

Menu: Baked Wild Rice Stuffing with Tofu Loaf and Gravy, Cranberry Salad, Spelt Dinner Rolls with Berry Chia Jam and Christmas Candies.

Baked Wild Rice Stuffing

Marla Danielson

1. 1 c. wild rice blend
2. 1 $\frac{3}{4}$ c. water
3. 1 T. Vegetable Bouillon Flakes
4. 1 Bay leaf
5. $\frac{1}{2}$ t. Salt
6. 1 T. plant-based butter or olive oil (opt.)
7. $\frac{1}{2}$ c. each: fresh peppers, chopped, fresh onion, chopped (opt. additions: mushrooms, celery)
8. 1 t. Minced garlic

Directions: Preheat oven to $^{\circ}350$. Place ingredients #1-6 in kettle and bring to boil. Cover, reduce heat to low and simmer until water is absorbed (about 45 minutes). While rice is cooking, saute ingredients #7-8 in a drizzle of olive oil for a few minutes, sprinkled with a few pinches of garlic powder, thyme and salt. Next, make a creamy base by blending in blender until very smooth the following: $\frac{1}{2}$ c. raw cashews (rinsed), 1 c. water, 1 t. Salt, and 1 t. Homemade Poultry Seasoning. When rice is done, mix everything together (the cooked rice, the sauteed veggies, and the creamy base). Place in oiled casserole dish and bake at 350° for 35-45 minutes, covered. (More opt. add-ins before baking: cranberries, $\frac{1}{2}$ c. nuts)

Vegetable Bouillon Flakes: Combine $\frac{1}{2}$ c. nutritional yeast, 1 T. each: onion powder, garlic powder, $\frac{1}{2}$ T. each: Italian Seasoning, Homemade Poultry Seasoning, parsley and a pinch of turmeric and salt

Homemade Poultry Seasoning: Combine 4 t. Sage, 2 t. Each: thyme, marjoram, 1 t. Celery seed

Parmesan without Nuts: $\frac{1}{3}$ c. raw hemp seeds, $\frac{1}{4}$ c. nutritional yeast, 1 T. potato starch or rice flour, $\frac{1}{4}$ t. Each: salt, garlic powder. Place all ingredients in a food chopper or blender and pulse briefly, until crumbly looking, but not powder. Good on potatoes, pasta, rice, and pizza! thehiddenveggies.com

Tofu Loaf

1. 1 c. old-fashioned rolled oats
2. 1 c. walnuts
3. 1 block extra firm water-packed tofu, crumbled
4. $\frac{1}{2}$ c. tomato sauce
5. $\frac{1}{2}$ c. fresh onion, chopped
6. 1 T. Vegetable Bouillon Flakes
7. 2 t. Salt
8. 2 t. molasses
9. 1 t. each: Homemade Poultry Seasoning, minced garlic

Directions: Preheat oven to 350° . Pulse ingredients #1-2 in food processor, then add all remaining ingredients and process, leaving some texture. Place into an oiled casserole dish, or oiled bread pan. Baste with a mixture of 1 T. olive oil, 2 T. maple syrup and 2 T. tomato sauce (mix together with fork). Bake for 45-55 minutes. (Is good in sandwiches too, or sliced and fried). **Alternate Directions:** Blend oats and walnuts until fine, add to crumbled tofu and all ingredients. Mix well with spoon. Continue as written above.

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Nut-Free Gravy

LB Class 10

Marla Danielson

1. 1 c. unsweetened plant-based milk (I used Almond Breeze almond-coconut blend)
2. 1 ½ T. brown rice flour
3. ½ T. **Vegetable Bouillon Flakes**
4. ¼ t. salt
5. Pinch of rosemary, sage and thyme

Directions: Whisk all ingredients together. Place in small skillet and bring to a boil on medium-high heat, stirring occasionally. (If too thick, thin with a little water, if too thin, add a bit more brown rice flour). Enjoy!

Spelt Dinner Rolls

1. 2 ¼ t. rapid-rise yeast, or 1 packet
2. 2 t. coconut sugar
3. ¾ c. very warm water
4. 2 T. melted plant-based butter (I used Miyoko's oat milk butter)
5. ½ c. whole grain spelt flour
6. 1 ½ c. white spelt flour, scant
7. ½ t. Salt

Directions: Preheat oven to 325°. Stir together ingredients #1-3 and let rest for 5-10 minutes. Add all remaining ingredients, in order given, and stir in bowl until a loose, shaggy ball forms. Lightly sprinkle countertop and place dough on it. Lightly sprinkle top of dough again and knead very briefly, adding just a few more sprinkles as needed, until a smooth ball forms. Place back in bowl, cover, and let rise for 30 minutes. Lightly flour countertop again, place dough on it, and fold over dough onto itself a few times, then pat out into a small rectangle about ½ inch thick. Cut into 12 square biscuits, round the corners off with your fingers, and place onto a parchment-lined tray. Let rise for 15 minutes then bake for 15 minutes. Broil for 1 ½ - 2 minutes to brown tops, if desired. Cool on wire rack and enjoy!

Berry Chia Jam

1. 2 c. fresh or frozen berries (blackberries or raspberries, or combination)
2. ¼ c. water

Directions: Bring blackberries and water to a boil, reduce heat to medium-low and simmer for 30 minutes, uncovered. Mash berries with potato masher, if desired. Remove from heat and stir in 1-2 T. chia seeds. (The more chia seeds, the thicker the jam). Add sweetener to taste, like honey, maple syrup or unrefined sugar, usually you just need a small amount. Let rest on counter for 30 minutes for chia seeds to soften and jam to thicken. Place in sealed container and keep in fridge for immediate use, or freeze for later use. Enjoy!

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Cranberry Fruit Salad

monkeyandmekitchenadventures.com

Ingredients

Cranberry Sauce Ingredients:

- 1 – [16 oz. package] frozen cranberries (or fresh)
- 1 cup water
- ½ cup organic maple syrup (/-) *
- 1 teaspoon allspice *
- 1 to 2 teaspoons cinnamon *

Add-In Ingredients:

- 1 gala apple, peeled, chopped into small pieces (or similarly flavored apple) *
- 1 cup (/-) mandarin oranges, fresh or canned – liquid drained (no sugar added) *
- 1 cup (/-) pineapple tidbits, fresh or canned – liquid drained (no sugar added) *
- 1 cup (/-) walnuts, toasted and chopped

Alternative Ingredients:

- Pecans, toasted and chopped (in place of walnuts)
- Pear, peeled, chopped into small pieces (in place of the apple)
- Cook Mode Prevent your screen from going dark

Steps

View complete directions at [monkeyandmekitchenadventures.com](https://www.monkeyandmekitchenadventures.com)



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Directions: Stir together until creamy: $\frac{1}{4}$ c. each: agave, creamy peanut butter, 1 t. Each: carob powder, coconut flour, and vanilla. Last, add $\frac{1}{2}$ quick oats, and mix well. Using a small cookie scoop, scoop small balls onto parchment-lined tray or into mini silicone cupcake molds. Sprinkle with a bit of unsweetened coconut and freeze! Enjoy! Yield: 8

Carob Peanut Clusters

1. $\frac{1}{2}$ c. Landau Sweet Carob Chips (not all brands of carob chips works, like Missy J's)
2. 1 T. water
3. $\frac{1}{3}$ c. roasted, salted peanuts

Directions: Microwave carob chips and water for 30 seconds and stir well until smooth. Add peanuts, mix well, and drop by teaspoonfuls into candy molds, or mini silicone cupcake molds, or onto parchment-lined tray (they will spread out more). Place in freezer. Enjoy! Yield: 8

Caramel Corn Crunch

10 cups popped popcorn, lightly salted
2 c. Cheerios cereal
1 c. roasted, salted peanuts
 $\frac{1}{4}$ c. plant-based margarine or butter
6 T. brown sugar
2 T. light corn syrup
 $\frac{1}{4}$ t. Vanilla

Directions: In large microwaveable bowl, very lightly salt the popped popcorn. Add Cheerios and peanuts. In small microwaveable bowl, combine plant-based margarine or butter, brown sugar, light corn syrup and vanilla. Microwave for 1 minute. Stir. Microwave for another minute, until it's bubbling. Pour over popcorn in large bowl and mix well. Microwave for 1 minute and stir. Microwave for another minute and stir. Place on a large tray lined with wax paper or parchment paper. Let cool for 15 minutes, break up, and enjoy!

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Calcium Candy

Servings: a good amount depending on size.

Ingredients

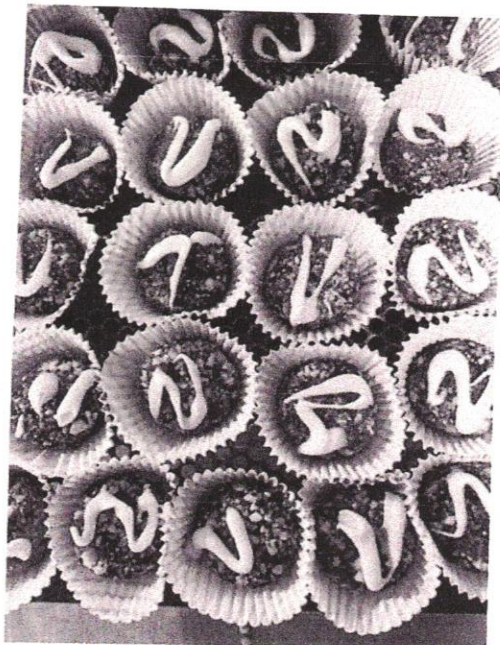
- 4 ounces almonds
- 8 ounces dried figs
- 1 Tablespoon lemon juice

Steps

1. Use a food processor and mix all together. Form small balls.

Notes

- If too dry, add more lemon juice 1 Tablespoon at a time until dough holds together.



Peppermint Patty

Servings: 15

Ingredients

- 1 cup shredded unsweetened coconut
- 6 teaspoons melted coconut oil
- 1/4 cup sugar
- 2 teaspoons mint extract
- 1 package non-dairy chocolate chips

Steps

1. Begin melting 1/2 package of non-dairy chocolate chips in a small slow cooker.
2. In a blender or a food processor add the coconut, melted oil, and sugar. Blend until the mixture forms a dough like consistency. Remove from the food processor to a bowl and mix in 2 teaspoons of mint extract.
3. Press out onto a parchment paper or non-stick baking sheet and roll out to desired thickness. Chill in refrigerator for several minutes. Take out and cut into shape with a small round cookie cutter. Alternately, take a small round 1/2 teaspoon and flatten with your hands. You may return to the refrigerator at this time if the dough feels too soft.
4. Next, take one mint round with a fork and gently lower into the melted chocolate. Turn to coat. Return to parchment or non-stick mat. When all rounds are covered, return the patties to the refrigerator to harden.

