**Vegan Margherita Pizza with Wheat Crust** *Marla Danielson*

* 1/2 c. warm water
* 2 t. quick-rise yeast
* 1 T. olive oil
* 1 c. whole wheat pastry flour
* ½ t. salt

Stir together warm water and yeast and let rest a few minutes. Stir in flour and salt with a fork and mix well. Let rest for 10 minutes. Oil or flour your hands and press out on an oiled or parchment-lined pizza pan. In small bowl, stir together ½ c. crushed San Marzano tomatoes, 1 garlic clove, minced, 1 t. extra virgin olive oil, ½ t. Italian seasoning and a pinch of salt. Spread evenly over crust. Top with dollops of vegan mozzarella, vegan parmesan and fresh tomato slices. Lightly sprinkle oregano over everything. Bake at 400° for 12-15 minutes. Garnish with fresh basil ribbons. Enjoy!

\*Make ahead tip: After spreading pizza dough in pan, bake at 350° for 7 minutes. Refrigerate or freeze until ready to use. When ready to use, thaw and top. Broil for a few minutes (4-5) until crust is lightly browned, enjoy!

**Vegan Mozzarella Cheese** *veganricha.com*

* ½ c. raw cashews (soaked in hot water for 15 minutes and drained)
* 1 c. water
* 2 t. extra virgin olive oil
* 1 t. each: brown rice flour, nutritional yeast, fresh lemon juice
* ¾ t. salt
* ½ t. garlic powder

Add all ingredients to a blender and blend until smooth. Place in a small skillet and cook for 4-6 minutes over medium heat until sauce thickens and lightly bubbles. Stir occasionally. Spoon in circles on top of pizza.

To make ***vegan parmesan***, combine ¾ c. raw cashews, 3 T. nutritional yeast, ¾ t. salt and ¼ t. garlic powder in food processor and process until fine and crumbly. Store in fridge or freezes well. *minimalistbaker.com*

**Spring Salad** *adapted from**healthiersteps.com*

* 1 (10-ounce) box spring mix greens
* 1 c. cherry tomatoes (halved)
* 1 medium avocado, sliced
* 1 medium cucumber, sliced
* ½ c. canned beets, sliced
* ½ c. artichoke hearts, chopped
* ¼ c. red onion, sliced
* 1/3 c. black olives, sliced

Garnish with fresh basil ribbons and additional toppings on the side (opt.): sliced fresh mushrooms, pumpkin seeds and raisins.

**Vegan Blue Cheese Dressing** *adapted from**healthiersteps.com*

* 1 c. raw cashews (cover with water, bring to a boil, remove from heat, soak for 15 minutes, drain)
* 1 c. water
* 2 T. fresh lemon juice
* 2 T. homemade tahini cream
* 1 T. nutritional yeast
* 1 clove garlic
* ½ t. salt

Place all ingredients in blender and blend until smooth.

**Homemade Tahini Cream** *Marla Danielson*

* 1 c. white sesame seeds (hulled)
* 1 c. water
* ¼ t. salt

Toast sesame seeds in a dry frying pan on medium heat for 3-5 minutes. Add all ingredients to blender and blend until smooth. Store in fridge. Freezes well too.

**Strawberry Dream Pie** *Marla Danielson*

* 1 Graham Cracker Crust
* Fresh strawberries, sliced
* Coconut whipped cream
* Strawberry pudding

Make coconut whipped cream by refrigerating 1 can full fat coconut milk overnight. Remove top, creamy part and blend with a hand mixer a bit. Add the juice of ½ lemon, 1 t. vanilla powder and 2 T. powdered sugar or maple syrup. Blend again until smooth and creamy like whipped cream.

**To make strawberry pudding, place in blender and blend until smooth:**

* 3/4 c. oat milk
* 1 c. fresh strawberries, sliced
* 2 T. organic cane sugar
* 2 T. cornstarch
* ½ t. vanilla powder
* Pinch of salt

Place in small kettle and bring to a light boil, stirring constantly. Cool in fridge before layering in graham cracker crust.

**To assemble pie:**

Begin with a layer of fresh sliced strawberries, then a layer of strawberry pudding, followed by a layer of coconut whipped cream. Repeat and top off with some more fresh sliced strawberries and graham cracker crumbles.

**Did You Know?** *Healthline.com*

* The strawberry (*Fragaria ananassa*) originated in Europe in the 18th century.
* It is a hybrid of two wild strawberry species from North America and Chile.
* Strawberries are low in calories, delicious, and healthy.
* They are a good source of many vitamins, minerals and plant compounds — some of which have powerful [health benefits](https://www.healthline.com/nutrition/11-reasons-to-eat-berries).
* The health benefits include reduced cholesterol, blood pressure, inflammation, and oxidative stress.
* Furthermore, these [berries](https://www.healthline.com/nutrition/8-healthy-berries) may help prevent big spikes in both blood sugar and insulin levels.
* Strawberries are an excellent addition to a healthy diet.