



## Cabbage Salad

### INGREDIENTS

- 1/2 head cabbage, finely shredded
- 1 small bundle of green or red onions, finely diced
- 1 bundle of radishes, washed and diced
- 1 jalapeño pepper, deveined, seeded, and finely minced (optional)
- 1/2 bundle of cilantro, finely minced
- 1 medium ripe avocado, chopped
- 1/3 c light olive oil
- 1/4 c nutritional yeast flakes
- 2 Tbs Bragg's liquid aminos
- 1 small lemon, juiced
- 1 tsp salt

### DIRECTIONS

- Place "dry ingredients in a salad bowl to toss
- Combine, oil, yeast flakes, amigos, lemon juice, and salt in a small bowl to make a dressing.
- Pour dressing over the salad and toss.
- Sprinkle cilantro on top.

## Juice Recipes

### GREEN SUPER JUICE

#### INGREDIENTS

- 1/2 c kale
- 2 stalks celery
- 1/2 c spinach
- 1/2 c parsley
- 13 peeled carrots
- 1 beet

#### DIRECTIONS

- Add ingredients into juicing machine
- Drink right away. It can go bad very quickly, and loose nutritional value!

### MUSCLE WO MAN SMOOTHIE

#### INGREDIENTS

- 1/2 c almonds
- 1/2 - 1 c water
- 1/4 c old fashioned rolled oats
- 1 banana
- 1 tbs flax seeds
- 2 Tbs sesame seeds
- 1 tsp honey

#### DIRECTIONS

- Add all ingredients into a blender, and blend.
- Drink right away.



## Banana Bread Toast

### INGREDIENTS

- 2 c packed, moist almond pulp
- 3 large mashed bananas, ripe
- 1/2 c water
- 1/4 c maple syrup
- 1/2 tsp ground coriander
- 1/4 tsp ground cardamom
- 1/4 tsp salt
- 2 Tbs ground flax seeds
- 1 c raisins
- 1/4 c crushed pecans (optional for topping)

### DIRECTIONS

- In a blender, add maple syrup and water, add raisins, and salt, blend.
- In a bowl add almond pulp, spices, bananas, mash together.
- Pour blender items into bowl, add pecans, stir up well.
- Add flax seed as a binder, stir.
- Spread out about 1/2" thick, anyplace in a dehydrator Dehydrate for 6 Hrs.
- Flip over, allow another 6 hrs (12 total).

## Cornmeal Porridge

### INGREDIENTS

- 1 c yellow cornmeal
- 3 c water
- 1/2 tsp salt
- 1/2 c coconut milk
- 1/8 tsp cardamom
- 1/8 tsp coriander
- 1/2 c sweetener (Florida cane juice crystals)
- 1/2 c cashew cream

### CASHEW CREAM

#### INGREDIENTS

- 1 c cashews
- 3/4 c water
- 1/2 c Florida crystals
- Blend until creamy

### DIRECTIONS

- Add cold water into a sauce pan, and add corn meal.
- Stir until there are no lumps, then turn on heat to a low boil.
- Stir constantly to keep lumps out.
- Cook until thickened.
- Add coconut milk, and 1/2 cup cashew cream, salt, cardamom, coriander.
- Raisins and coconut are optional.



## Greek Dressing

### INGREDIENTS

- 1/2 c avocado
- 1/2 c water
- 2 Tbs lemon juice
- 2 Tbs lime juice
- 1 clove garlic, minced
- 1/2 tsp salt
- 1 Tbs oregano, fresh, minced
- 1/2 c extra virgin olive oil
- 1 date, pitted

### DIRECTIONS

- In a blender, add lime and lemon juice, olive oil, oregano, date, garlic, salt, and avocado.
- Blend.
- Add water, blend again.

## Vegan Parmesan Cheese

### INGREDIENTS

- 1/2 c walnuts, soaked and dehydrated
- 2 Tbs sesame seeds
- 1/2 c nutritional yeast
- 1/2 tsp sea salt

### DIRECTIONS

- Grind sesame seeds (in a small coffee grinder).
- Grind walnuts also.
- Add walnuts seeds, salt, and yeast to a mixing bowl.
- Set aside.

## Torte

### INGREDIENTS

- 3 Tbs Olive Oil
- 4 med zucchini sliced thinly (5 c)
- 4 c fresh baby spinach
- 1 1/2 c thinly sliced carrots (3 med)
- 2 med yellow squash, finely sliced
- 2 red sweet bell peppers, sliced thinly
- Snipped fresh parsley
- 1 med red onion
- 1 recipe of Greek Dressing (above)
- 1 recipe of Vegan Parmesan Cheese (above)

### DIRECTIONS

- In a springform pan, put a layer of sliced zucchini to cover the bottom.
- Add another layer of spinach over that.
- Add a layer of carrots, then onions, then peppers.
- Add a thin layer of Greek dressing, saving enough to use in three layers of veggies.
- Sprinkle cheese, then lay another layer, using all of the veggies.
- Finish with a layer of yew squash or zucchini, dressing and cheese.
- Place an inverted plate over the top, and a plate underneath to catch moisture.
- Put in refrigerator overnight.
- Serve cold.



# Raw Vegan Banana Pudding

## CRUST

### INGREDIENTS

- 3 c almonds, soaked and dehydrated
- 3 Tbs coconut oil
- 1 tsp vanilla extract
- 16 Medjool dates (pitted)
- 1/4 tsp sea salt

### DIRECTIONS

- Combine almonds into a food processor, chop enough to break up into medium sized pieces.
- Add dates into processor, along with salt, vanilla, and coconut oil.
- Blend to size of “grape-nuts.”

## FILLING

### INGREDIENTS

- 6 ripe bananas
- 2 c almond milk
- 2 Tbs chia seeds
- 3/4 c coconut oil
- 1/2 c chopped dates
- 1 Tbs vanilla
- 1/2 tsp turmeric
- 3 Tbs raw almond butter

### DIRECTIONS

- Add almond milk, vanilla extract, turmeric, dates, chia seeds, almond butter, coconut oil, salt, and 4 bananas.
- Blend in oblong cooking dish.
- Spread crust ingredients into the bottom of the pan.
- Layer in to the bottom the remaining 2 bananas in slices to cover the bottom.
- Pour pudding mixture into the pan about 1 third full.
- Layer more crust, and additional bananas and pudding until pan is full.
- Sprinkle crust pieces on very top.
- Garnish with your favorite berries.
- Chill in refrigerator.



## Raw Vegan Banana Pudding

### INGREDIENTS

- 4 small tomatoes, diced
- 1/4 c fresh basil
- 1 tsp olive oil
- 1 garlic clove
- 1 tsp salt
- 1/2 small onion
- 2 sprigs parsley
- 1 tsp paprica

### DIRECTIONS

- In blender add ingredients, and a little bit of water.
- Blend about 1 min.



## Rainbow Noodles

### INGREDIENTS

- 1 sweet red pepper, thinly sliced
- 2 zucchinis, spiral cut with a spiralizer
- 1 carrot, thinly sliced (with vegetable peeler)

### ALMOND SAUCE

#### INGREDIENTS

- 1 Tbs almond butter
- 1 Tbs tahini (sesame seed butter)
- 1 Tbs lemon juice
- 1 medjool date, pitted
- 1 tsp chili powder
- 1 pinch cayenne pepper
- 1 garlic clove
- 1 Tbs nutritional yeast (optional)
- 1 tsp black sesame seeds (optional)
- 1/4 c water or orange juice

#### DIRECTIONS

- In a blender, add the above ingredients and blend well.
- Layer more crust, and additional bananas and pudding until pan is full.
- Sprinkle crust pieces on very top.
- Garnish with your favorite berries.
- Chill in refrigerator.

### GARNISH

#### INGREDIENTS

- 1/4 c cilantro leaves
- 6 olives cut in half
- 1 Tbs hemp seeds

#### DIRECTIONS

- In a bowl, toss the raw vegetable noodles above, and top with almond sauce.
- Mix well.
- Garnish and serve.



## Jerk Tofu

### INGREDIENTS

- 1 Lb extra firm tofu, drained and sliced into 1/2 - 3/4" pieces
- 1/2 large onion, diced
- 8 garlic cloves
- 1 small red bell pepper, diced
- Juice of 2 limes
- 2 tbs Bragg's Liquid Aminos
- 2 Tbs olive oil
- 1/4 c orange juice
- 1/4 c pineapple juice
- 2 Tbs sweetener (Florida Crystals)
- 1 Tbs thyme
- 1 Tbs sage
- 1/2 tsp cardamom
- 1/2 tsp coriander
- 1/2 tsp red bell pepper

### DIRECTIONS

- Add onion and garlic, coriander, cardamom, Florida crystals, Bragg's, thyme, and juices to a blender and blend.
- Place tofu in a bowl and cover with Jerk sauce.
- Cover all pieces and marinate in refrigerator over night.

## Rainbow Rice

### INGREDIENTS

- 1 c brown rice and 2 c water
- 1/2 med purple onion
- 1/2 bell pepper diced
- 1/4 c broccoli, chopped
- 1 tsp salt
- 2 garlic cloves, minced
- 1 Tbs olive oil
- 1 tsp onion powder
- 1/4 c corn kernels (sweet corn)
- 1/2 c nutritional yeast

### DIRECTIONS

- Add all ingredients in a sauce pan and bring to a boil, then reduce to a low heat and cook covered for 15-20 minutes, until liquid is soaked up.
- On a flat cookie sheet or pizza pan, add a bit of olive oil to coat, and lay on the marinated tofu slices.
- Place in 350° oven for twenty minutes, until tofu is firm and jerk sauce sticks well to tofu.
- Serve with rice!



## Mock Salmon Croquettes

### INGREDIENTS

- 1/2 c carrots, shredded
- 1/2 c parsley, chopped
- 1/4 c lemon juice
- 2 Tbs kelp powder
- 3 Tbs dulse flakes
- 1/2 tsp salt
- 1/2 c almonds, soaked for 8 hours
- 1/2 c red onion, diced small
- 1/2 c celery, diced small
- 1-2 Tbs Bragg's Liquid Aminos

### DIRECTIONS

- Add almonds, onion, celery, lemon juice, carrots, parsley, dulce, kelp, salt, and amigos.
- Chop well, and evenly. Add water if too dry.
- Use 1/4 cup measuring cup add form into patties, place in a dehydrator till very firm.
- Pour pudding mixture into the pan about 1 third full.
- Layer more crust, and additional bananas and pudding until pan is full.
- Sprinkle crust pieces on very top.
- Garnish with your favorite berries.
- Chill in refrigerator.

## Creamy Dill Tartar Sauce

### INGREDIENTS

- 4 small tomatoes, diced
- 1/4 c fresh basil
- 1 tsp olive oil
- 1 garlic clove
- 1 tsp salt
- 1/2 small onion
- 2 sprigs parsley
- 1 tsp paprica

### DIRECTIONS

- In blender add ingredients, and a little bit of water.
- Blend about 1 min.





## Mexitalian Lasagna

### INGREDIENTS

- 1 bag corn tortillas
- 1 bag Diya Cheese
- 1 bag spinach
- 1 bag Kale
- 1 med onion
- 1 jar spaghetti sauce
- 2 cups vegan cream cheese
- 2 bags vegan crumbles (crumbled veggie meat) add seasoning to taste for greens and crumbles.

### DIRECTIONS

- In a frying pan, saute spinach and kale with a bit of olive oil do not over cook.
- Place onions and crumbles to a fry pan with some onion and garlic powder, a bit of olive oil, stir and lightly brown.
- Add spaghetti sauce over crumbles.
- Will be used in layers.
- In a large oblong casserole dish, add a little crumble sauce to the bottom to prevent burning and sticking.
- Layer the tortillas, sauce, and greens, and some cream cheese dabs.
- Can also add vegan cheese substitutes.
- Add more layers until pan is full.
- Cook uncovered in 350° oven about 45 minutes.



## Mock Tuna Stuffed Cucumber

### INGREDIENTS

- 2 c sunflower seeds, soaked overnight
- 2 stalks celery, finely chopped
- 2 cloves garlic, finely chopped
- 2 whole green onions, greens only, finely chopped
- 2 Tbsp parsley, finely chopped
- 2 Tbs lemon juice
- 4 tsp Bragg's Liquid Aminos
- 1 tsp dill weed
- 2 tsp dulce flakes
- 1/4 tsp salt
- 2 whole cucumbers, peeled
- 2 Tbs white and black sesame seeds

### DIRECTIONS

- In a food processor, add seeds, lemon juice, garlic cloves, celery, parsley, and green onion.
- Process for a few seconds to a coarse grind,
- Add Bragg's Aminos, and dulce, salt, dill weed.
- Mix gain.
- Split cucumber in half length wise.
- Using a small scoop, remove seeds.
- Fill one half of cucumber with filling and invert the other half over it again, to make a stuffed cucumber.
- Place sesame seeds on a plate, and roll cucumber in seeds to make a coating.
- Slice through in about 1" thick slices and lay flat on a serving plate.
- Sprinkle crust pieces on very top.
- Garnish with your favorite berries.
- Chill in refrigerator.

## Chicken Fried Rice

### INGREDIENTS

- 2 Tbs olive oil
- 1/2 medium onion
- 1 carrot, diced
- 1 stalk celery diced
- 2 cloves garlic, minced
- 2 Tbs soy sauce, unfermented
- 2 Tbs toasted sesame seeds
- 1 Tbs nutritional yeast flakes
- 1 Tbs sesame oil
- 1/2-3/4 cup chicken substitute

### DIRECTIONS

- Chop celery, garlic, carrot, onion, and chicken pieces.
- Add ingredients to a hot fry pan with olive oil, stir fry.
- Add the cooked brown rice to the pan, and stir.
- Add remainder of ingredients and mix well.



## Obey Goopy Southern Pecan Date Bars

### TOPPING

#### INGREDIENTS

- 2 c pecans
- 6 Tbs coconut nectar or maple syrup
- 2 tsp vanilla bean extract
- 1 pinch salt

#### DIRECTIONS

- In a bowl, combine ingredients and set aside.

### CRUST

#### INGREDIENTS

- 1 c cashew flour (ground cashews)
- 1 tsp coriander
- 1/4 tsp cardamom
- 2 tsp vanilla extract
- 1/4 c honey

#### DIRECTIONS

- In food processor, combine flour, coriander, cardamom, and quickly mix.
- Add vanilla and mix again.
- Add honey and mix again.
- Line a small pan with wax papered pour in crust mixture.
- Use you hands to press the crust out to cover the bottom of the pan.
- Place in freezer to harden it up for a while, about 30 min.

### DATE PASTE FILLING

#### INGREDIENTS

- 24 dates (pitted)
- 1/8 to 1/4 c water (depending on consistency)
- 2 tsp vanilla extract

#### DIRECTIONS

- Add dates, vanilla, and water into a blender and blend.
- Get crust from freezer, and add date paste on top of the crust.
- Spread pecan topping on top, and press them down into the date paste.
- Refrigerate for an hour, remove, and cut into bars.
- Keep cool.



## Jamaican Veggie Patties

### PASTRY:

- Vegan Phyllo Dough (well defrosted)

### VEGGIE FILLING

#### INGREDIENTS

- 1 Coleslaw mix (shredded cabbage and carrots)
- 1/2 tsp ground cumin
- 1 Tbs chicken style seasoning
- 1 Tbs Bragg's Liquid Aminos
- 1 Tbs olive oil
- 1 med onion (finely chopped)
- 1 bell pepper (chopped)

#### DIRECTIONS

- Add ingredients to frying pan, cook down a bit, lightly browned.
- Set aside to cool.

### VEGAN BEEF FILLING:

#### INGREDIENTS

- 1 package vegan beef crumbles
- 1/2 c tomatoes (diced)
- 1/2 c red onion (diced)
- 1/2 c Daiya Cheese
- 1 Tbs olive oil
- 2 Tbs beef style seasoning
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1 Tbs onion powder

#### DIRECTIONS

- Heat frying pan with some olive oil, add crumbles, onion, thyme, onion powder, garlic powder, beef seasoning, tomatoes, add Daiya cheese last.
- Set aside to cool.
- Lay out long rectangular piece.
- Drizzle a little olive oil on the dough.
- Add filling to one end, and begin to fold in triangular way, like folding a flag.
- Lightly oil a cookie sheet, lay patties on sheet, and lightly spread a bit of turmeric and water in the top for a traditional yellow color.
- Fill sheet with patties.
- Put into 350° oven for 18-20 min, until golden brown.



## Fruit Pizza

### CRUST (MAKES 2):

#### INGREDIENTS

- 1/2 c olive oil
- 1 1/2 c raisins (soaked overnight)
- 3 c sprouted buckwheat
- 3 1/2 c peeled zucchini (roughly chopped)
- 1 c apple (cored and roughly chopped)
- 3 Tbs lemon juice
- 1 avocado
- 1 c flax meal
- 1 tsp salt

#### DIRECTIONS

- In a food processor add zucchini, apple, and blend.
- Add avocado, oil, lemon juice, and salt. Blend again.
- Now add raisins and blend again.
- Add buckwheat, blend again. Add flax seed last, blend.
- Place 1/2 mixture onto a dehydrator pan, and form into a round, flat crust.
- Dehydrate overnight.

### RAW CASHEW CREAM

#### INGREDIENTS

- 2 c raw cashews (soaked overnight)
- 1/4-1/2 cup filtered water
- 1/4 c maple syrup
- 1 tsp vanilla extract
- 1 pinch of salt

#### DIRECTIONS

- In a blender all ingredients and blend.

### TOPPING

#### INGREDIENTS

- 2 c red grapes
- 2 c blueberries
- 4 kiwis (peeled and sliced)
- 15 strawberries (sliced)
- 2 mangoes (peeled and cut into chunks)

#### DIRECTIONS

- Add dates, vanilla, and water into a blender. Spread cream over the crust, and add fruit over the cream.
- Be decorative about fruit placement for eye appeal.
- Serve as desert or breakfast item.



## Quiche with a Niche

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### INGREDIENTS

- 2 c cooked quinoa
- olive oil
- 2 tsp egg replacer with 4 Tbs water
- 1 med onion (peeled and diced)
- 2 cloves garlic (peeled and minced)
- 1 Tbs fresh thyme leaves (or 1 tsp dried)
- 1 Tbs fresh rosemary, finely chopped (or 1 tsp dried)
- 1/4 c chopped red bell peppers
- 1 lb spinach leaves
- 1 c Tofuti Sour Cream (or cashew sour cream)
- 1 tsp fresh lemon zest (grated lemon peel)
- 1/4 c nutritional yeast
- 1/4 tsp salt

### DIRECTIONS

- In a large skillet, add some olive oil, onion, and garlic, peppers, and seasonings.
- Cook for 2-3 minutes, stirring well, and add spinach, yeast, and salt. Stir.
- Reduce heat to simmer, and cover.
- Cook 5-8 minutes.
- In a separate bowl, combine egg replacer and water, mix.
- Let it thicken.
- Add frying pan ingredients to quinoa, add lemon, stir.
- Add egg replacer and combine well.
- Add sour cream, and lemon peel.
- Place into quiche pan, place into a pre-heated oven at 350° degrees for 30-45 minutes.



## Mango - Pear Cobbler

### COBBLER

#### INGREDIENTS

- 3 large pears (thinly sliced)
- 1 ripe mango (peeled and thinly sliced)
- 1/4 c hazelnut flour

#### DIRECTIONS

- Make flower from hazelnuts by placing them in food processor and grind.

### COBBLER

#### INGREDIENTS

- 1/2 ripe mango (peeled and chopped)
- 1 c cashews (soaked overnight)
- 1/2 c dates (pitted)
- 1 tsp pure vanilla extract
- 1 pinch salt
- 1/2 c almond milk

#### DIRECTIONS

- In a blender add the milk, mango, dates, vanilla, and salt. Mix.
- Add cashews, and blend.

### GARNISH

#### INGREDIENTS

- 1/2 cup strawberries

#### DIRECTIONS

- In a baking dish, sprinkle hazelnut flour in the bottom.
- Layer in pears to cover bottom.
- Put part of the cream over pears, and add another layer using mango.
- Place rest of cream over mango.
- Add another layer of pears, and cover with rest of hazelnut flour.
- Garnish with strawberries.
- Great for Breakfast or desert.

## SOS - Save Our Skin

### HOMEMADE SOAP

#### INGREDIENTS

- 3 bars glycerin soap (sold at craft shops)
- Assorted fresh or dried herbs; basil, mint, or lavender (about 1/2 tbs per cup of melted soap)
- Citrus zest (grated peel) from lime, lemon, or orange (about 1/2 Tbs per cup of melted soap)
- Essential oils of choice: tea tree, lavender, or rosemary.
- Molds for soap (available at craft stores with soap)

#### DIRECTIONS

- Chop the craft store glycerine into squares and melt them in a double boiler on the stove top.
- Do not burn or bubble, just melt until there are no lumps.
- Add the ingredients of your choice and stir quickly because it will set up fast.
- Pour into molds while still workable.
- Allow to cool.



## Spicy BBQ Cauliflower Salad

### BBQ SAUCE

#### INGREDIENTS

- 1/2 cup sun-dried tomatoes (soaked overnight)
- 1/4 c water from chipotle peppers
- 2 Tbs extra-virgin olive oil
- 2 Tbs Bragg's Liquid Aminos
- 1/2 tsp stone ground mustard
- 2 Tbs lemon juice
- 1/2 tsp smoked paprika
- 1/2 tsp cumin
- 2 medjool dates (pitted)
- 3/4 c chopped Roma tomatoes
- 1/4 tsp salt

#### DIRECTIONS

- To a blender, add the tomatoes, pepper water, paprika, oil, lemon juice, cumin, tomatoes, Bragg's, and mustard powder.
- Blend.

### HIDDEN CASHEW RANCH DRESSING

#### INGREDIENTS

- 1/2 c raw cashews (soaked overnight)
- 1 1/4 c plain almond milk
- 1 Tbs chia seeds
- 2 Tbs lemon juice
- 1 clove garlic
- 1 Tbs maple syrup
- 1/4 tsp celery seed
- 1 green onion (white part only)
- 1/2 tsp mustard powder
- 1/4 tsp salt
- 1 Tbs fresh parsley (minced)
- 1 Tbs chives (chopped)

#### DIRECTIONS

- To a blender, add all ingredients and blend well.





## Salad

### INGREDIENTS

- 1/2 head cauliflower (chopped)
- 1/2 c BBQ sauce (above)
- 1 avocado (sliced)
- 1 cup frozen corn (thawed)
- 1/4 c red onion (diced)
- shredded carrots
- 3 c Romain lettuce
- 1 recipe of Hidden Cashew Ranch Dressing (above)

### DIRECTIONS

- Pour the sauce over the cauliflower in a mixing bowl.
- Coat well, place on a dehydrated sheet and dehydrate 12 hrs.
- On a serving plate, lay out the bed of lettuce, sprinkle the corn over it,
- add onions, carrots, and add the BBQ cauliflower over the top.
- Pour dressing over the top as needed.

## Unleavened Cracker (Bread)

### INGREDIENTS

- 1 c whole wheat flour
- 1 c unbleached flour
- 1/2 c oil
- 1/2 c water
- 1 tsp salt
- 1/4 c nutritional yeast
- 2 Tbs onion powder
- 1 tsp garlic powder
- 1 tsp parsley

### DIRECTIONS

- In a bowl add the flours and yeast.
- Mix well.
- Add the onion and garlic powders, and parsley.
- Add salt to water and stir to dissolve.
- Add the rest of the liquids to the bowl.
- Spread dough onto a flat cookie sheet and spread out to an even thickness.
- Use a rolling pin to flatten to a cracker thickness.
- Take a knife and cut to size.
- Place in an oven at about 250° degrees until browned, but not burnt.



## Yam Sun Burgers

### BURGER

#### INGREDIENTS

- 2 c sunflower seeds (soaked overnight)
- 1 c shredded sweet potato
- 3/4 c celery (diced)
- 1/4 c fresh parsley (chopped)
- 1/4 c water
- 1/4 cup Bragg's Liquid Aminos
- 1 med red bell pepper
- 1/2 avocado
- 1/2 c red onion (finely chopped)
- 2 garlic cloves (minced)
- 1 tsp sage (dried)
- 1 Tbs cumin
- 3/4 c brown flax seed (ground)

#### DIRECTIONS

- To a blender, add the tomatoes, pepper water, paprika, oil, lemon juice, cumin, tomatoes, Bragg's, and mustard powder.
- Blend.

### CHEESY SAUCE

#### INGREDIENTS

- 1 c sunflower seeds (soaked)
- 1/2 c water
- 1/2 red bell pepper (chopped and de-seeded)
- 1/4 c olive oil
- 2 Tbs lemon juice
- 1 Tbs tahini
- 1/2 c nutritional yeast flakes
- 1/4 tsp cumin
- 1/4 tsp cayenne
- 1 tsp maple syrup
- 1 tsp salt

#### DIRECTIONS

- In a blender add all ingredients, and blend till smooth and creamy.



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## **BEAN SALAD**

### **INGREDIENTS**

- 1/2 c corn
- 1/2 c black beans
- 1/2 c red beans
- 1/2 c kidney beans
- 1/2 c chickpeas
- 1 c onions (diced)
- 1 med tomato (diced)

### **DIRECTIONS**

- In a skillet, add a Tbs of olive oil, beans, corn, onions, and tomato.
- Salt to taste.
- You may add cumin or garlic as you wish.
- Refrigerate if you want it cold.

## **PASTA SALAD**

### **INGREDIENTS**

- Rotini (cooked)
- 2 med tomatoes (diced)
- 1 package tofu (crumbled)
- 1 can medium olives
- Seasonings to taste

### **DIRECTIONS**

- Crumble tofu in a frying pan, with a bit of olive oil and salt, stir.
- Onion and garlic powder, etc.
- Combine tofu and pasta in a bowl, mix.
- Add olives and tomatoes, salt to taste.
- Eat hot!
- To serve cold, add some lemon juice to preserve color, refrigerate.



## Lunch on the Go

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### **BANANA GRANOLA WRAP**

#### **INGREDIENTS**

- 1 whole wheat tortilla
- 2 Tbs natural peanut butter
- 2 tbs granola
- 1 banana
- 1/4 c raisins

#### **DIRECTIONS**

- Take tortilla and spread peanut butter on.
- Sprinkle on granola and raisins.
- Place banana in wrap and wrap it up.
- Compliment with berries.

### **CHEESY SAUCE**

#### **INGREDIENTS**

- Tofu mayo or cream cheese spread
- Veggie meat
- Grape or cherry tomatoes
- Cucumbers
- Bread
- Skewers

#### **DIRECTIONS**

- Cut bread slices in quarters.
- Take a bread piece place on skewer.
- Spread with mayo or cream cheese.
- Add cucumber, tomato and a slice of veggie meat.
- Add another bread slice, like a kabob.