

VEGAN RECIPES – EATING FOR LIFE

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Soups & Stews

African Peanut Sweet Potato Stew (from Vegangela.com website)

Prep time 10 mins | Cook time 45 mins | Total time 55 mins

This delicious vegan and gluten-free stew is made of pantry staples. It's hearty enough to hold-up on its own, or serve it with rice or quinoa and get more servings out of it.

Recipe type: Main

Cuisine: African

Serves: 4

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, very finely minced
- 3 cloves garlic, finely minced
- 1 tbsp fresh minced ginger
- ½ tsp crushed red chili pepper
- 1 – 14.5 oz (400 g) can crushed or diced tomatoes
- ½ cup peanut butter (or almond or sunflower butter)
- 1 tsp dried coriander (optional)
- 2 cups vegetable broth (or water)
- 1 medium sweet potato (about 1 lb), peeled and diced
- 1 can kidney or black beans, drained and rinsed
- 1 ½ cups frozen peas (or frozen/canned corn)
- 2 cups hearty leafy greens (spinach, arugula, kale, collard)
- Salt and pepper

Instructions:

1. If you're using a can of diced tomatoes, blend them along with their juice for a few seconds in the food processor or blender, just to break them up.
2. Heat the oil in a large pot or Dutch oven over medium heat. Add the onion and cook until soft but not brown, about 10 minutes.
3. Add the garlic, ginger and chili and cook for about 5 minutes to soften.
4. Add the tomatoes, stir to combine then add the peanut butter (and coriander, if using), stirring it in until smooth.
5. Stir in the broth add sweet potatoes. Cover the pan and simmer until the sweet potatoes are tender but not falling apart, about 15 minutes.
6. Add the black beans, peas/corn, greens and cook until the beans and peas/corn are heated through and the greens are wilted.
7. Season with salt and pepper, and add additional crushed chili flakes, as per your heat preference.

Notes: Adapted from <http://www.sunbutter.com/recipes-African-Stew>

Creamy Cashew Butternut Squash Soup

INGREDIENTS:

- 3 tablespoons olive oil or unsalted butter
- 1 large onion, peeled and finely chopped
- 1 cup (150 grams) raw cashews
- 1 clove garlic, finely chopped
- 1 large butternut squash (about 2 pounds), peeled and cut into 1/2-inch dice
- 5 cups vegetable or chicken stock, plus additional (optional)
- 2 tablespoons minced fresh ginger (or substitute 2 teaspoons ground ginger)
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon curry powder
- 1 teaspoon ground turmeric
- Kosher salt and freshly ground black pepper to taste
- 1 cup coconut milk, plus additional (optional)
- 1 sprig fresh rosemary

Nutritional Information: Nutritional analysis per serving (6 servings) 286 calories; 18 grams fat; 2 grams saturated fat; 0 grams trans fat; 11 grams monounsaturated fat; 2 grams polyunsaturated fat; 29 grams carbohydrates; 5 grams dietary fiber; 5 grams sugars; 6 grams protein; 12 milligrams sodium

PREPARATION:

1. In large stockpot or Dutch oven set over medium-high heat, warm the olive oil until shimmering. Add the onions and cook, stirring, until they begin to

soften, about 5 minutes. Add the cashews and cook, stirring, until the onions are translucent and the cashews have slightly browned, about 3 minutes. Stir in the garlic and cook for 30 seconds. Add the squash, broth, ginger, cumin, coriander, curry powder, turmeric and stir to combine. Season to taste with salt and pepper, and bring the soup to a simmer. Reduce the heat to low, cover the pot, and cook the soup until the squash is easily pierced with a knife, 20 to 25 minutes. Uncover the soup and let it cool for 15 minutes.

2. Starting on slow speed and increasing to high, purée the soup in small batches, in a blender until smooth. Place a towel over the top of the blender in case of any splatters. You can also use an immersion blender (let the soup remain in the pot), but it will take longer to purée until smooth.
3. If using a blender, return the soup to the pot, add the coconut milk and rosemary sprig, and cook over low heat, covered, until slightly thickened, for about 15 to 20 minutes. Serve immediately or refrigerate until ready. If serving the soup later, while reheating the soup, thin it out with more broth or coconut milk until the desired consistency.

Gazpacho

Serves 6

Ingredients:

- 6 medium fresh tomatoes, cored and diced
- 1 medium red onion, diced finely
- 2 medium cucumbers, peeled, seeded and diced
- 1 large red bell pepper, seeded and finely diced
- ½ cup fresh lemon juice
- ¼ cup tamari
- 2 tablespoons hot sauce (I suggest starting with one tablespoon and then determining how much more depending on how hot you like it.)
- ½ teaspoon sea salt
- 1 cup fresh or frozen corn kernels
- ½ cup fresh finely chopped cilantro
- ½ cup finely chopped fresh basil
- ½ cup finely chopped parsley

Directions:

1. Combine the diced tomatoes, onion, cucumbers, and bell peppers in a large bowl.
2. Add the lemon juice, tamari, hot sauce and salt.
3. Put half of the mixture into a blender and blend for 30 seconds on medium speed until finely textured.
4. Combine the blended mixture with the disced mixture and add the corn. Stir in the cilantro, basil, and parsley.

5. Cover and refrigerate until chilled.
6. Serving suggestions: For a nice touch, top with fresh avocado slices, scallions or tofu sour cream.

Red Lentil Soup

Ingredients:

- 1 lb yellow or orange lentils, rinse thoroughly
- 1 28-oz or 32-oz can of diced tomatoes
- 3 large cloves of garlic, minced
- 1 medium onion, chopped
- 5 cup water
- 3 tbsp extra virgin olive oil (EVOO)
- 1 tbsp sea salt
- 1 tsp black pepper
- 1 cup loosely packed fresh basil leaves

Directions:

1. In a large pan, sauté onions and garlic for about 4 to 5 minutes or until onions are translucent. Add the tomatoes and 1 cup of water and bring to a
2. simmer.
3. Meanwhile in a separate pot, bring 4 cups water to a boil. Add lentils and reduce heat to a simmer. Any foam that rises to the top should be skimmed off with a large spoon and discarded. This is your “Fart Foam” which is filled with the waste from the lentils that can cause gas as they are digested.
4. Cook lentils until they become tender (about 10 – 15 minutes). Once lentils are soft, add tomato mixture to pot and season with salt and pepper. Adjust
5. seasonings to taste. Loosely slice or tear up basil leaves and cook for another 20 minutes at a simmer. If soup becomes too thick for your liking, add more water.

MAIN COURSES

Balsamic Carrots

Ingredients:

- 2 LBS CARROTS
- 2 TABLESPOONS CANOLA OIL
- 1 / 2 TEASPOON KOSHER SALT
- 1 / 4 TEASPOON PEPPER
- 3 TABLESPOONS BROWN SUGAR
- 3 TABLESPOONS VEGETABLE BROTH (I FROZE THE REMAINDER)
- 3 TABLESPOONS BALSAMIC VINEGAR
- ½ - ¾ CUP OF DRIED CRANBERRIES OR DRIED RAISINS CHERRY INFUSED JUICE (OR USE BOTH OF THEM)
- 4 OUNCES OF VEGAN CHEESE (SHREDDED)
- 2 TABLESPOONS OF FRESH ITALIAN PARSLEY COARSELY CHOPPED (I USED DRY PARSLEY)

Instructions:

1. PEEL CARROTS AND CUT INTO LONG STRIPS 1 / 4" WIDE. FOR LONGER CARROTS
2. CUT THEM IN HALF. PUT IN SAUCEPAN WITH A SMALL AMOUNT OF WATER AND
3. COOK TILL ALMOST DONE. DRAIN CARROTS.
4. IN A LARGE FRYING PAN PUT IN 2 TABLESPOONS OF CANOLA OIL, HEAT PAN AND ADD THE CARROTS AND ALL THE OTHER INGREDIENTS. COOK AND STIR FOR SEVERAL MINUTES
5. UNTIL IT THICKENS. THE CARROTS SHOULD HAVE A SWEET AND SOUR TASTE BUT YOU CAN ADD MORE SUGAR IF NEEDED.
6. PUT THE MIXTURE IN A SERVING DISH AND ADD THE PARSLEY AND VEGAN CHEESE.

Gluten Free and Vegan Sweet Potato Pancakes

(with optional sauteed cinnamon apples OR pesto)

INGREDIENTS FOR THE PANCAKES

- 4 cups Bob's Gluten-free all purpose flour
- 3-4 cups (or more if needed) water
- 4 teaspoons coconut oil
- 4 teaspoons agave
- ¼ teaspoon salt

- ½ cup chives, minced
- 2 cups sweet potato, shredded
- ¼ teaspoon garlic powder
- salt and pepper to taste

INGREDIENTS FOR THE SAUTEED CINNAMON APPLES

- 2 Tablespoons olive oil
- 2 red apples, washed and sliced
- pinch salt
- 2 Tablespoons agave (optional)

INGREDIENTS FOR THE PESTO

- 1 cup pumpkin seeds
- 4 cloves garlic
- ½ cup olive oil
- 2 cups basil leaves
- salt to taste
- ½ Tablespoon nutritional yeast

INSTRUCTIONS FOR THE PANCAKES

1. In a blender, mix the gluten free flour, water, coconut oil, agave, garlic powder and salt. Blend until smooth. Stir in the grated sweet potato and chives. Allow to set.
2. Heat a cast iron skillet and heat some coconut oil until very hot. It should shimmer in the pan. Spoon some of the sweet potato pancake batter into the pan and cook 2-3 minutes until crispy, being careful not to burn the edges. Flip the pancakes and cook the other side until crispy and cooked through to the center.

INSTRUCTIONS FOR THE APPLES

1. Heat the olive oil in a saute pan on low and add the sliced apples. Cook slowly until the apples start to caramelize, become soft and lightly brown (about 15 minutes). Add the agave in the last 5 minutes of cooking (optional).

INSTRUCTIONS FOR THE PESTO

1. Put all of the pesto ingredients together in a food processor and run it until smooth. You may need to scrape down the sides of the food processor bowl a few times.
2. Note: if you don't have a food processor, you may use a blender. It may take a little bit of water to help everything blend smoothly in this case-just add it little by little.

QUINOA AND WHEAT BERRY SALAD WITH NUTS AND CRANBERRIES

Prep time: 5 mins | Cook time: 1 hour 15 mins | Total time: 1 hour 20 mins

Serves: 12 cups

INGREDIENTS:

- 6 cups cooked wheat berries (2 cups dry)
- 4½ cups cooked quinoa (1½ cups dry)
- 6 Tbsp olive oil
- juice of 1 orange
- 1½ Tbsp fresh lemon juice
- 3 Tbsp pure maple syrup
- 2 Tbsp brown sugar
- ½ tsp salt
- ½ tsp thyme
- ½ cup sunflower seeds
- 1 cup unsweetened dried cranberries
- 1 cup walnuts
- 1 cup pecans

INSTRUCTIONS:

1. Bring about 1 gallon of water to a rolling boil over high heat in a large pot; add wheat berries and reduce heat to medium. Cook wheat berries, stirring every 10-15 minutes for at least 1 hour, or until cooked to desired consistency (I boiled them about 1 hour 15 mins). Run wheat berries under cold water, drain well, and transfer to a large bowl.
2. Cook quinoa according to package directions; set aside to cool. Transfer to the large bowl with the wheat berries.
3. Meanwhile, whisk together the olive oil, orange juice, lemon juice, maple syrup, brown sugar, salt, and thyme in a small bowl or liquid measuring cup.
4. Drizzle dressing over the cooked quinoa and wheat berries; toss well to coat. Add remaining ingredients: sunflower seeds, cranberries, walnuts and pecans; toss and serve.

Vegan Mac & Cheese from the Vegan Cooking Class UUFMC December 6, 2016

- 1 tablespoon sea salt
- 1 package pasta of choice
- 4 slices of bread, torn into large pieces
- 2 tablespoons + 2 tablespoons non-hydrogenated margarine (I like Earth Balance brand)
- 2 cups red or yellow potatoes, peeled and chopped
- 1/2 cup carrots, peeled and chopped

- 2/3 cup onion, peeled and chopped
 - 4 cloves garlic
 - 2 cups water
 - 1/2 cup raw cashews, soaked in water for at least 2 hrs
 - 3-4 teaspoons sea salt to taste
 - 1/2 teaspoon Dijon mustard
 - 2 tablespoons lemon juice, freshly squeezed
 - 1/2 teaspoon black pepper
 - 1/2 teaspoon cumin
 - 1/4 teaspoon cayenne
 - 1/2 teaspoon paprika
 - 1/2 cup-3/4 cup nutritional yeast (to taste)
 - Pinch chili powder
1. Fill a large pot with water, add 1 tablespoon salt and bring to a boil. Add pasta. Cook until al dente for baked mac and cheese, cook to done for the stove top version. In a colander, drain pasta and rinse with cold water. Set aside.
 2. Tear the bread into pea sized pieces and sauté with 2 tablespoons margarine in a pan over low-medium heat until breadcrumbs are golden brown. Set aside.
 3. Preheat oven to 350 degrees (if making baked version). In a saucepan, add onions, potatoes, carrots, and garlic. Cover veggies with at least one inch of water, and bring to a boil. Cover the pan and simmer for 15 minutes, or until vegetables are very soft.
 4. In a blender, process the cashews, salt, remaining 2 tablespoons of margarine, mustard, lemon juice, black pepper, cumin, chili powder, and cayenne with a couple tablespoons of cooking water until smooth. Add softened vegetables and nutritional yeast to the blender and process until perfectly smooth, adding small amounts of cooking water as needed.
 5. In a large bowl, toss the cooked pasta and blended cheese sauce until completely coated. Spread mixture into a 9 x 12 casserole dish, sprinkle with prepared breadcrumbs, and dust with paprika. Bake for 30 minutes or until the cheese sauce is bubbling and the top has turned golden brown. For a stove top version, add cheese sauce to the cooked pasta, allow to heat through, top with breadcrumbs and eat!
 6. Roasted vegetables
 7. Potatoes, yams or sweet potatoes, turnips, parsnips, onions, garlic, carrot, radish, squashes, etc.
 8. Boil whole – let cool – cut up – roast at low temp. plain or with choice of sauce until thoroughly reheated.

DESSERTS

FLAX EGG

It's not an exact 1:1 substitution in every recipe because it doesn't bind and stiffen during baking quite like an egg does. But it works incredibly well in pancakes, quick breads, brownies, muffins, cookies, and many other recipes.

Ingredients:

- 1 Tbsp flaxseed meal (ground raw flaxseed)
- 2 1/2 Tbsp water

Instructions:

Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg.

Apple Butter or Pumpkin Butter Oatmeal Bars

- 1 Cup of ALL PURPOSE flour
- 1 Cup OLD FASHIONED oatmeal
- 3 / 4 Cup light or dark brown sugar
- Dash of salt
- 8 tablespoons canola oil
- 1 cup Musselman's apple butter (or 1 cup pumpkin butter)

Heat oven to 350. Coat an 8 x 8 baking pan with PAM. TAKE A PIECE OF HEAVY DUTY FOIL (ABOUT 4 INCHES) LARGE ENOUGH FOR THE SIDES TO HANG OVER THE PAN TO FACILITATE REMOVAL OF BARS FROM THE PAN. Make sure the foil is "fitted" to the bottom of the pan. I also spray lightly with PAM using the BLUE CAN of PAM WITH FLOUR

1. In medium mixing bowl mix the flour, oatmeal, sugar and dash of salt.
2. With a fork stir in the oil until well mixed and forms clumps.
3. Spread 3 / 4 OF THE OATMEAL mixture in the pan pressing down to form a CRUST.
4. Spread the apple butter or pumpkin butter over the crust and then put the remainder of oatmeal mixture on top.

Bake for about 30 minutes or until dry when you test with a tooth pick. I have never been able to get the crust golden brown!

Cool to room temperature. Use foil handles to remove bar from pan. Cut into 16 pieces and serve. These can also be frozen.

Bavarian Apple Torte

Ingredients:

- 1/2 cup plus 1 tbsp of Vegan margarine (Earth Balance brand is good)
- 3 apples, peeled, cored, cut in half and thinly sliced (Granny Smith works well)
- 1/3 cup brown sugar
- 1/2 tsp. cinnamon
- 1/3 cup plus 1/4 cup white sugar, chilled
- 1/4 tsp plus 1/2 tsp vanilla extract
- 1 cup flour, chilled
- 1 8 oz. package non-dairy cream cheeses (try Tofutti)
- 1 tbsp. fresh lemon juice
- 1 tbsp. cornstarch
- 1/4 cup sliced almonds

Directions:

1. Preheat oven to 400 degrees. Oil a 9-inch springform pan.
2. Preparing apples: In a skillet over medium heat, melt 1 tablespoonful of the vegan margarine. Toss the apples with the brown sugar and cinnamon and sauté for 2 to 3 minutes. Drain off and reserve the liquid.
3. Crust: Cream together the remaining margarine, 1/3 cup of white sugar, 1/4 teaspoon vanilla, and the flour. Press the crust mixture into the bottom of the springform pan. Set aside.
4. In the food processor: blend together the nondairy cream cheese, the lemon juice, the remaining vanilla, the cornstarch, and the remaining sugar. Pour over the crust and arrange apples on top.
5. Bake for 10 minutes. Drizzle with 2 tablespoons of the reserved apple liquid, avoiding the edges of the pan, and continue baking for 25 minutes.
6. Sprinkle almonds over the top. Continue baking until lightly browned. Cool before removing from the pan.

Brownies with Walnuts

Yields 24 large brownies. With super-rich chocolaty goodness, these brownies must be eaten with a tall glass of your favorite soy or nut milk. Spread chocolate ganache on top before cutting into serving size pieces, if you are really a chocoholic!

Preheat oven to 350 degrees F. Grease and line a 9x13-inch pan.

Wet ingredients:

- 3 tablespoons egg replacer
- $\frac{3}{4}$ cup water
- 1-1/2 cups soy or nut milk
- 1 $\frac{1}{4}$ cups oil
- 1 tablespoon vanilla extract
- 3 cups Sucanat or brown sugar

Dry ingredients:

- 2- $\frac{1}{4}$ cups unsweetened cocoa powder
- 2 cups unbleached all-purpose flour
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{3}{4}$ teaspoon salt
- 1- $\frac{1}{2}$ cups chopped walnuts

Directions:

- Whisk together the water and the egg replacer, and then mix with the rest of the wet ingredients, including Sucanat.
- In a separate bowl, stir together the cocoa, flour, baking powder, salt and nuts.
- Add the wet ingredients to the dry and mix together.
- Pour into the prepared pan and bake for 25 to 30 minutes, or until a toothpick inserted into the cent comes out clean. Cool on a rack to room temperature. When cool, cut into 24 squares, if you want large brownies.

Chocolate Ganache Frosting - Yields one pint.

Ingredients:

- 2 cups vanilla soymilk or nut milk
- 1 cup vegan chocolate chips

Directions:

1. Slowly heat the milk to the boiling point. Pour over the chips and let sit for 1 to 2 minutes, until the chocolate is softened.
2. Whisk the chips and the milk together well for about 2 minutes, until the frosting takes on a velvety gloss.
3. Chill for at least 2 hours in the refrigerator.
4. Frost the cooled brownies in the pan before cutting.

Chocolate-Almond Quinoa Bars

Ingredients:

- 1 cup raw almonds, chopped
- $\frac{1}{2}$ cup whole flax seeds

- ½ cup raw quinoa, rinsed and drained
- 1 cup packed, pitted medjool dates but regular dates can be used.
- 2 tablespoons almond butter
- 3 tablespoons warm water
- 1/3 cup chopped bittersweet chocolate or bittersweet chocolate chips. (I use vegan, non-dairy, non-soy semi-sweet chocolate chips. You can even substitute chopped walnuts for the chocolate and make these an even healthier taste treat.)
- ½ teaspoon kosher salt

Instructions:

1. Heat oven to 375 degrees. Line an 8-by-8-inch baking dish with kitchen parchment, letting it hang over the sides.
2. Combine the almonds, flax seeds and quinoa on a rimmed baking sheet. Toast in the oven, stirring every 3 minutes, until well toasted and fragrant, about 10 to 14 minutes. Let cool completely.
3. Lower the oven temperature to 200 degrees.
4. In a food processor combine the dates, almond butter and water. Process until smooth. You may need to scrape down the sides several times during processing. Transfer the mixture to a large bowl.
5. Once the almond-quinoa mixture is cooled, stir into the date mixture, along with the chocolate and salt.
6. Using wet fingers, press the mixture firmly into the parchment-lined baking dish. Bake for 25 to 30 minutes or until the bars are no longer sticky. Let cool completely and then use the parchment to lift out of the pan and cut into 12 bars. Bars can be stored in an airtight container at room temperature for up to 3 weeks. They freeze well.
7. I use an 8x8 pan and cut into 16 bars.
8. Nutritional information per serving
9. 200 calories total (100 calories from fat), 0 mg cholesterol, 90 mg sodium, 21 grams carbohydrates, 5 g fiber, 10 g sugar, 6 g protein.

Ginger Molasses Cookies & Sugar Cookies

Yields 12 large cookies according to the recipe.

Note: From this recipe I make about 4-5 dozen cookies. I make golf ball size rounds with the dough (or slightly smaller), roll them in sugar, and then flatten them with my fingers. This size cookie bakes in about 13-14 minutes.

Preheat the oven to 350. Line a large baking sheet with baking parchment.

Dry ingredients:

- 4-1/2 cups spelt flour
- (I sometimes use 1/2 cup all-purpose & 1/2 cup wheat flour, rather than spelt. Yours were made with spelt flour. I usually have to add another 1 cup or 1-1/2 cups of flour so that the dough forms a ball nicely in my hands.)
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- Wet ingredients
- 3 tablespoons egg replacer (I bought this at Whole Foods, but Publix's sells it too.)
- 3/4 cup water
- 2 1/4 cups Florida Crystals (Available in Publix's. Can use regular sugar)
- 1 tablespoon vanilla extract
- 1 cup plus 2 tablespoons canola oil (or other flavorless oil)
- 2 tablespoons maple syrup

Variation for Ginger Spice Cookies

- Replace the maple syrup with molasses
- Add 2 teaspoons of ground ginger
- Add 1 teaspoon ground cinnamon
- Add 1/2 teaspoon of grated nutmeg
- Add 1 teaspoon of allspice

For both recipes:

1. Sift flour, baking soda, salt and cinnamon together (make necessary substitutions for the Ginger Spice Cookies)
2. In a separate bowl, whisk together the egg replacer and the water, then mix in the Florida Crystals, vanilla, and maple syrup (or molasses)
3. Pour wet ingredients in to the dry and mix together thoroughly.
4. Roll into 1/2-cup balls, space 2 inches apart on the prepared baking sheet and flatten with your palm. (The cookies you ate at my house were rolled in sugar before I flattened them. I make my cookies about 1/2 the recommended size.)
5. Bake 15-18 minutes or until golden. Remove from the oven and let cool on the baking sheet.

Orange Vegan Cake (Jane's Orange Cake)

Serves 8 - This cake is moist, sweet and orangey. We love it!

Preheat oven to 350 degrees. Grease and flour one 8x8 baking pan or an 8" round baking pan. Line the bottom of the pan with parchment paper or waxed paper.

Whisk together the following ingredients thoroughly in a large bowl:

- 1-1/2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- Add and stir together until smooth:
- 1 cup orange juice
- 1/3 cup vegetable oil
- 1 tablespoon grated orange zest
- 1 tablespoon white or cider vinegar
- 1 teaspoon vanilla

Scrape the batter into the prepared pan and spread evenly. Bake until toothpick inserted into the center comes out clean, about 30 - 35 minutes. (I bake this cake in a convection oven at 350 degrees for about 25-27 minutes and that's enough.) Let cool in pan on a rack for about 10 minutes. Slide a knife around sides of pan to loosen. Invert cake and peel off paper. Let cool right side up on the rack.

Vanilla Wafers with Rum, Bourbon, Vanilla or Almond Flavored Balls

USE ONLY ONE OF THE ABOVE LIQUIDS

- 9 OUNCES Madagascar Vanilla Wafers (available at Earth Origins)
 - 3 / 4 CUP Confectioner's Sugar
 - 4 TABLESPOONS Rum or Bourbon or Vanilla Flavor or Almond Flavor "mixture should be thick".
 - 5 TABLESPOONS Light or dark Corn Syrup
 - 2 & 3 / 4 TABLESPOONS UNSWEETENED COCOA POWDER
 - 3 / 4 CUP GRANULATED SUGAR
1. Process the vanilla wafers in food processor until finely ground. Transfer to a large bowl.
 2. Stir in confectioner's sugar, bourbon or rum or vanilla flavor or almond flavor, corn syrup and cocoa, until well blended. (DO NOT USE GRANULATED SUGAR YET).
 3. THIS WILL BE LIKE A CLUMP. I USUALLY PUT ON A PAIR OF LATEX GLOVES AND MOLD MIXTURE INTO A BALL.
 4. PLACE THE GRANULATED SUGAR IN A BOWL.
 5. Make each ball into a ping pong ball size and roll in the granulated sugar.
 6. Place balls on a plate and refrigerate for at least 1 hour. NO COOKING INVOLVED. THESE CAN ALSO BE FROZEN.

Chocolate Mousse

A Rich Fudgy Vegan Dessert made with Tofu - Serves 6

Ingredients:

- 1 package soft silken tofu (about 12 ounces)
- 10 oz. chocolate chips, about one package. (These are dark chocolate chips or carob chips. Many chocolate chips are vegan; check the ingredients for dairy products.)
- 3 tablespoons pure maple syrup
- 1 teaspoon extract vanilla (optional)

Directions:

1. Let tofu come to room temperature
2. Using food processor, blender or hand mixer, blend tofu until smooth
3. In double boiler, melt chocolate chips with a tablespoon or two of water over low heat. Stir constantly.
4. Add maple syrup to melted chocolate and combine until smooth.
5. Remove from heat and add vanilla, stir.
6. Put chocolate blend into food processor, blender or large bowl, and mix with tofu until creamy.
7. Pour into very small serving dishes – this pudding like mousse is rich.
8. Serve warm or chill until set.
9. Serving options
10. Fold in a half-cup of non-dairy whipped topping at the end.
11. Garnish with cut fruit, or use the mousse as a dip for apple and banana slices.
12. Pour mixture into a vegan graham cracker crust and chill until set.
13. Serve with cashew cream topping.

Cashew Cream - Vegan-Style Whipped Topping

- 1 (12 ounce) package firm silken tofu (such as Mori-Nu®)
- 3/4 cup raw cashews
- 1/3 cup canola oil Lou Ana Canola Corn Oil Pure
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond oil

Directions:

Prep 10 m & Ready In 30 m

1. Combine silken tofu, cashews, and canola oil in a blender; blend until smooth. Add maple syrup, vanilla extract, and almond oil; blend until thoroughly mixed. Refrigerate cashew cream until set, about 20 minutes.

2. Cook's Note: Confectioners' sugar can be used in place of the maple syrup, if desired. Confectioners' sugar will help the cashew cream thicken and resemble the texture of whipped cream.

CONDIMENTS & SAUCES

Easy Tahini Sauce & Dressing

In a small bowl or jar, mix thoroughly with a fork:

- 1/2 cup tahini
- 2 tablespoons nutritional yeast
- 4 teaspoons tamari or soy sauce
- 2-3 tablespoons water
- 2-3 tablespoons lemon juice, apple cider vinegar, or more water.

Add more water as needed until desired consistency is reached. Adjust seasonings to your taste. Use over steamed veggies, grain or pasta, as a salad dressing, as a dip, or on sandwiches.

Optional add ins:

- Any herb or herb blend of choice, 1-2 teaspoons.
- 1 tablespoons hot sauce.
- Replace lemon juice with lime juice and add 2 tablespoons chopped cilantro.
- Add 1-2 tablespoons of agave nectar or sugar for a sweet and tangy sauce.

Tofu mayo

- 1/3 -1/2 cup safflower oil
- 3 T apple cider vinegar
- 1/2 lb (1 cup) tofu rinsed and drained
- 1 tsp sea salt
- 1 1/2- 2 tablespoons fructose or dry sweetener
- 1 tsp fresh lemon juice
- Blend or food process. Mixture might be thick so add ingredients slowly turning blender on and off. Chill; keeps well in fridge.

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Mushroom-lentil-walnut pate

- 2 cups water
- 1 cup dried lentils
- 1/4 cup balsamic vinegar
- 1 (8-ounce) package cremini mushrooms

- 1 tablespoon diced shallots
- 2 garlic cloves, minced
- 3/4 cup coarsely chopped walnuts, toasted
- 1/2 cup chopped fresh basil
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper
- Baked tortilla chips or pita bread (optional)

Preheat oven to 350°. Combine water and lentils in a small saucepan; bring to a boil. Reduce heat; simmer 20 minutes or until lentils are soft. Combine 2 tablespoons vinegar, mushrooms, shallots, and garlic in a bowl. Place mushroom mixture on a jelly-roll pan, and bake at 350° for 15 minutes. Combine lentils, mushroom mixture, 2 tablespoons vinegar, walnuts, basil, salt, and pepper in a food processor; process until smooth. Serve with baked tortilla chips or pita bread, if desired.

BREADS

Low-fat Banana Bread

Ingredients:

- 2 large or 3 small very ripe bananas (about 1 cup mashed bananas)
- ½ cup sugar (I use raw sugar.)
- ¼ cup applesauce (I have substituted ¼ cup of extra mashed banana or apple butter when I don't have applesauce. I can't taste the difference.)
- ¼ cup canola oil
- 2 tablespoons molasses
- 2 cups all-purpose flour (I have substituted 1 cup of whole wheat flour.)
- ¾ tsp. baking soda
- 1 tsp. ground cinnamon
- ¼ teaspoon ground nutmeg (or grated fresh)
- 1 cup coarsely chopped walnuts (optional)
- ½ tsp. salt

Directions:

1. Preheat oven to 350. Lightly grease a 9x5 baking loaf pan.
2. In a large mixing bowl, mash the bananas really, really well. Add sugar, applesauce, oil and molasses, whisking briskly to incorporate.
3. Sift in flour, baking soda, spices and salt. Use a wooden spoon to mix until the wet and dry ingredients are just combined. Mix in chopped nuts if you want to include them. Don't over mix.
4. Transfer the batter to the prepared pan and bake 45 to 50 minutes. The top should be lightly browned and a knife inserted through the center should come out clean.
5. Remove from oven and invert onto a cooling rack; flip the bread right side up and let cool.

Whole Grain Carrot and Apple Muffins

Yields: 12

Ingredients:

- 2 cups whole wheat flour
- ¾ cup sugar
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- ½ teaspoon salt
- 2 cups grated carrots
- ½ cup currants

- 1/2 cup pecans, chopped
- 1/2 cup unsweetened coconut
- 1 apple or pear, chopped small
- 1/4 cup old-fashioned oats
- 1 stick Earth Balance, melted
- 1/4 cup unsweetened applesauce
- 2 teaspoons vanilla
- 2 tablespoons ground flax seed
- 6 tablespoons water
- 2 tablespoons soy milk, if needed

Directions:

1. Preheat oven to 350 degrees F with rack positioned in the center of the oven. Spray a muffin pan with cooking spray or line with muffin cups.
2. Sift the flour, sugar, baking soda, cinnamon and salt into a mixing bowl. Stir in the carrots, currants, pecans, coconut, diced apple or pear, and oats.
3. In another bowl, combine the Earth Balance, applesauce, vanilla, flax and water. Whisk until smooth.
4. Add wet mixture to flour mixture and stir until just blended. The batter will be very thick, almost like oatmeal cookie dough, but you can add a couple tablespoons of soymilk if you need to.
5. Divide the batter evenly among the muffin cups. Bake until the muffins are firm to the touch and a toothpick comes out clean, about 30 minutes.
6. Let cool for 5 minutes in the pan and then carefully remove them to continue cooling. They hold together very well, so removing them should be easy.

APPETIZERS

Hummus

Ingredients:

- 1-15 ounce can chick peas
- 1 & 1/2 cloves garlic
- 3/8 cup tahini (I don't measure; just guess)
- 3 tablespoons olive oil (lately I have eliminated all the oil and substituted more lemon juice and water to obtain the desired consistency)
- 2 tablespoons lemon juice
- salt and freshly ground pepper to taste

Directions:

1. Drain the chick peas, reserving liquid
2. Put chick peas into blender or food processor with all the other ingredients and blend mixture
3. Optional (what I usually do)
4. Add additional tahini and lemon juice to taste and to get the consistency you'd like. We like our hummus creamier than what is usually served.
5. Omit added olive oil. You can use some of the reserved chick pea liquid to get the smoother consistency.
6. I usually double the recipe. It's a staple for us and it stays fresh in the refrigerator for about a week.
7. 1/4 cup of hummus is considered a serving of beans.

Texas "Caviar"

Ingredients:

- 1-15 ounce can black beans, drained and rinsed
- 1- 15 ounce can black eyed peas, drained and rinsed
- 1-15 ounce can of corn OR small bag of frozen corn (if canned, drain)
- 1 small can of jalapenos plus one diced fresh jalapeno to taste (the seeds are where the heat lives; discard before adding for a milder taste)
- 1 small jar of pimentos
- 1 cup chopped green onions
- 1 cup chopped celery
- 1/2 cup sugar
- 1/2 cup white vinegar

- 1/4 cup Canola oil
- salt and freshly ground pepper to taste

Directions: Combine sugar, vinegar and oil then pour over all the other ingredients. Refrigerate for several hours (can even be made the day ahead). Drain before serving. Serve with tortilla chips.

Orange and Maple Glazed Beets

(Vegan, vegetarian, dairy free, nut free, gluten free)

- 4 medium beets, scrubbed
- 2 tsp EVOO
- ¼ cup fresh orange juice
- 3 TBSP balsamic vinegar
- 2 TBSP maple syrup
- 2 tsp grated orange peel, divided
- 1 tsp Dijon mustard
- 1-2 TBSP chopped fresh mint (optional)
- Salt and black pepper

Directions:

1. Preheat oven to 425°F.
2. Place beets in glass baking dish. Drizzle with oil; toss to coat evenly. Cover with foil and bake 45 minutes to 1 hour or until knife inserted into largest beet goes in easily. Do not overcook. Let stand until cool enough to handle.
3. Peel and cut beets in half lengthwise; cut into wedges. Return to baking dish.
4. Whisk orange juice, vinegar, maple syrup, 1 tsp orange peel and mustard in small bowl until well blended. Pour over beets.
5. Bake 10 to 15 minutes or until heated through and all liquid is absorbed. Sprinkle with remaining 1 tsp orange peel and mint, if desired. Season with salt and pepper.

