

Recipes for Recipe Videos

(recipes by Marla Danielson)

Pumpkin Oatmeal Carob Cookies

3 T. melted coconut oil
1/2 c. brown sugar
3 T. maple syrup
2 t. vanilla
1 T. flax meal
1 t. molasses
1/2 c. pure pumpkin
1/2 c. brown rice flour
1/2 c. blanched almond flour
1/4 c. old fashioned oats
1/2 t. salt
1 t. cinnamon

Mix first 7 ingredients well, add flours, oats, salt and cinnamon. Drop with cookie scoop onto parchment-lined tray, flatten slightly, place carob chips on top, press into cookies lightly, bake for 15-18 minutes at 350°.

Sesame Cookie Crackers

1/4 c. white spelt flour
1/4 c. sesame seeds
1/4 c. fine unsweetened coconut
1/4 c. brown sugar
1/2 c. quick oats
1/4 t. vanilla
2 T. olive oil
2 T. almond milk
1/2 t. vanilla

Mix dry ingredients. Emulsify wet ingredients, add to dry mixture. Place on parchment-lined pizza tray. Cover with wax paper and roll out thin. Score with pizza cutter. Bake on lowest rack in oven at 250 for one hour. While still warm, break into crackers along score lines. Enjoy!

How To Cook Lentils

1 c. uncooked lentils
3 c. water
1 t. salt
1 t. cumin
3 Bay leaves

Directions: bring all ingredients to a boil, reduce heat to low and simmer for 30 minutes. Remove Bay leaves and enjoy!

French Bread

1 c. warm water
3 t. yeast
1 t. coconut sugar
2 T. olive oil
1/4 c. almond flour
1/3 c. whole grain spelt flour
1/2 c. rye flour
2 c. white spelt flour (divided)
1 t. salt

Stir together the first 3 ingredients and let rest for 5 minutes. Add olive oil, almond flour, whole grain spelt flour, rye flour, stir, then add 1 1/2 c. white spelt flour and salt. Stir in bowl until sticky ball forms. Place 1/4 c. white spelt flour on countertop and place ball of dough on countertop. Top dough with another 1/4 c. white spelt flour and knead until a smooth ball forms, adding a few sprinkles more of flour as needed. Place back in bowl, cover, and let rise for 30 minutes. Remove from bowl onto floured countertop, add some more sprinkles of flour on top, knead briefly and shape into a long, skinny roll, adding sprinkles of flour as needed. Place on parchment-lined cookie tray and let rise for 10 minutes. Bake at 350° for 30 minutes. Brush top with plant-based margarine and let cool. Slice and enjoy!

Bread and Butter Pickles

1. ½ c. water
2. 1/3 c. fresh lemon juice
3. 2 T. apple juice concentrate (thawed slightly)
4. ½ t. salt
5. ¼ t. celery seed
6. 1/8 t. each: turmeric, garlic powder
7. Mini cucumbers (4-6, enough to fill 16 oz. jar)
8. ¼ c. fresh sweet onion, chopped

Stir together ingredients #1-6 for brine and set aside. In jar, layer cucumbers and chopped onion. Pour brine over cucumbers and onion and close jar with lid and ring. Shake ingredients and place in fridge for 1 day before enjoying!

Homemade Granola

- 2 c. quick oats
- 2 c. old-fashioned oats
- 1/4 c. almond meal
- 1/4 c. raw pumpkin seeds
- 1/4 c. slivered raw almonds
- 1/4 c. raw unsalted sunflower seeds
- 1 T. flaxmeal
- 1/4 c. whole pecans, break up after measuring
- 1 t. salt, scant
- Sprinkle of cinnamon
- 1/2 c. maple syrup
- 2 T. olive oil

Mix all dry ingredients. Make well in middle and add wet ingredients. Mix well, spread evenly and bake on parchment-lined extra large tray at 325° for 20 minutes. Sprinkle with raisins. Cool and enjoy!

Savory Garden Stir-Fry

- 2-3 c. of your favorite garden veggies (zucchini, peppers, broccoli, onions)
- 2 blocks brown rice and millet ramen, cooked according to directions
- 1 t. each: nutritional yeast, onion powder
- Shake of each: garlic powder, coriander, ginger
- Salt to taste
- Fresh parsley to garnish

Saute your favorite garden veggies in a dash of olive oil and a small amount of water until they are tender and water is absorbed. Add cooked ramen, then a dash of olive oil (to keep ramen from sticking together). Stir and sprinkle on all seasonings, adding salt to taste. Garnish with fresh garden parsley. Enjoy!

Mashed Potatoes & Country Gravy

- 4 white or yellow potatoes, peeled and chopped
- 2 slices vegan margarine (2 T.)
- 2 t. onion powder
- 1 t. salt
- 1/3 c. almond milk
- Directions: cook potatoes in pressure cooker for 4 minutes, placing potatoes on strainer (don't forget the water underneath), remove potatoes, add remaining ingredients and mash. Enjoy!

Recipe for Country Gravy

- 1/2 c. natural macadamias
- 2 c. almond milk
- 2 t. onion powder
- 1/2 t. salt, more to taste
- 1/4 t. coriander
- 2 T. arrowroot starch
- Directions: place all ingredients in blender and blend until smooth. Cook over medium-high heat, stirring often, until it bubbles.

Banana Pudding Parfaits

1 c. vegan vanilla yogurt
1/2 banana, mashed
Mix yogurt and banana together and layer following in glass cup:
Ginger snap cookie
Banana pudding
Fresh berries, blueberries, strawberries
Repeat layers, ending with some yogurt and topped off with your favorite granola!

Eggplant Oat Patties

1 fresh eggplant, peeled, diced (3 c.)
3 c. water
2 t. salt, Italian seasoning, sage
1 t. garlic powder
2 c. quick oats
1 c. finely chopped pecans
1 T. flax meal, almond flour

Cover diced eggplant with water, bring to boil, reduce heat slightly, cook about 5 minutes until tender. Drain over bowl and mash out excess water. Bring to boil 3 c. water, salt and seasonings. Add oats, pecans, flax meal, almond flour and eggplant. Fry until golden brown. Enjoy!

Morning Glory Muffin Tops

2 T. refined coconut oil, melted
2 t. vanilla
1 flax egg (1/2 T. flaxmeal + 3 T. water)
1/4 c. pear sauce (blend canned pears until smooth)
1/2 c. brown sugar, packed
1/2 each: salt, cinnamon (rounded)
1/4 c. kamut flour
1 c. whole wheat pastry flour
2 t. baking powder
3 baby carrots, shredded
1/2 apple, chopped (about 1 c.)
1/4 c. each: raisins, pecans, chopped

Cream first 6 ingredients. Add remaining ingredients, mix well, place in silicone muffin tray. Bake at 350 for 20-25 minutes. Cool on wire rack. Enjoy!

Key Lime Raspberry Swirl Pie

1. (2) 8 oz. containers vegan cream cheese
2. 1 small container (5.3 oz) So Delicious key lime yogurt
3. 3 T. cornstarch
4. 1/4 c. white sugar
5. 2 T. key lime juice
6. 1/4 c. frozen raspberries, thawed
7. 1/4 t. white sugar

Prepare raspberry puree by mashing raspberries through very fine sieve with back of teaspoon to remove seeds, stir in 1/4 t. sugar. Set aside until needed. Blend in food processor ingredients #1-5 until very smooth. Pour into graham cracker crust. Drizzle raspberry mixture over top and swirl with a fork. Place in refrigerator overnight. Garnish with fresh raspberries. Enjoy!

Chef's Notes: Don't overprocess the key lime filling or it may not set up as good and use a very stiff graham cracker crust, as it is a soft filling. I have found the Winco graham cracker crusts to work well.

Toasted Cheese English Muffins

1. 1 c. shredded vegan cheddar cheese
2. 1/4 c. finely chopped olives
3. 1/4 c. finely chopped tomatoes
4. 1/2 t. Italian seasoning
5. Pinch of garlic powder
6. 1/4 c. low-fat vegemaise
7. Plain English Muffins
8. Vegan margarine

Mix together ingredients #1-5. Stir in vegemaise. Spread some vegan margarine on an English Muffin half and top with cheese mixture. Bake at 350° for 10 minutes, then broil for 3 minutes until cheese bubbles. Enjoy!

Strawberry Rhubarb Sauce

1 c. chopped, fresh, rhubarb
1 c. fresh strawberries, sliced
1/4 c. agave
1 T. cornstarch mixed with 1 T. water
Place rhubarb, strawberries and agave in small kettle. Bring to a boil, reduce heat to medium and cook for 15 minutes. While cooking, mix cornstarch with water, stir into strawberry/rhubarb mixture to thicken when done cooking. Mash to remove any big lumps. Enjoy!

Savory Vegetable Stroganoff

1. 1 fresh onion, chopped
2. 7 fresh baby carrots, sliced
3. 1 container (8 oz.) fresh button mushrooms, sliced
4. 2 fresh zucchinis, chopped into bite-size pieces
5. 1 box (32 oz.) organic vegetable broth (divided)
6. Cashew cream: 1 c. water blended with 1 c. raw cashews until smooth
7. 3 T. brown rice flour
8. 1 T. sensational seasoning (see below)
9. 2 t. Italian seasoning
10. 2 t. tomato powder
11. 1/2 t. each: sage, coriander
12. Pinch of thyme
13. Salt to taste

Sauté onions and carrots in 1 c. vegetable broth 5-7 minutes on medium high heat. Add mushrooms and zucchinis, 1 c. more broth, cover and sauté 5-7 minutes. Reduce heat to low. Add rest of broth and cashew cream. Place brown rice flour in fine sieve and sprinkle over, stirring in. Add remaining seasonings and salt to taste. Cover and cook on low heat 10-15 minutes. Serve over your favorite pasta. Garnish with a sprinkle of dried parsley. Enjoy!

Sensational seasoning: stir together 3/4 c. nutritional yeast flakes, 1 1/2 t. salt, 1/2 t. each: garlic powder, onion powder, parsley flakes, 1/4 t. each: oregano, basil

Lentil Barley Loaded Salad

3 1/2 c. water
3/4 c. washed lentils
1/4 c. barley
1/2 c. chopped onions, carrots
1 t. each: cumin, coriander, parsley
1/2 t. garlic powder
3 T. chicken seasoning (to make, stir together: 1/2 c. nutritional yeast flakes, 1 1/2 T. onion powder, salt, 1 T. Italian seasoning, 3/4 T. dry parsley flakes, 1/2 T. brown sugar, 1/2 t. garlic powder, pinch of celery seed and cayenne pepper)

1 Bay leaf

Salsa: to make, blend 1 can Mexican stewed tomatoes until smooth

Bring Lentils, barley, onions, carrots, seasonings and Bay leaf to a boil, lower heat to simmer and cook for 1 hr. covered. Add salt to taste. Layer in bowl: chips, lentil-barley stew, lettuce, onions, olives, mushrooms, broccoli, avocado, cheese, salsa and Ranch plant-based dressing. Top with roasted-salted pumpkin seeds. Enjoy!

Blueberry Muffins

1/4 c. coconut oil, melted in microwave 30 seconds
1/4 c. applesauce
2/3 c. brown sugar
1 T. vanilla
1 1/4 c. whole wheat pastry flour
1/4 c. almond meal
1/2 t. salt and cinnamon
2 t. baking powder
3/4 c. blueberries
Mix wet ingredients, add dry and blueberries. Bake at 375 degrees for 20-25 minutes. Enjoy!

Maple Cinnamon Applesauce

1. 4 c. apples, peeled, cored, chopped
2. ¾ c. water
3. 2 T. maple syrup
4. Sprinkle of cinnamon

Wash and prepare apples. Rinse and drain. Place in small kettle. Bring to a boil. Cover and reduce heat. Cook for 15-20 minutes. Mash with potato masher for chunky texture or blend in blender for smooth texture. Delicious!

Fried Burritos

Layer on flour tortilla:

Thin layer of low-fat vegenaïse
Vegan refried beans
Vegan cheese shreds
Diced onion
Chopped Olives
Salsa
Sprinkle of garlic powder and oregano

Place in frying pan on medium-low heat, seam-side down, cover and lightly brown on both sides. Enjoy!

Breakfast Sausage Patties

Yield: 16 small patties

- ½ c. each: quick oats, walnuts
- 1 can Progresso Lentils, drained and rinsed (1 ½ c. cooked, seasoned lentils)
- 1 flax egg (1 T. flaxmeal mixed with 3 T. water)
- 2 t. each: onion powder, sage
- ¼ t. each: rosemary, garlic powder, salt, paprika, coriander, Italian seasoning
- ¼ c. panko bread crumbs
- 1 T. each: maple syrup, Bragg's Liquid Aminos

Place oats and walnuts in food processor and process until fine texture. Add all remaining ingredients and pulse some more, stopping to stir and scrape from sides. Place into bowl and form into small patties and fry with a bit of olive oil. For a

quick, tasty topping: blend 1 can stewed tomatoes, Mexican style, in blender until smooth. Use like salsa. Enjoy!

Whole Grain Applesauce Spelt Pancakes

Yield: 10 small pancakes

1. 1 c. whole grain spelt flour
2. 1 ½ t. baking powder
3. ½ t. salt
4. ¼ t. cinnamon
5. 1 c. plant-based milk
6. ¼ c. applesauce
7. 1 t. vanilla
8. 1 T. maple syrup

Stir together ingredients #1-4 then add remaining ingredients. Place on hot griddle, 300 degrees, and brown lightly on both sides. Serve with Maple Cinnamon Applesauce, plant-based butter and maple syrup or your favorite toppings. Enjoy