



Easy Thai Noodles

LB class 11

I love Thai food but don't go out to restaurants for it much anymore because it's hard to avoid all the added fat. Here are some easy thai noodles I make about once a week. This one has the great flavor without the fuss or the fat.

From *The Forks Over Knives Plan*

<https://www.youtube.com/watch?v=erZyAnkWSpl>

By Del Sroufe

Makes about 7 cups
Cook Time: 30 minutes

INGREDIENTS:

8 ounces brown rice noodles or other whole-grain noodles

3 tablespoons low-sodium soy sauce, or to taste

2 tablespoons brown rice syrup or maple syrup

2 tablespoons fresh lime juice (from 1 to 2 limes)

4 cloves garlic, minced

1 (12-ounce) package frozen Asian-style vegetables (about 3 cups)

1 cup mung bean sprouts

2 green onions, white and light green parts chopped

3 tablespoons chopped, roasted, unsalted peanuts

¼ cup chopped fresh cilantro

1 lime, cut into wedges

- 1 Cook the noodles according to the package instructions. Drain and set aside.
- 2 Meanwhile in a large saucepan, combine the soy sauce, brown rice syrup, lime juice, garlic, and ¼ cup water. Bring to a boil over medium heat. Stir in the Asian mixed vegetables and cook until crisp-tender, about 5 minutes.
- 3 Add the cooked noodles and mung bean sprouts and toss to coat. Cook until heated through, about 2 minutes.
- 4 Garnish the noodles with the green onions, chopped peanuts, cilantro, and lime wedges. Serve.

Crunchy Thai Quinoa Salad (Healthy Vegan)

simple-veganista.com

Ingredients

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- 1 cup dried quinoa
- 1 3/4 cups of water
- 1 teaspoon garlic powder
- 1 large red bell pepper, cored and diced
- 1 cucumber, diced
- 1 cup carrots, diced
- 1/4 red cabbage, shredded
- 2 – 3 scallions, thinly sliced
- 1/2 cup cilantro (lightly packed), chopped
- handful of peanuts or cashews, optional

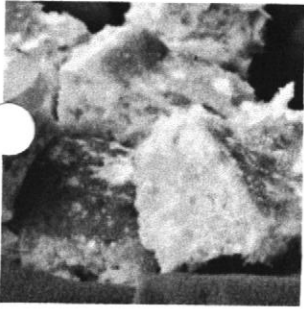
Dressing:

- 4 tablespoons nut butter (peanut, almond, cashew, or sun butter)
 - 2 tablespoons pure maple syrup
 - 1 teaspoon tamari, nama shoyu, soy sauce or coconut aminos
 - 1 inch knob of ginger, minced or grated
 - 1 – 2 limes, divided
 - mineral salt, to taste
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Steps

View complete directions at [simple-veganista.com](https://www.simple-veganista.com)





Homemade Potato Rolls

Author: Chuck Underwood Prep Time: 2 hours 15 minutes

Cook Time: 20 minutes Total Time: 2 hours 35 minutes

Yield: 16 Rolls 1x Category: Appetizer Cuisine: American

Description

Homemade Potato Rolls fresh from the oven. No artificial ingredients, no preservatives, just homemade goodness, exactly like grandma used to make.

Ingredients

- 1/2 cup Mashed Potatoes
- 1 cup Almond Milk ((unsweetened))
- 1 Tbs Sugar
- 2 1/4 tsp Active Dry Yeast
- 2 1/4 cups Bread Flour
- 1 tsp salt
- 1/4 tsp Baking Soda
- 1/4 tsp Baking Powder

Instructions

- 1 Stir warm milk, mashed potatoes, and sugar in a mixing bowl until well combined.
- 2 Mixture should be warm to touch, but not enough to burn you.
- 3 Add yeast and stir to incorporate.
- 4 Let rest for 10 minutes for yeast to bloom.
- 5 Add salt, baking soda, and baking powder and stir.
- 6 Add 1 cup of flour and mix until well moistened. If using stand mixer use the paddle attachment.
- 7 Add a 2nd cup of flour and mix until dough ball forms. If using stand mixer use the hook attachment.
- 8 Seal and cover with a towel and place somewhere warm to rise.
- 9 After 1 hour, scrape your dough onto a floured work surface and knead gently.
- 10 Separate into 16 equal dough balls and place into a 9x9 Pyrex Dish lined with parchment paper.
- 11 Re-seal and cover and let rise on top of stove for an additional 1 hour.
- 12 Remove plastic wrap and towel and bake in 400 degree F oven for 17-20 minutes.

Find it online: <https://www.brandnewvegan.com/recipes/homemade-potato-rolls>

Vegan Blueberry Bars

adapted from healthiersteps.com

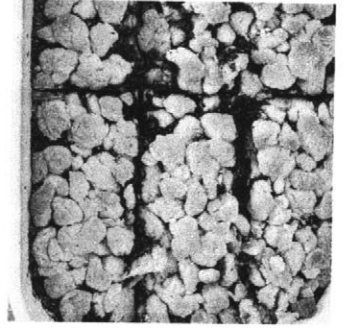
Ingredients

Blueberry Filling

- 2 cups blueberries (frozen or fresh)
- 1/2 cup applesauce
- 1/4 cup maple syrup
- 1 teaspoon lemon juice
- Pinch of salt

Oat Base

- 1 cup old-fashioned oats
- 1/2 cup buckwheat flour, or all-purpose gluten-free flour
- 1 1/2 cups almond meal/flour
- 1 tablespoon ground flaxseeds
- 3/4 teaspoon salt
- 1/2 t. cinnamon
- 1/2 cup maple syrup
- 1/4 cup melted coconut oil
- 1/2 teaspoon vanilla



Instructions

To Make Blueberry Filling

- To make the filling, put blueberries, applesauce, maple syrup, and lemon juice in a medium saucepan over medium heat.
- Bring to a boil and reduce heat to medium and cook uncovered for 20 minutes. (During cook time, mash berries with potato masher, leaving some whole) Remove from heat and cool in the fridge.
- While the berries are cooling, preheat the oven to 375°F. Line an 8×8 baking dish with parchment paper and set aside.
- In a large bowl, mix oats, buckwheat or gluten-free flour, almond meal, flaxseeds, salt, and cinnamon.
- Stir in the maple syrup, melted coconut oil, and vanilla all at once. Mix well.
- Set aside 1/3 of the oat base and press the remaining 2/3 in the base of the prepared pan. Spoon blueberry filling on top of the oat base and spread evenly using a spoon.
- Crumble the remaining oat mixture evenly on top. Bake for 25 minutes or until golden brown. Remove from the oven and allow to cool before cutting into bars.

Natural Soy Sauce adapted from *Something Better Natural Foods Cookbook* LB Class 11

1 ½ c. water

1 t. Molasses

½ t. Salt

Directions: To the above ingredients add any left-over or fresh vegetables. Carrots, onions, broccoli, and 10 black beans are best. Mushrooms add good flavor. Celery, green beans, chard, and spinach can also be used. Bring to boil, reduce heat, cover and cook for 30 minutes, longer for fresh vegetables. Use only the broth. Keep refrigerated. Freeze in small containers for future use. This is not as salty as soy sauce, but if we thank God for the food He gives, then learn to like it, our health will prosper. (*I used this in Easy Thai Noodles as a soy sauce substitute*)

Fried Tofu Cubes by Marla Danielson

Cube half a block of extra firm tofu. (I like sprouted extra firm tofu) Place in bowl and add the following:

1 t. Each: nutritional yeast, onion powder

½ t. Each: garlic powder, salt, coriander

½ t. Freshly grated ginger

Directions: Gently mix the seasonings and fresh ginger with the cubed tofu, cover with lite canned coconut milk (*about ¾ c*) Let marinate for 2 hours or overnight, Drain and **save sauce**. Drizzle some sesame oil in a medium frying pan. Heat on medium, add marinated tofu. Turn heat to medium-high and fry until browned on each side. Serve with Easy Thai Noodles. (*I added 1 T. coconut sugar to Easy Thai Noodles*) Enjoy!

Carob Coconut Oatmeal Cookies by Marla Danielson

1. 2 T. coconut oil, melted

2. ½ c. brown sugar

3. ¼ c. applesauce

4. 1 t. Each: vanilla, molasses

5. 2 T. each: flax meal, maple syrup

6. ½ t. Salt

7. ½ c. each: almond flour, quick oats

8. ¼ c. each: unsweetened coconut, gluten free flour, carob chips

Directions: Preheat oven to 350°. Stir together the first 6 ingredients. Add all remaining ingredients at once and mix well. Spoon onto a parchment-lined cookie tray. Bake for 14-15 minutes. Let cool on the tray. Enjoy!

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