

Vegan Margherita Pizza with Wheat Crust

Marla Danielson

- 1/2 c. warm water
- 2 t. quick-rise yeast
- 1 T. olive oil
- 1 c. whole wheat pastry flour
- 1/2 t. salt

Stir together warm water and yeast and let rest a few minutes. Stir in flour and salt with a fork and mix well. Let rest for 10 minutes. Oil or flour your hands and press out on an oiled or parchment-lined pizza pan. In small bowl, stir together 1/2 c. crushed San Marzano tomatoes, 1 garlic clove, minced, 1 t. extra virgin olive oil, 1/2 t. Italian seasoning and a pinch of salt. Spread evenly over crust. Top with dollops of vegan mozzarella, vegan parmesan and fresh tomato slices. Lightly sprinkle oregano over everything. Bake at 400° for 12-15 minutes. Garnish with fresh basil ribbons. Enjoy!

*Make ahead tip: After spreading pizza dough in pan, bake at 350° for 7 minutes. Refrigerate or freeze until ready to use. When ready to use, thaw and top. Broil for a few minutes (4-5) until crust is lightly browned, enjoy!

Vegan Mozzarella Cheese

veganricha.com

- 1/2 c. raw cashews (soaked in hot water for 15 minutes and drained)
- 1 c. water
- 2 t. extra virgin olive oil
- 1 t. each: brown rice flour, nutritional yeast, fresh lemon juice
- 3/4 t. salt
- 1/2 t. garlic powder

Add all ingredients to a blender and blend until smooth. Place in a small skillet and cook for 4-6 minutes over medium heat until sauce thickens and lightly bubbles. Stir occasionally. Spoon in circles on top of pizza.

To make **vegan parmesan**, combine 3/4 c. raw cashews, 3 T. nutritional yeast, 3/4 t. salt and 1/4 t. garlic powder in food processor and process until fine and crumbly. Store in fridge or freezes well. minimalistbaker.com

Spring Salad

adapted from healthiersteps.com

- 1 (10-ounce) box spring mix greens
- 1 c. cherry tomatoes (halved)
- 1 medium avocado, sliced
- 1 medium cucumber, sliced
- ½ c. canned beets, sliced
- ½ c. artichoke hearts, chopped
- ¼ c. red onion, sliced
- 1/3 c. black olives, sliced

Garnish with fresh basil ribbons and additional toppings on the side (opt.): sliced fresh mushrooms, pumpkin seeds and raisins.

Vegan Blue Cheese Dressing

adapted from healthiersteps.com

- 1 c. raw cashews (cover with water, bring to a boil, remove from heat, soak for 15 minutes, drain)
- 1 c. water
- 2 T. fresh lemon juice
- 2 T. homemade tahini cream
- 1 T. nutritional yeast
- 1 clove garlic
- ½ t. salt

Place all ingredients in blender and blend until smooth.

Homemade Tahini Cream

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- 1 c. white sesame seeds (hulled)
- 1 c. water
- ¼ t. salt

Toast sesame seeds in a dry frying pan on medium heat for 3-5 minutes. Add all ingredients to blender and blend until smooth. Store in fridge. Freezes well too.

Strawberry Dream Pie

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- 1 Graham Cracker Crust
- Fresh strawberries, sliced
- Coconut whipped cream
- Strawberry pudding

Make coconut whipped cream by refrigerating 1 can full fat coconut milk overnight. Remove top, creamy part and blend with a hand mixer a bit. Add the juice of ½ lemon, 1 t. vanilla powder and 2 T. powdered sugar or maple syrup. Blend again until smooth and creamy like whipped cream.

To make strawberry pudding, place in blender and blend until smooth:

- ¾ c. oat milk
- 1 c. fresh strawberries, sliced
- 2 T. organic cane sugar
- 2 T. cornstarch
- ½ t. vanilla powder
- Pinch of salt

Place in small kettle and bring to a light boil, stirring constantly. Cool in fridge before layering in graham cracker crust.

To assemble pie:

Begin with a layer of fresh sliced strawberries, then a layer of strawberry pudding, followed by a layer of coconut whipped cream. Repeat and top off with some more fresh sliced strawberries and graham cracker crumbs.

Did You Know?

Healthline.com

- The strawberry (*Fragaria ananassa*) originated in Europe in the 18th century.
- It is a hybrid of two wild strawberry species from North America and Chile.
- Strawberries are low in calories, delicious, and healthy.
- They are a good source of many vitamins, minerals and plant compounds — some of which have powerful [health benefits](#).
- The health benefits include reduced cholesterol, blood pressure, inflammation, and oxidative stress.
- Furthermore, these [berries](#) may help prevent big spikes in both blood sugar and insulin levels.
- Strawberries are an excellent addition to a healthy diet.