

TIPS AND SUGGESTIONS TO HELP YOU ON THE ROAD TO BEING A VEGAN....

Becoming a vegan is not as hard as it was a few years ago. There are a lot more items in the grocery stores that can make the transition much easier. So now all these items don't have to be made by hand. However, there are a lot of things I still like to make for myself and some things are still not found in the stores. I have gathered some easy recipes to make things like mustard, ketchup, chicken-like seasoning, egg substitutes, etc. I will share some of these basic things with you.

I know many of you are working mothers and need things that are quick and simple to fix yet are healthy for your family. Here is a list of some things I have found in the grocery stores that help save time for busy people:

SUBSTITUTE DAIRY PRODUCTS

MILK - You can substitute Almond Milk for dairy milk. It can be used same as milk in all your recipes. In some things you make you may want to use plain Almond Milk without sweetener or vanilla (gravies for example). Also you can buy canned coconut milk for use in some of your dessert recipes Also you can make your own *rice milk, cashew milk or walnut milk**. I have recipes for them.

BUTTER AND MARGARINE - You can substitute butter by using Earth Balance or other brands of non-dairy butter. You can make your own butter. I haven't tried that yet but I do have recipes for making some of them which I want to check out.

CHEESE - Usually Walmart or Publix carry several substitute cheese products. I use Daiya brand shredded cheese. You can get mozzarella style or cheddar, etc. For cheese slices I use Daiya brand. (Don't buy substitute cheese with casein in it. It is still dairy. Also you can make your own cheese. I have lots of recipes *for cheese**. Also try the *macaroni and cheese recipe** made with coconut milk. It is so smooth and creamy and most children love it.

CREAM CHEESE - If you can find it, Tofutti Brand has a substitute for cream cheese. (I have a recipe for *cream cheese**)

SOUR CREAM - Tofutti also has a substitute for sour cream. (I have a recipe for *sour cream**)

WHIPPED TOPPING - I find a whipped topping at Publix called SO delicious but is expensive. I also have some *whipped topping** recipes.

ICE CREAM - Walmart and Publix carry several kinds of non-dairy ice cream. It is expensive but we use it occasionally. Look for these brands: Ben & Jerry's, SO delicious and Steves but always be sure you read labels even on the vegan foods because sometimes there will be things

in there that we shouldn't use.....like high fructose corn syrup, msg, mono and diglycerides, color dyes, etc. There are lots of easy recipes you can use to make homemade ice cream* without an ice cream maker.

EGGS - You can buy an egg substitute product called Ener-G Egg replacer, or you can use ground flax seed and water. When you are making desert dishes that call for eggs you can add applesauce as well. You can make a scrambled tofu* which we like. Of course it doesn't taste like real scrambled eggs but it is a nourishing dish for breakfast. It is important what you use to flavor it. Nutritional yeast flakes (Can order online or health food stores) gives it a good taste and is very good for you. I also make my own chicken-like seasoning* which is easy to make, and I put it in my scrambled tofu. If you love yellow squash you can chop some in your scrambled tofu. You can experiment with it to see what you like best.

TOFU – is made from soy beans, there are lots of brands available just be sure you only buy Non-GMO tofu. Tofu has no taste of its own. It picks up flavors from seasonings and food you combine with it. When blended in a blender you get a smooth creamy consistency which is good when you make pies, puddings and other things. It helps firm-up some desert dishes.

SUBSTITUTE MEAT PRODUCTS

You can buy different brands of veggie burgers. Just be sure to check the ingredients because some are not vegan. Here is a list of some brands and the products that are vegan:

MORNINGSTAR BRAND - only makes five vegan items:

Grillers Veggie Burgers, Hickory BBQ Riblets; Veggie Chik'n Strips; Sweet & Sour Chik'n, and Kofree Roma – a caffeine-free, coffee-like beverage.

BOCA - Boca is a food company that manufactures meatless products, such as burgers, chicken strips, and sausage links. Boca Burgers have become synonymous with vegetarians. Their original meatless burger is 100 percent vegan, but don't let that fool you. "Meatless" does not mean vegan – not containing any animal products – It just means vegetarian.

BOCA BURGER - Many of the burgers Boca makes contain cheese. Thankfully, the ones that do not contain any dairy or eggs say "vegan" right on the front of the box. This includes the Original Vegan and the Non GMO Original Vegan.

BOCA CHIK'N - Boca's chicken patties and strips are all vegan at the moment. I say "at the moment" because at one point they used to contain egg whites.

BOCA GROUND CRUMBLES - Boca Ground Crumbles are essentially their Original Vegan ground up like ground beef. They are vegan. (These are good in your dishes that call for hamburger)

Boca clearly states on their packaging that their product ingredients and formulas are subject to change at any time. Basically, this means what is vegan today might not be vegan tomorrow. Now, it seems, all of their chicken products are vegan. But to play it safe, I would suggest

reviewing the ingredients from time to time to ensure they are still vegan, unless the box clearly say "vegan" on it.

GARDEIN BRAND

Makes a lot of vegetarian burgers and other meatless products. Most are Vegan, but be sure to check the ingredient labels.

TOFURKY PRODUCTS

I buy a Tofurky which I use as a chicken substitute. Tofurky Slow Roasted Chick'n, (comes in different styles); And Tofurky Vegan Deli Slices, (also comes in different styles.) These are usually found in the cooler section in a corner of the produce department where the Daiya cheese and tofu products are. Walmart and Publix stores are supposed to carry Tofurky Products. If they don't have them, ask the manager of the store if he can stock them.

I use the Tofurky slow roasted Chick'n to make my chicken noodle soup. The fine noodles I get in little packets at Aldi. (LA MODERNA BRAND) only about .33 cents for a 7.05 oz bag. I use one bag in my soup. (They don't have egg in them.)

The Tofurky Vegan smoked beef and other styles of Deli Slices make a good sandwich. I use a slice of vegan cheese, onion, lettuce, tomato and sweet pickles (which I canned with lemon juice when we had our last garden.)

Other sandwiches can be made with **better than Tuna Salad* or scrambled tofu*** and other sandwich fillers you will be able to make. Also Hummus makes a good sandwich.

I just recently found a product called Jack Fruit. It is really a fruit but it has the consistency of meat and can be used as meat in oriental dishes like stir fry, etc. It comes in different styles like barbeque, teriyaki etc. Some are a little too hot for me, but you may like hot foods. I like the Teriyaki flavored one. You will find it in the same place you find the vegan cheeses etc. in the store. You may find other vegan meat substitutes that are ok.

You can make an easy **Oatburger Pattie*** which you can use as a burger on a bun with all the hamburger fixings; or you can use them baked in the oven smothered with mushrooms and spaghetti sauce; or served with gravy; as a hamburger substitute in your tomato spaghetti sauce or any other dish that calls for hamburger. I have lots of recipes for patties using different ingredients such as mushrooms, black beans, garbanzo beans etc.. I'll be sharing some with you.

SALADS:

Garden Salads - Use your favorite veggies with your favorite lettuce. Experiment with different kinds of lettuce. Iceburg is not as good as the other types lettuce but is ok once in a while. You can use lots of different things in your salads: olives, mushrooms, shredded cheese, canned beets cut up, radishes etc. Using different types of lettuce and veggies will keep your salads from getting boring.

Pea Salad – You can cut up small dices of tofu for egg and can use vegan shredded cheese. The mayo I use is called Just Mayo, you can get it at Walmart or most grocery stores. It is usually with the regular mayos on the bottom shelf. It comes in a plain brown label. So you can't miss it.

Potato Salad - You can make it same as you do pea salad only use diced cooked potatoes. Also I usually put in the mayo about a tablespoon of fresh lemon juice with same amount of natural (turbinate) sugar and some pickle relish and of course some chopped up onion. If you like dill pickles you may want to add that instead of the sweet pickle relish.

Macaroni Salad - Can make like potato or pea salad only use cooked whole wheat macaroni instead of peas or potatoes.

Spaghetti Salad - Use whole wheat spaghetti, bits of cauliflower or broccoli some olive oil and lemon juice and anything else you like. Some salads you may want to add cucumber, olives, shredded vegan cheese and of course tomatoes are good too. I like the little red or yellow ones sometimes. Lemon juice can be substituted for vinegar. If there is something you don't like, just leave it out. Just experiment with your salad ingredients and you will be surprised what good things you can come up with. You may find many salad ideas that you like or you may have some recipes you use all the time that you can substitute a few things and make it vegan. That goes for all your old or current recipes.

BREAKFAST IDEAS

Dry cereals are not that good for us, especially if they have high fructose corn syrup or a lot of any kind of sugar in them. Most of them have harmful dyes and coloring agent to make them attractive for kids. Look for the simple whole grains, non-gmo, and good ingredients. We only use dry cereal when we don't have time to make cooked cereal. But we read the labels closely. Cooked cereals are best for us; Bob' Red Mill whole grains are good and Hodges Mill cereal. Of course oatmeal is great. I like cream of wheat occasionally. Try serving with maple syrup, cut up bananas, strawberries, raisins or other dried fruits, blueberries, chopped mango or any type fresh fruit you like. If you use instant prepackaged cereals you will need to check out the ingredients list carefully because some really aren't all that good for us. Try out the different types of grain cereals and you may find one you really like.

Granola cereal* is always good and has lots of fiber, nuts and healthy ingredients. There are many good recipes for different kinds of granola and you can add the ingredients you like. Check ingredients in store bought granola. They may have a lot of sugar in them.

You can mix up a **baked oatmeal recipe*** the night before and when you first wake up next morning you can pop it in the oven and while you and the family are getting dressed it will be ready to eat.

Apple Crisp* is a nourishing and satisfying dish you can make ahead and serve it with almond milk the next morning.

Also there are other types of food you can eat for breakfast that you can prepare ahead of time. **Oatcakes with applesauce*** are always good for breakfast. Also try **breakfast beans*** or any other full bodied soup with peanut butter and crackers.

I like **Corn Oat Waffles*** and **healthy pancakes*** once in awhile. You can have healthy topping ingredients such as: maple syrup, peanut butter, unsweetened applesauce, **pear sauce*** or any homemade fruit sauces, fresh strawberries or any kind of fresh berries and fruits, and sliced bananas. If you want to be real fancy you could use a dollop of non-dairy topping to top it all off.

VEGETABLES

Use as many fresh raw or cooked vegetables as possible to get a variety of nutrients into your body. You can make them into soups and stews, casserole dishes, cooked or steamed or baked. You can have them raw with healthy dips. Be sure to use ones out of every color group you can. There is so much variety to choose from and each one has its own properties and nutrients. Don't forget we have a variety of dried beans, peas and lentils to choose from. They are all good sources of protein. We can cook them plain or we can use them in a variety of dishes. Be sure to eat a lot of green leafy vegetables

FRUITS AND NUTS

Fruits and nuts can be used in many ways. Good fruit and nuts are good just like they are, but you can make fruit and nuts into pies and other healthy deserts. Frozen bananas can be used in smoothies and homemade ice cream, and so many other good things. I never throw out bananas. I just peel them and put in the freezer whole. I chop them as I need them. Also we have a lot of dried fruits to pick from.

I really hope the above information will be of help to you while you are trying to make the transition to a more healthy way of eating. I know you will be rewarded by a longer healthier life.

I am including some recipes on the following pages. I have tons of recipes and you can find many good ones on the internet. Look up "Vegan Recipes" and you can find a recipe for just about anything you would ever want to make. Of course some are good and some not, so you have to try them to see.

God bless you in your journey to a healthier lifestyle.

I don't claim to know all there is to know about healthy eating and foods. It is a learning process that takes time to master. I haven't gotten there yet. I still have a long way to go, but it can be a fun journey!

RECIPES FROM MY COOKBOOKS AND OTHER SOURCES

BURGER RECIPES

Vegetarian Mushroom Burgers

5 cups roughly chopped mushrooms

3 tbsp butter or olive oil

2 large red onions

3 cloves minced garlic

1 tbsp fresh thyme or 1 to 2 tsp dry thyme

1 cup ground oatmeal grind in food processor or you can use quick oats instead

1 1/2 cups cooked brown rice

1/2 cup brown rice flour plus a little more for dusting the patties before frying I didn't have any brown rice flour so I used oat flour instead (Just blend up regular oats in blender to make flour.)

1 cup roughly mashed chickpeas

1 tsp freshly ground nutmeg

1/2 tsp freshly ground black pepper (opt)

1/2 tsp kosher salt

4 tbsp soy sauce

1 tsp crushed chili paste or hot sauce or a pinch of chili flakes (more or less to taste)

For the Honey Dijon Mayo just mix together:

3/4 cup plain mayonnaise

2 tbsp whole grain Dijon mustard

1 to 2 tbsp honey to taste

Instructions:

Saute the mushrooms in the butter until the mushrooms are well browned and have shrunk down considerably. Remove from the pan and set aside.

Saute the onions and garlic together until fully softened.

Add the onions and garlic to the food processor along with all of the other ingredients listed for the burger patties EXCEPT the mushrooms.

Pulse together until well blended but not perfectly smooth. You want to leave some texture in the mix.

You can quickly pulse in the mushrooms at this point but I prefer to mix them in by hand. This helps maintain their meaty texture.

Chill the mixture for a couple of hours or even overnight before using.

Form the mixture. Cook in a lightly oiled cast iron pan over medium heat until well browned on each side. Serve on toasted buns with lettuce and tomato and Honey Dijon Mayo or your favorite burger toppings.:

VEGAN MUSHROOM & BLACK BEAN BURGERS

1 cup cooked brown rice
 1½ cups canned black beans, mashed
 1 tbsp olive oil (plus extra for frying)
 6-8 -medium mushrooms (cremini white button), finely chopped
 1 stalk celery , finely chopped
 1 small carrot, finely chopped
 ¼ red onion, finely chopped
 2 cloves garlic, finely minced
 ½ teaspoon salt
 1½-2 cups bread crumbs
 1 tbsp ground chia seeds
 2 tablespoons nutritional yeast
 2½ tablespoons soy sauce
 A squeeze of lemon juice

Burger Toppings: buns, vegan cheese slices, tomato, sliced red onion, sliced dill or sweet pickles, avocado slices and green leaf lettuce or anything you like.

Instructions:

MUSHROOM & BLACK BEAN PATTIES

In a large skillet, heat olive oil over medium-high heat and sauté the finely chopped mushrooms, celery, carrot, onion, and garlic until just tender. Sprinkle with salt and stir. Add the black beans, brown rice, bread crumbs, ground chia seeds, nutritional yeast, and soy sauce, lemon juice and stir until the mixture gets very thick and difficult to mix.

Refrigerate for at least 1 hour.

Portion the burger mixture into ½ cup (or slightly larger) patties (2 1/2" in diameter and ½" thick). You can now refrigerate, freeze, or cook the patties.

Heat a generous amount of oil over medium heat. Fry each patty for 3-5 minutes, flip, top with a slice of cheese (if using) and cover with a lid until the cheese melts. Warm the cut side of the buns while the patty finishes cooking.

Assembling the burgers: Spread the bottom bun with vegan mayo, top with lettuce, a slice of tomato, the burger patty, pickles, onion, ketchup, mustard, and the top bun. Enjoy!

Vegan Beet Burgers (Sam Turnbull Author* It Doesn't Taste Like Chicken)

Quick and easy recipe for a hearty veggie burger with a perfect bite (not mushy).

Ingredients:

2 cups grated raw peeled beets (about 2 medium beets)

3/4 cup large flake rolled oats

1/2 cup cooked lentils or canned

1/2 cup all-purpose flour

1/2 yellow onion, finely chopped

2 cloves garlic, finely minced

1 tablespoons natural peanut butter

2 teaspoons dried thyme leaves

1/2 teaspoon salt

1/4 teaspoon black pepper (opt)

Instructions:

If you have a grater attachment for your food processor you can use it to grate the beets directly into the processor. If not grate beets with the grater you have, then add the beets, along with all of the remaining ingredients to the food processor. Pulse, stopping to scrape the sides, until the mixture comes together.

Form into 4 patties. The patty mixture will be very sticky, so wet your hands in between forming each patty, to help stop the sticking.

To fry the patties:

Heat enough oil to cover the bottom of a large skillet over medium heat. When hot, add the patties. Cooking them low and slow is the key for good texture. Cook about 3 to 5 minutes per side, until they are nicely browned on both sides and hold together well. Serve hot on a bun with your favorite burger toppings.

To bake the patties:

Preheat your oven to 350°. Lightly grease a baking sheet or line it with parchment paper. Lay the patties out in a single layer with room around them for air to circulate. Bake 30 to 35 minutes, flipping halfway through until firmed up and lightly brown on both sides. Serve hot on a bun with your favorite burger toppings.

Recipe Notes: Leftover burgers get quite firm in the fridge overnight, so I prefer mine freshly made. However, if you like a nice firm bite, you might enjoy them even more! **THIS WOULD BE A GOOD ONE TO SHAPE INTO A LOAF AND BAKE WITH CARROTS, POTATOES, AND ONIONS AROUND IT.**

SWEET POTATO BLACK BEAN BURGERS

Author: Happy Healthy Mama

These Sweet Potato Black Bean burgers are vegan, gluten-free, and bursting with flavor. They are easy to make with a crispy exterior and tender inside!

Ingredients:

- 1 tablespoon ground flaxseed meal+3 tablespoons water (or 1 egg)
- 1 cup cooked mashed sweet potato (from 1 large or 2 smaller sweet potatoes)
- ½ cup cooked quinoa
- 1 (15 ounce) can black beans, drained and rinsed
- ¼ cup loosely packed fresh chopped cilantro
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon oregano
- ¼ teaspoon garlic salt
- ¼ teaspoon salt
- 1 tablespoon lime juice
- oil (I like avocado oil for this)

Instructions:

Mix together your flaxseed meal and water and set it aside until it gels.

Place all ingredients in a bowl and mix well. Use a potato masher or the back of a large spoon to mash the beans, leaving a few in tact for texture.

In a large skillet, heat a thin layer of oil over medium high heat.

Form the sweet potato mixture into 6 patties.

When the skillet is hot enough to sizzle, add the patties, in batches if necessary. Cook on one side until a crispy exterior is formed, about 5-7 minutes.

Carefully flip each patty and cook an additional 5 minutes on the second side.

Serve with your favorite toppings like guacamole etc. I think this recipe is very good but it needs a little oat flour to make it stick together better. About half a cup should do.

OATBURGERS (Debbie Borland)

2 ¼ cup boiling water
1/3 cup Braggs Aminos
1 large onion chopped small
2 ½ cups rolled oats
1 cup chopped walnuts
1 cup chopped sunflower seeds
2 tsp garlic powder or more if you like lots of garlic
¼ cup nutritional yeast flakes

Mix the last seven ingredients, then add the boiling water, continue to mix until all the ingredients are mixed well and moist. Cover and let stand 30-45 min until all water is absorbed stirring occasionally during this time.

Set oven to 425°. Spray cookie sheet, form patties. Bake for about 15-20 minutes or until patties start to look a little dry on the top, then flip over and bake on other side for about 10 minutes or until lightly browned. You can use these as patties or put in greased loaf pan and make a loaf. Can top with gravy.

(If you have some carrot pulp you can add about a cup of the pulp before you roll out into patties.)

BREAKFAST RECIPES

APPLE PECAN CRISP (Times of Refreshing)

- 8 large or 10 small apples, peeled and sliced
- 1 ½ cups apple juice
- 2 cups oats
- 1 cup whole wheat pastry flour
- ½ tsp salt
- ½ cup oil
- 4 Tbsp honey
- ¼ cup maple syrup
- ¼ cup coconut
- ¼ cup raisins
- ½ cup pecans or any nuts, chopped

Place apples in baking dish and pour apple juice over them. Mix all remaining ingredients together and sprinkle over apple mixture in baking dish. Bake 350° for 1 hour.

BAKED OATMEAL Chip (serves 6)

- 3 cups rolled oats
- 1/3 cup shredded unsweetened coconut
- 1/3 cup dates, chopped
- 1/3 cup raisins
- 1 tsp vanilla or maple extract
- 2 cups non dairy milk
- 2 cups water

Lightly oil glass 9x9 baking dish. Layer first four ingredients in dish in order given. Mix together milk, water and vanilla or maple extract. Pour milk mixture evenly over the dry mixture in the baking dish. Cover and place in refrigerator overnight. Bake uncovered at 350° for 45 minutes or until heated through. Serve hot with additional milk. You can add some fresh or frozen blueberries as an additional layer prior to baking.

COCONUT CREAM PIE OVERNIGHT OATS

- 1/2 cup rolled oats, regular or gluten free
- 2/3 cup unsweetened almond or milk of choice
- 2 Tbsp unsweetened shredded coconut
- 1 Tbsp chia seed
- 2 tsp pure maple syrup
- 1-2 tsp coconut butter (opt)
- ½ tsp vanilla
- Dash of sea salt

Combine all ingredients in a bowl or jar that can be sealed tight. Stir well to combine.

Seal jar and refrigerate overnight (or at least 4 hrs) Serve warm or cold and with desired garnishes such as toasted coconut flakes, fresh berries, or even sliced almonds.

CORN OAT WAFFLES Serves: 4 Our Favorites

3 ½ cups oats

3 ½ cups water

½ cup cornmeal

1 ¼ tsp sea salt

¼ cup dates chopped or honey

1 tbsp vanilla (or maple extract)

Mix all ingredients in a bowl. Then blend in blender until smooth.

Place all in bowl and let stand about 10 minutes while waffle iron heats.

Pour into waffle iron and cook about 10 minutes

Can add chopped pecan nuts to batter after removing from blender. Can top with pear sauce, or other sauces made from blueberries, strawberries, peaches or plain applesauce, maple syrup, nut butters, bananas etc.

PANCAKES

1 ½ cup unbleached flour

1 ½ cups whole wheat pastry (or barley or buckwheat flour)

1 Tbsp plus 1 tsp baking powder (Rumsford aluminum free)

1 tsp sea salt

4 Tsp olive oil

3 Tbsp honey

2 ½ cup water or non-dairy milk

Mix all ingredients. Heat grill with approx 1 tsp oil. Drop batter onto hot grill and when bubbles form on top and sides are dry, turn. Cook other side until golden brown.

BLUEBERRY-OAT PANCAKES Serves:6 Chip

2 cups oat flour (can make your own by blending oatmeal into flour in your blender)

1 cup spelt or whole-wheat flour

½ tsp sea salt

2 tsp baking powder (use Rumsfords or one without aluminum)

2 ½ cups soy milk (or nut milk)

(12 oz) pkg of tofu, silken, firm

¾ cup fresh or frozen blueberries

Measure dry ingredients into mixing bowl. Mix well. In blender: blend milk and tofu until smooth. Add to dry mixture in bowl. Gently fold in blueberries- don't over mix. On preheated non-stick griddle or skillet, Pour ½ cup batter to form each pancake. Fry each pancake until golden brown, then flip over and repeat for other side. Very good with [Creamed Pears topping](#)

There are a lots of granola recipes, you can use many variations of nuts, seeds or other healthy ingredients in your granola. If you don't have a called-for ingredient, substitute it for something you already have on hand.

MY FAVORITE GRANOLA

8 cups quick oat
 1 cup wheat germ
 ½ to ¾ cup natural brown sugar or honey
 1 cup sesame seed or sunflower seeds
 1 cup unsweetened coconut
 1 cup nuts, chopped

Put all dry ingredients in a large bake pan and mix well.

Put the following ingredients in a blender and blend well.

2 tsp vanilla
 2 tsp salt
 ½ cup olive oil
 1/2 cup water
 1 cup raisins

Pour blended mixture over the dry ingredients in the pan. Mix well. Bake in 250° oven Two hours stirring every 15 – 20 minutes especially around the edges as it burns quicker. I sometimes bake it, turn oven off, and leave it in the oven overnight. That way it finishes drying. After it is dry then store it in a large container with lid.

BREAKFAST BEANS, COUNTRY STYLE

1 pound large white beans sorted and washed.
 6 cups boiling water
 2 tsp salt
 1 medium onion, chopped
 2 Tbsp oil.

Add beans to the boiling water. Bring back to the boiling point and boil 2 minutes. Turn off heat and let stand for 1 hour. Cook at a simmer until beans are nearly done. Add salt and finish cooking. Saute onion in the oil. Add to beans with enough hot water to make a soupy consistency. Simmer gently until beans are soft and liquid is thickened a bit. Serve with whole wheat toast.

CHEESE RECIPES:

HEALTHY MELTY CHEESE (The Total Vegan Cookbook) yield: 3 cups

This is not a solid cheese you can slice. It is more like a sauce you can pour over broccoli, pasta, baked potato, toast, or in a casserole dish.

Ingredients:

¼ cup rinsed raw cashews
 4 oz jar pimentos, drained (or ½ sweet red bell pepper)
 1 Tbsp lemon juice
 ¼ cup nutritional yeast flakes
 2 Tbsp tahini (sesame seed butter)
 1 tsp onion powder
 ¼ tsp garlic powder
 ¼ cup cornstarch
 1 ¼ tsp salt (or less o taste)
 2 ½ cups water

Bring 1 ½ cups of the water to boil. Blend ingredients including the remaining 1 cup water till smooth. Pour blended mixture into boiling water and cook till thick, stirring constantly.

MOSTARELLA CHESE

2 cups water
 ½ cup nutritional yeast flakes
 1/3 cup quick oats
 ¼ cup tahini
 4 Tbsp arrowroot or 7 tsp cornstarch
 3 – 4 Tbsp fresh lemon juice
 1 Tbsp onion granules
 1 tsp salt

Blend all ingredients in blender for several minutes until very smooth. Cook in saucepan on medium heat stirring constantly until very thick and smooth.

Pack into lightly oiled 3 cup rectangular container and cool. Cover and chill overnight. Turn out of mold and slice. Store leftovers covered in refrigerator

MOCK PARMESAN CHEESE (Tasty Vegan Delights)

1 cup hulled sesame seeds (Pulse in blender just long enough to grind the sesame seeds)
 1/3 cup nutritional yeast flakes
 ½ tsp onion salt
 ½ tsp garlic salt

Mix all ingredients, store in covered container in fridge till ready to use. Sprinkle on salads, spaghetti sauce or vegetables

RICOTTA CHEESE

14 oz. box medium firm or firm tofu
 2 cloves garlic, finely chopped or 1 tsp garlic powder
 1/4 c. olive oil
 1 tsp basil
 1 tsp oregano
 1 tsp parsley
 1 tsp salt (or to taste)

Mash tofu. Add all other ingredients. Continue mashing until it has a ricotta-like texture. If adding the other ingredients. Yields 2 cups. It can be used as cheese substitute when you make lasagna or to stuff manicotti and stuffed jumbo shells. It can also be used as a base for dairy-free dips and spreads

MACARONI AND CHEESE (RHONDA BROWN)

3 cups dry whole wheat macaroni
 1 cup coconut milk
 2 cups water
 ¼ cup nutritional yeast flakes (get in health food store or order on-line)
 2-3 tsp salt
 ½ cup raw cashews (we order on-line in bulk because we use a lot of them)
 ¼ cup pimentos (I use the jars of pimentos found in any grocery store)
 1 Tbsp lemon juice
 1/ cup cornstarch

Cook macaroni in 3 quarts water with 2 tsp salt.

Meanwhile blend remaining ingredients about 2 minutes until very smooth.

Drain cooked macaroni and return to the kettle. Pour the blended mixture into the hot drained macaroni and cook together until thick, stirring gently. (You can add 1-2 cups frozen peas or 1 cup mushrooms or sliced olives if desired.) I like mine just plain. Cover and let sit 5-10 min before serving.

BETTER THAN TUNA - VEGAN TUNA SALAD OR SPREAD

2 (15 oz) cans chickpeas, (or 3 cups cooked chickpeas) rinsed and drained

1 carrot, shredded

2 stalks celery, finely diced

½ small red onion, finely diced

¼ cup (approximately) Just Mayo or alternative vegan mayo)

½ tsp salt

Optional: extras like mustard, dill (about a heaping tsp of dill) dulse, relish and cayenne

Roughly mash the chickpeas in a medium- sized bowl. leave some chunks of the peas in the mash.

Add the carrot, celery, onion and salt and mix well with fork.

Add mayo to desired texture of creaminess.

This can be eaten right away, but if it sits in the fridge for an hour or so the flavors meld nicely together. You can use this as a sandwich filler or on a bed of greens or with crackers or as a salad.

SEASONINGS AND SUBSTITUTIONS**CHICKEN SEASONING #1- Tasty Vegan Delights**

Mix well in a small bowl:

1 cup nutritional yeast flakes

2 tsp onion powder

1 tsp onion salt

½ tsp sage

½ tsp thyme

½ tsp marjoram

3tbsp parsley flakes (rubbed to powder between palms of hands.

1 ½ tsp garlic salt

1 ½ tsp celery salt

¼ tsp savory

Store in airtight jar on the shelf.

CHICKEN-LIKE SEASONING #2 Taste of Heaven

1 1/3 cup nutritional yeast flakes

3 Tbsp onion powder

2 ½ tsp garlic powder

1 ½ tsp sea salt (or to taste)

½ tsp celery seed

2 tbsp Italian seasoning

1 tbsp parsley flakes

Blend all ingredients until smooth. Store in a glass jar. Use as chicken flavor for soups, patties, gravy, etc.

HERBAMARE SEASONING MIX

1 cup sea salt – the less refined the better

1 tsp each of: oregano, thyme, basil, dill, dried garlic, chives, sage, celery seed, marjoram

2 tsp dried onion powder

½ tsp rosemary

½ cup dried parsley

¼ cup nutritional yeast flakes

Blend to chop up the herbs and incorporate all the ingredients. Store in a jar in a cool place.

FLAX SEED MEAL – Great Egg Substitute

For each egg called for in your recipe use:

1 Tbsp flax seed

3 Tbsp water

Whisk together in a bowl and let mixture sit for about 5 minutes until it gets gummy, just like an egg.

Flax seed meal and water, whisked together makes a great egg substitute. It is the ideal substitute in most normal baked goods, such as muffins, cookies, and cakes. No egg substitute will work successfully in dishes that are egg-dependent, such as quiche or meringue or angel cake, etc.

The mixture can be incorporated into the recipe where it calls for eggs. There are no other adjustments needed in the recipe.

Usually, you will not be able to tell any difference in baked goods where flax seed meal has been substituted for the eggs. However, small items like cookies may be more crumbly. I recommend making cookies as bars. Anything that bakes as a bigger solid — such as muffins, quick breads, cakes, or bar cookies — will do just fine.

Don't use any egg substitute at all for pancakes or pancake-style flatbreads. They just don't inside before getting burned on the outside.

Flax seeds, when baked, lose the Omega-3. They must be raw to get that benefit. Still, as an egg substitute, flax seed meal offers excellent results and you will still get fiber, so all is not lost. Raw flax seed must be grinded in order to get the benefit of the Omega-3. On the other hand, don't think that sprinkling whole raw seeds on your salad or yogurt will give or impart an Omega-3 benefit. In their whole form, the seeds will pass right through your body - you must grind them to get the full benefits. If you don't want to use the flax seed, you might want to try 'Ener-G Egg Replacer' to see which you like the best. You can buy this at Health Food stores and maybe some grocery stores.

ICE CREAM RECIPES

EASY VEGAN BUTTER PECAN ICE CREAM

Ingredients:

2 cups frozen white kidney beans (cannellini beans have hardly any taste - Don't use any other kind of beans)

If beans are put on to cook for awhile and cooled before freezing them they will be creamer in the ice cream

2 frozen bananas

1 can coconut cream

1 cup pecans

2/3 cup pure maple syrup

1/2 cup turbinado sugar

3 tbsp vegan margarine

1 tsp vanilla extract

Instructions: Melt 1 tbsp vegan margarine in a frying pan, toss in pecans, and sauté until lightly browned – about 5 to 10 minutes. Set aside and let cool.

Add all ingredients except pecans to a food processor and process until smooth. Add pecans and pulse a few times until the nuts are chopped and incorporated.

Transfer mixture to a freezer safe dish, cover, and freeze for at least 4 hours.

Notes:

If the ice cream has been in the freezer for a long time, you may need to let it defrost for 5 to 10 minutes before scooping. Using a metal scoop submerged in hot water helps.

If the thought of using white beans is just too weird for you, you can use soaked raw cashews instead.

I would recommend freezing the bananas and beans the night before in Tupperware containers.

STRAWBERRY ICE CREAM No Ice cream maker is necessary.

A couple of notes on coconut milk: -Coconut milk has a tendency to melt in heat. For best results, keep ice cream in the freezer until you're ready to eat so it doesn't get too soft.

-You can keep this recipe sugar-free by completely removing the sugar suggested or using a sugar substitute, such as stevia.

-Coconut milk is a tricky thing. [Oh, Ladycakes](#) did a great tutorial on making coconut whipped cream and how to avoid disaster. Some highlights: before buying flip your can and listen for a slight gurgle. If it sounds like there is room to slosh there is excess air-which you want to avoid. Refrigerate your can, untouched, overnight before using. Scoop gently, and use only the thickest, hardest, whitest part from the top. Keep the leftover coconut milk and toss it in

a smoothie or in your oatmeal. Also, I usually buy Thai Coconut brand because its consistently good and easy to find, but most other 100% full fat coconut milk cans will work.

Ingredients:

2 - 15 oz. cans full-fat organic coconut milk

2 cups frozen strawberries

2 tablespoons maple syrup or agave nectar

1 teaspoon vanilla extract

Directions:

Refrigerate the cans of coconut milk on a stable shelf overnight. When ready, open the can and scoop the full-fat, thick white layer off of the top half of the can and into a high speed blender or food processor. Add the strawberries, sweetener, and vanilla to the blender and start to blend, slowly at first, faster as the strawberries break down. Blend it all together about 1 minute, or until all the ingredients are completely combined in a soft-serve texture. Scoop the mixture into a medium sized mixing bowl or loaf pan and toss it in the freezer for at least 3 hours, but preferably overnight. Stir the mixture about every hour or so to aerate the ice cream and make it easier to scoop later.

VEGAN CAROB PEANUT BUTTER ICE CREAM Liz Della Croce

Thick, creamy, salty and sweet, your entire family will love this guilt-free vegan chocolate peanut butter ice cream.

2 large frozen bananas sliced

2 tablespoons powdered chocolate or carob powder

2 tablespoons creamy natural peanut butter

1/2 teaspoon vanilla

1/4 teaspoon cinnamon

1 pinch salt

Instructions:

Place all ingredients in a high speed blender or food processor (which is best to use) and slowly pulse, 15 seconds at a time, until mixture is smooth and creamy, scraping down the sides as you go. Note: This process may take a couple minutes so be patient. Serve immediately or freeze in an air-tight container for up to 5 days. This is very easy to make and very good taste. I found it mixed better in my food processor)

TOPPINGS ETC.

CREAMED PEARS TOPPING (MAKES 4 CUPS) Chip

1/3 cup raw cashews

1 tsp vanilla extract

3 ½ cups (28 oz) canned pears (unsweetened)

Drain off pear juice and reserve juice

Put all ingredients into blender. Blend until very smooth.

Slowly pour the reserved juice into blender as needed until desired consistency is reached.

(Can substitute canned peaches or frozen thawed strawberries, or berries of choice. Good topping for waffles, pancakes, apple crisp, granola or strawberry shortcake, fruit salad, etc.

Also if you don't have any cashews you can just put your choice of fruit into a saucepan, let it come to a boil and mix in a couple tablespoons of corn starch in water or juice to dissolve pour into the hot mixture while stirring. It will make a thick fruit sauce.

TOFU WHIPPED TOPPING

1 4 oz Firm Tofu

3 Tbsp coconut oil

3 Tbsp honey

1 tsp lemon juice

¼ tsp salt

1 Tbsp vanilla

Place all in blender until smooth and creamy. Chill and serve as you would whipped cream

COCONUT WHIPPED CREAM

1 can coconut milk (not light but full fat) Organic, unsweetened

Place the can in fridge overnight along with the bowl you will use to mix it in. (Must be cold)

Remove can from fridge and turn can upside down. (the liquid will now be at the top of the can) Pour all the thin liquid off and save it for other uses.

Scoop out the coconut cream and place in your chilled bowl.

Whip the cream with hand mixer until fluffy. Add a touch of sweetener to taste and ¼ to ½ tsp of vanilla extract and whip again.

Use as you would use regular whipped cream.

Use in desserts, frostings, topping for pies or fruit crisp, etc. Keeps in fridge about 1 ½ weeks in sealed container. Rewhip it when you serve it.

CASHEW CREAM TOPPING (Times of Refreshing/Diane Flemons)**¾ cup raw cashews****1 cup water****1/16 tsp salt****8 dates****½ tsp vanilla****Blend together until smooth. Refrigerate.****ALMOND CREAM** Tasty Vegan Delights**Blend in blender till creamy:****½ cup blanched raw almonds****2/3 cup water****1 tsp honey****¼ tsp vanilla****¼ tsp sea salt****1 tsp maple syrup****Store in refrigerator. Great as a topping for pies and desserts.****TOFU CREAM CHEESE** 1 cup**This vegan cream cheese recipe is perfect on bagels, sandwiches, or anything else that needs a creamy, mildly sweet spread.****Ingredients:****1 c soft, medium, or silken tofu****¼ c cashews****1-2 T water or soy milk****2 t sweetener: raw sugar, maple syrup, or brown rice syrup****1 t salt****½ t pepper****Directions:****Drain the tofu, wrap in towel, and squeeze out excess moisture.****Place all ingredients in food processor and blend until smooth, 1-2 minutes. Taste and adjust: add more tofu/water for a thicker/thinner consistency; more sweetener/dash of lemon for sweeter/less sweet flavor. Transfer to container, cover, and - for best flavor - refrigerate overnight. Use within 4-7 days**

SOUR CREAM

1 cup raw cashews
 1 ¼ cup boiling water
 ½ tsp garlic powder
 1 tsp onion powder
 1 tsp sea salt
 1/3 cup lemon juice

Blend cashews in a blender to make a meal. Add water, garlic powder, onion powder and salt. Blend well. Add lemon juice and whiz briefly. Chill well before using. This freezes well. This is a great dip for chips, raw veggies, baked potato, salads, hay stacks (taco salad), etc.

MUSTARD

1 tsp turmeric
 1-2 tbsp lemon juice
 dash parsley
 dash paprika
 ½ tsp onion powder
 ½ cup soy mayonnaise
 dash garlic salt

Stir all ingredients together until well mixed. Will turn yellow gradually. Put in a glass jar and keep in refrigerator.

KETCHUP Makes: 2 cups Chip

1 cup tomato sauce (low or no salt added)
 1 can (5.5 oz) tomato paste
 2 tbsp lemon juice
 2 tbsp honey
 ½ tsp basil
 ½ tsp garlic powder
 1 tsp onion powder
 ½ tsp sea salt

Combine all ingredients in small bowl. Stir well, chill. (keeps about 1 week in fridge (freezes well))

TOFU OMELET Servings: 5 Tasty Vegan Delights

Blend in blender until creamy:

½ cup raw cashews
 ½ cup water
 Add: and blend well
 1 cup water
 ½ tsp sea salt
 ¼ tsp garlic powder
 2 tbsp chicken-like seasoning
 1/8 tsp turmeric
 ½ cup rice flour
 1 tsp onion powder

Add slowly while blending 1 cup fresh tofu, crumbled Pour desired amount of batter onto a nonstick griddle or skillet coated with oil. Cover and cook on medium heat about 10 minutes, till lightly golden brown. Place filling on top of omelet if desired, such as sliced olives, chopped fresh tomato, chopped green pepper, or grated [Mockzarella You Can Slice](#). Replace lid and cook another 10 minutes, till side is done. Fold in half and sprinkle grated [Mockzarella You Can Slice](#) on top. Cover and cook 1 more minute to melt cheese. warm.

For a plain cheese omelet when cooked on both sides grate Mockzarella You Can Slice on top, double it over and sprinkle with more grated Mockzarella. Cover and cook 1 more minute to melt cheese. Serve warm. (I have the recipe for mockzarella cheese but it calls for hard to get ingredients. You could either use the Mostarella cheese recipe (see cheese section) or get some Dayia shredded cheese at the Publix))

COUNTRY STYLE GRAVY

½ cup warm water
 ½ cup cashew pieces, rinsed
 1 Tbsp onion powder
 1 Tbsp cornstarch
 1 Tbsp Chicken-like seasoning
 1 Tbsp nutritional yeast flakes
 ¼ tsp garlic powder
 2 tsp Herbamare seasoning

Blend all ingredients until smooth. When creamy, add 1 ½ cup more water and blend. Pour in saucepan and cook over medium heat, stirring constantly until thick. Makes a good cream sauce. So good with bisquits! Also good over most veggie loafs and patties.

NON-DAIRY MILKS

ALMOND MILK

Blend all together in blender:
 2/3 cup blanched almonds
 1/8 tsp sea salt
 ¾ cup water
 1 Tbsp honey
 1 tsp vanilla

Add additional 3 ¼ cup water to the blended ingredients and blend till well mixed. Put in container in the refrigerator to chill. Shake well before serving

(To blanch almonds, you put the raw almonds in a pan and boil a very short time and the skins will pull off when you rub them between your hands. Discard the skins.)

CASHEW RICE MILK

2 cups cooked brown rice

½ tsp sea salt

2 Tbsp honey (or to taste)

¾ cup raw cashews

1 tsp vanilla

Enough water to blend well

In blender blend brown rice with enough water to blend well. Then add the cashews and all the other ingredients with about 1 cup more water. Blend well until creamy and smooth. Add enough more water to make 2 quarts of milk. (you can strain the milk into your 2 quart container if you have a lot of solids left. If not, put in refrigerator to chill. Stir well before serving. (This is my favorite milk to make)

WALNUT MILK

2/3 cups walnuts

1 cup water

2 Tbsp raw pumpkin or sunflower seeds

Blend in blender till creamy.

Add and continue blending:

2 Tbsp honey

½ tsp vanilla

Add: 3-4 cups water (to the right thickness for you)

Mix well, put in refrigerator. Shake well before serving.

MISC. BREADS**ANNA'S BISCUIT RECIPE**

1 cup whole wheat flour or 2 cups unbleached all purpose flour

1 Tbsp baking powder

½ tsp salt

½ cup Earth Balance

¾ cup soy milk or plain almond milk (with no sweetener or vanilla) with 1 Tbsp lemon or vinegar added to curdle the milk.

Preheat oven 450° sift all dry ingredients together. Add enough oil to line the bottom of a cast iron skillet and put in hot oven. Cut in shortening with fork. Pour in milk slowly, adding just enough so dough is soft and moist stirring with fork. Do not overwork! Take the hot skillet out of the oven, I take the dough in my oiled hands while the dough is soft and moist and make balls (about half the size you want the biscuits and line the bottom of the hot skillet. Bake for about 12-15 minutes until golden brown. The bottoms are crispy. If you don't like crispy bottoms use just enough oil to keep them from sticking.

WHEAT ROLLS

2 cups warm water (approximately 110 degrees F) (or a little too hot for a baby's bath water)
 1/3 cup honey
 2 Tbsp baking yeast
 3 ½ cups unbleached flour
 2 cups whole wheat flour
 1 ½ tsp sea salt
 1 cup olive oil

In a large bowl add the water, yeast and honey. Stir gently until most of the yeast has dissolved. Cover bowl with towel and place in a warm area to froth. (usually 10 minutes)

Stir in the oil and salt then add all the flour (be sure to mix the flours well before adding to the yeast mixture.) then stir until it becomes a dough consistency. It will be a wet ball. Then use hands to fold continuously until dough is formed into a ball (adding more white flour as needed to reach this goal). Cover and place in warm area to allow the dough to rise (usually takes about an hour).

Punch dough and it should fall. Pinch off enough dough and in your hand form into rolls and place on an oiled baking pan. Let the formed rolls rise in warm area for 30 minutes.

Bake rolls at 370° for 15 to 20 minutes or until done. Then remove buns or rolls from baking pan onto a cooling rack. Cover and let them cool.

Don't eat bread for 24 hours to let the yeast die. After bread is completely cooled you may put in plastic bags and freeze it.

You can make the rolls any size you like. If you want to use for sandwiches, make larger rolls. You can experiment till you get the size you like.

You can make pizza dough with this recipe. Instead of forming rolls just press dough in oiled pizza pans (makes about 3 pizza crusts) and let rise about 30 minutes. If you want to store the pizza crusts, bake a few minutes, (you may want to prick the crusts before you bake them), cool and wrap each pizza crust separately and freeze in the pizza pans. After frozen you can take the crusts out of the pans and stack in your freezer until you want to use them. Be sure they are wrapped good so they don't dry out in the freezer.

RODNEY'S PUMPKIN BREAD makes 2 loaves

3 ¼ cups unbleached white flour
 2 tsp baking soda (I use 2 Tbsp of baking powder instead)
 1 ½ tsp salt
 1 tsp cinnamon (or substitute)
 ½ tsp nutmeg
 2 ¼ cups turbinado sugar
 1 cup applesauce
 1 (16 oz) can pumpkin
 1 cup oil

Mix all dry ingredients and add wet ingredients. Bake 350° for 60 minutes or until done.

