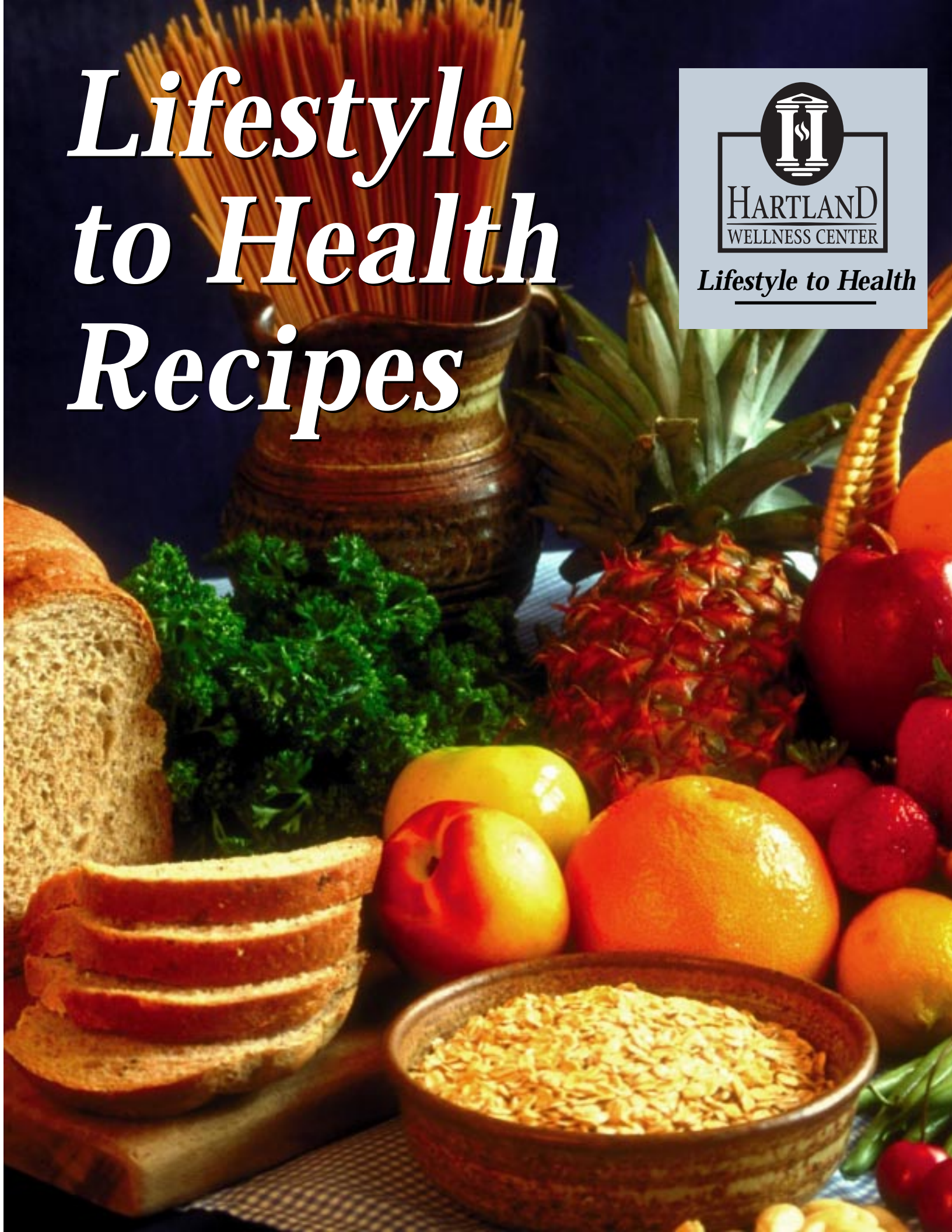


# *Lifestyle to Health Recipes*



HARTLAND  
WELLNESS CENTER

*Lifestyle to Health*



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**B**eloved, I wish above all things that thou  
mayest prosper and be in health, even as  
thy soul prospereth. 3 John 1:2

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# Breakfast

## **All Bran Cereal**

1 lb. unprocessed wheat bran (9 c.)  
1 qt. prune juice with extra pulp or 3 3/4 c. regular prune juice  
1/2 c. blackstrap or regular molasses  
1/4-1/2 tsp. salt

*MIX all ingredients well. SPREAD out on two cookie sheets. BAKE at 225° for about 2 hours, or until dry, stirring occasionally. May leave in oven overnight to allow to dry completely.*

## **Apple-Oats Casserole**

2 c. quick rolled oats	2 c. SOY (58) OR NUT (57) MILK
1/2 c. raisins	1 tbsp. date butter or honey
1/2 c. fine, unsweetened coconut	1 tsp. vanilla
2 large shredded apples	1 tsp. salt
	3/4 c. water

*COMBINE all ingredients, and MIX thoroughly. SOAK overnight, then BAKE in casserole dish 45-60 minutes at 350° (OK to allow to soak only 20-30 minutes).*

*VARIATION: FOLD in 1 c. of blueberries, blackberries, or cranberries.*

## **Banana-Almond Cream**

3 medium bananas	1/2 tsp. lemon juice
1/2 c. water	1/2 tsp. honey
1/4 c. almonds	1/8 tsp. salt

*BLEND all ingredients together until satiny smooth. SERVE over BAKED ROLLED OATMEAL (1-2), or other hot cereal, FRENCH TOAST (4), or WAFFLES (7). YIELDS: 2 1/2 c.*

## **Baked Rolled Oatmeal**

3 c. rolled oatmeal or barley	3/4 c. chopped dates
1 tsp. salt	4 1/2 c. hot water
1/2 c. coconut	

*MIX ingredients in oil-sprayed 13" by 9" pn. POUR water over the ingredients, and cover. BAKE at 350° about 60 minutes.*

*(Recipe continued on next page)*

**VARIATIONS:**

(1) omit dates, and add an entire 20 ounce can of unsweetened crushed pineapple. Mandarin oranges are a nice touch, too.

(2) Use rice or millet. Decrease grain to 2 c. Increase water to 5 1/2 c. Bake 1 hour covered.

**Blueberry Muffins**

1/4 c. almond butter or tahini

20 oz. can crushed pineapple

1/2 c. honey

*WHIZ the above three ingredients in blender until smooth.*

*COMBINE the following dry ingredients in a bowl. MIX well.*

2 1/2 c. whole wheat pastry flour

1/2 tsp. salt

3 tbsp. Ener-G baking powder

*POUR wet ingredients into dry. MIX quickly, being careful not to stir out bubbles.*

*FOLD in 2 c. blueberries. SPOON into muffin tins (paper-lined\*), and BAKE 30 min. in a 375° oven. ALLOW to cool and remove papers. They are rather gooey right out of the oven. REHEAT when serving.*

*\*To insure that papers don't stick, you may spray with vegetable oil spray.*

*VARIATIONS: Sprinkle with turbinado sugar before baking. Omit blueberries. Add 1/2 c. coconut, 1/2 c. chopped walnuts, 1 c. fresh cranberries, and 1 tsp. grated orange rind.*

**Bread Pudding**

8 c. bread chunks, cubes or crumbs

1 tsp. coriander

1/2 c. raisins or chopped dates

1 c. SOY (58) OR NUT (57) MILK

3 c. applesauce

1/4 tsp. salt

Honey or date sugar to taste (opt.)

*MIX together and BAKE in casserole dish at 350° for 30-40 minutes. Turn down if getting too brown.*

*VARIATION: Add chopped apples or canned peaches.*

### **Breakfast Patties**

2 c. cooked millet	1 1/2 tbsp. tahini
1/2 c. cooked brown rice	1 tsp. Vege-Sal or sea salt
2/3 c. ground pumpkin or sunflower seeds	1/2 tsp. garlic powder
1 1/2 tsp. onion powder	2–3 tsp. rubbed sage (to taste)
1 tsp. paprika	

*COMBINE in mixing bowl, and FORM into patties or links. BROWN at medium heat in pan sprayed with vegetable oil spray or nonstick skillet. May use other leftover cooked cereal, such as cracked wheat or 7-grain cereal, in place of millet and rice. Adjust salt to taste.*

### **Corn-Millet Porridge**

5 c. water	1/4 c. coconut
1/2 c. millet	1/2 c. chopped dates or raisins
1/2 c. cornmeal	1/2 tsp. salt

*BRING water, millet, cornmeal, and salt to a boil. COOK over low heat 30–40 min. When mixture begins to thicken, ADD coconut, raisins or dates. POUR into casserole. BAKE 45 minutes at 350°. Works well to COOK on stove the night before, then POUR into casserole, REFRIGERATE and BAKE in the morning.*

*VARIATION: ADD 2 cups of diced apples.*

### **Crockpot Cereal**

The most delicious, nutritious, and inexpensive way to eat grains! These recipes fit well in a 1 quart mini-crockpot, and will make about 3 servings.

Basic Recipe:

1 c. whole grains (oats, barley, rice, millet, wheat, rye, etc.)  
3 c. water  
1/2 tsp. salt

*WASH grain. COMBINE all ingredients in crockpot, and cook on low heat overnight. For a tasty treat, add 1/4 c. fine unsweetened coconut and 1/4 c. chopped dates before cooking, or add in the morning.*

(Recipe continued on next page)





### ***Hearty Breakfast Beans***

2 1/2 c. dry navy beans  
1 large chopped onion, or 2 tsp.  
onion powder  
10 c. water  
2 tsp. parsley flakes  
1 tsp. salt

*COOK beans, onions, and water together in covered crockpot overnight (9-12 hours) on high setting. ADD remaining ingredients in the morning. SERVE over toast or English Muffins. YIELDS: 5 cups*

### ***Indian Cornmeal Delight***

1 c. cornmeal  
4 c. cold water  
1/2 tsp. salt  
2 c. chopped apple  
1/4 c. raisins

*STIR cornmeal into cold water, and cook until thick. ADD other ingredients. POUR into baking dish. BAKE 45 minutes to 1 hour at 350°.*

*VARIATION: 1/4 tsp. coriander, or 1/4 tsp. anise, or 1 tsp. of vanilla.*

### ***Maple-Walnut Granola***

*This is NOT your Low-Cal variety, but it is delicious!*

*WHIZ in blender:*

1/2 c. maple syrup  
1/4 c. tahini  
2 tsp. vanilla  
3/4 c. water  
1 c. dates  
1 1/4 tsp. salt  
2 tsp. maple extract

*POUR over:*

8 c. rolled oats  
1 c. walnut or pecan meal  
1/4 c. whole wheat flour  
1 c. flaked coconut  
1/2-1 c. chopped walnuts or pecans

*STIR until well coated. BAKE at 225° for about 2 hours or until crisp. STIR every 45 minutes. Coconut and extra walnuts may be omitted for lower fat granola. It's best to use whole nuts and grind to a meal rather than buying nut meal, which may be rancid.*

### ***Rice Pudding***

2 1/2 c. cooked brown rice	1 tsp. vanilla
1/4 tsp. grated orange rind	1/4 tsp. salt
1 1/4 c. NUT MILK (57)	2 tbsp. honey
2/3 c. chopped dates or raisins	
1 tsp. coriander	

*COMBINE all ingredients and transfer to a 2 quart casserole dish. BAKE at 350° for 45 minutes. This is very good and tasty! A great dessert, too!*

### ***Savory Waffles***

1/4 c. nuts or seeds (cashews, walnuts, or sunflower seeds)	5 c. water
1/2 c. cornmeal	1/2 tsp. onion powder
2 1/2 c. rolled or quick oats	1/4 tsp. garlic powder
1 tbsp. honey	1 tsp. dill weed
1 tsp. salt	1 tbsp. nutritional yeast flakes

*WHIZ until smooth, starting with nuts or seeds, cornmeal and 1 1/2 c. water. BAKE in waffle iron, 8-10 minutes until brown. SERVE with gravy or millet butter.*

### ***Scrambled Tofu - Quick and Easy***

1 lb. fresh tofu (2 cups)	1 tsp. onion powder
2 tsp. soy sauce or Bragg Aminos	1/4 tsp. salt
1 1/2 tsp. CHICKEN STYLE SEASONING (68)	1/2 tsp. tumeric
2 tbsp. nutritional yeast flakes	1/4 tsp. garlic powder

*MASH tofu with fork or work with hands until texture of scrambled eggs. ADD remaining ingredients. PLACE in skillet. SIMMER uncovered until water is evaporated (about 10-14 minutes). SERVES 3.*

### **Scrambled Tofu**

*MASH 1 lb. fresh tofu into fine pieces and set aside.*

*WHIZ in blender:*

1 tsp. salt	1/2 c. water
1/4 c. raw cashews	1/4 tsp. garlic powder
2 tbsp. cooked carrots	2 tsp. onion powder
1 tbsp. nutritional food yeast	1/8 tsp. ground marjoram (opt.)
1 tsp. lemon juice	

*MIX with mashed tofu. ADD 1 tbsp. parsley flakes. POUR into 2-inch deep casserole dish. BAKE at 350° for one hour, or until set. May also “scramble” in a non-stick skillet.*

### **Waffles**

5 c. water	1/2 c. cornmeal
3/4 tsp. salt	1/8 c. date pieces
1/4 c. nuts or seeds	3 c. rolled oats

*BLEND well all ingredients except oats, starting with 1 1/2 c. water. ADD oats slowly only until your blended mixture will no longer swirl and pull the oats into the mixture. Do not add more than 3 cups. LET batter sit for 10 minutes. BAKE in waffle iron approximately 10 minutes at medium heat until golden.*

### **Waffles Perfect**

2 1/2 c. rolled oats	4 1/2–5 c. hot water
3/4 c. cornmeal	1/4 c. dates
3/4 c. whole wheat flour	
1 tsp. salt	

*WHIZ first six ingredients in about half the water, then add remaining water. LET batter sit for 10 minutes. BAKE in hot waffle iron for 8–10 minutes. Do not peek! May be frozen, and rewarmed in the toaster. YIELDS: 4 large waffles.*

## ***Yummy Granola***

8 c. old fashioned rolled oats  
1 c. unsweetened coconut flakes  
1/2 c. sunflower seeds  
1 c. chopped pecans

*COMBINE in large bowl.*

2 ripe bananas  
1 c. pitted dates  
3/4 c. water  
1 1/4 tsp. salt

*HEAT dates and water together, then blend together with bananas and salt. MIX well. SPREAD on cookie sheets 1/2" thick. BAKE at 225° for 90 minutes, stirring every 30 minutes until golden and almost dry. TURN oven off, and leave pans in oven to complete drying.*

### ***VARIATIONS:***

- 1. For low-fat granola, omit nuts, seeds and coconut.*
- 2. For Omega-3 and Omega-6 fatty acid-rich granola, add 1 c. ground flaxseed (1/2 c. whole) and use walnuts instead of pecans.*
- 3. For high-fiber granola, leave out 2 c. oats and add 1 1/2 c. raw wheat bran.*

## ***Breakfast Recipe Notes***

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# Breads, Crackers, & Muffins

## **Banana Bread, Quick Method**

*MIX and SET ASIDE:*

3 c. whole wheat flour  
1/2 c. oat flour  
1 tbsp. Ener-G baking powder

*MIX WELL:*

1 2/3 c. warm water	1 tsp. vanilla
1/3 c. honey	1/2 c. date pieces
2 tbsp. tahini	1/2 c. chopped walnuts
1 tsp. salt	3 small ripe bananas, sliced

*ADD dry ingredients to wet and MIX briefly, just enough to mix completely. PUT in parchment paper-lined loaf pan. BAKE at 350° for 50 minutes. TURN on side on cooling rack. Enjoy! (Also makes excellent muffins!)*

## **Banana Bundt Bread**

*Rich, but delicious!*

*MIX Together:*

3 c. whole wheat flour  
1 tsp. salt  
1 c. chopped walnuts or pecans  
2 mashed bananas

*COMBINE and ADD:*

1/4 c. almond butter, or tahini  
1 tsp. vanilla  
1/2 c. honey  
2 tbsp. yeast  
1 c. chopped dates  
2/3 c. hot water

*MIX in gently: 2/3 cup hot water. POUR into Pam-sprayed bundt pan. Let rise 45-60 minutes. BAKE at 300° for 1 1/2 hours.*

## **Banana Muffins**

*MIX and SET ASIDE:*

1 tbsp. yeast  
1 tsp. honey

1/4 c. warm water

*COMBINE:*

2 1/2 c. whole wheat pastry flour  
(or 1/2 whole wheat & 1/2 white flour)  
1/3 c. honey  
1/4 tsp. cardamon  
1 1/2 c. mashed banana

1 tsp. salt  
1 tsp. vanilla  
1/2 tsp. coriander  
1 c. crushed pineapple and juice  
3/4 c. nuts

*ADD to yeast mixture. MIX well. SPOON into paper-lined or sprayed muffin tins until 2/3 full. BAKE at 350° for 30–35 minutes. YIELDS: 10 muffins.*

## **Basic Bread**

1 c. warm water  
1 1/2 tsp. yeast  
1 tbsp. honey or molasses  
2 tbsp. gluten flour (opt.)\*

1 tbsp. tahini  
1 tsp. salt  
2–3 c. whole wheat flour  
(preferably freshly milled)

*MIX water, yeast and sweetener. ALLOW to bubble if you need to test yeast. If you know the yeast is good, skip this step. ADD remaining ingredients, adding enough flour to knead without being too sticky. KNEAD for about 10 minutes, until dough “comes back” when you poke it. SHAPE into loaf or desired shape. ALLOW to rise in warm place until double in size. BAKE at 350° for about 35 minutes, or until nicely browned. Wait at least one day to serve.*

*\*Adding gluten flour will make lighter bread.*

## **Biscuits**

1 c. warm water  
1 tbsp. dry yeast  
1 c. unbleached flour or oat flour  
2 tbsp. tahini

2 c. whole wheat pastry flour  
1 tsp. honey  
1 tsp. salt

*PROOF yeast with warm water and honey. When bubbly, ADD tahini and dry ingredients gradually, MIXING just enough to form dough. ROLL out on floured board, and CUT into biscuits. ALLOW to double in warm place. BAKE in 350° oven until light brown.*

*NOTE: For lighter biscuits, try 1 c. whole wheat flour, 1 c. oat flour, and 1 c. unbleached white flour.*

### **Corn Crackers**

1 1/4 c. warm water	1/2 c. nuts (almonds, walnuts, sunflower seeds)
1 1/2 tbsp. sesame seeds	1/4 tsp. garlic powder
3/4 tsp. salt	1/2 tsp. onion powder
2 tbsp. nutritional yeast	
1 tbsp. coconut	

*WHIZ* in blender until smooth.

*ADD:*

1 1/4 c. cornmeal	1/2 c. warm water
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*GREASE* cookie sheets with sides (*Pam* spray). *POUR* mixture on sheet. *TILT* to spread. *BAKE* at 350° for 20 minutes. *CUT* into squares, and poke fork holes in them. *BAKE* for another 45 minutes or less.

### **Cornbread I**

2 c. warm water	1/4 c. cashews
1/4 c. honey	2 tbsp. gluten flour
1 1/2 tbsp. active yeast	3/4 c. whole wheat flour
pinch ascorbic acid (opt.)	3/4 c. unbleached flour
1 1/2 c. cornmeal	1 1/2 tsp. salt

*ADD* honey and ascorbic acid to warm water; *DISSOLVE* yeast in this water. Allow to stand until bubbly. *LIQUEFY* yeast mixture, cashews, and vital gluten. *ALLOW* to stand for a few minutes until the yeast begins to work. *COMBINE* all ingredients in a large mixing bowl. *USE* a sturdy spoon or an electric beater. *PREPARE* a shallow square pan with vegetable spray. *LET RISE* in a warm place for about an hour; or until almost double. *BAKE* about 25 minutes until browned at 350°. Wait one day to serve.

### **Cornbread II**

2 c. soaked soybeans	2 c. corn meal
1/4 c. quick oats	1 1/2 tsp. salt (part Vege-Sal is good)
2 c. water	1/4 tsp. onion powder
1-2 tbsp. honey	

*WHIZ* soaked soybeans, quick oats, honey, salt, onion powder and water in blender. *MIX* with corn meal. *BAKE* in oil-sprayed, preheated iron skillet at 400° for 50-60 minutes. *SERVE* hot, right out of the oven. Cast iron corn pone pans are excellent to use with this recipe.

### **Date Muffins**

1/2 c. warm water	1 1/2 c. hot water
1 tbsp. honey	1 tsp. salt
1 tbsp. yeast	1 c. chopped dates
2 c. whole wheat flour	1 c. quick oats

*COMBINE 1/2 cup water, honey, and yeast in small bowl. COMBINE remaining ingredients in larger bowl. STIR in yeast mixture. DROP from tbsp. into oil-sprayed muffin tins until 2/3 full. PLACE in warm area to rise until muffins reach the top of the tin. BAKE at 350° for 15–20 minutes. YIELD: 12 muffins.*

### **Garlic Bread**

8 slices whole wheat bread  
1 recipe TAHINI GARLIC BUTTER (74)  
SESAME SPRINKLE (21)

*SPREAD bread with TAHINI GARLIC BUTTER. SPRINKLE with SESAME SPRINKLE. BROIL until just beginning to brown.*

### **Multi-Grain Bread**

*BRING to a boil: 1 1/2 c. water*  
*STIR IN: 1 1/2 c. rolled oats*  
*REMOVE from heat and let water absorb.*

*In a large bowl, MIX 300 strokes, or 3 minutes in mixer:*

2 c. whole wheat flour  
1/2 c. gluten flour  
2 tsp. salt  
2 tbsp. yeast  
2 tbsp. molasses or other sweetener  
2 c. very warm water

*LET REST until batter is bubbly, 10–15 minutes.*

(Recipe continued on next page.)



*STIR in:*

Oatmeal mixture

1/2 c. cornmeal

1/2 c. rye flour

3 tbsp. each sunflower seeds and sesame seeds (opt., but nice)

2 tbsp. millet

approximately 5 c. whole wheat flour, gradually

*KNEAD in enough flour to make a soft but not sticky dough. Knead for 10 minutes.*

*DIVIDE and shape into 3 loaves. PLACE in sprayed 8"x 5" loaf pans. LET RISE until double. BAKE at 350° for 30–35 minutes.*

### ***Orange-Cranberry Bread***

1 20 oz. can crushed pineapple, draining all but 1/4 c. juice

1 tbsp. orange zest (grated orange rind)

3/4 c. orange section and juice (1 large orange)

1/4 c. orange or pineapple juice concentrate

1/4 c. honey

1/4 c. tahini

1/4 c. golden raisins

3 c. flour (2 c. whole wheat, 1 c. unbleached)

2 tbsp. Ener-G baking powder

1/2 tsp. salt

1 c. cranberries

1/2 c. chopped walnuts

*BLEND first six ingredients in blender until smooth. ADD the cranberries, and pulse the blender to chop. COMBINE dry ingredients in large bowl. MIX well. FOLD mixture into blender, stirring gently just until mixed. BAKE in 2 small oil-sprayed loaf pans at 375° for one hour. CHECK after 30 minutes, and turn down to 350° if browning too fast.*

### ***Pita Pocket Bread***

4 1/2 cups whole wheat flour  
1 tbsp. dry yeast  
1 1/2 tsp. salt  
1 3/4 c. water

*In a large bowl, COMBINE all dry ingredients. ADD water. MIX thoroughly. ADD more flour 1/2 c. at a time, and KNEAD until firm. TURN out onto floured surface, and KNEAD for about 10 minutes, adding small amounts of flour to prevent sticking. PLACE in bowl, and LET RISE until double. REMOVE from bowl onto floured surface. PUNCH down, and KNEAD briefly. PULL off pieces of dough, and roll into balls. Size could be as small as a golf ball for “mini pitas”, or as large as a softball if to be used for pizza. ROLL each ball out with a rolling pin until about 1/8th inch thick. Bread will not form pockets if thicker than this. PLACE onto cooling rack, and place into preheated 500° oven for 2–3 minutes, just until bread forms pockets. REMOVE.*

*NOTE: Steam escaping pockets can be scalding!*

### ***Pita Chips***

*SLICE whole wheat pita into triangles, or CUT with scissors. BAKE at 300° for 15–20 minutes, or until browned slightly.*

### ***Pumpernickel Bread***

2 tbsp. tahini	3 c. very warm water
3 c. whole wheat flour (or 1/2 whole wheat & 1/2 unbleached)	2 tbsp. caraway seeds
2 tbsp. yeast	2 tbsp. coffee substitute (Roma, Postum or Pero)
3 tbsp. molasses	1/2 c. gluten flour (2/3 c. if using all whole wheat flour)
2 tsp. salt	

*BEAT 200 strokes, or mix 5 minutes. LET REST 10 minutes or until bubbly. Gradually ADD the following, adding enough rye flour to make a smooth dough:*

1/2 c. carob powder  
3–5 c. rye flour

*KNEAD for 10 minutes. This dough is much stiffer than whole wheat. SHAPE into 2 round loaves or 3 8”x 5” sprayed loaf pans. LET RISE 25–40 minutes. They will not rise as high as wheat loaves. BAKE at 350° for 30–35 minutes.*

*NOTE: Freshly ground flour always makes lighter bread.*

### ***Rice Biscuits, Unleavened***

4 c. brown rice flour	1 c. tahini
1 tsp. salt	1 tsp. onion powder
1/2 tsp. garlic powder	1/16 tsp. sage
1/16 tsp. oregano	2 c. water

*MIX all ingredients in bowl. FORM biscuits by hand to desired size. (Small ones are crispy and don't take long to bake.) BAKE at 400° about 30–40 minutes, until slightly brown on bottom.*

### ***Rye Oat Bread***

2 c. quick oats	1 tbsp. salt
4 c. boiling water	2–3 tbsp. tahini
2 packages dry yeast (2 tbsp.)	4 c. rye flour
1 c. warm water	2 c. whole wheat flour
2 tbsp. caraway seeds (opt.)	3 c. unbleached white flour
1/4 c. molasses or honey	

*SOAK oats in boiling water. ADD molasses or honey, salt, and tahini. COOL to lukewarm. DISSOLVE yeast in warm water. ADD yeast and flour to oat mixture to make a soft batter, and LET RISE until light (10–15 minutes). ADD remainder of flour, and make medium stiff dough. KNEAD well. LET RISE until double. SHAPE into 3 loaves. LET RISE. BAKE at 375° for 1 hour.*

### ***Sweet Rolls***

*PREPARE one recipe of BISCUIT (10) dough. ROLL OUT into large rectangle. SPREAD with DATE BUTTER (53) and chopped nuts, being careful not to spread filling all the way to the edge. ROLL UP and pinch together. CUT into 1" slices, and place on baking sheet. ALLOW to rise double. BAKE at 350° until golden, 15–18 minutes. When cool, BRUSH with diluted frozen juice concentrate to glaze, or spread with SWEET ROLL ICING (16), or serve with fruit jam.*

*For SWEDISH TEA RING, CURVE roll of dough around to form a circle. PINCH ends together, and SLICE through partially at 1 1/2" intervals. ALLOW to rise double, and BAKE until brown on bottom, 20–25 minutes.*

### ***Sweet Roll Icing***

1 1/2 c. soy milk power (Vanilla Bean Solait is best)  
1 c. + 1 tbsp. water  
1/4 c. honey or maple syrup  
1/16 tsp. salt  
1/4 tsp. lemon juice  
1/2 tsp. vanilla

*BLEND all ingredients in blender until smooth.*

### ***Tender Oat Muffins (A favorite!)***

#### *MIX:*

1 c. apple sauce	1 mashed banana (frozen /thawed OK)
1/4 c. almond butter or tahini	1/2 tsp. salt
1/4 c. (or less) honey	1 tsp. coriander

#### *ADD:*

2 c. quick oats	1/2 c. unsweetened coconut (opt.)
1/4 c. chopped walnuts	1 c. date pieces

*For BLUEBERRY MUFFINS, omit walnuts and coconut and add 1 1/4 c. fresh or frozen blueberries. Spoon to make 9 heaping muffins into paper lined muffin tins, as they do not rise. Bake 45 minutes at 350°. For easy removal of paper muffin cups, allow to cool completely, remove paper. Best to spray cups with oil spray*

*For OATMEAL COOKIES, form cookies on cookie sheet and bake at 350° for 15–18 minutes.*

*For CRANBERRY MUFFINS, substitute 1 c. drained crushed pineapple for apple sauce, and add 1 c. halved fresh or frozen cranberries.*

### ***Unleavened Bread Sticks***

1 c. water	2 tbsp. tahini
1 tbsp. honey	1/2 c. sesame seeds
1 tsp. salt	2 1/2–3 c. whole wheat flour

*COMBINE first five ingredients and mix well. ADD flour gradually to make firm but not dry dough. ROLL out 1/4 inch thick and cut with a dull knife. BAKE on a sprayed cookie sheet at 400° for 15 minutes or until golden brown.*

### **Wheat Germ Muffins**

1 1/4 c. water	1 c. wheat germ
3 tbsp. honey	1 c. whole wheat flour (high gluten)
2 tsp. yeast	1/2 c. raisins or dates
1/2 tsp. salt	
1/2 tsp. vanilla	

*MIX all ingredients together. FILL muffin tins 2/3 full. LET RISE 10 minutes. BAKE 350° for 20–25 minutes or until done. YIELD: 8 muffins*

### **Whole Wheat Batter Rolls**

1 package active dry yeast (1 tbsp)	3 tbsp. applesauce
1 1/4 c. warm water (110° to 115° degrees)	1 tbsp. honey
1 c. unbleached flour	1 tbsp. dark molasses
1 tsp. salt	2 c. whole wheat flour

*In large mixing bowl, DISSOLVE yeast in warm water. ADD unbleached flour, salt, applesauce, honey, and molasses. BEAT well. STIR in whole wheat flour, blending well. COVER, LET RISE 30 minutes. PUNCH dough down. SPOON batter into oil sprayed 2 1/2 inch muffin cups, filling 2/3 full. BAKE in 375° oven for 10–15 minutes. REMOVE from pan. COOL on wire rack. MAKES 16 rolls.*

### **Zucchini Muffins**

1 tbsp. yeast	1/4 c. warm water
1 tsp. honey	

*MIX and SET aside:*

2 1/2 c. whole wheat flour	1/3 c. honey
(or 1/2 whole wheat & 1/2 white)	1 tsp. vanilla
1 tsp. salt	1/2 tsp. coriander
1/4 tsp. cardamon	1 c. crushed pineapple and juice
1 1/2 c. shredded zucchini (well drained)	3/4 c. chopped nuts

*SPOON into sprayed muffin tins. LET rise 20 minutes. BAKE at 350° for 30–35 minutes. YIELDS: 10 muffins.*

*VARIATION: May use grated carrots instead of zucchini for Carrot-Pineapple Muffins.*

### **How to warm muffins:**

*SPRAY or sprinkle muffins with water. COVER with aluminum foil. WARM at 300° for 15–20 minutes, until warm and soft.*

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# Non-Dairy Cheese

NOTES: 1. *Nutritional yeast flakes* are NOT the same as baking yeast.  
2. To cook cornmeal mush, STIR 1 c. cornmeal into 3 1/2 c. water. Whisk until thick over medium-high heat; SIMMER on low for 1 hour.

## *Almond Cream Cheese*

1 c. blanched almonds	2 tsp. Emes gelatin
1 tbsp. lemon juice	1 1/2 c. hot water
1 tsp. salt	

*BLEND all ingredients until smooth. CHILL to congeal.*

### *VARIATIONS:*

- 1. Add 1/4 tsp. garlic powder; 1/2 tsp. onion powder; and 1/2 tsp. dill for a nice herb spread.*
- 2. Add chopped olives and chopped red bell peppers.*

## *American Cheese*

1 c. water	1/4 tsp. garlic powder
1/3 c. + 1 rounded tbsp. of Emes unflavored gelatin	1/4 c. lemon juice (fresh if possible)
1 1/4 c. boiling water	1 pimento or 1/2 large sweet pepper or about 2 teaspoons paprika
2 c. raw cashews	2 tsp. onion powder
1/4 c. nutritional yeast flakes	2 tsp. salt

*SOAK gelatin in 1 cup water in liquefier while assembling remaining ingredients. POUR boiling water over soaked gelatin, and WHIZ briefly to dissolve. COOL slightly. ADD cashews, and liquefy thoroughly. ADD remaining ingredients. LIQUEFY until mixture is the consistency of a creamy sauce, with no bits of pimento visible. POUR into a 1 quart mold, cool slightly. COVER before refrigerating. REFRIGERATE overnight before serving. After firming in the refrigerator, this cheese may be frozen until needed. YIELDS: 1 quart.*

*NOTE: If you have a somewhat small liquefier, you may have to make half of this recipe at a time.*

### **Cashew-Pimento Cheese**

*WHIZ in blender until smooth:*

1 c. cashews  
1 1/3 c. water  
1/4 c. diced pimento or cooked  
red pepper

*ADD and WHIZ briefly:*

1 tbsp. onion powder  
1/2 tsp. garlic powder  
2 tsp. lemon juice  
1 tbsp. nutritional yeast flakes  
1 1/4 tsp. salt

*USE on top of pizza, spaghetti or lasagna. May also cook and use as a spread or dip. Freezes well.*

### **Garbanzo Cheese**

2 c. cooked garbanzos  
1 c. water  
1/2 c. cashews or Brazil nuts  
(1/4 c. for lower fat)  
1 1/4 tsp. onion powder  
1 1/2 tsp. salt

1/4 c. lemon juice  
1/4 c. nutritional yeast flakes  
1/2 c. pimentos (4 oz. canned)  
1/8 tsp. garlic powder

*BLEND first three ingredients until smooth. ADD remaining ingredients, and blend to mix. BRING to a boil in a saucepan to thicken. POUR into mold, and refrigerate. Slices like brick cheese when cool. (No-melt cheese.)*

### **Jack Cheese**

*Lower in fat than the American Cheese Recipe.*

1/2 c. hot water  
1/3 c. Emes unflavored gelatin  
2 c. hot cornmeal mush  
1/3 c. tahini or cashews  
1 1/2 tsp. salt

1/4 c. nutritional yeast flakes  
1 tbsp. onion powder  
1/4 tsp. garlic powder  
1/4 c. lemon juice  
1/3 c. pimento (opt.)

*WHIZ hot cornmeal mush and gelatin with water. ADD remaining ingredients, and thoroughly liquefy. ADD another 1/3-1/2 c. water, depending on how mushy your cornmeal mush is. COOL well, and REFRIGERATE until firm and sliceable. YIELDS: 3 cups.*

*For JACK CHEESE SAUCE, LEAVE OUT gelatin and ADD 1/2 c. more water. ADJUST salt.*

### **Quick and Easy Pimento Cheese Sauce**

2 1/2 tbsp. sesame tahini	12.3 oz. extra firm silken tofu or 1 1/4 c.
cooked	1/2 c. pimentos millet or corn meal mush
2 tbsp. nutritional yeast flakes	2 tbsp. lemon juice
3/4 tsp. salt (more to taste)	1 1/4 tsp. onion powder
1/2-2/3 c. water	1/3 tsp. garlic powder

*WHIZ all ingredients in blender until smooth. Does not have to be cooked. Use on top of pizza before baking, on baked potatoes, casseroles, haystacks, etc.*

### **Ricotta Style Filling**

2 pounds tofu (4 cups)	2 tsp. salt
1/4 c. fresh lemon juice	4 tsp. basil leaves
4 tsp. sweetening of your choice	2 tsp. garlic powder
1 tsp. onion powder	4 tbsp. nutritional yeast flakes

*DRAIN tofu. MASH thoroughly with hands or a potato masher. MIX remaining ingredients. YIELDS: 4 c.*

### **Sesame Sprinkle (Mock Parmesan)**

1 c. lightly toasted sesame seeds*	1/2 tsp. garlic powder
1/4 c. nutritional yeast flakes	1/2 tsp. salt
1 tsp. onion powder	

*PUT all ingredients in a dry liquefier. MILL until seeds are milled and ingredients are combined. YIELDS: 1 1/4 cups. Freezes well. \*OK if seeds are not toasted. To toast, place on cookie sheet in oven at 300° for 20 minutes, stirring occasionally.*

### **Spinach Ricotta Filling**

1 lb. tofu, mashed	1 tbsp. honey
1 1/2 c. sauteed onion	1 tbsp. lemon juice
1 10 oz. box frozen chopped spinach	2 tbsp. nutritional yeast flakes
1 tbsp. garlic powder	1 tsp. oregano
2 tsp. basil	1 tsp. salt

*COOK spinach. MIX all ingredients, and use for lasagna or stuffed shells. FILL shells, COVER with SPAGHETTI SAUCE (73) and BAKE 30 minutes at 350°.*

*NOTE: That's a lot of garlic... tastes really Italian!*



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# Desserts

## **Almond-Oat Crust**

1 c. ground almonds  
1 c. oat flour  
1/2 tsp. salt  
1/4 c. water or juice

*GRIND almonds and oats in blender until fine, or grind oats and almonds in food processor; adding salt and water while processor is in motion. ADD salt, mixing well. ADD water. MIX well. PRESS into pie pan, or roll out with rolling pin between two pieces of wax paper. BAKE at 350° for 15 minutes. YIELD: 1 pie crust.*

## **Apple Burritos**

6–7 golden delicious apples  
3 1/2 c. pineapple juice  
1 tsp. coriander  
3 tbsp. cornstarch  
1 dozen whole wheat flour tortillas

*WASH, CORE, SLICE, and COOK apples in 1/2 c. juice until tender but not mushy. BRING pineapple juice to a boil. ADD cornstarch (dissolved in 1/4 c. juice) and cook until thick and bubbly. FOLD 1 c. of thickened pineapple juice carefully into cooked apples. PLACE 1/4 to 1/3 c. apple slices in the center of each flour tortilla. ROLL and PLACE seam down in 9"x11" baking dish. COVER with remaining thickened pineapple juice. BAKE covered at 350° for 30 minutes or until heated throughout. SERVE hot or cold. YIELDS: 12 servings.*

*VARIATION: Add 1/2 cup raisins or sliced fresh cranberries to apples while cooking or use blueberries instead of apples. For PEACH-BLUEBERRY BURRITOS, use thickened pineapple juice, but don't cook the peaches or blueberries; just fill tortillas and warm.*

### **Apple Crisp**

1 1/2 c. rolled oats	10 apples, sliced
1 1/2 c. whole wheat flour	1 20 oz. can pineapple
1/2 c. chopped dates	2 tbsp. cornstarch or arrowroot powder
1/2 tsp. salt	1/4 tsp. coriander
1/2 c. cashew cream (thick milk)	1/4 tsp. ground sweet anise or cardamom
1/2 c. chopped nuts of choice	

*BLEND* pineapple, and set aside. *COMBINE* dry ingredients, and *ADD* cashew cream and 1/2 cup blended pineapple. *HEAT* apples and dates, and *STIR* in coriander and cornstarch blended in remainder of pineapple. *POUR* apples into baking dish. *DROP* topping in chunks on top and *PAT* down. *BAKE* at 350° until apples bubble and top is brown.

### **Baked Apples**

*WASH, CORE, and PLACE* in casserole dish:

6 baking apples

*STUFF* apples with (1 tbsp. per apple):

6 tbsp. raisins, or dates, or both

*COMBINE* and *POUR* over apple centers, letting juice run through, filling bottom of the dish:

1 c. apple, pineapple juice, or prune juice

1/2 tsp. coriander

1/4 tsp. cardamom

*BAKE* uncovered at 425° for 35–45 minutes or until tender.

*VARIATION:* Stuff partly with nuts or granola.

### **Banana Cream Pie**

3 c. SOY MILK (58)	1/2 c. honey
1/2 c. raw cashews	1/4 tsp. salt
1/3 c. cornstarch	2 tsp. vanilla
1/3 c. pitted dates	2-3 sliced bananas

*LIQUEFY* all ingredients except bananas. *POUR* into a saucepan, and cook over medium heat until thickened, stirring constantly. *POUR* a thin layer of the “custard” mixture into a baked pie shell or layer of granola, then *ADD* a layer of sliced bananas. Repeat, then add the remaining custard, and garnish with sliced almonds. *CHILL* over night, and *SERVE* cold.

### **Butterscotch Pudding**

15 oz. can pumpkin	1/2 c. raw cashews + 3/4 c. water
1/2 c. dates	1/3 c. maple syrup or 1/4 c. honey
1/8 tsp. salt	1 tsp. vanilla
1 tsp. maple extract	1 1/4 c. water

*BLEND cashews in 3/4 c. water until smooth. ADD all other ingredients, and BLEND thoroughly. SERVE with granola.*

### **Caramel Corn**

Tastes better than Cracker Jacks, and the surprise is that it's a light, healthy dessert!

1/2 c. unpopped popcorn	1/3 c. molasses (not blackstrap)
1/4 c. natural peanut butter	1/4 tsp. salt

*POP corn in hot air popper. HEAT remaining ingredients in saucepan over medium heat until bubbly. DRIZZLE over popcorn, and stir to coat. SPREAD out on nonstick cookie sheet, or use Pam spray. BAKE at 200° for 40 min. STORE in airtight container or plastic bag. (For low fat Caramel Corn, drizzle molasses directly over popped corn, stir, and bake as above.)*

### **Carob Bread Crumb Brownies**

2 c. water	1 c. honey**
2 c. cashews*	2 tsp. tahini
1 tbsp. vanilla	1 tbsp. coffee sub. (Roma, Potsum or Pero)
1 tsp. salt	3/4 c. carob powder
5c. fresh whole wheat bread crumbs	

*BLEND all ingredients, except bread crumbs, in blender until smooth sauce. POUR into mixing bowl, and add crumbs.*

*Mixture should be very thick. Dryness of bread crumbs will make a difference. Adjust with more bread crumbs as needed. Bread crumbs should not be from store bought bread as that will make brownies too gooey. Make crumbs in food processor from good quality whole wheat bread.*

*MIX WELL and POUR into 9"x12" baking dish. SPRINKLE with walnuts or pecans. BAKE at 350° for 35-40 minutes.*

*Nuts can be omitted, and brownies can be frosted with CAROB FUDGE FROSTING, (27) then nuts sprinkled on top. Brownie recipe works quite well as a cake if baked in round 8" pans.*

*(Recipe continued on next page)*

*\*For low-fat brownies, use 1/2 c. cashews and 1 1/2 c. cooked millet or corn meal mush.*

*\*\*May use 1 1/2 c. date butter (see index) and 1/2 c. more water. They won't be quite as sweet.*

### **Carob Squares**

1 c. coconut	1 tsp. vanilla
1 c. carob powder	pinch of salt
1 c. ground granola	2 tbsp. peanut butter
1/2 c. honey	2 tbsp. chopped nuts
Water as needed for consistency (about 1/2 c.)	

*COMBINE all ingredients, except nuts. PRESS firmly into greased 9-inch square pan. SPRINKLE with finely chopped nuts. CHILL before cutting into bite-sized pieces.*

### **Carob-Coconut Cookies**

#### *CREAM TOGETHER:*

1/2 c. honey  
3/4 c. SOY MILK (58) or water  
1/2 tsp. vanilla  
1/2 c. whole wheat flour  
1/2 c. white, unbleached flour  
1 c. coconut

#### *MIX SEPARATELY:*

3 tbsp. carob powder  
1/2 tsp. salt  
1 1/2 c. rolled oats

*ADD remaining dry ingredients, after they have been mixed together. DROP onto oiled cookie sheet, and bake at 350° for 10–15 minutes. Do not press these cookies flat. It is best to let them drop on sheet, and spread with a few strokes.*

### **Carob Brownies**

#### *Mix in a large bowl:*

1 c. Sucanat sugar	2/3 c. carob powder
1 1/2 c. whole wheat flour	2 tbsp. Ener-G Egg Replacer (dry)
1 1/2 tbsp. Ener-G Baking Powder	1/2 c. chopped walnuts
1 tsp. salt	1 1/2 tbsp. coffee sub. (Roma, Potsum or Pero)

#### *Mix in small bowl:*

1 c. water or SOY MILK (58)  
1 c. applesauce  
2 tsp. vanilla

(Recipe continued on next page)

*POUR* wet ingredients over dry ingredients. *MIX* together with a wire whisk just until blended. *POUR* into a sprayed 8" x 8" pan. *BAKE* in a preheated 350° oven for 25–30 minutes, or until toothpick inserted comes out clean. *FROST* with CAROB FUDGE FROSTING (27) if desired (takes 1/2 a recipe), and enjoy!

### ***Carob Fudge Frosting***

*HEAT* in a saucepan 5 minutes or until thick:

1/4 c. water 1/3 c. carob powder

*REMOVE* from heat.

*ADD* and *CREAM TOGETHER* with electric mixer or in food processor:

1/2 c. water	1 tsp. vanilla
1/2 c. date butter (see index)	1/8 tsp. salt
1/4 c. smooth peanut butter or almond butter	1/8 c. soy milk powder
	2 tsp. coffee sub. (Roma, Potsum or Pero)

### ***Carob Pudding or Slightly Nutty Pudding***

3/4 c. boiling water	1/8 tsp. salt
1/2 c. dates	1/2 tsp. vanilla
2 tbsp. carob powder	1 c. hot cooked millet
1 tbsp. peanut butter	1 tbsp. coconut

*WHIZ* water and dates in blender; then *ADD* all ingredients remaining, and *BLEND* until smooth. *CHILL* and serve.

### ***Carob Sauce I***

*Follow* recipe for CAROB FUDGE FROSTING (27), adding water until desired consistency.

### ***Carob Sauce II***

*BLEND*:

2 c. water	2 1/2 tbsp. cornstarch or arrowroot
1/2 c. carob powder	1 tsp. vanilla
1/3–1/2 c. honey	pinch salt

*COOK* over low heat, stirring constantly, until mixture is clear and thick.

## **Carrot Cake**

1 1/2 c. unbleached white flour	1 1/2 c. whole wheat flour
1 c. chopped nuts	1/2 c. chopped dates
2 tbsp. yeast	2 large carrots, grated
1 tsp. coriander	

### *BLEND:*

1 1/4 c. pineapple juice	1 tsp. vanilla
1/4 c. tahini	1 tsp. salt
1/3 c. honey	

*MIX the dry ingredients together well. ADD the liquid to the dry ingredients, and MIX thoroughly. PLACE in a sprayed 9" x 13" baking pan, and LET RISE in warm place until double. Should be covered (wax paper works well). BAKE at 375° for 15 minutes, then at 325° for 30–40 minutes. When cake has cooled, frost with coconut icing.*

*NOTE: May use 3 cups pastry flour or freshly milled whole wheat flour, and omit unbleached flour.*

## **Cereal Cookies**

2 c. leftover cooked whole grain cereal	1 tsp. maple extract
1/2 c. whole wheat flour	2 tsp. vanilla
2 tbsp. nut butter	1/2 c. chopped nuts or coconut (opt.)
1/4 c. honey	1/2 c. chopped dried fruit
1/4 tsp. salt	

*PUT all ingredients in a bowl, and MIX well with hands. DROP onto sprayed cookie sheet by rounded tablespoon, flattening slightly with fingers. BAKE at 350° for 30–40 minutes. YIELDS: 12 two inch cookies*

## **Cheesecake, Tofu I**

1 20 oz. can crushed pineapple	grated rind of 1/2 lemon
1/2 c. cashews	16 to 20 oz. Tofu (drained)
3 1/2 tbsp. Emes Kosher Gelatin	1/2 c. frozen juice concentrate
1/2 tsp. salt	3/4 to 1 c. granola (for crust)*
1/4 c. honey	

*DRAIN pineapple, and bring juice to a boil. COMBINE cashews, Emes, and hot pineapple juice in the blender. BLEND. While mixture is blending, ADD the honey, salt, and lemon rind. STOP the blender; ADD tofu and remaining ingredients. BLEND till creamy. ADD crushed pineapple to tofu mixture,\*\* and POUR into a 9"x9" dish with the granola on the bottom or crust of your choice. CHILL until set.*

*\*CRUMB CRUST (30) works nicely also.*

*\*\*NOTE: For smoother texture, blend pineapple with tofu mixture.*

### ***Cheesecake, Tofu II***

1 c. blanched almonds	2 c. soy milk
1 c. rinsed raw cashews	2 tsp. vanilla
1 c. honey	1/4 tsp. almond extract
2 lbs. firm tofu	2 tsp. lemon juice
1/2 c. arrowroot or cornstarch	1 tsp. salt

*BLEND nuts and soy milk until smooth. BLEND remaining ingredients. As the full recipe does not fit in blender, BLEND portions and combine in a bowl. ADD some water if batter seems too thick. POUR over CRUMB CRUST. BAKE at 350° for 1 hour or until set. CHILL thoroughly before serving.*

*For CAROB MARBLE CHEESECAKE, MEASURE OUT 1/2 c. batter. ADD 1 1/2 tbsp. carob powder, and blend. After pouring plain cheesecake batter into springform pan, SPOON 5–6 tbsp. of the carob mixture into batter, spacing apart. Take a knife and SWIRL briefly to make marble pattern. BAKE at 350° for 1 hour or until set. SERVE with Carob Sauce.*

*For BLUEBERRY CHEESECAKE, follow BLUEBERRY SAUCE (53) recipe, and add 1 1/2 tbsp. cornstarch or arrowroot when heating sauce. May also add some honey if sweeter topping is desired. Spread onto chilled cheesecake while in pan, or spoon on top as you serve it.*

### ***Coconut Icing***

*BLEND:*

1 c. water	1 tsp. vanilla
1/2 c. dates	pinch of salt
1/2 c. silken tofu	unsweetened coconut

*ADD enough coconut to make a spreadable frosting. SPREAD on cake after it has cooled.*

### **Coconut Pudding**

1/2 c. unsweetened fine coconut	2 c. cooked millet or cornmeal mush
1/4 c. honey (more if desired)	1 c. water
1 tsp. vanilla	1/2 tsp. salt
1/2 tsp. coconut extract	

*BLEND all ingredients until smooth. TOP with toasted long-thread coconut. (Toast in 300° oven for about 7–10 minutes. Watch closely.)*

*NOTE: Will not set up if millet or cornmeal mush has been frozen.*

### **Crumb Crust**

2 1/2 c. Nutri-Grain Wheat Flakes	1/2 c. pecans or walnuts
1 tbsp. date paste or date pieces	1/4 tsp. salt
2-3 tbsp. water	

*PLACE cereal, nuts, and dates in food processor or blender. GRIND until fine. If using blender; mix in bowl with just enough water for mixture to stick together. If using food processor; water can be added after grinding. PRESS into 10" springform pan or 9" x 13" baking pan. If pan is aluminum, it's best to line with parchment paper. Bake for 15 minutes at 350°. Burns easily, so watch carefully.*

### **Fruit Crisp**

4 c. granola
5 c. fresh or frozen fruit
2 c. pineapple juice
2 tbsp. corn starch

*Blueberries, blackberries, peaches, or apples are the best fruit to use for crisps. Only the apples would need to be slightly steamed in 1/2 c. of the pineapple juice; the other fruit can be used as is. SPRINKLE 1 1/2 c. granola on the bottom of a 9" x 13" casserole dish. SPREAD 2 1/2 c. fruit on granola. HEAT pineapple juice mixed with cornstarch until boiling and thick. ADD remaining 2 1/2 c. fruit. POUR this fruit mixture into casserole dish. TOP with remaining 2 1/2 c. granola. BAKE at 300° for 30–40 minutes, until just hot through. Watch that granola topping does not burn. SERVE with SMOOTHIES. (37)*



### **Good 'n Chewy Cookies**

3/4 c. coconut–almond pulp*	3/4 c. whole wheat flour
1/2 c. honey or barley malt syrup	3/4 c. chopped dates
1/4 c. raisins	1/2 c. chopped nuts
1/2 tsp. salt	1 tsp. vanilla

*MIX all ingredients and FORM cookies on non-stick cookie sheet, or one covered with parchment paper. These cookies do not spread or rise, so form the way you wish them to be. BAKE at 375° for about 20 minutes. COOL and SERVE. In order for them to be crisp and chewy the next day, warm and let cool again before serving.*

*\*Coconut–almond pulp is what remains after straining COCONUT–ALMOND MILK.  
(57)*

### **Grapenuts Pie Crust**

1/4 c. water	1/2 c. quick oats
1/4 c. honey	3 tbsps. pecan meal or finely chopped almonds
3/4 c. Grape Nuts cereal	

*MIX water and honey together. MIX remaining ingredients in food processor, and grind together. POUR liquid over dry mixture and stir to mix. PRESS together into oil-sprayed 8" pie plate. BAKE at 375° for 10 minutes. COOL and add filling.*

### **Irresistible Apples**

*MIX in medium size bowl with fork:*

1/4 c. peanut butter	1/4 c. honey
1/4 c. granola (or more as desired)	1/4 c. ground granola

*RINSE and CORE 6 large firm apples. SPOON mixture into center and WRAP in plastic wrap for 1 hour in refrigerator.*

*VARIATION: Slice stuffed apples into rounds (be sure filling is stuffed tightly, and apple is well chilled).*

### **Jello**

1 cup fruit juice of your choice (Some of the new juice blends on the market work well.)  
1 1/2 tsp. Emes gelatin

*HEAT desired amount of juice and gelatin in sauce pan until gelatin is dissolved. ADD fruit if desired and pour into mold or bowl. CHILL to congeal. Drained crushed pineapple with other fruit is always good. (Measure the pineapple juice drained from can and add to juice mixture, adding appropriate amount of gelatin.)*

### ***Layered Millet Pudding***

2 c. hot, cooked millet  
2 c. crushed pineapple, drained  
1 banana  
2 tbsp. honey  
Fruit (fresh or frozen: peaches, bananas, strawberries, blueberries etc.)

2 tsp. vanilla  
1/4 tsp. salt  
1 c. granola

*BLEND in blender first 5 ingredients and honey. Layer fruit, granola, and pudding together into an 8" x 8" inch pan. BEGIN with granola on the bottom.*

*LAYER 1: 1 c. granola. LAYER 2: pudding. LAYER 3: 1 1/2 c. fruit. LAYER 4: pudding. LAYER 5: 1 1/2 c. fruit. Top fruit layer should be colorful. Garnish with toasted coconut or nuts.*

### ***Lemon Cake***

*MIX in large bowl:*

3 c. whole wheat pastry flour  
(can be half unbleached)  
4 tbsp. Ener-G baking powder  
1 tsp. salt

*WHIZ in blender:*

1 c. turbinado sugar  
1/3 c. fresh lemon juice  
1/2 c. applesauce  
2 tsp. grated lemon rind  
1 tsp. lemon extract  
1/2 box firm silken tofu  
3/4 c. water

*FOLD in wet ingredients with dry just until mixed. Do not over mix.*

*POUR into oil-sprayed and floured Bundt pan.*

*BAKE in oven preheated to 350° for 40 minutes or until toothpick comes out clean.*

### ***Light and Luscious Lemon Pie***

20 oz. can crushed pineapple with juice  
1/3 c. water  
1 orange, peeled and seeded  
6 tbsp. honey  
1/2 tsp. salt  
1/2 tsp. vanilla

6 tbsp. cornstarch  
6 tbsp. lemon juice  
1 tsp. fresh grated lemon rind  
1/2 tsp. lemon extract

*BLEND all ingredients until smooth. (Some fibers will still be visible.) COOK in saucepan until thick. POUR into baked pie shell and CHILL.*

## ***Lightly Salted Popcorn***

### **Not sweet, just crunchy!**

Unpopped popcorn  
1 c. water  
1/8 c. salt

nutritional yeast flakes (opt.)

*MIX salt and water together and POUR into spray bottle. POP corn in hot air popper, SPRAYING with salt water as it comes out of popper. SPRINKLE with yeast flakes as you spray, if desired. For further crispness, BAKE popcorn in oven for 20 minutes at 225°.*

## ***Macaroon Coconut-Oat Crust***

*WHIZ briefly in blender:*  
2/3 c. rolled oats  
2/3 c. unsweetened coconut

*ADD:*  
1/4 tsp. salt dissolved in 1/4 c. water

*STIR quickly to make a mixture. PRESS into pie pan. For pie shell, BAKE at 300° for approximately 15 minutes or fill with filling and bake.*

## ***Macaroons***

*SOAK together for 5 minutes, then BLEND.*

1 c. dates  
1 c. boiling water

*ADD:*  
2 tbsp. honey  
1/2 tsp. salt  
1 tsp. vanilla

2 1/2 c. fine coconut  
2 tbsp. unbleached white flour

*SHAPE into small balls. FLATTEN slightly. BAKE at 300° for approximately 20 minutes.*

### ***Peanut Butter Pie***

Serve with carob sauce for a real treat!

*BLEND in blender very well:*

1 lb. silken tofu	1/4 tsp. vanilla
1/2 c. peanut butter	1/8 tsp. salt
1/2 c. honey	1/4 c. water

*May ADD a little more water if necessary to blend. POUR into prebaked pie shell and freeze. REMOVE from freezer 15–20 min. before serving. Very rich! SERVES: 8–10.*

For MAPLE WALNUT PIE, use almond butter instead of peanut butter, add 1/2 tsp. maple flavoring and 1/2 c. chopped walnuts.

### ***Pumpkin Cookies***

1 1/2 c. pumpkin puree	3/4 c. honey
1/2 c. tahini or almond butter	1/2 c. chopped dates
1 tbsp. grated orange rind	1 1/2 tbsp. Ener-G baking powder
1 tsp. coriander	1/4 tsp. salt
2 c. whole wheat flour	

*MIX all ingredients. May also add 1/2 c. walnuts or pecans and 1/2 c. raisins. DROP onto cookie sheet. BAKE at 375° for 10–12 minutes or until brown on bottom. May use 1/4 c. almond butter and 1/4 c. tahini.*

### ***Pumpkin Pie***

*BLEND:*

1/2 c. cashews with 3/4 c. water

*ADD:*

3/4 c. boiling water	2 tsp. vanilla
1/2 c. packed dates or date pieces	1/2 tsp. coriander
1 1/2 c. pumpkin puree, cooked carrot or sweet potato	1/4 c. corn starch or 2 tbsp. arrowroot
1/4 c. honey (or more to taste)	1 tsp. salt
1/4 tsp. cardamom	1 tbsp. molasses

*LET dates stand in boiling water while blending cashews and assembling remaining ingredients. Thoroughly LIQUEFY dates, then add pumpkin and remaining ingredients. POUR into an unbaked pie crust. BAKE at 300° for 1 hour, or until the pie has set in the center.*

### **Quick & Easy Pie Crust**

1/2 c. almonds	1/2 c. walnuts (or Brazil nuts)
1/2 c. quick oats	1/2 c. whole wheat flour
1/2 tsp. salt	1/4 c. water (or more)

*GRIND nuts in food processor. Then ADD flour and oats, salt and water. ADD enough water to make a ball of dough. ROLL out between waxed paper. For baked pie shell, PRICK with fork and BAKE at 350° degrees until brown (about 20 minutes). If using a filling that needs to cook, bake for 10 minutes, add filling and continue baking.*

### **Simple Lemon Pie**

2 c. pineapple juice	1/4 c. lemon juice
1/3 c. cornstarch	dash of salt
2 tbsp. grated lemon rind	1/4 c. honey
1/2 tsp. lemon extract	

*ADD about 1/4 cup pineapple juice to cornstarch, and dissolve. BRING remaining juice to boil; STIR in cornstarch mixture, stirring constantly until clear. REMOVE from heat. COOL briefly. STIR in remaining ingredients. COOL. BLEND until smooth. POUR into baked pie crust. COVER with whipped topping or with 1/4 cup coconut. CHILL. GARNISH with twist of lemon.*

### **Vanilla Cream**

2 c. hot water	1 tsp. vanilla
1/2 c. raw cashews	3 1/2 tsp. Emes gelatin
12.3 oz. box silken tofu	3-4 tbsp. honey
1/8 tsp. salt	1 1/2 tsp. lemon juice

*BLEND and CHILL.*

### **Whipped Tofu Topping**

12.3 oz. silken tofu, extra firm	3 1/2 tbsp. honey
1/4 c. cashews	1/8 tsp. salt
2 tsp. lemon juice	1/2 tsp. coconut extract
1/2 c. water (hot)	
1/4 c. coconut	

*BLEND coconut in hot water in blender. ADD cashews and blend again. ADD remaining ingredients and blend until smooth. CHILL.  
If using softer tofu, add less water.*

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# Smoothies

“Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place.” The solution is to serve ice cream with something warm! Hot cereal, pudding or topping works very well. Top with toasted coconut, nuts or granola and you have a real treat!

## *The Smoothie Basic*

*PLACE in blender:*

1/4–1/2 c. fruit juice (pineapple, grape, orange or tangerine) OR nut or soy milk.

*PLACE cover on blender: TURN blender on high and ADD through funnel on top:*

1 1/2 c. frozen banana chunks (peel and slice ripe bananas before freezing)

1 c. frozen fruit: strawberries, blueberries, raspberries, peaches, pears, papaya, pineapple, etc., as desired.

1/4 tsp. vanilla (optional) or 1/8 tsp. of other extracts such as coconut, almond, pineapple, mint, etc.

1–2 tsp. lemon juice (intensifies fruit flavor), if desired.

*BLEND until smooth, ADDING just enough liquid to blend. SERVE immediately.*

## *The Smoothie Combination*

### STRAWBERRY

1/4–1/2 c. orange juice

1 1/2 c. frozen banana chunks

3 c. frozen strawberries

### CAROB-PEANUT BUTTER

apple juice or milk

peanut butter

carob powder

### PIÑA COLADA

pineapple juice

frozen bananas

crushed pineapple

1/8 tsp. coconut extract

Just plain banana is good, too!

### *Smoothie Serving Suggestions*

**Toppings:** coconut, granola, chopped nuts, Grape-Nuts, raisins, dates, pineapple sauce, carob sauce...

**Torts:** *SPOON* into tort shells: *ROLL* pie crust out and *CUT* into small circles; *FORM* into torts by forming over Pam-sprayed muffin tins (upside down). *BAKE* 10 minutes at 425°. *FILL* with smoothie. *GARNISH* with whole fresh fruit and coconut. Pretty and delicious.

**Spoon Drink:** *SPOON* a mixture of bananas, peaches, and blueberries into tall glasses. *LAYER* with a small scoop of smoothie, then more fruit, smoothie, garnish top with fruit. *SERVE* at once.

**Make in meat/food grinder**—makes a thicker consistency, since little liquid is needed.

**Make in juicer.**

**Use ice cubes** or crushed ice to make colder if frozen fruit is unavailable.

### *Smoothies Recipe Notes*

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# Entrees

## **Baked Tofu**

1 lb. brick of firm tofu  
1 c. chopped onions (opt.)  
1 tbsp. CHICKEN-STYLE SEASONING  
3/4 c. water  
2 tbsp. soy sauce or Bragg Liquid Aminos  
2 tbsp. lemon juice (opt.)  
2 tbsp. nutritional yeast flakes

*SLICE* tofu into slices 1/4–1/2 inch thick. *SPRINKLE* with remaining ingredients. *BAKE* in 350° oven for 30–40 minutes, until beginning to dry out a bit. This can be prepared ahead, allowed to marinate, and then baked. Or, to save time, omit water and just sprinkle with seasonings. Cook in non-stick skillet.

*Tofu squares may be used as sandwich filling, cut and used in stir-steamed vegetables, or served as “steaks” with gravy.*

## **Black Beans and Rice**

1 lb. black beans  
6 c. water  
1 bay leaf  
pinch oregano  
1 medium green pepper, chopped  
1 1/2 c. brown rice, cooked  
1 medium onion, chopped  
2 cloves garlic, minced  
1/4 c. water  
1 tsp. salt  
1/2 tsp. ground cumin

*WASH* beans. *BRING* to boil in water. *TURN* off heat, and let stand 1 hour. *Pour* water off and add fresh water. *ADD* bay leaf and oregano. *BRING* to boil. *SIMMER* 2 hours or until beans are tender. *SAUTE* onion, green pepper, and garlic in water. *STIR* into beans with salt and cumin. *ADD* rice. *SIMMER* 10–15 minutes. *REMOVE* bay leaf.

## **Bread Stuffing**

8 c. soft, whole wheat bread cubes  
2 c. chopped onions  
1 c. chicken-style broth\*  
1 tsp. salt  
1/2 c. chopped walnuts  
2 c. minced celery  
1 tsp. sage

*MIX* all ingredients gently, but well. *PLACE* in Pam-sprayed casserole dish 9" x 12". *COVER* with tin foil. *BAKE* 350° for 45 minutes. *REMOVE*, *COVER*, and *BAKE* until lightly crusted and browned (about 15 minutes). *SERVES*: 8–10

\*1 c. water plus 2 tbsp. CHICKEN-STYLE SEASONING (68)



### ***Bushnell's Beans***

*SOAK overnight, POUR off water and COOK until just tender, or cook on low in crockpot overnight.*

2 c. mixed dry beans, pinto and great northern  
6 c. water

*SAUTE and COOK 1 hour longer:*

1 lg. chopped onion	1/2 tsp. each: savory and marjoram
1 lg. chopped green pepper	1 bay leaf
1 clove garlic	2 1/2 tsp. salt
4 c. canned or fresh tomatoes, diced	

*ADD during last 30–40 minutes of cooking:*

4 lg. stalks chopped celery

### ***Esau's Pottage***

1 c. dry lentils	1/4 tsp. garlic powder
3 c. cold water	2 tbsp. soy sauce or Bragg Liquid Aminos
1 tbsp. nutritional yeast flakes	1 c. cooked brown rice
2 small chopped onions	1 tsp. salt
1/4 c. chopped black olives	

*COOK lentils and rice in water until almost tender. STEAM onions, and ADD with olives to cooked lentils. ADD soy sauce, garlic powder, and more water if necessary. ADD nutritional yeast flakes, rice, and salt just before serving.*

### ***Garden Burgers***

2 medium carrots, grated	1/2–1 c. celery, chopped
1 onion, chopped	1/2 c. tomato juice
1 tsp. parsley	1/4 c. barley, wheat flakes, or rolled oats
1/2 c. quick oats	1 tsp. salt
1 c. sunflower seeds, ground	1/8 tsp. sweet basil

*Carrots, onion, and celery may be finely chopped in food processor. MIX well with remaining ingredients. FORM patties with ice cream scoop or spoon. BAKE on parchment paper covered cookie sheet at 350° for 30 minutes.*



## **Mexican Hat**

*WHIZ in blender until smooth:*

1 1/2 c. cashews	6 1/2–7 oz. can red pimento, drained
3 tbsp. lemon juice	2 tsp. salt
2 tsp. onion powder	3 tbsp. nutritional food yeast
1 tsp. garlic powder	1 tsp. oregano
3 1/2 c. water	1 tsp. cumin (to taste)

*Additional ingredients:*

1 dozen corn tortillas  
4 c. cooked & salted pinto beans, drained  
3 large tomatoes, chopped small  
1 c. sliced black olives  
1 c. chopped onion  
1 recipe of SALSA (73)

*SPRAY a 9" x 13" pan. POUR small amount of sauce, enough to coat bottom of pan. PLACE a layer of corn tortillas to cover bottom. (Some may have to be cut in half) SPRINKLE with 1/3 of beans, tomatoes, onions, olives, sauce, and salsa. REPEAT the layers. For top layer, pour sauce only on top, reserving tomatoes & olives to add later. Cover with foil and BAKE at 350° for 1/2 hour. Uncover, sprinkle with tomatoes & olives, and bake 15 minutes more. Let set 15 minutes before serving. Garnish with chopped green onion tips if desired. YIELD: 8 Servings*

*\*To make Macaroni & Cashew Cheese: omit cumin and oregano from sauce. Boil 3 c. of macaroni, and use instead of vegetables, tortillas and beans.*

## **Mighty Mac**

1 c. soaked garbanzo beans	1 medium onion, minced
1 1/2 c. water	1 tsp. salt
2 c. quick oats, uncooked	1 tsp. sage
1/4 c. walnuts, chopped	2 tbsp. soy sauce or Bragg Liquid Aminos

*WHIZ first two ingredients in blender. REMOVE to bowl. ADD remaining ingredients, and MIX with spoon. DROP from 1/3 cup measure to form patties on "Pam" sprayed baking sheet. BAKE 25-30 minutes at 350°. SERVE in whole wheat burger buns with all the trimmings: TOFU MAYONNAISE (74), leaf lettuce, sliced tomatoes, and onions. YIELDS: 9 large patties.*

*VARIATION: use as a casserole with gravy.*

### **Millet Loaf or Patties**

1/2 c. cashews	1 medium onion chopped
1 c. water	1 tbsp. CHICKEN STYLE SEASONING (68)
1 1/2 c. cooked millet	1/2 tsp. garlic powder
1 c. wheat germ or bread crumbs	2 tbsp. soy sauce or Bragg Liquid Aminos
1/2 c. quick oats	1/2 tsp. sage

*BLEND cashews and water until smooth. POUR over millet, wheat germ, oats, onions in a bowl. ADD remaining ingredients and mix well. FORM into patties or pack into loaf pan or casserole dish. BAKE at 350° for 25–30 minutes. Patties brown nicely in non-stick skillet.*

### **Mizidra**

2 c. lentils	
1 bay leaf	1/2 tbsp. soy sauce or Bragg Liquid Aminos
1 small onion, chopped	1 tsp. marjoram
1 tsp. CHICKEN STYLE SEASONING (68)	2–3 c. cooked brown rice
1/8 tsp. thyme	chopped olives

Optional: shredded lettuce, diced tomatoes, diced avocado, garlic salt, tomato sauce, or lemon juice

*COOK lentils in 5 cups water with next 6 ingredients for 30–45 minutes or until tender. REMOVE bay leaf. SERVE all ingredients in separate containers. Allow each person to assemble on plate: brown rice, lentils, shredded lettuce, diced tomatoes, diced avocado, chopped olives, lemon juice, garlic salt, and your favorite tomato sauce.*

### **Noodle Vegetable Casserole**

1 lb. spiral noodles, cooked	1 tsp. salt
1 1/4 c. cashews	1 tbsp. cornstarch (rounded)
4 c. water	1 tbsp. CHICKEN STYLE SEASONING (68)
3 c. mixed vegetables	1/2 tsp. onion powder

*COOK spiral noodles as directed, al dente. BLEND cashews with 1 1/2 c. water, salt, cornstarch, CHICKEN-STYLE SEASONING, and onion powder, until smooth; then add remaining water. COOK in saucepan until thickened. ADD steamed mixed vegetables and serve. OR pour into casserole, top with seasoned bread crumbs, and bake at 350° until crumbs are crisp. (This is really good with broccoli, zucchini, and carrots!)*

## **Oatmeal Patties**

*BLEND* the following:

1/2 c. cashews  
2 c. water

*COMBINE* with:

1 onion, chopped in blender if desired	1/2 tsp. thyme
3 c. quick oats	1/2 tsp. marjoram
1/2 c. walnuts	1/2 tsp. sage
1 tsp. salt	1/4 tsp. garlic powder
1 tbsp. soy sauce	1/2 tsp. onion powder

*BLEND* cashews and water until smooth. *ADD* onion quarters and blend until onions are minced. Onions may be chopped by hand if larger pieces desired. *MIX* all ingredients together. *LET STAND* for 15 minutes. *FORM* round flat patties and *BAKE* in oven at 350° for 35–40 min. *SERVE* with gravy.

## **Pita Pizzas**

*Quick & easy, delicious & nutritious!*

Whole wheat pita bread  
Spaghetti or pizza sauce

**QUICK & EASY PIMENTO CHEESE SAUCE (21)**

Toppings

*SPREAD* pita bread with sauce. *ADD* extra garlic powder and oregano if desired. Then *ADD* your choice of toppings! Chopped tomatoes, onions, peppers, zucchini, or yellow squash are all delicious and nutritious! Top with **QUICK AND EASY PIMENTO CHEESE** and sliced black ripe olives. *BAKE* at 400° for 10 minutes.

## **Princess Loaf**

2 c. dry bread crumbs	2 tbsp. soy sauce or Bragg Liquid Aminos
2 c. cooked brown rice	1/2 tsp. salt (may prefer less)
1/2 c. chopped walnuts	1 tbsp. parsley
1 green pepper, chopped	1 tsp. sage
2 stalks celery, diced	1/4 c. cashews, blended in water
1 c. minced onion	1 c. water

*COMBINE* bread crumbs, rice, walnuts, celery, pepper and onion. *BLEND* cashews and water until very smooth. *ADD* to dry ingredients. *ADD* seasoning, and mix well. *PRESS* into oiled loaf pans or small casserole dish. *BAKE* covered 45–60 minutes at 350°. *BAKE* uncovered for an additional 15–20 minutes. *SLICE* if desired, allow to cool completely, and arrange on platter. Reheat 15–20 minutes in 350° degree oven. *SERVES*: 8–10.

### **Soy-Oat Patties**

2 c. soaked, drained soybeans (1 c. dry beans in 2 c. water)	2 tbsp. soy sauce or Bragg Liquid Aminos
1 1/2 c. cold water	1 1/2 tsp. onion powder or 3 tbsp. minced onion
1/4 tsp. Italian seasoning or oregano leaf	1/4 tsp. garlic powder or 1 clove pressed garlic
1/4 tsp. celery salt	
2 tbsp. whole wheat flour	1 1/3 c. quick oats

*BLENDERIZE all the ingredients, except for the oats, until creamy. STIR in the oats and let set for 15 minutes or longer. BAKE in a covered, nonstick, or seasoned cast iron skillet with a lid on it. BAKE patties over medium heat. Brown about 5 minutes on each side. REPLACE lid after turning. Good with tomato or SPAGHETTI SAUCE (73), in a sandwich with a slice of tomato, or in SOY-OAT PATTY SALAD (65).*

### **Sprout Burgers**

1 lb. brick tofu, drained and mashed	1/4 c. sunflower seeds, ground to powder
1/3 c. finely chopped onion	1 tsp. Vege-Sal
2 c. alfalfa sprouts	1/2 tsp. each garlic powder, sage, rosemary
1/4 c. tahini	1/4 tsp. onion powder
1 tbsp. dried parsley	

*MIX all ingredients well. FORM into 6 large patties. BAKE on a sprayed cookie sheet at 350° for 20 minutes on each side. TURN carefully as patties are somewhat delicate. Delicious served with TOFU or CASHEW MAYONNAISE (70), or TARTAR SAUCE (74).*

### **Stroganoff**

#### **GRAVY:**

3 c. cold water	1/4 tsp. salt
2 tbsp. soy sauce or Bragg Liquid Aminos	1/4 c. chopped onion or 1 tsp. onion powder
2 tsp. cornstarch or arrowroot	1/4 tsp. honey
1 c. raw cashews	2 tsp. lemon juice

*BEGIN with 1 c. water and remaining ingredients. BLEND until smooth. ADD remaining 2 c. water. COOK, stirring constantly on medium heat until thick.*

#### **To gravy ADD:**

2 c. MIGHTY MACS (42) chunks	1/2 c. sauteed diced onion
1 tbsp. chopped fresh parsley	

*HEAT through. SERVE over baked brown rice or pasta.*

## **Stuffed Pita Pockets**

### **Baked “Egg Rolls”**

Whole wheat pita bread

“Egg roll” filling of your choice (chopped cabbage; carrots; onions; garlic; tofu, steamed and seasoned with unfermented soy sauce)

*CUT pita bread in half. STUFF with “egg roll” filling. Follow batter recipe below:*

3/4 c. cashews	1 c. water
1/2 tsp. onion powder	1 tbsp. soy sauce or Bragg Liquid Aminos
1/4 tsp. garlic powder	2 tbsp. quick oats

*BLEND in blender until very smooth. POUR into flat bowl or pie plate. DIP stuffed pita bread in batter so that it is coated well. PLACE on non-stick baking sheet. BAKE at 350° for 30–40 minutes or until golden brown. SERVE hot or cold. Good for a picnic.*

### **Sunburgers**

3 1/4 c. water	1 tsp. thyme
1/4 c. soy sauce or Bragg Liquid Aminos	1 tsp. marjoram
1 tsp. onion powder	1 tsp. sage
1/4 tsp. garlic powder	1/4 c. sunflower seeds, ground
3 c. quick oats	

*Bring all ingredients EXCEPT the quick oats to a boil. Then ADD the oats and stir, turning the heat to low. Cover and COOK for 10 minutes. When cool enough to handle, use 1/4 c. measure to FORM patties on non-stick cookie sheet (or parchment paper). BAKE at 350° for 35–40 minutes.*

*VARIATION: Add 1/2 c. nutritional yeast flakes for cheesy burgers. Best eaten same day.*

### **Tamale Loaf**

2 c. corn	1/3 c. whole wheat pastry flour
3 c. tomatoes, fresh or canned	1 c. NUT MILK (57)
1 large onion, chopped	1 c. cornmeal
1 1/2 tsp. salt*	1/2 tsp. cumin
1 large garlic clove, minced	1/2 tsp. paprika
6 1 oz. can pitted sliced olives	

*STEW first 6 ingredients 20 minutes. MIX together the remaining ingredients. ADD to tomato mixture. COOK until thick. BAKE in 9” x 9” inch casserole dish for one hour at 325°.*

*\* Taste for salt. If using canned tomatoes, they are usually already salted.*

### ***Texas Barbecue Beans***

3 c. dry pink beans (or pintos)	3 stalks celery, sliced
6 c. water	3/4 tbsp. ground cumin
1 1/4 tsp. salt	2 tsp. soy sauce or Bragg Liquid Aminos
1 1/2 c. pineapple juice	12 ounces tomato sauce
2 large onions sliced	1/4 c. light molasses
3 cloves garlic, minced OR	1 1/2 tbsp. nutritional yeast flakes
1 tsp. garlic powder	

*SOAK and SIMMER beans in water and pineapple juice. Salt when nearly done. SAUTE onions, celery and garlic in a small amount of water. COMBINE all ingredients. COVER beans with bean liquid or water in a baking dish. BAKE at 350° for 2 hours.*

### ***Tofu Burritos***

1 large bell pepper	pinch garlic powder or 1/2 clove
1 small pimento (canned or fresh)	fresh garlic
1 heaping tbsp. onion powder	2 lbs. tofu, rinsed and drained
1 tbsp. paprika	tortillas, (whole wheat if available)
2 tsp. salt	

*STEAM pepper and pimento in a nonstick fry pan. When vegetables are limp, add seasonings and tofu. SCRAMBLE until tofu is hot, but not overcooked. HEAT tortillas in microwave oven or nonstick fry pan, but don't allow to dry out. ROLL each tortilla with a generous helping of tofu mixture. SERVE with SALSA (73) and GUACAMOLE (63).*

### ***Tofu "Meatball" Spread***

1 lb. tofu	1/3 c. chopped parsley
1/2 c. minced onion	1/2 c. finely chopped walnuts
2/3 c. bread crumbs	2 tbsp. peanut butter (opt.)
1/4 c. soy sauce or Bragg Liquid Aminos	1/2 tsp. garlic powder

*COMBINE all ingredients, and FORM balls or patties. Balls can be baked at 350° for 30 minutes, or patties can be baked or pan "fried" in nonstick skillet. Also, an excellent spread just as it is!*



### ***Tofu Quiche***

1 1/2 lbs. fresh tofu, mashed fine or whizzed in food processor  
1/3 c. tahini  
1/3 c. cooked carrots, blended into a paste  
1/2 c nutritional yeast flakes  
2 tsp. lemon juice  
2 tbsp. soy sauce or Bragg Liquid Aminos  
1 tbsp. CHICKEN STYLE SEASONING (68)  
1 large clove garlic, pressed  
2 tsp. onion powder  
1/2 tsp. honey  
1/2 tsp. coriander  
3 tbsp. corn starch  
1/2-3/4 c. water, if tofu is very firm

*MIX above ingredients. This can be done in a food processor. SAUTE 1 small, chopped onion in water. STEAM chopped broccoli or spinach (may be frozen). ADD vegetables to quiche filling. POUR into QUICK AND EASY PIE CRUST (35) and BAKE for 1 hour at 350°. Let COOL slightly before serving.*

### ***Vegetable Chow Mein***

2 c. water	1 large onion (strips)
1 c. carrots	2 tomatoes, chopped (opt.)
1 1/2 c. celery or bean sprouts or bok choy	1 c. green pepper, diced into large chunks
2 c. fresh broccoli or cauliflower or zucchini	7 oz. pea pods or frozen peas
	roasted almonds

*STEAM carrots, celery and onions in steamer or wok for 5 minutes. ADD peppers and broccoli. STEAM 5 more minutes. FOLD in glaze, (see below) tomatoes, and pea pods and heat through. SERVE over rice and garnish with almonds.*

*VARIATION: Add 1 can pineapple chunks, drained.*

### ***Vegetables Oriental Glaze***

2 c. water	1/4 c. soy sauce or Bragg Liquid Aminos
1/4 c. arrowroot or cornstarch	1 tsp. garlic powder or 2 cloves sliced garlic
1 tsp. lemon juice	

*MIX all ingredients while water is cold. HEAT, stirring constantly until clear and thick.*

*VARIATION: Use pineapple juice instead of water for sweet and sour sauce.*

### ***Wheat-Walnut Patties***

2 c. bulgur wheat	2 tsp. salt
1 c. chopped walnuts	1 tsp. onion powder
1/2 c. dried onions	1/4 tsp. garlic powder
4 3/4 c. water	1/4 c. gluten flour

*COMBINE all ingredients in a saucepan and COOK until all water is absorbed. COVER and allow to stand 1/2 hour. FORM into patties. BAKE on sprayed sheet pans in a 350° oven until brown, turning once.*

### ***You'll Like It Rice***

2 c. cooked brown rice	1 can water chestnuts, finely sliced
1/4 c. onion, minced	2-4 tbsp. soy sauce or Bragg Liquid Aminos
1 10 oz. package frozen peas	1/2 c. sliced ripe olives

*STEAM onions in small amount of water. ADD to peas, water chestnuts, olives and Bragg's. MIX with rice and bake in casserole at 350° for 15-20 minutes.*

*VARIATION: Use cooked quinoa instead.*

### ***Zucchini Patties***

1 c. TOFU MAYONNAISE (74)	3 c. shredded zucchini
2-3 c. bread crumbs	1 tsp. Vege-Sal
1/2 tsp. garlic powder or	1/2 tsp. ground bay leaves
1 tsp. fresh garlic	1/2 tsp. marjoram
1 tsp. soy sauce or Bragg Liquid Aminos	1/2 tsp. kelp (opt.)
1 tsp. onion powder or	1 tbsp. dried parsley
1 tbsp. finely chopped onion	

*MIX all ingredients together. SPOON into a preheated nonstick skillet to form patties. COOK ten minutes on each side.*

*VARIATION: You may use 1/2 steamed, grated carrots and 1/2 c. shredded zucchini.*

*\*NOTE: Squeeze water out of zucchini for best results. Amount of bread crumbs needed will vary according to moisture in zucchini. Also, watch closely as these patties brown quickly.*

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# Gravies

## Cashew Gravy

1 c. raw cashews	1 tbsp. soy sauce or Bragg Liquid Aminos
1 1/2 c. cold water, 2 1/2 c. boiling water	1 tsp. lemon juice
2 1/2 tbsp. cornstarch	pinch of rosemary (opt.)
2 tbsp. dehydrated onions, or 1 tbsp. onion powder	salt to taste
1 tsp. garlic powder	

*BLEND cashews until very fine in 1 1/2 c. cold water, while bringing 2 1/2 c. water to a boil. ADD water in small amounts while blending nuts. ADD remaining ingredients and blend until smooth. POUR cashew mixture into boiling water. COOK until thick.*

## Chicken-Style Gravy

1 c. Brazil nuts or cashews	4 c. water
4-5 tbsp. cornstarch	1 1/2 tbsp. CHICKEN STYLE SEASONING (68)
1 tsp. onion powder	1/4 tsp. garlic powder
Salt to taste	

*BLEND all ingredients except 2 1/2 c. of water. Put the 2 1/2 c. water on to boil. If you like thicker gravy, use 5 tbsp. cornstarch; for thinner gravy use less. If you use Brazil nuts, add 5-6 tbsp. cornstarch, depending on how thick you want it. POUR nut mixture into boiling water. COOK until thick.*

## Grandma's Brown Gravy

3 c. cold water	2 tbsp. soy sauce or Bragg Liquid Aminos
2 tbsp. nutritional yeast	1 1/2 tsp. lemon juice
1/2 tsp. salt	1 c. NUT MILK (57) (1/2 c. nuts to 1 c. water)
1 tsp. garlic powder	2 tsp. onion powder
1/2 c. + 1 1/2 tbsp. browned flour	

*BROWN the flour in a dry skillet. ADD to all other ingredients in a saucepan, and cook until thick.*

### ***Simple Corn Gravy***

2 1/2 c. steamed corn

1 1/2 c. cashews\*

3 c. water

1 1/2 tsp. lemon juice

1 tsp. salt

*BLEND all ingredients until smooth. COOK over medium heat until thickened, stirring constantly.*

*\*For low-fat gravy, use 1/2 c. cashews, 1 c. cooked cornmeal mush or millet, and 2 tbsp. cornstarch or arrowroot.*

### ***Gravies Recipe Notes***

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# Jams, Jellies, & Fruit Sauces

## **Blueberry Jam**

2 c. apple juice  
2 1/2 tbsp. cornstarch  
2 1/2 c. blueberries  
2 tsp. honey  
1 tsp. lemon juice

*DISSOLVE* cornstarch in juice in saucepan. *ADD* 1 cup of blueberries. *BRING* mixture to a boil over medium high heat, and continue boiling 1 minute or until clear, stirring regularly. *ADD* remaining fruit, honey, and lemon juice. *MASH* berries with potato masher if desired. *USE* warm as a fruit sauce, or chill for jam.

## **Blueberry Sauce**

1 15 oz. can pears, water or juice packed  
3 c. blueberries, fresh or frozen

*WHIZ* pears, including some juice, and 1 c. blueberries in blender until smooth. (If water packed, replace water with pineapple juice.) *POUR* into saucepan, *ADD* remaining blueberries, and *HEAT* through. *ADD* more juice until desired consistency. *SERVE* with waffles, pancakes or smoothies. When chilled, is thick enough for jam.

## **Date Butter**

*SIMMER* until soft:  
3/4-1 c. water  
1 c. pitted dates

*STIR* to make a paste. To have handy for use in cookies, cakes, pies, granola, etc., make a large batch, and freeze in 1/2 c. portions for future use.

*VARIATION:* Use other dried fruit instead of part or all of dates.

### ***Favorite Pineapple Jam***

1 15 oz. can crushed pineapple  
2 1/2 c. pineapple juice  
1/4 c. tapioca  
1/4 c. coconut  
1 tsp. vanilla

*Soften tapioca in pineapple and juice for 5 minutes in saucepan. COOK over medium heat, stirring regularly, until mixture is boiling and tapioca has turned clear. ADD remaining ingredients. CHILL. YIELDS: 3 1/4 cups*

### ***Fruit Sauce for One or Two***

6 oz. can pineapple juice  
1 c. fruit of choice  
1 tbsp. corn starch

*MIX cornstarch and pineapple juice in saucepan, then cook until clear and thickened. ADD 1 c. blueberries, raspberries or crushed pineapple. HEAT and serve.*

### ***Grape Jelly***

*SOAK together for 15 minutes:*  
3 c. grape juice  
3 tbsp. tapioca

*COOK over medium heat, stirring frequently, until tapioca is clear.*

*STIR together until smooth:*  
2 tbsp. cornstarch  
2 tbsp. apple juice concentrate

*ADD cornstarch mixture to grape juice; COOK until clear. POUR into serving dish. CHILL.*

### ***Lemon Sauce***

*BRING to a boil in saucepan:*  
1 3/4 c. pineapple juice  
2 tbsp. lemon juice  
1 tbsp. honey  
1 tsp. grated orange or lemon peel  
*MIX together until dissolved:*  
2 tbsp. cornstarch  
1/4 c. pineapple juice

*STIR cornstarch mixture into boiling pineapple mixture and cook until thickened. Makes a superb dessert topping or a subtle fruit salad dressing. YIELDS: 2 cups.*

### **Peach Sauce**

1 16 oz. can peaches, juice pack  
1/8 tsp. almond extract

*WHIZ peaches in blender, adding juice to desired consistency.*

### **Prune Jam**

1 1/2 c. pitted prunes  
1 c. orange juice

*SIMMER prunes and orange juice for 5 minutes in saucepan.*

*BLEND ingredients until smooth and creamy. ADD chopped nuts, crushed pineapple or other special touches of your choice. YIELDS: 1 cup.*

*VARIATION: Use figs instead of prunes.*

### **Strawberry Applesauce**

1 c. unsweetened applesauce  
3/4 c. fresh or frozen strawberries

*BLEND applesauce and thawed berries to creamy consistency. SERVE as jam on toast or biscuits, or as fruit sauce over waffles or cooked cereal.*

### **Strawberry Jam**

2 1/2 c. fresh or frozen strawberries  
1/2 c. dates

*HEAT strawberries and dates until strawberries are thawed (if frozen) and dates are tender. WHIZ in the blender. CHILL. Will thicken as it chills.*

*VARIATION: For less sweet jam, use 1/2 c. crushed pineapple. ADD 2 tbsp. arrowroot powder while blending, and COOK until thick.*

### **Strawberry Sauce**

*BLEND:*

2 c. strawberries (fresh or frozen)	1/2 c. cornstarch or arrowroot
1 c. apple juice concentrate	1/4 tsp. salt
1 c. blackberries (fresh or frozen)	1 c. regular apple juice
2 c. water	

*POUR into saucepan and bring to a boil. SIMMER 20 minutes. REMOVE from heat and ADD 2 c. sliced strawberries. NOTE: It takes a while to blend so blackberry seeds are blended thoroughly.*

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# Non-Dairy Milks

## Coconut-Almond Milk

1/2 c. unsweetened shredded coconut  
1/2 c. whole almonds (blanched or unblanched)  
2 c. hot water  
1/2 tsp. vanilla  
1/8 tsp. salt  
2–2 1/2 c. cold water

*BLEND almonds and coconut with cup of hot water until very fine. STRAIN through a fine strainer, cheese cloth, dish towel, or pillow case, squeezing out excess moisture. ADD vanilla, salt, and cold water to make five cups. YIELDS: 5 cups.*

*VARIATION: ALMOND MILK: 4 cups water to 1 cup almonds. If using for gravy, blanch almonds, and omit vanilla. If blended well, the fiber is not noticeable when milk is heated or used in recipes such as scalloped potatoes.*

*\*Use remaining pulp in cookies, patties or loaf. See GOOD 'N' CHEWY COOKIES (31)*

## Millet Milk

1/4 c. blanched almonds (or cashews)      1 c. hot cooked millet  
1 tsp. honey      1/2 tsp. vanilla  
1/8 tsp. salt      1/4 tsp. lemon juice  
4 c. water

*BLEND all ingredients, starting with one cup of water, then gradually ADD remaining water.*

## Nut Milks—Cashew or Almond

1 c. raw cashews      6 dates (opt.) for sweet milk, put  
1 qt. water      in blender with cashews  
1/2 tsp. salt      1 tsp. vanilla (opt.)

*PUT nuts, salt and 1 1/2 to 2 cups water in blender and blend until smooth. POUR into container, and add remaining water. SHAKE well before using, as it settles.*



### ***Rice-Almond Milk***

1 c. blanched almonds  
1/2 c. dextrinized brown rice flour (toast in oven overnight at 150°)  
1/2 tsp. salt  
1/4 c. honey  
2 c. hot water

*BLEND 5 minutes. ADD 2 quarts water. Delicious!*

### ***Rice-Cashew Milk***

2/3 c. hot rice	3–4 softened dates
1/2 c. cashews	3 c. hot water
1 tsp. vanilla	1 banana (optional)
1/4 tsp. salt	

*WHIZ all ingredients until smooth. CHILL and serve.*

### ***Soy Milk I***

1 c. Soy Supreme powder	5 c. water
1/2 tsp. vanilla (opt.)	1/2 tsp. lemon juice
1 1/2 tsp. honey	1/16 tsp. salt

*PUT 1/2 water in blender. With lid on, START blender. ADD other ingredients with blender going. ADD remaining water.*

### ***Soy Milk II***

#### ***No straining required!***

1 c. soaked soybeans  
3/4 c. water  
1/8 tsp. salt  
1–2 tbsp. sweetener (honey or dates)  
1 tsp. vanilla (opt.)

*BRING soaked soybeans to a BOIL in 2 cups water. COOK about 5 minutes. DRAIN. BLEND cooked soybeans with 2 cups water until completely smooth. ADD remaining ingredients and additional 1 1/2–2 cups water. CHILL. If making to serve immediately, use ice cubes instead of the last cup of water. ADJUST seasonings to suit your taste. Soybeans may be soaked and frozen.*

### ***Tofu Milk***

*BLEND:*

10.5 oz. soft tofu

1 tbsp. honey

1/4 tsp. salt

1/2 tsp. vanilla

*ADD & BLEND:*

2 1/2–3 c. water, *to desired consistency.*

### ***How to Blanche Almonds***

*ADD* raw almonds to pan of boiling water. *REMOVE* from heat and allow to soak 2–3 minutes. *STRAIN* and *RINSE* under cold water; then *PLACE* in pan of cold water. Skins will slip right off.

### ***Milks Recipe Notes***

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# Salads & Dressings

## *Carrot-Pineapple Slaw*

1 3/4 c. finely shredded carrots  
3/4 c. crushed pineapple with juice  
1 1/2 tbsp. orange juice concentrate  
1/8 tsp. salt  
1/4 c. grated coconut (opt.)

*MIX all ingredients together. CHILL before serving.  
YIELDS: 4 servings*

## *Cashew-Dill Dressing*

*WHIZ in blender 10 minutes:*

1/2 c. cashews  
1 c. water  
2 tbsp. lemon juice  
1/2 tsp. salt  
1/2 tsp. garlic powder  
2 tsp. onion powder

*STIR in:*

1/2 tsp. dill weed  
2 tsp. parsley

*SERVE cold. May also cook to make a spread.*

## *Caesar Salad*

1 sm. head Romaine lettuce	2 tbsp. tahini
1/2 sm. red onion, cut into rings	1 tbsp. HERB SPRINKLE (68)
1/2 c. sliced or whole black olives	2 tbsp. SESAME SPRINKLE (21)
3 tbsp. fresh lemon juice	salt to taste
1 clove garlic, pressed	

*BREAK lettuce into bite-sized pieces. COMBINE with remaining ingredients, drizzling lemon juice and tahini over salad last. TOSS and SERVE immediately.*

## **Fresh Cranberry Relish**

*A Wonderful Addition To A Holiday Meal!*

3 c. fresh cranberries (1 pkg.)	1 orange, peeled and seeded
1 apple, cut into chunks	1 can crushed pineapple, 20 oz. (drained)
1/2 c. golden raisins	1/4 c. orange juice concentrate
1 tbsp. grated orange rind	

*SOAK raisins in juice drained from pineapple. Place cranberries, orange, apple, and grated orange rind in food processor, and CHOP until fairly fine. CHOP raisins with orange juice concentrate in food processor, and BLEND to almost a paste, not adding the pineapple juice. MIX all ingredients together in a bowl. ADD a few chopped walnuts just before serving for an added treat. CHILL and SERVE.*

*VARIATION: For a breakfast treat, add sliced bananas just before serving.*

## **Croutons**

*For Salad or Soup*

1 1/2 tbsp. soy sauce or Bragg Aminos	1/3 c. water
1 tbsp. tahini	1/2 tsp. garlic powder
1/2 tsp. Italian seasoning	3 c. bread cubes
1/2 tsp. onion powder	

*MIX all but bread cubes in saucepan, heating just so tahini will blend with other ingredients. ADD bread cubes & toss to coat. BAKE at 200° until dry, and crispy, about 45 minutes.*

*\*For low-fat croutons, simply bake bread cubes in oven until dry.*

## **Dilled Cucumbers**

1 large cucumber, peeled and sliced  
3 tbsp. lemon juice  
1/4-1/2 tsp. salt or Vege-Sal  
1 tsp. dill weed  
1/4 c. water

*TOSS, CHILL and SERVE.*

*VARIATION: Add sliced onions or chopped green onion tops.*

### ***French Dressing***

Makes 3 cups.

1/4 c. tahini  
1/3 c. cooked brown rice  
1/2 c. lemon juice (fresh is best)  
6 tbsp. honey  
1 1/2 tbsp. paprika  
1 c. + 2 tbsp. tomato puree  
1 1/2 tsp. onion powder  
1/4 tsp. garlic powder  
1 1/2 tsp. salt  
3/4 c. water

*BLEND all ingredients. Keeps well in refrigerator for about 1 week. May need a little more water before serving.*

### ***Fresh Parsley Dressing***

3/4 c. water	1/4 c. Brazil nuts
1/8 raw onion	large handful fresh parsley
small clove garlic	1 tsp. salt
10 oz. box silken tofu (extra firm)	1/3 c. lemon juice

*LIQUEFY all ingredients in blender until smooth. ADJUST water to your preference.*

### ***Fruit Salad***

1 can pineapple chunks in juice	1 c. berries
3 apples, chopped	1 c. orange sections

*MIX and TOSS, adding other fruits of your choice.*

### ***Greek Salad***

1 lb. tofu, cut into 3/4 inch chunks	2 c. water
2 tbsp. CHICKEN-STYLE SEASONING (68)	

*BOIL for 20 min. and drain. Then add:*

2 1/2 c. diced tomatoes	1 tsp. salt
4 c. diced cucumbers	1 tsp. basil
1/2-3/4 c. chopped red onion	1/2 tsp. oregano
1 c. pitted whole black olives	1/2 tsp. garlic powder or 1 clove, pressed
1/4 c. lemon juice	

*TOSS, CHILL and SERVE. This is quite good without the tofu.*

## **Guacamole**

1 ripe avocado  
2 tsp. lemon juice  
1/4 tsp. salt or to taste  
1/8 tsp. garlic powder or 1/2 clove garlic,  
freshly pressed

*MASH avocado well. MIX in remaining ingredients. SERVE on bread or crackers.*

## **Italian Dressing**

*Fat-Free And Delicious!*

3/4 c. pineapple juice  
1/2 c. lemon juice  
2/3 c. water  
1/2 tsp. salt  
1/2 tsp. onion powder  
1 tsp. honey  
2 tbs. cornstarch (or Instant Clear Gel)  
1/4 tsp. oregano  
1/4 tsp. rosemary  
1/4 tsp. marjoram  
1/4 tsp. garlic powder  
1/2 tsp. CHICKEN-STYLE SEASONING (68)  
1 tbs. chopped red pepper (opt.)

*PLACE all ingredients except corn starch into blender, and BLEND well. If using corn starch, ADD and BLEND, and COOK in saucepan until thick. If using Instant Clear Gel, SPRINKLE while liquid is moving in blender, and it will quickly thicken. Instant Clear Gel is pre-cooked cornstarch.*

## **Kale Salad**

*SHAKE in jar:*

1/3 c. lemon juice  
1/3 c. soy sauce or Bragg Liquid Aminos  
1 tsp. onion powder  
1/2 c. water  
1/2 tsp. garlic powder

*POUR over:*

6–8 c. finely chopped fresh kale  
1/2 c. sliced black olives  
4 chopped green onions

*MARINATE about an hour or overnight.*

*Just before serving ADD:*

1/3 c. sunflower seeds  
5–6 sliced radishes, diced tomatoes or  
chopped red bell pepper

### **Marinated Vegetables**

1/2 c. lemon juice	2-3 tbsp. honey
1 c. water	2 tsp. Vege-Sal or sea salt
1 tsp. onion powder	1/2 tsp. garlic powder
1 tsp. oregano	1 tsp. basil
1 tsp. dill weed	6 c. raw vegetables

*MIX together and pour over raw vegetables. Cauliflower, broccoli, black olives, and cherry tomatoes make a very appealing combination. Keeps in the refrigerator about a week. Great to make ahead for a crowd. SERVE: 10-12.*

### **Pasta Salad**

6 c. cooked pasta, chilled (shells or rotelli are good)	2 c. steamed broccoli florets, cooled
1 c. frozen peas, thawed	3/4 c. diced red bell pepper
1 c. black olives	1/2 c. diced red onion
1 c. Italian Salad Dressing	1/4 c. SESAME SPRINKLE (21) (opt.)

*TOSS all ingredients until well coated. ADD salt to taste.*

### **Poppy Seed Dressing**

1/2 c. raw cashews, rinsed	1 1/2 tbsp. chopped onion
3 tbsp. fresh lemon juice	3/4 tsp. salt
3 tbsp. orange juice	1/2 tsp. celery seed
1 tbsp. honey (opt.)	1 tbsp. poppy seeds
1/2 c. water	
1/2 tsp. paprika	

*BLEND all ingredients, except poppy seeds, until smooth. STIR in poppy seeds. Keep refrigerated. May need to thin with additional water to desired consistency.*

### **Potato Salad**

4 c. diced cooked potatoes	1/2 c. diced celery
1c. frozen peas, thawed	1/2 c. chopped red or green onion
1/2 c. sliced black olives	1/2 c. diced sweet pickles
1/4 tsp. celery seed	1/2 tsp. dill weed
1/2 tsp. Vege-Sal or salt	1/2 c. TOFU MAYONNAISE (74) (or more to desired creaminess)

*TOSS all ingredients, CHILL and SERVE. YIELDS: 6 1/2 cups.*

*VARIATION: May use 4 c. cooked cauliflowerettes and omit sweet pickles.*

### **Ranch Dressing**

1/4 c. raw cashews or sunflower seeds	3/4 c. water
3 tbsp. fresh onion or 1 tsp. onion powder	4 tbsp. lemon juice
1 clove fresh garlic or 1/2 tsp. garlic powder	3/4 tsp. salt
1/2 tsp. dill weed	1/4 c. tahini
2 tsp. parsley flakes	

*COMBINE all ingredients except dill weed and parsley flakes in blender, and blend until smooth. ADD herbs and blend 10 seconds.*

*CHILL. If dressing doesn't have quite enough "punch" for you, add more lemon juice and salt.*

### **Soy-Oat Patty Salad**

*Mock Chicken Salad*

SOY OAT PATTIES (45)	chopped celery
chopped onion	sweet lemon pickle relish
TOFU MAYONNAISE (74)	salt or Vege-Sal to taste

*BREAK up SOY OAT PATTIES into small chunks. ADD other ingredients in desired proportions so it resembles chicken or tuna salad. CHILL and SERVE with lettuce and tomato.*

### **Spinach Salad**

1/2 c. slivered almonds	2 tbsp. sesame seeds
2 qts. fresh spinach	1/8 tsp. thyme
1/4 c. grated carrots	1/8 tsp. onion salt
1/4 c. fresh lemon juice	2 cloves garlic, minced
1/2 tsp. basil leaves	

*\*TOAST almonds at 400° for 5 minutes or until lightly toasted. Carefully tear spinach into bite-sized pieces. ADD carrots. COMBINE remaining ingredients and shake in a jar. TOSS spinach, carrots and almonds with dressing just before serving. YIELDS: 6-8 servings.*

*VARIATION: add cherry tomatoes.*

*\*Watch almonds closely to prevent burning!*



### ***Sweet Basil Dressing***

2 tbsp. dehydrated onions	1 tsp. dried sweet basil
1 c. water	2 tbsp. lemon juice
1/2 c. raw cashews	6 olives (opt.)
3/4 tsp. salt	dash garlic salt (opt.)
1/8 tsp. thyme (opt.)	

*In blender, WHIZ all ingredients except lemon juice and olives. Then ADD lemon juice. BLEND slightly. Then STIR in olives. For a sandwich spread: ADD 2 tbsp. cornstarch and HEAT until thickened.*

### ***Tofu "Egg" Salad***

1 lb. fresh tofu	1/2 c. finely chopped celery
1 c. TOFU MAYONNAISE (74)	1/4 c. sweet lemon pickle relish
1 tsp. tumeric (opt.)	1 tsp. onion powder
1/2 tsp. garlic powder	2 tsp. CHICKEN-STYLE SEASONING (31-1)
salt to taste	

*MASH tofu and ADD other ingredients. You may like even more pickle relish.*

### ***Tahini Salad Dressing***

1/2 c. tahini	1/3 c. lemon juice
1 c. water	1 clove garlic, pressed or chopped
1/4 c. soy sauce or Bragg Liquid Aminos	1 tbsp. Instant Clear Gel

*BLEND first five ingredients until garlic is well blended. SPRINKLE Instant Clear Gel into dressing while blender is creating a swirling motion. If Instant Clear Gel is not available, use cornstarch and cook to thicken.*

### ***Waldorf Apple Salad***

4 Golden Delicious apples, chopped  
1/3 c. raisins  
1 c. seedless grapes, halved if large  
1/2 c. broken walnut pieces  
3/4 c. TOFU MAYONNAISE\* (74)

*COMBINE all ingredients, CHILL and SERVE. If you prefer sweeter or more tart salad, add honey and/or lemon juice to taste.*

*\*When making TOFU MAYONNAISE for fruit salad, omit onion and garlic powder, and use pineapple juice instead of water.*

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# Seasonings

## *Chicken-Style Seasoning*

1/3 c. nutritional yeast flakes	1 tsp. onion powder
3/4 tsp. dry bell pepper (or paprika)	1/2 tsp. celery powder
3/4 tsp. salt	1/2 tsp. sage
1/2 tsp. celery salt	1/2 tsp. thyme
1/2 tsp. garlic powder	1/4 tsp. marjoram
1 tbsp. parsley flakes (dry)	

*MIX the ingredients and BLEND in dry blender.*

## *Herb Sprinkle*

1 tsp. majoram	1/2 tsp. garlic powder
4 tbsp. dill weed	1 tbsp. nutritional yeast flakes
1 tsp. onion powder	1 tsp. Vege-Sal

*COMBINE* ingredients, and *WHIZ* in seed mill or dry blender. *SPRINKLE* on salads or toast with a thin coat of tahini.

## *No Alarm Chili Powder*

8 bay leaves	1 1/2 tbsp. onion powder
1 1/2 tbsp. sweet basil leaves	1 tsp. garlic powder
1/2 c. Spanish paprika	1/4 c. dried parsley flakes
3 tbsp. cumin	4 tsp. oregano

*BLEND all ingredients to make powder until thoroughly mixed and ground. A blender will work, but a coffee mill works best. STORE in airtight container. YIELDS: 1 cup.*

### *Popcorn Seasoning*

1/4 c. nutritional yeast flakes

1/2 t. garlic powder

1 1/2 tsp. salt

1 tsp. onion powder

1 tsp. paprika

*GRIND to a fine powder in blender or seed mill. LIGHTLY spray hot-air popcorn with vegetable oil spray, and SPRINKLE with seasoning. Toss, spray, and sprinkle again. This makes enough for one cup of unpopped popcorn.*

### *Seasonings Recipe Notes*

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# Spreads & Sauces

## Barbecue Sauce

### COMBINE:

1 c. tomato paste	1 1/2 c. water (or more for thinner sauce)
1/4 c. honey	1/8 c. molasses
1 1/2 tsp. sea salt	1 tbsp. lemon juice
2 tbsp. peanut butter (opt.)	

### BLEND:

1 med. clove garlic	1/3 c. water
1/3 c. onion	

*ADD to mixture above. SIMMER for 20–30 minutes. YIELDS: 3 cups. For Barbecued Tofu, marinate tofu for several hours or overnight. BAKE at 300° for 1 hour.*

## Broccoli Dip

1 box chopped frozen broccoli, cooked	1/2 c. sliced toasted almonds
1 med. onion, diced and steamed	1 1/2 c. JACK CHEESE SAUCE (20)
1 can water chestnuts, drained, sliced into slivers	1–2 cloves garlic, freshly pressed
1 c. sliced or chopped black olives	1/2 c. chopped red onion

*MIX all ingredients, and HEAT just until bubbly. ADD toasted almonds just before serving so they remain crisp. The garlic and red onion will make it somewhat hot. If this is not desired, steam these as well, or omit them. SERVE hot with corn chips.*

## Cashew Mayonnaise

2 c. water	1/4 tsp. garlic powder
1 c. cashews	1 tsp. onion powder
3 tbsp. lemon juice	1/2 tsp. salt

*Time saver: BLEND all ingredients and HEAT on stove until thickened. REFRIGERATE. You may add 4 oz. pimentos when blending ingredients to make a cheese spread.*

### **Garlic Butter**

1 c. water	4 tsp. lemon juice
1/2 c. raw cashews	2-4 garlic cloves
1 tbsp. nutritional yeast flakes	1/2 tsp. marjoram
1 tbsp. onion flakes	1/2 c. sesame seeds
1 tsp. salt (if mush was unsalted)	1/2 tsp. dill weed
3/4 c. warm cornmeal mush	

*LIQUEFY all but the sesame seeds, dill weed, & marjoram until smooth, about 2 minutes. Briefly WHIZ in sesame seeds and herbs. SPREAD thickly on bread slices, and broil until crusty and beginning to brown. YIELDS: 2 1/2 cups.*

### **Herbed Millet Butter**

*BLEND until smooth:*

1/4 c. raw cashews	1 c. hot cooked millet (or cornmeal mush)
1 tbsp. cooked carrots	1 tbsp. Emes gelatin
1 1/4 tsp. salt	2 tsp. lemon juice
1/2 tsp. onion powder	1/4 tsp. garlic powder
2 tsp. nutritional yeast flakes	1 1/2 c. hot water

*ADD and blend an additional 10 seconds.*

1/4 tsp. basil  
1/4 tsp. dill weed

*CHILL until congealed and SERVE.*

### **Hummus**

*BLEND until smooth:*

2 c. cooked garbanzos,  
canned or home cooked  
1 tbsp. + 1 tsp. lemon juice  
1/4 c. tahini  
1/2 tsp. garlic powder or 1 clove freshly  
pressed garlic  
3/4 tsp. salt  
1/2 c. water

*ADD as desired:*

1/3 c. finely chopped onion  
1/3 c. finely chopped green pepper  
3 tbsp. chopped olives  
3 tbsp. pimentos  
3 tbsp. chopped parsley

*CHILL until used. Good in pocket bread with sprouts, tomatoes, onions, cucumbers, lettuce, etc. Need for salt will vary according to salt in the beans. May need to add water according to the consistency of the beans.*

### ***Ketchup***

1 c. tomato puree	1/2 tsp. salt
1 tbsp. lemon juice	1 tsp. onion powder
1 tbsp. honey (more to taste)	1/4 tsp. garlic powder
1/4–1/2 c. water	

*ADD water to suit. BLEND and CHILL.*

### ***Millet Butter***

1 1/2 c. hot water  
1 c. cooked HOT millet (cornmeal mush can also be used)  
1 tbsp. Emes Kosher Gel  
1 1/4 tsp. salt  
1/4 c. raw cashews  
1 tbsp. cooked carrots (for color)  
2 tsp. lemon juice

*WHIZ all ingredients using only half of water; 3/4 cup, at first at low speed, increasing to high until completely smooth. BLEND in remaining water at low speed. Let stand a few minutes to allow air bubbles to escape. POUR into container; and CHILL. Keeps 1 week. 32 calories per tbsp.*

*VARIATION: Omit Emes Kosher Gel and decrease water to 3/4–1 cup. Will thicken as it chills if millet was not frozen.*

### ***Mustard-Like Spread***

1 c. cashews	1/2 tsp. salt
1 c. water	1/4 tsp. garlic powder
1 tsp. onion powder	1/8 tsp. paprika
1 tbsp. cooked carrots	1 tbsp. lemon juice
1 tsp. parsley	1 tsp. tumeric

*BLEND all ingredients but lemon juice till very smooth. ADD lemon juice, and blend just to mix. CHILL. YIELDS: About 2 cups.*

### **Salsa**

1 1/2 c. chopped tomatoes (fresh or canned)	2 tbsp. chopped onion
3 tbsp. lemon juice	1/4 tsp. salt
1 1/2 tsp. cumin or to taste	1 small clove garlic, pressed
1/2 tsp. paprika	1 1/2 tsp. sweet basil

*WHIZ all ingredients in blender just a moment, leaving vegetables chunky. TASTE for salt as it will vary according to tomatoes used. YIELDS: 1 pint.*

### **Sandwich Spread**

1 c. cashew nuts (raw)	1/3-1/2 c. lemon juice
1 1/2 c. water	4 oz. jar pimentos, drained
1 tsp. salt	2 tbsp. nutritional yeast flakes
4 tsp. onion powder	3 tbsp. corn starch

*BLEND above ingredients. COOK for 10 minutes after it starts to bubble.*

*ADD:*

- 1 c. chopped green peppers
- 1 c. onions, chopped
- 1 c. tomato sauce
- 1 c. sliced olives

*COOK 5 minutes. CHILL before serving. YIELDS: 5 cups.*

### **Spaghetti Sauce**

2 med. onions, chopped	1 qt. canned tomatoes, crushed
1/2 c. water	3 tbsp. honey
2 tsp. salt (less if tomatoes have salt)	2 bell peppers, diced
1 tsp. oregano	1 small eggplant, cubed (opt.) and steamed
2 tsp. sweet basil	3 cloves garlic, pressed, or 1 tsp. garlic powder
16 oz. can tomato puree	3/4 c. sliced black olives

*STEAM onions and peppers in small amount of water. COMBINE with remaining ingredients, and SIMMER 30-60 minutes. SERVE over pasta, brown rice, millet or quinoa, or use in lasagna. If making lasagna with uncooked noodles, add 1/2-1 cup more water so sauce is soupy. YIELDS: 8 cups.*

### **Sun Seed Spread**

1/2 c. sunflower seeds	1 tsp. salt
1/2 c. hot cooked millet or rice	1 1/2 tsp. onion powder
3/4 c. water	1/2 tsp. garlic powder
1/4 tsp. dill weed or seed	1/3 c. lemon juice

*BLEND all until smooth. SERVE on crackers, bread, as a vegetable dip or as a sour cream for baked potatoes. ADD 2 tbsp. of water while blending to make a dressing. YIELDS: 2 cups.*

### **Tahini Garlic Butter**

1/3 c. tahini	3 tbsp. water
1/2 tsp. salt (to taste)	1/4 tsp. garlic powder

*WHIP together in small bowl with fork. SPREAD on bread and BROIL, or use as regular butter.*

### **Tartar Sauce**

1 c. TOFU MAYONNAISE (74)  
1 tbsp. grated onion & juice (or add fresh onion to mayonnaise and blend in blender.)  
3 tbsp. lemon pickle relish

*MIX and SERVE.*

### **Tofu Mayonnaise**

*BLEND Sunflower seeds or cashews with water. ADD remaining ingredients, and blend until smooth.*

1/3 c. sunflower seeds or raw rinsed cashews  
12.3 oz. package silken tofu, extra firm  
3 tbsp. lemon juice\*  
3/4 tsp. salt (or less to taste)  
1/2 tsp. garlic powder  
1 tsp. onion powder  
2/3 c. water, more or less to desired consistency

*VARIATION: When making Tofu Mayonnaise for a fruit salad, omit onion and garlic powder and use pineapple juice instead of water.*

*Keeps for about a week in fridge.*

*\*For SOUR CREAM, add one additional tablespoon of lemon juice.*



### ***Mayo, Cheese and Salad Dressing for One or Two***

*PREPARE* above TOFU MAYONNAISE (74) *recipe*.

*DIVIDE* into thirds.

*RESERVE* one third for MAYONNAISE.

***For salad dressing***, *THIN* one third with 1 tbsp. water plus 1 tbsp. lemon juice and add dill weed, and 1 tsp. parsley.

***For Cheese***, *ADD* to remaining third, 2 tsp. tahini, 2 tsp. nutritional yeast flakes, and 1 tsp. pimento and *BLEND*.

### ***Tofu Sour Cream***

*FOLLOW* *recipe* for TOFU MAYONNAISE (74) and *INCREASE* lemon juice to 1/3 cup.

### ***Spreads & Sauces Recipe Notes***

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# *Soups*

## *Broccoli Soup*

5 1/2 c. nut milk  
1/3 c. corn starch  
3 c. chopped broccoli (steamed)  
2 tbsp. nutritional yeast flakes  
1/2 tsp. garlic powder (opt.)  
2 tbsp. dry onions, or 1/4 c. steamed fresh  
1 tsp. salt  
1/4 c. diced celery  
1 tbsp. tahini

*COOK vegetables until just tender. HEAT 4 c. milk, nutritional yeast flakes, onions, garlic powder, and salt. MIX corn starch with remaining 1 1/2 c. milk. ADD to heated milk, and cook on low heat until thickened. ADD vegetables. SERVE immediately. YIELDS: 7 1/2 c.*

## *Corn Chowder*

3/4 c. cashews (or 1/4 c. cashews plus 1/2 cooked millet or corn meal\*)  
2 1/2 c. water  
1 tbsp. corn starch  
1 1/2 c. cooked corn  
1 tsp. onion powder  
1 tsp. Vege-Sal or salt  
drop of honey

*BLEND all ingredients until smooth beginning with cashews and half the water. COOK over medium heat until thickened. SERVE hot.*

*YIELDS: About 4 1/2 c.*

*\*If using part corn meal mush or millet, increase cornstarch to 2 tbsp.*

### **Fruit Soup**

4 c. pineapple juice	1/2 c. chopped pitted prunes
6 tbsp. tapioca	1/2 c. blueberries
1 1/2 c. canned apricots, sliced or 1/3 c. dried	2 bananas, sliced
1 1/2 c. canned peaches, sliced	1 c. water (if using dried apricots)

*SOAK tapioca in pineapple juice 10–15 minutes. COOK on medium heat stirring frequently. ADD cut, canned and dry fruit, omitting berries and bananas. If using dried apricots, add 1 c. water at this point. COOK in covered saucepan 1/2 hour. REMOVE from heat. ADD blueberries. Let stand 5–10 minutes. Just before serving, ADD 2 sliced bananas and 1 c. more water, STIRRING carefully. SERVE hot or cold. YIELDS: 9 c.*

*VARIATION: Use 2 c. orange and 2 c. pineapple juices.*

### **Garbanzo Noodle Soup**

1 minced garlic clove	1 1/2 c. cooked, drained garbanzos (1 can)
1/2 c. chopped onions	1 1/2 tbsp. CHICKEN STYLE SEASONING (68)
3 c. water	1 tsp. dried parsley or 2 tbsp. finely chopped fresh parsley
2 c. dry whole grain pasta (eggless noodles)	

*In pot, lightly steam onion and garlic. PUT in next 3 ingredients, and bring to BOIL. REDUCE heat to medium, and COOK until pasta is tender. ADD garbanzos and parsley. Continue COOKING until thoroughly heated. YIELDS: 6 c.*

### **Gazpacho**

*A delicious cold Spanish soup.*

4 c. tomato juice	1 c. chopped cucumber
1/4 c. lemon juice	1/4 c. fresh chopped parsley
2 tsp. salt	1 c. chopped celery
2 medium garlic cloves	1/2 c. chopped onions
2 c. fresh chopped tomatoes	2 tbsp. fresh chopped chives or scallions
1 c. chopped green peppers	

*BLEND first four ingredients on high for 20–30 seconds until creamy. POUR into bowl and ADD remaining ingredients. MIX together gently. COVER and CHILL. SERVE. A refreshing soup for hot weather.*

### ***Kale Bean Soup***

2 medium minced garlic cloves	3 c. chopped kale (packed)
1 c. chopped onions	1 1/2 tsp. salt
5 c. water	1 tsp. cumin
2 c. cubed potatoes	2 tbsp. nutritional yeast flakes
3 c. cooked navy beans (canned OK)	

*In a large pot, STEAM garlic and onions in small amount of water. ADD all but beans. Cover and cook over medium-high until potatoes are done (about 20 minutes). ADD beans. COOK for several more minutes. If too thin, THICKEN with 1–2 tbsp. cornstarch in 1/4 c. water. YIELDS: 8 cups.*

### ***Lentil Soup***

1 c. lentils	1/4 c. chopped onions
3–4 c. water	1/4 c. chopped celery
1/4 tsp. salt	1/4 c. chopped carrots
3 tbsp. soy sauce or Bragg Aminos	

*COMBINE all ingredients in saucepan. BRING to boil. COVER, and REDUCE heat. SIMMER about 30 minutes. ADD water for desired consistency. YIELDS: About 4 c.*

### ***Navy Bean Soup***

*SOAK overnight and COOK until just tender (about 3 hours):*  
4 c. navy beans

*ADD:*

2 large onions, chopped and sauteed	1/2 tsp. savory
5 stalks celery, including leaves	1/4 tsp. marjoram
3 tsp. salt	2 bay leaves

*COOK until very tender and soup has thickened as desired.*  
*OPTIONAL: Add chopped parsley at the end of cooking time, 1/2 c. soy flour dissolved in 1 cup water—add with seasonings. YIELDS: 12 c.*

### **Potato Soup**

2 c. diced potatoes	1/4 tsp. celery salt
1/2 c. diced celery	2 c. water
2 tbsp. dried onions or 1/3 c. fresh onions	3 c. milk (soy or nut)
1 tsp. salt	2 tbsp. chopped fresh parsley or 2 tsp. dried parsley
1/8 c. cornstarch	

*COOK vegetables with seasonings and water. MASH lightly when tender. ADD cornstarch to milk in blender then pour into vegetable mixture, STIRRING until it thickens as it simmers. ADD parsley. HEAT thoroughly, but do not boil. SERVE at once. YIELDS: 8 c.*

### **Split Pea Soup Delish**

2 c. dried green split peas	1 large onion, cut up, or 1/2 c. chopped leeks
7 1/2 c. water	1 bay leaf
2 stalks celery, cut up	1/4 tsp. thyme
1 large carrot, cut up	1 tsp. CHICKEN-STYLE SEASONING (68)
2 tsp. salt	

*PUT split peas & onions in large saucepan. BRING it to a boil. SIMMER until peas are tender, about 45 minutes. ADD remaining ingredients. SIMMER 1/2 hour or more, until veg. are tender. REMOVE bay leaf. WHIZ in blender, or place through sieve or food mill, or mash with potato masher. REHEAT, taste testing for salt. ADD water for desired consistency. SERVE hot. GARNISH with croutons. YIELDS: 6 c.*

*VARIATION: ADD cooked barley (do not blend).*

### **Vegetable Soup**

1/4 c. whole barley	1 c. peas
1 c. carrots, sliced	2 tbsp. soy sauce or Bragg Liquid Aminos
1/2 c. celery, diced	1 tsp. salt (or to taste)
1/4 c. onions, chopped	1 tsp. onion powder
2 c. tomatoes	6 c. water
handful of parsley	

*COOK barley one hour in 6 c. water or more. ADD remaining ingredients and simmer until tender. ADD chopped parsley just before serving. YIELDS: 10 c.*

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# Vegetables & Side Dishes

## Steaming vegetables is best:

The best way to cook vegetables is to steam them just until tender. It's very simple and fewer nutrients are lost than when boiled. Learn to enjoy vegetables with little or no salt. Try some herb seasonings instead!

Some good combinations:

broccoli, cauliflower & carrots  
asparagus & red bell peppers  
kale & onions  
yellow squash, zucchini & onions

### *Baked Brown Rice*

5 c. brown rice  
8 1/2 c. water  
2 tsp. salt

*TOAST* rice in heavy skillet over medium heat, stirring frequently until rice is a light golden brown. *BRING* water to a boil. *TRANSFER* rice to 1 quart casserole dish. *STIR* in water and salt. *BAKE* covered at 350° for 1 1/2–2 hours or until all water is baked out.

*VARIATION:* Add 1 1/2 tbsp. onion powder, 1 tsp. garlic powder, 1 tbsp. soy sauce or Bragg Aminos, 2 tbsp. nutritional yeast flakes.

### *Dilled Green Beans Almandine*

4 c. fresh or frozen green beans  
1/2 tsp. Vege-Sal or sea salt

1 1/2 tsp. dill weed  
1/2 c. toasted sliced almonds

*STEAM* green beans until tender. *TOSS* with dill weed and Vege-Sal. *ADD* almonds just before serving.

### ***Herbed Potato Wedges***

3 large baking potatoes	3 tbsp. soy sauce or Bragg Liquid Aminos
2 tsp. tahini	1/2 tsp. Italian seasoning
1/2 tsp. garlic powder	1 tsp. onion powder
1 tbsp. onion flakes	1/2 tsp. paprika
1/2 c. water	

SLICE potatoes into wedges (8 per potato). MIX remaining ingredients, and pour over potatoes. BAKE at 450° for 30 minutes or until tender.

### ***Mashed Potatoes***

4 medium potatoes, peeled & diced  
3/4 c. plain soy or nut milk  
1 tsp. salt  
1/2 tsp. onion powder

*BOIL potatoes until tender. MASH potatoes and milk with potato masher, adding onion powder then salt to taste. For extra creamy mashed potatoes, use electric mixer. YIELD: 4 servings*

*VARIATION: If you're planning to serve CASHEW GRAVY (51) with your potatoes, use gravy instead of milk.*

### ***Onion Rings***

3 large onions  
1 recipe TOFU (74) OR CASHEW MAYONNAISE (70)  
3 cups seasoned bread crumbs

*SLICE onions and separate into rings. SET ASIDE smaller rings and centers for use in another recipe. THIN out mayonnaise a little with water.*

*SEASON whole wheat bread crumbs with:*

1/2 tsp. garlic powder	1/2 tsp. salt or Vege-Sal
1 tsp. parsley flakes	1/2 tsp. marjoram.

*DIP onion ring in mayonnaise then coat with bread crumbs. BAKE on nonstick pan at 325° for 20–25 minutes until brown. May prepare baked eggplant or zucchini in a similar manner. Both are excellent!*

### **Oven Baked "French Fries"**

Potatoes  
Salt

*SLICE* potatoes like French Fries, and *PLACE* on cookie sheet. *SPRINKLE* with salt. *BAKE* in preheated 450° oven for 20–30 minutes or until beginning to brown.

### **Potato Cheese Casserole**

*PEEL* and *SLICE* boiled potatoes. *PUT* in layers in long low casserole. *SPREAD* finely chopped onion on top, and salt to taste. *DRIZZLE* layer of CASHEW PIMENTO CHEESE (20) over top. *BAKE* 350° for 35 minutes.

### **Ratatouille**

1 medium eggplant, peeled and cubed	2 medium zucchini, sliced
2 medium tomatoes, diced	1 large onion, sliced
2 cloves garlic, pressed	3/4 tsp. basil
1 tsp. salt	

*STEAM* eggplant, zucchini, and onions in small amount of water, just until tender (about 10–15 minutes). *ADD* garlic, tomatoes, basil, and salt, and steam 5 more minutes.

### **Scalloped Potatoes**

*PREPARE* the following ingredients, enough to layer, and fill desired casserole dish:

Potatoes (raw, sliced)	Onion (raw, sliced)
RICE MILK for potatoes: 1 c. cooked rice 1 tsp. salt	2 c. water

*BLEND* rice and salt in water to make milk. *ADD* enough to cover potatoes and onions in casserole. *POUR* over potatoes, and *BAKE* at 350° until done, and browned on top. *Sprinkle* with paprika and chopped fresh parsley before serving.



### **Spanish Rice**

1 c. quick-cooking brown rice                      1/2 c. chopped onion  
1/4 c. tomato sauce (without spices)              1/2 tsp. salt  
2 tsp. CHICKEN STYLE SEASONING (68)        2 c. water

*DEXTRINIZE* rice in heavy saucepan or skillet, *STIRRING* constantly until toasty brown, but not burned. *REMOVE* from heat, and *STIR* in onions and remaining ingredients, including water. Bring to a *BOIL*, *LOWER* heat, and *SIMMER*, covered for 20–30 minutes. *FLUFF* with fork, and *SERVE*.

### **Summer Squash Bake**

3 medium sized summer squash                      1 large onion  
1 recipe CASHEW PIMENTO CHEESE (20)        1 c. seasoned bread crumbs

*SLICE* squash and onions, and arrange in 9" x 13" casserole dish. *POUR* CASHEW PIMENTO CHEESE over vegetables, and sprinkle with seasoned bread crumbs. *BAKE* at 350° for 45 minutes. Turn down to 325° for last 15 minutes.

### **Sweet Potato Soufflé**

4 medium-sized sweet potatoes                      1 tbsp. ground coriander  
2 tsp. vanilla    1/4 c. SOY (58) or NUT MILK (57)  
2 tbsp. honey    1 tbsp. light molasses

*BAKE*, *COOL*, *PEEL* and *MASH* sweet potatoes. A food processor works well. *ADD* remaining ingredients, and *MIX* well. *SPOON* into casserole dish, and top with chopped walnuts. *BAKE* at 350° for 30 minutes.

### **Twice Baked Potatoes**

4 Russet baking potatoes  
1 recipe CASHEW PIMENTO CHEESE (20) or SESAME SPRINKLE (21)

*BAKE* potatoes for 1 hour at 350°. Let *COOL* slightly, and slice in half lengthwise. *SCOOP* out potato and mash, following the instructions for MASHED POTATOES (82). More milk may be needed, since potato was baked and not boiled. *SPOON* mashed potatoes back into potato skins. *TOP* with CASHEW PIMENTO CHEESE or SESAME SPRINKLE. *BAKE* at 350° for about 30 minutes.

*YIELD: 8 servings*

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