

Pizza Crust

LB Class 8

Marla Danielson

½ c. warm water
1 t. yeast
1 t. coconut sugar or brown sugar
1 T. olive oil
1 c. unbleached all-purpose flour, slightly rounded
½ t. salt
½ t. onion powder
Pinch of garlic powder

Preheat oven to 450°. Mix warm water, yeast and sugar and let rest for 5-10 minutes. Add rest of ingredients and stir well with a fork until a sticky ball forms. Cover with plastic wrap and place in fridge for 1 hour. Prepare pizza pan by oiling and sprinkling it with cornmeal. Drizzle olive oil over risen dough and on fingers and pat out evenly on pizza pan. Sprinkle with garlic powder, spread with your favorite sauce and toppings. Bake at 450° for 10 minutes and enjoy! (You can pre-bake pizza for 7 minutes at 450°, without any sauce or toppings, cool, wrap in plastic wrap and foil and freeze for future use!) You can also freeze the dough after its first rise in the fridge. Drizzle with olive oil and place in freezer bag. Before using, set in fridge overnight, covered, in large bowl and set out to warm a bit before patting out to bake.

Creamy Mozzarella Style Cheese

- ½ c. raw cashews (cover, bring almost to boil, soak 30 minutes)
- 1 c. water
- 2 t. extra virgin olive oil
- 1 t. each: brown rice flour, nutritional yeast, fresh lemon juice
- ¾ t. salt
- ¼ t. garlic powder, scant

Add all ingredients to a blender and blend until very smooth. Place in a small skillet, cook and stir constantly on medium-high until sauce thickens and begins to bubble. Spoon or drizzle on top of pizza and enjoy!

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Creamy Italian Dressing

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1. ½ c. raw cashews
2. ¼ c. water
3. 1 t. olive oil
4. ¼ t. each: onion powder, garlic powder, salt
5. 1 ½ t. lemon juice
6. 1 t. nutritional yeast
7. ½ t. Italian seasoning
8. ¼ t. parsley
9. Pinch of marjoram and celery seed

Cover cashews with water in small kettle, bring to a boil. Remove from heat and let soak for 10-15 minutes or skip the boiling let soak overnight in fridge. Rinse and drain and add to blender with ingredients #2-5. Blend until smooth then stir in ingredients #6-9. Adjust seasoning to your taste, i.e., for a tarter taste, add more lemon juice, for a cheesier taste, add more nutritional yeast, for a creamier dressing, add a bit more olive oil. Make it how you enjoy it most! It will thicken in fridge, just thin with a little water, if desired. Keep in fridge for up to 10 days or freezer for 2 months.

Classic Cheesy Tahini Dressing

(makes about ½ cup)

K'Lynn Ragsdale

- 3 T. tahini
- 2 T. nutritional yeast
- Juice of 1 lemon
- 1 t. oil
- ¼ t. sea salt
- ¼ t. garlic powder
- Up to ¼ c. water

1. Blend or mix together the tahini, nutritional yeast, lemon juice, oil, salt and garlic powder. The mixture should have a thick and creamy consistency.
2. Add the water little by little until the dressing reaches your desired consistency.
Remember, a little of this goes a long way because of the strong flavor! Adapted from Kim-Julie Hansen, Vegan Reset: The 28-Day Plan to Kickstart Your Healthy Lifestyle

Try these tasty dressings with your favorite salad, for class we served with Garden Salad (lettuce, tomatoes, cucumbers, zucchini, carrots, green peppers) with toppings of raisins and salted, roasted pumpkin seeds! sdaplantbasedrecipes.com

Blonde Brownies

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1. 2 flax eggs, (2 T. flax meal mixed with 6 T. water)
2. 4 T. plant-based margarine, melted
3. ½ c. applesauce
4. ½ c. brown sugar or coconut sugar
5. 1 T. vanilla
6. 1 c. white or brown rice flour
7. 1 c. almond flour (not blanched)
8. 1 t. salt, scant

Mix flax egg and set aside. Melt plant-based margarine and add ingredients #3-5 plus flax eggs. Stir well then add ingredients #6-8 and mix well. Oil or line with parchment paper a 7 x 11 or 8 x 8 baking dish and spread brownie mix evenly in dish. Bake at 325° for 30 minutes. Let cool, cut into squares and enjoy!

Coconut Date Topping: Cover 1/2 c. chopped dates with water and microwave for 30 seconds to soften. Drain. Add to blender with 1 can lite coconut milk, 1/2 t. salt (scant), 2 t. maple syrup, 1 T. vanilla and 2 T. cornstarch. Blend until very smooth. Cook and stir constantly over medium-high heat until it begins to bubble and enjoy!

To assemble Brownie Sundaes: Place brownie on bottom of small plate or bowl, top with a scoop of plant-based vanilla ice cream, drizzle with ***Coconut Date Topping***. Sprinkle with chopped peanuts and enjoy!

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