

**Easy Peasy Fettuccine** by *Marla Danielson*

Hillsboro Class 1

2 1/2 c. fettuccine noodles, broken up into smaller lengths, (about 1/2 of 16 oz. or 1 lb. package)  
1 c. frozen peas

**Directions:** Cook fettuccine noodles according to package directions. While noodles are cooking, make the Creamy Alfredo Sauce. When noodles are done, add the frozen peas to noodles and let thaw for 1-2 minutes before draining.

**Coconut Alfredo-Style Sauce**

1 can lite coconut milk (13.5 oz.)  
1/4 c. water  
1 T. Vegetable Bouillon Flakes  
2 T. brown rice flour  
1/2 t. Salt

**Directions:** Whisk all ingredients together, bring to a boil and reduce heat to low. Add cooked noodles with peas. Mix well, cover and let the noodles soak up some of the sauce for a few minutes before serving.

**To make Parmesan cheese (for topping)** by [hiddenveggies.com](http://hiddenveggies.com), combine 1/3 c. raw hemp seeds, 1/4 c. nutritional yeast, 1 T. potato or rice flour, 1/4 t. each: salt, garlic powder. Pulse until crumbly in a mini food processor or blender. Good on pizza too instead of dairy cheese.

**To make Vegetable Bouillon Flakes** by *Marla Danielson*

Stir together: 1/2 c. nutritional yeast flakes, 1 T. each: onion powder, garlic powder, 1/2 T. each: dried parsley flakes, Italian seasoning, Homemade Poultry Seasoning, and pinch of turmeric and salt. (for veggie broth, mix 1 T. per 1 c. hot water)

**To make Homemade Poultry Seasoning** by *Marla Danielson*

Stir together: 4 t. Sage, 2 t. Each: marjoram, thyme, 1 t. Celery seed

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**Easy Everyday Dressing** by Marla Danielson

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1 c. Best Foods Vegan Mayo  
¼ c. tomato sauce  
2 T. agave  
1 t. Vegetable Bouillon Flakes  
½ t. Lemon juice  
¼ t. Parsley flakes  
¼ t. Oregano  
Pinch of salt

**Directions:** Whisk all ingredients together and enjoy! Good with potatoes, salads, & chips!

**Raspberry Blueberry Chia Jam** by Marla Danielson

3 c. frozen blueberries  
(1) 12 oz. package frozen raspberries (about 3 c.)  
¾ c. water

**Directions:** Bring all ingredients to a boil, reduce heat to medium-low and cook for 30 minutes, uncovered. Add 4 T. chia seeds and 4 T. coconut sugar. Stir well and let rest for 30 minutes. Put into jars and refrigerate. Will keep for 2 weeks, also freezes well. Enjoy!

**Homestyle Spelt-Corn Bread** by Marla Danielson

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¾ c. warm water  
2 t. Instant yeast  
2 t. Coconut sugar  
¼ c. applesauce  
2 T. olive oil  
¼ c. fine cornmeal  
½ c. whole grain spelt flour  
2 c. white spelt flour, more as needed (buy at New Seasons in the bulk section)  
1 t. Salt

**Directions:** Stir together water, yeast and sugar and let rest for 5-10 minutes. Add all remaining ingredients and stir until loose ball forms. Place dough on floured countertop and knead dough into a smooth ball, adding more sprinkles of flour when it gets sticky. Cover and let rise for 45 minutes - 1 hour. (While rising, preheat oven to 350 degrees). Then knead briefly, adding sprinkles of flour as needed and shape into loaf. Place in a silicone, parchment-lined, or oiled bread dish. Let rise for 30 minutes then bake for 30 minutes. Let cool on a wire rack. Makes great toast. **Homemade Croutons:** Preheat the oven to 300°. Line a cookie tray with parchment paper. Cube bread, enough to fill the tray, single layer. Drizzle with olive oil, sprinkle with salt, Italian seasoning and garlic powder. Mix well, then lightly drizzle again with olive oil and bake for 15 minutes. Stir, mix. Bake for another 15 minutes. Let cool on tray. Enjoy!

***It is a sacred duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think.*** *Counsels on Diets and Foods 257*

## **Oatmeal Carob Raisin Cookies** by *Marla Danielson*

Hillsboro Class 1

### ***Cream together:***

- 2 T. melted coconut oil
- ½ c. brown sugar
- 2 T. maple syrup
- ¼ c. applesauce
- 1 t. Each: Vanilla, molasses

### ***Add:***

- ½ c. brown rice flour
- ½ c. blanched almond flour
- ½ c. old fashioned oats
- ½ t. Salt
- 1 t. Cinnamon
- ¼ c. carob chips
- ¼ c. chopped raisins

**Directions:** Mix well creamed ingredients and add dry ingredients. Drop by small spoonfuls or with a small cookie scoop onto a parchment-lined tray. Flatten slightly. Bake in a 350° oven for 15 minutes. Let cool on the tray. Enjoy!

## **Peanut Butter Cookies** by *Linda Pierce and Marla Danielson*

### ***Cream:***

1. 1 flax egg (1 T. flax meal mixed with 3 T. water)
2. ½ c. creamy peanut butter
3. ½ c. brown sugar
4. 1 t. vanilla
5. ½ t. molasses

**Add:** ¼ t. salt, ½ c. brown rice flour

Cream first 5 ingredients. Add salt and brown rice flour, mix well. Refrigerate for 10-15 minutes while the oven is preheating (350°). Form small balls and roll in Florida Crystals (raw, unrefined cane sugar), place on a parchment-lined cookie tray, crisscross with fork, slightly flattening, and bake for 10 minutes. Let cool on the tray and enjoy!

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***Regularity in eating should be carefully observed. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. And when the children come to the table, they do not relish wholesome food; their appetites crave that which is hurtful for them.—***The Ministry of Healing, 384, 1905