

## Savory Tofu Meatballs

Recipe by Marla Danielson

- 1 block firm tofu, mashed
- ½ c. each: Panko bread crumbs, quick oats, finely chopped pecans
- 1 T. cornstarch
- 1 t. each: salt, sage, onion powder
- ¼ t. each: oregano, basil, garlic powder
- ¼ c. almond milk, unsweetened

Rinse and drain tofu and mash with a potato masher. Add all ingredients except almond milk and mix well. Stir in almond milk. If it seems a bit dry add a little more almond milk. Form balls by taking a spoon of mixture and pressing together firmly in your hands. Fry with a splash of olive oil or bake in oven at 350 degrees for 25-30 minutes. I like to fry them first, then put in oven and bake for an additional 25-30 minutes in casserole dish, on warm setting or low heat. They taste really good with **Savory Gravy!** Enjoy!

To make **Savory Gravy**, place in blender: 2 c. water, ½ c. raw cashews, 2 t. onion powder, 1 t. each: salt, sage, ½ t. each: oregano, basil, ¼ t. garlic and 2 T. cornstarch or flour. Blend until smooth and sprinkle in a few parsley flakes. Bring to boil over medium-high heat and enjoy with **Savory Tofu Meatballs!**

## Greek Salad

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- ½ c. orange pepper, chopped
- ½ c. olives, chopped or sliced
- ½ c. artichokes, chopped
- ½ c. cherry tomatoes, halved
- ½ c. English cucumber, chopped
- 1 c. Tofu feta, marinated
- 1 t. parsley flakes
- Juice of ½ lemon, 1 T.
- 1 T. marinade from Tofu feta
- Sprinkle of oregano
- Salt to taste

To marinate tofu, cut tofu in bite size squares. Place in blender: ½ c. water, 2 T. each: maple syrup, peanut butter, 1 t. each: salt, garlic salt, onion powder, blend until smooth and pour over tofu squares. Marinate for at least 1 hr., the longer you marinate the more flavorful the tofu will be.

Mix all veggies and tofu feta together then add a drizzle of olive oil, 1 T. fresh lemon juice and 1 T. marinade. Add salt to taste, a sprinkle of oregano and stir in parsley flakes. Mix everything together and enjoy! Since this is a Greek salad, why not serve with Greek pita chips on the side!

## **Creamy Lemon Pie**

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- 1 can full-fat coconut milk
- 1 8 oz. container vegan cream cheese
- ¼ c. fresh lemon juice
- ¼ c. organic cane sugar
- 1 t. vanilla
- 1 T. lemon zest
- 3 T. cornstarch

Spoon out only creamy portion of coconut milk and discard the watery liquid that's left. Place all ingredients in blender and blend until smooth. Cook over medium high, stirring constantly, until it just begins to bubble. Let cool on counter before pouring into graham cracker crust. Top with fresh raspberries or any fresh berry you love!