

# **Session 6**

## **Quick Fun Healthy Delicious Meals in Minutes**

# Appetizers and Salads

### **Raw Vegan Ranch Dressing**

- 1 cup cashews, soaked and rinsed
- 1 cup water
- 4 tsp apple cider vinegar
- 3 tsp dried parsley
- 1-1/2 tsp dried chives
- 1 tsp salt
- 3/4 tsp dried dill
- 3/4 tsp garlic powder
- 3/4 tsp onion powder
- 1/2 tsp ground mustard
- 1/4 tsp pepper

#### **Directions**

Soak the cashews for several hours and rinse. Place all ingredients in blender and blend.

***Session Tested!***

### **Food Processor Cole Slaw**

If you are making this for a party, double this recipe.

- ½ small white cabbage
- ¼ small red cabbage
- 2 carrots
- ½ red onion
- ½ cup good quality mayonnaise
- Freshly ground black pepper and small pinch of salt

#### **Directions**

1. Cut the cabbage in half (so that you have 2 quarters) then remove the core before finely slicing it. If you prefer you can pop it in a food processor to make things even easier! Put the cabbage into a large bowl then do the same with the red cabbage.
2. Wash and peel the carrots. Julienne or grate them using food processor. Add to the bowl with the cabbage.
3. Finely slice the onion into and add to everything else.
4. Add a small sprinkling of salt and freshly ground black pepper then add the mayonnaise.
5. Stir everything together so that it is all evenly coated in the mayonnaise then keep in the fridge until ready to serve.

<http://vanillacloudsandlemondrops.blogspot.ca/2012/08/our-favourite-coleslaw.html>

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### **Mediterranean Garbanzo Bean Salad**

- 2 15 oz. cans of garbanzo beans, drained and rinsed well
- 1/2 purple onion, finely diced
- 4 Tbsp. red wine vinegar
- 1/2 tsp. sea salt
- 1/2 tsp. ground black pepper
- 1/2 tsp. ground turmeric
- 1 Tbsp. chili powder
- 1 tsp. smoked paprika
- 1 6 oz. can of black olives, drained and roughly chopped
- 1 cup diced tomatoes
- 1/8 cup fresh chopped mint

#### **Directions**

In a mixing bowl, combine the onion, vinegar, salt, pepper, turmeric, chili powder, and paprika. Stir well. Add in the beans, olives, tomatoes, and mint. Taste. You may want to add more salt and pepper or even a dash of cayenne if you like it spicy. Chill.

#### **Notes**

If you are making this dish ahead of time, add the mint right before you are going to serve it. It can become bitter if left in overnight. You can use dried beans in this recipe. Just hydrate, cook, drain, and chill before using.

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## **Creamy Golden Carrot Soup**

- 4 tbsp. extra virgin olive oil
- 1 medium onion, diced
- 1 lb. carrots, peeled and sliced
- 3 medium size red potatoes, peeled and diced
- 5-6 cups of water
- Salt to taste
- Fresh herbs for garnish such as parsley, dill, or chives

### **Directions**

Heat the olive oil in a large pot and add in the diced onions and a pinch of salt. Sauté until the onions get pretty soft. Add in the sliced carrots and sauté until they get a little soft, about 10 minutes. Next add in the potatoes, toss together and add in 5 cups of water. Bring to a simmer and let simmer for about 30 minute or until the potatoes are fork tender.

Working in batches, blend the soup in the blender until smooth. Return to the pot and season more with salt and add more water if you need to thin it out.

### **Chickpea Salad Lettuce Tacos (Serves 6)**

- 6 leaves of romaine lettuce
- 1 15oz. can of garbanzo beans, drained and rinsed
- 1/2 cup vegan mayo
- 1/4 cup grated carrot
- 1/4 cup diced celery
- 2 stems of green onions, sliced
- 1/8 cup chopped parsley
- 1 tsp. paprika
- salt and pepper

#### **Directions**

With a fork, in a medium bowl, mash the chickpeas and vegan mayo together. Mix in all the other ingredients and add salt and pepper to taste. Scoop a spoonful on to each lettuce leaf and serve chilled.

This recipe can be made ahead of time and kept in the fridge.

### **Italian Zucchini Carpaccio (Serves 4)**

- 3 zucchini
- 1 clove garlic, finely minced
- 1 tsp. apple cider vinegar
- 1 tbsp. olive oil
- 3 mint leaves, finely chopped
- a pinch of salt

#### **Directions**

Using a mandolin, slice the zucchini into paper thin rounds. Place in a bowl with all the other ingredients and stir well. Serves slightly chilled.

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### **Chopped Asian Salad (Sharon Dangles – Kris Carr Site)**

- 1 cup kale, finely chopped
- 1 cup leafy green of choice
- 1 cup carrots, chopped
- 1 cup sprouts of choice
- 1 cup snap peas, chopped
- 3 scallions, diced
- 1 avocado, ½ for salad and retain ½ for dressing
- 2 tablespoons sunflower seed butter or tahini
- ½ teaspoon garlic powder
- juice of 1 lime
- 1 tablespoon apple cider vinegar
- 1 teaspoon natural sweetener
- ¼ cup water

#### **Directions**

Place the kale in a large mixing bowl. Massage with hands until it becomes wilted. Literally “massage the kale” and it will get tender – about 2 minutes. Add greens, avocado, carrots, snap peas, sprouts and scallions to bowl with kale. To make the dressing, combine ½ of the avocado, 2 tablespoons sunflower butter or tahini, garlic, lime juice, vinegar, sweetener and water. Toss the salad ingredients in this dressing before serving.

### **Raw Carrot Falafel** (Gena Hamshaw via Kris Carr Web Site)

- 1 cup sesame seeds
- 1/2 teaspoon sea salt
- 1 1/2 cups carrot pulp from juicing or 1 1/2 cups finely grated carrot, squeezed firmly between paper towels to remove excess moisture
- 2 cloves garlic, minced
- 1 tablespoon freshly squeezed lemon juice
- 1/4 teaspoon ground cumin (optional)
- 2 tablespoons flax meal
- 1/4 cup fresh curly parsley

#### Directions

1. Grind the sesame seeds and sea salt in a food processor until finely ground.
2. Add the carrot pulp, garlic, lemon, cumin, if using, and flax, along with 1/3 cup of water. Process until the mixture is smooth.
3. Add the parsley to the processor and pulse to combine.
4. Shape the mixture into twelve small patties. Dehydrate at 115° F for 6 hours, flipping once through.
5. Or, preheat the oven to 350°. Bake the falafel for 15 minutes. Flip and cook for another 10 minutes, or until golden brown on both sides. Top with tangy tahini sauce, and serve.
6. Stored in an airtight container in the fridge, both dehydrated and baked falafel will keep for up to 4 days. They can also be frozen.

## **Nacho Cheese**

- 1 cup raw cashews
- 2 cups purified water
- 1 tsp. lemon juice
- 1/2 cup nutritional yeast
- 1/2 tsp. sea salt
- 1/2 tsp. garlic granules
- 1/2 tsp. onion powder
- 2 tsp. chili powder
- 1 tbsp. smoked paprika
- a pinch of cayenne

Soak the raw cashews in a bowl of water about an inch over the top of the nuts. Let sit for 1-2 hours. Drain and rinse. Add to a high-powered blender along with all the other ingredients and puree until smooth. You might have to add a little more water if the cheese mixture is too thick.

# Entrees

## **Giada Tomato Sauce**

- 1/2 cup extra-virgin olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped
- 2 (28 to 32-ounce) cans crushed tomatoes
- 4 to 6 basil leaves
- 2 dried bay leaves
- Sea salt and freshly ground black pepper to taste
- 4 tablespoons unsalted butter, optional

### **Directions**

In a large casserole pot, heat oil over medium high heat. Add onion and garlic and sauté until soft and translucent, about 2 minutes. Add celery and carrots and season with salt and pepper. Sauté until all the vegetables are soft, about 5 minutes. Add tomatoes, basil, and bay leaves and simmer covered on low heat for 1 hour or until thick. Remove bay leaves and check for seasoning. If sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors.

Add half the tomato sauce into the bowl of a food processor and process until smooth. Continue with remaining tomato sauce. If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.

### **Jack's Notes:**

This is a super quick recipe and makes outstanding, award-winning tomato sauce. Prepare the night before and leave in refrigerator for the best tasting sauce!

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## **Giada Fresh Pasta**

- 2 cups cake flour (jack uses all all-purpose flour)
- 1 cup all-purpose flour, plus extra for dusting
- 4 large egg yolks, at room temperature
- 1/8 teaspoon kosher salt
- 1/4 cup extra-virgin olive oil
- Water as necessary

### **Directions**

1. Place the cake flour, all-purpose flour, egg yolks and salt in a food processor. Pulse to combine. With the machine running, gradually add the oil then 1/3 to 1/2 cup water until the mixture forms a dough (the dough should stick together if pinched between your fingers). If necessary, add additional water, 1 teaspoon at a time if the dough is too dry.
2. Place the dough on a lightly floured surface. Gather the dough into a ball and knead until the dough is smooth, 5 to 8 minutes. Cover with plastic wrap and let sit on counter for 30 minutes.
3. Cut the dough into quarters and press flat. Run each piece of pasta dough several times through a pasta-rolling machine, adjusting the setting each time. Cut the pasta into the desired shape and use as needed. To roll pasta by hand, cut chilled dough into quarters and use rolling pin to roll out the dough until 1/8 to 1/16-inch thick.
4. Place in salted boiling water. Wait until water regains boiling state and cook for two minutes. Drain, but NEVER RINSE the pasta!

### **Jack's notes:**

Jack's pasta recipe is easy to remember: 1 egg + 3/4 cup of flour + 1 Tbsp. olive oil for one large portion; multiply by the number of desired portions. Lately I have been using the yolks, not the egg whites, and then add water to reach desired consistency. Using water in place of the whites makes the dough a bit easier to handle. But either way, the recipe works perfectly. See following recipe.

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## **Jack's Pasta Dough**

Per portion/serving:

- 1 large whole egg
- 3/4 cup all-purpose flour, sifted
- 1/4 tsp salt
- 1/2 tsp olive oil
- Water as needed

### **Directions**

1. Combine egg, flour, salt, and olive oil in food processor. Mix until mixture looks like coarse meal. Pinch mixture, if it sticks together without being sticky, you're done. If too sticky, add flour. If too dry to stick together, add water.
2. Pour loose mixture onto counter and knead into a ball. Knead until smooth.
3. Wrap in wax paper or plastic wrapper and let sit for 20 to 30 minutes on counter (not refrigerator).
4. Cut into manageable pieces, roll out each piece using rolling pin, and then process with pasta maker.
5. To cook, drop into salted boiling water. When water returns to boiling, cook for two minutes. Drain, but NEVER RINSE the pasta!

Note, the dough will be very stiff and not wet! Also, if you prefer to not use eggs, fine. Use water to replace eggs. You can also add cooked spinach, tomato sauce, etc. This is not rocket science. Just make sure that the finished dough, prior to processing in pasta maker is stiff and not sticky or wet to the touch.

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## **All Purpose Pizza Dough – Wolfgang Puck**

- 1 package active dry yeast
- 1 1/2 cups warm water (105 to 115 degrees F.)
- 1 tablespoon honey
- 2 tablespoons extra-virgin olive oil, plus additional for brushing the pizza crusts
- 3 cups all-purpose flour (will require more)
- 1 teaspoon salt

### **Directions**

1. Using a stand mixer: Combine the flour and salt and add it to the yeast mixture all at once. Mix it together using the paddle attachment, then change to the dough hook. Knead at low speed for 2 minutes, then turn up to medium speed and knead until the dough comes cleanly away from the sides of the bowl and clusters around the dough hook, about 5 minutes. Hold on to the machine if it bounces around. Turn out onto a clean work surface and knead by hand for 2 or 3 minutes longer. The dough should be smooth and elastic. When you press it with your finger it should slowly spring back, and it should not feel tacky. Kneading the dough by hand: Mix together the yeast, honey, water and olive oil as directed in a medium-size or large bowl. Combine the flour and salt. Fold in the flour a cup at a time using a large wooden spoon. As soon as you can scrape the dough out in one piece, scrape it onto a lightly floured work surface and knead it for 10 minutes, adding flour as necessary until the dough is smooth and elastic.
2. Using a food processor: Mix together the yeast, honey, water and olive oil in a small bowl or measuring cup. Place the flour and salt in a food processor fitted with the steel blade. Pulse once or twice. Then, with the machine running, pour in the yeast mixture. Process until the dough forms a ball on the blades. Remove the dough from the processor and knead it on a lightly floured surface for a couple of minutes, adding flour as necessary, until it is smooth and elastic.
3. Transfer the dough to a clean, lightly oiled bowl, rounded side down first, then rounded side up. Cover the bowl tightly with plastic wrap, and leave it in a warm spot to rise for 30 minutes (you can leave it for up to an hour). When it is ready the dough will stretch as it is gently pulled.
4. Divide the dough into 2 to 4 equal balls, depending on how large you want your pizzas to be. Shape each ball by gently pulling down the sides of the dough and tucking each pull under the bottom of the ball, working round and round the ball 4 or 5 times. Then, on a smooth, unfloured surface, roll the ball around under your palm until the ball feels smooth and firm, about 1 minute. Put the balls on a tray or platter, cover with pan-sprayed plastic wrap or a damp towel, and leave them to rest for at least 30 minutes. At this point, the dough balls can be covered with plastic wrap and refrigerated for 1 to 2 days.
5. Preheat the oven to 500 degrees F. Place a pizza stone in the oven to heat. In the meantime, press out the dough to a circle 7 to 8 inches in diameter for small pizzas, 12 to 14 for larger pizzas.

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### **Jack's Pizza Sauce**

- 1 28 oz. can peeled tomatoes (plum, roma, etc.)
- 1 tsp salt
- 1 tsp onion powder
- 1 Tbsp. Italian Seasoning

#### **Directions**

1. Place tomatoes in large bowl and smash with potato masher, or lightly process in food processor. Add seasonings.
2. Place 1/4 to 1/2 cup of sauce on 12" pizza. Cover with cheese, green / red peppers, fresh tomato slices, and bake pizza at 500F for 10 to 12 minutes.

This recipe makes enough sauce for two or three 12" pizzas. Refrigerate leftover sauce and use with pasta, etc.

Optionally, spread thin layer of tomato paste over pizza dough before applying sauce.

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### **Cauliflower Fettuccine Alfredo (Serves 4)**

- 1 large head of cauliflower
- 3 cups vegetable broth
- 2 tbsp. vegan butter (I use Earth Balance)
- 1 tbsp. olive oil
- 1/2 onion, sliced
- 6 cloves of garlic, sliced
- 1/4 tsp. nutmeg
- 1/2 tsp. salt
- fresh ground pepper to taste

#### **Directions**

1. Cut off bottom leaves of the cauliflower and cut out the toughest part of the core. Then break the cauliflower down into florets. Boil them with the vegetable broth uncovered until the cauliflower is very soft and tender. About 15 minutes.
2. While the cauliflower is cooking, heat a large frying pan and sauté the onion and garlic with the Earth Balance and olive oil until soft.
3. When both are done, using a slotted spoon, remove all the cauliflower from the broth and place in a blender or food processor. Add 1 cup of the cooking broth, all the contents of the frying pan, the nutmeg and salt. Puree on high until very smooth, 3-4 minutes. Add a little more broth at a time if it needs to be thinned. Add pepper to taste.
4. Serve with fettuccine and serve warm.

### **Amazing Alfredo** (Allison Rivers Samson)

- 1 cup raw cashews
- 2 tablespoons raw pine nuts
- 1-1/2 cups water
- 4 teaspoons fresh lemon juice
- 1 teaspoon minced garlic
- 1/16 teaspoon ground nutmeg
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper, plus more to taste
- 4 cups cooked fettuccine (or other pasta of your choice)
- 3 tablespoons freshly minced parsley

#### Directions

1. In a blender, grind cashews and pine nuts into a fine powder. Add water, lemon juice, garlic, nutmeg and salt. Blend until completely smooth.
2. Transfer sauce to a small saucepan over medium heat and whisk as you bring to a boil. Reduce heat to low and simmer for 7 minutes, whisking regularly. Stir in black pepper.
3. Serve over hot pasta and garnish with parsley and fresh ground pepper to taste.

### **Mac n Cheese with a Nacho Chip Crust (Serves 6)**

- 1 lb. of pasta (can be gluten free)
- 1 1.5oz. Tortilla chips
- 1 large head of cauliflower
- 4 cups vegetable broth
- 2 tbsp. extra virgin olive oil
- 1/2 onion, sliced
- 6 cloves of garlic, sliced
- 1/2 cup raw cashews, soaked in water for two hours and rinsed
- 1/2 cup nutritional yeast
- 1 tbsp. smoked paprika
- 1/2 tsp. sea salt
- fresh ground pepper to taste

#### **Directions**

1. Cut off any bottom leaves of the cauliflower and cut out the toughest part of the core. Then break the cauliflower down into florets. Boil them with the vegetable broth covered until the cauliflower is soft and tender. About 15 minutes.
2. While the cauliflower is cooking, heat a large frying pan and sauté the onion and garlic with the olive oil until soft.
3. When both are done, using a slotted spoon, remove all the cauliflower from the broth and place in a blender or food processor. Add 3 cup of the cooking broth, all the contents of the frying pan, the rest of ingredients. Puree on high until very smooth, 1-3 minutes. Add a little more broth at a time if it needs to be thinned. Add salt and pepper to taste.
4. Toss the hot, cooked pasta in with the cheese mixture, adding a little at a time until the pasta is covered with a little extra. Pour into a baking dish and top with 1/2 cup crumbled nacho chips. Bake for 10 minutes in a heated 400F oven. Serve immediately.

## **Best Ever Vegan Mac & Cheese**

This rich and creamy macaroni and cheese is the ultimate comfort food. Vegan and Gluten-Free

- 8oz macaroni noodles, cooked (use gluten-free, as required)
- 3/4 cup raw cashews
- 1-3/4 cups almond or soy milk
- 1/4 cup canola oil
- 1-1/2 tbsp. cornstarch
- 1/4 cup nutritional yeast
- 2 tbsp. light (yellow or white) miso paste
- 1 tbsp. lemon juice
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- pepper, to taste

### **Directions**

1. Place cashews in the food processor and finely grind (just don't let the cashews turn to a paste). Set aside.
2. In a heavy saucepan, combine milk, oil and cornstarch. Bring to a simmer over high heat. Decrease heat to low, cover and simmer, stirring occasionally for 10 minutes, or until cornstarch dissolves.
3. Using a whisk or large fork, stir in the ground cashews, nutritional yeast, miso paste, lemon juice, onion powder, garlic powder and salt until well combined.
4. Add the cashew cheese to the macaroni noodles, drizzle with truffle oil (if using) and serve.
5. Optional: For a baked version, preheat oven to 325 and place macaroni mixture in a 8" square baking dish. Cover and bake 20 minutes. Uncover and sprinkle with 1/2 cup herbed bread crumbs. Continue baking, uncovered, for 15-25 minutes until topping is golden brown.

<http://vegangel.com/2011/04/27/best-vegan-mac-and-cheese/>

# Desserts

### **Lennie's Food Processor Shortbread**

- 1 cup butter, cold
- 1/2 cup icing – confectioner's sugar
- 1/2 cup cornstarch
- 1 1/2 cups flour
- 1/2 teaspoon vanilla

#### **Directions**

1. Chop cold butter into chunks.
2. In Cuisinart fitted with metal blade, process butter with icing sugar until well creamed, about one minute; you may have to scrape down the sides.
3. Add remaining ingredients and process with several on/off turns, just until dough is well mixed and begins to gather together in a ball around the blade.
4. Wrap dough in wax paper and put it in the fridge, and make up a second batch with the remaining 1/2 pound of butter (1 cup butter= 1/2 pound); I then put that dough in the fridge and proceed with the first batch I made.
5. Raw dough keeps well in the fridge for several days.
6. Shape rounded teaspoonful's of dough into small balls.
7. Place on an ungreased cookie sheet (shiny is best) and flatten, using a fork dipped in icing sugar, cookie press dipped in icing sugar, or a cherry or nut (halved).
8. Optional: Place colored sprinkles or colored sugars on top of cookies before baking.
9. Bake at 350 degrees for 12-15 minutes, watching carefully; edges should be very lightly browned.

Yield: 40-50 cookies.

### **Jack's Triple Berry Pie**

- 5–6 cups frozen berries (24 oz. of Townsend's Triple Berry Blend)
- 1 cup sugar
- 3 Tbsp. quick tapioca
- 1 Tbsp. flour
- 1 Tbsp. cornstarch
- Juice of ½ fresh lemon
- Pinch of salt
- 2 9" Piecrusts

#### **Directions**

1. Preheat oven to 400F.
2. Place berries in colander and rinse with warm water and place in bowl.
3. Sprinkle the sugar and lemon juice on top. Mix.
4. Add the tapioca and flour/cornstarch to the fruit and gently toss or stir.
5. Place fruit-mixture into the pie shell and sprinkle with a pinch of salt.
6. Roll top crust over mixture, pinch to seal, and cut five slits to allow steam to escape.
7. Place pie pan on baking sheet (catch spills) and bake for 40 to 45 minutes, or until bubbly and crust is golden.
8. Serve plain or with whipped cream or ice cream

***Session Tested!***



### **Jack's Pie Crust**

- 2-2/3 cups all-purpose flour
- 1 tsp salt
- 1 to 2 Tablespoons sugar
- 2 sticks Butter (or 1 cup fat: half butter, half vegetable shortening for example)
- 1/2 cup ice water (may require more)

#### **Directions**

1. Place dry ingredients in food processor and blend. Add fat, and blend for 6 seconds until coarse meal.
2. Add water and pulse until dough comes together. Remove from bowl and shape into two disks. Refrigerate for 30 minutes to 1 hour (or use immediately)
3. Roll between two layers of floured wax paper.

Blind baking: Prick pastry with fork. Refrigerate for 30 minutes. Preheat oven to 400F. Line pastry shell with parchment paper and fill with uncooked beans or rice. Bake for 12 minutes. Remove paper / beans and bake for 6 minutes.

***Session Tested!***

### **Hershey's Perfect Chocolate Cake –Half Recipe**

- 1/4 Cup Oil
- 1 tsp vanilla
- 1/2 cup boiling water
- 1 egg
- 1/2 cup milk
- 1/2 tsp salt
- 1 cup flour
- 1 tsp baking soda
- 1 tsp baking powder
- 3/8 cup cocoa
- 1 cup sugar

#### **Directions**

1. Heat oven to 350F. Grease and flour one 8" or 9" cake pan
2. Combine sugar, flour, cocoa, baking powder, baking soda, and salt in large bowl.
3. Add eggs, milk, oil, and vanilla. Beat for two minutes.
4. Add boiling water. Batter will be thin.
5. Pour batter into pans and bake for 30 to 35 minutes.

## Mocha Macaroons (Alina)

- 2 egg whites
- 2 cups shredded unsweetened coconut
- 1 cup all-purpose baking mix (see next page)
- Sweetener equivalent to 1 cup sugar (Alina uses 3/4 cup Xylitol)
- 1/4 cup + 2 tablespoons unsweetened cocoa powder
- 2 teaspoons instant coffee granules
- 1/4 teaspoon sea salt
- 1/2 cup canned coconut milk

### Directions

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In large bowl, with an electric mixer on high speed, beat the egg whites until stiff peaks form.
3. Fold in coconut, baking mix, sweetener, cocoa, coffee granules, and salt. Stir in the coconut milk until evenly distributed.
4. Use a cookie scoop or tablespoon to scoop mixture into mounds on the baking sheet. Bake for 15 minutes or until slightly firm to the touch.

Per cookie: 113 calories, 3 g protein, 5 g carbohydrates, 10 g total fat, 6 g saturated fat, 3 g fiber, 56 mg sodium.

## Chia Gel as an Egg Substitute

If you have an egg allergy, are vegan, or simply don't want to use egg whites...chia gel is an ideal substitute for eggs. To replace one large egg, combine one tablespoon of chia seeds with three tablespoons of water. Whisk and let sit until the gel forms, about fifteen minutes.

Jack's note: I use Ener-G egg replacer for similar recipes. It is well known and easy to use egg substitute for baking.



### **All-Purpose Baking Mix (Alina)**

Makes 5 cups

- 4 cups almond meal/flour
- 1 cup ground golden flaxseed
- 1/2 cup coconut flour
- 2 teaspoons baking soda
- 1 teaspoon ground psyllium seed (optional)

#### **Directions**

In a large bowl, whisk together the almond meal/flour, flaxseed, coconut flour, baking soda, and psyllium seed. Store the mixture in an airtight container, in refrigerator.

Per 1 tablespoon: 40 calories, 2 g protein, 2 g carbohydrates, 3 g total fat, 0 g saturated fat, 1 g fiber, 33 mg sodium.

# Mayonnaise

## **Homemade Mayonnaise Using Egg Substitute**

- Egg substitute to equal 1 egg – usually 1/4 cup (or 1 whole egg\* for a traditional version)
- 1 scant teaspoon prepared mustard
- cayenne pepper, optional
- 1/4 teaspoon salt
- 1 cup Canola oil (I also like flaxseed oil)
- 3 teaspoons fresh lemon juice

### **Directions**

1. Have all the ingredients at room temperature before you start; this helps greatly in getting a good firm Mayonnaise.
2. Put the egg or egg substitute, mustard, cayenne pepper (if using), and salt in a blender; blend at high speed for about 20 seconds.
3. Very slowly add the oil in droplets through the top of the blender with the blender on medium speed until you begin to see an emulsion (usually about 1/3 cup of the oil will be added before an emulsion forms). Continue blending until all the oil has been blended with the egg, and mayonnaise is thick and creamy. Blend in lemon juice just until mixed. Refrigerate.

You can also flavor your mayonnaise with different herbs for a nice touch.

### **Egg Beaters Mayonnaise Made With a Stick Blender**

- 1/4 cup Egg Beaters Original egg substitute (I used it cold)
- 1 Tablespoon Lemon Juice (bottled OK)
- 1 teaspoon Distilled White Vinegar
- 1 teaspoon Dry Mustard (or 1/4 tsp prepared yellow mustard)
- 1/4 teaspoon Table Salt
- dash White Pepper
- 1 cup Vegetable Oil, room temperature (canola, corn oil, etc.\*)

#### **Directions**

1. Pour 1/4 cup Egg Beaters into bottom of 16-oz canning jar or other tall narrow jar that allows you to immerse the mixing blades of a stick blender all the way to the bottom. The jar should be only slightly wider than the end of the stick blender.
2. Add Lemon Juice, distilled white vinegar, dry mustard, table salt and white pepper.
3. Place mixing blades of stick blender (turned off) all the way to the bottom of the jar, pressing down over the Egg Beaters and Spices.
4. Add 1 cup of Vegetable Oil while holding the end of the stick blender in place over the Egg Beaters and Spices.
5. Turn stick blender on high speed, while holding it in place at bottom of jar for about 5 seconds, until you see mayonnaise form under stick blender's mixing blades.
6. Slowly pull the running stick blender upward until the mixing blades reach the top of jar, taking about 5-seconds more. Turn off stick blender. The stick blender will turn the Vegetable Oil and Egg Beaters into mayonnaise as it is pulled slowly to the top of the jar.
7. Store the Egg Beaters Mayonnaise in an airtight container in the refrigerator.

Makes about 1-1/4 cups

### **Egg Beaters Mayo Recipe 2**

- 1/4 cup Egg Beaters
- 1/2 teaspoon fine salt
- 1/2 teaspoon dry mustard
- 2 pinches sugar
- 2 teaspoons fresh squeezed lemon juice
- 1 tablespoon white wine vinegar
- 1 cup oil, canola

## **Homemade Mayonnaise**

- 2 eggs
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 1/2 teaspoon sugar
- 1 teaspoon dry mustard
- 1 scant teaspoon salt
- Pinch of cayenne
- 1 cup canola, peanut, vegetable, or pure olive oil, not extra-virgin

### **Directions**

1. Heat the egg yolks, lemon juice, water, and sugar in a small skillet over very low heat, stirring and scraping the bottom of the pan constantly with a spatula. At the first sign of thickening, remove the pan from the heat but continue stirring. Dip the pan bottom in a large pan of cold water to stop cooking.
2. Scrape into a blender, blend for a second or so, then let stand uncovered at least 5 minutes to cool.
3. Add the dry mustard, salt, and cayenne if using. Cover and, with the blender running, drizzle the oil in very slowly at first, down the center hole into the egg mixture.
4. Transfer mayonnaise to a clean container and chill immediately. This will keep for at least 7 days refrigerated.



## **Real Mayonnaise**

Have everything at room temperature. To the bowl of your food processor, with the steel blade at ready, add:

- 2 egg yolks
- 1 whole egg
- 1 Tbsp. French style mustard
- grind of black pepper, or bit of white or red
- pinch of salt
- juice of lemon

### **Directions**

Turn on food processor, and let run for 10-15 seconds. Then, while still running, dribble in 2 cups oil.

Use corn, peanut or other oil. For the distinctive taste, some or all of the oil can be olive. Be careful though, in a Mayonnaise made with all olive oil, if the oil is the least bit heavy the Mayonnaise will be a heavy thing indeed. When all the oil has been added, shut off the machine and taste the Mayonnaise. You might want to add a bit more lemon juice or salt. This is also the time to add a bit of Tarragon, or a few chives, maybe a tiny touch of a fine curry powder, or anything else that might give it a distinctive flair. Whirl it few more seconds, and scrape into a stainless steel or glass bowl. Enjoy fresh and warm, or chill well before using.

### **Homemade Mayonnaise** Yield 1 cup

- 1 egg yolk or whole egg
- 2 teaspoons Dijon mustard
- Salt and freshly ground black pepper
- 1 tablespoon lemon juice or sherry or white wine vinegar
- 1 cup neutral oil or extra virgin olive oil, or a combination

#### Directions

Put the yolk or egg, mustard, salt, pepper and lemon juice or vinegar in the container of a food processor and turn the machine on. While it's running, add the oil in a slow, steady stream. (Your food processor should have a teeny hole you may never have noticed in the insert -- the "food pusher" -- in the top; if it doesn't, you might want a different food processor.). When an emulsion forms you can add it a little faster. (Again, the little hole makes this unnecessary.) Taste and adjust seasoning if necessary.

Garlic Mayonnaise (Aioli) — Add 2 or more (as many as 8) cloves of garlic, to taste. Oil should be made up of at least half olive oil. Chile Mayonnaise — Add 1 or 2 dried chilis, like ancho, Thai, or chipotle, soaked in warm water until soft, then drained, patted dry, and stemmed and seeded. (Or use 1 canned chipotle and a little of its adobo sauce.) Roasted Pepper Mayonnaise — Add 1 roasted red, yellow or orange bell pepper. Green Sauce, French-Style — Add 1 sprig tarragon, about 10 sprigs of watercress (thick stems removed), 10 chives and the leaves of 5 parsley stems. Cold Mustard Sauce — Use 1 heaping tablespoon Dijon-style or whole grain mustard. Thin with a tablespoon or two of cream or sour cream to desired consistency.

## Cuisinart Mayo

- 4 large egg yolks
- $\frac{3}{4}$  teaspoon kosher salt
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- $\frac{3}{4}$  cup grape seed or vegetable oil

### Directions

1. Insert the chopping blade into the work bowl of the food processor. Process the egg yolks, salt, mustard, lemon juice and water until smooth, about 30 seconds.
2. With the machine running, add the first  $\frac{1}{4}$  cup of the oil through the feed tube in a very slow stream, being sure each drop is incorporated into the yolks before adding the next. This step should take about 1 minute. Once the mixture is emulsified and homogenous, slowly add the remaining oil until thick, about 4 minutes. Taste and adjust seasoning accordingly.
3. For fresh herb mayonnaise: process  $\frac{1}{3}$  cup firmly packed fresh herbs (i.e., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil.

## **Vegan Mayo**

- ½ cup lite coconut milk
- ½ cup soft extra-virgin coconut oil
- ¼ cup raw cashew halves
- ½ teaspoon sea salt
- ¼ teaspoon ground turmeric
- 2 tablespoons extra-virgin olive oil
- 3½ tablespoons raw apple cider vinegar

### **Directions**

Blend milk, coconut oil, cashew halves, salt and turmeric on high for 1-2 minutes until smooth and creamy. While blender is still running, slowly drizzle in the olive oil and vinegar. Continue to blend for another 1 minute until oil is nicely emulsified. Pour into a medium-sized bowl and refrigerate for 2 hours before using as a replacement to mayonnaise in just about any recipe your heart desires!

## **Homemade Vegan Mayo Makes 1 1/2 cups**

- 1/2 cup soy milk
- 1/2 teaspoon sea salt
- 1 teaspoon ground mustard
- 2 teaspoons garlic powder
- 2 teaspoons apple cider vinegar
- 2 teaspoons agave
- 1 cup organic canola oil

### **Directions:**

1. Place soy milk, sea salt, ground mustard, garlic powder, vinegar and agave in a blender. Place the lid on the blender and turn to slow.
2. Take the middle part of the blender's lid out while the blender is still running and slowly pour in the canola oil.
3. Place the lid back on and blend until the mayo is thick and creamy.

### **Notes:**

This recipe is awesome as is or you can use it as a base and add whatever flavor you like. More garlic (maybe minced and sautéed in a little canola oil before you add it), wasabi, chives, dill, sun dried tomato, let your imagination run wild and have fun. I suggest using organic canola oil because any canola that isn't organic has likely been Genetically Modified. You can double this recipe for a bigger batch if need be.

### **Homemade Vegan Mayo (makes 3 cups)**

- 1 cup plain soy milk (not vanilla!)
- 2 1/2 cups extra virgin olive oil (the higher the quality, the better results)
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon dry mustard
- 1 teaspoon sea salt, or more to taste
- pinch of onion powder

#### **Directions**

Pour the soy milk into a blender, cover and turn on low. Remove the center cap from the cover and slowly pour the oil in. Continue to run the blender, frequently checking the consistency, until you're satisfied. The longer you leave it in there, the thicker it'll get. Spoon the mixture into a bowl and whisk in the remaining ingredients. Store in a tightly sealed jar for up to a week.

### **Vegan Mayo**

- 1/2 cup Almond milk
- 1 cup 2 tbsp. Canola Oil
- 1/4 tsp of Apple Cider Vinegar
- 1/4 tsp of Agave or Coconut Nectar
- 3/4-1 tsp Sea Salt to personal taste
- 1/2 tbsp. Lemon Juice
- 1/8 tsp Dry Mustard gluten-free

#### **Directions**

Place everything in blender and blend for about 15-20 seconds. Remove lid and scrape down sides, folding the mixture. Blend for an additional 5-10 seconds. The end result will be a rich and creamy mayonnaise mixture, ready to use.

### **Vegan Almond Milk Mayonnaise**

Makes about 1 cup (~6 servings)

- 1/2 cup Silk Pure Almond Unsweetened Original
- 1/4 cup extra virgin olive oil
- 3 Tablespoons ripe avocado
- 1 Tbsp. Dijon mustard
- 1/2 tsp lemon juice
- 1/4 tsp garlic powder
- 1/4 tsp. salt
- 1/4 tsp pepper

Blend all ingredients together in a blender. When smooth, place in a bowl and chill in the fridge (this will continue to thicken the mixture). Store in the fridge up to 5 days.

### **Silk Almond Milk Mayo (Silk Web site)**

- 1/2 cup Silk Unsweetened Original almond milk
- 1/4 cup extra virgin olive oil
- 3 Tbsp. ripe avocado
- 1 Tbsp. Dijon mustard
- 1/2 tsp lemon juice
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper

Combine all ingredients. When smooth, place in a bowl and chill in the fridge (this will continue to thicken the mixture). Store in the fridge up to 5 days

# Calories

## A Few Words Regarding Calories

- Carbs = 4 cal per gram
- Protein = 4 cal per gram
- Fat = 9 cal per gram

## The Metabolic Process

Our bodies "burn" the calories through metabolic processes, by which enzymes break the carbohydrates into glucose and other sugars, the fats into glycerol and fatty acids and the proteins into amino acids. These molecules are then transported through the bloodstream to the cells, where they are either absorbed for immediate use or sent on to the final stage of metabolism in which they are reacted with oxygen to release their stored energy.

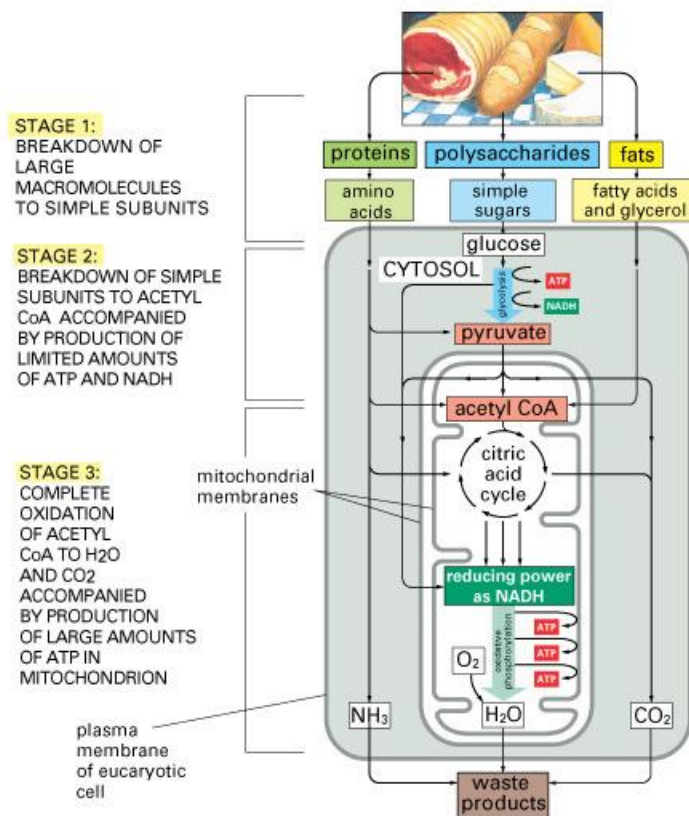


Figure 13-2 Essential Cell Biology, 2/e. (© 2004 Garland Science)



<b>Ingredient</b>	<b>Calories</b>	<b>To Burn Walking</b>
Oil (1 Tablespoon)	120	35 minutes
Oil (1 cup)	1930	525 minutes (9 hours)
Butter (1 Tablespoon)	100	30 minutes
Milk (2%, 8oz)	122	32 minutes
Cheddar Cheese (1 oz.)	113	31 minutes
Cheddar Cheese (1 cup)	450	120 minutes
Mozzarella Part Skim Milk (1 oz.)	72	20 minutes
Soda (Coke) (12 oz. can)	140	40 Minutes
Soda (Coke) (30 oz. cup)	360	95 minutes
Sugar (1 tsp)	15	5 minutes
Sugar (1 cup)	774	200 minutes
Apple	85 to 100	30 minutes
Banana	100	30 minutes
Orange	65 to 90	20 to 30 minutes
Orange Juice (8 oz.)	110	30 minutes
Mango	125	35 minutes
Granola (1/2 cup)	220	60 minutes
Egg (Large, raw)	75	20 minutes
Almonds (12)	81	21 minutes
Pasta, Dry (1 oz.)	106	30 minutes
All-Purpose Flour (1 cup)	440	118 minutes