

# **Session 2 Recipes**

## **Breakfast & Brunch**

### **May 10 Meet and Eat Menu**

- Healthy Vegan Muffins
- Vegan Tofu Scramble (Pastor recipe, I have several recipes)
- Oatmeal with blueberries (I eat this every morning)
- Vegan Waffles (I have a great recipe)
- Vegan pancakes and/or crepes
- Fruit, Fruit Salad, Fruit Parfaits, Fruit sauce
- Pumpkin Protein bars (these are always a hit)
- Cashew and/or almond milk
- Whole wheat bread
- Whole wheat orange cranberry bread
- Sweet rolls
- Vegan Carrot and/or banana loaf cake
- Vegan coffee cake
- Drop biscuits
- Vegan granola bars, protein bars

## Mini Crustless Tofu Quiches

- olive oil spray
- 1 teaspoon minced garlic
- 1/2 cup bell pepper
- 1 cup chopped mushrooms
- 1 tablespoon minced fresh chives (or one green onion)
- 1 teaspoon minced fresh rosemary (or 1/2 tsp. dried, crushed)
- black pepper to taste
- 1 12.3-ounce package lite firm silken tofu, drained of water (see note below)
- 1/4 cup plain soymilk
- 2 tablespoons nutritional yeast
- 1 tablespoon cornstarch
- 1 teaspoon tahini (preferred) or cashew butter
- 1/4 teaspoon onion powder
- 1/4 teaspoon turmeric
- 1/2-3/4 teaspoon salt
- generous pinch black salt (kala namak), optional (adds an eggy taste)

### Instructions

1. Preheat the oven to 375 F. Spray 12 regular-sized muffin cups well with non-stick spray.
2. Lightly spray a non-stick skillet with olive oil and sauté the garlic, bell peppers, and mushrooms over medium heat until the mushrooms just begin to exude their juices. Stir in the chives, rosemary, and freshly ground black pepper, and remove from the heat.
3. Place the remaining ingredients into a food processor or blender. Process until completely smooth and silky. Add the tofu mixture to the vegetables and stir to combine. Spoon equally into the 12 muffin cups: it will fill regular muffin cups about halfway.
4. Put the muffin pan into the oven and immediately reduce the heat to 350 F. Bake until the tops are golden and a knife inserted into the middle of a quiche comes out clean—about 25-35 minutes depending on your oven and muffin cups (silicone will take longer than metal, so if you're using a metal pan, check it at 20 minutes). Remove from the oven and allow them to cool for about 10 minutes. Enjoy! They're light, so plan on making more of these—or serve hearty side dishes—if you're serving more than 3 people.

Note: Recipe uses Lite, Silken Firm Mori-Nu Tofu

Preparation time: 10 minute(s) Cooking time: 30 minute(s) Number of servings (yield): 3

Nutrition Facts: 4 mini-quiches contain: 96 Calories (kcal); 3 g Total Fat; (23% calories from fat); 11 g Protein; 8 g Carbohydrate; 0 mg Cholesterol; 459 mg Sodium; 2 g Fiber

<http://blog.fatfreevegan.com/2006/12/mini-crustless-tofu-quiches.html>

## Breakfast Casserole

- 1 tsp. Extra virgin olive oil
- 1 Red bell pepper diced
- 1 Yellow bell pepper diced
- 1 (5oz) Package "Smart Bacon" chopped or 1 (6oz) package of "Smokey Tempeh Strips" chopped
- 1 Block firm tofu
- ½ Cup chopped green onions
- ½ Cup grated vegan cheddar cheese
- 1 Tbs. high heat oil like safflower or grape seed oil
- 2 Large russet potatoes, washed, grated, and rinsed or 1 (16oz) bag frozen hash browns
- 1 tsp. Garlic powder
- 1 tsp. Onion powder

### Directions

1. Pat the block of tofu dry and slice it into 4 equal pieces.
2. Using a paper towel or lined kitchen towel, press the tofu firmly to remove moisture.
3. Working over a large mixing bowl, squeeze the tofu through a potato ricer or crumble it all up in your fingers.
4. Add the vegan cheese, garlic powder, green onions and onion powder.
5. In a skillet heat the olive oil and add the "Smart Bacon" and peppers.
6. Stir until the peppers are slightly browned.
7. Add the peppers to the tofu mixture.
8. Using the same skillet get the high heat oil hot and add the potatoes.
9. Stir the potatoes constantly without pressing down on them until they are slightly brown.
10. Add them to the tofu mixture and stir gently until well incorporated.
11. Distribute the mixture evenly into a 13x9" baking pan.
12. Bake at 420° for 20 minutes or until it's hot.

## **Scrambled Tofu**

Preparation Time: 10 minutes; Cooking Time: 10 minutes; Servings: 2 - 4

- 1 package 6-8 ounces firm tofu
- 1 teaspoon onion powder
- 1 tablespoon Dijon mustard
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- freshly ground white pepper (optional)
- 1 tablespoon nutritional yeast
- 1 tablespoon soy creamer

### **Directions**

Heat a non-stick frying pan over medium heat. Drain water off the tofu and crumble into the pan. Cook for 3-4 minutes, until tofu begins releasing its water.

Add the rest of the ingredients except the creamer and mix well. Cook for about 10 minutes, stirring regularly, lowering the heat if the tofu begins to stick. The idea here is to let the water evaporate and the tofu firm up. You want to keep the heat high enough to facilitate this evaporation.

Add creamer and mix well. Allow some of the liquid to evaporate, remove from heat and serve.

## **Stella Blues Tofu Scramble**

Preparation Time: 15 minutes; Cooking Time: 12 minutes; Servings: 4

- 4 cups small broccoli florets
- 1 bunch scallions (green and white parts) chopped
- 1 pound fresh mushrooms, sliced
- 1 pound firm tofu, drained and cut into ½-inch cubes
- ¾ cup tahini sauce
- 2 teaspoons regular or reduced-sodium soy sauce
- Sriracha hot sauce (optional)

### **Directions**

Steam the broccoli over boiling water just until it is tender, about 5 minutes. Remove from the heat, drain, and set aside.

Put the scallions and mushrooms in a large nonstick skillet with 2 tablespoons of water. Cook over medium-high heat, stirring frequently, for 5 minutes, until they begin to soften. Add the tofu and cook for 3 minutes. Add the tahini sauce, soy sauce, the reserved broccoli, and a few squirts of Sriracha, if you wish. Mix and cook 2 to 3 minutes, until everything is heated through and the sauce has thickened slightly.

Serve immediately.

TIP: To easily make this soy-free, make the dish with 3 cups cubed, cooked potatoes instead of the tofu.

### **Tahini Sauce**

Use this sauce in our Stella Blues Tofu Scramble and falafel wraps. This is a higher-fat sauce because of the tahini, so use it sparingly. Preparation Time: 5 minutes; Servings: Makes 2 cups

- ¾ cup raw or toasted tahini (sesame paste)
- ¼ cup fresh lemon juice
- 2 cloves garlic, crushed or minced

### **Directions**

Combine the tahini, lemon juice, garlic, and 1 cup of water in a food processor or blender and process or blend until smooth. Use immediately, or transfer to an airtight container and refrigerate for up to 3 days.

### **Tofu Breakfast Scramble**

- 1 box firm tofu
- 1 zucchini, diced small
- 1 tomato, diced
- ½ onion, diced
- 1 red bell pepper, diced
- 2 green onions, finely sliced
- 1 tablespoon fresh cilantro, minced
- 1 clove garlic, minced
- Salt and pepper to taste
- Tomato paste if desired

Preparation:

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

Yield: 4 servings

Tip: You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.

## Tofu Scramble - Sarah Moore

- 1 16 oz. bag frozen hashed brown potatoes
- 1 green onion, chopped, white and dark green parts separated
- 1 teaspoon coarse ground black pepper
- 1 pound firm tofu, diced in bite-sized pieces
- ½ teaspoon turmeric
- ½-¾ teaspoon onion salt
- ¾ tablespoon tamari or low-sodium soy sauce
- ¼-½ cup shredded cheddar “cheese” (e.g., Veggie Shreds) – optional
- Sea salt to taste

### Directions

1. Heat small amount of oil in skillet (medium-high heat). When hot, place desired amount of frozen potatoes in skillet (I use about ¾ of the bag). Add white and light green parts of chopped green onion and pepper. Let brown on one side and flip potatoes, so that both sides are thawed and starting to brown lightly.
2. Meanwhile, in a medium-sized mixing bowl, crumble tofu. Add nutritional yeast, turmeric, onion salt and tamari (or soy sauce). Use a fork and mix, ensuring the tofu is coated evenly.
3. When potatoes have thawed completely and have browned slightly, push them to the edges of the pan, creating a space in the center. In the center, add a small amount of oil, then add tofu mixture, letting it fill the center of the pan. When the bottom side of the tofu has turned a dark yellow (about 2 minutes), flip. When both sides are a dark yellow, mix the potatoes into the tofu mixture.
4. Add shredded cheese, and continue to cook tofu and potatoes until the tofu and potatoes reach the desired doneness. (I cook it until the tofu has just started to lightly brown, and the cheese has melted slightly).
5. Garnish with dark green parts of chopped green onion.

\* \* This would also be great with a dollop of tofu sour cream or salsa \* \*



## **Tofu Super Scramble**

Drain rinse and crumble or cube into skillet.

- 1 Onion Diced
- 2-3 cloves garlic crushed
- 2# extra firm tofu water packed

Stir in:

- 2 T. chicken like seasoning
- 4 T. nutritional yeast
- ¼ t. Turmeric

Salt to taste

Sprinkle with parsley.

Cover and simmer for 10 minutes.

## Vegan Zucchini Frittata

Black salt, which is actually pink in color, can be found in Indian grocery stores for a very reasonable price.

- 2 shallots, minced
- 1/2 14-ounce package extra-firm tofu (not silken), coarsely crumbled
- 1 tablespoon (packed) minced fresh oregano (or 1 tsp. dried)
- 1 medium zucchini (about 10-12 ounces), shredded
- 1 12.3-ounce package lite firm or extra-firm silken tofu, drained
- 1/4 cup water or non-dairy milk
- 3 tablespoons nutritional yeast
- 1 tablespoon plus 1 teaspoon cornstarch
- 1 teaspoon tahini
- 1 clove garlic
- 1/4 teaspoon turmeric
- 3/4 teaspoon salt
- generous grating of black pepper
- pinch black salt (optional)

### Instructions

1. Cut a circle of parchment paper to fit an 8- or 9-inch pie pan. Spray pan with non-stick spray and place parchment in bottom.
2. Preheat oven to 400.
3. Heat a non-stick pan. Add the shallots and cook, stirring, until they begin to soften but not brown. Add the crumbled tofu, black salt, and a sprinkle of salt and freshly ground pepper. Cook, stirring occasionally, until tofu begins to brown in places. Add oregano and zucchini and continue to cook until zucchini softens, about 5 minutes.
4. While the zucchini cooks, blend all remaining ingredients well in a blender. When zucchini has softened, remove the pan from the heat and pour in the contents of the blender. Quickly stir well and pour into the prepared pie pan. Be sure to scrape out any tofu that becomes stuck to the pan. Smooth the top and place in the preheated oven. Bake for 25 to 30 minutes, or until center is set and top is not yet browned.
5. Loosen the frittata around the edges. Place a serving plate on top of the pie pan, and using pot holders, carefully invert the pan so that the frittata falls onto the plate. Slowly peel off the parchment paper from the top. (Use a knife to scrape off any tofu the clings to the paper as you pull it away.) Serve hot, cold, or at room temperature.

### Notes

You can use any vegetable you like instead of zucchini; just chop, slice, or shred it small and cook it along with the regular tofu. Number of servings: 4 ; Nutrition (per serving): 115 calories, 34 calories from fat, 4g total fat, 0mg cholesterol, 468.1mg sodium, 165.6mg potassium, 10.1g carbohydrates, 1.7g fiber, 11.4g protein

## **Breakfast Burritos**

Servings: makes 4 small burritos

- 1 cup mashed beans ( pinto or black work well)
- 1 cup leftover scrambled tofu
- ½ cup corn
- ½ cup chopped steamed kale or spinach
- Mild salsa
- Tortillas of your choice

### **Directions**

Heat a tortilla on a non-stick skillet, spread a thin layer of beans, then scrambled tofu, sprinkle on corn and steamed greens, add salsa and roll.

## **Potato Hash (Dr. John McDougall)**

Servings: 4

- 2 large potatoes, peeled and diced
- 1 medium onion, diced
- 1 green bell pepper diced
- 1 red bell pepper, diced
- 1 cup frozen corn kernels, thawed
- 1 teaspoon poultry seasoning
- ¼ cup chopped fresh parsley or cilantro
- Freshly ground pepper to taste

### **Directions**

1. Cook the potatoes in water to cover until just tender, about 5 minutes. Drain and set aside.
2. Place the onion and green and red bell pepper in a saucepan with a small amount of water. Cook, stirring frequently, until just tender, about 4 minutes. Add corn and cook 1 additional minute. Remove from heat. Add the cooked potatoes, poultry seasoning, fresh parsley or cilantro, and pepper. Mix well.
3. Place the mixture in a large nonstick skillet. Cook, stirring

## Waffles

Servings: makes 8-10 waffles

- ¾ cup whole wheat pastry flour
- ¾ cup unbleached white flour
- 1 tablespoon nutritional yeast
- 1 ½ tablespoons baking powder
- ½ teaspoon salt
- 1 tablespoon egg replacer mixed in ¼ cup warm water
- 1 ½ to 2 cups non-dairy milk
- 1 tablespoon agave nectar

### Directions

Mix the flours, baking powder, nutritional yeast and salt together in a bowl. Mix the egg replacer and water and beat until frothy. Stir in the non-dairy milk and agave nectar and mix again. Pour into the dry ingredients and stir to mix. Do not over-beat.

Heat a non-stick waffle iron until hot. Pour mixture by ½ to 1 cup measure onto the dry, heated waffle iron and close top. Cook until nicely browned and waffle pulls away from the top of the waffle iron. Most waffle irons “beep” when waffle is ready. (This will vary depending on the kind of waffle iron that you have, maybe 3-5 minutes.) Repeat until all mixture has been used.

Hint: This makes a delicious, light waffle that rises as it cooks. For a slightly thinner waffle, (or if you let your batter sit too long before using) thin batter with a little more non-dairy milk, stirring to mix well before ladling into the waffle iron. This may also be made with all whole-wheat flour, but it will be slightly heavier in texture. These may be refrigerated and heated in the microwave or oven at a later time. They may also be frozen and heated in a toaster.

## **Best Vegan Waffles Ever**

Makes about 8 waffles

- 3 cups flour
- 2 Tbs baking powder
- 1-2 Tbs sugar (optional)
- 1/2 tsp. salt
- 3 cups rice milk
- 1/3 cup orange juice
- 1/3 cup vegetable oil
- 1 tsp. vanilla extract
- Garnish with: confectioner's sugar, maple syrup, agave syrup, fresh fruit

### Directions

1. Preheat waffle maker (if you're using a Waring Pro, set it between 4 or 5).
2. In a medium bowl, mix together all the ingredients until smooth.
3. Spray preheated waffle iron with non-stick cooking spray or lightly brush with oil.
4. Pour batter onto waffle iron and cook until golden brown.
5. Serve plain or garnish with fresh fruit and syrup.

<http://artofdessert.blogspot.com/2012/12/best-vegan-waffles-ever.html>

## Whole-Grain Healthy Waffles

- 1/2 cup spelt flour (60g)
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1 tsp baking powder
- 1/16 tsp pure stevia OR 2 Tablespoon liquid sweetener (like agave or pure maple syrup)
- 1 Tablespoon milk of choice (increase to 3 Tablespoon if using stevia)
- 1/4 cup plus 3 Tablespoon applesauce
- 2 tsp oil OR 1 Tablespoon more applesauce (Use the applesauce if you want fat-free waffles.)
- 1 tsp pure vanilla extract

### Directions

Combine first 5 ingredients in a mixing bowl, and stir well. In a separate bowl, stir together remaining ingredients. Grease a waffle iron with oil or oil spray: be sure to grease very well if using the fat-free version. Preheat according to manufacturer's instructions for your machine. Pour wet ingredients into dry, and stir until evenly combined. When iron is hot, pour half of the batter into the center of the iron, and close the lid. (My machine has a light that goes out when the waffle is done. Do not lift the lid before the waffle is done cooking.) Serve with your favorite waffle toppings – my homemade squirt whipped cream recipe is linked above the second photo in this post. Makes 2 waffles, and you can easily double the recipe.

<http://chocolatecoveredkatie.com/2013/06/17/healthy-waffles-recipe/>

130 cals per 117g, 4.2 g prot, cals from fat: 5

### **Vegan Cashew & Oat Waffles**

- 2 cups of COLD water
- 1-1/2 cups of Oats
- 1/3 cup of Raw Cashew Nuts
- 1 Tablespoon Vegetable Oil
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Almond Extract
- 1 Tablespoon Agave Syrup or honey

#### **Directions**

Blend everything together on HIGH for 2 minutes. Let sit for 4 minutes, then blend 1 more minute. Cook as directed by waffle iron manufacturer. Eat while warm or freeze after they are cool.



## Light & Fluffy Vegan Pancakes

### Dry Ingredients

- 1 Cup all-purpose Flour
- 1 Teaspoon Ener-g Egg Replacer, Unprepared
- 1/8 Teaspoon Sea Salt
- 1 Tablespoon Turbinado Sugar (JL plus 1 Tablespoon maple syrup)
- 1-1/2 Teaspoons Baking Powder
- 1 teaspoon Baking Soda (JL: 1/4 baking soda)

### Wet Ingredients

- 1/2 Tablespoon Smart Balance Light Buttery Spread, melted (JL: vegetable oil)
- 1-1/4 Cup Almond Milk
- 1 tsp vanilla

### Directions

1. In a small mixing bowl mix together dry ingredients, then add wet and fold together slowly. Do not stir too much because it could result in a gummy and rubbery pancake. Fold and lightly stir until you have a lumpy mixture.
2. I find that pancakes cook best on a heavy cast iron skillet. Thin metal skillets just don't absorb heat very well and you may wind up with a scorched pancake that isn't done in the middle.
3. In any case, place the skillet on the stove, spray it with a bit of canola oil and turn it on high for a minute or two to get it heated. Turn it down to medium-low heat and pour 1/3 cup of the batter onto the skillet. After a few minutes take a peek at the bottom of the pancake to make sure it's not burning. I like to see bubbles come to the top surface of the pancake before I flip it over, which means it's almost cooked in the middle. Then flip and cook until golden brown on the other side.
4. It's important to not stir the pancake batter again. So when you dip batter out to make your next pancake, don't stir it around.

Nutritional Facts Servings 7 Serving Size 1 Pancake Calories 83 Fat 0.9g Carbohydrates 16g Protein 1.9g Fiber .60g Sugar 2.70g Sodium 61.50mg

<http://www.myvegancookbook.com/recipes/recipe.php?id=120>

### **Classic Pancakes from Silk Pure Almond® Almondmilk**

- 1 cup unbleached all-purpose flour \*
- 1 Tbsp sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1 cup Silk Pure Almond Original or Vanilla
- 2 Tbsp butter, melted
- 1 large egg or egg replacer
- 1 tsp vanilla (JL)
- 1 Tablespoon maple syrup (JL)

#### **Directions**

1. Whisk together flour, sugar, baking powder and salt in a small bowl.
2. In a separate bowl, whisk together Pure Almond, butter and egg.
3. Add flour mixture to egg mixture and stir just to moisten - a few lumps are fine.
4. Coat griddle with cooking spray. Cook 4 pancakes over medium heat, about 3 to 5 minutes per side. Remove first batch of pancakes to a serving platter and cover to keep warm. Cook remaining 4 pancakes.

\*Substitute whole wheat pastry flour if desired (could affect PointsPlus value)

Makes 8...Serving Size: 2 (4-inch) pancakes

## **Fluffy Pancakes**

Servings: Makes 10 to 12 pancakes

- ¾ cup whole wheat pastry flour
- ¾ cup unbleached white flour
- 2 teaspoons baking powder
- Dash salt
- 1 cup mashed ripe banana
- 1 tablespoon lemon juice
- 1 cup non-dairy milk
- ½ cup sparkling water
- 1/3 cup fresh blueberries (optional)

### **Directions**

1. Mix the flours, baking powder and salt together in a bowl. Place the bananas in another bowl and mash well. (This is about 2 bananas). Add the bananas and mix well. Stir in the lemon juice, non-dairy milk, and sparkling water and mix again. Pour into the dry ingredients and stir to mix. Stir in the blueberries. Do not over beat.
2. Heat a non-stick griddle over medium heat. Pour mixture by ¼ cup measure onto the dry, heated griddle. Flip and turn over when bubbles start to appear on the surface. Cook until brown on both sides. Repeat until all mixture has been used.

Tips: The blueberries are an option in this recipe, but when fresh blueberries are in season they really make these pancakes a special treat! The addition of the sparkling water makes a delicious, light pancake that rises as it cooks. If you make the batter ahead of time, you may need to add a bit more liquid to thin it out slightly before pouring onto the griddle. This may also be made with all whole wheat pastry flour. It will be slightly heavier in texture. These may be refrigerated or frozen, and heated in the microwave or oven at a later time. We also like them cold as a snack.

### **Mary McDougall's Fluffy Pancakes**

Mary's Note: Sparkling water keeps these easy pancakes light and fluffy.

- 3/4 cup whole-wheat pastry flour
- 3/4 cup unbleached all-purpose flour (or whole-wheat pastry flour)
- 2 teaspoons baking powder
- dash of salt
- 1 tablespoon Ener-G Egg Replacer
- 1 cup mashed ripe bananas (2 to 3 bananas)
- 1 cup soy milk or rice milk
- 1/2 cup sparkling water
- 1 tablespoon Sunsweet Lighter Bake or Wonderslim fat replacer (see note below)
- 1 tablespoon fresh lemon juice
- 1/3 cup fresh blueberries (optional)

#### **Instructions**

1. Mix together the whole-wheat and all-purpose flours, baking powder, and salt in a medium bowl.
2. In another medium bowl, whisk the Egg Replacer with 1/4 cup warm water until frothy. Add the bananas, mixing well. Add the soy milk, sparkling water, Lighter Bake, and lemon juice until well mixed. Stir the banana mixture into the dry ingredients just until combined. Gently stir in the blueberries, if you are using them.
3. Heat a nonstick griddle over medium heat. When it is hot, ladle pancakes onto the griddle, using 1/4 cup per pancake, allowing space for them to spread. When bubbles form on the surface, use a spatula to flip them over. Cook until lightly browned. Repeat with the remaining batter.
4. Serve immediately.

Notes: If you can't find Lighter Bake, prune puree, apple sauce, or even a little extra mashed banana will do.

## **Easiest Oat Flour Pancake Recipe**

Ingredients for a Serving of 8-10 Silver Dollar Sized Pancakes

- 1/2 C. Fine Oat Flour (see below)
- 2 T. Sunflower Oil + a little more oil for frying
- Enough Almond Milk to thin mixture to a thick but pourable consistency
- A pinch of salt.

### Directions

1. Mix salt into the dry flour.
2. Add 2 Tablespoons of the oil and work it thoroughly into the flour
3. Begin adding almond milk a little bit at a time, stirring constantly until the batter is a consistency that is still pretty thick and glue-y, but pours easily off a spoon.
4. Heat a cast iron frying pan (important to use cast iron), with a bit of oil greasing the bottom of it until the pan is quite hot, but the oil isn't smoking.
5. Pour pancakes into the hot pan, using 1 tablespoon of batter for each of the silver dollar-sized pancakes.
6. Cook pancakes about 2 minutes on the first side until lots of little holes have formed in the batter. Flip them over.
7. Cook on the second side an additional 2 minutes.

The Oat Flour –Grind rolled oats using blender or food processor for a minute or so. Then, sift it carefully through a flour sifter or metal mesh sieve.

### Strawberry Pancakes (Makes approximately 16 pancakes)

- 2 cups unbleached flour
- 1/4 cup cornstarch
- 2 Tablespoons granulated vegan sweetener
- 1 teaspoon salt
- 1 Tablespoon baking powder
- 1/4 teaspoon ground cinnamon
- 2 cups chopped fresh strawberries
- 2 1/2 cups soymilk
- 2 Tablespoons canola oil
- Additional canola oil to prepare griddle

### Directions

In a medium-sized mixing bowl, blend together the dry ingredients.

Add the strawberries and stir until coated with the flour mixture.

Make a well in the center and add the soymilk and oil. Stir to blend well, but do not beat.

Brush a griddle lightly with additional oil. Heat the griddle to medium heat and ladle on the batter, using enough batter to make 4-inch pancakes. Cook over medium heat until lightly browned on the bottom. Flip each pancake over and cook on the other side until lightly browned as well. Remove from griddle and repeat process with more oil and batter until all of the batter has been used. Keep pancakes in a warm oven until all are finished.

Total calories per pancake: 107 Fat: 3 grams Carbohydrates: 18 grams Protein: 3 grams Sodium: 233 milligrams Fiber: 1 gram

### **NewStart Crepes (1)**

- 1 1/2 c. water
- 1/4 c. raw cashew nuts (may use 1 1/2 c. soy milk instead of water and cashew nuts)
- 1/2 c. quick oats
- 1/2 c. brown rice flour
- 1 Tablespoon. apple juice concentrate or 1/2 Tablespoon. honey
- 1/2 tsp. salt
- 1/2 c. tofu (optional but makes the crepes richer and more tender)

#### **Directions**

1. Blend ingredients together about 1 minute.
2. Lift preheated nonstick skillet from burner and pour ¼ cup portion, tipping in a circular motion so crepe flows larger and thin.
3. Use medium-high temperature until dry on top (about 1 minute) then loosen gently with spatula and turn, cooking the other side for about 30 seconds.
4. Stack finished crepes on a flat plate and cover with a cloth to keep warm.

NOTE: You can make these ahead and refrigerate, wrapping a plate of stacked crepes in a plastic bag. Warm in a microwave before serving.

### **Vegan Crepes (2)**

For 18 to 20 crepes

- 4-1/4 cups (1 liter) rice milk
- 4 cups (500g) all-purpose flour
- 2 Tablespoons cornstarch
- 1 tsp cinnamon
- 2 Tablespoons sugar
- 1/2 tsp salt
- 1/3 cup (100g) apple sauce
- 2 Tablespoon grape seed oil

#### **Directions**

Mix ingredients using blender or mixer. Pour a ladleful of batter in a very hot frying pan, spread well the batter all over the pan before it sets. When the rim of the crepe rises, flip the crepe and let the other side cook.

### **10 Minute Vegan - Vegan Crepes (3)**

- 1 Cup Almond Milk (or Soy)
- 1 Cup Flour
- 1 TSP. Baking Powder
- 1 TABLESPOON. Vegan Sugar (I used brown)
- Fresh Berries (or fruit) of choice
- 1 TABLESPOON. Maple Syrup

#### **Directions**

Blend all ingredient using blender or mixer. Pour by ladle onto hot pan.

[https://www.youtube.com/watch?v=f4Pb00\\_V37w](https://www.youtube.com/watch?v=f4Pb00_V37w)

### **Crepes – Pancakes (4)**

- 3/4 cup Milk
- 2 Tablespoon. Sugar
- 2 Tablespoon. Melted Butter
- 1 cup Flour
- 1/2 tsp Eno Fruit Salt
- 1/4 tsp Vanilla

#### **Method**

1. Mix flour and sugar in a deep bowl.
2. To that add milk and butter, vanilla and mix well to make lump free batter.
3. Add Eno Fruit salt, mix and set batter aside for 5 minutes.
4. Now heat up frying pan on a medium to high heat.
5. Grease pan with butter.
6. Pour ladleful of pancake batter at the center of pan.
7. Let that spread by itself.
8. Cook until bubbles start to appear on the surface of the pancake.
9. Give it a flip and cook other side till it gets golden brown.

Tips: Make sure frying pan is enough hot before adding batter. For variation add chocolate chips or fruits to the batter. Serve with any topping of your choice like maple syrup, honey, butter, whipped cream, fruits, chocolate chips...

<http://www.madhurasrecipe.com/desserts/Eggless-PanCake>



## **Vegan Crepes (5)**

Servings: 4

- 1/2 cup soy milk
- 1/2 cup water
- 1/4 cup melted soy margarine
- 1 tablespoon turbinado sugar
- 2 tablespoons maple syrup
- 1 cup unbleached all-purpose flour
- 1/4 teaspoon salt

### **Directions:**

1. In a large mixing bowl, blend soy milk, water, 1/4 cup margarine, sugar, syrup, flour, and salt. Cover and chill the mixture for 2 hours.
2. Lightly grease a 5 to 6 inch skillet with some soy margarine. Heat the skillet until hot. Pour approximately 3 tablespoons batter into the skillet. Swirl to make the batter cover the skillet's bottom. Cook until golden, flip and cook on opposite side.

<http://allrecipes.com/Recipe/Vegan-Crepes/Detail.aspx>

## Potato Pancakes

Preparation Time: 20 minutes; Cooking Time: 30 minutes (in batches); Servings: 6

- ½ medium sweet onion, grated
- 4-5 medium russet potatoes, grated
- 5 tablespoons white whole wheat flour
- 3 tablespoons water
- 3 tablespoons fresh parsley, chopped

### Directions

Mix all ingredients in a bowl. Heat a non-stick griddle to medium heat. Ladle potato mixture on griddle, flattening slightly. Cook about 5-8 minutes on first side; turn and cook an additional 5-8 minutes.

Hints: Keep warm in a 200 degree oven until all are cooked. Grate potatoes and onions in a food processor to save time. For appearance sake, you may wish to peel the potatoes before grating, however it is not necessary to peel them, just scrub them well. Serve with applesauce, ketchup, barbecue sauce, gravy or Pico de Gallo.

## **Arepas - Cornmeal Patties**

- 1-1/2 cups Masarepa (pre-cooked white or yellow corn flour)
- 1-1/2 cups warm water
- 2 oz. low fat, low-sodium mozzarella cheese, grated
- 2 Tablespoon. fat-free milk
- 1/2 tsp. salt
- 2 tsp. unsalted butter

### **Directions**

1. In medium mixing bowl, combine masarepa, water, cheese, milk and salt, mixing thoroughly. Let mixture stand five minutes.
2. Using wet hands, knead dough until smooth. Divide dough into 18 portions; with wet hands, roll dough into small balls.
3. Heat butter in large griddle, or non-stick skillet over medium-high heat. Place balls of dough on hot surface about 3½" apart. Using palm of hand, flatten balls to form disks 3" diameter x ¼" thick. Cook, flipping once, until crisp and golden brown on both sides, about 7 minutes per batch. Serve warm..

## **French Toast (1)**

Servings: 12

- 2 cups cashew milk
- 3 tablespoons chopped dates
- 1/8 teaspoon cinnamon
- dash turmeric
- 12 slices whole wheat bread

### Directions

1. Place 1 cup of the cashew milk in a blender jar. Add the dates, cinnamon and turmeric. Process until well blended. Add remaining milk and blend again. Pour into a bowl. Dip slices of bread into the cashew mixture, coating well. Brown on a medium-hot non-stick griddle or frying pan, turning once so both sides are evenly browned.
2. Serve with pure maple syrup or fruit sauces or spread.

Hints: These are easy to store for later use. Place them in individual zip-lock bags and refrigerate. Reheat in microwave. They may also be frozen and popped into the toaster for reheating.

## **French Toast (2)**

Servings: makes 6-8 slices of toast

- 1 cup non-dairy milk
- 1/2 cup orange juice
- 2 tablespoons flour
- 1 tablespoons sugar
- 1 tablespoons nutritional yeast
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 6-8 slices of bread

### **Directions**

1. Mix all ingredients together with a whisk.
2. Preheat a non-stick skillet to medium-high.
3. Dip bread into mixture and place on skillet for about 3 minutes each side. Repeat with remaining bread until mixture runs out. If you do not use all of the mixture, you can easily refrigerate and use another day. It will keep for about 5 days in the fridge.

### **Jack's Orange Cranberry/Raisin Bread**

- 1 cup lukewarm water
- 1 packet active dry or 2 teaspoons instant yeast
- 1/2 tsp salt
- orange zest from 2 medium oranges or 1 whole (large) orange, seeded (See note)
- 2 Tablespoons honey (use maple syrup for vegan version)
- 1/4 cup vegetable oil
- 2 cups bread flour
- 2 cups whole wheat flour
- 3/4 cup frozen cranberries or 3/4 cup dried cranberries or raisins

#### **Directions**

1. In Mixer bowl combine water, orange, honey, vegetable oil, and 3-1/2 cups flour. Add yeast on top of flour and mix for one minute until well combined. Allow to rest for 10 minutes. Add salt and fruit and mix until well combined. Add four until dough cleans itself from the sides of the bowl, will be elastic and very smooth. (You can hold the fruit, and add after dough has been kneaded)
2. Place the dough ball into a greased bowl, cover with plastic wrap and let at room temperature until doubled in volume. Punch it down and shape it into a log. Place it into a greased bread pan (2 pound bread pan) cover and let rise again.
3. Meanwhile, heat the oven to 375F.
4. Bake the bread in preheated oven for about 35-40 minutes. Let cool slightly in the bread pan before removing it.

## **Bob's Basic Whole Wheat Bread Recipe**

- 6 c. warm water
- 2/3 cup vegetable oil or coconut oil
- 2/3 cup honey
- 8 cups freshly milled whole wheat flour (additional flour later)
- 2 T. Vital wheat gluten
- 2 T. dough enhancer
- 2-3 T. instant yeast
- 2 T. real salt\*
- 2 T. liquid lecithin
- 4-8 additional cups freshly milled whole wheat flour

### **Directions**

1. In the Bosch mixing bowl, combine hot water (approximately 110 to 120 degrees), oil, honey, lecithin (optional). Next add 8 cups of freshly ground wheat flour. On top of the flour, add Vital Wheat Gluten, dough enhancer and SAF instant yeast and salt (for non-sponging recipe).
2. Jog off and on using the 'M' side of the switch. Mix on first speed until smooth. The amount of flour you add depends on the moisture and protein levels in your wheat. You might stop the mixer and tap the dough gently with your finger to see if it sticks. We flour our finger then tap the dough lightly, if it doesn't stick it has enough flour.
3. When you feel the flour to water ratio is about right turn your mixer to speed two and mix from 8-10 minutes.
4. Once your mixer runs for several minutes and the gluten in your wheat starts to develop the dough that was sticking to the sides and the bottom of the mixing bowl will completely clean off. With shortening on your hand, form dough into 5-6 loaves then place into pans. When they are fully raised you should be able to put a small dent in the side of one of the loaves with your finger and the dent will NOT come back out, or it will come back very slowly. Place loaves into a cool oven (not preheated).
5. Bake at 350 for 35 minutes.

Makes 6 20 oz loaves (1 lb 4 oz)

## **Vegetable Pullman Sandwich Bread**

- 1 cup of milk
- 1 cup mashed/puree cooked pumpkin/sweet potatoes/squash/zucchini
- 1 egg
- 2 Tablespoons sugar
- 1 1/4 tsp salt
- 2 Tablespoons oil
- 2 Tablespoons milk powder
- 2 cups bread flour + additional flour as needed
- 1 cup whole wheat flour
- 2 tsp instant yeast

### **Directions**

1. Put the ingredients into mixer bowl in the order listed above; mix and knead.
2. Allow to rise in greased bowl for 1 hour or so.
3. Grease bread-pan and scale dough - 1 lb 4 ozs dough for 8 inch x 4 inch x 4 inch. (dough should be 1/3 of the bread pan), and fold to fit the bread pan.. Cover with the lid but leave 1/2 inch gap so that you can see that the dough rising.
4. Let the bread proof until cover with a warm towel. When the dough has reached the top about 1/2 inch away from the lid. Close the lid tightly and turn on the oven 350F.
5. When oven is preheated, put bread to bake for 30 minutes. Remove lid and continue to bake for another 15 to 20 minutes (depending on how brown a crust is desired).
6. Leave to cool for 10 minutes before removing bread from bread pan.
7. Cool bread totally before slicing.



### **Drop Biscuits – Ree Drummond**

18 to 22 biscuits

- 6 cups all-purpose flour
- 4 tablespoons baking powder
- 1/4 teaspoon salt
- 3 sticks cold butter, cut into pieces
- 3 1/2 cups whole milk or non-dairy milk
- Melted butter, for brushing, optional

#### **Directions**

1. Preheat the oven to 400 degrees F.
2. Place the flour, baking powder and salt into a food processor and pulse a few times to combine. Add the butter and pulse until the dry ingredients and the butter are mostly combined. (Alternatively, cut the butter into the dry ingredients with a pastry cutter.) Drizzle in the milk and pulse (or stir) just until the dough comes together. Do not over mix.
3. Using a regular table spoon, or large spoon, drop spoonfuls of the mixture onto baking trays and bake until nice golden brown, 20 to 25 minutes. If desired, brush with melted butter after you remove them from the oven.

### **Drop Biscuits (half recipe) – Ree Drummond**

- 3 cups All-purpose Flour
- 2 Tablespoons Baking Powder
- ½ teaspoons Salt
- 1-½ stick (3/4 Cup) Cold Butter, Cut Into Pieces
- 1-¼ cup Buttermilk (or soy milk with 2 tsp vinegar, let sit for 10 minutes)

#### **Directions**

1. Preheat oven to 400 degrees.
2. Add flour, baking powder, and salt to the bowl of a food processor (or a large bowl.) Add butter pieces and pulse until butter is completely cut into the flour mixture (or use a pastry cutter if using a bowl.) While pulsing (or stirring) drizzle in the buttermilk until dough just comes together and is no longer crumbly.
3. Drop in clumps on two baking sheets, then bake for 15-17 minutes, or until golden brown. (Optional: Brush with melted butter when biscuits first come out of the oven.)

## **Buttermilk Biscuits**

- 2 cups flour
- 2 1/2 teaspoons baking powder
- 1 teaspoons baking soda
- 1/2 teaspoons salt
- 1/4 cup vegan butter
- 3/4 cup cold soy or almond milk
- 1 teaspoon vinegar

### **Directions:**

1. Pre-heat the oven to 450 degrees.
2. Mix milk and vinegar. Set aside to curdle. (This mixture will give the biscuits their buttermilk taste)
3. Put dry ingredients into a bowl. Using a fork, gently mix the margarine into the dry ingredients until you have a coarse mixture.
4. Add the soy milk/vinegar mixture and quickly stir until dough begins to form.
5. Form dough into a ball and refrigerate for 20-30 minutes. (This step is okay to skip if you are short on time).
6. Put dough onto a floured countertop and knead for 1 to 2 minutes or until the dough is smooth. Add more flour as needed if the dough is sticky.
7. Using a rolling-pin, roll the dough out to about 1/2 inch thickness. Cut into rounds (a drinking glass works well if you don't have a biscuit cutter), place on an ungreased cookie sheet. Optional: Brush the tops of the biscuits with a mixture of 1 Tablespoon soy milk and 1 Tablespoon oil for a golden-brown glaze.
8. Bake for 10 to 12 minutes. Serve hot.

## **Vegan Cashew Cream 'Buttermilk'**

- 1 cup raw cashews
- 1 cup water
- 1 cup fresh water
- 2 teaspoons lemon juice

### **Directions:**

1. Soak raw cashews with first amount of water for at least 30 minutes.
2. Drain water from cashews and discard. Place the cashews into the blender.
3. Add fresh water and lemon juice.
4. Blend until smooth and creamy.

This is a thicker consistency than the normal cashew cream I make which is exactly perfect for buttermilk. It makes about 1 1/2 cups worth of 'buttermilk'.

## Healthy Vegan Biscuit Mix Recipe

- 4 cups whole wheat pastry flour
- 2 teaspoons sea salt
- 2 tablespoons Sucanat (reduce or eliminate if desired)
- 4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cream of tartar
- 2 teaspoons crushed nutritional yeast flakes (optional)
- 6 tablespoons canola oil (3 fl oz)
- 1-1/2 cups soymilk mixed with 2 teaspoons vinegar
- 1 tablespoon melted vegan margarine, optional

### Directions:

1. Preheat oven to 425 degrees.
2. Whisk together dry ingredients in a large bowl.
3. Drizzle in canola oil, and mix until small crumbs form.
4. Pour in clotted soy milk and stir just until combined, do not over mix.
5. Handle gently, do not over knead.
6. Gently roll out to 1/2 inch thickness. Cut into 12 biscuits using a biscuit cutter or a glass.
7. Brush the tops with melted margarine, if desired.
8. Bake on a parchment-lined cookie sheet for 10 minutes or until browned.

(Do not let biscuits touch.)

## The World's Best Vegan Cinnamon Rolls!

- 2 1/4 teaspoons dry yeast (one packet)
- 1/2 cup sugar
- 1 cup soy milk, warm but not hot
- 1 tablespoon ground flax seed
- 6 tablespoons warm water
- 2/3 cup margarine, melted and divided
- 4 1/2 cups unbleached flour
- 1 teaspoon sea salt
- 1 cup brown sugar
- 2 1/2 teaspoons cinnamon

### Cream Cheese Frosting

- 6 ounces of vegan cream cheese (we used Follow Your Heart brand)
- 1/2 cup melted margarine
- 3 cups powdered sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

### Directions

1. Mix the yeast, sugar, and warm soy milk in a large mixing bowl and let it stand in a warm place until it gets all foamy and proofed. This can take up to ten minutes. If, after that time, your mixture doesn't have a layer of foam on top, discard it and try again.
2. In a large mixing bowl, whisk the ground flax seed with the warm water for a couple of minutes until it is really thick and goopy. That's right. Goopy.
3. Now add 1/3 of a cup melted margarine, along with the flour and salt to the flax seed mixture. Pour in the yeast mixture, and stir to combine. It will very quickly get too thick to stir. At this point, turn the dough out onto a well-floured surface.
4. Knead it for 5-10 minutes. Jason really likes to knead, so he did it for 10 whole minutes. What we're looking for is firm and smooth dough, without being sticky at all.
5. Form dough into a ball, and place in a well-oiled bowl covered by a damp dishtowel. Place in a warm place and let it rest for an hour. It should double in size. Also, when you press the dough lightly with one finger, it should leave an indentation.
6. While your dough is rising, combine the brown sugar and cinnamon in a bowl. Melt the remaining 1/3 cup margarine.
7. Now that your dough is done rising, turn it out on a floured surface and let it sit, covered, for ten more minutes. Then, roll it out into a rectangle that it is between 1/8 and 1/4 of an inch thick.
8. Coat the whole surface with melted margarine, and then evenly coat it with the brown sugar and cinnamon mixture.

9. Roll it into a big log, and cut it into 12 equal-sized rolls. Place the rolls on a greased cookie sheet, and cover and let rise again. This time they should double in size in about 30 minutes (but they can sit in the fridge overnight, if you want).
10. Preheat your oven to 400°F. Bake your delicious cinnamon rolls until golden brown, between 10 – 15 minutes.
11. When your cinnamon rolls are finished baking, make your icing. Beat together all the frosting ingredients together until totally combined and smooth. Spread the frosting on warm cinnamon rolls just before serving.

<http://sugarbommbakeryblog.wordpress.com/2011/04/28/the-worlds-best-vegan-cinnamon-rolls/>

## Sweet Potato Cinnamon Rolls

<http://theeverydayveggie.com/vegan-sweet-potato-cinnamon-rolls/>

Makes 9-10 large cinnamon rolls

- 3/4 cup water
- 2 tablespoons coconut oil
- 3/4 cup sweet potato puree
- 2 1/2 cups all-purpose flour
- 1 teaspoon instant yeast
- 1 1/2 tablespoons sugar
- 1 teaspoon salt

For the filling:

- 3 tablespoons coconut oil or melted vegan butter
- 1/3 cup brown sugar
- 3 teaspoons cinnamon

For the topping:

- 2 tablespoons powdered sugar
- 1 tablespoon almond milk / coconut milk
- 1 teaspoon vanilla

### Directions

1. Combine the water and coconut oil together in a bowl, then stir in the sweet potato puree and mix until smooth.
2. In a separate bowl, stir together the flour, yeast, sugar and salt.
3. Add the wet mixture into the stir, stir together and knead for 10 minutes.
4. Grease a bowl with coconut oil and place the dough inside. Cover with a tea towel and let rest for 2 hours in a warm, dry place.
5. Once the dough has risen, roll it out into a rectangle.
6. Mix the coconut oil or vegan butter together with the sugar and cinnamon and spread this evenly over the dough.
7. Grab the long bottom end of the dough and roll it up into a long log.
8. Cut into 9 or 10 single rolls and place these in a greased baking dish so that all the rolls are touching.
9. Leave to rise for another hour and preheat the oven to 350F.
10. Bake for 20-25 minutes, until they are cooked but not hard on top
11. Mix together the topping ingredients and drizzle over the rolls

## NewStart Sweet Rolls

- 3 3/4 c. whole wheat flour
- 1 1/4 c. unbleached flour
- 1 1/2 c. water
- 2 Tablespoon. honey
- 1 1/2 Tablespoon. olive oil or applesauce
- 1 Tablespoon. instant yeast
- 2 tsp. salt
- 2 Tablespoon. Date Sugar (optional)
- 1 1/2 Tablespoon soy milk powder (optional)
- 3-4 Tablespoon. Olive oil
- 1/2 c. date sugar
- 1/2 c. raisins
- 1/2 c. walnuts
- 1/4 c. maple syrup or honey

### Directions

1. Combine first 9 ingredients in a bowl and mix until it forms a dough.
2. Knead the dough for 10 minutes at speed 2 using a mixer or 15 minutes if kneading by hand.
3. Let the dough rest for 10-15 minutes.
4. Meanwhile, line the pan with the last 5 ingredients in that order
5. Divide the dough into two. Using the rolling pin, roll out each dough 1/8-1/4 inch thick.
6. Brush each dough with 2 T oil.
7. Sprinkle 1/2 c date sugar, 1/2 c raisins, and 1/2 c walnuts on it.
8. Roll the filled dough into a log.
9. Cut into 1 inch slices and place on a pan, cut side down.
10. Let the sweet rolls rise until double in volume (about 45 minutes).
11. Bake for 30 min at 350 degrees F.
12. Cool then invert onto a clean pan.

## **Pumpkin Pie Cinnamon Rolls**

Makes 13

- 1 Tablespoon yeast
- 1 cup milk of choice
- 2 Tablespoon sweetener of choice (not xylitol or stevia)
- 2 1/2 cups whole-wheat pastry flour, spelt flour, or all-purpose flour, or a combination
- 2 Tablespoon baking powder
- 1/4 cup sugar of choice
- 1/8 tsp pure stevia extract, or 4 more Tablespoon granulated sugar of choice
- 3/4 tsp salt
- 2 tsp cinnamon
- 1 tsp pumpkin pie spice
- 4 Tablespoon melted coconut oil or full-fat (but trans-fat-free) butter-type spread
- 2 tsp pure vanilla extract
- 5 Tablespoon whole-wheat pastry or all-purpose flour
- 3 Tablespoon sugar of choice (I like Sucanat here)
- 1 Tablespoon cinnamon
- 1/2 tsp pumpkin pie spice
- optional, 1/2 cup raisins
- scant 1 cup pumpkin puree
- dash salt

### **Directions**

1. Warm the milk in a small measuring bowl. You want it warm, but not boiling: if you have a candy thermometer, it should read 110 degrees F. Stir in the 2 Tablespoon sweetener, sprinkle the yeast on top, and set aside for 5 minutes. During this time, it should bubble up.
2. In a large measuring bowl, combine the 2 1/2 cups flour, baking powder, 1/4 cup sugar of choice, stevia, salt, the 2 tsp cinnamon, and 1 tsp pumpkin pie spice. Stir very well.
3. Stir the melted oil and vanilla extract into the milk mixture, then pour this into the large measuring bowl of dry ingredients and stir to form a dough. Especially if using spelt flour, you may need to add a little extra flour until it's dry enough to form a dough. Form dough into a ball, then place in a lightly-greased large bowl. Cover loosely with a towel, and set in a warm place to rise 20 minutes or until doubled in size. (If your oven has a "bread proof" setting, this is the perfect place to let your pumpkin cinnamon rolls rise.)
4. Meanwhile, stir together all remaining pumpkin cinnamon roll ingredients in a medium measuring bowl. Set aside. Lightly grease a 9×13 baking pan. Set aside.
5. After the dough has risen, punch dough to deflate. Knead dough with your hands, adding the 5 Tablespoon flour as you knead so that the dough is not sticking to your hands. Knead 5 minutes. On a lightly-floured surface, roll out the dough into a very thin rectangle. Spread the contents of the medium mixing bowl evenly on top. Carefully roll up the dough, lengthwise, lifting and rolling the dough.



6. Using a large, sharp knife, slice dough into 13 even rolls, wiping the knife after each cut. The filling may ooze out a bit, but this is okay. Place the rolls in the prepared baking pan, and return to the warm place for 30 minutes. Preheat oven to 325 degrees F. When it reaches this temperature, place cinnamon rolls in the oven and bake 20 minutes.

For the Glaze:

- 1 1/2 cups powdered sugar or Sugar-Free Powdered Sugar
- 3 1/2 to 4 tsp milk of choice (or more or less to achieve desired glaze thickness)

Whisk ingredients together to form a glaze. Using a spoon, drizzle evenly over pumpkin cinnamon rolls.

206 calories for 92g, 43 cal from fat 3.5 g protein

## **Streusel Coffee Cake**

- 1 cup soy milk
- 1 Tablespoon. distilled white vinegar
- 1/3 cup soft tofu
- 2 1/4 cups flour
- 1 1/4 cups packed light-brown sugar
- 3 tsp. cinnamon, divided
- 1 1/2 tsp. ground ginger
- 1/2 tsp. salt
- 3/4 cup vegetable oil
- 3/4 cup chopped walnuts
- 1 tsp. baking powder
- 1 tsp. baking soda

### **Directions**

1. Preheat the oven to 350°F.
2. Oil a 9"x13" baking dish and set it aside.
3. Blend the soy milk, vinegar, and tofu in a blender until they are completely smooth.
4. In a large bowl, mix the flour, brown sugar, 2 1/2 tsp. of the cinnamon, the ginger, salt, and oil until they are well-blended. Transfer 1 1/4 cups of this mixture to a small bowl, mix in the remaining cinnamon and the walnuts, and set it aside.
5. To the remaining flour mixture, add the baking powder, baking soda, and blended tofu mixture and stir until the batter is smooth. Spread the batter evenly in the baking dish. Pour the flour and nut mixture from the small bowl over the top.
6. Bake for 30 to 35 minutes or until a toothpick inserted in the center comes out clean.

Makes 12 servings

## **Pumpkin Protein Bars**

- ½ C Xylitol Brown Sugar Blend (Ideal)
- 1 - 4 oz. jar baby food applesauce
- 2 tsp. ground cinnamon
- 1 ½ tsp. ground ginger
- ½ tsp. ground clove
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 2 tsp. vanilla extract
- 4 large egg whites
- 1 - 15 oz. can of raw pumpkin
- 2 C oat flour
- 2 scoops vanilla whey protein
- ½ cup almond milk
- ½ C chopped walnuts (optional)

### **Directions:**

1. Preheat the oven to 350. Spray a 9 X 13 Pyrex dish with non-stick spray.
2. Combine first 11 ingredients and mix well.
3. Add the final 3 ingredients (4, if adding walnuts), and mix until incorporated. Spread batter into the Pyrex dish and bake for 30 min.

Makes 24 squares.

Nutrition (without walnuts): 1 square = 47 calories, .7 g fat, 8 g carbs, 3.7 g protein

Nutrition (with walnuts): 1 square = 63 calories, 2.3 g fat, 8 g carbs, 4 g protein

## Raisin Oat Bars

- 1 Tablespoon olive oil
- 5 sweet potatoes, washed
- 4 cups quick oats
- $\frac{3}{4}$  cup almond milk mixed with 1 Tablespoon lemon juice
- $\frac{1}{4}$  cup ground flaxseed
- $\frac{1}{2}$  cup maple syrup
- 1 Tablespoon Cinnamon
- 1 Tablespoon nutmeg
- $\frac{1}{2}$  cup raisins
- $\frac{1}{2}$  cup raw, unsalted almonds, chopped
- pinch sea salt

### Directions

Preheat oven to 350 F. Lightly coat a baking pan with coconut oil. Use a fork to prick the potatoes and place in oven until tender. Remove from the oven and cool. When cool, remove peels and place in a mixing bowl. Add remaining ingredients and mix well. Press into a lightly greased baking pan. Bake for 30 to 35 minutes or until lightly golden on top. Remove from heat and cool. Cut into squares and serve.

<http://racheljoyolsen.com/recipes/breakfast/raisin-oat-bars/>

### **Oat Bars (1)**

- 1 Tablespoon olive oil
- 5 sweet potatoes, washed
- 4 cups quick oats
- $\frac{3}{4}$  cup almond milk mixed with 1 Tablespoon lemon juice
- $\frac{1}{4}$  cup ground flaxseed
- $\frac{1}{2}$  cup maple syrup
- 1 Tablespoon Cinnamon
- 1 Tablespoon nutmeg
- $\frac{1}{2}$  cup raisins
- $\frac{1}{2}$  cup raw, unsalted almonds, chopped
- pinch sea salt

### **Directions**

1. Preheat oven to 350 F. Lightly coat a baking pan with coconut oil.
2. Use a fork to prick the potatoes and place in oven until tender. Remove from the oven and cool.
3. When cool, remove peels and place in a mixing bowl. Add remaining ingredients and mix well.
4. Press into a lightly greased baking pan. Bake for 30 to 35 minutes or until lightly golden on top.
5. Remove from heat and cool. Cut into squares and serve.

## **Oat Bars (2)**

Servings: Makes 10 bars

- 2/3 cup chopped, pitted dates
- ½ cup water
- 2 tablespoons nut butter
- 1 ¼ cup quick oats
- ½ cup white whole wheat flour
- ½ teaspoon cinnamon
- 2/3 teaspoon baking powder
- 1/8 teaspoon sea salt

### **Directions**

1. Preheat oven to 375 degrees.
2. Place 1/3 cup of the dates and all of the water into a blender jar. Process until smooth. Add the nut butter and process again. Set aside. Combine the remaining ingredients, except for the reserved dates, in a medium bowl.
3. Add the mixture from the blender jar and the remaining dates and mix until just moistened.
4. Spread into a silicone 8 x 8 inch baking pan, smoothing the top with a spatula. Bake until firm and lightly brown around the edges, 18-20 minutes. Cool in the pan, then loosen edges and invert entire pan over a flat platter. Cut into about 10 bars. Place in a ziplock bag and store until ready to eat.

Hints: Use egg replacer in place of the nut butter for a lower fat bar; you will need about 2 tablespoons liquid egg replacer. Applesauce also works well, but I've found that peanut butter is a favorite with children. These may be individually frozen for use in school lunch boxes; they take about 2 hours to thaw.

### **Gluten-Free Oatmeal Protein Bars - Charity Lighten**

- 2 cups rolled oats
- 1 cup almond butter
- 2 tablespoons hemp seeds
- 2/3 cup soy protein powder (I used non-GMO vanilla flavor)
- ½ cup honey
- ½ cup applesauce
- ¼ cup semi-sweet chocolate chips (preferably dairy-free)
- 1 teaspoon cinnamon
- pinch of salt

#### **Directions**

1. Roast the oats in the oven for 15-20 minutes at 350F.
2. Let them cool and then combine all of the ingredients in a mixer. This makes a thick “dough”, and I used my dough hook to mix it thoroughly.
3. Spread the dough in a greased 9×13 pan and bake at 350F for 20 minutes until golden brown.

## **Banana Oat Bars – Joel Fuhrman**

Serves: 8

- 2 cups quick-cooking rolled oats (not instant)
- 1/2 cup unsweetened shredded coconut
- 1/2 cup raisins or chopped dates
- 1/4 cup chopped walnuts
- 2 large ripe bananas, mashed
- 3/4 cup finely chopped apple
- 2 tablespoons ground flax seeds

### **Directions**

Preheat oven to 350 degrees F. Mix all the ingredients in a large bowl until well combined. Press into a 9-by-9-inch baking pan and bake for 30 minutes. Cool on a wire rack. When cool, cut into squares or bars.



## **Vitamix Granola Bars**

- 1/4 cup (50 g) wheat berries or 1/2 cup (60 g) whole wheat flour
- 1/4 cup (28 g) wheat germ
- 1/2 cup (70 g) raw almonds
- 1 cup (155 g) rolled oats
- 1 medium to large apple, seeded, cubed or 1 1/8 cups (210 g) unsweetened applesauce
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 3 Tablespoons (45 ml) honey or agave nectar
- 1/2 cup (60 g) dried cranberries or cherries

### **Directions**

1. Place wheat berries, wheat germ, almonds, and oats into the Vitamix Dry Grains container and secure lid.
2. Turn machine on and slowly increase to speed to High.
3. Blend for 30 seconds. Turn machine off. Pour out into bowl.
4. Place apple into the Vitamix Dry Grains container and secure lid.
5. Turn machine on and slowly increase speed to Variable 10, then to High. Blend for 35-40 seconds or until consistency of applesauce.
6. Pour into bowl with dry ingredients. Add salt, cinnamon, vanilla, honey, and cranberries to mixture.
7. Mix gently by hand to combine. Spread into greased 8-inch x 8-inch pan.
8. Bake for 25 minutes in a 350°F oven.
9. If using wheat berries, blend for 45-60 seconds in step 4.

## Raw Chocolate Protein Energy Bars

Yield: about 12 bars

- 1 cup nuts (I used half almonds and half walnuts)
- 10-13 dates – make sure they're moist
- 1/2 cup chocolate protein powder
- 2 T cacao powder
- 1/4 tsp sea salt
- handful of cacao nibs for garnish □

### Directions

1. Put the nuts, sea salt, cacao powder and protein powder in the food processor and blend until fine.
2. Pit dates and add them one at a time with your food processor running. When the batter starts to clump together, you've got it just right. □
3. Turn out into a 8×8 pan and press down to flatten. You can moisten your hands a bit for this if it's sticky. Sprinkle with cacao nibs and cover.
4. Refrigerate for an hour and they're ready to go. They are actually done right when you first make them and will hold up at room temp, but they're better and firmer cold.

<http://thebettyrocker.com/raw-chocolate-protein-energy-bars/>

## Apple Pie Oatmeal Cookies

These soft cookies are very lightly sweetened. If you prefer them sweeter, try adding a little stevia with the dry ingredients.

- 2 teaspoons chia seeds or ground flax seeds
- 4 tablespoons warm water
- 2 cup regular or quick oats (use certified gluten-free, if necessary)
- 1/4 cup raisins
- 1 1/2 teaspoon pumpkin pie spice (see Notes)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt (optional)
- 1 large apple, cored and chopped
- 2 ounces pitted and chopped dates (about 4 medjool dates or 1/4 cup packed chopped dates)
- 1/8 cup water
- 1 teaspoon apple cider vinegar

### Directions

1. Preheat the oven to 375.
2. In a small bowl, combine the chia seeds (or ground flaxseed) with the warm water and set aside until thickened.
3. In a dry blender or food processor, grind one cup of the oats. Pour it into a mixing bowl and add the unground oats, pumpkin pie spice, baking soda, and salt. Stir in the raisins.
4. Place the apple, dates, 1/8 cup water, and apple cider vinegar in the blender. Blend until it's about the consistency of apple sauce. Pour it into the oat mixture along with the chia "egg" and stir to combine.
5. Drop by rounded tablespoons onto a baking sheet lined with a silicon mat or parchment paper. Flatten each cookie slightly with a fork. Bake for about 12 minutes. Cool on a wire rack before serving.

### Notes

Pumpkin pie spice is a combination of cinnamon, ginger, nutmeg and cloves or allspice, with cinnamon being the main ingredient. You can replace it with 3/4 teaspoon of cinnamon and 1/4 teaspoon each of ginger, nutmeg, and allspice (or a pinch of cloves instead of allspice).

Makes 18, Nutrition (per 1 cookie): 59 calories, 7 calories from fat, <1g total fat, 0mg cholesterol, 100.8mg sodium, 89.5mg potassium, 12.3g carbohydrates, 1.7g fiber, 4.9g sugar, 1.4g protein. If you omit the raisins, each cookie contains 52 calories. Without salt, each cookie contains 36.2mg sodium.

## Coconut Breakfast Cake

Makes 1 large loaf

- 1 cup spelt or white flour
- 1/4 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 tsp Ener-g (or 2 Tablespoon ground flax) (If you must, you can omit. The loaf just won't rise as much. If you do use Ener-g or flax, just add the powder with the dry ingredients.)
- 1/4 cup plus 2 Tablespoon xylitol or sugar (or brown sugar or coconut sugar)
- 1/8 tsp uncut stevia (or 4 packets nunaturals stevia, or 1/4 cup more sugar)
- 2 and 1/4 tsp pure vanilla extract
- 1 cup (240g) crushed pineapple, drained (You can sub ripe banana)
- 1/2 cup full-fat canned coconut milk (see nutrition link below, for a lower-fat option)
- optional ingredients: chopped macadamia nuts or walnuts, shredded coconut

### Directions

1. Preheat oven to 350 F.
2. Combine all wet ingredients. In a separate bowl, combine dry and stir well. Mix dry into wet, but don't over mix.
3. Pour into a greased or sprayed loaf pan, and cook for 35-38 minutes. Let cool at least ten minutes before going around the sides with a knife and removing from loaf pan.

### Coconut Cake Calories and Nutrition Facts

This recipe makes one big loaf. I bet you could do mini loaves as well! Info is for 14 slices, and it includes the full-fat canned coconut milk. (Yes, there is a difference between canned and carton coconut milk. Do not use them interchangeably if a recipe calls for canned.)

Lower-calorie version: I know some of you crazy-kins don't like coconut milk or are afraid of the (healthy!) fats it contains. So I will tell you that you can substitute a different milk—such as almond milk or non-canned coconut milk—for all of the coconut milk called for in this recipe. Of course I recommend the full-fat version if you want the yummiest results, especially since it really doesn't make that big of a difference per slice. But if you really want to try the lower-cal version, it can be done.

Nutrition Facts per slice: Calories: 65 (or 50 calories per slice if using the lower-cal version) Fat: 2 grams (or 0 grams if using the lower-cal version) Cholesterol: 0 mg Fiber: 1.5 grams Carbs: 13.5 grams Protein: 1.5 grams

Random fact: Thanks to the pineapple and spelt, this loaf is also very high in Manganese, supplying almost 30% of the RDA in one slice! (Maganese helps with the absorption of other nutrients, and it's also good for bone health, thyroid function, and nerve health.)

### **Breakfast Banana Loaf (Serves 10)**

- 1/2 cup canola oil
- 1/4 cup strawberry preserves, jam, or jelly
- 1/2 cup granulated vegan sweetener
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 2 teaspoons baking powder
- 2 1/2 cups all-purpose flour
- 1 cup soymilk
- 3/4 cup mashed very ripe bananas
- Vegetable oil spray to prepare pan

#### **Directions**

1. Preheat oven to 350 degrees.
2. In a medium-sized mixing bowl, stir together the oil, preserves, sweetener, and vanilla. Then, stir in the cinnamon, salt, and baking powder.
3. Blend in the flour, alternating with the soymilk, beginning and ending with the flour. Lastly, blend in the bananas.
4. Spray a 9" x 5" loaf pan and spoon batter into pan. Bake for approximately 40 minutes or until a toothpick inserted into the center just comes out clean. Cake should pull away slightly from the sides of the pan. Serve warm.

Total calories per serving: 293 Fat: 12 grams Carbohydrates: 43 grams Protein: 4 grams

Sodium: 263 milligrams Fiber: 1 gram

## **Zucchini Muffins**

- ½ cup coconut flour
- ½ cup almond flour
- 1 cup Bob's Red Mills gluten-free all-purpose flour
- ½ cup flax meal
- 2 tsp baking powder
- 2 tsp baking soda
- ½ tsp xanthum gum
- 1 tsp sea salt
- 2 tsp cinnamon
- 1 Tablespoon ground ginger
- ½ cup coconut oil, melted at room temperature or low heat
- ¾ cup agave nectar
- ¾ cup rice milk
- 1 Tablespoon vanilla powder or extract
- 2 cups zucchini, shredded

### **Directions**

1. Preheat oven to 325. Line 12-cup muffin tin with parchment paper liners.
2. In a medium bowl, whisk together the flour, flax meal, baking powder, baking soda, xanthum gum, sea salt, cinnamon, and ginger. Add the oil, agave nectar, rice milk and vanilla to the dry ingredients and stir until batter is smooth. Using a plastic spatula, gently fold in the zucchini just until evenly distributed throughout the mixture.
3. Pour 1/3 cup batter into each prepared cup, almost filling it. Bake the muffins on the center rack for 22 minutes. Depending on your oven you may need to bake them for 5 more minutes. The muffins will be completed when you insert a toothpick and it comes out clean.
4. Let the muffins standing the tin for 15 minutes, then transfer them to a wire rack and cool completely. Store the muffins in an airtight container at room temperature for up to 3 days.

## High Fiber, Lower Carb Maple Morning Muffins

The ground flax seed in this muffin recipe acts as an excellent vegan egg replacer, and also provides healthy flax oils and fiber.

- 1/2 cup oat bran
- 1/2 cup whole wheat pastry flour
- 1/3 cup whole soy flour
- 1/3 cup oatmeal (rolled oats)
- 1/3 cup wheat bran
- 1/3 cup ground flax seed
- 1 tablespoon baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- 1/4 tsp salt
- 1 tsp vital wheat gluten OR 2 TB starch (cornstarch, tapioca starch, arrowroot)
- 1/2 cup raisins and/or walnuts and/or other dried fruit

### Wet Ingredients:

- 1-1/4 cups applesauce
- 1/3 cup maple syrup (or an equivalent amount of your preferred dry sweetener plus 1/4 cup water)
- 1 tsp vanilla (optional)
- 1 or 2 Tablespoons oil (optional)

### Instructions

1. Combine all of the dry ingredients in a large bowl, and stir with a whisk or spoon to combine thoroughly.
2. Pour in the applesauce, maple syrup (or other sweetener and water), and optional oil.
3. Mix gently, just enough to combine. Do not over mix. It's OK to leave a few dry lumps.
4. Spoon batter into a lined muffin tin, and bake at 350 degrees for about 18 minutes, or until the tops turn golden.

### Hints:

We've tried to use ingredients that are readily available. But it's also a very flexible recipe. So if you don't have both the wheat bran and the oat bran, simply substitute with more of the one you do have. If you don't have either, substitute with more oatmeal. Or if you are missing any of the first 5 ingredients, just substitute with more whole wheat pastry flour. Be sure to buy your flax seed fresh, and in small quantities. It's best to grind it at home just before use. Or store it in the freezer, because the healthy flax oils start to oxidize and go bad the moment they are ground and exposed to air. Be careful that any products you buy containing flax seed are strictly fresh. A good rule of thumb to remember is: the healthier a seed or oil is, the faster it will go bad.

## **Low-Fat Blueberry Muffins** - Susan Voisin

Servings : 12

- 2 cups flour
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 2/3 cup sugar
- 1/2 Tablespoon Ener-G Egg replacer mixed with 2 Tablespoons water
- 1/2 teaspoon vanilla
- 3/4 cup soy milk — or rice milk
- 3/4 cup applesauce
- 2/3 cup blueberries — fresh or frozen (measured then defrosted)

### Directions

Preheat the oven to 400 degrees. Sift the first 5 ingredients together, and then add all the wet ones. Mix just until moistened. Fold in the blueberries and then fill muffin cups (paper-lined or sprayed) full. Bake 20 minutes.

Nutrition Facts: 141 calories, 4 calories from fat, <1g total fat, 0mg cholesterol, 227.5mg sodium, 59.1mg potassium, 31.6g carbohydrates, 1.1g fiber, 12.6g sugar, 2.7g protein, 2.6 points.

<http://fatfreevegan.com/blog/2010/03/02/low-fat-blueberry-muffins/>



## **Blueberry Muffin Bread**

- 2 cups spelt, all-purpose, or Bob's gf flour (250g)
- 1/2 tsp plus 1/8 tsp salt
- 2 tsp baking powder
- 1/2 tsp cinnamon, optional
- If using gf flour, add 1 tsp guar gum
- 1/2 cup xylitol or sugar of choice (100g)
- pinch stevia or 2 extra tbsp. sugar
- 1 cup milk of choice (240g)
- 1 tbsp. white or apple cider vinegar (15g)
- 2 tsp pure vanilla extract
- 3 tbsps. coconut or vegetable oil (30g)
- 1 1/2 cups blueberries (200g)

### **Directions**

1. Preheat the oven to 350F, and grease a 9x5 loaf pan.
2. In a large measuring bowl, stir together the first 7 ingredients (plus guar gum, if using).
3. In a separate measuring bowl, whisk together all liquid ingredients except the blueberries.
4. Pour wet into dry, stir until just evenly combined, then add the blueberries and VERY gently stir them in only until evenly mixed. Do not over-stir, as this would break the blueberries and you'd end up with purple bread.
5. Pour into the loaf pan and bake 45 minutes on the middle rack.
6. Do not open the door, but turn off the oven and let the bread sit inside the oven for another 30 minutes.
7. Makes 10 big, fat slices.

## **Vegan Whole Wheat Banana Blueberry Muffins**

12 muffins

- 1 1/2 cups overripe (fully brown) mashed bananas (about 3 large, 4 medium)
- 1/3 cup almond milk (original unsweetened)
- 1/2 cup maple syrup (or 1/4-1/3 cup honey or agave as they are sweeter)
- 1 tsp apple cider vinegar
- 1 tsp vanilla extract
- 2 cups whole wheat flour (or ww pastry flour or GF flour)
- 3/4 tsp baking soda
- 1/2 tsp salt
- 2 tsp ceylon cinnamon (or reg cinnamon)
- 1/4 tsp ground nutmeg
- 1 cup frozen blueberries

### Directions

1. Preheat oven to 400 degrees F/ 204 C.
2. Combine wet ingredients in a large size bowl and mix together.
3. Combine dry ingredients (except for blueberries) into a medium size bowl and whisk together.
4. Add dry ingredients to wet ingredients and stir just until combined. Gently fold in the blueberries.
5. Spoon batter into non-stick silicone muffin trays or a lightly oil spritzed muffin tin.
6. Bake for 25-30 minutes until a knife or toothpick in the middle comes out clean.
7. Allow to cool for 10 minutes and then turn out onto a cookie rack to completely.
8. Serve.

Additional Tips: For a truly sugar free version you can try using more banana and omit the maple syrup/sweetener. For a whole food sweetener you can blend pitted dates with some water to make your own date syrup.

## **Clean Eating Banana Honey-Oat Muffins**

Makes 12 muffins

- coconut oil or non-stick spray to grease muffins tins
- 2 ripe bananas, mashed
- 2/3 cup vanilla unsweetened almond milk (or organic skim)
- 1 egg
- 3/4 TBSP baking powder
- 1/2 cup applesauce
- 1 tsp cinnamon
- 2 cups quick oats or old fashioned oats, ground in food processor
- 1 tsp vanilla extract
- 2 to 3 Tablespoons raw honey
- 1/2 cup fresh fruit, diced (suggestions: blueberries, strawberries, blackberries, peaches, apples)
- All natural peanut butter for serving (optional)

### **Directions**

1. Preheat oven to 375 degrees. Liberally grease muffins tins with coconut oil. Combine all ingredients in a medium mixing bowl.
2. Fill muffins tins almost to the top. Bake for 25-30 minutes. Serve immediately warm with peanut butter. Store in refrigerator for up to a week or freeze for up to 6 months.

<http://www.topateonyourplate.com/2013/01/clean-eating-banana-honey-oat-muffins.html>

## **Fat Free Whole Wheat Vegan Banana Bread**

1 loaf (12 slices)

- 1 1/2 cups overripe mashed bananas (about 3 large, 4 medium)
- 1/3 cup almond milk
- 1/2 cup maple syrup (or 1/4-1/3 cup honey or agave because it's sweeter)
- 1 tsp apple cider vinegar
- 1 tsp vanilla extract
- 2 cups whole wheat flour (or other whole grain, or gluten free)
- 3/4 tsp baking soda
- 1/2 tsp salt
- 2 tsp ceylon cinnamon
- 1/4 tsp nutmeg
- Note: for a sweeter (more traditional) loaf you can add an additional 1/4 cup brown sugar

Directions:

1. Preheat oven to 350F.
2. Combine wet ingredients in a large size bowl and mix together.
3. Combine dry ingredients into a medium size bowl and whisk together.
4. Add dry ingredients to wet ingredients and stir just until combined. If you want to add some dry ingredients such as fruit or nuts gently fold them in now.
5. Pour batter into a non-stick silicone loaf pan or a lightly oil spritzed metal loaf pan. Use a spatula to smooth out the top. Sprinkle additional cinnamon on top if desired.
6. Bake for 50-60 minutes until a knife in the middle comes out clean.
7. Allow to cool for 10 minutes and then turn out onto a cookie rack to completely before slicing.
8. Serve.

Additional Tips: If you tend to have bananas that ripen and then turn black before you can use them, you can peel them and place them in a bag or in a plastic container in the freezer. Then take them out and thaw them for this recipe.

### **Pumpkin Bread** (Serves 12)

- 1 cup canned pumpkin
- 1/4 cup water
- 2 Tablespoons unsweetened applesauce
- 1 Tablespoon molasses
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 3 cups whole wheat bread flour
- 1/2 cup raisins
- 1-1/2 teaspoons active dry yeast

Total Calories Per Serving: 133 Fat: 1 gram

### **Banana Bread** (Serves 12)

- 3 ripe bananas, peeled and mashed
- 1/4 cup water
- 1 Tablespoon molasses
- 1/2 teaspoon salt
- 1 teaspoon cinnamon (optional)
- 2 Tablespoons wheat gluten
- 1/2 cup 7-grain dry cereal
- 2-1/4 cups whole wheat bread flour
- 1-1/2 teaspoons yeast

Total Calories Per Serving: 136 Fat: 1 gram

### **Cinnamon-Apple Bread** (Serves 12)

- 1-1/4 cups unsweetened applesauce
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1-1/2 cups rolled oats
- 1-1/2 cups whole wheat bread flour
- 1-1/2 teaspoons active dry yeast
- 1/2 cup raisins (or diced dried apples)

Total Calories Per Serving: 120 Fat: 1 gram

## Cinnamon Roll Pie

- 2 3/4 cups All Purpose Flour
- 3 tablespoons Granulated Sugar
- 1 teaspoon Baking Powder
- 1/2 teaspoon Baking Soda
- 1/4 teaspoon Salt
- 3/4 cup Earth Balance Soymilk, vanilla
- 2 teaspoons Apple Cider Vinegar
- 6 tablespoons Earth Balance Buttery Spread, melted
- 1/4 cup Maple Syrup

### FILLING:

- 1 cup Brown Sugar
- 5 tablespoons All Purpose Flour
- 1 tablespoon Cinnamon
- 6 tablespoons Earth Balance Buttery Spread, melted
- 1 1/2 cups Pecans, chopped

### GLAZE:

- 1 ounce Vegan Cream Cheese
- 1 tablespoon Earth Balance Soymilk, vanilla
- 2/3 cup Powdered Sugar

### Directions

1. Dough: In a small bowl, combine soymilk and apple cider vinegar and set aside.
2. In a large bowl, combine 2 1/2 cups of the flour, sugar, baking powder, baking soda, and salt.
3. Add soymilk, melted buttery spread, and maple syrup to flour and stir to combine.
4. Once the dough gets too hard to stir, begin to incorporate ingredients with your hand. If the dough is too sticky, gradually add remaining 1/4 cup flour and knead into dough until it is easier to handle. Knead dough 2 minutes.
5. Filling: In a bowl, combine brown sugar, flour, and cinnamon. Add melted buttery spread and stir to combine.
6. Glaze: In a small bowl, stir together cream cheese, soymilk, and powdered sugar until creamy. Set aside.
7. Preheat oven to 400 degrees. Roll out 2/3 of the dough and put into your 9 inch standard pie pan.
8. Spread 2/3 filling over the bottom of dough. Sprinkle 1 cup of the pecans over filling.
9. Roll remaining 1/3 of dough into a large enough circle to cover your pecans and place into pan.
10. Spread remaining 1/3 of filling over this layer of dough and sprinkle the rest of the pecans on top.
11. Bake for 20 – 30 minutes or until dough is nice and golden. Let cool a bit then drizzle glaze over top.

<http://mjr.earthbalancenatural.com/recipe/cinnamon-roll-pie/>



### **Strawberry Syrup**

- 2 cups frozen strawberries, hulled
- 1 tsp fresh lemon juice
- 3 tbsp honey or other sweetener

#### **Directions**

Add ingredients to blender jar in order listed. Secure lid and blend (blendtec: select "Syrups.")

Servings 7.0 Sodium 0 mg Serving Size ¼ c Carbohydrates 11 g Calories 40 Fiber 1 g Fat 0 g Sugar 9 g Saturated Fat 0 g Protein 0 g Cholesterol 0 mg

- See more at: [http://www.blendtec.com/recipes/strawberry\\_syrup#sthash.qNLEJvvB.dpuf](http://www.blendtec.com/recipes/strawberry_syrup#sthash.qNLEJvvB.dpuf)

### **Citrusy Cranberry Syrup**

- 1 cup fresh cranberries
- 2 oranges, peeled and halved
- 1/2 cup orange juice
- 1/3 cup agave nectar

#### **Directions**

Add ingredients to blender (blendtec: WildSide) jar in order listed. Secure lid and select "Whole Juice."

Servings 12.0 Sodium 0 mg Serving Size Carbohydrates 12 g Calories 46 Fiber 1 g

## **Vegan Sour Cream**

- 1 Package Of Lite Silken Tofu(firm) Crumbled
- 1 tablespoon/s Canola Or Olive Oil
- 5 teaspoon/s Teaspoons Lemon Juice (fresh Is Best)
- 2 teaspoon/s Teaspoons Mild Vinegar
- 2 teaspoon/s Teaspoon Sweetener (any You Want)
- 1/2 teaspoon/s Salt

### **Directions**

Place all ingredients in a food processor fitted with metal blade. Process several minutes, until very creamy and smooth. Will stay fresh, tightly covered in the refrigerator, for about 5 days.

You may have to tweak the sweet to sour ratio according to the brand of tofu and kind of vinegar you use. Make sure you process it until it reaches a very creamy texture. Different brands of tofu will differ in how long that takes.



## **Thick Cashew Cream**

- 1 cup raw cashews or macadamia nuts (120g)
- 1/3 cup to 3/4 cup water, depending on how thick you want your cream (For homemade cashew milk, use 3 cups water)

### **Directions**

1. In a bowl, cover the cashews with water and let sit at least 3 hours (no longer than 8).
2. Drain completely, then combine the drained cashews with the water and blend until very smooth (a full minute in a blender or longer in a food processor) scraping down the sides occasionally.
3. For a sweet cream, add pure vanilla extract, salt, and sweetener (if using 3/4c water, add 1/8 tsp salt and 1/2 tsp vanilla. Also add 1 to 2 tablespoons sugar or maple syrup, or a pinch of stevia, or a few dates. For a savory vegan cream, add a little salt and perhaps some lemon juice, miso, fresh or dried herbs, etc.
4. This recipe lasts 3-4 days in the fridge, or it can be frozen. Makes up to 1 1/2 cups cashew cream.

### **Vegan Cool Whip (Coconut Whipped Cream)**

- 1 can full-fat coconut milk (or coconut cream)
- sugar, stevia, or powdered sugar to taste
- optional: fruit (banana whipped cream, anyone?)

#### **Directions**

1. Open coconut milk; if it's not already super-thick, leave the can (or transfer to a bowl) uncovered in the fridge overnight. Try not to shake the can too much before opening. It should get very, very thick. (If it doesn't, you've gotten a bad can that won't work for the recipe. I recommend Thai Kitchen Organic. Trader Joe's coconut cream works perfectly for this recipe as well. Hint: shake the can when you're at the store. If you can hear the liquidy contents swishing around, it's probably too thin to work for this recipe.
2. Once thick, transfer only the thick creamy part to a bowl and whip in your sweetener with a fork, or beaters if you want to be really fancy and get stiff peaks like real whipped cream!

### **Chocolate Frosting Shots (Variation of above recipe)**

- 1 can full-fat coconut milk or coconut cream
- 1/4 cup plus 1 tbsp cocoa powder or cacao powder
- 1/2 tsp pure vanilla extract
- sweetener of choice to taste (Use stevia or powdered sugar for thickest results)

#### **Directions**

1. Open your coconut milk, and if it's not already super-thick, leave the can (or transfer to a bowl) uncovered in the fridge overnight. Try not to shake the can too much before opening. It should get very, very thick. (If it doesn't, you've gotten a bad can that won't work for the recipe. I recommend Thai Kitchen Organic. Hint: shake the can when you're at the store. If you can hear the liquidy contents swishing around, it's probably too thin to work for this recipe. Or if you want a no-fail option, buy coconut cream instead, at Trader Joes or an Asian market.)
2. Once thick, transfer only the creamy part to a bowl, leaving the watery part out. Whip in your cocoa, vanilla, and sweetener with a fork, or even beaters if you want to be fancy. Stored uncovered in the fridge, the mixture gets even thicker.

Serve in parfait glasses, as frosting, etc.