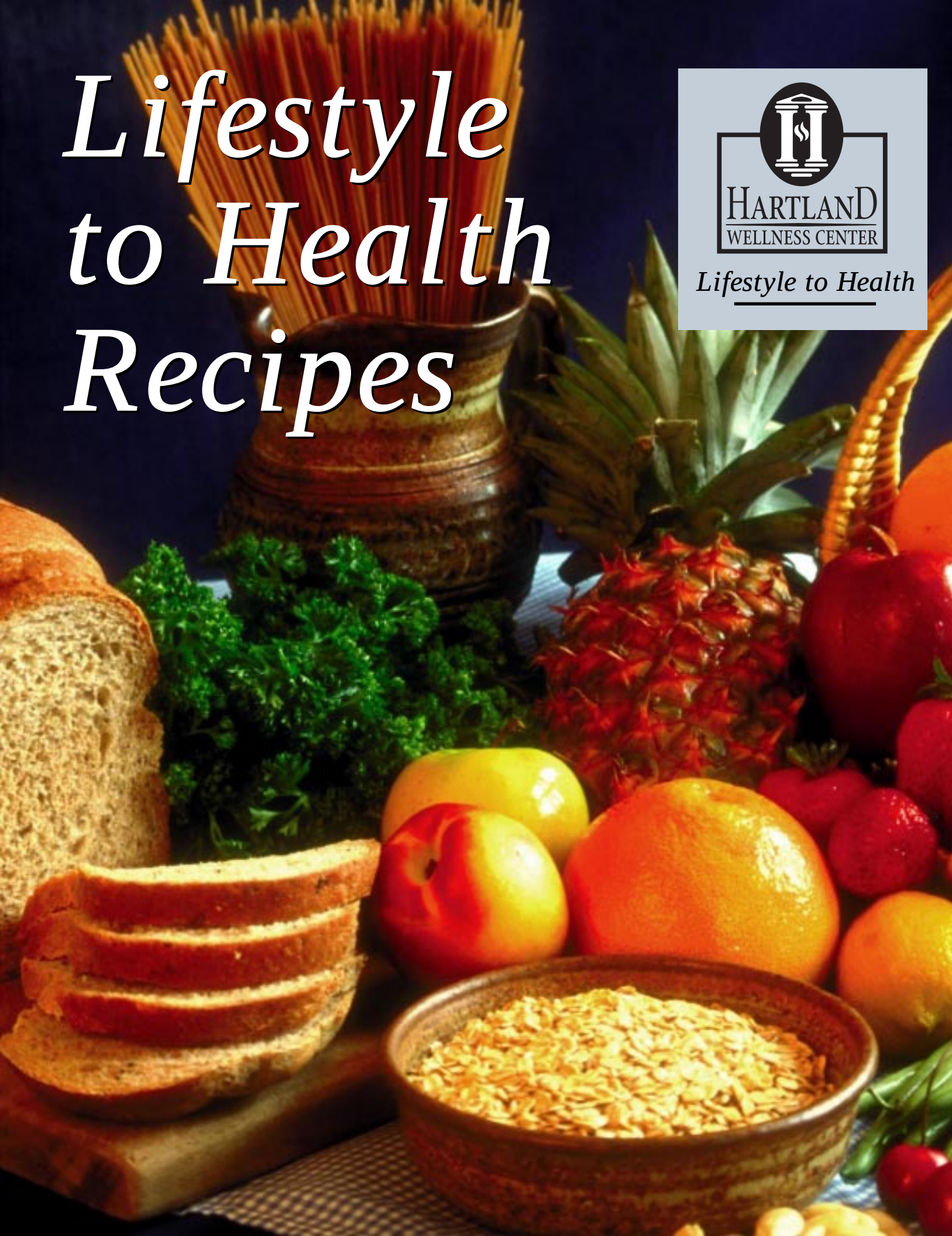
Lifestyle to Health Recipes



HARTLAND WELLNESS CENTER

Lifestyle to Health

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Hartland World Mission
Post Office Box 1
Rapidan VA, 22733-0001
(540) 672-3100

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

Breakfast

All Bran Cereal

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

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

Apple-Oats Casserole

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

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

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

Banana-Almond Cream

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

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

Baked Rolled Oatmeal

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

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

(Recipe continued on next page)

VARIATIONS:
(1) omit dates, and add an entire 20 ounce can of unsweetened crushed pineapple. Mandarin oranges are a nice touch, too.
(2) Use rice or millet. Decrease grain to 2 c. Increase water to 5 1/2 c. Bake 1 hour covered.

Blueberry Muffins

1/4 c. almond butter or tahini
20 oz. can crushed pineapple
1/2 c. honey

WHIZ the above three ingredients in blender until smooth.

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

2 1/2 c. whole wheat pastry flour
1/2 tsp. salt
3 tbsp. Ener-G baking powder

POUR wet ingredients into dry. MIX quickly, being careful not to stir out bubbles. FOLD in 2 c. blueberries. SPOON into muffin tins (paper-lined), and BAKE 30 min. in a 375° oven. ALLOW to cool and remove papers. They are rather gooey right out of the oven. REHEAT when serving.*

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

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

Bread Pudding

8 c. bread chunks, cubes or crumbs
1 tsp. coriander
1/2 c. raisins or chopped dates
1 c. SOY (58) OR NUT (57) MILK
3 c. applesauce
1/4 tsp. salt
Honey or date sugar to taste (opt.)

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

VARIATION: Add chopped apples or canned peaches.

Breakfast Patties

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

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

Corn-Millet Porridge

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

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

VARIATION: ADD 2 cups of diced apples.

Crockpot Cereal

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

Basic Recipe:

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

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

(Recipe continued on next page)

Good combinations are:

1/3 c. rolled oats
1/3 c. barley
1/3 c. brown rice
3 c. water
1/2 tsp. salt
You can throw in a few raisins in the morning.

OR

1 c. cracked wheat
1/4 c. unsweetened coconut
1/4 c. chopped dates
3 c. water
1/2 tsp. salt

OR

1/3 c. millet
1/3 c. barley
1/3 c. rye flakes
3 c. water
1/2 tsp. salt

1/3 c. rolled oats
2/3 c. oat groats
1/2 tsp. salt
3 c. water
(*This turns out just like thick, regular cooked oatmeal)*

Other possibilities are oat groats, wheat berries, quinoa, and amaranth.
For stiffer consistency, use 2 1/2 c. water.
Double or triple recipe for larger crockpots.

Delicious Millet

1 c. millet
4 c. water
1/2 tsp. salt
1/2 c. shredded coconut (unsweetened)
1/2 c. chopped dates

COMBINE all ingredients in a 2 quart casserole dish. BAKE at 350° for 1 hour covered. SERVE hot as a breakfast cereal. SERVES 8.
Delicious with sliced bananas or BANANA-ALMOND CREAM *(1).*

French Toast

1/4 c. dates
1 c. hot water
1 tbsp. quick oats
8 slices of whole wheat bread
1/2 c. cashews
1/4 tsp. salt or less
2 tbsp. orange juice concentrate (opt.)

SOFTEN dates in very hot water. COMBINE dates and remaining ingredients in blender. WHIZ until smooth. DIP bread in batter, and place on baking sheet. BAKE at 350° until golden brown or in nonstick skillet. TOP with fruit sauce. NO CHOLESTEROL!

VARIATION : Use whole wheat pita bread stuffed with canned pears or other fruit and bake. Batter should be slightly thicker for pita bread french toast. A favorite "take-along" breakfast!

Hearty Breakfast Beans

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

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

Indian Cornmeal Delight

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

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

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

Maple-Walnut Granola

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

WHIZ in blender:

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

POUR over:

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

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

Rice Pudding

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

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

Savory Waffles

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

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

Scrambled Tofu - Quick and Easy

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

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

Scrambled Tofu

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

WHIZ in blender:

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

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

Waffles

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

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

Waffles Perfect

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

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

Yummy Granola

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

COMBINE in large bowl.

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

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

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

Breakfast Recipe Notes

Breads, Crackers, & Muffins

Banana Bread, Quick Method

MIX and SET ASIDE:
3 c. whole wheat flour
1/2 c. oat flour
1 tbsp. Ener-G baking powder

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

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

Banana Bundt Bread
Rich, but delicious!

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

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

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

Banana Muffins

MIX and SET ASIDE:

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

COMBINE:

2 1/2 c. whole wheat pastry flour
(or 1/2 whole wheat & 1/2 white flour)
1/3 c. honey
1/4 tsp. cardamon
1 1/2 c. mashed banana
1 tsp. salt
1 tsp. vanilla
1/2 tsp. coriander
1 c. crushed pineapple and juice
3/4 c. nuts

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

Basic Bread

1 c. warm water
1 1/2 tsp. yeast
1 tbsp. honey or molasses
2 tbsp. gluten flour (opt.)*
1 tbsp. tahini
1 tsp. salt
2–3 c. whole wheat flour
(preferably freshly milled)

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

**Adding gluten flour will make lighter bread.*

Biscuits

1 c. warm water
1 tbsp. dry yeast
1 c. unbleached flour or oat flour
2 tbsp. tahini
2 c. whole wheat pastry flour
1 tsp. honey
1 tsp. salt

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

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

Corn Crackers

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

WHIZ in blender until smooth.

ADD:
1 1/4 c. cornmeal
1/2 c. warm water

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

Cornbread I

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

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

Cornbread II

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

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

Date Muffins

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

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

Garlic Bread

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

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

Multi-Grain Bread

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

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

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

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

(Recipe continued on next page.)

STIR in:

Oatmeal mixture
1/2 c. cornmeal
1/2 c. rye flour
3 tbsp. each sunflower seeds and sesame seeds (opt., but nice)
2 tbsp. millet
approximately 5 c. whole wheat flour, gradually

KNEAD in enough flour to make a soft but not sticky dough. Knead for 10 minutes. DIVIDE and shape into 3 loaves. PLACE in sprayed 8"x 5" loaf pans. LET RISE until double. BAKE at 350° for 30–35 minutes.

Orange-Cranberry Bread

1 20 oz. can crushed pineapple, draining all but 1/4 c. juice
1 tbsp. orange zest (grated orange rind)
3/4 c. orange section and juice (1 large orange)
1/4 c. orange or pineapple juice concentrate
1/4 c. honey
1/4 c. tahini
1/4 c. golden raisins
3 c. flour (2 c. whole wheat, 1 c. unbleached)
2 tbsp. Ener-G baking powder
1/2 tsp. salt
1 c. cranberries
1/2 c. chopped walnuts

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

Pita Pocket Bread

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

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

NOTE: Steam escaping pockets can be scalding!

Pita Chips

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

Pumpernickel Bread

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

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

1/2 c. carob powder
3–5 c. rye flour

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

NOTE: Freshly ground flour always makes lighter bread.

Rice Biscuits, Unleavened

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

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

Rye Oat Bread

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

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

Sweet Rolls

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

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

Sweet Roll Icing

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

BLEND all ingredients in blender until smooth.

Tender Oat Muffins (A favorite!)

MIX:

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

ADD:

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

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

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

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

Unleavened Bread Sticks

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

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

Wheat Germ Muffins

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

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

Whole Wheat Batter Rolls

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

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

Zucchini Muffins

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

MIX and SET aside:

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

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

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

How to warm muffins:

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

Non-Dairy Cheese

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

Almond Cream Cheese

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

BLEND all ingredients until smooth. CHILL to congeal.

VARIATIONS:
1. Add 1/4 tsp. garlic powder, 1/2 tsp. onion powder, and 1/2 tsp. dill for a nice herb spread.
2. Add chopped olives and chopped red bell peppers.

American Cheese

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

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

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

Cashew–Pimento Cheese

WHIZ in blender until smooth:
1 c. cashews
1 1/3 c. water
1/4 c. diced pimento or cooked red pepper

ADD and WHIZ briefly:
1 tbsp. onion powder
1/2 tsp. garlic powder
2 tsp. lemon juice
1 tbsp. nutritional yeast flakes
1 1/4 tsp. salt

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

Garbanzo Cheese

2 c. cooked garbanzos
1 c. water
1/2 c. cashews or Brazil nuts (1/4 c. for lower fat)
1 1/4 tsp. onion powder
1 1/2 tsp. salt
1/4 c. lemon juice
1/4 c. nutritional yeast flakes
1/2 c. pimentos (4 oz. canned)
1/8 tsp. garlic powder

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

Jack Cheese

Lower in fat than the American Cheese Recipe.

1/2 c. hot water
1/3 c. Emes unflavored gelatin
2 c. hot cornmeal mush
1/3 c. tahini or cashews
1 1/2 tsp. salt
1/4 c. nutritional yeast flakes
1 tbsp. onion powder
1/4 tsp. garlic powder
1/4 c. lemon juice
1/3 c. pimento (opt.)

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

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

Quick and Easy Pimento Cheese Sauce

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

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

Ricotta Style Filling

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

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

Sesame Sprinkle (Mock Parmesan)

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

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

Spinach Ricotta Filling

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

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

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

Desserts

Almond-Oat Crust

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

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

Apple Burritos

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

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

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

Apple Crisp

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

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

Baked Apples

WASH, CORE, and PLACE in casserole dish:
6 baking apples

STUFF apples with (1 tbsp. per apple):
6 tbsp. raisins, or dates, or both

COMBINE and POUR over apple centers, letting juice run through, filling bottom of the dish:
1 c. apple, pineapple juice, or prune juice
1/2 tsp. coriander
1/4 tsp. cardamom

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

VARIATION: Stuff partly with nuts or granola.

Banana Cream Pie

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

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

Butterscotch Pudding

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

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

Caramel Corn

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

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

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

Carob Bread Crumb Brownies

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

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

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

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

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

(Recipe continued on next page)

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

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

Carob Squares

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

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

Carob-Coconut Cookies

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

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

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

Carob Brownies

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

Mix in small bowl:
1 c. water or SOY MILK (58)
1 c. applesauce
2 tsp. vanilla

(Recipe continued on next page)

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

Carob Fudge Frosting

HEAT in a saucepan 5 minutes or until thick:
1/4 c. water 1/3 c. carob powder

REMOVE from heat.
ADD and CREAM TOGETHER with electric mixer or in food processor:
1/2 c. water
1/2 c. date butter (see index)
1/4 c. smooth peanut butter or almond butter
1 tsp. vanilla
1/8 tsp. salt
1/8 c. soy milk powder
2 tsp. coffee sub. (Roma, Potsum or Pero)

Carob Pudding or Slightly Nutty Pudding

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

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

Carob Sauce I

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

Carob Sauce II

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

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

Carrot Cake

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

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

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

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

Cereal Cookies

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

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

Cheesecake, Tofu I

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

*DRAIN pineapple, and bring juice to a boil. COMBINE cashews, Emes, and hot pineapple juice in the blender. BLEND. While mixture is blending, ADD the honey, salt, and lemon rind. STOP the blender, ADD tofu and remaining ingredients. BLEND till creamy. ADD crushed pineapple to tofu mixture,** and POUR into a 9"x9" dish with the granola on the bottom or crust of your choice. CHILL until set.*
**CRUMB CRUST (30) works nicely also.*

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

Cheesecake, Tofu II

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

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

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

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

Coconut Icing

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

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

Coconut Pudding

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

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

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

Crumb Crust

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

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

Fruit Crisp

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

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

Good 'n Chewy Cookies

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

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

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

Grapenuts Pie Crust

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

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

Irresistible Apples

MIX in medium size bowl with fork:
1/4 c. peanut butter
1/4 c. granola (or more as desired)
1/4 c. honey
1/4 c. ground granola

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

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

Jello

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

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

Layered Millet Pudding

2 c. hot, cooked millet
2 c. crushed pineapple, drained
1 banana
2 tbsp. honey
2 tsp. vanilla
1/4 tsp. salt
1 c. granola
Fruit (fresh or frozen: peaches, bananas, strawberries, blueberries etc.)

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

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

Lemon Cake

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

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

FOLD in wet ingredients with dry just until mixed. Do not over mix.
POUR into oil-sprayed and floured Bundt pan.
BAKE in oven preheated to 350° for 40 minutes or until toothpick comes out clean.

Light and Luscious Lemon Pie

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

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

Lightly Salted Popcorn

Not sweet, just crunchy!

Unpopped popcorn
1 c. water
1/8 c. salt
nutritional yeast flakes (opt.)

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

Macaroon Coconut-Oat Crust

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

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

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

Macaroons

SOAK together for 5 minutes, then BLEND.
1 c. dates
1 c. boiling water

ADD:
2 tbsp. honey
1/2 tsp. salt
1 tsp. vanilla
2 1/2 c. fine coconut
2 tbsp. unbleached white flour

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

Peanut Butter Pie

Serve with carob sauce for a real treat!

BLEND in blender very well:
1 lb. silken tofu
1/2 c. peanut butter
1/2 c. honey
1/4 tsp. vanilla
1/8 tsp. salt
1/4 c. water

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

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

Pumpkin Cookies

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

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

Pumpkin Pie

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

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

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

Quick & Easy Pie Crust

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

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

Simple Lemon Pie

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

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

Vanilla Cream

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

BLEND and CHILL.

Whipped Tofu Topping

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

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

Smoothies

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

The Smoothie Basic

PLACE in blender:
1/4–1/2 c. fruit juice (pineapple, grape, orange or tangerine) OR nut or soy milk.
PLACE cover on blender: TURN blender on high and ADD through funnel on top:
1 1/2 c. frozen banana chunks (peel and slice ripe bananas before freezing)
1 c. frozen fruit: strawberries, blueberries, raspberries, peaches, pears, papaya, pineapple, etc., as desired.
1/4 tsp. vanilla (optional) or 1/8 tsp. of other extracts such as coconut, almond, pineapple, mint, etc.
1–2 tsp. lemon juice (intensifies fruit flavor), if desired.

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

The Smoothie Combination

STRAWBERRY
1/4–1/2 c. orange juice
1 1/2 c. frozen banana chunks
3 c. frozen strawberries

PIÑA COLADA
pineapple juice
frozen bananas
crushed pineapple
1/8 tsp. coconut extract

CAROB-PEANUT BUTTER
apple juice or milk
peanut butter
carob powder

Just plain banana is good, too!

Smoothie Serving Suggestions

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

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

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

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

Make in juicer.

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

Smoothies Recipe Notes

Entrees

Baked Tofu

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

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

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

Black Beans and Rice

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

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

Bread Stuffing

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

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

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

Bushnell's Beans

SOAK overnight, POUR off water and COOK until just tender, or cook on low in crockpot overnight.
2 c. mixed dry beans, pinto and great northern
6 c. water

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

ADD during last 30–40 minutes of cooking:
4 lg. stalks chopped celery

Esau's Pottage

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

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

Garden Burgers

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

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

Hacienda Beans

2 1/4 c. kidney or pinto beans (1 pound)
2 tsp. salt
3 tbsp. NO ALARM CHILI POWDER (68)
1 green pepper, diced
1/3 c. tomato paste
1/3 c. bulgur wheat
7 c. water
1 medium onion, diced
2 cloves garlic, minced

SOAK beans. POUR off water. SIMMER with 7 c. water in saucepan until soft, about 2 hours. ADD remaining ingredients. COOK about 30 minutes longer or until onion and peppers are cooked. YIELDS 7 cups.*
**May cook in crockpot overnight on low. Add remaining ingredients in the morning and continue to cook.*

NOTE: may need more water.

Lasagna

7 c. SPAGHETTI SAUCE (73)
or ready-made spaghetti sauce
plus 1/2 c. water
1 recipe RICOTTA STYLE FILLING (21)
1/2 pound uncooked lasagna noodles
3/4 c. PIMENTO CHEESE (cashew or quick and easy) (20 or 21)

MAKE layers in a 9"x13" pan, starting with a layer of tomato sauce, then a layer of uncooked noodles, then the full recipe of the RICOTTA STYLE FILLING. *TOP with another layer of noodles. END with the remaining tomato sauce. COVER and REFRIGERATE overnight. TOP with pimento cheese in decorative pattern. BAKE at 350° for 35–60 minutes or until the noodles are tender, and lasagna is set. For best results, allow to cool, to set, and reheat.*

** For low-fat VARIATION: PUT a layer of steamed vegetables after tofu layer.*

Lentil Patties

2 c. cooked lentils, pureed
1 onion, chopped fine
1 1/2 c. bread crumbs
2 1/2 c. cooked brown rice
1/2 c. walnuts, chopped fine
1 tsp. salt
1/4 tsp. sage
2 tbsp. soy sauce or Bragg Liquid Aminos
NUT MILK (57) as needed

COMBINE all ingredients, except nut milk, and mix well. ADD only enough milk to allow mixture to be formed into patties. PLACE patties on sprayed baking sheet and BAKE 30 minutes at 325°.

Mexican Hat

WHIZ in blender until smooth:

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

Additional ingredients:

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

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

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

Mighty Mac

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

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

VARIATION: use as a casserole with gravy.

Millet Loaf or Patties

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

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

Mizidra

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

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

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

Noodle Vegetable Casserole

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

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

Oatmeal Patties

BLEND the following:
1/2 c. cashews
2 c. water

COMBINE with:

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

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

Pita Pizzas

Quick & easy, delicious & nutritious!

Whole wheat pita bread
Spaghetti or pizza sauce
QUICK & EASY PIMENTO CHEESE SAUCE (21)
Toppings

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

Princess Loaf

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

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

Soy-Oat Patties

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

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

Sprout Burgers

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

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

Stroganoff

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

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

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

HEAT through. SERVE over baked brown rice or pasta.

Stuffed Pita Pockets

Baked "Egg Rolls"

Whole wheat pita bread
"Egg roll" filling of your choice (chopped cabbage; carrots; onions; garlic; tofu, steamed and seasoned with unfermented soy sauce)

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

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

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

Sunburgers

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

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

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

Tamale Loaf

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

STEW first 6 ingredients 20 minutes. MIX together the remaining ingredients. ADD to tomato mixture. COOK until thick. BAKE in 9" x 9" inch casserole dish for one hour at 325°.
** Taste for salt. If using canned tomatoes, they are usually already salted.*

Texas Barbecue Beans

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

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

Tofu Burritos

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

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

Tofu "Meatball" Spread

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

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

Tofu Quiche

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

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

Vegetable Chow Mein

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

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

VARIATION: Add 1 can pinapple chunks, drained.

Vegetables Oriental Glaze

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

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

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

Wheat-Walnut Patties

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

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

You'll Like It Rice

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

STEAM onions in small amount of water. ADD to peas, water chestnuts, olives and Bragg's. MIX with rice and bake in casserole at 350° for 15–20 minutes.
VARIATION: Use cooked quinoa instead.

Zucchini Patties

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

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

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

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

Gravies

Cashew Gravy

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

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

Chicken-Style Gravy

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

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

Grandma's Brown Gravy

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

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

Simple Corn Gravy

2 1/2 c. steamed corn
1 1/2 c. cashews*
3 c. water
1 1/2 tsp. lemon juice
1 tsp. salt

BLEND all ingredients until smooth. COOK over medium heat until thickened, stirring constantly.
**For low-fat gravy, use 1/2 c. cashews, 1 c. cooked cornmeal mush or millet, and 2 tbsp. cornstarch or arrowroot.*

Gravies Recipe Notes

Jams, Jellies, & Fruit Sauces

Blueberry Jam

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

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

Blueberry Sauce

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

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

Date Butter

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

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

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

Favorite Pineapple Jam

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

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

Fruit Sauce for One or Two

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

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

Grape Jelly

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

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

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

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

Lemon Sauce

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

MIX together until dissolved:
2 tbsp. cornstarch
1/4 c. pineapple juice

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

Peach Sauce

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

WHIZ peaches in blender, adding juice to desired consistency.

Prune Jam

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

SIMMER prunes and orange juice for 5 minutes in saucepan.
BLEND ingredients until smooth and creamy. ADD chopped nuts, crushed pineapple or other special touches of your choice. YIELDS: 1 cup.

VARIATION: Use figs instead of prunes.

Strawberry Applesauce

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

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

Strawberry Jam

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

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

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

Strawberry Sauce

BLEND:

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

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

Non-Dairy Milks

Coconut-Almond Milk

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

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

VARIATION: ALMOND MILK: *4 cups water to 1 cup almonds. If using for gravy, blanch almonds, and omit vanilla. If blended well, the fiber is not noticeable when milk is heated or used in recipes such as scalloped potatoes.*
**Use remaining pulp in cookies, patties or loaf. See* GOOD 'N' CHEWY COOKIES (31)

Millet Milk

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

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

Nut Milks—Cashew or Almond

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

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

Rice-Almond Milk

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

BLEND 5 minutes. ADD 2 quarts water. Delicious!

Rice-Cashew Milk

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

WHIZ all ingredients until smooth. CHILL and serve.

Soy Milk I

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

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

Soy Milk II

No straining required!

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

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

Tofu Milk

BLEND:
10.5 oz. soft tofu
1 tbsp. honey
1/4 tsp. salt
1/2 tsp. vanilla
ADD & BLEND:
2 1/2–3 c. water, *to desired consistency.*

How to Blanche Almonds

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

Milks Recipe Notes

Salads & Dressings

Carrot-Pineapple Slaw

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

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

Cashew-Dill Dressing

WHIZ in blender 10 minutes:
1/2 c. cashews
1 c. water
2 tbsp. lemon juice
1/2 tsp. salt
1/2 tsp. garlic powder
2 tsp. onion powder

STIR in:
1/2 tsp. dill weed
2 tsp. parsley

SERVE cold. May also cook to make a spread.

Caesar Salad

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

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

Fresh Cranberry Relish

A Wonderful Addition To A Holiday Meal!

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

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

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

Croutons

For Salad or Soup

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

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

Dilled Cucumbers

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

TOSS, CHILL and SERVE.

VARIATION: Add sliced onions or chopped green onion tops.

French Dressing

Makes 3 cups.

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

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

Fresh Parsley Dressing

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

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

Fruit Salad

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

MIX and TOSS, adding other fruits of your choice.

Greek Salad

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

BOIL for 20 min. and drain. Then add:

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

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

Guacamole

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

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

Italian Dressing

Fat-Free And Delicious!

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

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

Kale Salad

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

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

MARINATE about an hour or overnight.

Just before serving *ADD:*
1/3 c. sunflower seeds
5–6 sliced radishes, diced tomatoes or chopped red bell pepper

Marinated Vegetables

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

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

Pasta Salad

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

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

Poppy Seed Dressing

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

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

Potato Salad

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

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

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

Ranch Dressing

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

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

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

Soy-Oat Patty Salad

Mock Chicken Salad

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

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

Spinach Salad

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

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

VARIATION: add cherry tomatoes.
**Watch almonds closely to prevent burning!*

Sweet Basil Dressing

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

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

Tofu "Egg" Salad

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

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

Tahini Salad Dressing

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

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

Waldorf Apple Salad

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

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

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

Seasonings

Chicken-Style Seasoning

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

MIX the ingredients and BLEND in dry blender.

Herb Sprinkle

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

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

No Alarm Chili Powder

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

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

Popcorn Seasoning

1/4 c. nutritional yeast flakes
1/2 t. garlic powder
1 1/2 tsp. salt
1 tsp. onion powder
1 tsp. paprika

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

Seasonings Recipe Notes

Spreads & Sauces

Barbecue Sauce

COMBINE:

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

BLEND:

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

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

Broccoli Dip

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

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

Cashew Mayonnaise

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

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

Garlic Butter

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

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

Herbed Millet Butter

BLEND until smooth:

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

ADD and blend an additional 10 seconds.

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

CHILL until congealed and SERVE.

Hummus

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

ADD as desired:
1/3 c. finely chopped onion
1/3 c. finely chopped green pepper
3 tbsp. chopped olives
3 tbsp. pimentos
3 tbsp. chopped parsley

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

Ketchup

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

ADD water to suit. BLEND and CHILL.

Millet Butter

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

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

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

Mustard-Like Spread

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

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

Salsa

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

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

Sandwich Spread

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

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

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

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

Spaghetti Sauce

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

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

Sun Seed Spread

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

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

Tahini Garlic Butter

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

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

Tartar Sauce

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

MIX and SERVE.

Tofu Mayonnaise

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

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

VARIATION: When making Tofu Mayonnaise for a fruit salad, omit onion and garlic powder and use pineapple juice instead of water.
Keeps for about a week in fridge.
**For* SOUR CREAM, *add one additional tablespoon of lemon juice.*

Mayo, Cheese and Salad Dressing for One or Two

PREPARE above TOFU MAYONNAISE (74) *recipe.*
DIVIDE into thirds.
RESERVE one third for MAYONNAISE.

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

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

Tofu Sour Cream

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

Spreads & Sauces Recipe Notes

Soups

Broccoli Soup

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

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

Corn Chowder

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

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

YIELDS: About 4 1/2 c.

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

Fruit Soup

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

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

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

Garbanzo Noodle Soup

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

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

Gazpacho

A delicious cold Spanish soup.

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

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

Kale Bean Soup

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

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

Lentil Soup

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

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

Navy Bean Soup

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

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

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

Potato Soup

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

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

Split Pea Soup Delish

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

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

VARIATION: ADD cooked barley (do not blend).

Vegetable Soup

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

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

Vegetables & Side Dishes

Steaming vegetables is best:

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

Some good combinations:

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

Baked Brown Rice

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

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

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

Dilled Green Beans Almandine

4 c. fresh or frozen green beans
1/2 tsp. Vege-Sal or sea salt
1 1/2 tsp. dill weed
1/2 c. toasted sliced almonds

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

Herbed Potato Wedges

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

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

Mashed Potatoes

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

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

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

Onion Rings

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

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

SEASON whole wheat bread crumbs with:
1/2 tsp. garlic powder
1 tsp. parsley flakes
1/2 tsp. salt or Vege-Sal
1/2 tsp. marjoram.

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

Oven Baked "French Fries"

Potatoes
Salt

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

Potato Cheese Casserole

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

Ratatouille

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

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

Scalloped Potatoes

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

Potatoes (raw, sliced)
Onion (raw, sliced)

RICE MILK for potatoes:
1 c. cooked rice
1 tsp. salt
2 c. water

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

Spanish Rice

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

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

Summer Squash Bake

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

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

Sweet Potato Soufflé

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

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

Twice Baked Potatoes

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

BAKE potatoes for 1 hour at 350°. Let COOL slightly, and slice in half lengthwise. SCOOP out potato and mash, following the instructions for MASHED POTATOES *(82). More milk may be needed, since potato was baked and not boiled. SPOON mashed potatoes back into potato skins. TOP with* CASHEW PIMENTO CHEESE *or* SESAME SPRINKLE. *BAKE at 350° for about 30 minutes.*
YIELD: 8 servings

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