

A vibrant illustration of a spring garden. In the foreground, there are various flowers including white daisies, orange and yellow wildflowers, and two large, round, orange and red hydrangeas. A wooden picket fence runs across the middle ground. In the background, there are green trees and two taller trees with pink blossoms on the left and right sides. The sky is blue with soft white clouds.

Your Health Matters

SPRING INTO HEALTHY EATING RECIPE BOOK

Delicious Plant Based
Gluten Free Recipes

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Your Health Matters Spring Into Healthy Eating Recipe Book

Delicious Plant Based,
Gluten Free, Vegan Recipes

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This book has been written and produced for informational purposes, and in no way should be used as a substitution for consultation with health-care professionals. You should not consider educational material to be a practice of medicine or to replace consultation with a physician or other medical practitioner. The author is providing you with information in this work, so you can have the knowledge and can choose, at your own risk, to act on that knowledge. The author also urges all readers to be aware of their health status and to consult health care professionals before beginning any health program.

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Introduction

Since my husband Bob and I have followed a plant-based lifestyle and have been developing recipes and cookbooks, many food trends and diets have surfaced. Some of these diets are more healthful than others. Healthful diets include solid science-based nutrition, but unfortunately many are based on “sloppy science” or “no science” notions making claims that can compromise health rather than improve health. In my Your Health Matters Intensive Nutrition Program we cover all aspects of health and how to weed out the healthful and not so healthful trends. This takes some research on our part to decipher the claims of some of these diets. I only teach solid science health and nutrition and encourage individuals to embrace these concepts as well for better health. You can easily weed out questions you might have when considering dietary trends by asking yourself these questions: “is the diet better for my health?”, “is the diet better for the animals?”, and “is it better for to the planet?” Answer these 3 simple questions and then you can do a little more research if needed. Like I always say, “you can’t debate the power of plants and their benefits”.

I hope you enjoy the recipes in the “Spring Into Good Health Recipe Book” that includes some of the current healthful food trends.

May a healthy life be yours!

Nancy Stilson-Herzog

Your Health Matters Spring Into Healthy Eating Recipe Book

Delicious Plant Based,
Gluten Free, Vegan Recipes



Pumpkin Spice and Peanut Butter Granola

4 1/2 cups regular oats (not instant)

1 cup chopped pecans

1/2 cup shelled raw unsalted pumpkin seeds

1 cup unsweetened large flake coconut

1/2 cup pitted dates cut in half

1/2 cup figs cut in half

2 tbsp. pumpkin pie spice

1/4 cup coconut sugar

3/4 cup maple syrup

1/2 cup peanut butter

1/4 cup melted coconut oil

1/2 tsp. sea salt

Preheat oven to 350°F.

Combine oats, pecans, pumpkin seeds, coconut sugar, flaked coconut, salt, and pumpkin pie spice in a large mixing bowl. In a food processor mix all remaining ingredients to make a wet paste. Pour over dry ingredients and incorporate thoroughly.

Spread granola on large (12x17) oil sprayed and rimmed baking sheet. Bake for approximately 25 minutes or until the granola begins to brown, stir, and bake for an additional 15-20 (stirring again half way) until the granola is golden brown and fragrant. Watch carefully in the final minutes so not to burn.

Granola is a rich food and should be enjoyed in small amounts or as a topping for fruit or chia pudding.

Almond Meal Pancakes

3/4 cup almond flour

1/8 tsp. sea salt

1/4 tsp. baking soda

1 tbsp. ground flax seed or egg replacer + 3 tbsp. water

1 ½ tbsp. water

1 - 2 tbsp. maple syrup

Non-stick cooking spray

Heat pancake griddle to 375°F. When hot, spray griddle with cooking spray.

Mix the almond flour, salt, and baking soda in a medium-sized bowl. Add egg replacer or flax mixture, water and syrup and combine thoroughly. Spoon batter onto hot griddle. Cook until bubbly on top of batter (takes longer than a traditional pancake recipe). Serve with syrup and fruit.

The pancakes can be frozen and easily re-heated in a toaster for a quick breakfast or treat any time.

Quick Banana Oat Breakfast to Go

2 cups frozen berries

1/2 cup old-fashioned rolled oats

1/3 cup pomegranate juice

2 tbsp. dried currants or other dried fruit

2 tablespoons chopped walnuts

2 bananas sliced

In cereal bowl, combine all ingredients. Heat in microwave for 3 minutes and off you go!

Matcha Chai Tea

2 cups water

1 - 2 bags matcha green tea

1 tsp. matcha green powder or other super green powder (Amazing Grass)

4 dashes each; cardamom, ginger, turmeric, nutmeg, and cinnamon

2 dashes cloves

Unsweetened vanilla plant milk

Vanilla stevia or other healthful sweetener like honey or maple syrup to taste

Prepare tea per instructions. Add spices and stir well. Stir in desired amount of plant milk and sweetener.

Anti-Inflammatory Tart Cherry Smoothie

2 oz. tart cherry juice concentrate

1 banana

1 kiwi fruit or 10 strawberries frozen or fresh

1 cup plant milk or more for desired consistency

10 ice cubes

Place ingredients in blender, puree until smooth, and enjoy!

Tart cherries contain anti-inflammatory properties and help athletes recover from grueling workouts. For best results use organic tart cherries.

Anti-Inflammatory Tart Cherry Juice Elixir

Tart cherries, ginger, cinnamon, and turmeric can reduce pain, inflammation, and stiffness. When you follow this recipe for a tart cherry juice elixir, you'll understand why. This drink tastes like a treat, not a treatment.

1 cup tart cherry juice

1/4 tsp. ground ginger

1/4 tsp. ground turmeric

1/8 tsp. ground cinnamon

In 1 cup tart cherry juice add ginger, turmeric, and cinnamon. Stir well and enjoy.



Quick Asian Slaw

Serves 6 / 15 minutes or less

2 tbsp. water

2 tbsp. garlic flavor rice vinegar

2 tbsp. peanut butter

1 lime, juiced

1 lb. package of chopped cabbage

1/2 tsp. crushed red pepper flakes

Sea salt to taste

Mix top 4 ingredients to make dressing. Add remaining ingredients in a large bowl and toss. Serve alone or with grilled tofu, brown rice, or a veggie burger.

Easy Ginger Miso Chopped Salad

Serves 6 / 30 minutes or less

1 pkg. prepared slaw

1 cup finely chopped kale

1/4 cup chopped parsley

1/4 cup sunflower seeds

3 scallions, chopped

1 pkg. gluten free ramen noodles (follow package directions to prepare) drain excess liquid if any

1/2 cup whole cashews

Pinch cayenne

Sea salt to taste

Dressing:

About 1/3 cup low fat ginger miso dressing

Toss all ingredients and serve.

Kelp Noodle Salad

Serves 6 / 15 minutes or less

1 pkg. kelp noodles, rinsed, drained, and chopped

1 small sweet onion, chopped

1 thinly sliced medium red pepper, julienned

Dressing:

1 tbsp. low sodium tamari

3 tbsp. maple syrup

1/2 cup rice vinegar (flavored rice vinegar adds another layer of flavoring)

1/4 cup black & white sesame seeds

1/2 - 1 tsp. crushed red pepper flakes

Prepare noodles, onion, peppers, and dressing. Toss all ingredients together and serve.

Jicama Slaw Salad

Serves 6 / 30 minutes or less

2 cups cabbage, shredded

1 sweet apple, chopped

1 cup jicama, chopped

1 cup kale, deveined and chopped

1/4 cup celery, chopped

1/4 cup cucumber chopped

Dressing:

2 tbsp. apple cider vinegar

1/2 lemon, juiced

3 - 4 tbsp. honey warmed

Salt and black pepper to taste

Prepare the salad, toss in the dressing. Allow to rest for 2 hours then serve.

Power Salad

Serves 6 / 30 minutes or less

2 cups broccoli, finely chopped

2 cups cauliflower, finely chopped

1 red pepper, finely chopped

1 yellow pepper, finely chopped

1 medium yellow zucchini, finely chopped

1/4 cup black currants

1/2 tsp. all-purpose seasoning blend

Dressing:

1/4 cup raisins

1 lemon, juiced

1/ 4 tsp. black pepper

Salt and cayenne to taste

Finely chop vegetables or pulse vegetables in a food processor until chopped but not pulverized. In a blender combine the dressing. Incorporate into salad.

Sauerkraut, Apple, and Walnut Salad

Serves 6 / 15 minutes or less

1 25 oz. jar fermented sauerkraut, drained

1 cup walnuts

1 small onion, chopped (use 1/2 an onion if this is too much for you)

1 small carrot, grated

1/2 tbsp. cumin

1 Granny Smith apple, diced

4 tbsp. maple syrup

1 tbsp. raw apple cider vinegar

1 tbsp. mustard

1 tbsp. raisins (optional)

Rinse the sauerkraut if it's too acidic for you (better to not rinse) and mix with the rest of the ingredients. Keep in the refrigerator or serve.

Easy Kale Salad

Serves 6 / 20 minutes or less

2 cups kale, chopped

2 cups purple cabbage, shredded

1 cup yellow, red, orange peppers, diced

2 tbsp. diced onion

3 tbsp. maple syrup

1 tbsp. Dijon mustard

1/2 lemon, juiced

1/2 tsp. sea salt

1/2 tsp. black pepper

1 tsp. mustard powder

1/2 cup hemp seeds

Wash and dry kale. Rip kale into smaller bite size pieces. Combine other vegetables. Whisk together the maple syrup, mustard, lemon, and seasonings. Toss with vegetables and allow to marinate for at least 2 hours. Serve.

Szechuan Black-Eyed Pea Slaw Salad

Serves 6 / 30 minutes or less

2 14 oz. cans black-eyed peas, rinsed and drained

1 lb. bag chopped cabbage

1 medium green, yellow, or red bell pepper, chopped (1 cup)

1 pint grape tomatoes, halved

1/2 cup chopped onion

1 jalapeño chili, seeded and finely minced (2 tbsp.)

1 clove garlic, minced (1 tsp.)

1 avocado, cubed (1 cup)

4 tbsp. lemon juice

4 tbsp. red wine vinegar

2 tbsp. vegan Szechuan sauce

2 - 3 tbsp. maple syrup

Toss together black-eyed peas, bell pepper, onion, jalapeño, cabbage, and garlic in large bowl. Toss avocado with lemon juice in separate bowl. Whisk together vinegar, Szechuan sauce, lemon juice and maple syrup in bowl. Add to black-eyed pea mixture and toss to mix. Lightly toss avocado to black-eyed pea mixture. Serve.



Delicious Scalloped Potatoes with Vegetables

Serves 12 / 2 hours

Preheat the oven to 425°F.

For the sauce:

1 1/2 cans light fat coconut milk

1/4 cup brown rice flour

2 tbsp. nutritional yeast

1 tsp. sea salt

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. dried thyme

Freshly ground black pepper

Whisk all sauce ingredients together until smooth. Set aside.

For the vegetables:

3 lbs. yukon gold or red new potatoes, medium sliced, skins on

1 medium onion, thinly sliced

1/2 yellow pepper, thinly sliced

1/2 red pepper, thinly sliced

4 tbsp. roasted green chiles, chopped

Prepare all the vegetables above and place in a large mixing bowl. Pour the sauce over the vegetables and incorporate. Place vegetables in a 9 x 13 lightly sprayed glass baking dish.

Crumble topping:

2 tbsp. Earth Balance vegan buttery spread

2 tbsp. nutritional yeast

2 tbsp. almond butter

2 tbsp. sunflower seeds

2 tbsp. pumpkin seeds

1 tsp. dried parsley flakes

3/4 cup gluten free bread crumbs or cooking oats

1/2 tsp. sea salt

1/4 tsp. red pepper flakes

Melt Earth Balance. Combine all ingredients in a food processor. Pulse until seeds are lightly chopped and ingredients are crumbly. Sprinkle over vegetables and sauce.

Cover baking dish tightly with foil and bake for 1 hour. Remove foil and bake another 15-20 minutes until vegetables are tender and the crumble is golden brown. Let cool for 10 minutes and serve.

Pistachio Croquettes

Makes about 15-20 croquettes / 1 hour or less

1/2 cup chopped pistachio's

1/4 cup nutritional yeast

1/2 onion, finely chopped

2 cups cooked brown rice or cooked quinoa

4 cups finely chopped broccoli

1/4 cup finely chopped cilantro

1/4 cup almond meal

2 tbsp. brown rice flour

1 tsp. tamari

1/2 tsp. sea salt

1/2 tsp. red pepper flakes

1/2 tsp. turmeric

1/4 tsp. ground pepper

Preheat oven to 425°F. Line a baking sheet with parchment paper or a Silpat baking mat. In a food processor chop pistachios and pour into a small container. Add the nutritional yeast, mix, and set aside. In the food processor finely chop broccoli. Place in a large mixing bowl. Chop onion and cilantro and transfer to the mixing bowl. Add the rice, almond meal, brown rice flour, tamari, and other seasonings to the mixing bowl. Mix well. Scoop the mixture 2 tbsp. at a time and form into 1-inch ball. Roll ball in nut mixture until covered. Place ball on baking sheet and bake for 20 minutes, turn, and bake another 20 minutes or until golden brown on each side.

Kelp Noodles with Vegetables

Serves 6 / 30 minutes

1 pkg. kelp noodles

3 cups cauliflower florets

3 cups broccoli florets

1 small sweet onion, chopped

1 medium red bell pepper, chopped

1 yellow or orange pepper, chopped

Cream Base:

3 medium zucchini cut into 2-3 inch quarters

1 1/2 cups water

3/4 cup nutritional yeast

1/2 cup raw cashews

Seasonings:

2 tsp. prepared mustard

1 tsp. salt

1/2 tsp. onion powder

1/2 tsp. garlic powder

1/2 tsp. sweet paprika

1/4 tsp. cayenne

Rinse and drain kelp noodles. Cut noodles with kitchen scissors so they aren't so long. Set aside.

Boil water and add zucchini, nutritional yeast and cashews. Boil for about 10 minutes or until zucchini is tender. When done, blend the mixture (including the water you boiled the cream base in) in a blender until you have a creamy texture. Add seasonings and blend briefly again.

In a large skillet cook vegetables covered for 4 minutes, toss vegetables, cover, and cook 3 minutes, toss again, cover and cook 2 minutes more. The vegetables should be slightly charred or golden brown. Remove from heat and set aside.

Place noodles, all vegetables, and cream base in a large mixing bowl. Toss together and serve alone or over rice.

Black Bean Burgers

Makes 8-10 patties / 45 minutes or less

Serve these patties on whole-wheat or gluten free buns with all the condiments for a delicious, healthy, low-fat burger. Unlike most veggie burgers, this burger can be made as large as you like.

1 15-ounce can black beans, rinsed and drained

1/2 cup quick-cooking rolled oats

1/2 cup gluten free or whole-wheat bread crumbs

1/2 cup chopped onions

1/2 cup chopped carrots

1/2 chopped red bell pepper

1/2 cup parsley chopped finely

1/4 cup pumpkin seeds

1 pint finely chopped mushrooms

2 garlic cloves, minced

2 tbsp. nutritional yeast

1 tablespoon low sodium tamari

1 tablespoon vegetarian Worcestershire sauce

1/4 teaspoon cayenne pepper

sea salt to taste

Mash beans with fork or potato masher, leaving some texture. Add all remaining ingredients and mix with your hands. It will be very thick. Form into 8 to 10 patties.

Lightly spray a frying pan with nonstick spray or wipe lightly with oil. On medium heat, brown patties on both sides about 3-4 minutes until golden brown on each side.

Quick method: the black bean, oats, nutritional yeast, and bread crumbs can easily be lightly mixed in a food processor. Place in a large mixing bowl. The vegetables can be chopped in a food processor as well. Add remaining ingredients to mixing bowl and combine.

Tamale Pie

Serves 6 / 30 min. or less

Filling:

1 large onion quartered thinly sliced

3 cups cooked brown rice

1 medium red bell pepper cut into bite-size pieces

1 medium orange bell pepper cut into bite-size pieces

1 15 oz. can pinto beans drained and rinsed

1 15 oz. can black beans drained and rinsed

2 cups frozen or fresh corn kernels

1 12 oz. jar medium heat salsa

1/2 cup coarsely chopped cilantro

Topping:

1 1/2 cup yellow cornmeal

3/4 cup gluten free all-purpose flour

3 tbsp. coconut sugar

1/2 tsp. salt

2 tsp. aluminum free baking powder

1 1/2 cup unsweetened plant milk

3 tbsp. melted Earth Balance vegan buttery spread

1 bunch green onions, finely chopped

Preheat oven to 400°F. Lightly spray 9 x 13 glass baking dish. Layer the ingredients in the following order: brown rice, pinto beans, black beans, peppers, corn, salsa, cilantro.

For the topping: stir together cornmeal, flour, sugar, baking powder, salt, in medium bowl. Stir in melted Earth Balance and plant milk to cornmeal mixture. Fold in green onions. Spread filling over the layered dish. Bake 30 -40 minutes uncovered until topping is golden brown and bubbly. Let stand for 10 minutes before serving.

No Meat Veggie Balls

Makes about 15-20 veggie balls

4 cups broccoli florets

1 medium sized carrot

1/2 medium onion

1/4 cup parsley

1/4 cup basil

1 cup almond meal

1/4 cup nutritional yeast

4 tbsp. agar agar (sea vegetable)

2 tsp. chopped garlic

1/2 tsp. crushed red pepper flakes

1/2 tsp. sea salt

Preheat oven to 425°F and line baking sheet with parchment paper or Silpat baking mat.

In a food processor, finely chop broccoli florets and transfer to a large mixing bowl. Pulse carrot, onion, parsley and basil to a fine chop and transfer to the mixing bowl. Add remaining ingredients and

thoroughly mix together. Shape mixture into 2-inch balls by hand, pressing firmly to ensure balls hold their shape. Place on prepared baking sheet and bake 25 minutes or until golden brown. Turn over and bake another 20 minutes or until golden brown. Remove from oven and allow to cool.

Serve with rice, on a salad, on top of a soup, eat a few for breakfast or as a snack warmed or cold with catsup, mustard or Vegenaïse.

Spring Vegetable Casserole with Seeded Crumble

Serves 6 / 1 hour or less

1 onion, chopped (1 1/2 cups)

6 cups bite-sized broccoli florets

3 cups bite-sized cauliflower florets

1 1/2 cups carrots, chopped

1 cup frozen peas

1 12 oz. bunch of spinach, beet tops, or collard greens, trimmed and chopped finely

1 tsp. thyme leaves dried or fresh

Preheat oven to 375°F. Lightly spray 9 x 13 glass baking dish. Prepare vegetables per instructions. Onion, carrots, and greens can easily be prepared by chopping in a food processor. In a large mixing bowl, mix all vegetables together. Transfer to the baking dish.

Crumble Topping:

2 tbsp. Earth Balance vegan buttery spread

2 tbsp. nutritional yeast

2 tbsp. almond butter

2 tbsp. sunflower seeds

2 tbsp. pumpkin seeds

1 tsp. dried parsley flakes

3/4 cup gluten free bread crumbs or cooking oats

1/2 tsp. sea salt

1/4 tsp. red pepper flakes

Melt Earth Balance. Combine all ingredients in a food processor. Pulse until seeds are lightly chopped and ingredients are a fine crumble. Sprinkle over vegetables and press down lightly.

Cover baking dish tightly with foil and bake for 40 minutes. Remove foil and bake another 10-15 minutes until vegetables are tender but not overcooked and the crumble is golden brown. Let cool for 10 minutes and serve.

Fresh Basil and Tomato Pasta

Serves 3-4 / 30 minutes or less

1 8 oz. package lentil or chickpea spaghetti

1 pint cherry tomatoes, halved

1 cup chopped fresh basil

1/3 cup pine nuts

Juice of 1 lemon

2 - 4 tbsp. sweet red chili sauce (Asian section of grocery store)

Sea salt and cayenne to taste

Cook pasta per package instructions. Toss all ingredients. Serve warm. To make it a heartier meal, toss in diced grilled tofu.

Nutty Thai Vegetables

Serves 6 / 30 min. or less

1 1/2 cans light coconut milk

1 tbsp. curry powder

1/2 tbsp. turmeric powder

1 tbsp. light miso

2 tbsp. almond butter

1 large sweet onion, chopped

2 cups bite-size broccoli florets

2 cups bite-size cauliflower florets

1/2 red bell pepper cut into bite-size pieces

1/2 green bell pepper cut into bite-size pieces

1/2 orange bell pepper cut into bite-size pieces

1/4 cup water

1 clove chopped garlic

1/2 cup raw whole cashews

1/2 tsp. red pepper flakes

Bring coconut milk to a simmer in a large skillet or pot over medium-high heat. Whisk the water, curry, turmeric, almond butter, miso, garlic, and red pepper flakes, working out any clumps. Stir in onion and cook 1 minute. Cook down for 3 or 4 minutes. Add all the vegetables, cover, and simmer for about 3 minutes or just until the cauliflower and broccoli lose their raw edge. Remove from heat and stir in the cashews. Taste and adjust the seasoning (miso/curry powder if needed). Serve over brown rice

Cauliflower Mushroom Soup

Serves 4 / 30 minutes

1 small head cauliflower, cut into small florets

1 lb. mushrooms (white, cremini and or shitake), thinly sliced

1 sweet onion, finely chopped

2 cloves garlic, chopped

3 3/4 cup low sodium vegetable broth

3/4 cup unsweetened plant milk (soy makes the soup richer)

1/2 cup nutritional yeast

1/4 cup brown rice flour

Cayenne pepper and sea salt to taste

Preheat skillet to medium heat.

Spread the cauliflower florets in the skillet. Cover and cook 4 minutes, toss cauliflower, cover, and cook 3 minutes, toss cauliflower, cover, and cook 2 minutes more or until the cauliflower is golden brown. Remove from heat.

Heat a large non-stick stock pot on medium heat. Add the garlic and cook for a couple of seconds until fragrant. Immediately add the mushrooms and thyme and sauté on medium heat until the water released from the mushrooms is mostly evaporated and the mushrooms are tender. Add the onions and cook for an additional 5-10 minutes, stirring frequently. Add 1/4 cup of broth and cook until the liquid is reduced by half, mixing frequently.

Add the cauliflower and brown rice flour and incorporate into mixture making sure there are no clumps (about 1 minute). Add remaining vegetable broth and bring to a boil. Once boiling, reduce the heat and simmer for about 5 minutes, covered. Add the plant milk and nutritional yeast and simmer for an additional 5 minutes. Season to taste with sea salt and cayenne pepper. Serve and enjoy!

Easy Butternut Squash Soup

Serves 6 / 1 1/2 hours

1 medium butternut squash, approx. 4 lbs.

1 box no-chicken broth (approx. 6 cups)

2 diced roasted green chiles

1 tbsp. all-purpose spice blend

Sea salt and cayenne to taste

Preheat oven at 350°F.

Wash outside of butternut squash. Lightly spray with cooking spray. Poke the squash several times with a knife. Bake for one hour or until a knife inserts easily into the squash. Cut the ends of the squash, then cut longways down the middle. Remove the seeds and strands. Scoop the squash into a blender and add 4 cups of the broth and the spice blend. Blend soup and add the remaining broth accordingly to make a creamy texture.

To make a creamier soup you can use 2-3 cups of unsweetened plant milk instead of broth. Add chopped green chiles and season with salt and pepper to liking.

Quick and Easy Tomato Basil Soup

Serves 4 / 30 minutes

2 sweet onions, chopped

3 cloves garlic, minced

1 (28-ounce) can crushed tomatoes (Muir Glen Fire Roasted)

4 cups no-chicken stock

Sea salt (to taste)

ground black pepper (to taste)

3/4 - 1 cup unsweetened plant milk

1 cup fresh basil, finely chopped

1/2 tsp. dried tarragon

2 tbsp. nutritional yeast

Hemp seeds for garnish

Heat large pot on medium heat. Once hot, add onions. Cook onions, stirring occasionally, until soft and starting to turn golden brown, about 10 minutes. Add the garlic and cook for 1 more minute, stirring to avoid burning the garlic. Stir in the tomatoes and no-chicken stock. Season with tarragon, sea salt, black pepper. Bring the soup to a boil, then lower heat to maintain a simmer for about 15 minutes. Purée mixture using an immersion blender or carefully transfer soup to a blender. If using a blender, return mixture to the pot. Stir in the plant milk, nutritional yeast and basil and let simmer for 5-10 minutes. Serve topped with Hemp Seed.

Classic Cabbage Soup

Serves 6 / Crockpot 4-6 hours low or 6-8 hours

6 large green onions, chopped

1 each red/yellow bell peppers, chopped

1 or 2 cans of fire roasted diced tomatoes

3 carrots, chopped

1 10 oz. container mushrooms, chopped

3 celery stalks, chopped

1/2 head or, 1 bag of shredded cabbage

1 tbsp. all-purpose seasoning blend

1 or 2 cubes of no-beef bouillon

2 cups low sodium vegetable juice (like Knudsen's or Lakewood brand)

1/2 cup parsley, chopped

1 tsp. garlic powder

Season to taste with salt and pepper after the cooking process

Add all ingredients to a large crockpot. Add about 8 cups of water and cook on low for 6-8 hours or on high for 4-6 hours until vegetables are tender. Season with salt and pepper after the cooking process. Serve as is, with cooked rice, or over mashed potatoes.



Snickerdoodles

Makes about 2 dozen / 25 min

1/3 cup vegan buttery spread like Earth Balance brand or somewhat softened (not melted) coconut oil

1/2 cup coconut sugar

1 tbsp. vanilla extract

2 tbsp. plant milk

1 cup almond flour

1 cup gluten free all-purpose flour

1 tsp. cream of tartar

1 tsp. cinnamon

1/2 tsp. baking soda

1/2 tsp. baking powder

1/2 tsp sea salt

3 tbsp. coconut sugar

1 tsp. cinnamon

Preheat oven to 350°F. Line baking sheet with parchment paper or Silpat baking mat.

In a small bowl, combine the cinnamon and sugar. Stir to mix and set aside.

Mix all wet ingredients in a mixing bowl or food processor. Add the dry ingredients to the wet and mix until just combined. If the dough is too crumbly, add an extra 1-2 tbsp. plant milk.

Take 2 tbsp. of dough and roll into a ball. Roll the dough balls in the cinnamon sugar mixture. Bake cookies for 10-15 minutes until they're puffy and just starting to spread and golden brown on the bottom.

Allow to cool on the baking sheet 10 minutes and transfer to a wire rack to cool completely. Store in an airtight container for up to 7 days at room temperature.

Peanut Butter Cookies

Makes about 2 dozen cookies / 25 min

1 cup natural peanut butter (no sugar added)

1 cup coconut sugar

2 tsp. pure vanilla extract

1/4 cup plant milk or water

1 cup gluten free flour or ground oat flour

1 tsp. baking soda

1/4 tsp. kosher salt

Preheat oven to 350°F. Line baking sheet with parchment paper or Silpat baking mat.

In a large bowl or food processor, combine first 4 ingredients. Mix until combined and smooth. Add in remaining dry ingredients. Combine until just mixed.

With about a tablespoon of dough, form into balls and place 2" apart on prepared baking sheet. Wet fork with water and make a crisscross pattern on top of cookies. (These cookies do not spread much, so you can press the pattern well into the cookie). Dip fork in water every few cookies to prevent dough from sticking to fork.

Bake for 8-15 minutes or until golden brown on the bottom. Allow to cool on baking sheet for at least 10 minutes so they don't crumble when you remove them. Transfer to wire rack and allow to cool completely. Store in an airtight container.

Rich Chocolate Mousse

Serves 8 / 20 min

7 oz. Lily's Dark Chocolate Stevia Sweetened Vegan Chocolate Chips

3 tbsp. cocoa butter, melted

24 oz. soft silken tofu, drained

1/2 cup coconut sugar

2 tbsp. unsweetened raw cacao powder

2 tsp. vanilla extract

1/8 tsp. salt

10 drops vanilla stevia

Place chocolate chips and cocoa butter in small saucepan on low heat and melt stirring continuously. Place tofu in food processor and blend 1 minute, or until completely smooth and creamy. Add sugar, cacao powder, vanilla, and salt and blend 1 minute more, scraping down sides until mousse is thick and smooth. Transfer to serving bowl. Chill and serve.

Raw Macaroons

Makes about 10 / 15 min

1 cup shredded unsweetened coconut

1/2 cup regular oats

3/4 cup almond flour

1/4 cup maple syrup

Place all ingredients in a food processor and lightly pulse. Form into 1" balls, set in refrigerator for 3-4 hours. Enjoy!

Lemon Cookies

Makes about 2 dozen cookies / 30 min

1/2 cup softened Earth Balance vegan buttery spread

2/3 cup maple syrup

1 tbsp. lemon zest or 15-20 drops of ingestible lemon essential oil

1 1/3 cup almond meal

1 1/3 cup gluten free all-purpose flour

1 tsp. baking soda

1/2 tsp. sea salt

1/4 cup chopped pecans

Preheat oven to 350°F. Line baking sheet with parchment paper or Silpat baking mat.

In a large mixing bowl or food processor mix together the first 3 ingredients until smooth and creamy. Add remaining ingredients until just mixed. The batter may be thin and wet. Do not add more flour. Chill for 30 minutes. With about a tablespoon of dough, form into balls and place 2" apart on prepared baking sheet. Press the balls down lightly. Bake 10-15 minutes or until golden brown on the top of the entire cookie. Cool on the pan completely. The cookies may crackle slightly when cooled.

Double Chocolate Banana Cookies

Makes about 2 dozen / 45 min

Wet ingredients:

3 medium, very ripe bananas

1/4 cup melted coconut oil or Earth Balance vegan buttery spread

1/4 cup pure maple syrup

1/4 cup coconut sugar

1 tbsp. ground flax or egg replacer + 3 tbsp. water

1 tsp. pure vanilla

Dry ingredients:

3/4 cup gluten free all-purpose flour or oat flour

1 cup almond meal

1/2 cup raw cacao powder

1 tsp. baking powder

1/2 tsp baking soda

1/4 tsp. sea salt

Add ins:

1/2 cup Lilly's vegan stevia sweetened chocolate chips

1/4 cup chopped walnuts

Preheat oven to 350°F. Line baking sheet with parchment paper or Silpat baking mat.

Peel bananas and add to large mixing bowl or food processor. Mash or process bananas until completely smooth. Add the rest of wet ingredients and mix until well incorporated. Add all the dry ingredients. Mix together until just incorporated, making sure no flour patches remain. Stir in chopped nuts and chocolate chips. Do not overmix. With a large spoon, drop 2

tbsp. at a time 2 inches apart on baking sheet. Bake for 25-35 minutes. Note: baking time is correct. Cookies are firm on top and brown on the bottom.

Rice Pudding

1 1/2 cups rice (sushi rice, jasmine, or basmati are best for this recipe)

1/3 cup coconut sugar

2 tsp. vanilla

7 cups of sweetened plant milk

1/4 tsp. sea salt

Add rice to a medium saucepan. Add sugar, salt and 1 cup plant milk. Cook over low heat, stirring occasionally, until milk is absorbed, (about 5 min). Gradually add 5 more cups plant milk, about 1/2 cup at a time. Let the milk absorb before adding more. After 25 minutes, the rice pudding will be thick and creamy. Let cool and stir in the last cup of plant milk. Add vanilla and spoon into a pretty glass. Garnish with fresh berries or a spoonful of preserves.



Zucchini Chips

Thinly sliced medium sized zucchini

2 tsp. olive oil

Coat the slices in olive oil

1/4 cup nutritional yeast

1/8 sea salt

1/8 cayenne pepper

Preheat oven to 250°F. Line baking sheet with parchment paper or Silpat baking mat.

Combine yeast, salt, and cayenne. Sprinkle mixture on both sides of zucchini slices to coat.

Arrange zucchini on baking sheet and bake for about 2 hours or until crispy and golden brown.

Roasted Cauliflower

Serves 4 / 1 hour

1 large cauliflower

1 tbsp. tahini

1 tbsp. almond butter

1 tbsp. light miso paste

3 tbsp. vegetable broth

3 tbsp. nutritional yeast

3 prunes pitted

1/2 tsp. turmeric

Garnish:

1/4 tsp. black pepper

1/2 tsp. sesame seeds

Preheat oven to 425°F.

Cut the leaves and stem off the bottom of the cauliflower head so it sits flat. Place cauliflower on a baking sheet lined with parchment paper or Silpat baking mat.

In a food processor, mix all the ingredients (except the black pepper and sesame seeds) together to make a spreadable paste. Cover your hands with a Ziploc bag or kitchen cooking gloves. Using your hands, rub the mixture completely all over the cauliflower. Roast the cauliflower in the oven for 45 minutes, or until it is soft and browned. Remove from oven and slice cauliflower with a knife. Garnish with the black pepper and sesame seeds.

Simple White Bean Hummus

Makes 1 1/2 cups

1 15 oz. can cannellini beans, drained and rinsed

2 heaping tbsp. tahini

Juice of 1 or 2 lemons

1/2 tsp. garlic powder

1/2 tsp. onion powder

Sea salt to taste

Water as needed to thin

Place all ingredients in food processor except water, and blend until desired consistency. Taste for flavor adding anything more to your liking. Then blend again. Add water one tablespoon at a time to thin if needed. If using as a sandwich spread, thin by adding a little more water. Serve however you like it! It's great either at room temperature or chilled.

Store in airtight container in refrigerator for up to a week.

Power Green Sauté

1 - 2 tbsp. water or broth

1 tsp. mustard seeds

1 medium sized red onion, diced

1 tbsp. finely chopped ginger

3 cups (about 1 pound) of chopped fresh or frozen kale (can be substituted with your favorite greens)

1 cup fresh or frozen chopped red or yellow peppers

1 tsp. red pepper flakes

Sea salt or combination of 1/2 sea salt and garlic salt to taste

Add 1 tablespoon of water to medium heated sauté pan. Add in the mustard seeds and wait until the seeds begin to crackle. You may need to shake the pan a little to move the mustard seeds around before they begin to crackle. Add in another tablespoon of water and add the red onion and peppers. Sauté well stirring often approximately 2-3 minutes or until they turn a slight golden color. Add in the ginger and cook for another 1-2 minutes stirring often. Stir in the red cayenne pepper and the kale and stir well. Cover and sauté until kale has wilted, about 2 minutes. Toss adding the sea salt at the end. Serve.

Vegan Cheese Sauce

Serving 4 / 30 min

2 cups diced Yukon potatoes

1 cup diced carrots

1/2 cup water

1/2 cup raw cashews

1/2 tsp. sea salt

Juice of 1 lemon

1/2 cup nutritional yeast

1/4 tsp. onion powder

1/4 tsp. garlic powder

1/4 tsp. paprika

Boil potatoes and carrots until soft. Blend potatoes and carrots together along with the rest of the ingredients on high in blender until the sauce is extremely smooth. Add more water to achieve the desired consistency.

The cheese sauce can be served with pasta, over steamed vegetables, over potatoes or with tortilla chips.

Stored in the refrigerator for up to one week. Just microwave to warm to get to the original consistency.

Wild Rice Pilaf

Serves 4 / 45 min

3 cups wild rice, cooked and cooled

3 tbsp. chopped green onion

1/3 cup shredded purple cabbage, finely chopped

3 tbsp. fresh cilantro

Dressing:

3 tbsp. rice vinegar

2 tsp. light miso

1 1/2 tsp. maple syrup

2 tbsp. tamari

1 tsp. red pepper flakes

3 tbsp. sesame seeds

After the wild rice is cooked and cooled, mix in the vegetable ingredients. Prepare dressing and mix thoroughly with the rice and vegetables. Serve

Bud's Delicious White Beans

Serves 12

1 lb. pinto beans

1 lb. baby lima beans

1 jalapeno pepper, chopped

1 serrano pepper, chopped

2 gloves of garlic, chopped

1 medium onion, chopped

1 no-chicken bouillon cube

1/2 tsp. black pepper

Sea salt and cayenne pepper to taste

Cover beans completely with water and soak for 12 hours. Rinse beans and transfer to a slow cooker with remaining ingredients. Cover beans with water. Place lid on cooker, set to high, and cook for 3 hours or until beans are cooked through. To thicken, mash some of the beans and stir.