

Recipes featured on Veganhope.com

Great Vegan Resources	2	My Mexican Lasagna:	30
Some of my favorite cookbooks	2	Vegan pancakes and homemade syrup:	31
My big and easy shopping list for new vegans	2	My stuffed peppers	32
Smoothies!	4	Vegan BBQ!	34
Kale, kale and MORE kale!	5	Creamy mac & cheese	34
My favorite kind of sandwich with kale.	5	Black bean burgers	35
Creamy Peanut Kale	5	Vegan macaroni salad	35
Fennel Orange Kale Salad	6	Vegan Potato Salad	38
Rustic Red Kale and White Bean Soup	6	Creamy Ambrosia (Fruit Salad)	38
Braised Kale With Caramelized Onions	7	Vegan boneless chickenless hotwings	39
		Grilled Pineapple	40
Eggplant	8	My Quick and Easy Vegan meals	41
Baba Ghanoush	8	Easy Vegan Breakfasts: (all take under 5 minutes to make)	41
Roasted Ratatouille Recipe	8	Have to eat out?	41
Eggplant Lasgna	9	Easy Vegan Lunches:	42
Baked Polenta with Ripen Tomato and Eggplant	10	Eating out:	42
Kale-Eggplantalicious Quinoa Loaf	10	Easy Vegan Snacks	42
		Easy Vegan Dinners:	43
		Easy meals:	43
		Easy Desserts:	44
Cashew recipes!	13	Recipes from the 7 day plan on Vegan Hope	45
My cashew ricotta lasagna:	13	Cocoa-Coconut chilli	45
Baked Spelt Macaroni with Cashew Cheddar Cheese	15	Amazing Caramelized Red Pepper & Vegan Feta Pizza	46
Cashew Cheddar Cheese	15	My easy oatmeal cookies:	47
Pepper-Crusted Cashew Goat Cheese	16	Vegetable and Barley Soup	48
Mango Coconut Cashew Muffins	17	Unbelievable Lentil Tacos	48
Banana Cream Pie with Sweet Walnut Crust	18	Jambalaya	49
e. & stell's Creamy Cashew Pasta with Sun-Dried Tomatoes – FROM	18	Vegan Banana Pancakes	49
HTTP://VEGANTREEHOUSE.BLOGSPOT.COM	19	Falafel Pita Pockets	50
Roasted butternut squash and carmalized onion lasgna with cashew cream sauce	20	Lemon Garlic Pasta	51
Cashew Cookies	21	Rice Pudding with Cinnamon and Raisins	51
		Vegan Quinoa Brazil Nut Paella	52
Vegan brunch recipes!	22	Desserts!	54
Breakfast burrito:	22	Happy Vegan Chocolate Chip Cookies	54
Cranberry Bread	23	Vegan Date Coconut Balls	55
"Eggs" Benedict	23	Vegan Brownies	55
Stuffed blueberry French Toast	24	Chunky Monkey Brownies	56
Crunchy Apricot Toast	24	Vegan Vanilla Cupcakes	56
Banana buckwheet pancakes	25	Raw Cupcake Recipe from Edge w/ the Dreads	57
Home-Style Hash Browns (Vegan)	26	Vegan Pumpkin Pike	58
Vegan breakfast caserole	26	Easy Chocolate Pie	58
Vegan coffee cake	27	Raw Straberry Banana Pie	59
Vegan French Toast	28	Sublime key Lime Pie	59
Lemon poppy seed cake	28	Incredible Vegan Carrot Cake	60
		Vegan Coconut Custard Pie	61
What to make for your non-vegan friends	30	Raw Birthday Cake	61

Great Vegan Resources

Some of my favorite cookbooks

Vegan Brunch: Isa Chandra Moskowitz
Vegan with a Vengeance: Isa Chandra Moskowitz
Veganomicon: Isa Chandra Moskowitz
The Vegan Table: Colleen Patrick Goudrea
Eat, Drink and Be Vegan: Dreen Burton
Vegan Lunch Box (especially great for kids!) Jennifer McCann
La Dolce Vegan! : Sarah Kramer
Vegan Soul Kitchen by Bryant Terry
Vegan Planet by Robin Robertson
The Joy of Vegan Baking by Coleen Patrick Goudrea
Raw Food Real World by Matthew Kenney

My big and easy shopping list for new vegans

- Firm Tofu – (be sure to get a couple of packages)
- You can also try some of the softer tofu for different recipes.
- Cans of beans or whole beans (not refried) black, kidney, white, garbanzo (whatever you like really) Just stock up – they won't go bad :)
- Red Potatoes.
- Bananas- a bunch of them, you'll be freezing them.
- A good cereal – a high fiber or high protein. Check to be sure that it doesn't contain high fructose corn syrup or casein, eggs or milk powder)
- Non Dairy Milk (Soy, Almond milk, Oat Milk or Rice milk (really any thing aside from regular milk)
- Hummus (you can also get the stuff to make your own, which is very tasty) You will need Tahini if you are going to make your own.
- Pita bread
- Any veggies that you like to eat. Be sure to get some flavorful ones like peppers!
- Any fruit that you enjoy – again stock up on bananas
- Tempeh
- Garlic
- applesauce (plain)
- Spices – go wild – seriously! Garlic, cumin, pepper, cinnamon are my staples.
- A good spicy chili sauce (like cayenne pepper based)
- A good non dairy protein mix – (Soy, Hemp, Green) Stay away from anything with casein or whey in it.
- Pasta – I use “Brown rice pasta” but you don't have to – it is a healthier option, and honestly I think it tastes a lot better ☺
- Tomato sauce (be sure to check for cheese or meat) I like chunky veggie ones ☺
- Mushroom or meatless meatballs
- Veganaise
- Sea Salt
- Agave Syup and powder
- Nuts -
- A nut butter – (peanut, cashew, sunflower seed)

- Crackers, rice cakes,
- a good bread (with out corn syrup)
- Tofuti – sour cream and cream cheese.
- Corn Tortillas
- Rice – brown or white, I mean brown is better, but hey if you only want to do white, that’s cool.
- soy sauce – low sodium
- Rice noodles
- Smart balance or Earth balance ‘butter’
- Avocado
- Tortilla chips
- Salsa
- A good dark chocolate
- Coconut flakes
- cocoa powder (like the baking kind not the dutch processed ones)
- Limes and lemons
- Lentils
- Veggie stock powder
- Nutritional yeast
- seeds (like sunflower seeds)
- Olives
- Tortillas
- Nuts! Any kind!
- quinoa,
- Oatmeal
- Flour – and if you can try some new kinds of flour, I like Bob’s Red Mill for some good variety of whole grain flour.
- Ground flax seed, or flax seed oil – sometimes they put this in the pharmacy section.
- dried fruit
- B-12 vitamin (I do a liquid, but anything to get you started is fine)

SOME PROCESSED AND PRE-MADE FOODS THAT MIGHT MAKE YOUR LIFE EASIER RIGHT NOW:

- Veggie burgers – be sure they do not have eggs or cheese in them (a lot do, they are sneaky)
- “Meat” crumbles – Again check ingredients.
- Chicken-less chicken strips or nuggets (I find that especially if you are feeding kids this ia good one)
- Amy’s brand in the frozen aisle. Before I learned to do it myself, the tofu breakfast scramble was a staple of mine for a long time. There are a lot of vegan options with her food – but be careful and read ingredients!
- Soy/Rice/ or Coconut Ice Cream
- Soy or Coconut yogurt
- Tofurky – I’m not a big fan, but hey, if it helps you out to start with, that is just fine.

GREAT PLACES TO ORDER FROM ONLINE:

Cosmo’s Vegan Shop
Pangea
Amazon
Food Fight
Vegan Essentials
The Raw Food World

Smoothies!

I love smoothies. I especially love green smoothies. I had no idea that when blended green taste like dessert.

Some of my favorite smoothie mixes:

- Vega – vanilla, chocolate, vanilla chai
- Whole Foods – Soy protein
- Amazing Greens powder
- Rice protein powder

KALE-BANANA

2 handfulls kale
1 frozen banana
water

MANGO-PARSLEY

2 large mangos
1 bunch parsley
Water

PEACH-SPINACH

6 peaches
2 handfulls of spinach leaves
Water

MANGO-SPINACH

2 mangos
1 handful spinach
Water

STRAWBERRY-BANANA- ROMAINE

1-cup strawberries
2 bananas
1/2 bunch romaine
Water

APPLE-KALE-LEMON

4 apples
1/2 lemon juice
4-5 leaves of kale
Water

KIWI-BANANA-CELERY

4 very ripe kiwis
1 ripe banana
3 stalks of celery
Water

PEAR-KALE-MINT

4 ripe pears
4-5 leaves of kale
1/2 bunch of mint
Water

FINGER BANANA-SPINACH

10 finger-bananas
2 handfulls of spinach leaves
Water

BOSC PEAR-RASPBERRY-KALE

3 bosc pears
1 handful of raspberries
4-5 leaves of kale
Water

SIMPLE BANANA KALE

1 Frozen Banana
4-5 leaves of kale
Water

STRAWBERRY-BANANA

2 cups raw spinach leaves
(whole)
4-6 strawberries (tops off)
Half a banana
A little bit of water

FROM COMMENTER (JACK)

3 frozen bananas
5 oz frozen strawberries
5 oz frozen blueberries
8 oz frozen spinach
1 tsp flax seed
handful (2-3 oz?) raw cashews

You can mix up the fruit choices a bit or use 8 oz mixed baby greens instead of the spinach.

Kale, kale and MORE kale!

Kale is a great dark green veggie! Packed full of lots of things that are good for you, it adds great taste to just about anything.

My favorite kind of sandwich with kale.

3 slices of thin sliced tempeh (any kind that you like)
2 slices tomato
4 leaves of kale
2 TBS of hummus
2 slices of some hearty vegan bread – Toasted!
Olive oil and vinegar (I like balsamic)

Pan fry tempeh in olive oil, drain oil.

and then layer your sandwich: 1TBS hummus, tempeh, tomato, kale, a little olive oil and vinegar and then put 1 TBS of hummus on the other bread slice.

Creamy Peanut Kale

from <http://vegweb.com>

INGREDIENTS (USE VEGAN VERSIONS):

1 bunch chopped kale
1/4 cup natural peanut butter
1 tablespoon vegetable oil (or spritz of non-stick spray)
2 tablespoons Bragg's Liquid Aminos
1/2 teaspoon coriander
1/4 teaspoon chili powder
1/4 teaspoon cumin
1/3 chopped onion
1 garlic clove
1/4 cup vegetable broth or water

DIRECTIONS

In a pan, heat vegetable oil. Fry garlic and onions, until translucent.

Meanwhile, in a bowl, mix peanut butter, Bragg's, broth/water, and spices until the peanut butter has dissolved, and it has turned saucy.

Add kale to the pan, and cook until the leaves are dark green and wilted.

Add the peanut butter sauce to the pan. If it is too dry, add broth/water to reach desired consistency.

Fennel Orange Kale Salad

By Kristen Suzanne of KristensRaw.com

Yield 2 servings

1 medium bunch curly kale
2 tablespoons fresh lemon juice
2 tablespoons hemp oil
3/4 teaspoon fresh orange zest
1/4 teaspoon Himalayan crystal salt
pinch nutmeg
1 cup fennel bulb, thinly sliced*
1 cup orange, peeled, seeded & chopped
8 kalamata olives, pitted & chopped
1 tablespoon fennel leaves, chopped

Destem the kale. You can leave the more tender parts of the stem (toward the top of each leaf) in the salad, but the harder stems toward the bottom of each leaf should be torn out. Tear apart the kale leaves (or use a knife and chop them) into bite-size pieces.

Place the torn kale into a large bowl. Add the lemon juice, hemp oil, orange zest, salt, and nutmeg. Take a minute and massage all of these ingredients together with your hands. Add the fennel, orange, olives and fennel leaves, and gently toss to mix. Enjoy!

Rustic Red Kale and White Bean Soup

from <http://blog.fatfreevegan.com>

1 bunch red kale (or use any other green available)
1 large onion, chopped
3 ribs celery, chopped
4 cloves garlic, minced
1/2 cup parsley, chopped
1/2 cup chopped fresh basil (or about 5 "ice cubes" of frozen basil)
1 teaspoon dried oregano
2 15-ounce cans diced tomatoes
1 15-ounce can cannellini or other white beans
4 cups water
pinch red pepper flakes
salt and pepper to taste

Optional serving suggestions:

Balsamic vinegar and soy parmesan

Prepare the kale by removing the thick parts of the center rib and discarding them. Slice the leaves thinly. Measure out 4 cups of kale for the soup; save the rest for another use.

Mist a large, non-stick pot lightly with olive oil. Sauté the onion and celery until the onion begins to brown. Add the garlic, and sauté for another minute. Add all the remaining ingredients, and allow the soup to simmer, adding extra water as needed, until the kale is tender, about 30-60 minutes, depending on the kale. Taste the soup and add more basil, if necessary.

Serve the soup, stirring a few drops of balsamic vinegar and a sprinkling of vegan parmesan into each bowl, if desired. Makes about 6 servings.

Braised Kale With Caramelized Onions

from <http://blog.vegcooking.com>

8 cups torn and stemmed kale pieces, firmly packed
1 Tbsp. olive oil
2 cups thinly sliced onions
1 tsp. salt
1/2 tsp. ground black pepper
1/2 tsp. red pepper flakes
2 Tbsp. minced garlic
2 cups vegetable stock
1 tsp. cider vinegar

In 2 batches, blanch the kale for 2 minutes in a 6- to 8-quart pot of boiling salted water. Transfer with tongs to a colander and drain well.

Heat the oil in a large skillet over medium heat. Add the onions, salt, pepper, and red pepper flakes and cook until the onions are golden brown, stirring frequently.

Add the garlic, kale, and stock and cook, stirring occasionally, for 8 to 10 minutes, or until tender.

Add the cider vinegar in the last minute of cooking, then remove from the heat. Serve immediately.

Eggplant

... because every good Italian knows how to cook eggplant.

A note about eggplant.. After you slice it (with a stainless steel knife) lay out slices on paper towels to let the eggplant sweat. Do this for at least 30 minutes.

Baba Ghanoush

from <http://vegetarian.about.com>

Ingredients

1 large eggplant
1 can chickpeas, drained (garbanzo beans)
3 cloves garlic
1/4 cup lemon juice
3 tbsps tahini
dash sea salt
1/4 cup olive oil
2 tbsps fresh chopped parsley (optional)

Preparation:

Slice eggplant in half, and roast in 400 degree oven for approximately 45 minutes, or until soft.

Allow to cool slightly, then scoop out inside of eggplant, leaving skin behind.

In a blender or food processor, combine eggplant and remaining ingredients, except oil and parsley, until smooth. Mixture will be somewhat thick. Slowly incorporate olive oil until well mixed. Mix in chopped parsley by hand. Serves eight.

Roasted Ratatouille Recipe

courtesy of: Fatfree Vegan Kitchen

4 large Japanese eggplants or 2 small globe eggplants (about 1 1/2 lbs.)
2 large zucchini
2 red, yellow, or green bell peppers, cut into 3/4-inch pieces
12-16 ounces cherry or grape tomatoes
1 large onion, chopped
6-8 cloves garlic, sliced
1 tablespoon fresh chopped rosemary (you may substitute dried, crushed rosemary or herbes de provence)
salt and pepper
olive oil spray

Preheat the oven to 425F.

Cut the eggplants and zucchini into pieces approximately 3/4-inch. For slender eggplants, I simply slice them; larger Japanese eggplants are halved lengthwise and sliced. Zucchini are quarter lengthwise and sliced. Cherry and grape tomatoes are left whole because they will cook more slowly that way, in sync with the other vegetables, but if you use regular-sized tomatoes, cut them into 1-inch pieces.

Spray an extra-large baking dish with olive oil and add all vegetables. Toss them with the rosemary, and sprinkle with salt and pepper. Spray the top lightly with olive oil and place in the oven. Bake for 20 minutes and stir. Bake for about 20 more minutes, stirring every 10 minutes. Cook until vegetable are tender but not dried out; some liquid should remain in the dish.

Serve hot or cold as a side dish. Or as a main course, serve over pasta, sprinkled with toasted pine nuts and fresh basil.

Makes 4 servings. Each serving of ratatouille alone (no pasta or pine nuts) contains 102 Calories (kcal); 1g Total Fat; (8% calories from fat); 4g Protein; 22g Carbohydrate; 0mg Cholesterol; 17mg Sodium; 7g Fiber.

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<http://blog.fatfreevegan.com/2007/07/roasted-ratatouille.html>

Eggplant Lasgna

from <http://recipes.sparkpeople.com>

INGREDIENTS

1 medium or 2 small eggplants
Non-stick Olive Oil Spray
2 Lasagna Noodles
1 Block (14 oz) of Tofu (I use firm, but you can use any kind.)
1/4 cup minced Garlic
3 cup Del Monte Traditional Spaghetti Sauce (or your favorite sauce)
8 oz Soy Cheese – vegan cheese

DIRECTIONS

1. Boil the lasagna noodles until they are tender.
2. While the noodles are cooking, cut the eggplant into thin slices.
3. Spray each slice with non-stick olive oil spray.
4. Place the eggplant slices on pan and broil until the pieces are tender.
5. While the eggplant is cooking, put the tofu and garlic in a food processor. The mixture should have the consistency of ricotta cheese.
6. Put a few tablespoons of spaghetti sauce in a 9" x 13" baking dish.

7. Place the two lasagna noodles in the bottom of the pan.
8. Spread a few more tablespoons of sauce on top of the noodles.
9. Spread some of the tofu mixture on top of the sauce.
10. Sprinkle some soy cheese on top of the tofu mixture.
11. Layer some eggplant on top of the cheese.
12. Repeat steps 8-11 until all of the eggplant has been used.
13. Place the remaining sauce, tofu and cheese on top of the last layer of eggplant.
14. Bake at 350 degrees until the the soy cheese is melted.
15. Cut the lasagna into 12 equal slices.

Baked Polenta with Ripen Tomato and Eggplant

From <http://vegweb.org>

INGREDIENTS (USE VEGAN VERSIONS):

- 1.5 lbs to 2 lbs. fresh vine ripened whole tomatoes, roughly chopped
- 1 tablespoon Olive Oil
- 1 Bay Leaf
- 2 basil leaves
- 2 bunches parsley
- 1/2 yellow onion finely chopped
- 1 clove garlic minced.
- Salt, pepper and sugar to taste
- 1 1/2 cups coarse corn meal
- 1 large eggplant, sliced 1/2 inch lengthwise and grilled, reserve
(Optional) vegetarian cheese substitute.
- Fresh herbs: oregano, marjoram, basil, chopped for garnish

DIRECTIONS

Heat olive oil and add fresh tomatoes, bay leaf, basil, parsley onion and garlic. Cook for 30 minutes till tender. Pass through food mill. Return to saucepan and add vegan sugar to balance acidity. Season with salt and pepper. Bring 4 1/2 cups of water to a boil and add 1 1/2 teaspoons of salt. Whisk in the cornmeal in a stream so that there are no lumps. Use wooden spoon and stir till smooth. Let cool. Take out of pan and slice into 1/2 inch x 3 inch long pcs. Preheat oven to 400. Lightly grease a gratin dish, spread out 1 cup of tomato sauce over the bottom. Arrange polenta, sliced eggplant and crumbled cheese in overlapping layers. Spoon remaining tomato sauce over layers to create bands of red sauce, yellow polenta and cheese. Crumble desired cheese over top and bake for 25 to 30 minutes. Slice. Serve over wilted greens such as spinach.

Kale-Eggplantalicious Quinoa Loaf

<http://theppk.com> (one of my favorite sites!)

Submitted by Ashley

prep time: 45 min | cooking time: 30-40 min | makes about 6 servings, depending on

For me, cooking is like jazz music. In the beginning you start off with the directions written down, but the magic happens when you improvise. So I read this really great sounding recipe for a

Quinoa Loaf on the Internet, but it involved things I didn't feel like buying. So using the very basic ideas I created my own version: voila! I hope that you will also feel the freedom to play around in your kitchen with quinoa and veggies!

Equipment:

Medium pot

Bamboo steamer (if you don't have one visit your nearest Chinatown and pick one up for cheap!

Soooo worth it!)

Large pot

loaf pan

large bowl

Big ol' spoon or two hands that don't mind mixing mushy stuff

Ingredients

1 cup uncooked quinoa

1 cup whole wheat flour

1/3 c. Extra virgin olive oil

1 eggplant

4-6 c. raw kale (depending on desire)

1 small onion

1 large red pepper

1 tsp sea salt

fresh ground pepper

perhaps a dash of cinnamon and/or cayenne pepper (to keep things subtly exciting)

Crushed pecans

Directions

Preheat the oven to 350 degrees.

If you are into soaking quinoa, do so the night before (8-12 hours). Discard the soaking water and cook the quinoa in 2 cups of water. Cooking time is approx. 20 min.

If you are not into soaking quinoa (this is fine, honestly), boil 3 cups of water instead and cook the quinoa in this. The cooking time will be a little longer, maybe closer to 25-30 mins.

Meanwhile, slice the eggplant in 1/2" slices and chop the kale rather well. Put the eggplant on one level of the steamer and the kale on the other, and put the steamer in about 1" of water in a large pot. Boil the water to steam the eggplant and the kale. Careful not to overcook: steam about 10 min.

Chop the onion and the red pepper.

When the quinoa's done, mix it in the large bowl with the whole wheat flour. Add the sea salt, the fresh ground pepper, the cinnamon or cayenne dash, and anything else that seems right. Add the 1/3 cup of olive oil. Mix it lightly but thoroughly with the spoon or your hands.

Add the steamed kale, the raw onion, and the raw red pepper. Mix again.

Lightly oil a loaf pan. Using your hands or the spoon, fill it half way with the quinoa and veggie mix. Lay the steamed eggplant slices down in 1 layer. Add the rest of the quinoa and veggie mix. Put a second layer of steamed eggplant down (think lasagna layers).

Top the loaf with crushed pecans (can substitute w/ any nut or seed: sunflower seeds were in the original recipe).

Bake 30-40 min at 350. Wait for it to cool a bit before slicing and serving.

Cashew recipes!

Cashews are great, full of good fats and protein. Use them in your salads, pastas, cereal, and trail mixes!

My cashew ricotta lasagna:

What you will need:

2 cups raw unsalted cashews
1 tsp Black Pepper
2 TBS Lemon juice
1 TBS Minced Garlic
1 tsp Oregano
1 tsp Basil
1 tsp Sea Salt
1/8 cup Water

1 jar Organic non dairy/non meat tomato sauce
1 cup Sliced mushrooms
1 cup Spinach leaves
Olives (1 can sliced should be good)

Brown rice lasagna noodles.

FIRST STEP:

2 cups of raw whole unsalted cashews

Rinse cashews well and then put them in a container, cover cashews with water and put a cover on the container. Put in fridge at least over night, if you do not have a good blender/food processor keep them in longer. I put mine in for 2 days before blending.

Next: (a day or so later)

Get a big pot to boil water. While it's on the stove – get your cashew cheese ready!

Also – pre-heat your oven to 400 degrees.

Cheese:

Drain cashews and rinse them.

Put cashews in a blender or food processor

Add water, lemon, garlic, salt, black pepper, basil and oregano.

Keep adding things till it tastes good! And add more water if the consistency is wrong, it should be creamy, but not soupy, and it should not be thick like peanut butter.

Somewhere in the middle of all of this your water is boiling, so you should put your brown rice pasta noodles in the water

IT'S TIME TO MAKE THE SAUCE!

You can make your own sauce if you'd like, or you can go with a good organic tomato sauce – be sure there is no dairy in the sauce (or meat products for that matter).

Get a frying pan, and throw some olive oil in it. Well don't throw it, but lightly drizzle. Heat it up a little bit.

Add in sliced mushrooms, spinach and olives and some garlic.

When things are looking done, and soft and smell so good that the neighbors start to show up – put your sauce in.

Mix it all together.

Your brown rice noodles should be done by now.

Drain your noodles and rinse with cold water.

Get a baking dish – I like using ones that are square, but you can use a bigger one if you are making a lot.

Use a some of the left over plain tomato sauce at the bottom of the baking dish.

THEN LAYER!

Noodles, cheese, sauce, noodles, cheese, sauce, until it's all the way filled up – and top it off with noodles and add a little plain sauce on the top. And then go ahead sprinkle some garlic, salt and pepper on that bad boy. You can also get a vegan parmesan cheese to sprinkle on top.

Stick it in the oven at 400 for 10-15 minutes, or until your top noodles aren't burned, but nice and brown looking.

Sprinkle some vegan cheese on top if you'd like, to make it even more pretty.

Baked Spelt Macaroni with Cashew Cheddar Cheese

from <http://101cookbooks.com>

- 12 ounces spelt elbow macaroni (heidi note: I used small brown rice penne)
- 2 1/4 cups melted Cashew Cheddar Cheese (see recipe below)
- 2 slices whole wheat bread
- 1 tablespoon chopped fresh Italian parsley (heidi note: I used the chives I had on hand)
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1/2 teaspoon freshly ground black pepper

Preheat the oven to 325°F. Bring a large pot of salted water to a boil over high heat. Add the macaroni and cook, stirring often, for 8 minutes, or until tender but still firm to the bite. Drain, reserving 3/4 cup of the cooking liquid. Toss the macaroni with the melted cheese in a large bowl, adding enough reserved cooking liquid to moisten and coat the pasta. Transfer the macaroni mixture to an 8-inch square baking dish. Cover and bake for 20 minutes, or until heated through.

Meanwhile, chop the bread in a food processor until coarse crumbs form. Toss the breadcrumbs with the parsley, olive oil, garlic, and pepper in a bowl to coat. Uncover the hot macaroni and cheese and sprinkle the breadcrumb mixture over. Continue baking, uncovered, for 15 minutes, or until the topping is golden brown and crisp.

Serves 6 to 8.

Cashew Cheddar Cheese

Header notes from Ann Gentry: This cheese is great for shredding or melting. Cashews work better than other nuts because they blend into such a creamy, rich consistency. If you're not satisfied with the cheese's final consistency or texture, blame the agar flakes; all store-bought brands of agar flakes are cut differently, which unfortunately affect's the amount added if measured by volume. If you'd rather not; learn the hard way as I did, go by the provided weight; rather than cup measure.

- 1 1/4 cups raw cashews
- 1/2 cup nutritional yeast
- 2 teaspoons onion powder
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1/8 teaspoon ground white pepper
- 3 1/2 cups unsweetened plain soymilk
- 1 cup agar flakes (about 2 ounces)
- 1/2 cup canola oil (heidi note: I don't like canola - used a mild tasting olive oil)
- 1/4 cup yellow miso
- 2 tablespoons freshly squeezed lemon juice (about 1 lemon)

Using the pulse button, finely grind the cashews in a food processor; don't allow the cashews to turn into a paste. Add the nutritional yeast, onion powder, salt, garlic powder, and white pepper. Pulse three more times to blend in the spices.

Combine the soymilk, agar, and oil in a heavy saucepan. Bring to a simmer over high heat. Decrease the heat to medium-low, cover, and simmer, stirring occasionally, for 10 minutes, or until the agar is dissolved. With the food processor running, gradually pour the soymilk mixture through the feed tube and into the cashew mixture. Blend for 2 minutes, or until very smooth and creamy, and then blend in the miso and lemon juice.

For grated or sliced cheese, transfer the cheese to a container, cover, and refrigerate about 4 hours, until very firm. Once it's firm, grate or slice the cheese as desired.

For melted cheese, use the cheese immediately as melted cheese. Alternatively, make the cheese in advance, cover, and refrigerate. When you're ready to use the cheese, melt it in a saucepan over medium heat until smooth and creamy, stirring frequently. If needed, add more soymilk for a thinner consistency.

For Jalapeno Cashew Cheddar Cheese: Stir 2 tablespoons of minced jalapeno chiles into 2 cups of melted cheese. The cheese will keep for 4 days, covered and refrigerated

Pepper-Crusted Cashew Goat Cheese

Makes 10 oz log

3/4 cup raw cashews
6 Tbs canola oil
1/4 cup lemon juice
1 Tbs. tahini
1 1/4 tsp. salt
parchment paper
cheese cloth
1 tsp. cracked black peppercorns or coarsely ground black pepper

1. Place cashews in large bowl; cover with 3 inches water. Soak overnight.
2. Drain liquid, rinse cashews under cold water and drain again. Puree cashews, oil, lemon juice, tahini, salt, and 2 Tbs. water in food processor 6 minutes, or until smooth and creamy.
3. Place large strainer over bowl, and line with triple layer of cheesecloth. Spoon cashew mixture into cheesecloth. Fold sides of cloth over cheese, and form into 6-inch-long oval loaf. Twist ends of cloth and secure with rubber bands. Set in strainer over bowl, and let stand 12 hours at room temperature. Discard excess liquid. Chill.
4. Preheat oven to 200 degrees F. Line baking sheet with parchment paper. Unwrap cheese, and scrape into 7-inch-long log on cheesecloth. Rewrap, and twist ends to secure. Place on prepared baking sheet. Bake 35 minutes, or until cheese becomes set on outside but still soft, turning occasionally. Cool, and chill.

5. Unwrap cheese. Sprinkle with peppercorns, pressing to adhere.

Cashew Curry

1 cup whole coconut milk
1 - 2 tablespoons curry powder
scant 1/2 teaspoon fine grain sea salt
1/2 large red onion, chopped
1 medium garlic clove, chopped
1/3 cup water
4 ounces firm tofu, cut into small cubes (optional)
1 cup green beans, cut into 1-inch segments
1 1/2 cups cauliflower, cut into tiny florets
1/3 cup cashews, toasted
a handful of cilantro, loosely chopped

Bring half of the coconut milk to a simmer in a large skillet or pot over medium-high heat. Whisk in the curry powder and salt, working out any clumps. Now stir in the chopped red onion and garlic and cook for a minute. Stir in the remaining coconut milk and the water, and then the tofu. Cook down the liquid for a couple minutes before adding the green beans and cauliflower. Cover and simmer for just about one minute, maybe two - or just until the cauliflower and beans lose their raw edge and cook through a bit. Remove the pot from heat and stir in the cashews. Taste and adjust the seasoning (salt / curry powder) if needed. Serve with a bit of cilantro topping each bowl.

Mango Coconut Cashew Muffins

from <http://vegweb.com>

INGREDIENTS (USE VEGAN VERSIONS):

1 cup whole wheat flour
3/4 cup millet flour
1/4 cup soy flour
2 teaspoons baking powder
1/4 teaspoon baking soda
3/4 teaspoon salt
3/4 teaspoon cinnamon
1/4 teaspoon each of ginger and allspice
1/4 cup spelt bran (other bran should work too!)
1/8 cup olive oil
1/4 cup apple butter
1/2 cup maple syrup
1 1/2 tablespoons molasses
3/4 cup unsweetened soy milk
1/2 cup raw cashews
1/3 cup unsweetened shredded coconut
1/2 cup sliced mango

Directions

Oil a 12 piece muffin pan (I use Earth Balance), preheat oven to 325 Fahrenheit.
Sift together flours, baking powder, baking soda, salt and spices. Stir in bran and set aside.
Mix wet ingredients thoroughly: oil, apple butter, maple syrup, molasses and soy milk.
Gradually combine wet ingredients with dry (use a fork to stir and don't over mix).
Add cashews, coconut and mango--careful not to stir batter too much.

Drop by tablespoonfuls into muffin pan and bake for approximately 20 minutes (watch them closely!).

Banana Cream Pie with Sweet Walnut Crust

from <http://rawepicurean.net>

Sweet Walnut Crust:

1 cup walnuts
1 cup chopped dried apricots
[2-3] chopped dates, or raisins
1/3 cup agave

Cream Filling:

1 cup cashews
2 bananas
vanilla bean or 1 teaspoon vanilla extract
1 tablespoons phylum husk powder, optional

Topping:

2 - 3 bananas, cut into 1/2 inch rounds

For Sweet Walnut Crust:

Place the first three ingredients in the food processor and process into a moist meal. While the processor is running slowly pour in the agave until the mixture turns into a ball. Press sweet crust into 9-inch pie dish to form piecrust. Set aside.

For Filling:

Place all ingredients into a blender and blend until smooth.

For Topping:

Cut bananas into 1/2-inch rounds.

Assembly

Pour the cream filling into the sweet piecrust. Top with sliced bananas in a circular pattern for a pretty presentation. Serve at room temperature or chilled.

e. & stell's Creamy Cashew Pasta with Sun-Dried Tomatoes

from [HTTP://VEGANTREEHOUSE.BLOGSPOT.COM](http://vegantreehouse.blogspot.com)

INGREDIENTS

1 lb. whole wheat penne
1 squash
1 zucchini
1 cup cremini mushrooms
1/2 onion
1/2 cup sun-dried tomatoes
1 Tbsp minced garlic
handful pine nuts
2 Tbsp olive oil
splash white wine (I used rosé)
2/3 cup Better Than Cream Cheese

FOR THE SAUCE

2/3 cup cashews
1/2 cup nutritional yeast
1 Tbsp minced garlic
1/2 cup rice or soy milk
1 Tbsp tamari
1 tsp salt
freshly ground black pepper to taste

1. Boil pasta in large pot.
2. While pasta is boiling, cut vegetables to desired size (you can slice or dice any or all of these - we diced the mushrooms, onions, and squash and sliced the zucchini and tomatoes).
3. Over medium-high heat, cook onions and garlic with 1 tablespoon olive oil, until onions are translucent.
4. Add other vegetables - except tomatoes - and wine, and stir frequently (if veggies are cooking to quickly, reduce heat to medium-low).
5. In a blender or mixer, purée all sauce ingredients to a creamy consistency, adding more milk if too thick, and leave aside.
6. Add tomatoes and pine nuts to vegetables and increase heat to medium-high or high.
7. Pasta should now have been cooking about 10-15 minutes (follow package instructions). Drain pasta and return to pot, along with the other tablespoon of olive oil, and stir.
8. Pour veggies, sauce, and cream cheese into pasta and stir thoroughly until all are evenly distributed.

Roasted butternut squash & caramelized onion lasagna with cashew cream sauce

from <http://theveganfoodie.wordpress.com>

INGREDIENTS

3 medium-large butternut squashes (I used two but 3 will give you the perfect amount of filling)
1 pound of Lasagna Sheets
1 teaspoon sage or 1 tablespoon fresh sage
Enough oil to coat butternut squash
1 onion thinly sliced
A couple of tablespoons of olive oil to cook onions
Salt and Pepper to taste

FOR THE CASHEW CREAM SAUCE

5 cups soy milk
9 oz cashews
1/2 teaspoon maple syrup
2 cloves of garlic minced
A pinch of nutmeg
Salt and Pepper to taste

1. Preheat oven to 425. Peel and then Cut up the squash into cubes. Toss with some olive oil. Season with Salt and Pepper and roast for about 30 mins until slightly caramelized.
2. While the squash is roasting prepare the caramelized onions. Heat up a pan with oil to medium heat. Add the thinly sliced onions to the pan. Cook for about 25 minutes until nice and caramelized.
3. Now its time to get your salted boiling water started for the lasagna. Once it is boiling add the lasagna and cook according to the package.
4. For the cashew cream add the soy milk and cashews to a blender. Mix until the cashews are well grinded and everything is nice and smooth. Add the maple syrup now. Heat up a small saucepan with oil. Add the garlic and sautee for 1 minute. Add the cashew cream and cook for about 3-5 minutes until thickened don't bring it to a really high boil.
5. The squash should be ready now. Take it out and tranfer the squash to a medium size bowl. Mash the squash with a potato masher. Add the carmalized onions and sage. Season with salt and pepper. I suggest that if your squash is not sweet to your liking add some maple syrup. I should have done this and I will next time.
6. The lasagna noddles should be done by now. Drain them and coat with some oil to prevent sticking. Preheat the oven to 350.
7. Grease a 9 by 13 baking dish. Add about half a cup of the cashew cream sauce at the bottom of the baking dish. Then layer it with 4 sheets of lasagna noddles. Spoon some of the squash mixture over the lasagna sheets. Then drizzle it with some of the cashew cream sauce. Repeat 3 more times. Top off the lasagna with the remaining cashew cream sauce.
8. Bake for 30 minutes covered and then 5-7 minutes uncovered.
9. It's important to let it rest for about 10 minutes so it cuts perfectly.

Cashew Cookies

From: <http://ivu.org/recipes>

Makes 8 large cookies

3/4 cup raw cashews (3 1/2 oz)
1/2 cup all-purpose flour
1/3 cup cornstarch
6 tablespoons vegan margarine butter, softened
1/4 cup sugar
1/8 teaspoon salt
parchment paper

1. Put oven rack in middle position and preheat oven to 375°F.
2. Pulse ½ cup nuts in a food processor until finely chopped, being careful not to process to a paste, then transfer to a large shallow baking pan.
3. Toast nuts, stirring every 2 minutes to prevent edges from burning, until pale golden, 6-8 minutes. Cool completely in pan.
4. Whisk together flour and cornstarch in a bowl.
5. Beat together margarine and sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a stand mixer or 5 with a handheld.
6. Add toasted ground nuts and salt and beat until combined. Reduce speed to low, then add flour mixture and mix just until a dough forms.
7. Form dough into a rectangular block and roll out between 2 (12-inch long) sheets of parchment with a rolling pin into a 10- by 8-inch rectangle.
8. Chill dough in parchment on a baking sheet until firm, about 10 minutes.
9. Meanwhile, coarsely chop remaining ¼ cup nuts.
10. Discard top sheet of parchment and sprinkle dough with coarsely chopped nuts. Bake until golden, 14-16 minutes.
11. Transfer shortbread to a rack and cool completely, then break into rough shapes with your hands.
12. Keep cookies in an airtight container at room temperature 1 week. For a neater cookie, cut shortbread, while still hot, into 8 (roughly 8- by 1 ½-inch) cookies with a pizza/pastry wheel or sharp large knife.

Vegan brunch recipes!

Is it breakfast or is it lunch? I asked readers for vegan brunch recipes a few weeks back..

Breakfast burrito:

From <http://vegweb.com>

Breakfast Burrito Delight

INGREDIENTS (USE VEGAN VERSIONS):

1/2 block extra-firm tofu
No-stick pan spray of your choice
1/2 cup vegetarian refried beans
1/4 cup marinara sauce
1 slice soy cheese (I like pepper-jack flavor!)
spices of your choice
whole-wheat tortilla

DIRECTIONS

1. Spray pan with no-stick spray. If you don't have the spray a teaspoon or two of oil works just fine.
2. Crumble drained tofu
3. Add tofu to pan on medium heat and "scramble". Make sure not to burn tofu. Add spices as you go. I like to use oregano, salt, pepper, garlic, etc...
4. While you're scrambling the tofu, put refried beans and marinara sauce in a small microwave safe bowl and mix well.
5. Tear the soy cheese into small pieces (usually about 8 pieces to give you an idea of the size)
6. Put three or four pieces of the cheese into the bean/marinara mixture and microwave for thirty seconds
7. Remove bowl and stir the melting cheese. Add another three or four pieces and repeat the process until your cheese is all melted well into the mixture.
8. Add the bean/cheese/marinara mixture to the scrambled tofu
9. Put the entire mixture into the center of the tortilla and add any other desired spices. Wrap up your burrito!

I like to pop the burrito in the microwave for another 5 seconds to warm it just right. You can always warm the tortilla as you're going in the oven for a crispier result.

Cranberry Bread

from vegweb.com

INGREDIENTS (USE VEGAN VERSIONS):

1 cup unbleached white flour
1 cup whole wheat pastry flour
1 1/2 teaspoon baking powder
1/2 teaspoon baking soda
3/4 cup chopped and toasted walnuts
1/4 cup canola oil
1/2 cup sweetener
1 cup cranberry sauce (boil 12 oz cranberries, 1 cup sucanat, 1 cup water for 10 min let cool then refrigerate
3 tablespoon soy or rice milk
for a bit)

DIRECTIONS

Preheat Oven to 350 degrees F. Sift together the flour, baking powder and baking soda (also sweetener if dry like vegan sugar). Add walnuts to this mixture. Cream the oil, and sweetener (if a liquid like barley malt) until well blended. Beat into oil mixture 1 cup cranberry sauce then add the soymilk to it. Stir the wet mixture into the flour mixture until mixed. Pour dough into an oiled bread pan and bake 45-50 minutes.

"Eggs" Benedict

from <http://chooseveg.com>

1 lb. extra firm tofu
1/4 cup apple cider vinegar
1/4 tsp. salt
1/4 cup olive oil
4 Tbsp. nondairy margarine
8 oz. nondairy sour cream (try Tofutti brand—www.tofutti.com)
1 tsp. paprika
1/2 tsp. nutmeg
Pinch of cayenne
1 Tbsp. lemon juice
4 vegan English muffins, toasted (or 8 slices of toast)
8 slices of faux Canadian bacon (try Yves brand—www.yves.com)
8 slices of tomato

Preheat the oven to 450°F. Drain the tofu, cut it into 8 slices, and arrange it in a single layer in an oiled 9"x13" baking dish.

In a small bowl, whisk together the vinegar, salt, and olive oil and pour the mixture over the tofu. Bake the tofu for 20 minutes, basting it occasionally and turning it over after 10 minutes. Pour off any excess liquid and bake the tofu for a few more minutes—until it is brown and crispy.

To make the hollandaise sauce, melt the nondairy margarine in a small saucepan over medium heat. Stir in the nondairy sour cream, paprika, nutmeg, cayenne, and lemon juice. Make sure that the mixture is heated through but don't allow it to boil.

Top each English muffin half or slice of toast with a slice of tofu, Canadian "bacon," and tomato, and a generous spoonful of hollandaise sauce. Serve immediately.

Stuffed blueberry French Toast

(from vegweb.com)

Stuffed Blueberry Cream Cheese French Toast

INGREDIENTS (USE VEGAN VERSIONS):

- 2 slices bread
- 2 tablespoons vegan cream cheese (Tofutti)
- 1 handful blueberries
- 1 tablespoon flour
- 2 tablespoons soy milk
- a touch cinnamon
- 1/2 teaspoon vanilla
- 1 teaspoon vegan butter
- 1 tablespoon maple syrup

DIRECTIONS

1. Spread the cream cheese on both slices of bread.
2. Place the blueberries in the cream cheese on one slice of bread. Form a sandwich with the the blueberries in the middle.
3. Mix the flour, milk, cinnamon and vanilla in a shallow pan.
4. Dip the sandwich into the mixture and cover both sides with it.
5. Melt the butter in a pan. Fry both sides of the sandwich in the pan until golden brown. Top with the maple syrup.

Crunchy Apricot Toast

from <http://chooseveg.com>

- 1 cup apricot nectar
- 2 Tbsp. apricot preserves
- 1/4 cup soft silken tofu

1 cup corn flakes, coarsely crushed
6 slices of thick, day-old French or Italian bread
Nondairy margarine, for frying
Maple syrup, as a condiment

In a blender, mix together the apricot nectar, preserves, and tofu until they are smooth then pour the apricot mixture into a shallow dish. Place the crushed corn flakes in a separate shallow dish. Soak the slices of bread in the apricot mixture, turning to thoroughly coat each side, then coat them with the corn flakes.

Melt the nondairy margarine on a griddle or large skillet over medium heat. Fry each coated slice of bread until the corn flakes start to brown—about 4 or 5 minutes—then flip it over and cook the other side. Serve hot with maple syrup.

Banana buckwheat pancakes

from <http://goop.com>

SERVES: 3 or 4 (makes about a dozen pancakes)

TIME: 15 minutes

1 1/4 cups soy or rice milk
1 tablespoon lemon juice
1 tablespoon vegetable oil
1 tablespoon maple syrup, plus more for serving
1/2 cup buckwheat flour
1 teaspoon baking soda
1/2 cup unbleached all-purpose flour or white spelt flour (substitute rice flour to make pancakes completely gluten-free)
1/2 teaspoon salt
2 bananas, thinly sliced

Mix all the wet ingredients together in a small bowl. Mix all the dry ingredients together in a slightly bigger bowl. Add the wet to the dry and stir just enough to combine – be careful not to over-mix (that's how you get tough pancakes).

Heat a large nonstick skillet or griddle over medium-high heat (I love Jamie Oliver's nonstick cookware – it's so slippery that I don't need to use any oil or butter). Ladle as many pancakes as possible onto your griddle. Place a few slices of banana on top of each pancake. Cook for about a minute and a half on the first side or until the surface is covered with small bubbles and the underside is nicely browned. Flip and cook for about a minute on the second side. Repeat the process until you run out of batter. Serve stacked high with plenty of maple syrup.

PANCAKES – easy solution for pancakes – go to your grocery store and look for a good organic pancake mix (Bob's redmill makes some good ones) check ingredients on different pancake mixes to see if they have all vegan dry ingredients. And then make some pancakes! Substitute eggs for applesauce and milk for your favorite non dairy milk. You can also add in some vegan protein powder and fruit! It's easy and tastes great! ☺

Home-Style Hash Browns (Vegan)

from <http://happycow.net>

INGREDIENTS

4 large potatoes, peeled and grated
1/3 cup onion, chopped
1/2 teaspoon sea salt
1-2 tablespoon nutritional yeast
1/8 teaspoon red or black pepper
2 tablespoon oil

INSTRUCTIONS

In a medium-sized bowl, mix all ingredients (except oil) into a batter. In a cast-iron skillet or non-stick pan, heat oil. Add batter to hot skillet, forming a circle. Cook until golden brown then flip to brown the other side. Variation: Lightly oil a baking sheet, and bake at 350 degrees F for 25 minutes. From *Incredibly Delicious, Recipes for a New Paradigm* cookbook.

Vegan breakfast casserole

from <http://vegancoach.com>

6 whole-grain bread slices, very lightly toasted
Vegan sausage, to taste (I like LightLife's 14-ounce Gimme Lean Sausage tube)
2 cups non-dairy milk
1 cup silken tofu
3 Tablespoon tahini
2/3 cups nutritional yeast
3 teaspoons onion granules
2 teaspoons prepared yellow mustard
2 teaspoons sea salt
1 teaspoon pure maple syrup
1 teaspoon lemon juice
1/2 teaspoon garlic powder
1/2 teaspoon thyme
Freshly ground black pepper, to taste (1/4 - 1/2 teaspoon)
1/4 teaspoon marjoram

1. Lightly oil an 8 x 11.5 baking dish. Cut very lightly toasted bread into large cubes and scatter evenly across bottom of baking dish.
2. Next, if using a tube of sausage, wet fingers and break sausage into bite-sized pieces, scattering 1/2 the sausage evenly across bread cubes. (If using sausage links or patties, cut into bite-sized pieces and scatter 1/2 the sausage evenly across bread cubes.)
3. To a blender, add milk, tofu, tahini, nutritional yeast, onion granules, mustard, salt, syrup, lemon juice, garlic powder, thyme, black pepper and marjoram. Blend until completely smooth. Pour mixture over bread/sausage mixture.
4. Scatter remaining sausage over the top of the casserole.

5. Cover dish with plastic wrap. Place in freezer for 2 hours, or in refrigerator until liquid is "set". (Refrigerating overnight works beautifully too.)

6. Preheat oven to 325 degrees. Bake casserole, uncovered, until lightly browned, but not burned. (About 50 minutes.)

Vegan coffee cake

From: <http://theveggietable.com>

1 c soy or rice milk

1 T white vinegar

1 T ground flaxseed plus 1 c water (or other substitute equivalent to 1 egg)

1 c berries or fresh fruit, diced

2 c + 2 T flour

1 T lemon or orange zest

1 c sugar

1 t cinnamon

12 T margarine (1 stick): 1 stick should be left out ahead of time to soften, the 1 stick should be cold

1 t baking powder

1 t baking soda

1 t salt

DIRECTIONS

1. Preheat oven to 350. Butter the baking dish.
2. Combine milk and vinegar and set aside.
3. Combine ground flaxseed and water and set aside.
4. Combine fruit, 2 T flour, and lemon zest and set aside.
5. Mix together ½ c flour, ½ c sugar, and cinnamon. Cut 4 T of cold margarine into small pieces and use the pastry blender or butter knives to cut it into the flour mixture, until it looks like coarse cornmeal. Place this crumble topping in the freezer.
6. Sift together remaining flour, baking soda, baking powder, and salt.
7. In a large bowl, cream remaining margarine with the rest of the sugar for one minute. Add a third of the flour, mix briefly, add half of the milk, and repeat, mixing just enough to combine. Fold in flaxseed, then fruit.
8. Spread into buttered baking dish, and sprinkle with the crumble topping. Bake about 35 minutes, until a toothpick inserted into the center comes out nearly clean, with just a few crumbs.
9. Let cool, then serve or wrap in plastic wrap to keep it moist until the next day.

Vegan French Toast

from <http://vegancoach.com>

6 slices of your favorite bread (preferably whole grain) -- I love bread with seeds on the crust which lends a delectable crunch

1 cup non-dairy milk (I like oat milk)

2 Tablespoons silken tofu

1 Tablespoons nutritional yeast

1 tsp. granulated sweetener

1 tsp. vanilla

1/2 tsp. sea salt

1/2 tsp. cinnamon

dash of nutmeg

1. Process all ingredients in a blender until smooth.
2. Lightly oil a large frying pan with a touch of coconut oil, organic canola or non-hydrogenated non-dairy butter (my preference, such as Earth Balance).
3. Dip the bread slices into the mixture, covering both sides. Cook over medium-low heat, flipping once, until golden on both sides.

Serves 3.

Variations:

- Add one ripe banana or a handful of blueberries to the mixture before blending
- Serve topped with your favorite fruit
- Double the recipe and wrap cooled french toast tightly between layers of saran wrap, then freeze for a quick breakfast on a busy morning

Lemon poppy seed cake

from <http://gonepie.com>

1/4 c coconut oil

1/4 c shortening

1 1/4 c vegan sugar

3T lemon rind

Whip these ingredients together in a mixer until light.

1 3/4 c gluten-free flour mix

1/4 c quinoa flour

1/4 c sorghum flour

1/4 c poppy seeds

1 1/2t baking powder

1/2t baking soda

1/2t sea salt

2 t xanthan gum

Combine these ingredients well by hand.

1 c+ 1T soured soy milk

1/4 c maple syrup

1/2 c silken tofu

Combine these ingredients in a food processor until completely smooth and fluffy.

1T vanilla

1T apple cider

Have these ready to add.

Once the sugar mix is light and fluffy, alternately add liquid and flour mixtures. Keep the bowl well scraped. Add vanilla and cider before the last bit of flour mixture.

This is a very stiff dough. I scooped it into muffin tins and baked them at 350 degrees for 35 minutes.

What to make for your non-vegan friends

Some of my favorite recipes to make for non vegans:

My Mexican Lasagna:

Get a big baking dish

7-10 vegan tortillas: To determine how many tortillas to use you will need to find the baking pan you are using, the tortillas should be able to cover the entire bottom of the dish, and you should have enough to make 3 layers.

2 diced peppers (any kind you like)

1-2 diced tomato's

1 can sliced black olives

1 package sliced mushrooms

1 package firm tofu

1 soy chorizo sausage (You can use another spicy meat substitute, or none at all)

2 TBS garlic

1 TBS chili powder

1 TBS hot sauce

2 diced potato (you can cheat and get frozen diced organic potato)

1 cup salsa

1/2 cup vegan sour cream

1 can of black beans

1 diced onion

1 avocado

1 TBS paprika

Spray olive oil.

1. Stick the tortillas on a cookie sheet and spray with olive oil and sprinkle some paprika on top, then throw them in the oven at 350 for about 10 minutes. Until they are not flimsy and limp. You want them nice hot and a little stiff.

2. In a frying pan (use some olive oil) sauté peppers until they are soft. Add mushrooms, garlic, olives, onions, potato, until they are soft and smell tasty together.

3. Next add the tofu – just crumble it up in your hands and add to the veggie mixture.

4. Add meat substitute if you like (soy chorizo is a good one)
5. Add your chili powder.
6. Mix this all up until it is blending nicely together.
7. In a separate sauce pan put in sour cream and hot sauce.and heat it up till it's a little runny.
8. Slice up avocados
9. Have salsa ready to go

It's time to layer!

Layer tortillas, spoon in an even layer of the tofu crumble/veggie mix, spread hot sauce sour cream on top of that, and then add a layer of salsa and avacado.

Do this until the baking pan is filled to the top. Try not to make your layers too thick.On top layer add hot sauce sour cream and sprinkle chili powder on top if you like.And add some sliced avocado – make it look all pretty like Martha Stewart was cooking.

Stick back in oven for 10-15 minutes. (I don't know, I make up the times most of the time, just watch it)

Take out of oven and serve with a side of tortilla chips.

Vegan pancakes and homemade syrup:

Pancakes and homemade syrup:

There are a lot of pancake recipes. You can also go the grocery store and get a pancake mix, check the dry ingredients to make sure they are vegan and then make the recipe vegan. Use non dairy milk, use applesauce instead of eggs. *hint on the apple sauce, I get those little apple sauce cups 1 of them equals about 1 egg in a recipe. (make sure you get the natural non sweetened ones). Add in vanilla and cinnamon to your batter and you've got some good pancakes.

You can also add in fruit – any kind you like!

FOR HOMEMADE SYRUP

2 tbs of vegan butter

3-4 TBS of Agave Syrup

Any kind of frozen fruit (you can probably use fresh fruit, but for some reason frozen works well for me) – go ahead, go crazy. Mango syrup, strawberries, blueberries, kiwi, banana.

Heat up butter till it melts (but not boils)

Add in agave syrup

Add in Fruit

Stir, stir, stir. The fruit will get nice and soft, and start blending with every thing. Play around with it, taste it to see how it's doing. Add more as needed.

Magic Pie

from <http://theppk.com> Submitted by Kara

prep time: 15 min | cooking time: n/a | makes 8-10 servings

Every vegan in the world has this staple recipe, but y'all don't have it so I'm giving it to you! ;)

EQUIPMENT:

Blender
Saucepan/stovetop
Spoon

INGREDIENTS

16 oz. Silken tofu (firm works alright as well)
1 Vegan Graham Cracker Crust (can buy from grocery store)
1 pkg (12 oz) Vegan Chocolate Chips (I prefer Ghirardelli Double Chocolate)
1 tsp. Vanilla

DIRECTIONS

Mix the tofu and vanilla in the blender. Put most of the chocolate chips (save some, about 1/4 cup) into the saucepan and cook over medium heat until melted. Add melted chocolate to the blender and mix until smooth. Stir in remaining chocolate chips, then pour entire mixture into pie crust and refrigerate for about 3 hours. Enjoy!

My stuffed peppers

Hollow out a few green peppers (or red or yellow or orange, or all colors, make it pretty, it's ok)
Use the top of your pepper in your mixture – dice it up!
Depending on how many peppers you make depends on how much stuff you use, so I'll just go with 5 large peppers.

2 cups rice
Diced peppers
Tofu crumble or vegan meat crumble of any kind
1/2 -1 cup tomato sauce (just don't make it too soupy)
Garlic
Basil
1/2 TBS sea salt
Sliced tomato
Sliced mushrooms

Mix all of that together in a pan. Make sure your peppers are nice and done. Don't make it soupy, add more rice if it's too soupy!

Broil hollowed out peppers for about 5 min before you do anything else. Stick them on a cookie sheet spray some olive oil and let them get a little soft – the skin will start to crinkle and brown a little.

Spoon in mixture into peppers add a sliced tomato on top

Put back under broiler until the tomato is a little brown and bubbly, but not black. Don't burn the tomato.

Serve hot! You can also add a little tomato sauce on top for more moisture.

Vegan BBQ!

It's summer, and it's time to dine outside, fire up the grill and enjoy the sun!

Creamy mac & cheese

from <http://vegandad.blogspot.com>

INGREDIENTS

Makes enough for a family of 5 with leftovers. Cut in half if needed.

1/2 cup raw cashews
2 tbsp sunflower seeds
2 tbsp pine nuts
2 cups soy milk
2 tbsp olive oil
1/2 cup nutritional yeast
1 1/2 cups firm tofu (does not have to be silken)
1 tbsp Dijon mustard
1/2 tsp tumeric
1 tsp paprika
1/2 tsp garlic powder
1 tsp onion powder
2 tbsp miso (something mellow)
1 tsp salt
1 tbsp cornstarch
3 cups uncooked macaroni

DIRECTIONS

1. Cook macaroni, as per directions, until al dente.
2. While macaroni is cooking, place all other ingredients in a blender and blend for 5 minutes, until very smooth. Make sure all nuts and seeds have been blended.
3. Drain macaroni and return to pot over medium heat. Add sauce and bring to bubbling. Cook, stirring constantly, until sauce thickens and reduces a bit (about 5 mins)

A FEW NOTES

10. I have never done this, but if you like cooked mac and cheese, I think you could add the sauce to the noodles, transfer to a greased casserole, top with bread crumbs, and bake for 30 mins or so (until bubbling).

1. The mac and cheese will be very saucy at first. If you are planning on eating some of the leftovers for lunch tomorrow, remove some mac and cheese from the pot after it comes to bubbling and store in the fridge. The sauce will absorb into the noodles overnight, but still be creamy when re-heated the next day.

Black bean burgers

INGREDIENTS

1/2 onion, diced
1 can black beans, well drained
1/2 cup flour
2 slices bread, crumbled
1 tsp garlic powder
1 tsp onion powder
1/2 tsp seasoned salt
salt and pepper to taste
oil for frying

PREPARATION

1. Sauté the onions till soft, about 3-5 minutes.
2. In a large bowl, mash the beans until almost smooth. Add sautéed onions and the rest of the ingredients, except the oil, adding the flour a few tablespoons at a time to combine well. Mixture will be thick.
3. Form bean mixture into patties, approximately 1/2 inch thick and fry patties in a small amount of oil until slightly firm. Make veggie burgers and enjoy!

Vegan macaroni salad

from <http://veganlicious.org>

INGREDIENTS

2 cup cooked macaroni (1 c uncooked)
1 cup frozen peas, thawed
1/2 cup chopped celery
1/2 cup spicy tofu pieces, cut in small cubes
1/2 cup soy cheese, cut in small cubes
1/5 cup sweet pickle relish

VEGAN SALAD DRESSING

1/2 cup plain soy yogurt
2-3 tbs. soy cream
1 tbs. grainy mustard
1 tbs. vegetable bouillon powder
2 teaspoons juice from the pickle relish

salt and pepper to taste

DIRECTIONS

1. Combine the first five ingredients in a large bowl.
2. Make a dressing from the remaining ingredients.
3. Pour the dressing over the salad and mix well.
4. Refrigerate for a least 1 hour.

NOTES

This keeps well for 2 days, if it hasn't been all eaten up.

My Big Pasta Salad

STUFF YOU'LL NEED:

- Veganaise
- Deli brown, horseradish or some other kind of fancy mustard (if you like mustard)
- 1 lb Pasta: I use brown rice pasta (I'll explain how to cook that in a second) but you can use any pasta that you like..
- Raw Veggies: Go wild! Pick your favorites. Chop up cucumbers, carrots, celery, onions, broccoli, peas, whatever your healthy heart desires!
- Cherry tomato's
- Beans: Go for a garbanzo or chick pea – they work really well and don't get mushy.
- Black olives (sliced up)
- Firm tofu (I'll explain what to do with it in a second)
- Seasoning: Pepper, garlic, (crushed or powder), Italian seasoning, a little sea salt. If you want to make it even easier, get one of those pre-made seasoning packets for Italian dressing.

OKAY, NOW LET'S GET COOKING.

First cook your pasta. If you want to try brown rice pasta (it's healthier, and it's tasty!) cook it for the recommended time, be sure to check on it as you are cooking it. As soon as you are done cooking it (make sure it's not too hard) drain it and run cold water over it. This will make it stop cooking, and prevent it from getting mushy. Mushy pasta = bleh.

If you are using a different kind of pasta. Cook it, a little more than "al dente" (so a minute or so after you think it's done) and drain it, and then rinse with cold water right away.

While it's cooking, get all your veggies out and start chopping. If you want to cheat – here is a tip... salad bars and the produce aisle! Often stores will have things pre-chopped! Use organic canned beans and olives, and use small cherry tomato instead of chopping up tomatoes.

Get your tofu – make sure it's the firm kind, take you can use as much or little as your healthy heart desires (I use about half of a package) and crumble it in your hands – just break it up, crumble it, or if you want to be all neat, you can put it in a chopper, or cut it in cubes, but really, your hands will work just fine.

Okay, next... get a BIG bowl You can really make as much of this as you want, so if you cooked a pound of pasta or more.

Put your cold pasta into the bowl. (I know, obvious right!)

Depending on how much pasta you've used, and how many veggies you are throwing in will depend on how much veganaise you will use. Start with a 1/2 cup of veganaise, and go from there, you'll have to play around with it a little bit.

Before you add more veganaise though... add your veggies, beans, and tofu! And mix that baby up!

Add spices – usually I put in a half TBS of each spice until it tastes good to me – same with the mustard.

Vegan Potato Salad

from <http://cookingcache.com>

3/4 cup finely chopped onion
1/4 cup lemon juice
1 Tbsp. salt
1/2 tsp. dry mustard
1/4 tsp. pepper
4 lbs. potatoes, boiled in jackets, then peeled and cubed
1/2 cup chopped celery
1/2 cup chopped green pepper
2 cups Noyonnaise or other vegan mayonnaise

Stir together onion, lemon juice, salt, dry mustard, and pepper. Toss with hot cubed potatoes to coat evenly. Cover and refrigerate one hour. Stir in remaining ingredients. Chill for several hours.

Creamy Ambrosia (Fruit Salad)

From: <http://vegetarian.about.com>

INGREDIENTS

1 cup chopped fresh pineapple
1 cup sliced fresh apples
1 cup orange slices
1 cup strawberries, sliced
1 cup grapes
1/2 cup shredded coconut
1 tbsp cornstarch
1/3 cup lemon juice
3 tbsp sugar
3 tbsp orange juice
1/2 cup soft (silken) tofu, pureed
2 tsp grated orange rind
1 tsp poppy seeds (optional)

PREPARATION

1. In a large bowl, toss the fruit and coconut until well blended. Refrigerate.
2. Combine the cornstarch with the lemon juice in a medium saucepan and stir until well blended. Place the saucepan over medium heat and add the sugar and orange juice. Cook, stirring constantly, until the mixture thickens, about 5 to 10 minutes. Remove the saucepan from the stove and allow to cool thoroughly.
3. Fold the pureed tofu, orange rind and poppy seeds into the juice mixture and chill for at least one hour.
4. Immediately before serving, pour the dressing over the fruit and serve.

Vegan boneless chickenless hotwings

From: <http://vegandad.blogspot.com>

INGREDIENTS

Wings

12 mini bamboo skewers
1 1/4 cup vital wheat gluten
1/3 cup chicken broth powder
1/2 tsp onion powder
1/2 tsp garlic powder
1 tsp paprika
freshly ground white pepper
2 tbsp oil
1 to 1 1/4 cup water

Breading

1 cup plain soy milk
2 tbsp oil
1 tbsp ground flax seed
1 tsp lemon juice
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp paprika
1/2 tsp salt
1 1/3 cup panko bread crumbs

Sauce

1/2 cup margarine
1/2 cup hot sauce

DIRECTIONS

Preheat oven to 400 degrees

1. Line a dark baking sheet with aluminum foil. Spray with oil.
2. Mix flour, stock powder, and spices together. Add oil and enough water to make a dough. The dough should be somewhat stiff, but able to be kneaded. Knead for a few mins then shape into a log and slice into 12 to 16 pieces. Stick a bamboo skewer into each piece of dough and shape around the stick. Wet your hands if you need to.
3. Whisk together soy milk, oil, lemon juice, and flax seed in a shallow dish. In a separate shallow dish, mix together bread crumbs and spices.
4. Roll seitan in soy milk mixture, then in bread crumbs. When all seitan has been coated, roll again in soy milk and press into the bread crumbs to get a thick coating. Place on prepared baking sheet.
5. Bake for 20 - 25 mins, until crumbs are golden and seitan has plumped up. While seitan is cooking, melt margarine in a small saucepan and add hot sauce. Remove cooked seitan from oven and spoon sauce over each wing. Return to oven and cook for 5 mins.

Grilled Pineapple

From <http://vegetarian.about.com>

INGREDIENTS

2 tbsp agave nectar
2 tbsp dark rum
1 tsp lemon juice
4 or 5 slices fresh pineapple
1 cup flaked coconut

PREPARATION:

1. Whisk together the honey (or agave nectar), rum and lemon juice in a wide dish. Add the pineapple and coat well. Allow the pineapple to marinate for at least one hour in the refrigerator.
2. Lightly grease your grill and fire up to a medium heat.
3. Coat the pineapple with coconut on both sides, pressing the coconut into the pineapple to get it to stick.
4. Grill on both sides for about 8 to 10 minutes.

My Quick and Easy Vegan meals

Easy Vegan Breakfasts: (all take under 5 minutes to make)

- Fruit!
- Smoothies – go green!
- Get a shake mixer (cup) you can have a shake anywhere, and most health stores sell non animal protein powder (my favorite is Vega)
- Cereal with non dairy milk. (check the cereal first)
- Cereal with fruit
- Instant Oatmeal
- Raw Bar or Lara Bar (there are a few other good vegan nutrition bars, and some that are raw & delicious)
- Waffles (Vans makes a lot of vegan waffles and they are so tasty- top with agave syrup and fruit)
- Easy bean burrito with avocado
- Wheat Bagel with non dairy cream cheese or peanut butter. Top with fresh fruit (or jam if you have to)
- Nuts and fruit
- Non dairy yogurt mixed with cereal or nuts and fruit

Have to eat out?

- Jamba Juice - vegan smoothies, oatmeal with fruit (I love their oatmeal) Quick time out: just because it's a smoothie or a juice doesn't mean it's good – check the sugar!
- Restaurants: Oatmeal is usually the best bet (with out milk) fruit salad, breakfast can be tricky at a regular american type restaurant. Some will also do smoothies, and ask, they probably have soy milk. Peanut butter on a bagel or english muffin is another option.
- Starbucks: You can use soy in any drink, although, really, lay off the caffeine if you can – go with green tea instead. Get a bowl of fruit and oatmeal.
- A bagel place - a bagel (not an egg one) with peanut butter and a cup of fruit
- If you go to McDonalds I'll smack you. Seriously. Go to a gas station and get food, it will be healthier... speaking of:
- Convenience store: Nuts, fruit, pretzels, some carry small things of soy milk and single serve cereals. trail mix, granola bars.
- Grocery store: Fruit, veggies, hummus, pita bread, bagel with non dairy cream cheese or peanut butter, vegan nutrition bars (be sure to check labels!) individual soy or rice milk with cereal. Naked drinks are a good option (check to make sure they are vegan)
- Amy's has a few good vegan breakfasts – try Tofu scramble or the tofu breakfast pockets. You can even stock these at work. Make sure you get the vegan ones though!

Easy Vegan Lunches:

- Frozen: Amy's has a bunch of stuff to pick from, and it's almost in any grocery store.
- Salads – big huge salads!
- Vegetable broth based soups
- Veggie sushi
- Peanut butter and jelly
- Egg-less egg salad (a lot of health foods places and whole foods and trader joes stock this)
- Hummus with pita bread and cucumbers
- Cheese-less pizza with lots of veggies
- Cucumber sandwich with non dairy sour cream
- Veggie burger (be sure it is vegan)
- Mushroom meatball sub (or vegan meatballs) – just heat them up, put on whole wheat sub roll with tomato sauce, good to go.
- Chicken less chicken sandwich
- Big sandwich with hummus, veggies, sprouts, sliced cucumbers. You can just go to any salad bar and load up on the veggies for your sandwich (and often hummus), get a roll from the bakery, and you've got yourself a tasty sandwich.

Eating out:

- Mexican: YOUR FRIEND eating out. Guacamole, tortilla chips, beans, salsa. Veggie burrito (no sour cream), Veggie fajitas, beans and rice. You can do vegan at chipolte and places like Baja Fresh pretty easily
- Chinese: Tofu instead of meat in your noodles, rice, soup (be sure there is no egg)
- Japanese: My favorite: Veggie sushi! and miso soup they also usually have some great tofu dishes
- American: Bleh. But if you have to – salads are usually a good bet, or do sides of veggies, rice, potato.
- Roadside stand: Really? Okay, unless you are near LA who has a vegan roadside joint. You might be stuck with nuts, a pretzle and fruit if they have it.
- Grocery store: Hummus! Pre packaged fruits and veggies. Carrots and celery with peanut butter, big huge salad from the salad bar.
- Indian: Lots of vegan options! Be sure to tell them you can not have dairy, some of the sauces have dairy in them.
- Thai: Again, substitute with tofu, be sure there are no eggs or dairy in the ingredients.

Easy Vegan Snacks

- Nuts (be sure no one around you is allergic to peanuts, it's an airborne allergy, and it's serious)
- Dried fruit
- Trail Mix
- Granola Bars (also check ingredients)
- Crackers (you can even find a good hearty flax seed cracker)
- Seeds (like sunflower)
- Nut butter for your crackers
- Dark chocolate (most are vegan)
- Dates

- Vegan cookies (if you really need a fix – something like the trader joes version of Oreo's)

Easy Vegan Dinners:

- Again, Amy's has some good vegan options!
- Lentil soup
- Bean burrito
- Kashi Brand has a LOT of vegan frozen dinners that are pretty tasty.
- Vegan Soup (there are lots of options in more healthy stores.
- Trader Joes – if you have one learn to use it. If you want to be easy. They have a lot of vacuum sealed things like steamed lentils and beans – that are fantastic. They also have frozen things like “Birds Nests”, chinese dumplings (veggie), shu mai (with edamame), frozen edamame, spicy lentil wrap, lots of hummus... There is a lot, so if you have one near you, check it out.
- Same goes for Whole Foods and stores like it – they tend to have a lot of vegan foods that are easy to prepare.

Easy meals:

VEGGIE STIR FRY - seriously if you want go to the frozen section and look for a stir fry mix (all veggies of course), I like getting some rice noodles (they take like 3 min. to cook) and then some tofu chopped up, stick it in a pan throw some soy sauce on it – you've got yourself stir fry.

EASY STUFFED PEPPERS: Soy Chorizo or “meatless crumbles”, rice (you can get it pre-made if you need to), mushrooms, diced tomato. Cut open top of a pepper stick it under the broiler while you heat up crumbles, rice mushrooms and tomato. After a few minutes put filling into pepper, stick back under broiler for a couple of minutes. You can top it off with some diced tomato's or tomato sauce (vegan). Easy and hot. hmhhh.

BIG HUGE SALAD - go ahead go to town, eat sprouts till your stuffed

Pasta (brown rice if you want to be healthier) with tomato sauce, veggies, and non meat meat balls

LENTIL STEW: pre-cooked/steamed lentils, can of diced tomato's, frozen red potato's (diced works well) spices. Throw in large pan and cook.

CHILLI: All sorts of things you can do, but the simple way is to get a couple cans of beans, canned diced tomato's with chilli's and put in pot with some spices. You can put it over elbow macaroni or rice.

TOFU STEAKS: Get tofu, slice it up put it on a pan (use olive oil) and cover it with various spices throw on top of some spinach with vegan dressing.

There are some things you can make a big batch of that will last for several days, or in some cases (chilli, soups) you can freeze and then take out and heat up later like...

CHILLI – go to town! There are a billion vegan chilli recipes

BIG VEGAN MACARONI SALAD – great for the summer! Just cook pasta (I use brown rice) add in chopped veggies, olives, black beans, veganaise (to taste) crumbled tofu if you'd like and spices.

TOFU SCRAMBLE: Crumble up firm tofu, add in diced red potato's (frozen is fine), beans, olives, spices, a little bit of non dairy sour cream or veganaise.

SOUPS: A good veggie noodle soup using vegetable broth, your favorite vegetables and noodles.

Easy Desserts:

- Fruit and soywhip (whipcream)
- Non Dairy Ice Cream – Coconut milk ice cream, rice milk and soy... and if you are lucky enough to live somewhere that you can buy raw ice cream? It is better than any dairy ice cream I've ever had, and trust me on this, I used to eat a lot of ice cream.
- Vegan cookies – like the trader joes version of oreo's! Newmans Own makes a lot of good stuff as well.
- Dark Chocolate – most is vegan, ALL is tasty
- Baked apple with cinnamon, brown sugar and some nuts.
- Vegan smores! Look for vegan marshmallows (if you can't find them in your area, you can always find them online :)
- Melted dark chocolate and fruit. I mean, that alone should make your day.

Recipes from the 7 day plan on Vegan Hope

Cocoa-Coconut chilli

from <http://goodnessgoodies.blogspot.com>

This is my favorite chilli! Dreena Burton's book "Eat Drink and Be Vegan" has other amazing recipes!!

INGREDIENTS

1-1.5 tbsp coconut oil
2 cups onion, diced
1 1/4-1 1/2 cups celery, diced
1/2 cup red or yellow bell peppers, diced
4-6 medium cloves garlic
2 tbsp mild chili powder
1 tsp sea salt
freshly ground black pepper, to taste
1/2 tsp cinnamon
1/8 tsp allspice
2 1/2 - 3 tbsp Dutch-processed cocoa powder
2 cans (28 oz) diced tomatoes
1 can (14 oz) black beans
1 can (14 oz) pinto beans
1 can (14 oz) kidney beans
1 can (14 oz) light coconut milk
1/2 cup unsweetened shredded coconut
2 tsp chipotle hot sauce
1 cup frozen corn kernels
1-1 1/2 tsp agave nectar
1-2 fresh limes - for garnish.

In a large pot on medium heat, add oil, onion, celery, peppers, garlic, salt & pepper, chili powder, cinnamon, and allspice, stir to combine. Cover and cook for 7-9 minutes, stirring occasionally; reduce heat if onions start to burn. When onions start to soften, add cocoa and stir for 1-2 minutes, then add tomatoes, beans, coconut milk, and coconut, and stir to combine. Increase heat to bring to a boil. Once boiling, reduce heat to low, cover, and simmer for 20-25 minutes, stirring occasionally. Stir in corn kernels and agave nectar, and cook another 5 minutes to heat through. Remove cover and let liquid reduce if desired. Season to taste with additional salt, pepper, and/or hot sauce. Serve with lime wedges and squeeze on generous amounts of juice.

Amazing Caramelized Red Pepper & Vegan Feta Pizza

From <http://vegweb.com>

INGREDIENTS (USE VEGAN VERSIONS)

caramelized red pepper jam (recipe below)
vegan feta (recipe below)
handful of sundried tomatoes, sliced in half
2 good handfuls of baby spinach
1/4 red onion
1/2-3/4 cup passata (tomato puree)
2 tablespoons vegan pesto, or 2 tablespoons fresh / 2 teaspoons dried basil
1-2 garlic cloves
salt & pepper
olive oil
fav pizza dough (tip - infuse olive oil in recipe with a few cloves of garlic, this adds great flavour)

RED PEPPER JAM

2 large red bell peppers/capsicums, sliced thinly
1 red onion, sliced thinly
2 cloves garlic
1-2 tablespoons sugar
2-3 teaspoons red wine vinegar
1 tablespoon water

VEGAN FETA

8 oz firm tofu (regular or herbed)
2 tablespoons red wine vinegar
4 tablespoons extra virgin olive oil
1 tablespoon freshly squeezed lemon juice
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon garlic powder
ground black pepper

DIRECTIONS

1. Roll out dough, sprinkle on some olive oil and fresh minced garlic. Leave for one hour if you have time.
2. Mix tomato puree with garlic and basil or pesto. Spread on base and add the red pepper jam and vegan feta (or, if you like the feta really sharp, add it when it comes out of the oven). Bake about 15 min at 400F.
3. Wilt spinach in a fry pan with a little olive oil.
4. When pizza is cooked and ready to serve, add the spinach and dollops of the jam. Enjoy!

RED PEPPER JAM DIRECTIONS

1. Roast capsicums and onion at about 350F for 15-20 min or until onion is golden.
2. Once roasted, add to a med saucepan along with garlic, water and sugar, cook for 5-10 min so sugar melts and caramelizes and reduces a little. Add vinegar, salt and pepper to taste and cook another 5-10 min. Let cool.

This jam is also great with Tofutti cream cheese and crackers.

VEGAN FETA DIRECTIONS

Cut tofu into 1/4 inch chunks and place into a large bowl. Combine remaining ingredients in a smaller bowl and whisk until well blended. Pour over the tofu chunks and toss until evenly coated. Cover and allow to marinate in the fridge for at least an hour.

My easy oatmeal cookies:

INGREDIENTS

- 2 -3 cups oatmeal
- 1/2 cup coconut flakes
- 2 bananas
- 1/4 cup of blueberries
- 1/2 cup-1 cup applesauce
- 2 TBS agave syrup

DIRECTIONS

3. Puree bananas and blueberries together
4. Throw every thing together and mix – if it's too soupy add more oatmeal!
5. Spray a cookie sheet with some spray olive oil.
6. Spoon out cookie dough
7. Cook for about 15 minutes on 350 – although, I usually cook them for less time because gooey is better.
8. And remember – you could eat this raw, and it's really tasty

Vegetable and Barley Soup

From <http://veganfamily.co.uk>

INGREDIENTS

5 or 6 large potatoes, peeled and cubed
2 leeks cut into round slices
3 carrots, roughly chopped
5 celery sticks, cut onto chunks
1 cup of dried pearl barley
2 heads of swiss chard (or similar green leaf such as leaf beet or a couple of handfuls of spinach), chopped
Enough water to cover
Salt and pepper to taste

Very simple to prepare this one! Place all your vegetables except the chard in a large pan with the barley. Cover well with water, boil and simmer until everything is cooked. Add the chard and salt and cook for another 5 minutes.

Unbelievable Lentil Tacos

From: <http://vegweb.com>

INGREDIENTS (USE VEGAN VERSIONS):

1 cup dried brown lentils, rinsed
8 ounce can tomato sauce
corn tortillas (I use white corn tortillas)
1 packet dry taco seasoning mix (if none available, recipe follows)
handful of textured soy protein, optional
iceberg lettuce (shredded)
cucumber (seeded, peeled, sliced)
tomatoes (chopped)
lemon or lime wedges (optional)

DIRECTIONS

Cover the lentils with water in a large saucepan. They expand tremendously so use a large pot. Add tomato sauce, textured soy protein, and taco seasoning. If none is available that is vegan, use 1 tsp. each: cumin, garlic salt, paprika, onion powder, and a pinch of cayenne pepper. Bring to high heat until boiling. Simmer at low heat until the mixture thickens. Add more water if necessary and stir often so that the bottom does not burn. This process will take about an hour. You want to cook it until its about the consistency of cooked oatmeal. Taste the mixture and add more seasonings if necessary. Add more textured soy protein if you want more texture and continue to heat until the textured soy protein is fully hydrated. In the meantime, heat the corn tortillas in the oven, directly on the oven rack for about 5 minutes at 350 degrees. Assemble the tacos as desired. Squeeze the lemon wedges over the tacos... yum!!

Jambalaya

<http://vegetarian.about.com>

INGREDIENTS

1 onion, chopped
3 cloves garlic, minced
2 ribs celery, chopped
1 green bell pepper, chopped
1 1/2 cups uncooked rice
1 6 oz can tomato paste
5 cups vegetable broth
2 zuchinnis, sliced
1 1/2 cups okra, fresh or frozen)
1 can diced tomatoes OR 4 large tomatoes, diced
1 cup mock meat, such as Gimme Lean or Morningstar Farms Crumbles (optional)
1 tsp oregano
1/2 tsp paprika
1/2 tsp cayenne (or to taste)
1/2 tsp black pepper
1 tsp dried parsley
1/2 tsp seasoned salt

PREPARATION:

In a large bowl, mix tomato paste with vegetable broth until smooth and set aside. In a large pot, sautee onion, garlic, celery and green pepper until slightly soft, about 5 minutes. Add uncooked rice and allow rice to toast for one minute, stirring. Add tomato and broth mixture. Reduce heat, cover and simmer for about 10 minutes, stirring occasionally.

In a separate skillet, sautee the okra, zucchini and mock meat until just barely cooked, about 3-5 minutes.

After the rice has cooked about 10 minutes, add the sauteed mock meat and veggies, spices and diced tomatoes, stirring well. Cover, and allow to simmer 10-15 more minutes, stirring occasionally, until veggies are fully cooked and rice is soft. Serve with hot sauce if desired, and enjoy!

Vegan Banana Pancakes

From: <http://vegweb.com>

INGREDIENTS (USE VEGAN VERSIONS):

1 cup flour
1 tablespoon brown sugar
1 teaspoon baking powder
1/4 teaspoon salt
dash of cinnamon

2/3 cup soy milk (more if needed)
1/2 banana (very ripe and mashed)
1 teaspoon vanilla

DIRECTIONS

Mix flour, vegan sugar, baking powder, salt and cinnamon together. In another bowl, combine all other ingredients. Add wet ingredients to dry ingredients and stir well. Add more soy milk if batter is too thick.

Cook on medium-high heat till browned on both sides. Makes about 8 small pancakes.

Serve with maple syrup, icing sugar or jam.

Falafel Pita Pockets

From: <http://grouprecipes.com>

INGREDIENTS

2 cans chickpeas (garbanzo beans), drained and rinsed
1 red onion, chopped
4 cloves garlic, minced
1/4 cup of fresh Italian parsley, chopped
3-4 tablespoons flour
1 tablespoon cumin
1 tablespoon coriander
1 tablespoon chili powder
1 1/2 teaspoons turmeric
1/2 teaspoon Salt
1/4 teaspoon black pepper
1/2 cup canola oil
3 Tablespoons Peanut oil
1/2 cup tahini paste
3 tablespoons water
Juice and zest of 2 lemons
4 whole grain pita pockets
1-1 1/2 cups lettuce, torn
1/2 cucumber, sliced
2 ripe tomatoes, sliced
sliced red onions (opt.)

DIRECTIONS

1. After rinsing garbanzo beans dry them on paper towels. Pour beans into a food processor with chopped onion, garlic, parsley, flour, spices and process until well pureed and forms a sticky ball. If your beans weren't dry enough you may need to add a Tablespoon or more of flour until you get a consistency that you can shape into patties.

2. Heat oils in a large skillet (350 degrees in electric skillet). Form the bean mixture into 4 large patties and place them in heated oil. Fry for about 4 minutes on each side until browned and somewhat crispy.
3. Measure tahini paste into a medium size mixing bowl. Add water, lemon juice lemon zest and some salt and pepper to taste. Mix until smooth and set aside. This is your sauce for the for the falafels.
4. Cut the pitas to form large pockets. Spoon about 2 Tablespoons of Tahini sauce into each pita pocket. Insert some lettuce, tomato slices, cucumber slices and additional sliced onion. Slide in a falafel burger.

Lemon Garlic Pasta

From: <http://nibbledish.com>

INGREDIENTS

3/4 lb. dry spaghetti
1/3 c. freshly squeezed lemon juice
2 - 3 large cloves garlic, minced
1/2 tsp. sea salt
1 1/2 tsp. agave nectar
1/2 tsp. Dijon mustard
3 1/2 - 4 1/2 Tbsp. olive oil
1/4 c. toasted pine nuts
1/4 c. fresh parsley, chopped

DIRECTIONS

1. Cook pasta according to package directions.
2. Meanwhile, in a bowl, whisk together lemon juice, garlic, salt, agave nectar, mustard, & oil (starting with 3 1/2 Tbsp.). Set aside.
3. When pasta is almost done, remove 1 c. of pasta water & reserve.
4. Drain pasta (do not rinse!), return to pot, & toss with lemon dressing, toasted nuts, & parsley.
5. If pasta seems too dry, add some pasta water, 1 Tbsp. at a time.
6. Season to taste, adding extra olive oil & salt & pepper, if desired.

Rice Pudding with Cinnamon and Raisins

From: <http://veganchef.com>

INGREDIENTS

2 cups water
1 cup brown rice, rinsed
1 1/4 cups soy milk, rice milk, or other non-dairy milk of choice

1/3 cup raisins
1/3 cup brown rice syrup or maple syrup
1 t. vanilla
1/2 t. cinnamon
1/4 t. ground ginger
1/8 t. ground nutmeg

DIRECTIONS

In a medium saucepan, place the water, and bring to a boil. Add the rice, cover, reduce the heat to low, and simmer for 35 minutes or until all of the water has been absorbed. Add the remaining ingredients, stir well to combine, and continue to cook the mixture over low heat until all of the liquid has been absorbed. Transfer the mixture to a bowl and place the pudding in the refrigerator to chill. Top individual servings with a little additional cinnamon before serving, if desired.

Vegan Quinoa Brazil Nut Paella

From <http://kblog.lunchboxbunch.com>

INGREDIENTS

1 cup whole grain quinoa
1 1/2 cups vegetable broth
1/2 orange, juiced (about 1/4 cup juice)
1/2 orange de-seeded and diced
2 tsp orange and lemon rind zest
1 lemon, juiced
1 bag frozen mixed organic veggies (peas, corn, carrots)
1 large onion, chopped
2 white button mushrooms, chopped
7 cloves garlic, chopped thickly
1/2 Serrano pepper, roasted, de-seeded and chopped
1/2 cup Brazil nuts, chopped
2 Tbsp Spanish olive oil
2 Tbsp vegan buttery spread
2 bay leaves
1/4 teaspoon saffron strands
1 tsp cayenne
generous black pepper
sea salt to taste

PREP:

Rinse and dry quinoa with cold water. Set aside.

Juice, chop and zest the orange.

Juice and zest the lemon.

Chop onion, garlic, mushrooms and Brazil nuts.

De-seed and slice Serrano pepper. Roast strips of pepper.

Microwave frozen veggies for two minutes (or thaw on counter prior to use)

In soup pan:

Add oil, vegan spread, a pinch of salt and pepper.

Turn heat to high-until oil sizzles.

Add onion, garlic, pepper, Brazil nuts and bay leaves.

Saute for a few minutes, on medium heat.

Add chopped orange and orange zest.

Saute uncovered for an additional few minutes.

Fold in 3/4 package of frozen veggies (thawed or warmed).

Add lemon juice.

Saute on medium-high for five minutes, stirring constantly.

When all ingredients are cooked through and slightly browned, remove 1/2 of veggies from pot. Set aside, covered.

Quinoa:

Turn heat to high and add veggie broth, cayenne, saffron and orange juice.

Bring to boil.

(Yes, half the portion of veggies will still be in the pot.)

Add dry quinoa and stir.

Reduce heat, cover pot, and simmer for 10-15 minutes.

Stir occasionally.

When quinoa has absorbed all the liquid, remove cover and fold in remaining veggies to pot.

Re-cover and allow to cook on low heat for five minutes.

(This should add a nice browning effect to the bottom layer of quinoa.)

Fluff finished quinoa with fork.

Remove bay leaves before serving.

Tip: For the fresh green pea look, leave out a few steamed bright green peas and fold them into finished dish.

Serve hot. Garnish with grated/chopped raw Brazil nuts.

Desserts!

DID YOU THINK I FORGOT?

Happy Vegan Chocolate Chip Cookies

From <http://vegweb.com>

Ingredients (use vegan versions):

2 cups unbleached flour
2 tsps baking powder
1/2 tsp.salt
cinnamon to taste (optional)
vegan chocolate or carob chips - put in as many as you like
1 cup raw sugar (turbinado #1, sucanat works too but sucks up a lot of the moisture)
1/2 cup canola or vegetable oil
1 teaspoon vanilla
1/4 cup water

DIRECTIONS

VERY IMPORTANT-make sure all ingredients are at room temperature. It will work if they're not at room temp but it works MUCH better if they are. Also while your oven is pre-heating put the cookie sheets you are going to use on top of the oven so they get preheated as well. Preheat oven to 350.

1. In a large bowl mix flour, baking powder, salt, cinnamon (if you choose). Add chips. Make a well in the center and set aside.
2. In a medium size bowl mix vegan sugar and oil. Mix it well. Add the vanilla and then add the water. Mix it well. Add the wet to the well in the dry. Mix it well but be careful not to overwork it. Add more chips if you need to. Spoon onto ungreased cookie sheets. Put them in the oven. Bake for 5 minutes and then flip and rotate the sheets.(top to bottom,and 180 degree rotation) Bake another 4 minutes and check them.
3. The cookies are done when they seem a little bit softer then you want them to be. They will harden up some as they cool. I usually go in two minute increments from here untill they get to where I like them.

4. Take them out when they are done and move them to wire cooling racks. If they split or come apart when you try to remove them let them sit on the pan for 2 minutes before transferring them to the racks.

Vegan Date Coconut Balls

From: <http://heart-healthy-cooking.suite101.com/>

INGREDIENTS

1 cup raw almonds
1 generous cup soft pitted dates (it's okay if it's a bit more)
1/2 tsp. pure vanilla extract
1/2 tsp. nutmeg
1/2 tsp. cinnamon
pinch of sea salt
1/2 cup finely shredded zucchini squash (use the fine side of a box grater)
1 cup shredded flaked coconut, divided

DIRECTIONS

Line a cookie sheet with parchment paper or waxed paper.

Place the almonds in a food processor fitted with the steel blade and process into fine crumbs. Add dates, a few at a time, processing well after each addition. Add vanilla extract, nutmeg, cinnamon and sea salt. At first the mixture will just look like bread crumbs, then it will come together in a ball. If it doesn't come together, add a few extra dates.

Vegan Brownies

From: <http://allrecipes.com>

INGREDIENTS (NUTRITION)

2 cups unbleached all-purpose flour
2 cups white sugar
3/4 cup unsweetened cocoa powder
1 teaspoon baking powder
1 teaspoon salt
1 cup water
1 cup vegetable oil
1 teaspoon vanilla extract

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a large bowl, stir together the flour, sugar, cocoa powder, baking powder and salt. Pour in water, vegetable oil and vanilla; mix until well blended. Spread evenly in a 9x13 inch baking pan.

3. Bake for 25 to 30 minutes in the preheated oven, until the top is no longer shiny. Let cool for at least 10 minutes before cutting into squares.

Chunky Monkey Brownies

From: <http://vegnews.com>

WHAT YOU NEED:

3/4 cup sugar
1/3 cup safflower oil
1/4 cup water
1 teaspoon vanilla
2/3 cup whole-wheat pastry flour
2/3 cup cocoa powder
4 teaspoons arrowroot
1/2 teaspoon baking powder
1/2 teaspoon sea salt
1/3 cup dried banana chips, coarsely chopped
1/3 cup chocolate chips, coarsely chopped
1/4 cup cashews, coarsely chopped
2 tablespoons dried coconut, shredded

DIRECTIONS

1. Preheat oven to 350 degrees. Lightly oil a 9-inch square pan and set aside.
2. In a medium bowl, stir together sugar, oil, water, and vanilla. Sift in flour, cocoa powder, arrowroot, baking powder, and salt. Stir well to combine.
3. Pour batter into prepared pan. Evenly scatter banana chips, chocolate chips, cashews, and coconut over top and press gently with hands.
4. Bake for 25 to 30 minutes or until set in the center. Allow brownies to cool completely before cutting with a sharp knife into nine squares.

Vegan Vanilla Cupcakes

From: <http://allrecipes.com>

INGREDIENTS

1 tablespoon apple cider vinegar
1 1/2 cups almond milk
2 cups all-purpose flour
1 cup white sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup coconut oil, warmed until liquid

1 1/4 teaspoons vanilla extract

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DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with 18 paper baking cups.
2. Measure the apple cider vinegar into a 2 cup measuring cup. Fill with almond milk to make 1 1/2 cups. Let stand until curdled, about 5 minutes. In a large bowl, Whisk together the flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together the almond milk mixture, coconut oil and vanilla. Pour the wet ingredients into the dry ingredients and stir just until blended. Spoon the batter into the prepared cups, dividing evenly.
3. Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter. Frost with desired frosting.

Raw Cupcake Recipe from Edge w/ the Dreads

<http://veganstraightedge.org>

1 cup walnuts, unsoaked
5 Medjool dates, unsoaked, pitted
1/8 cup unsweetened cocoa powder
1 teaspoon coconut oil, liquid form
1 teaspoon vanilla extract
1/2 teaspoon almond extract
1/4 teaspoon sea salt

Process walnut and dates in a food processor until mixture sticks together. Add sea salt, vanilla extract and almond extract. Roll small eight balls out of the mixture and place each one in 1 1/4-inch baking cups.

Mold the sides of the baking cups around the balls and form into a cupcake shape.

COCONUT ICING

1 cup coconut pulp
1/2 cup agave nectar
1/4 cup coconut water
1/2 teaspoon vanilla extract
dash of sea salt

PINK ICING

1 tablespoon coconut icing
¼ teaspoon beet juice

LIGHT GREEN ICING

1 tablespoon coconut icing
¼ teaspoon liquid chlorophyll

CHOCOLATE ICING

1 tablespoon coconut icing
½ teaspoon unsweetened cocoa powder
¼ teaspoon maple syrup
¼ tablespoon unsweetened coconut flakes, for garnish

1. Puree coconut pulp, coconut butter, agave nectar and water in the blender until you achieve a smooth consistency. Add vanilla extract and sea salt.
2. In three small bowls, place 1 tablespoon each of the coconut icing.
3. In the first bowl add the beet juice and mix until the icing turns pink. In the second bowl, add the chlorophyll to the icing and mix until the icing turn light green. In the third bowl, add the cocoa powder and maple syrup to the icing, stir until it turns a dark brown.
4. Pour the remaining coconut icing in a glass bowl and cover with plastic wrap.
5. Frost the cupcakes with the coconut icing

Vegan Pumpkin Pike

<http://recipezaar.com>

1 (16 ounce) can pumpkin puree
¾ cup sugar
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon clove
1 (12 ounce) package soft tofu, processed in blender until smooth
1 9 inch pie shell

DIRECTIONS

Cream pumpkin and sugar.
Add salt, spices, and tofu.
Bake at 425 for 15 minutes, then at 350 for 40 minutes.
Chill and serve.

Easy Chocolate Pie

INGREDIENTS

1 pound silken tofu
½ cup unsweetened cocoa powder

1 cup white sugar
1 tablespoon vanilla extract
1/2 teaspoon cider vinegar
1 (9 inch) prepared graham cracker crust

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Blend tofu with an electric mixer or in a food processor until smooth. Blend in cocoa, sugar, vanilla and vinegar. Pour into prepared crust.
3. Bake in preheated oven for 25 minutes.
4. Refrigerate for 1 hour before serving.

Raw Strawberry Banana Pie

From: <http://living-foods.com>

INGREDIENTS

1-1.5 cups soaked almonds
1/2 cups dates
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 cup orange juice
3 pints strawberries
4 bananas
1/4 cup fresh shredded coconut

INSTRUCTIONS

1. Freeze 2 pints of the strawberries and 2 bananas
2. Blend almonds, dates, cinnamon, nutmeg and orange juice in a food processor.
3. Form the blended mixture into a pie crust in a 9 inch pie dish.
4. Process the frozen fruit to a sorbet consistency in a Champion juicer using the blank plate.
5. Slice up the remaining strawberries and bananas.
6. Layer the sorbet and fruit slices over the pie crust.
7. Decorate with coconut.

Sublime key Lime Pie

<http://chooseveg.com>

2 8-oz. containers of plain nondairy cream cheese (try Toffuti Better Than Cream Cheese) at room temperature
1 cup sugar
1 tsp. vanilla
4 Tbsp. lime juice (about 2 limes)
2 tsp. lime zest (about 2 limes)
2 Tbsp. cornstarch
1 9-inch vegan graham-cracker crust

3-4 kiwis and/or strawberries, sliced

Preheat the oven to 375°F. Blend the cream cheese, sugar, vanilla, lime juice, lime zest, and cornstarch in a blender until smooth. Pour the mixture into the crust. Place the filled pie shell on a cookie sheet (to catch spills) and bake for 45 minutes. Let cool. Refrigerate overnight, then top with the sliced fruit and serve.

Incredible Vegan Carrot Cake

From: <http://vegweb.com>

INGREDIENTS (USE VEGAN VERSIONS):

2-1/4 cups all purpose flour
2 teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon pumpkin pie spice or allspice
1 teaspoon baking powder
1 teaspoon salt
3/4 cup light brown cane sugar
3/4 cup cane sugar
3 egg equivalent in Ener-G egg substitute
1 teaspoon vanilla
1 cup vegetable oil
2 cups finely grated carrots
1 can (about 14 oz) crushed pineapple, drained
1 cup shredded coconut
nuts and raisins optional

FAUX CREAM CHEESE FROSTING:

1 8 oz package of vegan cream cheese
1/3 cup vegan soy margarine (like Earth Balance), softened.
1 teaspoon vanilla
2 cups vegan confectioners sugar

DIRECTIONS

Preheat oven to 350 degree Fahrenheit. In a medium bowl, mix flour, baking soda, cinnamon, spice, baking powder, and salt. In a large bowl, mix sugar and egg replacer until creamy (works best with an electric mixer) - add vanilla, then add vegetable oil. Mix wet and dry ingredients together and add carrots, pineapple, and coconut.

I prefer a thicker cake, so I used a 9x9 glass pan. But if you prefer thinner cake with more servings, use a 13x9. Grease pan. Smooth batter into pan. Bake for 40 - 45 minutes or until toothpick comes out clean. Be sure to let the cake adequately cool before frosting.

FAUX CREAM CHEESE FROSTING RECIPE

With an electric mixer, beat cream cheese and margarine. Add vanilla, then add sugar.

Vegan Coconut Custard Pie

From: <http://grouprecipes.com>

INGREDIENTS

1 ¼ cup spelt flour
½ cup quick oats
3 tablespoons agave nectar
2 tablespoons maple syrup
1 tablespoon apple juice
1 12.3-oz package silken firm tofu
1 cup coconut milk
1/3 cup palm sugar
4 tablespoons cornstarch
¾ cup shredded unsweetened coconut
½ teaspoon vanilla (clear preferable)
½ teaspoon coconut extract

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a bowl, combine flour, oats, nectar, syrup and apple juice, using your fingers to reach a crumbly texture that sticks together somewhat when pressed.
3. Press mixture into a 9 inch pie pan.
4. Bake for 10-13 minutes until golden around the edges. Remove from oven and let cool.
5. In a food processor, combine tofu, coconut milk, sugar and cornstarch, and puree until smooth.
6. Transfer mixture to a saucepan and stir in coconut.
7. Over medium heat, slowly bring mixture to a thick slow boil, stirring frequently.
8. Remove from heat, stir in vanilla and coconut extracts.
9. Let cool, stirring occasionally, for ten minutes.
10. Cover pot to cool completely before pouring into pie shell. Refrigerate to set.

Raw Birthday Cake

From: <http://grouprecipes.com>

INGREDIENTS

seedless watermelon
bananas
strawberries
squirt of lemon or lime juice (totally optional)

DIRECTIONS

1. Take one seedless watermelon and cut it into the shapes you want to serve your guests. Take enough bananas and strawberries and blend until you've got an icing. You might have to add more bananas if the icing is too thin. Then assemble your cake by using the banana-strawberry icing, and your watermelon as you would any layer cake!
2. Serve immediately or keep all ingredients really chilled.