too few cooks in the kitchen

michelle irwin
too few cooks in the kitchen
homemade gluten-free & vegan delights

michelle irwin
{vegan chef}
to few
books
in the
chen
made gluten-free
egan delights

chele irwin
egan chef}
This book is dedicated to my Heavenly Father; for without Him, I can do nothing.

Thank you for showing me that Your words are true. You desire a friendship with Your creation and I am so thankful that You would call me Your friend. To my beautiful children, Katie and Luke, I love you with an everlasting love. You bring so much to my life. To my best friend, James, thank you for believing in me and for showing me how to live again. This would not be possible without you. To my Aunt Angie, thank you for watching my children so that I could complete this book, and thank you for your friendship over the years. You are a true gem. To my mother, thank you for always believing in me. To my dad and step mom, thank you for your support. To my family, I am thankful for your encouragement. To my friends and my Amazing Facts family, I am filled with love beyond measure. In memory of Scott Irwin.
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As a little girl, I remember hanging out in my grandma’s garden during harvest time. I would help her by picking ripe vegetables while chomping on fresh carrots I plucked from the ground. After a few hours in the garden, we gathered the bounty and headed straight to her kitchen to make dinner. Those were the days. The days when too many cooks in the kitchen spoiled the broth. Nowadays, there appears to be too few cooks in the kitchen and no broth to spoil.

As I grew into my teenage years, I exchanged my affinity for healthy options to processed foods. Long gone were the days of plucking carrots from the garden. What replaced carrots were fake foods, not prepared in a kitchen, but in a factory. Not plant-based foods, but foods that were processed in a plant.

So, fast forward to my adult years and learning my way around a kitchen. You could say I am back to my roots. The kind my mother and grandma planted years ago. Specifically the kind of roots that grow in the garden such as beets, potatoes, carrots, and many others.
I remember hanging out in my grandma's garden during harvest time. I would help her by picking ripe vegetables while chomping on fresh carrots I plucked from the ground. After a few hours in the garden, we gathered the bounty and headed straight to her kitchen to make dinner. Those were the days. The days when too many cooks in the kitchen spoiled the broth. Nowadays, there appears to be too few cooks in the kitchen and no broth to spoil.

As I grew into my teenage years, I exchanged my affinity for healthy options to processed foods. Long gone were the days of plucking carrots from the garden. What replaced carrots were fake foods, not prepared in a kitchen, but in a factory. Not plant-based foods, but foods that were processed in a plant.

I became addicted to junk food and So, fast forward to my adult years. I am getting back to the garden and learning my way around a kitchen. You could say I am getting back to my roots. The kind that my mother and grandma planted years ago. Specifically the kind of roots that grow in the garden such as beets, potatoes, carrots, and many, many others.

why i wrote this book
**My dad is a skilled woodworker.** He makes the job look easy. His secret: always have the right tool for the job. It’s really no different in cooking. It’s important to have the right equipment. Listed below are the tools that I keep in my kitchen:

**High-Speed Blender:** I like the BlendTec® or Vita-Mix® blenders. They are critical for making smoothies, desserts, ice creams, soups, salad dressings, etc.

**Food Processor:** I use the Cuisinart® food processor. This is also a staple in making many different foods.

**Spring Form Pans:** These come in various sizes. I love these pans for creating cheesecakes, cakes, etc.

**Ice Cream Maker:** I like the Cuisinart® brand. This is a great electric ice cream maker.

**Measuring Spoons & Measuring Cups:** Important for precision.

**Vegetable Spiralizer:** Use for making zucchini noodles. I found them online or at a kitchen shop.

**Digital Kitchen Scale:** It’s a great tool for precision.
High-Speed Blender: I like the BlendTec® or Vita-Mix® blenders. They are critical for making sauces, smoothies, desserts, ice creams, soups, salad dressings, etc.

I use the Cuisinart® food processor. This is also a staple in making many Spring Form Pans: These come in various sizes. I love these pans for creating cheesecakes, cakes, etc.

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Vegetable Spiralizer: Used for making zucchini noodles. Find them online or at a kitchen shop.

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kitchen equipment

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use the cessor. Thisaking many

These come in these pans for es, cakes, etc.

I like the his is a greataker.

& Measuring r precision.
Having a well stocked pantry means that most of your shopping will be purchasing fresh fruits and vegetables. Pantry items are what I refer to as staples. Once you have your staples in place, the rest is easy. Try to buy in bulk when possible. This will cut down on expenses. Most items listed below are sold in health food stores, but a lot of grocery stores are beginning to carry many health products. If they do not, ask. They want your business.

Beans, canned without BPA: I like Eden Organic ®: Garbanzo, Black, and Pinto.


Butters: Almond Butter, Tahini Butter Artisana®, Cashew Butter.

Carob Powder, toasted and raw.

Cooking Sprays: Grape Seed Oil, Olive Oil, and Coconut Oil.

Dairy Alternatives: Coconut Milk Thai®, Hemp Milk, Almond Milk.

Jar Foods: Tomato Sauce, Tomato Paste, Pimentos, Whole or Diced Tomatoes.

Nuts, raw & unsalted: Almonds (slivered and whole), Pecans, Hazelnuts, Cashews, Pistachios, Walnuts.


Salsa

Salt: Sea Salt (read the label; some salt has dextrose, which is a sugar), Celery Salt, Herbamare.

Seeds: Toasted Sesame Seeds
stocking your pantry

Stocked pantry means that most of your shopping will be for ts and vegetables. Pantry items are what I refer to as e your staples in place, the rest is easy. Try to buy in bulk ill cut down on expenses. Most items listed below are ores, but a lot of grocery stores are beginning to carry s. If they do not, ask. They want your business.

Beans, canned without BPA: I like
I like Eden Organic ®: Garbanzo, Black, Lentil, Brown
Red Lentil, Garbanzo, Split Pea, Black
Almond Butter, Tahini
Butter Artisana®, Cashew Butter.

Carob Powder, toasted and raw.
Grape Seed Oil,
Olive Oil, and Coconut Oil.

Coconut Milk

Jar Foods: Tomato Sauce, Tomato Paste, Pimentos, Whole or Diced Tomatoes.

Nuts, raw & unsalted: Almonds (slivered and whole), Pecans, Hazelnuts, Cashews, Pistachios, Walnuts.


Salsa

Salsa Salt: Sea Salt (read the labels, some salt has dextrose, which is a sugar), Celery Salt, Herbamare.

Seeds: Toasted Sesame Seeds, Raw
**Sweeteners:** I only recommend certain brands and products within those brands. I cannot predict the outcome and flavor of your

**Brown Rice Syrup:** Made from brown rice. It has a caramel flavor. I love to substitute it in my cheesecake.
I only recommend certain brands and products within those brands. I cannot predict the outcome and flavor of your Brown Rice Syrup:

- Made from brown rice. It has a caramel flavor.

I love to substitute it in my carob cheesecake.
Here is a list of produce that I typically rotate or have on hand in my kitchen. A lot of these items are used for my recipes. Fruits are anything with a seed. Vegetables are part of the root, leaf, or stem. You may be surprised to know that some of the foods you thought were vegetables are actually fruits. Buy organic when possible.

<table>
<thead>
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<tr>
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<tr>
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<td>AVOCADO</td>
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<td>BROCCOLI</td>
<td>BANANAS</td>
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<tr>
<td>BRUSSEL SPROUTS</td>
<td>BELL PEPPERS</td>
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<tr>
<td>CABBAGES</td>
<td>BLUEBERRIES</td>
</tr>
<tr>
<td>CARROTS</td>
<td>BLACKBERRIES</td>
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<tr>
<td>CAULIFLOWER</td>
<td>CUCUMBER</td>
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<td>CELERY</td>
<td>CANTALOUPE</td>
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<td>CILANTRO</td>
<td>HONEYDEW</td>
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<tr>
<td>GARLIC</td>
<td>GRAPEFRUIT</td>
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soups
soups
Chili is a comfort food for me. I grew up eating my grandma's famous chili, so this version brings me back to her home.

**ingredients**

- 4 cups water
- 4 cups tomato sauce
- 2 cups tomatoes, diced
- 2 cups potatoes, cubed
- 1 ½ cups cooked pinto beans
- 1 ½ cups cooked black beans
- 1 red bell pepper, diced
- 1 medium onion, diced
- 1 cup organic frozen corn
- 2 stalks celery, diced
- 3 tsp cumin
- 3 cloves of garlic, minced
- 3 Tbsp chili powder
- 1 Tbsp of salt or less

**equipment**

- Measuring spoons and cups
- Small pot to toast spices
- Cutting board
- Sharp knife
- Large soup pot

**instructions**

In a small pan on medium high heat, combine your chili powder step 1 measuring spoons and cups small pot to toast spices cutting board sharp knife large soup pot instructions
Chili is a comfort food for me. I grew up eating my grandma’s famous chili, so this version brings me back to her home.

2 cups tomatoes, diced
2 cups potatoes, cubed
1 ½ cups cooked pinto beans
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1 red bell pepper, diced
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3 cloves of garlic, minced
3 Tbsp chili powder
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3 tsp cumin
3 cloves of garlic, minced
3 Tbsp chili powder
1 Tbsp of salt or less

In a small pan on medium high heat, combine your chili powder measuring spoons and cups small pot to toast spices

sharp knife

large soup pot

serves 6-8
## soups

### moroccan lentil soup

The secret to any great soup are the spices that go in it. Toasting aromatic spices makes all of the difference!

**ingredients**

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 ½ cups dried lentils, rinsed</td>
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</tr>
<tr>
<td>7 cups of water</td>
<td></td>
</tr>
<tr>
<td>1 medium onion, diced</td>
<td></td>
</tr>
<tr>
<td>2 cloves of garlic, minced</td>
<td></td>
</tr>
<tr>
<td>2 carrots, diced</td>
<td></td>
</tr>
<tr>
<td>2 medium potatoes, diced</td>
<td></td>
</tr>
<tr>
<td>2 tsp coriander</td>
<td></td>
</tr>
<tr>
<td>2 tsp cumin</td>
<td></td>
</tr>
<tr>
<td>2 tsp paprika</td>
<td></td>
</tr>
<tr>
<td>2 tsp salt</td>
<td></td>
</tr>
<tr>
<td>1 18 oz jar of tomato sauce</td>
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**equipment**

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>measuring spoons and cups</td>
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<tr>
<td>small pan</td>
<td></td>
</tr>
<tr>
<td>soup pot</td>
<td></td>
</tr>
<tr>
<td>sharp knife</td>
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</tr>
<tr>
<td>cutting board</td>
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**instructions**

In a small dry pan, stir coriander, cumin, and paprika over medium high heat. Stir constantly for 2-3 minutes or until

**step 1**
moroccan lentil soup

secret to any great soup are the spices that go into it.asting aromatic spices makes all of the difference!

1 ½ cups dried lentils, rinsed
1 medium onion, diced
2 cloves of garlic, minced
2 medium potatoes, diced
2 tsp coriander
2 tsp cumin
2 tsp paprika
2 tsp salt
1 18 oz jar of tomato sauce

instructions

In a small dry pan, stir coriander, cumin, and paprika over medium high heat. Stir constantly for 2-3 minutes or until
simple gluten-free noodle soup

Noodle soup is a wonderful reminder of my mom, who made the best noodle soup ever. This is a non-chicken noodle soup.

**ingredients**

- 6 cups water
- 1 small onion, diced (1 cup)
- 1 clove garlic, minced
- 1-2 carrots, diced fine or shredded
- 5 Tbsp ‘chik-n’ seasoning (p 168)
- 2 tsp salt (or less, to taste)
- 1-2 cups of gluten-free noodles, cooked (I like the corn and quinoa blend)

**equipment**

- Measuring spoons and cups
- Soup pot
- Sharp knife
- Cutting board

**instructions**

**step 1**

Cook your gluten-free noodles according to package instructions. Drain and set aside. Add a little water to keep it from sticking together.

**step 2**

In a large pot, brown the onion and garlic in a little water until the onion is clear or translucent.
is a wonderful reminder of my mom, who makes the best noodle soup ever. This is a non-chicken noodle soup.

1 small onion, diced (1 cup)
1 clove garlic, minced
1-2 carrots, diced fine or shredded
5 Tbsp ‘chik-n’ seasoning (p 168)
2 tsp salt (or less, to taste)
1-2 cups of gluten-free noodles, cooked
(I like the corn and quinoa blend.)

Cook your gluten-free noodles according to package instructions. Drain and set aside. Add a little water to it from sticking together.

In a large pot, brown the onion and garlic in a little water until the onion is clear or translucent.
broccoli and “cheese” soup

This is a great way to get your cruciferous broccoli. This cheese base is adapted from the Weimar Insti.

ingredients

| 4 cups water | ¼ cup organic corn starch |
| ¾ cup raw cashews | 1 Tbsp salt |
| 4 ounce jar of pimentos | 1 tsp onion powder |
| 2 Tbsp fresh lemon juice | ½ tsp garlic powder |
| 6 Tbsp nutritional yeast | 3-4 cups steamed broccoli |

equipment

- measuring spoons and cups
- medium soup pot
- blender
- steamer

instructions

step 1
Cut broccoli into bite size pieces and steam. Remove from heat and set aside.

step 2
Using a high-speed blender, process all of the ingredients, except the broccoli, until the cheese base is very creamy. Insert the broccoli and blend until smooth.
This is a great way to get your cruciferous broccoli. This cheese base is adapted from the Weimar Institute.

**Ingredients**

- ¼ cup organic corn starch
- 1 Tbsp salt
- 1 tsp onion powder
- ½ tsp garlic powder
- 3-4 cups steamed broccoli

**Equipment**

- medium soup pot
- steamer

**Instructions**

1. Cut broccoli into bite size pieces and steam. Remove from heat and set aside.

2. Using a high-speed blender, process all of the ingredients, except the broccoli, until the cheese base is very creamy.
Summer is a perfect time for gathering fresh vegetables from your garden. Why not make a soup with your fresh bounty?

**ingredients**

- 6 cups water
- 4 cups tomato sauce
- 1 medium onion, diced
- 2 cups potatoes, diced
- 1-2 carrots, diced
- 1 cup zucchini, diced or sliced
- 1 cup kale, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 Tbsp basil, dried
- 3 Tbsp ‘chik-n’ seasoning
- salt to taste

**equipment**

- measuring spoons and cups
- soup pot
- sharp knife
- cutting board

**instructions**

**step 1**

In a large pot, brown the onion and garlic in a little water until the onion is clear or translucent.
garden vegetable soup

Summer is a perfect time for gathering fresh vegetables from your garden. Why not make a soup with your fresh bounty?

**Ingredients**

- 1 medium onion, diced
- 2 cups potatoes, diced
- 1 cup zucchini, diced or sliced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 Tbsp basil, dried
- 3 Tbsp ‘chik-n’ seasoning (p 168)
- salt to taste

**Instructions**

1. In a large pot, brown the onion and garlic in a little water until the onion is clear or translucent.

**Tools**

- measuring spoons and cups
- sharp knife
- cutting board
This is a fun recipe to get more raw into your life. It actually tastes like the real thing! I use zucchini for the noodles.

**ingredients**
- 1 ½ cups hot water
- ¼ cup zucchini, spiralized
- 1 Tbsp ‘chik-n’ seasoning (p 168)
- green onions for garnish
- salt to taste

**equipment**
- measuring spoons and cups
- spiralizer for angel hair
- sharp knife
- vegetable peeler
- cutting board

**instructions**

**step 1**
Using a vegetable peeler, peel your zucchini and prep your other vegetables.

**step 2**
Using a vegetable spiralizer, turn your zucchini into angel hair pasta.
a fun recipe to get more raw into your life. It actually tastes like the real thing! I use zucchini for the noodles.

**Ingredients**
- ¼ cup zucchini, spiralized
- 1 Tbsp 'chik-n' seasoning (p 168)
- Green onions for garnish
- Salt to taste

**Equipment**
- Vegetable peeler
- Vegetable spiralizer
- Measuring spoons and cups

**Instructions**
1. Using a vegetable peeler, peel your zucchini and prep your other vegetables.
2. Using a vegetable spiralizer, turn your zucchini into angel hair pasta.
Red lentils are a wonderful bean. There is no need to soak them, and they cook pretty fast. Make them for breakfast too.

**ingredients**
- 1 cup dried red lentils, rinsed
- 1 tsp salt, or to taste
- 5 cups of water
- 1 medium onion, diced
- 3 cloves of garlic, minced
- 2 carrots, diced
- 2 medium potatoes, diced
- 2 tsp cumin
- 2 tsp coriander
- ¼ tsp turmeric

**equipment**
- measuring spoons and cups
- sharp knife
- small pan
- cutting board
- soup pot

**instructions**

In a small dry pan, stir coriander, turmeric, and cumin over medium high heat. Stir constantly for 2-3 minutes or until the spices are fragrant. Set spices aside.

**step 1**
Red lentils are a wonderful bean. There is no need to soak them, they cook pretty fast. Make them for breakfast too.

**red lentil soup**

In a small dry pan, stir coriander, turmeric, and cumin over medium high heat. Stir constantly for 2-3 minutes or until spices are fragrant. Set spices aside.

- 1 cup dried red lentils, rinsed
- 1 medium onion, diced
- 3 cloves of garlic, minced
- 2 carrots, diced
- 2 medium potatoes, diced
- 2 tsp cumin
- 2 tsp coriander
- ¼ tsp turmeric

**Instructions**

serves 8

1. In a small dry pan, stir coriander, turmeric, and cumin over medium high heat. Stir constantly for 2-3 minutes or until spices are fragrant. Set spices aside.
2. In a large pot, cook onion and garlic until soft and translucent.
3. Add lentils, carrots, potatoes, and spices. Cover with water and bring to a boil.
4. Reduce heat to low and let simmer for about 40 minutes or until lentils and vegetables are tender.
5. Season with salt and pepper to taste.
6. Serve hot with a side of crusty bread or crackers.
Split pea soup is more like a stew. It’s so hearty and fills on a cold winter’s night, but we enjoy it all season.

### Ingredients
- 2 cups dried split peas, rinsed
- 8 cups of water
- 1 large onion, chopped
- 2 medium carrots, diced
- 3 stalks of celery, chopped
- 2 cups potato, diced
- 1 tsp marjoram
- 2 tsp salt

### Equipment
- Measuring spoons and cups
- Soup pot
- Sharp knife
- Cutting board

### Instructions

#### Step 1
In a large pot, brown the onion and garlic in a little water until the onion is clear or translucent.

#### Step 2
Next, add the potatoes, carrots, split peas, and water to the pot and bring to a boil. Reduce heat and simmer until split peas and vegetables are tender.
split pea soup

Soup is more like a stew. It’s so hearty and fills the tummy on a cold winter’s night, but we enjoy it all season long.

Ingredients

- 2 cups dried split peas, rinsed
- 1 large onion, chopped
- 2 medium carrots, diced
- 3 stalks of celery, chopped
- 2 cups potato, diced
- 1 tsp marjoram
- 2 tsp salt

Equipment

- measuring spoons and cups
- sharp knife
- cutting board

Instructions

1. In a large pot, brown the onion and garlic in a little water until the onion is clear or translucent.
2. Next, add the potatoes, carrots, split peas, and water to the pot and bring to a boil. Reduce heat and simmer until split peas and vegetables are tender.
Taco soup is a wonderful staple at my house. We enjoy this soup with our favorite heart-healthy blue chips or over rice.

**ingredients**

- 7 cups water
- 4 cups tomato sauce
- 1 ½ cups pinto beans, cooked
- 1 ½ cups black beans, cooked
- 1 red bell pepper, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 2 cups organic frozen corn
- 1 Tbsp cilantro, chopped
- 1 cup tomato, chopped
- 1 Tbsp cumin
- 2-3 tsp salt
- 2 Tbsp chili powder
- 3 tsp dried oregano
- ½ cup sliced black olives

**equipment**

- Measuring spoons and cups
- Soup pot
- Knife and cutting board

**instructions**

In a small dry pan, stir chili powder and cumin over medium heat until aromatic. Add 7 cups water, tomato sauce, pinto beans, black beans, bell pepper, onion, garlic, frozen corn, cilantro, tomato, cumin, salt, chili powder, dried oregano, and black olives to the soup pot. Bring to a boil, reduce heat, and simmer for 30 minutes. Serve hot.
Taco soup is a wonderful staple at my house. We enjoy this soup with our favorite heart-healthy blue chips or over rice.

## taco soup

- 1 ½ cups pinto beans, cooked
- 1 ½ cups black beans, cooked
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 2 cups organic frozen corn
- 1 Tbsp cilantro, chopped
- 1 cup tomato, chopped
- 1 Tbsp cumin
- 2-3 tsp salt
- 2 Tbsp chili powder
- 3 tsp dried oregano
- ½ cup sliced black olives
- 1 cup corn

**Instructions:**

In a small dry pan, stir chili powder and cumin over medium heat. Use measuring spoons and cups, a knife and cutting board.
I love potato soup! Growing up, my mom’s soups were
This is a version without dairy or cheese.

ingredients
4 cups water
2 cups potatoes, peeled & diced
1 cup onion, diced
2 Tbsp ‘chik-n’ seasoning (p 168)

1 cup organic frozen corn (optional)
1 recipe basic cream sauce

equipment
measuring spoons and cups
large sauce pan
cutting board and knife

instructions
step 1
In a large pot, brown the onion in a little water until the onion is clear or translucent.

Add potatoes and water, and cook until soft. Add the ‘chik-n’ seasoning and salt, then stir. Add the organic frozen corn and basic cream sauce. Stir until warmed through. After adding...
I love potato soup! Growing up, my mom’s soups were the best. This is a version without dairy or cheese.

**Ingredients**

- 2 cups potatoes, peeled & diced
- 2 Tbsp ‘chik-n’ seasoning (p 168)
- 1 cup organic frozen corn (optional)
- 1 recipe basic cream sauce (p 64)

**Equipment**

- Measuring spoons and cups
- Cutting board and knife

**Instructions**

1. In a large pot, brown the onion in a little water until the onion is clear or translucent.
2. Add potatoes and water, and cook until soft. Add the ‘chik-n’ seasoning and salt, then stir. Add the organic frozen corn and basic cream sauce. Stir until warmed through. After adding...
salads
salads
pecan pear salad with herb dressing

I love fresh pears in season. Pair them with mixed greens and toasted pecans for a wonderful treat!

Ingredients
- 8 cups mixed greens
- ¾ cup toasted pecans
- 1 cup cauliflower, diced small
- 2 pears, thinly sliced
- ¼ cup red onion, thinly sliced
- ½ cup cherry tomatoes, halved
- Gluten-free croutons (optional)
- 1 recipe raw herb dressing

Equipment
- Measuring spoons and cups
- Sharp knife
- Cutting board

Instructions

To toast pecans, preheat oven to 350 degrees F. Spread pecans evenly on a baking sheet. Place baking sheet in the middle rack of the oven. Toast for 10-20 minutes, depending on your oven. Stir occasionally.
fresh pears in season. Pair them with mixed greens and toasted pecans for a wonderful treat!

- ¾ cup toasted pecans
- 1 cup cauliflower, diced small
- ¼ cup red onion, thinly sliced
- ½ cup cherry tomatoes, halved
- gluten-free croutons (optional)
- 1 recipe raw herb dressing (p 70)

toast pecans, preheat oven to 350 degrees F. Spread pecans evenly on a baking sheet. Place baking sheet in the middle rack of the oven. Toast for 10-20 minutes, depending on your oven. Stir occasionally.
fresh mandarin & citrus dressing

This salad is delicious. The mandarin pairs perfectly with greens and pecans. Top it with cranberries, and it’s a hit!

**ingredients**

<table>
<thead>
<tr>
<th>7 cups mixed salad greens</th>
<th>¼ cup chopped cranberries</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup pecans, toasted &amp; chopped</td>
<td>1 recipe citrus dressing (p 57)</td>
</tr>
</tbody>
</table>

**equipment**

- measuring spoons and cups
- knife & cutting board

**instructions**

**step 1**

Combine all ingredients and stir in 1 recipe for citrus dressing.
This salad is delicious. The mandarin pairs perfectly with greens and pecans. Top it with cranberries, and it’s a hit!

Combine all ingredients and stir in 1 recipe for citrus dressing.

Ingredients:
- 7 cups mixed salad greens
- ¾ cup pecans, toasted & chopped
- ¼ cup chopped cranberries
- 1 recipe citrus dressing (p 57)

Equipment:
- measuring spoons and cups
- knife & cutting board

Serves 6-8
Asian salad & toasted sesame dressing

Toasted sesame seeds make such a difference when it comes to Asian cuisine. This salad pairs well with spring rolls.

**ingredients**

- 6 cups baby greens
- 1 carrot, fine julienne slices
- ¼ cup beet, fine julienne
- 2 Tbsp sesame seeds, toasted
- ¼ cup pea sprouts
- 1 small red bell pepper, julienne
- 1 green onion, sliced diagonally
- ½ recipe toasted sesame dressing

**equipment**

- measuring spoons and cups
- knife and cutting board
- salad bowl

**instructions**

**Step 1**

Combine the salad greens, green onion, red bell pepper, and sesame seeds with the toasted sesame dressing. Mix well.

**Step 2**

Add the carrot, beet, pea sprouts, and a few sprinkles of toasted sesame seeds on top of salad.
asian salad & toasted sesame dressing

Sesame seeds make such a difference when it comes to Asian cuisine. This salad pairs well with spring rolls.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup pea sprouts</td>
<td></td>
</tr>
<tr>
<td>1 small red bell pepper, julienne</td>
<td></td>
</tr>
<tr>
<td>1 green onion, sliced diagonally</td>
<td></td>
</tr>
<tr>
<td>1/2 recipe toasted sesame dressing</td>
<td>(p 58)</td>
</tr>
</tbody>
</table>

Combine the salad greens, green onion, red bell pepper, and sesame seeds with the toasted sesame dressing. Mix well.

Add the carrot, beet, pea sprouts, and a few sprinkles of toasted sesame seeds on top of the salad.
garbanzo “tuna” salad

This recipe is a great filling for a taco shell, or to use as a dip, or add as a filling to your gluten-free sandwiches.

ingredients

<table>
<thead>
<tr>
<th>salad filling:</th>
<th>cashew mayo:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups chickpeas, cooked</td>
<td>½ cup raw cashews</td>
</tr>
<tr>
<td>2 ribs celery, chopped fine</td>
<td>½ cup water</td>
</tr>
<tr>
<td>1 tsp dill, dried</td>
<td>½ tsp salt</td>
</tr>
<tr>
<td>1 tsp salt</td>
<td>2 Tbsp lemon juice</td>
</tr>
<tr>
<td>1 avocado, diced (optional)</td>
<td>1 Tbsp onion powder</td>
</tr>
</tbody>
</table>

equipment

- measuring spoons and cups
- blender
- knife and cutting board
- food processor and ‘S’ blade

instructions

Using a food processor and the ‘S’ blade, pulse the chickpeas until you have a chunky texture. Do not over process, otherwise you will have a hummus texture. Place chickpeas in step 1 measuring spoons and cups and pulse until you have a chunky texture. Do not over process, otherwise you will have a hummus texture.
salads

**garbanzo “tuna” salad**

This recipe is a great filling for a taco shell, or to use as a dip, or to add as a filling to your gluten-free sandwiches.

**Serves 4-6**

**Ingredients**

- 2 cups chickpeas, cooked
- 2 ribs celery, chopped fine
- 1 avocado, diced (optional)

**Cashew Mayo:**

- ½ cup raw cashews
- ½ cup water
- ½ tsp salt
- 2 Tbsp lemon juice
- 1 Tbsp onion powder

**Equipment**

- Knife and cutting board
- Food processor and ‘S’ blade

**Instructions**

Using a food processor and the ‘S’ blade, pulse the chickpeas until you have a chunky texture. Do not over process, otherwise you will have a hummus texture. Place chickpeas in measuring spoons and cups.
Cindy, who lives in France, inspired me with this recipe. Instead of traditional bulgur wheat, I opted for quinoa. Lovely!

### ingredients
- ½ cup quinoa, uncooked
- ½ cup chopped tomatoes
- ½ cup cucumber, chopped
- 2 Tbsp red onion, chopped
- 2 Tbsp fresh lemon juice
- 1 cup water
- ¼ cup parsley, chopped
- 2 Tbsp fresh mint, chopped
- ¼-½ tsp salt or to taste

### equipment
- measuring spoons and cups
- medium sauce pan
- knife and cutting board
- medium size bowl

### instructions

**step 1** Rinse quinoa under cold water. Using a sauce pan over medium high heat, place the water and the rinsed quinoa into the pan. Bring to a boil and then cover and simmer for 20 minutes, or until the water has evaporated. Allow to cool.
Cindy, who lives in France, inspired me with this recipe. Instead of traditional bulgur wheat, I opted for quinoa. Lovely!

<table>
<thead>
<tr>
<th>½ cup uncooked quinoa</th>
<th>1 cup water</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup chopped tomatoes</td>
<td>¼ cup parsley, chopped</td>
</tr>
<tr>
<td>½ cup chopped cucumber</td>
<td>2 Tbsp fresh mint, chopped</td>
</tr>
<tr>
<td>2 Tbsp chopped red onion</td>
<td>¼-½ tsp salt or to taste</td>
</tr>
<tr>
<td>2 Tbsp fresh lemon juice</td>
<td>knife and cutting board</td>
</tr>
<tr>
<td>¼ cup chopped parsley</td>
<td>medium size bowl</td>
</tr>
<tr>
<td>2 Tbsp chopped mint</td>
<td></td>
</tr>
</tbody>
</table>

Rinse quinoa under cold water. Using a sauce pan over medium high heat, place the water and the rinsed quinoa in the pan. Bring to a boil and then cover and simmer for 20 minutes, or until the water has evaporated. Allow to cool.
Cucumber is a refreshing fruit, but many consider it a vegetable. Because it has seeds, it’s actually a fruit.

**Ingredients**
- ½ cup raw cashew dill dressing, or more, depending on your taste (p 66)
- 6 cups sliced cucumbers
- ½ cup red onion.

**Equipment**
- Measuring spoons and cups
- Knife and cutting board
- Bowl

**Instructions**

**Step 1**
Place cucumbers in a small bowl. Add the onions and dressing. Mix well. Serve.
Cucumber is a refreshing fruit, but many consider it a vegetable. Because it has seeds, it’s actually a fruit.

Ingredients:
- ½ cup raw cashew dill dressing, or more, depending on your taste (p 66)
- 6 cups sliced cucumbers
- ½ cup red onion, diced

Equipment:
- Measuring spoons and cups
- Knife and cutting board

Instructions:
Place cucumbers in a small bowl. Add the onions and dressing. Mix well. Serve.

Serves 4-6
sauces &
dressings
sauces &
dressings
This wonderful recipe is inspired by my friend Mary Ann Jones. It’s adapted from her book *Mary Ann’s Home Kitchen*. I love it!

### ingredients
- 1 cup hot water
- 1 cup raw cashews
- ½ - 1 tsp salt
- 3 Tbsp fresh lemon juice
- 4 oz pimento or red bell pepper
- 1 Tbsp onion powder
- 2 tsp garlic powder
- 3 Tbsp nutritional yeast

### equipment
- measuring spoons and cups
- blender
- spatula

### instructions
#### step 1
Place all ingredients into a high-speed blender, and blend until very creamy.

Toss over your favorite pasta or use as a dip. Can be heated
This wonderful recipe is inspired by my friend Mary Ann Jones. It’s adapted from her book *Mary Ann’s Home Kitchen*! I love it!

- 3 Tbsp fresh lemon juice
- 4 oz pimento or red bell pepper
- 1 Tbsp onion powder
- 2 tsp garlic powder
- 3 Tbsp nutritional yeast

Place all ingredients into a high-speed blender, and blend until very creamy.

Serve over your favorite pasta or use as a dip. Can be heated.
I love fresh basil and garlic combined. It’s wonderful over pasta or even as a dip! Inspired from a friend years ago.

**ingredients**

- 2 cups lightly packed fresh basil
- ½ cup raw cashews
- ¼ cup nutritional yeast flakes
- 2 cloves fresh garlic
- 2/3 cup raw walnuts
- ½ cup hot water
- ¾ tsp salt or to taste

**equipment**

- Measuring spoons and cups
- High-speed blender
- Spatula

**instructions**

**step 1**

Combine all ingredients into a high-speed blender and process until everything is smooth and creamy.

Pour over your favorite pasta, use as dip for veggies,
Fresh basil and garlic combined. It’s wonderful over pasta or even as a dip! Inspired from a friend years ago.

**Ingredients**

- 2 cups lightly packed fresh basil
- ¼ cup nutritional yeast flakes
- ½ cup hot water
- ¾ tsp salt or to taste

**Equipment**

- Measuring spoons and cups

**Instructions**

Combine all ingredients into a high-speed blender and process until everything is smooth and creamy.

Pour over your favorite pasta, use as dip for veggies,
This recipe is inspired from the Weimar Institute. I modified the recipe to use almonds in lieu of peanuts. It’s so good!

**ingredients**

- ½ cup almond butter
- ½ cup hot filtered water
- 1 tsp fresh lime juice
- 1 ½ Tbsp maple syrup
- 1 clove of garlic, minced
- 1 Tbsp liquid aminos or coconut aminos
- 2 Tbsp cilantro, chopped
- salt to taste (optional)

**equipment**

- measuring spoons and cups
- spoon
- cutting board
- knife
- bowl

**instructions**

**step 1**

Combine all ingredients, and stir together until everything is well combined.
This recipe is inspired from the Weimar Institute. I modified the recipe to use almonds in lieu of peanuts. It’s so good!

- ½ cup almond butter
- ½ cup hot filtered water
- 1 ½ Tbsp maple syrup
- 2 Tbsp cilantro, chopped
- 1 clove of garlic, minced
- 1 Tbsp liquid aminos or coconut aminos
- salt to taste (optional)
- measuring spoons and cups
- spoon
- knife

Combine all ingredients, and stir together until everything is well combined.
This wonderful recipe is inspired by the Weimar Institute. It pairs perfectly with mixed greens.

**Ingredients**

- ½ cup fresh mandarin juice
- ¼ cup raw cashews
- 3 Tbsp fresh lime juice
- 1 clove raw garlic
- 2 pitted dates
- ¼ tsp salt
- ¼ tsp coconut aminos or Bragg Liquid Aminos

**Equipment**

- Measuring spoons and cups
- Blender
- Spatula

**Instructions**

**Step 1**

Place all ingredients in a blender, and process until smooth.

**Step 2**

Pour over your favorite salad or use as a dressing.
raw citrus dressing

This wonderful recipe is inspired by the Weimar Institute. It pairs perfectly with mixed greens.

Ingredients:
- ½ cup fresh mandarin juice
- 3 Tbsp fresh lime juice
- 2 pitted dates
- ¼ tsp salt
- ¼ tsp coconut aminos or Bragg Liquid Aminos

Equipment:
- Measuring spoons and cups

Instructions:
Place all ingredients in a blender, and process until smooth.

Pour over your favorite salad or use as a...
Toasted sesame has a unique and strong flavor. This dressing pairs well with Asian cuisine and is delicious over salads.

**ingredients**

- 3 ½ Tbsp fresh lemon juice
- 2 Tbsp water
- 1 ½ Tbsp liquid aminos or coconut aminos
- 2 Tbsp toasted sesame seeds
- 1 tsp minced garlic
- 1 tsp ginger root, grated
- 2 Tbsp raw almond butter
- 2 Tbsp maple syrup
- ¼ tsp toasted sesame oil

**equipment**

- Measuring spoons and cups
- Cutting board and knife
- Blender

**instructions**

Combine all ingredients in a blender and blend on high until everything is well combined. Pour over your favorite salad. Note: a little goes a long way.
Toasted sesame dressing

Toasted sesame has a unique and strong flavor. This dressing pairs well with Asian cuisine and is delicious over salads.

**Ingredients**

- 3 ½ Tbsp fresh lemon juice
- 1 ½ Tbsp liquid aminos or coconut aminos
- 2 Tbsp toasted sesame seeds
- 1 tsp minced garlic
- 1 tsp ginger root, grated
- 2 Tbsp raw almond butter
- 2 Tbsp maple syrup
- ¼ tsp toasted sesame oil

**Instructions**

Combine all ingredients in a blender and blend on high until everything is well combined. Pour over your favorite salad. Note, a little goes a long way.
There is nothing like eating fresh tomatoes in season. This recipe is wonderful with heirloom tomatoes! Fresh is back!

### ingredients
- ½ red onion, finely diced
- ¼ cup red bell pepper, diced
- 2 Tbsp fresh parsley, chopped
- 1 clove garlic, minced
- 1 Tbsp fresh cilantro, chopped
- 1¼ tsp cumin, toasted
- 2 cups heirloom tomatoes
- 1 Tbsp fresh lemon juice
- ½ tsp salt, or to taste

### equipment
- measuring spoons and cups
- cutting board
- sharp knife

### instructions

**step 1**
Using a small pan, heat the cumin over medium heat for 2-3 minutes, being careful not to burn it. This is a secret to working with aromatic spices. Toast before you add them.
sauces & dressings

heirloom tomato salsa

There is nothing like eating fresh tomatoes in season. This recipe is wonderful with heirloom tomatoes! Fresh is back!

**Ingredients**

- ½ red onion, finely diced
- ¼ cup red bell pepper, diced
- 2 Tbsp fresh parsley, chopped
- 1 Tbsp fresh cilantro, chopped
- 1 clove garlic, minced
- ¼ tsp cumin, toasted
- 2 cups heirloom tomatoes, diced
- 1 Tbsp fresh lemon juice
- ½ tsp salt, or to taste

**Equipment & Dishes**

**Instructions**

Using a small pan, heat the cumin over medium heat for 2-3 minutes, being careful not to burn it. This is a secret to working with aromatic spices. Toast before you add them.
This sauce is delicious raw! Fresh tomatoes in season make this even better. Inspired by Living Light International.

**ingredients**

- 3 tomatoes, seeded and chopped
- ¼ cup tomato powder
- 2 Tbsp red onion, minced
- 1 garlic clove, minced
- 2 Tbsp fresh basil, minced
- 2 tsp fresh oregano, minced
- ½ tsp salt

**equipment**

- measuring spoons and cups
- food processor “S” blade
- food processor
- bowl

**instructions**

**step 1**
Place the tomatoes and sun-dried tomato powder in the food processor and pulse to combine. You want a chunky texture.

**step 2**
Add remaining ingredients and pulse briefly to combine. Let marinate for an hour. You can also heat this sauce over medium heat until all of the tomatoes are well cooked.
This sauce is delicious raw! Fresh tomatoes in season make this even better. Inspired by Living Light International.

**Ingredients**

- 3 tomatoes, seeded and chopped
- ¼ cup tomato powder
- 2 Tbsp red onion, minced
- 1 garlic clove, minced
- 2 Tbsp fresh basil, minced
- 2 tsp fresh oregano, minced
- ½ tsp salt

**Instructions**

1. Place the tomatoes and sun-dried tomato powder in the food processor and pulse to combine. You want a chunky texture.
2. Add remaining ingredients and pulse briefly to combine.
3. Let marinate for an hour. You can also heat this sauce over medium heat until all of the tomatoes are well cooked.
This recipe for cream sauce works very well. It is versatile for soups and other savory dishes. Enjoy!

**Ingredients**

- 2 cups potato, peeled & chopped
- 2 cups water
- ¾ cup raw cashews, rinsed
- ½ tsp garlic powder
- 1 tsp salt

**Equipment**

- Measuring spoons and cups
- Blender
- Sharp knife
- Cutting board
- Medium sauce pan

**Instructions**

**Step 1**

Peel and dice potatoes into medium chunks and place in sauce pan. Cover potatoes with water and bring to a boil over medium high heat. Cook until tender. Drain and set aside.

Using a high-speed blender, combine cashews, 2 cups water,
This recipe for cream sauce works very well. It is versatile for soups and other savory dishes. Enjoy!

**Ingredients**
- 2 cups potato, peeled & chopped
- ¾ cup raw cashews, rinsed
- ½ tsp garlic powder
- 1 tsp salt

**Equipment**
- Measuring spoons and cups
- Sharp knife
- Cutting board

Peel and dice potatoes into medium chunks and place in saucepan. Cover potatoes with water and bring to a boil over medium high heat. Cook until tender. Drain and set aside.

Using a high-speed blender, combine cashews, 2 cups water, garlic powder, salt, and cooked potatoes. Blend on high until instructions.

Serves various recipes
This recipe is a refreshing dressing. Cucumbers have a cooling effect on the body and are wonderful in season.

**ingredients**
- 1 medium cucumber, peeled
- ½ cup raw cashews
- 2 Tbsp fresh lemon juice
- 1 ½ tsp salt
- ¼ tsp onion powder
- ½ tsp dill weed
- pinch of guar gum to thicken
- add water as needed

**equipment**
- measuring spoons and cups
- blender

**instructions**

**Step 1**
Using a high-speed blender, blend all ingredients except dill weed. Blend until everything is very creamy.

Next, add the dill weed and pulse a few times until you see flecks of dill. Enjoy over a crisp salad of your choosing, or use...
**Cashew Dill Dressing**

This recipe is a refreshing dressing. Cucumbers have a cooling effect on the body and are wonderful in season.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium cucumber, peeled</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>½ tsp dill weed</td>
<td></td>
</tr>
<tr>
<td>pinch of guar gum to thicken</td>
<td></td>
</tr>
<tr>
<td>add water as needed</td>
<td></td>
</tr>
</tbody>
</table>

Using a high-speed blender, blend all ingredients except dill weed. Blend until everything is very creamy.

Next, add the dill weed and pulse a few times until you see flecks of dill. Enjoy over a crisp salad of your choosing, or use as needed.
sauces & dressings

raw tahini dressing

This tahini uses fresh raw garlic, which is very powerful for health. Enjoy it on a salad or pair it with falafel.

ingredients

- ¾ cup water
- 2 cloves garlic
- ½ cup tahini
- ¼ cup fresh lemon juice
- 1 tsp onion powder
- ½ tsp salt
- ¼ tsp cumin
- ¼ tsp toasted sesame oil

equipment

- measuring spoons and cups
- blender

instructions

Using a high-speed blender, combine all ingredients and blend on high speed until everything is creamy. Adjust salt if needed. Note: not all tahini brands are created equal. Some are more bitter than others. I like the brand Artisana. Savor!
sauces & dressings

raw tahini dressing

This tahini uses fresh raw garlic, which is very powerful for health. Enjoy it on a salad or pair it with falafel.

Ingredients:
- ¼ cup fresh lemon juice
- 1 tsp onion powder
- ½ tsp salt
- ¼ tsp cumin
- ¼ tsp toasted sesame oil

Equipment:
- Measuring spoons and cups

Instructions:

Using a high-speed blender, combine all ingredients and blend on high speed until everything is creamy. Adjust salt if needed. Note: not all tahini brands are created equal. Some are more bitter than others. I like the brand Artisana. Savor!
This is a nice oil-free dressing, and it’s inspired and adapted from the Weimar Institute. I love the texture and taste!

**ingredients**

- ¼ cup fresh lemon juice
- ¾ cup water
- ½ tsp salt
- 1 clove garlic, minced
- 2 Tbsp honey
- ¼ tsp dried basil
- ¼ tsp dried oregano
- 1 tsp fresh parsley
- ½ tsp fresh chives
- 1 ½ Tbsp red bell pepper
- ¼ tsp guar gum powder

**equipment**

- Measuring spoons and cups
- Blender
- Cutting board and knife

**instructions**

Using a high-speed blender, add all of the ingredients except guar gum and red bell pepper. Blend on high until everything is well combined.
sauces & dressings

raw herb dressing

This is a nice oil-free dressing, and it’s inspired and adapted from the Weimar Institute. I love the texture and taste!

¼ cup fresh lemon juice
1 clove garlic, minced
¼ tsp dried oregano
1 tsp fresh parsley
½ tsp fresh chives
1 ½ Tbsp red bell pepper
¼ tsp guar gum powder

measuring spoons and cups

Cutting board and knife

Using a high-speed blender, add all of the ingredients except guar gum and red bell pepper. Blend on high until everything is combined.
spreads
spreads
**raw almond butter**

**Why buy almond butter when you can make it fresh at home?** It tastes great, is so easy, and you know exactly what is in it.

### ingredients
- 2 cups almonds, raw
- ½ tsp salt (optional)

### equipment
- food processor
- spatula

### instructions

**step 1**
Pour the almonds and salt (if using) into the food processor, using the “s” blade attachment. Process the nuts until they are completely creamy and not dry. Be patient, you may think the almond butter is done, but usually it takes at least 15-20 minutes. Don’t be fooled by the processor; it needs a lot of spinning to release the oils from the nuts.

**step 2**
Store in an airtight container in the fridge for up to 1 month or longer.
Why buy almond butter when you can make it fresh at home? It tastes great, is so easy, and you know exactly what is in it.

**equipment**
- food processor
- spatula

Pour the almonds and salt (if using) into the food processor, using the “s” blade attachment. Process the nuts until they are completely creamy and not dry. Be patient, you may think the almond butter is done, but usually it takes at least 15-20 minutes. Don’t be fooled by the processor; it needs a lot of spinning to release the oils from the nuts.

Store in an airtight container in the fridge for up to 1 month or longer.
cashew cheese spread

This cheese is a hit in my home. It’s adapted from the Weimar Institute.

**ingredients**

| 2 cups cooked and peeled potato | ¼ cup nutritional yeast |
| 1 ¾ cups water | 2 Tbsp lemon juice |
| 1 cup raw cashews | 2 tsp salt |
| 4 ounce jar pimentos |

**equipment**

- measuring spoons and cups
- blender

**instructions**

**step 1**

Using a high-speed blender, combine all ingredients except the potatoes, and blend on high until you achieve a creamy texture.

**step 2**

Add the potatoes and blend again until a thick texture forms. Set up in the fridge or enjoy right away. Use for a
This cheese is a hit in my home. It’s adapted from the Weimar Institute.

**Ingredients**
- 2 cups cooked and peeled potato
- 4 ounce jar pimentos
- ¼ cup nutritional yeast
- 2 Tbsp lemon juice
- 2 tsp salt

**Equipment**
- Measuring spoons and cups

**Instructions**

1. Using a high-speed blender, combine all ingredients except the potatoes, and blend on high until you achieve a creamy texture.
2. Add the potatoes and blend again until a thick texture forms. Set up in the fridge or enjoy right away. Use for a...
roasted garlic hummus spread

A wonderful spread to add to any vegetable or rice cake, to make things interesting. Adapted from the Weimar Institute.

**ingredients**
1 garlic head, roasted & squeezed
2 cups cooked garbanzo beans
\(\frac{1}{4}\) cup fresh lemon juice

\(\frac{1}{4}\) cup tahini

\(\frac{1}{2}\) tsp salt
\(\frac{1}{2}\) tsp onion powder
\(\frac{1}{2}\) tsp cumin powder

filtered water as needed

**equipment**
measuring spoons and cups
knife and cutting board
food processor
spatula
food processor “S” blade

**instructions**
Preheat oven to 400 degrees F. Cut top half of garlic to expose as many individual cloves as possible. Wrap garlic bulb in aluminum foil and place in oven for 1 hour to roast garlic. Remove from foil. Let cool. Squeeze garlic and use

**step 1**
**Garlic Hummus Spread**

A wonderful spread to add to any vegetable or rice cake, to make things interesting. Adapted from the Weimar Institute.

Ingredients:

- 1 garlic head, roasted & squeezed
- 2 cups cooked garbanzo beans
- ¼ cup fresh lemon juice
- ½ tsp salt
- ½ tsp onion powder
- ½ tsp cumin powder
- Filtered water as needed

Equipment:

- Measuring spoons and cups
- Food processor "S" blade
- Knife and cutting board
- Spatula

Preheat oven to 400 degrees F. Cut top half of garlic to expose as many individual cloves as possible. Wrap garlic bulb in aluminum foil and place in oven for 1 hour to roast garlic. Remove from foil. Let cool. Squeeze garlic and use.

Serves 8
Avocados are one of my favorite foods! They are full of good fats, and they are so creamy and delicious!

**ingredients**

| 3 large avocados, mashed | ¼ tsp garlic powder |
| 1 Tbsp fresh lime juice | 2 tsp cilantro, finely chopped |
| 2 tsp red onion, minced | 2 tsp tomato, finely chopped (optional) |
| ½ tsp salt |

**equipment**

| measuring spoons and cups | medium bowl |
| cutting board | fork or potato masher |
| sharp knife |

**instructions**

**step 1**
Cut, peel, and pit avocados. Mash with a fork or potato masher.

**step 2**
Next, add all of the ingredients together. Use to top off your baked potato, add to your favorite Mexican dish, put on your soup in place of sour cream, or use as a dip or salad dressing.
Avocados are one of my favorite foods! They are full of good fats, and they are so creamy and delicious!

**spread**

**raw avocado spread**

Cut, peel, and pit avocados. Mash with a fork or potato masher.

Next, add all of the ingredients together. Use to top off your baked potato, add to your favorite Mexican dish, put on your soup in place of sour cream, or use as a dip or salad dressing.

**ingredients**

- 3 large avocados, mashed
- 1 Tbsp fresh lime juice
- 2 tsp red onion, minced
- ¼ tsp garlic powder
- 2 tsp cilantro, finely chopped
- 2 tsp tomato, finely chopped (optional)

**equipment**

- measuring spoons and cups
- medium bowl
- fork or potato masher

**serves 6**
No need to buy jam again. You can make it yourself without the added sugar. Inspired by the Weimar Institute.

**ingredients**
- 1 can frozen juice concentrate*
- 2 cups frozen berries
- 1 cup water
- ¼ cup quick tapioca

*Note, be sure to find 100% concentrate in the freezer can always use apple juice grape juice for your jams.

**equipment**
- measuring spoons and cups
- medium sauce pan

**instructions**

**step 1** Combine all ingredients into the sauce pan and cook over medium heat, stirring constantly until the tapioca appears clear.

**step 2** Remove from heat and place berry jam in a container and set up in the fridge. Enjoy as a topping to ice cream.
No need to buy jam again. You can make it yourself without added sugar. Inspired by the Weimar Institute.

1 can frozen juice concentrate*

*Note, be sure to find 100% juice concentrate in the freezer aisle. You can always use apple juice or white grape juice for your jams.

 measuring spoons and cups

Combine all ingredients into the sauce pan and cook over medium heat, stirring constantly until the tapioca appears clear.

Move from heat and place berry jam in a container and set up in the fridge. Enjoy as a topping to ice cream.
breakfast
breakfast
My children love this recipe. It’s a wonderful alternative to the traditional waffles loaded with dairy and eggs. Enjoy a

**Ingredients**
- 1 ½ cups rice or almond milk
- 1 cup brown rice flour
- 2 Tbsp maple syrup
- ½ cup gluten-free quick oats
- ½ cup potato starch
- ¼ cup tapioca flour
- pinch of salt

**Equipment**
- measuring spoons and cups
- blender
- waffle iron

**Instructions**
Place all of the ingredients into your high-speed blender
I love this recipe. It’s a wonderful alternative to the traditional waffles loaded with dairy and eggs. Enjoy anytime!

**Breakfast**

**Gluten-Free Waffles**

Place all of the ingredients into your high-speed blender and process until smooth. Serve immediately.

- 1 ½ cups rice or almond milk
- 1 cup brown rice flour
- ½ cup gluten-free quick oats
- 1 Tbsp Ener-G baking powder
  - or 1 ½ tsp aluminum-free baking powder
- 1 pitted date or 2 Tbsp date sugar
  - (optional)

Serves 3-4 waffles
Blueberries are packed with antioxidants. This pancake recipe is not only good for you, but it's also delicious.

**ingredients**

1 ½ cups rice or almond milk  
1 cup brown rice flour  
2 Tbsp maple syrup  
½ cup gluten-free quick oats  
½ cup potato starch  
¼ cup tapioca flour  
fresh or frozen blueberries  
pinch of salt

**equipment**

measuring spoons and cups  
blender  
griddle or skillet  
spatula

**instructions**

Preheat your griddle to 375 degrees F. You may have to spray...
Blueberries are packed with antioxidants. This pancake recipe is not only good for you, but it’s also delicious.

Ingredients:
- 1 ½ cups rice or almond milk
- 1 cup brown rice flour
- ½ cup gluten-free quick oats
- ½ cup potato starch
- Fresh or frozen blueberries
- 1 Tbsp Ener-G baking powder
  or 1 ½ tsp aluminum-free baking powder
- 1 pitted date or 2 Tbsp date sugar (optional)

Equipment:
- Measuring spoons and cups
- Griddle or skillet
- Spatula

Preheat your griddle to 375 degrees F. You may have to spray...
breakfast

gluten-free cranberry-orange scones

These muffin/scones hit the spot when you need a quick idea. Make a few recipes ahead of time and freeze for later.

ingredients

1 ½ cups brown rice flour

1 cup finely chopped walnuts

1 tsp salt

½ cup tapioca starch or potato starch

¾ cup almond or rice milk

½ cup honey

¼ cup orange juice concentrate

¾ cup chopped cranberries

1/2 cup chopped pitted dates

2 Tbsp Ener-G baking powder

or 1 Tbsp aluminum-free baking powder

equipment

measuring spoons and cups

blender

muffin tins

instructions

In a medium mixing bowl, combine rice flour, tapioca starch,
breakfast

cranberry-orange scones

Muffin/scone recipes hit the spot when you need a quick breakfast. Make a few recipes ahead of time and freeze for later.

1 ½ cups brown rice flour
1 cup finely chopped walnuts
½ cup tapioca starch or potato starch
¾ cup almond or rice milk
¼ cup orange juice concentrate
¾ cup chopped cranberries
½ cup chopped pitted dates
2 Tbsp Ener-G baking powder

or 1 Tbsp aluminum-free baking powder

In a medium mixing bowl, combine rice flour, tapioca starch, walnuts, dates, cranberries and orange juice concentrate.

Stir in almond milk and baking powder. Mix well.

Spoon into greased muffin pans and bake at 350°F for 20 minutes or until golden brown.
Breakfast should be the best meal of the day! Why not have a beautiful, healthy dessert for breakfast, guilt-free?

**ingredients**

- 2-4 cups fresh strawberries, sliced
- 1 recipe coconut whipped cream (p 171)
- 1 cup grain-free granola (p 94)

**equipment**

- Knife and cutting board

**instructions**

**step 1**

Using a parfait glass or bowl, add grain-free granola, followed by sliced strawberries, followed by whipped cream.
Breakfast should be the best meal of the day! Why not have a beautiful, healthy dessert for breakfast, guilt-free?

**Ingredients**
- 2-4 cups fresh strawberries, sliced
- 1 recipe coconut whipped cream (p 171)
- 1 cup grain-free granola (p 94)

**Equipment**
- Knife and cutting board

**Instructions**
Using a parfait glass or bowl, add grain-free granola, followed by sliced strawberries, followed by whipped cream.
This is a great grain-free granola to use as a cereal in the morning or to add to your desserts.

**Ingredients**

<table>
<thead>
<tr>
<th>1 cup cashews</th>
<th>½ cup almond butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup unsweetened coconut</td>
<td>½ cup maple syrup</td>
</tr>
<tr>
<td>1 ½ cups chopped walnuts</td>
<td>2 Tbsp liquid vanilla</td>
</tr>
<tr>
<td>1 cup sunflower seeds</td>
<td>pinch of salt</td>
</tr>
</tbody>
</table>

**Equipment**

- Measuring spoons and cups
- Blender or food processor
- Cookie sheet

**Instructions**

Preheat oven to 300 degrees F. In a medium size bowl, combine the cashews, unsweetened shredded coconut, walnuts, and sunflower seeds.

**Step 1**

Using a high-speed blender, combine the almond butter, maple syrup, liquid vanilla, and pinch of salt.
breakfast

grain-free granola

This is a great grain-free granola to use as a cereal in the morning or to add to your desserts.

grain-free granola

1 cup unsweetened coconut
1 ½ cups chopped walnuts
1 cup sunflower seeds
⅓ cup almond butter
⅓ cup maple syrup
2 Tbsp liquid vanilla
pinch of salt

Preheat oven to 300 degrees F. In a medium size bowl, combine cashews, unsweetened shredded coconut, walnuts, and sunflower seeds.

Using a high-speed blender, combine the almond butter, maple syrup, and vanilla. Blend until smooth. Add the blended mixture to the bowl.

Mix well to combine, ensuring all ingredients are well coated. Spread the granola mixture onto a baking sheet lined with parchment paper.

Bake for 30-35 minutes, stirring every 10 minutes, until the granola is golden brown and crunchy.

Remove from the oven and let cool completely before storing in an airtight container.
entrees
entrees
This is a great recipe full of vegetables. Made with zucchini, onions, and garlic! Inspired by the Weimar Institute.

**ingredients**
- 2 cups grated zucchini
- ½ cup gluten-free flour
- 2 Tbsp ‘chik-n’ seasoning (p 168)
- ½ tsp salt
- 1 cup onion, diced
- 1 clove garlic, minced
- ½ cup pecans/walnuts, chopped
- ¼ cup nutritional yeast
- 1 cup gluten-free oats
- 1 cup carrot cut into small chunks

**equipment**
- measuring spoons and cups
- food processor
- food processor “S” blade
- sprayed cookie sheet
- 2 medium bowls
- knife and cutting board

**instructions**

Preheat oven to 375 degrees F. Place the grated zucchini, ‘chik-n’ seasoning, and salt in bowl. Mix well so that the water from the zucchini begins to release and form a marinad

step 1
This is a great recipe full of vegetables. Made with zucchini, carrot, onions, and garlic! Inspired by the Weimar Institute.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>grated zucchini</td>
<td>2 cups</td>
</tr>
<tr>
<td>gluten-free flour</td>
<td>½ cup</td>
</tr>
<tr>
<td>chik-n’ seasoning (p 168)</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>garlic, minced</td>
<td>1 clove</td>
</tr>
<tr>
<td>pecans/walnuts, chopped</td>
<td>½ cup</td>
</tr>
<tr>
<td>nutritional yeast</td>
<td>¼ cup</td>
</tr>
<tr>
<td>gluten-free oats</td>
<td>1 cup</td>
</tr>
<tr>
<td>gluten-free oats</td>
<td>1 cup</td>
</tr>
<tr>
<td>carrot cut into small chunks</td>
<td>1 cup</td>
</tr>
<tr>
<td>measuring spoons and cups</td>
<td></td>
</tr>
<tr>
<td>food processor “S” blade</td>
<td></td>
</tr>
<tr>
<td>sprayed cookie sheet</td>
<td></td>
</tr>
<tr>
<td>2 medium bowls</td>
<td></td>
</tr>
<tr>
<td>knife and cutting board</td>
<td></td>
</tr>
</tbody>
</table>

Heat oven to 375 degrees F. Place the grated zucchini, chik-n’ seasoning, and salt in bowl. Mix well so that the water from the zucchini begins to release and form a marinade.
Burgers are such an American tradition. These are made without the meat or cheese, which means they are healthy.

**ingredients**

| 2 cups shredded carrots                      |
| 1 ½ cups raw sunflower seeds                |
| ½ cup walnuts, chopped                       |
| ½ cup brown rice flour                      |
| ½ onion, chopped                            |
| ½ cup tomato sauce                          |
| 1 Tbsp onion powder                         |
| 1 ½ tsp salt                                |
| 1 tsp cumin                                 |
| 1 tsp oregano                               |
| 1 clove garlic                              |
| 1 clove garlic                              |

**equipment**

| measuring spoons and cups               |
| sprayed cookie sheet                    |
| food processor                           |
| food processor “S” blade                |
| 1 large bowl                            |
| knife and cutting board                 |

**instructions**

Preheat the oven to 375 degrees F. Using a food processor with the “S” blade, combine the sunflower seeds, rice flour,
Burgers are such an American tradition. These are made without meat or cheese, which means they are healthy.

**Ingredients**

- 2 cups shredded carrots
- 1 1/2 cups raw sunflower seeds
- 1/2 cup walnuts, chopped
- 1/2 cup brown rice flour
- 1/2 cup tomato sauce
- 1 Tbsp onion powder
- 1 1/2 tsp salt
- 1 tsp cumin
- 1 tsp oregano
- 1 clove garlic

**Equipment**

- 2 measuring spoons and cups
- Food processor "S" blade
- Sprayed cookie sheet
- 1 large bowl
- Knife and cutting board

**Instructions**

Preheat the oven to 375 degrees F. Using a food processor with the “S” blade, combine the sunflower seeds, rice flour, and vegetables. Mix well. Shape into patties and place on a sprayed cookie sheet. Bake for 15 minutes.
I cannot tell you how much my family loves these nachos. They are so healthy, and it beats any kind you get elsewhere!

**ingredients**
- 1 recipe raw avocado spread (p 80)
- 1 recipe raw cheese sauce (p 50)
- 1 recipe hearty vegan chili (p 14)
- 1 recipe raw heirloom tomato salsa (p 60)
- favorite gluten-free chips
- chopped olives
- shredded romaine lettuce
- 1 recipe Spanish rice

**equipment**
- cutting board
- sharp knife

**instructions**

**step 1**
Place chips on the bottom of the plate. Layer in the following order, beans or chili, rice, “cheese,” salsa, avocado, olives, and lettuce.
**entrees**

**typical nachos, better!**

You how much my family loves these nachos. They are so healthy, and it beats any kind you get elsewhere!

- 1 recipe raw avocado spread (p 80)
- 1 recipe raw cheese sauce (p 50)
- 1 recipe hearty vegan chili (p 14)
- 1 recipe raw heirloom tomato salsa (p 60)
- Favorite gluten-free chips
- Chopped olives
- Shredded romaine lettuce
- 1 recipe Spanish rice (p 112)

Place chips on the bottom of the plate. Layer in the following order, beans or chili, rice, “cheese,” salsa, avocado, aves, and lettuce.
What a great way to get your salad in a wrap! Top it off with almond sauce. Eat more veggies this way … it’s delicious!

ingredients
1 cup fresh zucchini, spiralized
1 cup fresh carrots, shredded
1 avocado cut into 6 wedges
1 cup mung bean sprouts
6 fresh, large basil leaves
3 Tbsp mint, chopped
3 Tbsp cilantro, chopped
6 rice paper wrappers
1 recipe almond sauce (p 54)

equipment
measuring spoons and cups
shallow pie pan
knife
cutting board

instructions
Place warm water into the shallow pie pan. Take one rice paper wrap at a time and dip it into the water for about 5 seconds, then place it on a cutting board. Add the zucchini, carrots, avocado, and other ingredients. Roll up tight. Serve with the almond sauce.
Asian spring roll with almond sauce

What a great way to get your salad in a wrap! Top it off with almond sauce. Eat more veggies this way ... it's delicious!

Ingredients:
- 1 cup fresh zucchini, spiralized
- 1 cup fresh carrots, shredded
- 1 avocado cut into 6 wedges
- 1 cup mung bean sprouts
- 6 fresh, large basil leaves
- 3 Tbsp mint, chopped
- 3 Tbsp cilantro, chopped

Equipment:
- 6 rice paper wrappers
- 1 recipe almond sauce (p 54)
- measuring spoons and cups
- knife
- cutting board

Instructions:
Place warm water into the shallow pie pan. Take one rice paper wrap at a time and dip it into the water for about 5 seconds.
This is a really great dish to make ahead of time and freeze. Then pull it out of the freezer, reheat, and dinner is ready.

**ingredients**

- 1 ½ cups black beans, cooked
- 1 cup frozen organic corn
- 1 ½ cups pinto beans, cooked
- 1 cup sliced black olives
- 12 corn tortillas
- 1 red bell pepper, diced
- 1 recipe raw cheese sauce (p 50)

**equipment**

- measuring spoons and cups
- knife and cutting board
- large skillet or pot
- 9 X 13 sprayed baking dish

**instructions**

In a small dry pan, stir chili powder and cumin over medium high heat. Stir constantly for 2-3 minutes or until the spices become fragrant. Then add the other ingredients and mix well.

**step 1**
**enchilada bake**

*a really great dish to make ahead of time and freeze. Pull it out of the freezer, reheat, and dinner is ready.*

1½ cups black beans, cooked  
1 cup frozen organic corn  
1 ½ cups pinto beans, cooked  
1 cup sliced black olives  
1 red bell pepper, diced  
1 recipe raw cheese sauce (p 50)  
1 onion, diced  
3 cloves garlic, minced  
1 Tbsp cumin  
2 tsp salt  
2 Tbsp chili powder  
3 tsp dried oregano  
2 cups of your favorite salsa

**Instructions**

In a small dry pan, stir chili powder and cumin over medium heat. Stir constantly for 2-3 minutes or until the spices instructions

serves 8-10
Taco night is a tradition in my family. These are a fun way to have mini taco salads. Fill them with your favorite vegetables.

**ingredients**

- 6 mini organic corn tortillas
- 1 cup chopped tomatoes or salsa
- 1 cup hearty vegan chili (p 14)
- 2 cups shredded lettuce
- 1 cup sliced black olives
- 1 cup raw cheese sauce (p 50)
- 1 cup raw avocado spread (p 43)
- cooking spray to prevent sticking

**equipment**

- 2 regular size muffin pans
- shallow pie pan
- knife and cutting board
- skillet

**instructions**

**step 1**

Pre-heat the oven to 350 degrees F. Spray the backside of two regular muffin pans with non-stick cooking spray. Set aside.

**step 2**

Pre-heat a skillet over medium heat. Fill a shallow pie pan with water.
Taco night is a tradition in my family. These are a fun way to have mini taco salads. Fill them with your favorite veggies.

**ingredients**

- 6 mini organic corn tortillas
- 1 cup chopped tomatoes or salsa
- 1 cup hearty vegan chili (p 14)
- 2 cups shredded lettuce
- 1 cup sliced black olives
- 1 cup raw cheese sauce (p 50)
- 1 cup raw avocado spread (p 80)
- cooking spray to prevent sticking

**equipment**

- 2 regular size muffin pans
- shallow pie pan
- skillet

**instructions**

Pre-heat the oven to 350 degrees F. Spray the backside of two regular muffin pans with non-stick cooking spray. Set aside.

Pre-heat a skillet over medium heat. Fill a shallow pie pan with water.

Re-heat a skillet over medium heat. Fill a shallow pie pan with water.
Burritos are a great way to stuff a lot of vegetables in a wrap. I like to call these salads you can hold.

ingredients
1 cup chopped tomatoes or salsa
1 cup hearty vegan chili (p 14)
1 cup shredded lettuce
1/2 cup sliced black olives
1/2 cup raw cheese sauce (p 50)
1/2 cup raw avocado spread
2 brown rice tortilla wraps or large collard green leaves or large corn tortillas

equipment
knife and cutting board
shallow pie pan
skillet

instructions

step 1 Pre-heat a skillet over medium heat. Fill a shallow pie pan with water.
Anytime veggie burrito

Burritos are a great way to stuff a lot of vegetables into a wrap. I like to call these salads you can hold.

Ingredients:
- 1 cup chopped tomatoes or salsa
- 1 cup hearty vegan chili (p 14)
- 1 cup shredded lettuce
- ½ cup sliced black olives
- ½ cup raw cheese sauce (p 50)
- ½ cup raw avocado spread (p 80)
- 2 brown rice tortilla wraps
- or large collard green leaves
- or large corn tortillas

Instructions:
1. Preheat a skillet over medium heat. Fill a shallow pie pan with water.
2. Dip tortillas in the water, then place on a sprayed skillet.

Serves 2
Spanish rice is a wonderful meal by itself or as a side or also a great base to put soup or beans over. Enjoy!

**ingredients**

1 cup long grain brown rice
2 cups water
2 Tbsp tomato paste
½ tsp salt
½ tsp cumin powder
½ tsp chili powder
½ tsp paprika
2 Tbsp ‘chik-n’ seasoning (p 16)
¾ cup organic frozen corn
2 cloves garlic, minced
½ cup onion, diced

**equipment**

measuring spoons and cups
medium sauce pan
knife and cutting board

**instructions**

In the dry medium sauce pan, stir chili powder, paprika, and cumin over medium high heat. Stir constantly for 2-3
Spanish rice is a wonderful meal by itself or as a side dish. It is also a great base to put soup or beans over. Enjoy!

<table>
<thead>
<tr>
<th>Ingredients</th>
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</thead>
<tbody>
<tr>
<td>1 cup long grain brown rice</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp tomato paste</td>
<td></td>
</tr>
<tr>
<td>½ tsp cumin powder</td>
<td></td>
</tr>
<tr>
<td>½ tsp paprika</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp ‘chik-n’ seasoning (p 168)</td>
<td></td>
</tr>
<tr>
<td>¾ cup organic frozen corn</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>½ cup onion, diced</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Measuring spoons and cups</td>
<td></td>
</tr>
<tr>
<td>Knife and cutting board</td>
<td></td>
</tr>
</tbody>
</table>

In the dry medium sauce pan, stir chili powder, paprika, and cumin over medium-high heat. Stir constantly for 2-3
Who knew? Zucchini transformed into pasta. This is a great way to use all of that zucchini you will have this summer.

### Ingredients
- 2 zucchinis
- 1 cup raw marinara sauce (p 62)
- 2 Tbsp raw pecan parmesan (p 172)

### Equipment
- Measuring spoons and cups
- Spiralizer
- Vegetable peeler

### Instructions

**Step 1**
Peel zucchini and spiralize according to the manufacturer’s instructions.

**Step 2**
Top noodles with marinara sauce and raw pecan parmesan cheese.
Who knew? Zucchini transformed into pasta. This is a great way to use all of that zucchini you will have this summer.

1 cup raw marinara sauce (p 62)
2 Tbsp raw pecan parmesan (p 172)

Peel zucchini and spiralize according to the manufacturer's instructions.

Top noodles with marinara sauce and raw pecan parmesan cheese.
Lettuce cups are a great way to get a combination of raw and cooked vegetables. These are a great finger food.

**ingredients**
- ¼ cup liquid aminos
- 1 tsp grated fresh ginger
- ½ tsp toasted sesame oil
- ½ cup red onion, minced
- 2 stalks celery, diced
- 1 cup mushrooms, sliced
- 1 red bell pepper, diced
- 1 green onion, diced
- 1 clove garlic, minced
- 2 Tbsp ‘chik-n’ seasoning (p 168)
- 8-9 lettuce leaves, depending on how large water as needed for liquid to cook vegetables

**equipment**
- measuring spoons and cups
- knife and cutting board
- skillet

**instructions**
Place all of the ingredients into the skillet, except the lettuce leaves. Cook over medium-high heat until tender, adding water as needed for liquid to cook vegetables. Place a lettuce leaf in each bowl and top with the cooked vegetables.

Serves 4-6
asian lettuce cups

Lettuce cups are a great way to get a combination of raw and cooked vegetables. These are a great finger food.

Ingredients:
- ¼ cup liquid aminos
- 1 tsp grated fresh ginger
- ½ tsp toasted sesame oil
- ½ cup red onion, minced
- 2 stalks celery, diced
- 1 cup mushrooms, sliced
- 1 red bell pepper, diced
- 1 green onion, diced
- 1 clove garlic, minced
- 2 Tbsp ‘chik-n’ seasoning (p 168)
- 8-9 lettuce leaves, depending on how large
- water as needed for liquid to cook vegetables

Equipment:
- measuring spoons and cups
- knife and cutting board

Instructions:
Place all of the ingredients into the skillet, except the lettuce cups. Serves 4-6.
Fried rice is one of those dishes that serves as a meal by itself. The key to this recipe is to use your leftover brown rice.

**ingredients**

- 2-3 cups prepared brown rice
- 1 cup carrots, julienne sliced
- 1 cup frozen peas or sugar peas
- 1 cup broccoli, steamed
- 2 green onions, sliced
- 1 cup mushrooms, sliced
- 1 tsp toasted sesame oil
- 1 clove garlic, minced
- 1 Tbsp ‘chik-n’ seasoning (p 168)
- Water as needed to cook vegetables
- ¼ cup Bragg Liquid Aminos, or other gluten free soy sauce

**equipment**

- Measuring spoons and cups
- Skillet
- Knife and cutting board
- Steamer

**instructions**

**step 1**

In a steamer or separate pan, steam the broccoli until soft. Turn off heat and set aside.
Fried rice is one of those dishes that serves as a meal by itself. The key to this recipe is to use your leftover brown rice.

2-3 cups prepared brown rice
1 cup carrots, julienne sliced
1 cup frozen peas or sugar peas
1 cup broccoli, steamed
2 green onions, sliced
1 tsp toasted sesame oil
1 clove garlic, minced
1 Tbsp ‘chik-n’ seasoning (p 168)
water as needed to cook vegetables
¼ cup Bragg Liquid Aminos, or other gluten free soy sauce

In a steamer or separate pan, steam the broccoli until soft. Turn off heat and set aside.
Zucchini makes wonderful noodles. I love to eat this pasta with the pesto sauce. It’s a great way to go raw!

**ingredients**
- 2 medium zucchini, peeled
- 3 Tbsp raw pesto sauce (p 52)
- 3 Tbsp raw pecan parmesan cheese (p 172)

**equipment**
- measuring spoons
- angel hair spiralizer
- vegetable peeler

**instructions**

**step 1**  
Spiralize peeled zucchini according to manufacturer’s instructions.

**step 2**  
Top noodles with raw pesto sauce and raw pecan parmesan cheese as desired.
angel hair zucchini pesto

i makes wonderful noodles. I love to eat this pasta with the pesto sauce. It’s a great way to go raw!

S
peeled

2 medium zucchini, peeled

3 Tbsp raw pesto sauce (p 52)

3 Tbsp raw pecan parmesan cheese (p 172)

instructions
Spiralize peeled zucchini according to manufacturer’s instructions.

Top noodles with raw pesto sauce and raw pecan parmesan cheese as desired.
These little delights are big on flavor and texture. Traditional latkes have potato, egg, and flour. Here’s a new tradition.

**ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 medium zucchini, grated</td>
<td></td>
</tr>
<tr>
<td>½ cup garbanzo bean flour</td>
<td></td>
</tr>
<tr>
<td>½ tsp coriander</td>
<td></td>
</tr>
<tr>
<td>½ tsp onion powder</td>
<td></td>
</tr>
<tr>
<td>½ tsp cumin</td>
<td></td>
</tr>
<tr>
<td>½ tsp garlic powder</td>
<td></td>
</tr>
<tr>
<td>1 tsp salt</td>
<td></td>
</tr>
<tr>
<td>spray oil (to prevent sticking)</td>
<td></td>
</tr>
</tbody>
</table>

**equipment**

- measuring spoons and cups
- grater
- skillet

**instructions**

**step 1**

Using a grater, grate 3 medium zucchini or until you have about 2 ½ cups. Transfer to a bowl. Set aside.

**step 2**

In a dry skillet, stir coriander and cumin over medium high heat, and stir constantly for 2-3 minutes or until the spices start to release their flavor.
These little delights are big on flavor and texture. Traditional latkes are potato, egg, and flour. Here’s a new tradition.

- 3 medium zucchini, grated
- ½ cup garbanzo bean flour
- ¼ tsp cumin
- ½ tsp garlic powder
- 1 tsp salt
- spray oil (to prevent sticking)

Using a grater, grate 3 medium zucchinis or until you have about 2 ½ cups. Transfer to a bowl. Set aside.

In a dry skillet, stir coriander and cumin over medium high heat, and stir constantly for 2-3 minutes or until the spices instructions...
I love middle-eastern cuisine, and falafel patties are such a great dish. There are so many good things packed inside the falafel patties.

**ingredients**

- 2 cups garbanzo beans, cooked
- 2 Tbsp garbanzo bean flour
- 1 tsp coriander
- 1 tsp chili powder
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 2 tsp lemon juice, fresh
- 2 cloves of garlic, minced
- ½-1 tsp salt or to taste
- spray oil (to prevent sticking)

**equipment**

- measuring spoons and cups
- food processor
- “S” blade
- skillet

**instructions**

In a dry skillet over medium high heat, stir coriander, chili powder, and cumin. Stir constantly for 2-3 minutes or until...
I love middle-eastern cuisine, and falafel patties are such a great dish. There are so many good things packed inside these.

**Ingredients**
- 2 cups garbanzo beans, cooked
- 2 Tbsp garbanzo bean flour
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 2 tsp lemon juice, fresh
- 2 cloves of garlic, minced
- ½-1 tsp salt or to taste
- spray oil (to prevent sticking)

**Equipment**
- measuring spoons and cups
- knife and cutting board
- skillet

**Instructions**

1. In a dry skillet over medium high heat, stir coriander, chili powder, and cumin. Stir constantly for 2-3 minutes or until the spices are fragrant. Set spices aside.
Who said that waffles are for breakfast? I love these savory waffles for breakfast, lunch, or dinner. It’s a nice savory meal.

### ingredients
- 3 medium zucchini, grated
- ½ cup garbanzo bean flour
- ½ tsp coriander
- ½ tsp onion powder
- ½ tsp cumin
- ½ tsp garlic powder
- 1 tsp salt
- spray oil (to prevent sticking)

### equipment
- measuring spoons and cups
- grater
- waffle iron

### instructions

**step 1**
Using a grater, grate 3 medium zucchini or until you have about 2 ½ cups. Transfer to a bowl. Set aside.

**step 2**
In a dry skillet, stir coriander and cumin over medium high heat and stir constantly for 2-3 minutes or until the spices become fragrant.
Who said that waffles are for breakfast? I love these for breakfast, lunch, or dinner. It’s a nice savory meal.

3 medium zucchini, grated
½ cup garbanzo bean flour
½ tsp cumin
½ tsp garlic powder
1 tsp salt
spray oil (to prevent sticking)

Using a grater, grate 3 medium zucchini or until you have about 2 ½ cups. Transfer to a bowl. Set aside.

In a dry skillet, stir coriander and cumin over medium high heat and stir constantly for 2-3 minutes or until the spices...
This recipe came to me one day while making falafels. It just seems that falafels and waffles were meant to be.

### ingredients

- 2 cups garbanzo beans, cooked
- 2 Tbsp garbanzo bean flour
- 1 tsp coriander
- 1 tsp chili powder
- 1 tsp cumin
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 2 tsp lemon juice, fresh
- 2 cloves of garlic, minced
- ½-1 tsp salt or to taste
- spray oil (to prevent sticking)

### equipment

- measuring spoons and cups
- food processor
- “S” blade
- knife and cutting board
- waffle iron

### instructions

In a dry skillet over medium high heat, stir coriander, chili powder, and cumin. Stir constantly for 2-3 minutes or until the

**step 1**
Recipe came to me one day while making falafels. It just seems that falafels and waffles were meant to be one.

**Ingredients**
- 2 cups garbanzo beans, cooked
- 2 Tbsp garbanzo bean flour
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- 2 tsp lemon juice, fresh
- 2 cloves of garlic, minced
- ½-1 tsp salt or to taste
- spray oil (to prevent sticking)

**Equipment**
- measuring spoons and cups
- knife and cutting board
- waffle iron

In a dry skillet over medium high heat, stir coriander, chili powder, and cumin. Stir constantly for 2-3 minutes or until the
Gluten-free pasta has come a long way, but the pesto is the key ingredient in this recipe!

**ingredients**

- 12 ounces of gluten-free pasta
- 1 recipe raw pesto sauce (p 52)

**equipment**

- large soup pot
- strainer

**instructions**

**step 1**

Boil pasta according to directions.
Strain and return to pot.

**step 2**

Next, add the “raw pesto sauce” to the noodles and heat over medium heat. Be careful not to burn the pesto. Enjoy!
Gluten-free pasta has come a long way, but the pesto is the key ingredient in this recipe!

---

### Pesto Pasta

**Ingredients**

- 12 ounces of gluten-free pasta
- 1 recipe raw pesto sauce (p 52)

**Instructions**

1. Boil pasta according to directions.
2. Strain and return to pot.
3. Next, add the “raw pesto sauce” to the noodles and heat over medium heat. Be careful not to burn the pesto. Enjoy!

Serves 4
Growing up, I loved mac-n-cheese. Of course, my favorite was out of a box. This recipe thinks outside of the box.

**Ingredients**
- 12 ounces of gluten-free pasta
- 1 recipe raw cheese sauce (p 50)
- 1 cup organic frozen peas

**Equipment**
- Large soup pot
- Strainer

**Instructions**

**Step 1**
Boil pasta according to directions. Strain and return to pot.

**Step 2**
Next, add peas and the “raw cheese sauce” to the noodles, and heat over medium heat. Be careful not to burn the sauce.
Growing up, I loved mac-n-cheese. Of course, my favorite one was out of a box. This recipe thinks outside of the box.

**Ingredients**
- 12 ounces of gluten-free pasta
- 1 recipe raw cheese sauce (p 50)
- 1 cup organic frozen peas

**Equipment**

**Instructions**
- Boil pasta according to directions.
- Drain and return to pot.
- Next, add peas and the “raw cheese sauce” to the noodles, and heat over medium heat. Be careful not to burn the sauce.

Serves 4
Growing up, there was a place that served only potatoes. My favorite option was the broccoli and cheese stuffed potato.

ingredients
2 medium Yukon gold potatoes
2 cups organic broccoli, steamed
1 cup cashew cheese spread recipe (p 76)

equipment
vegetable steamer
aluminum foil
knife and cutting board

instructions
step 1 Preheat oven to 400 degrees F. Wrap potatoes in foil and cook for about 45-60 minutes, or until soft.

step 2 Cut broccoli into bite size pieces and steam until soft. Remove from heat.
Growing up, there was a place that served only potatoes. My favorite option was the broccoli and cheese stuffed potato.

## Ingredients

- 2 medium Yukon gold potatoes
- 2 cups organic broccoli, steamed
- 1 cup cashew cheese spread recipe (p 76)
- knife and cutting board

## Instructions

1. Preheat oven to 400 degrees F. Wrap potatoes in foil and cook for about 45-60 minutes, or until soft.
2. Cut broccoli into bite size pieces and steam until soft. Remove from heat.
desserts
desserts
No bake tiramisu ice cream cake

Raw carob makes this an amazing dessert. Make for a special occasion or just because. It’s so decadent!

Ingredients

Crust layer:
- 2 pitted dates
- 3 cups almond flour (ground almonds)
- 2 Tbsp melted coconut oil
- 2 Tbsp vanilla, alcohol-free
- ½ cup coconut sugar

Vanilla mousse layer:
- 2 cups chilled coconut cream
- ¼ cup honey, raw
- 2 Tbsp vanilla
- pinch of salt
- ½ cup coconut oil

Carob mousse layer:
- 1 cup chilled coconut cream (chill your can of Coconut milk and then scoop off the top)
- ½ cup coconut sugar
- ½ cup coconut oil
- 1 Tbsp vanilla, alcohol-free
- ¼ tsp salt
- ¼ cup raw carob powder plus 1 Tbsp toasted carob powder

Equipment

8” square cheesecake pan
food processor and ‘S’ blade

Measuring cups and spoons
blender
no bake tiramisu ice cream cake

raw carob makes this an amazing dessert. make for a special occasion or just because. it’s so decadent!

carob mousse layer:

1 cup chilled coconut cream
(chill your can of Coconut Milk, and then scoop off the top layer)

½ cup coconut sugar

½ cup coconut oil

1 Tbsp vanilla, alcohol-free

¼ tsp salt

¼ cup raw carob powder plus

1 Tbsp toasted carob powder

8" square cheesecake pan

food processor and ‘S’ blade

measuring cups and spoons

blender
This is a wonderful cheesecake. It’s so good, you won’t miss the real thing. Enjoy it frozen or thawed!

**ingredients**

**crust:**
- 2 cups slivered almonds
- 3-4 dates, pitted

**filling:**
- 3 cups raw cashews
- 1½ cups unsweetened almond milk
- 1 cup fresh lemon juice
- ½ cup raw honey
- 1 cup coconut oil, melted
- 1 Tbsp lemon juice, fresh
- ¼ tsp vanilla, alcohol-free
- 1 tsp vanilla, alcohol-free
- ¼ tsp salt
- 1 tsp lemon zest
- pinch of turmeric (optional)

**equipment**
- blender
- food processor & ‘S’ blade
- measuring spoons and cups
- 9” springform pan

**instructions**
This is a wonderful cheesecake. It’s so good, you won’t miss the real thing. Enjoy it frozen or thawed!

### Ingredients

- 2 cups slivered almonds
- 1 1/2 cups unsweetened almond milk
- 1 cup fresh lemon juice
- 1 cup coconut oil, melted
- 1 Tbsp lemon juice, fresh
- 1/4 tsp vanilla, alcohol-free
- 1 tsp vanilla, alcohol-free
- 1 tsp lemon zest
- pinch of turmeric (optional)

### Equipment

- food processor & ‘S’ blade
- measuring spoons and cups
- 9” springform pan

### Instructions

Using a food processor and ‘S’ blade, process almonds to a...
These little desserts are a big hit and are big on taste! Feel free to make these for any special occasion.

**ingredients**
- 1 cup chopped almonds (optional)
- 24 large strawberries, hollowed
- ½ recipe lemon cheesecake filling, chilled (p 141)

**equipment**
- measuring spoons and cups
- knife and cutting board
- piping bag and tip

**instructions**

**step 1**
Make ½ batch of the lemon cheesecake filling; chill until hard. Add chilled filling to a piping bag, and add a tip of your choice.

**step 2**
Pipe lemon filling into hollowed out strawberries. Note, I also cut the bottom of the strawberries, so they can stand by themselves. Serve right away.
desserts

non ‘cheese’ cake fusion

These little desserts are a big hit and are big on taste! Feel free to make these for any special occasion.

desserts are a big hit and are big on taste! Feel free to make these for any special occasion.

Ingredients

- 1 cup chopped almonds (optional)
- 24 large strawberries, hollowed
- ½ recipe lemon cheesecake filling, chilled (p 141)

Instructions

Make ½ batch of the lemon cheesecake filling; chill until hard. Add chilled filling to a piping bag, and add a tip of your choice.

Pipe lemon filling into hollowed out strawberries.

Note, I also cut the bottom of the strawberries, so they can stand by themselves. Serve right away.
coconut ice dream

This is a wonderful base ice cream substitute. Inspired by the Weimar Institute.

ingredients
4 cups heavy coconut cream
1⁄2 - 3⁄4 cup raw honey
pinch of salt
2 Tbsp vanilla, alcohol-free

equipment
measuring spoons and cups
blender
ice cream maker

instructions

step 1
Place the ingredients into a high-speed blender. Blend until creamy.

step 2
Add the ice cream batter to the ice cream maker and make according to the manufacturer’s instructions. Serve immediately, or store in an airtight container and freeze up to 1 week. Thaw a little before serving.
coconut ice dream

This is a wonderful base ice cream substitute. 
Inspired by the Weimar Institute.

Ingredients:
- 4 cups heavy coconut cream
- ½ - ¾ cup raw honey
- pinch of salt
- 2 Tbsp vanilla, alcohol-free

Equipment:
- Measuring spoons and cups
- Desserts

Instructions:
Place the ingredients into a high-speed blender. Blend until creamy.

Add the ice cream batter to the ice cream maker and make according to the manufacturer’s instructions.

Serve immediately, or store in an airtight container and freeze up to 1 week. Thaw a little before serving.

Serves 8-10
Fresh berry cobbler is a wonderful treat. Enjoy this healthy alternative and top off with homemade coconut ice cream.

**ingredients**

**berry layer:**
- 6 cups frozen or fresh berries
- 1 cup water
- 2 Tbsp maple syrup
- 2 Tbsp quick-cooking tapioca
- 1 can frozen berry juice concentrate
- ¼ tsp allspice

**topping:**
- 2 cups grain-free granola, ground

**equipment**
- measuring spoons and cups
- 9 X 13 baking dish
- blender
- food processor “S” blade
- food processor

**instructions**

Preheat oven to 350 degrees F. Place the berries in a 9 X 13
berry cobbler

desserts

Berry cobbler is a wonderful treat. Enjoy this healthy alternative and top off with homemade coconut ice cream.

**topping:**

- 1 cup berries
- 2 cups grain-free granola, ground (p 94)
- 2 Tbsp quick-cooking tapioca
- 1 cup water
- 1 can frozen berry juice concentrate

**instructions**

1. Preheat oven to 350 degrees F. Place the berries in a 9 X 13 pan.
2. Mix the tapioca and water together until smooth. Add to the berries along with the juice concentrate.
3. Bake at 350 degrees F for 25-30 minutes, until the mixture thickens.

Serves 8-12
This is a pretty good version of ‘chocolate’ cheesecake, without chocolate or the cheese. I use raw carob powder.

**ingredients**

**filling:**
- 3 cups raw cashews
- 2 cups unsweetened almond milk
- 2 Tbsp vanilla, alcohol-free
- ½ cup raw carob powder
- 1 cup coconut oil, melted
- 1 cup coconut sugar

**crust:**
- 2 cups toasted pecans
- 4-5 raw pitted dates
- ½ cup raw carob powder
- 1 tsp vanilla, alcohol-free

**equipment**
- measuring spoons and cups
- blender
- food processor & ‘S’ blade
- 9” springform pan

**instructions**

**step 1**
Using a food processor and ‘S’ blade, process toasted pecans and raw carob powder to a fine meal.
desserts

chocolate’ carob cheesecake

This is a pretty good version of ‘chocolate’ cheesecake, without the chocolate or the cheese. I use raw carob powder.

ingredients

- 2 cups unsweetened almond milk
- 2 Tbsp vanilla, alcohol-free
- ½ cup raw carob powder
- 1 cup coconut oil, melted

crust:

- 2 cups toasted pecans
- 4-5 raw pitted dates
- ½ cup raw carob powder
- 1 tsp vanilla, alcohol-free

equipment

- measuring spoons and cups
- food processor & ‘S’ blade
- 9” springform pan

instructions

Using a food processor and ‘S’ blade, process toasted pecans and raw carob powder to a fine meal.
Oh strawberries! This will literally melt in your mouth. I love to use fresh strawberries in season. It makes such a difference.

**ingredients**

**filling:**
- 3 cups raw cashews
- 1 cup unsweetened almond milk
- 3 cups organic fresh strawberries
- ½ cup raw honey
- ¼ cup fresh lemon juice
- 1 tsp vanilla, alcohol-free
- ¼ tsp salt
- 1 cup coconut oil, melted

**crust:**
- 2 cups slivered almonds
- 3-4 dates, pitted
- 1 Tbsp lemon juice, fresh
- ¼ tsp vanilla, alcohol-free

**equipment**

- measuring spoons and cups
- blender
- food processor & ‘S’ blade
- 9” springform pan

**instructions**

Using a food processor and ‘S’ blade, process the crust ingredients until crumbly. Press into a 9” springform pan. Blend the filling ingredients in a blender until smooth. Pour the filling over the crust and bake at 350°F for 45 minutes or until set. Cool to room temperature before refrigerating overnight. This cheesecake will keep for up to 5 days in the refrigerator.
strawberry cheesecake

Strawberries! This will literally melt in your mouth. I love to use strawberries in season. It makes such a difference.

crust:

2 cups slivered almonds
3-4 dates, pitted
1 Tbsp lemon juice, fresh
¼ tsp vanilla, alcohol-free

1 cup unsweetened almond milk
3 cups organic fresh strawberries
¼ cup fresh lemon juice
1 tsp vanilla, alcohol-free

measuring spoons and cups
food processor & ‘S’ blade
9" springform pan
Key lime pie is one of my favorite kinds of pie. Fresh lime juice is what makes this pie so delicious!

**ingredients**

**filling:**
- 3 cups raw cashews
- 1 1/2 cups unsweetened almond milk
- 3/4 cup fresh lime juice
- 1/4 cup fresh lemon juice
- 1/2 cup raw honey
- 1 cup coconut oil, melted
- 1 tsp vanilla, alcohol-free
- 1/4 tsp salt
- 1 tsp lime zest
- 3/4 cup avocado (optional)

**crust:**
- 2 cups slivered almonds
- 3-4 dates, pitted
- 1 Tbsp lemon juice, fresh
- 1/4 tsp vanilla, alcohol-free

**equipment**
- Measuring spoons and cups
- Blender
- Food processor & ‘S’ blade
- 9” springform pan

**instructions**

**step 1**
Using a food processor and ‘S’ blade, process almonds to a fine meal.
**desserts**

**key lime pie**

Key lime pie is one of my favorite kinds of pie. Fresh lime juice is what makes this pie so delicious!

---

**crust:**

- 2 cups slivered almonds
- 3-4 dates, pitted
- 1 Tbsp lemon juice, fresh
- ¼ tsp vanilla, alcohol-free

**ingredients**

- 1½ cups unsweetened almond milk
- ¾ cup fresh lime juice
- ¼ cup fresh lemon juice
- 1 cup coconut oil, melted
- 1 tsp vanilla, alcohol-free
- ¾ cup avocado (optional)

**equipment**

- Measuring spoons and cups
- Blender
- Food processor & ‘S’ blade
- 9” springform pan

---

Using a food processor and ‘S’ blade, process almonds to a fine meal.
Blueberries are one of the highest antioxidant foods. They are also very low glycemic.

<table>
<thead>
<tr>
<th>ingredients</th>
<th>equipment</th>
</tr>
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<tbody>
<tr>
<td>2 cups frozen blueberries</td>
<td>measuring spoons and cups</td>
</tr>
<tr>
<td>2 cups unsweetened nut milk</td>
<td>blender</td>
</tr>
<tr>
<td>2 tsp vanilla, alcohol-free</td>
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<tr>
<td>ice (optional)</td>
<td></td>
</tr>
</tbody>
</table>

Place all of the ingredients into the blender and blend until creamy. You may need to add more nut milk or blueberries to achieve the right consistency.
Blueberries are one of the highest antioxidant foods. They are also very low glycemic.

**Ingredients**

- 2 cups frozen blueberries
- 2 cups unsweetened nut milk
- 2 tsp vanilla, alcohol-free
- ice (optional)

**Instructions**

Place all of the ingredients into the blender and blend until creamy. You may need to add more nut milk or blueberries to achieve the right consistency.
juices
juices
Fresh makes all of the difference. I love to have fresh mandarin juice with a hint of other citrus juices.

**ingredients**

<table>
<thead>
<tr>
<th>3 mandarins, juiced</th>
<th>1 tsp fresh lemon juice</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tsp pink grapefruit juice</td>
<td>1 tsp fresh lime juice</td>
</tr>
</tbody>
</table>

**equipment**

- measuring spoons and cups
- juicer
- cutting board and knife
- strainer

**instructions**

Using a citrus juicer, cut the fruit in half and juice all of the ingredients listed above. Strain and enjoy. Keep left over juice in airtight containers for use in other recipes. They will last at least a week in the fridge.
Fresh makes all of the difference. I love to have fresh mandarin juice with a hint of other citrus juices.

1 tsp fresh lemon juice
1 tsp fresh lime juice

Instructions:
serves 1-2

Using a citrus juicer, cut the fruit in half and juice all of the ingredients listed above. Strain and enjoy. Keep leftover juice in airtight containers for use in other recipes. They will last at least a week in the fridge.
Green juice is full of chlorophyll, which is a very powerful substance for the body. This blend is a nice combination.

**ingredients**

- 3 stalks of celery, organic
- 1 lemon, organic
- 3 leaves of kale, organic
- 1 inch ginger root, organic
- 1 large cucumber, organic
- 1 green apple, organic

**equipment**

- cutting board and knife
- juicer
- fine mesh strainer

**instructions**

**step 1**

Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.
Green juice is full of chlorophyll, which is a very powerful substance for the body. This blend is a nice combination.

Ingredients:
- 3 stalks of celery, organic
- 3 leaves of kale, organic
- 1 inch ginger root, organic
- 1 large cucumber, organic
- 1 green apple, organic

Equipment:
- Cutting board and knife

Instructions:
Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.

Serves 1-2
Pineapple is one of my favorite kinds of juice! Adding strawberries is like eating dessert. It’s so yummy.

**ingredients**
- 1 large pineapple, peeled
- 1 cup strawberries, organic

**equipment**
- juicer
- fine mesh strainer
- cutting board and knife

**instructions**

**step 1**
Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.
Pineapple is one of my favorite kinds of juice! Adding fresh strawberries is like eating dessert. It’s so yummy.

**equipment**

- 1 large pineapple, peeled
- 1 cup strawberries, organic
- juicer
- fine mesh strainer
- cutting board and knife

Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.
This juice is so refreshing. It gives me instant energy, and it makes the taste buds jump for joy!

**ingredients**

1 large cucumber, organic
1 lemon, organic
3 stalks of celery, organic
1 inch ginger root

**equipment**

cutting board and knife
juicer
fine mesh strainer

**instructions**

**step 1**

Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.
This juice is so refreshing. It gives me instant energy, and it makes the taste buds jump for joy!

**Ingredients**
- 1 large cucumber, organic
- 3 stalks of celery, organic

**Equipment**
- Cutting board and knife
- Juicer
- Fine mesh strainer

**Instructions**

Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.
this & that
this & that
No need to buy any pre-made ‘chicken’ seasoning again. This recipe is adapted from TASTY VEGAN DELIGHTS cookbook.

ingredients
1 cup nutritional yeast flakes
2 1/4 tsp onion powder
1/2 tsp garlic powder
1/2 tsp sage
1/2 tsp marjoram
3 tsp parsley flakes (ground between fingers)
2 tsp salt
1/4 tsp savory

equipment
measuring spoons and cups

instructions
Combine all spices into one bowl. Mix well and store in an airtight container in a dry place. Use for all of your recipes that call for chicken seasoning.
No need to buy any pre-made ‘chicken’ seasoning again. This recipe adapted from Tasty Vegan Delights cookbook.

1 cup nutritional yeast flakes
2 ¼ tsp onion powder
3 tsp parsley flakes
(ground between fingers)
2 tsp salt
¼ tsp savory

Combine all spices into one bowl. Mix well and store in an airtight container in a dry place. Use for all of your recipes that call for chicken seasoning.
Coconut whipped cream is delicious! With only a few ingredients, you will be amazed at the taste!

**ingredients**
- 1 cup heavy coconut cream*
- 1 tsp vanilla, alcohol-free
- 1 tsp raw honey
- ½ tsp fresh lemon juice

**equipment**
- measuring spoons and cups
- metal bowl, chilled
- electric mixer
- beaters, chilled

* I like Thai Organic coconut milk.
Place in the fridge, then scoop off the top layer of cream. Discard the water.

**instructions**

Step 1
Place all of the ingredients into a chilled metal bowl.
Using an electric mixer, mix the whipped cream until you have little peaks. Enjoy as a topping to your favorite foods.
Coconut whipped cream is delicious! With only a few ingredients, you will be amazed at the taste!

Ingredients:
- 1 cup heavy coconut cream*
- 1 tsp vanilla, alcohol-free
- 1 tsp raw honey
- ½ tsp fresh lemon juice

Equipment:
- Measuring spoons and cups
- Electric mixer, beaters, chilled

* I like Thai Organic coconut milk.

Instructions:
Place all of the ingredients into a chilled metal bowl. Using an electric mixer, mix the whipped cream until you have little peaks. Enjoy as a topping to your favorite foods.

Serves 4
This recipe really does resemble parmesan cheese. The pecans and nutritional yeast make a good impression!

**ingredients**
- 1 ¼ cups raw pecans
- ½ cup nutritional yeast
- 1 tsp salt

**equipment**
- Measuring spoons and cups
- Food processor and ‘S’ blade

**instructions**

Using a food processor with the ‘S’ blade, combine all of the ingredients and process until the pecans resemble a flour-like texture. Store in an airtight container in the fridge. Use liberally on your pasta dishes, or anything that you would put parmesan cheese on.
This recipe really does resemble parmesan cheese. The pecans and nutritional yeast make a good impression!

**equipment**
- measuring spoons and cups
- food processor and ‘S’ blade

**instructions**
Use a food processor with the ‘S’ blade, combine all of the ingredients and process until the pecans resemble a flour-like texture. Store in an airtight container in the fridge. Use liberally on your pasta dishes, or anything that you would put parmesan cheese on.
From West Point Airborne Paratrooper to Raw Vegan Chef, Author, and Holistic Health Practitioner.

Michelle is a passionate vegan chef and instructor, a licensed holistic health practitioner, a certified Lymphologist, and a mother of two. She is the author of the best selling vegan cookbook “Sugar-Free Raw Desserts.”

Michelle works for the Reversing Diabetes Program at the Weimar Institute and currently holds the position of vegan chef and cooking instructor for NEWSTART.

Michelle earned her Raw Vegan Chef and Instructor certification from the world famous Living Light Culinary Arts Institute, and a Bachelor of Science degree from the United States Military Academy at West Point. She studied under Dr. Stephen Clarke, Connective Tissue Disease, the criteria for Lupus. With diagnosis, she began her long quest for answers. Through many years of studying and research, she helped her so much that she decided to share it with others who were desperate for answers.

She currently holds a holistic health practice and teaches raw and cooked vegan living and cooking classes.
From West Point Airborne Paratrooper to Raw Vegan Chef, Author, and Holistic Health Practitioner.

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She currently holds a holistic health practice and teaches raw and cooked vegan living and cooking TART.
breakfasts

berries with coconut whipped cream
gluten-free blueberry pancakes
gluten-free cranberry-orange scones
gluten-free waffles
grain-free granola

desserts

berry & lemon ‘cheese’ cake fusion
berry cobbler
blueberry smoothie
coconut ice dream
key lime pie
no bake tiramisu ice cream cake
pecan ‘chocolate’ carob cheesecake
raw ‘lemon ‘cheese’ cake
strawberry cheesecake

entrees

anytime veggie burrito
asian lettuce cups
asian spring roll with almond sauce
broccoli stuffed baked potato
enchilada bake
falafel patties
falafel waffle
fried rice
garden burger
mac-n-cheese
mini tacos
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<td>roll with almond sauce</td>
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<td>stuffed baked potato</td>
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salads

- asian salad & toasted sesame dressing
- cucumber with creamy dill dressing
- fresh mandarin & citrus dressing
- garbanzo “tuna” salad
- pecan pear salad with herb dressing
- quinoa tabbouleh

sauces & dressings

- basic cream sauce
- raw almond dipping sauce
- raw cashew dill dressing
- raw citrus dressing
- raw heirloom tomato salsa
- raw herb dressing
- raw marinara sauce
- raw pesto sauce
- raw tahini dressing
- raw “cheese” sauce
- toasted sesame dressing

seasonings

- chik-n seasoning
- raw pecan parmesan cheese

soups

- broccoli and “cheese” soup
- dreamy potato soup
- garden vegetable soup
- hearty vegan chili
- moroccan lentil soup
& toasted sesame dressing 40
with creamy dill dressing 47
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una' salad 43
salad... with... herb... dressing 36
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sauce 65
dipping sauce 54
dill... dressing 66
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n... tomato... salsa 61
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dressing 69
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armesan cheese 172

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etable soup 22
n chilli 14
entil soup 17
**AT LAST!** A cookbook that combines the best of raw and cooked plant-based dishes. Chef Michelle takes you on a mouth-watering journey to the heart of the home, the kitchen. Nutritious and delicious, these recipes will take your tastebuds to different parts of the world. Come and explore her favorites, while learning the secrets to making heart-healthy food taste great! So tasty, you won’t believe these recipes are:

*PLANT-BASED  *DAIRY-FREE  *GLUTEN-FREE

Leave the processed foods behind! It’s time to think outside the box, can, and bag! Let’s get back to the kitchen, where real food and memories are made.

Michelle is a passionate vegan chef and instructor, the best-selling author of *Sugar-Free Raw Desserts*, and currently holds the cooking instructor position for the world famous NEWSTART Lifestyle Center in Weimar, CA. She is also a featured chef for Life and Health Network. She earned her chef certification from the renowned Living Light Culinary Arts Institute, and holds a Bachelor of Science from the U.S. Military Academy at West Point.
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