

Tofu Scramble

Ingredients:

- ½ c. onion, chopped
- ½ c. red pepper, chopped or sliced thin
- ½ c. zucchini, sliced
- ½ c. **Prosage**, crumbled
- 1 package extra firm tofu, crumbled
- Salt to taste
- **Sensational seasoning** and summer savory seasoning to taste
- Pinch of turmeric for yellow color

Directions

1. Fry vegetables and **Prosage** in a little olive oil or vegetable broth.
2. Add crumbled tofu and continue frying until it begins to brown.
3. Add salt and seasonings. Top with fresh cilantro, tomato and enjoy!

Notes:

To make **Sensational seasoning**, mix ¾ c. nutritional yeast flakes, 1 ½ t. salt, ½ t. each garlic powder, onion powder and parsley flakes and ¼ t. each oregano and basil.

Roasted Potatoes

4 Russet potatoes (peeled), cut into bite size pieces (3 c.), ½ t. salt, ¼ t. each: onion powder, garlic powder, paprika, Italian seasoning, drizzle of olive oil (opt.) Bake on parchment-lined tray on bottom oven rack at 450° 20 min. until golden brown and done.

Notes:

A tasty topping for **Tofu Scramble** and **Roasted Potatoes** is one can of S & W Mexican Style Stewed Tomatoes, blended until slightly chunky.

To buy **Prosage**, visit the Adventist Book Center at 19700 Oatfield Rd. Gladstone, 97027 or order online at abcorders.com, they will be delivering to the Hillsboro area Oct. 15-Nov. 4, check the website for updated info.

Whole Grain Biscuits

adapted from Best Gourmet Recipes from the chefs of Five Loaves

Deli & Bakery

Ingredients

- 1 package rapid rise yeast (2 ¼ t.)
- 1/3 c. warm water
- 1 T. agave or honey
- ½ c. raw unsalted cashews
- 2/3 c. water
- ½ c. whole grain spelt flour
- 2 c. whole wheat pastry flour, more as needed
- 1 t. salt

Instructions

1. Place the 1/3 c. warm water in bowl and stir in the sweetener and yeast.
2. Blend cashews and 2/3 c. water in blender until smooth. Place in bowl with dissolved yeast mixture.
3. Stir in flours and salt.
4. Knead lightly for 1-2 minutes, adding more flour as needed.
5. Pat out on floured surface ½ inch thick and cut into biscuit shapes.
6. Let rise 25 minutes.
7. Bake at 350° for 15 minutes. Brush tops with melted vegan butter and enjoy!

Low Sugar Blueberry Chia Jam

Combine 2 c. blueberries (fresh or frozen), 1 T. organic cane sugar, 1 t. fresh lemon juice in pot and bring to a boil. Mash to desired chunkiness. Reduce heat, cook 5 minutes, boiling very gently. Remove from heat and stir in ½ T. chia seeds. Mix and let sit for 30 minutes. Refrigerate or freeze. Add more lemon juice for tang or a bit more sugar for a sweeter jam. Enjoy!

Honey Blueberry Jam

Combine 2 c. blueberries (fresh or frozen), 2 T. honey, 2 t. fresh lemon juice in pot and bring to boil. Mash to desired chunkiness and reduce heat. Simmer for 30 minutes. Cool. Refrigerate or freeze.

Bite-size Almond Flour Sugar Cookies w/Lemon Frosting and Pecans

adapted from feastingonfruit.com

Ingredients:

- 1 1/4 c. blanched almond flour
- 2 T. maple syrup
- 2 T. unsweetened applesauce
- 1/2 t. vanilla flavoring
- 1/4 t. salt
- 1/4 t. almond flavoring
- Zest of one small lemon

Directions

1. Mix all ingredients in small bowl.
2. Make small balls and place on parchment-lined tray.
3. Flatten slightly with moistened hands.
4. Bake at 325° for 12-14 minutes.

Notes:

To make **Lemon Frosting**, mix 1/4 c. powdered sugar with 1 t. fresh lemon juice. Spoon on top of warm cookies and top with chopped pecans.

Variations:

- Roll small balls in organic cane sugar, flatten and bake as usual.
- Dip in melted carob chips after cookies are baked, top with pecans.

A typical sugar cookie bought at the store with frosting and sprinkles has 190 calories, 7 grams fat and 22 grams sugar. Try this recipe for a healthier alternative!