaise  
 Tofu Cheese Cake

**Sunday Lunch - 1:30 p.m.**

Chickpea Bake  
 Baked Potatoes  
 Gluten-free Noodles in Pesto Sauce  
 Lebanese Green Beans  
 Tossed Salad  
 Grated Carrot Salad  
 Tahini Dressing

**L.S.A.**

½ cup	Flaxseed
½ cup	Sunflower Seed
½ cup	Almonds

## Menu: Week 2

### Sunday Breakfast - 7:30 a.m.

Baked Oats  
Scrambled Tofu  
Black Beans  
Fresh Fruit  
Salad Bar

### Wednesday Breakfast - 7:30 a.m.

Sweet Potatoes  
Broccoli  
Roasted Cauliflower, Guacamole,  
Hummus  
Salad Bar

### Thursday Breakfast - 7:30 a.m.

Quinoa with Almonds  
Chipped Tofu  
Beans  
Fruit in cups  
“Sweet” Vegetables & Sprouts

### Friday Breakfast - 7:30 a.m.

Chickpea Patties  
Brazil Nut Gravy  
Red Lentil Dahl  
Salad Bar

### Sabbath Breakfast – 7:30 a.m.

Millet  
Harvest Pudding  
Navy Beans  
Fruit in cups  
“Sweet” Vegetables & Sprouts

### Sunday Lunch - 1:30 p.m.

Spaghetti  
Special Meatballs  
Brussel Sprouts  
Greek Salad  
Salad Bar

### Wednesday Lunch - 1:30 p.m.

Raw Pizza  
Black Beans  
Quinoa Salad  
Kale Chips

### Thursday Lunch - 1:30 p.m.

Meatless Chili  
Corn Tortillas / Corn bread  
Roasted Butternut Squash  
Roasted Swiss Chard  
Salad Bar

### Friday Lunch - 1:30 p.m.

Lentils  
Savory Rice  
Spinach / Carrot Tofu Patties  
Roasted Kale  
Cabbage  
Salad Bar

### Sabbath Lunch - 1:30 p.m.

Spinach Tofu Lasagna  
Broccoli  
Garlic Bread  
Tossed Salad

## How to Cook Beans

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.

# notes

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