

Melissa's Sassy Sausages

LB Class 5

Melissa Lewis

3 C Water

¼ C Soy Sauce

¼ C Brewers Yeast

2 T Oil

½ tsp Cayenne

2 T Maple Syrup

1 T Sage, dried

1 T Italian Seasoning

1 tsp Anise, crushed with mortar and pestle

1/3 C Onion Powder

1 ½ T Garlic Powder

1 tsp Paprika

1 T Liquid Smoke

¼ C dry Red Lentils, processed in food processor to about ½ original size or smaller

½ C Walnuts OR Pecans, processed in food processor to fine-medium texture

½ can Garbanzo beans, drained (save aquafaba for another use), processed in food processor to a fine mealy texture but not creamy

3 C **QUICK** Oats (Quick oats give the best texture)

Cooking and storing instructions:

Preheat oven to 350 degrees.

Combine all ingredients **EXCEPT** oats & bring to a boil. Turn heat down and simmer for 5 minutes.

Remove from heat – add oats & stir well. Let sit for 5 min to let oats absorb liquid.

Using a 2" ice cream scoop, scoop oat mixture & scrape off excess on edge of pot, place onto baking sheet, flattening to about ½".

Bake 15 minutes, flip & bake 10 more minutes.

Cool 10 minutes before stacking 3-4 together and wrapping in saran wrap before freezing or refrigeration.

1 batch makes approximately 18 sausage patties. I always double it and make 3 dozen.

I smooth out the extra to about 1/8" onto a nonstick baking pan and bake for 10 minutes on each side. Makes a lunchmeat type of product.

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Tofu Scramble

LB Class 5

Tom Lewis

1 block medium-firm tofu
1 T. olive oil
½ c. dates
½ c. sliced olives
½ c. larger chopped roasted red peppers (you can find these peppers in the condiment section near the pickles and olives)
½ t. garlic powder
½ t. onion powder
½ t. curry powder
½ t. salt
½ t. smoked paprika
1 T. nutritional yeast
¼ t. crushed red pepper

Take medium-firm tofu, still in packaging, and put it into your freezer and freeze overnight. The next day let the tofu thaw completely at room temperature and then place the block between 2 small salad plates and squeeze together to get all of the water out. Freezing the tofu overnight changes the texture, and also removes a lot of that soybean taste that so many people do not care for in tofu.

In a larger bowl, crumble the tofu into different size chunks. Pour 1 T. of olive oil over the top of the tofu. Add all remaining ingredients. Stir this mixture thoroughly, cover tightly with saran wrap or place into a Tupperware bowl with a lid, and let it marinate overnight. The next morning, take the tofu mixture from the refrigerator, and set aside. Place 1 T. of olive oil in a non-stick frying pan, warm the oil, then place the entire mixture into the pan and stir to coat, bring the temperature up slowly, adding water if needed to make it more moist and more resembling a scrambled egg type mixture. Plate and serve and enjoy!

This recipe affords salty, sweet, smoky, and a little spicy flavor so you can definitely change it up according to your tastes!

NOTE: it is not absolutely necessary to have this mixture marinate overnight, but it definitely gives it a richer flavor and softens it up to a scrambled egg consistency for the next day. *longbeachrecipes.com*

Coconut-Oat Waffles

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Tom Lewis

2 ½ c. rolled oats

½ c. sunflower seeds

½ c. coconut

3 T. sweetener (brown sugar, maple syrup, coconut sugar, etc.)

¾ t. salt

2 t. vanilla

3 c. hot water

Put all items in a blender and blend until smooth. Scoop into waffle iron. Cook 8-10 minutes each.

Blueberry or Strawberry Fruit Topping

Tom Lewis

Directions: Take one bag of frozen blueberries/strawberries (and these bags are typically 10 oz.), place the berries in a saucepan with a few teaspoons of water, one half cup of dates, about a half teaspoon of lemon juice, a pinch of salt, some cinnamon according to taste, 1 tsp. of vanilla, and just a tiny pinch of cayenne pepper. Bring this up to a slow almost parboil temperature, and then turn it down to low, cover the pan with a lid, and steep the berries for about 10-15 minutes. It will turn into a wonderful fruit spread without processed sugar and will be naturally thickened by the dates from the pectin that is in them. You can add a little bit of water to it if you want it more syrup-like to put over pancakes or waffles. You can do this with any type of frozen fruit.

Tasty Waffles

Marla Danielson

2 c. water

1 T. raisins

1 c. quick oats

¼ c. each: cornmeal, flax meal, raw cashews or sunflower seeds

1 T. cornstarch

½ t. salt

Touch of molasses and cinnamon (opt.)

Blend in high-speed blender for 1 minute or regular blender for 2 minutes until very smooth. Cook in non-stick waffle iron for 4 minutes. Enjoy!

Dough

1 c. warm milk

3 t. yeast

Pinch of brown sugar

3 T. each: melted margarine, brown sugar

1 T. each: applesauce, flax meal

½ c. each: rye flour, barley flour

1 ½ c. organic unbleached all-purpose flour

¾ t. salt

Filling

3 T. margarine

2 t. cinnamon

¼ t. maple flavoring

½ c. brown sugar

Frosting (opt.)

¼ c. powdered sugar, sifted

3 t. maple syrup

½ t. water

Dough: Add first 3 ingredients to medium bowl and stir. Let rest 5 minutes then add melted margarine, brown sugar, applesauce, flax meal, rye and barley flour and stir well. Add all-purpose flour and salt, stirring in bowl until a loose ball forms. Place dough on lightly floured countertop and sprinkle flour on top. Knead dough by folding dough in upon itself, towards you and pushing away, rotate and repeat, until it's a smooth ball (3-4 min.), adding more sprinkles of flour, as needed. Place back in bowl, cover, and let rise for 1 hr. Punch dough down, roll into a large rectangle and spread evenly with filling. (To make filling, mix all ingredients well, the back of a small fork or spoon works well)

Roll up tightly and cut into 12 rolls. Place in oiled 10" round cake pan or oiled 9 x 13 dish (will be lightly touching) and let rise for 15 minutes. (I place roll in oil and turn over, so both sides are moist & I put a pinch of extra cinnamon on top of each roll before baking)

Bake at 400° for 14 - 15 minutes then make the simple maple frosting by mixing all frosting ingredients. Drizzle over rolls while they are still warm. Enjoy!

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