

## **Creamy Coconut Mashed Potatoes**    FG Class 43    Marla Danielson

5 large baking potatoes, peeled, cooked and chopped (6 c.)  
½ c. Lite Coconut Milk, add enough until creamy to your taste  
2 t. onion powder, or to taste  
1 t. salt, or to taste

Peel and cook potatoes until very tender. Add warm lite coconut milk, onion powder and salt and mash until creamy. Enjoy!

### **Tasty Gravy**

2 c. water  
½ c. raw cashews  
2 t. vegetable bouillon  
2 T. brown rice flour  
¼ t. salt, or to taste  
1 t. sage  
Pinch of thyme and marjoram

Blend all ingredients until very smooth. Stir in sage. Place in small kettle and bring to a boil, stirring constantly over medium-high heat (or, cook slower over medium heat, stirring occasionally until it bubbles). Stir in a pinch of parsley. Enjoy over ***Creamy Coconut Mashed Potatoes!***

**Optional add-ins:** *Peas, sauteed onions or mushrooms*

#### ***\*Notes:***

Use this gravy to make ***Green Bean Casserole***. Add 2 cans drained green beans and 2/3 c. French Fried Onions to thickened gravy in frying pan or place in 13 x 9 casserole dish and bake at 350° for 30 minutes. Serve with extra French Fried Onions on top or on the side!

## Tofu Pecan Roast

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1 block firm tofu  
½ c. lite coconut milk  
1 t. vegetable bouillon dissolved in ¼ c. water  
¼ c. finely chopped onion  
1 small garlic clove, finely chopped or minced  
1 c. panko breadcrumbs  
1 t. each: Italian seasoning, sage, salt, paprika  
½ c. pecan meal  
3 T. tapioca flour (starch)  
½ c. lite coconut milk

Mash tofu with potato masher and add coconut milk. Stir well and add the remaining ingredients. Spread evenly in a buttered 7 x 11 casserole dish and bake at 350° for 45 minutes.

### **\*Notes**

*You can omit the nuts, if desired. Optional add-ins: chopped mushrooms and/or celery, veggieburger or rehydrated TVP.*

### ***What Is Tofu? Webmd.com***

Tofu -- or bean curd -- is made by pressing curdling soy milk into a solid block. Some tofu is firm while others are more soft and smooth. It can be sliced into different shapes and cooked in lots of ways.

People in Japan have made tofu for more than 2,000 years. It's gotten popular in other places more recently.

Some people complain that it's bland, but it nicely takes on the flavor of the sauce or seasonings you prepare it with. And it's got a lot of health benefits going for it.

### **Tofu Health Benefits**

Like other soy-based foods, tofu contains plant estrogens. For many years, people thought soy added too much estrogen to your body and led to breast cancer in women.

But much of the research that raised that concern looked at the effects of soy on rodents. Those animals process soy differently than humans do. Studies with people show that tofu doesn't have enough plant estrogens to cause breast cancer. And some research suggests tofu may lower your risk of the disease.

## **Baked Stuffed Mushrooms**

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8 oz. whole white mushrooms (12-14 small mushrooms)

$\frac{3}{4}$  t. Italian seasoning

$\frac{1}{2}$  t. nutritional yeast

$\frac{1}{4}$  t. each: garlic powder, onion powder, salt

$\frac{1}{4}$  c. Tofutti cream cheese

3 T. panko breadcrumbs

Preheat oven to 350°. Clean mushrooms and pull out the stems carefully. Chop stems finely and sauté in a non-stick frying pan with  $\frac{1}{4}$  c. water and all the seasonings on medium-high until all the water is absorbed. Place in small bowl and add cream cheese and breadcrumbs, mix well. Place mushrooms on parchment-lined small tray or in parchment-lined pie dish. Stuff mushrooms with the filling. Sprinkle with paprika. Bake for 20 minutes, until piping hot. Enjoy!

## **Cranberry-Raspberry Sauce**

2 c. cranberries (fresh or frozen)

3 c. raspberries (fresh or frozen)

$\frac{1}{2}$  c. each: orange juice, maple syrup

1 T. chia seeds

1 T. sugar or other sweetener, to taste (opt.)

Bring cranberries, raspberries, orange juice and maple syrup to boil. Reduce heat and cook for 30 minutes, uncovered. Stir in chia seeds and sweetener (to taste). Let rest for 30 minutes to absorb chia seeds and thicken. Keep in fridge or freezes well. Good on toast too, like jam!

## **Country Bread**

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- 1 ½ c. artisan bread flour (Bob's Red Mill)
- ½ c. whole grain spelt flour
- ¼ c. rye flour
- 1 T. millet flour (grind millet seeds in coffee grinder)
- 1 T. flax meal
- 2 t. instant yeast
- 1 t. salt
- 1 t. maple syrup
- 1 T. applesauce
- ¾ c. very hot water

Preheat oven to 350°. Mix all dry ingredients well. Make a well and add maple syrup and applesauce then very hot water. Mix with spoon and dump on countertop. Knead for 3-4 minutes, adding a few sprinkles of flour as needed. Cover and let rise for 1 hr. Shape into one big ball and place on parchment-lined tray, score top with an "x" or in lines. Bake for 35 minutes. Brush with melted butter, if desired, while still warm. Enjoy!

## **Cranberry Date Pumpkin Bread**

### **Dry ingredients:**

2 c. whole grain spelt flour

2 t. baking powder

3/4 tsp salt

2 t. each: cinnamon, vanilla powder

Pinch of ginger

2/3 c. Florida Crystals (minimally processed and unrefined, raw cane sugar)

¼ c. each: dried cranberries, chopped and dates, chopped

### **Wet ingredients:**

1 c. pure pumpkin

1/2 c. water

1/4 c. olive oil

1 t. molasses

Mix dry ingredients in bowl. Mix wet ingredients separately and add to dry ingredients. Place it in a parchment-lined bread pan or silicone bread pan (no parchment needed). Bake at 350° for 50 minutes. Enjoy!

## **Creamy No-Bake Pumpkin Pie Dessert**

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One 8 oz. container vegan cream cheese  
1 c. cooked sugar pie pumpkin, mashed  
¼ c. + 1 T. sugar  
3 T. cornstarch, generous  
1 ½ t. cinnamon  
1 t. vanilla  
Pinch of ginger  
2 T. coconut cream

*Blend all ingredients in food processor until smooth and creamy.  
Prepare graham cracker crust.*

### **Graham cracker crust:**

1 ½ c. graham cracker crumbs  
3 T. margarine, melted  
2 T. maple syrup

Mix all ingredients well, spread evenly in 8 x 8 pan or 7 x 11 pan, and pat down firmly. Pour creamy pumpkin on top. Sprinkle with cinnamon and refrigerate until firm. Enjoy!

### **\*Notes:**

To cook sugar pie pumpkin, cut in half, vertically, remove stem, and scoop out seeds and strings. Place face-down on parchment-lined tray, cover loosely with foil and bake in 400° oven until very tender. Scoop out cooked pumpkin and mash with fork or potato masher.