

Creamy Angel Hair Pasta Rosa

Recipe by Marla Danielson

- ½ lb. angel hair pasta (reserve ¼ c. pasta water)
- 1 c. each: chopped onion, chopped fresh tomatoes
- 1 t. each: garlic powder, onion powder
- Sprinkle of salt
- 3 T. olive oil
- 2 T. flour, I used unbleached, all-purpose
- ½ tub vegan cream cheese, 4 oz.
- ¼ c. reserved pasta water
- 1 ¾ c. unsweetened vegan milk, I used Almond Breeze
- 1 t. salt
- ½ t. each: parsley flakes, sage
- 3 T. nutritional yeast

Cook pasta according to package directions, drain, reserving ¼ c. water. While pasta is cooking, sauté onions and fresh tomatoes with seasonings. While sautéing, make creamy sauce by warming oil in small kettle, whisk in flour, then cream cheese, breaking up with whisk. Add in water and it should be like a smooth paste. Then add milk gradually and seasonings. Bring almost to a boil then add to the sauteed mixture and bring to a gentle boil. Mix with pasta and top with some vegan parmesan cheese shreds. (I bought mine at Winco)

Pumpkin Muffins

Recipe adapted from chocolatecoveredkatie.com

- ½ c. pure pumpkin
- ½ c. vegan milk, I used almond Breeze
- 3 T. coconut oil, melted in microwave
- 2 t. vanilla
- 1 ½ c. white spelt flour, or 1 c. unbleached, all-purpose flour
- ½ c. organic cane sugar
- 2 t. cinnamon
- 1 t. Featherweight baking powder (sodium-free baking powder)
- ½ t. salt
- ½ c. carob chips or vegan chocolate chips

Whisk together wet ingredients. Add dry ingredients and stir until mixed well, but do not over-mix. Bake at 350° for 25-30 minutes in oiled muffin tins, or silicone muffin pan, or with cupcake liners in muffin tins. Very tasty!