

HOLIDAY RECIPES 2009 – PART I

CRANBERRY SALSA DIP WITH CREAM CHEESE

- 1 (12-ounce bag) or 3 cups fresh cranberries, rinsed and drained
- 1/4 cup minced green onions
- 2 small (approximately 2 tablespoons) jalapeno peppers, cored, seeded and minced
- 1/2 cup Florida Crystals
- 1/4 cup fresh cilantro leaves, minced
- 2 tbsp finely grated fresh ginger
- 2 tbsp fresh lemon juice
- 2 (8-ounce) packages Tofutti cream cheese

Place cranberries in a food processor; pulse until finely chopped but not mushy.

Place crushed cranberries in a bowl; mix together with onions, jalapeno peppers, sugar, cilantro leaves, ginger, and lemon juice. Cover with plastic wrap and refrigerate at least 4 hours so flavors develop (salsa will be too sharp and tart to begin with).

On a serving plate, place cream cheese; cover with the dip. Garnish with fresh cilantro and cranberries. Serve with crackers.

SPICY BEAN SALSA

- 1 can blackeyed peas, drained & rinsed
- 1 can black beans, drained & rinsed
- 2 cups frozen white corn
- 1/2 cup chopped onion
- 4 oz. jar jalapeno pepper
- 2 cups diced tomatoes
- 2 small garlic cloves, minced
- 1 cup Bragg's or Italian dressing
- salt to taste

Combine ingredients. Cover and refrigerate until ready to serve. Serve with tortilla chips.

APPLE CRANBERRY CHUTNEY

- 2 large Granny Smith apples, peeled, cored, and chopped
- 1/2 cup chopped onion
- 1/4 cup fresh lemon juice
- 1/4 cup sucanat
- 1 Tbsp grated orange peel
- 1/2 cup chopped walnuts
- 1/2 cup dried cranberries
- 1 Tbsp grated fresh ginger
- 1/2 teaspoon allspice

Combine all ingredients in a medium saucepan and stir well. Bring to a boil; reduce heat and simmer, covered, for 50 minutes. Uncover and simmer over low heat for a few minutes more to cook off excess liquid; let cool. Cover and refrigerate for up to 2 weeks.

TOFU CROQUETTES

- 1 lb. firm or extra firm tofu, mashed
- 2 medium potatoes, cooked and mashed
- 1 tbsp olive oil
- 1/2 red or orange pepper, chopped
- 4 scallions, chopped
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, chopped (optional)
- 3/4 cup bread crumbs
- 1 tsp salt
- 4 tbsp nutritional yeast
- 1 tbsp Spike
- 1/4 tsp cayenne pepper

Sauté pepper, scallions, and garlic in olive. Place in bowl and add remaining ingredients. Mix well. Form into balls and place on cookie sheet sprayed with Pam. Bake at 375 degrees in preheated oven for 25 – 35 minutes or until golden brown. Serve with vegan tartar or dill sauce.

STUFFING I

- 2 1/2 cups low-sodium vegetable broth, or 2 1/2 cups water with 1 vegetable bouillon cube
- 2/3 cup raw wild rice
- 1 1/2 tablespoons olive oil
- 1 medium red onion, chopped
- 1 large celery stalk, diced
- 2 medium firm pears (such as bosc), cored and diced
- 4 cups finely diced whole grain bread
- 1/3 cup dried cranberries
- 1/4 cup finely chopped pecans or walnuts
- 2 teaspoons salt-free Spike 1/4 to 1/2 teaspoon dried thyme, to taste
- Salt and cayenne pepper to taste
- 1/2 cup apple or pear juice, or as needed

Bring the broth to a simmer in a small saucepan. Stir in the wild rice, then cover and simmer gently until the water is absorbed, about 35 minutes. Preheat the oven to 375 degrees.

Heat the oil in a medium-sized skillet. Add the onion and sauté until translucent. Add the celery and sauté over medium heat until both are golden. Combine the onion-celery mixture with the cooked wild rice and all the remaining ingredients except the apple juice in a mixing bowl. Stir well to combine. Drizzle the apple juice in slowly, stirring all the while, until the mixture is evenly moistened. Transfer the mixture to a lightly oiled, large shallow baking dish. Bake for 30 to 35 minutes, or until the top begins to get slightly crusty.

STUFFING II

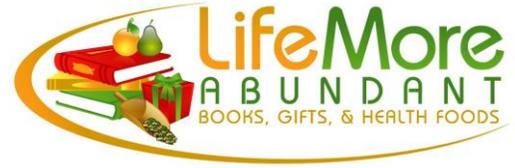
- 6 cups firmly packed diced whole grain bread
- 1 1/2 tablespoons olive oil
- 1 1/2 cups chopped red onion
- 1 1/2 cups peeled, diced tart apple
- 3 bunches scallions, minced
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon each: dried thyme, savory
- 3/4 teaspoon seasoned salt, more or less to taste
- 1/2 cup finely chopped walnuts
- Freshly ground pepper to taste
- 1 1/2 cups apple juice

Preheat the oven to 350 degrees. Place the diced bread on a baking sheet. Bake 10 to 12 minutes, or until dry and lightly browned. Heat the oil in a large skillet. Add the red onion and sauté over medium heat until golden. Add the apple and sauté for another 5 minutes. In a mixing bowl, combine the bread cubes with the onion and apple mixture. Add all the remaining ingredients except the apple juice and toss together. Sprinkle in the apple juice slowly, stirring at the same time to moisten the ingredients evenly. Transfer the mixture to an oiled shallow 1 1/2-quart baking pan. Bake 25 to 30 minutes, or until browned and still slightly moist. Stir once during the baking time. Transfer to a covered serving container.

STUFFING III

- 4 1/2 cups whole grain cubed bread
- 1 tube Gimme Lean sausage
- 1 cup chopped onion
- 3/4 cup chopped celery
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- 1 Golden Delicious apple, cored and chopped
- 3/4 cup dried cranberries
- 1/3 cup minced fresh parsley
- 1 cup no chicken or vegetable broth
- 4 Tbsp. soy margarine

Preheat oven to 350 degree F (175 degree C). Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl. In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors. Pour sausage mixture over bread in bowl. Mix in chopped apples, dried cranberries, and parsley. Add broth and margarine. Bake for 30 – 40 minutes.



HOLIDAY LOAF

- 3 cups of cooked lentils
- 3 cups cooked millet
- 3 cups steamed brown rice
- 1 cup whole wheat bread, crumbled
- 1/2 cup dry oatmeal
- 1/2 cup almond or cashews, ground fine
- 1/4 cup sunflower seeds, ground fine (optional)
- approximately 3/4 cup of tomato juice
- 1 Tbs of oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped tomato
- 1 heaping Tbs of sage
- 1/2 tsp celery seed, ground
- salt to taste

Lightly sauté onions in a mixture of water and oil. Add celery and tomatoes. Sauté until slightly softened. Combine all the ingredients and mix well, add bread crumbs and tomato juice to make stiff. Add water if the mixture seems too dry. Place in lightly oiled loaf pans. Bake at 350° for 1 hour.

STUFFED TOFU ROAST

- 2 lb. firm tofu
 - 4 tbsp arrowroot or cornstarch
 - 2 tbsp nutritional yeast
 - 2 tsp agar agar
 - 1 tbsp chicken style seasoning – salt free
 - 2 tsp poultry seasoning
 - 1 1/2 tsp onion powder
 - 1 1/2 tsp garlic powder
 - 1 tsp salt
- 3 1/2 cups Stuffing (Herbed, Cornbread Stuffing with Dried Cranberries and Apples, or Sausage and Mushroom)

*Coloring Mixture

- 2 heaping tbsp Orange marmalade or Apricot All Fruit
- several dashes of Barbecue Sauce
- 1 drop Gravy Master or Kitchen Bouquet

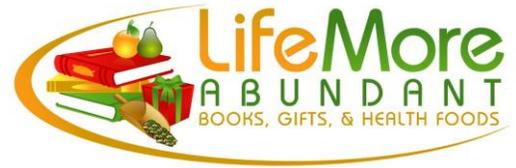
In food processor, blend all ingredients, except stuffing until smooth. Preheat oven to 350 degrees.

Spread tofu mixture in shape of rectangle on plastic wrap. Form stuffing into shape of a thick log. Place stuffing in middle of tofu mixture. Form tofu round stuffing, using plastic wrap as a guide. Wrap foil paper around to plastic wrapped tofu (no plastic wrap should be expose). Place on baking sheet and bake for 1 hour and 20 minutes. Remove from oven, let cool in wrapping, and refrigerate overnight.

Before serving, carefully remove aluminum foil and plastic. Paint tofu roast with coloring mixture.

BLACK BEANS AND RICE

- 1 cup uncooked brown rice
- 1 Tbsp olive oil
- 1 small onion, chopped
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 3 cloves minced garlic
- 2 16-ounce cans of black beans, rinsed and drained
- 1 tbsp chicken style seasoning, salt free
- 1/4 tsp cayenne powder
- 1 tsp dried oregano or 1 heaping Tbsp chopped fresh oregano
- Salt and pepper to taste
- *Optional* Lime wedges and cilantro for garnish



Cook rice according to package instructions. Brown rice usually takes 35 - 45 minutes to cook once the water is simmering, and 10 minutes to sit. Heat oil in a large skillet on medium high. Sauté onions and bell peppers for 3-4 minutes, until just beginning to soften, then add garlic and sauté a minute more. Add the black beans, chicken style seasoning, and cayenne. Bring to a boil, reduce heat, cover and simmer for 5 minutes. Stir in rice and oregano. Add salt and pepper to taste.

BLACK BEAN AND SWEET POTATO CHILI

- 3 medium-large sweet potatoes
- 2 tablespoons light olive or extra virgin oil
- 1 cup chopped onion
- 3 scallions, chopped
- 2 to 3 cloves garlic, minced
- 1 medium red bell pepper, diced
- 2 28- to 32-oz. cans black beans, drained and rinsed
- 28 oz. can diced tomatoes
- 16-oz. can crushed tomatoes
- 1 or 2 small fresh hot chilies, minced, or one 8-ounce can chopped mild green chilies
- 2 tsp ground cumin, or more, to taste
- 1/2 teaspoon dried oregano
- 1/4 cup minced fresh parsley or cilantro, or more, to taste
- 2 to 3 scallions, thinly sliced
- Salt to taste

Bake or microwave the sweet potatoes until just firm. When cool enough to handle, peel and cut into 3/4-inch dice. Set aside until needed. Heat the oil in a large soup pot. Add the onion and garlic and sauté over medium heat until the onion is golden. Add the remaining ingredients except the last three. Bring to a simmer, then simmer gently, covered for 15 minutes. Add the sweet potato dice and continue to simmer for 10 to 15 minutes longer, or until the vegetables are tender. Stir in the parsley and scallions, then season gently with salt. Another great dish with cornbread.

VEGETARIAN JAMBALAYA

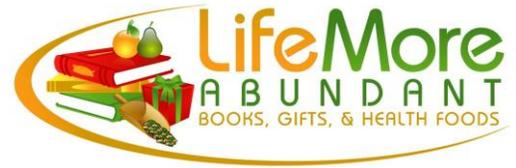
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 green bell pepper, chopped
- 1 1/2 cups cooked brown rice
- 1 6 oz can tomato paste
- 5 cups vegetable broth
- 2 zucchini, sliced
- 1 1/2 cups okra, fresh or frozen)
- 4 large tomatoes, diced
- 1 tsp oregano
- 1/2 tsp paprika
- 1/4 tsp cayenne (or to taste)
- 1/2 tsp black pepper
- 1 tsp dried parsley
- 1 tsp Spike with salt

In a large bowl, mix tomato paste with vegetable broth until smooth and set aside. In a large pot, sauté onion, garlic, celery and green pepper until slightly soft, about 5 minutes. Add rice, tomato, and broth mixture. Reduce heat, cover and simmer for about 10 minutes, stirring occasionally. In a separate skillet, sauté the okra and zucchini, just barely cooking, about 3-5 minutes. Add veggies to rice mixture and allow to simmer 10-15 more minutes, stirring occasionally, until veggies are fully cooked. Serve with cornbread.

NEW YEAR'S RESOLUTION SOUP

- 1 pound large lima beans
- 3 quarts water
- 8 medium carrots, sliced
- 2 medium onions, chopped
- 4 stalks celery, sliced
- 5 cloves garlic, coarsely chopped
- 1/4 cup brown rice
- 2 stalks kale or collards, stems removed, thinly sliced
- 1 cup cooked kidney beans
- 1/4 cup buckwheat, toasted or untoasted
- 2 to 3 Tbsp lime juice
- Salt to taste

Pick over the lima beans and discard any bad beans and bits of gravel or debris. Rinse the beans and place them in a deep bowl with enough water to cover by 3 inches. Soak the beans for 8 hours or overnight. Drain and rinse the beans and place them in a large stockpot with the water. Cover partially, and bring the beans to a boil over high heat. Watch carefully to prevent a messy spill when the beans reach a boil. Turn the heat down slightly and boil gently for 15 minutes.



Add the carrots, onions, celery, garlic, and brown rice; then cook 30 minutes longer. Add the kale, kidney beans, and buckwheat and cook 10 to 15 minutes or until the lima beans are tender. Just before serving, season with lime juice, and salt.

SHEPHERD'S PIE

- 1 cup dry green or brown lentils
- 2 Tbsp. olive oil
- 2 large onions, chopped
- 2 cloves garlic, finely chopped
- 2 cups fresh tomatoes, diced
- 2 tsp Bragg's liquid aminos
- 1/2 cup TVP beef chunks
- 1 1/2 tsp fresh thyme or 1/2 tsp dried
- 1/8 tsp cayenne pepper
- 1 cup frozen peas
- 6 medium potatoes
- 3/4 cup soy milk
- 2 Tbsp. olive oil
- 2 tsp roasted garlic (optional)
- Salt to taste
- Paprika

Cook lentils. Meanwhile, cook potatoes in boiling or until tender. Drain well. Preheat oven to 400 degrees. Heat oil in a large, deep skillet. Cook onions and garlic until tender. Stir in cooked lentils. Add tomatoes, Bragg's, TVP chunks, thyme, cayenne, and peas. Season to taste with salt. Pour lentils into casserole dish. Mash the drained potatoes with soy milk, olive oil, roasted garlic, and salt. Spread mashed potatoes over lentils. Sprinkle with paprika. Bake in preheated oven for 30 minutes.

KALE SALAD

- 3 bunches kale leaves, stems and tough ribs removed, leaves very finely chopped
- 1/4 cup extra virgin olive oil
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup Bragg's liquid aminos
- 2 tsp Spike
- 4 garlic cloves, minced
- 1 red onion, julienned
- 1 each red and yellow pepper, julienned
- 1/2 cup chopped sundried tomatoes (optional)
- 1 large carrot, shredded (optional)
- 1 tbsp raw sunflower seeds (optional)

In a large bowl, whisk together oil, lemon juice, Braggs, and Spike. Add remaining ingredients and toss. Serve immediately or refrigerate to chill.

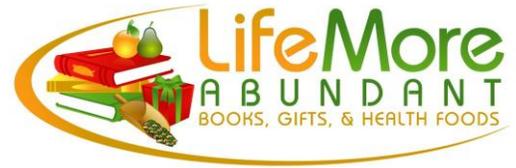
LENTIL PATTIES

- 1 cup dry green or brown lentils,
- 1 large raw potato, grated very fine
- 1 onion minced fine,
- 2-3 garlic cloves, crushed
- 1/4 cup mild salsa OR 1/4 cup canned, chopped tomatoes and 1 fresh jalapeno, minced
- 1/4 cup fresh whole grain bread crumbs.
- Salt to taste

Cook lentils for 1/2 hour in about 2 cups of water. While the lentils are cooking, mix all other ingredients except bread crumbs in a medium-sized mixing bowl. Drain lentils quickly, and add to the rest of the ingredients. Add bread crumbs, and let the mixture sit for about 10 minutes. Form into bake on coated cookie sheet sprayed with non-stick cooking spray. Bake at 350 degrees for 30 minutes.

LENTIL RICE LOAF

- 1 1/2 cups lentils
- 3 1/2 cups water or vegetable broth
- 2 onions, diced
- 2 cloves garlic, minced
- 3 tbsp olive oil
- 2 cups pre-cooked rice
- 1/2 tsp salt
- 1/4 cup ketchup or barbecue sauce



- 1/2 tsp sage
- 1/2 tsp Italian seasoning

Pre-heat oven to 350 degrees. In a large soup or stock pot, simmer the lentils in water or vegetable broth until cooked, about 30 minutes. Drain thoroughly then mash the lentils until they are half mashed. Saute the onions and garlic in olive oil for 3 to 5 minutes, or until soft. Combine the onions, garlic and olive oil with the mashed lentils and add the rice, salt, ketchup or barbecue sauce, sage, and Italian seasoning. Gently press the mixture into a lightly greased loaf pan. Drizzle a bit of extra ketchup on top if desired. Bake for 1 hour. Allow to cool slightly before serving, as this will help the lentil loaf to firm up.

MOCK MEATLOAF

- 5 cloves garlic, minced
- 1 large onion, diced
- 4 scallions, chopped
- 1 large red bell pepper, diced
- 4 tbsp olive oil
- 1 package Gimme Lean beef or sausage
- 1 - 14 oz. package of firm tofu, drained and mashed
- 1/2 cup oats (not quick or instant)
- 4 slices of bread, crumbled
- 4 tbsp Bragg's liquid aminos
- 4 tbsp ketchup
- 1 tbsp garlic salt
- 1 tbsp Spike
- 1/8 tsp cayenne pepper

TOP GLAZE

- 1/4 cup ketchup
- 1/4 cup organic brown sugar
- 1/2 tsp dry mustard
- 1/2 tsp nutmeg

Pre-heat oven to 375 degrees. Saute the garlic, onion and bell peppers in olive oil for a few minutes, until onions are very soft. In a large bowl, combine the onions and peppers with the ground beef substitute, tofu, oatmeal, bread crumbs, 3 tablespoons of ketchup, garlic salt and pepper. Mix well, using your hands if needed. Press into a lightly greased loaf pan. Cover with foil and bake for 30 minutes. Remove from oven when done.

Combine ingredients for top glaze or use barbecue sauce and spread over the top of the loaf. Cook, uncovered, for another 15 minutes, or until done.

MAPLE PECAN HOLIDAY ROAST

- 1 Quorn, thawed and unwrapped
- 1/3 cup maple syrup
- 1/4 cup soy sauce or tamari soy sauce
- 2 tbsp fresh lemon juice
- 2 tbsp chili paste
- 8 cloves garlic, crushed
- 2 cups pecan pieces

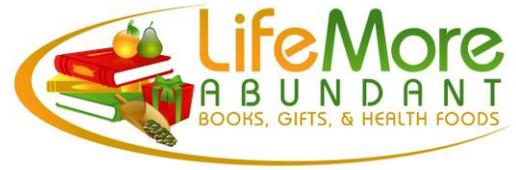
In a small bowl, whisk together maple syrup, soy sauce, lemon juice, chili paste, and garlic. Pour over Quorn, coating all surfaces. Cover and refrigerate for at least 4 hours. Bake for 30 minutes in preheated 350 degree oven.

SWEET POTATO AND QUINOA SALAD

- 1 cup quinoa, uncooked (rinse quinoa well)
- 2 cups vegetable broth
- 1 sweet potato or yam, baked and diced
- 1 red bell pepper, diced
- 2 tbsp olive oil
- 1/4 tsp cayenne pepper
- 2 tbsp lemon juice
- salt to taste

Simmer the quinoa in the vegetable broth about 10 to 15 minutes, or until water is gone and quinoa is light and fluffy when stirred. Remove from heat and allow to cool.

Toss together the quinoa, sweet potato and bell pepper in a large bowl. In a separate small bowl, whisk together the lemon juice, olive oil and cayenne pepper. Gently toss this dressing with the quinoa. Season with salt to taste.



VEGAN GRAVY I

- 1/2 cup canola or olive oil
- 1/3 cup chopped onion
- 5 garlic cloves, minced
- 1 cup sliced mushrooms (optional)
- 1/2 cup unbleached flour
- 1 Tbsp nutritional yeast (optional)
- 4 Tbsp Bragg's liquid aminos
- 2 cups vegetable broth
- 1/2 tsp dried sage
- 1/2 tsp salt
- 1/8 tsp cayenne pepper or pepper like seasoning

Heat oil in a medium saucepan over medium heat. Saute mushrooms, if using, with onion and garlic until soft and translucent, about 5 minutes. Stir in flour, nutritional yeast, and Braggs to form a smooth paste. Gradually whisk in the broth. Season with sage, salt and pepper. Bring to a boil. Reduce heat and simmer, stirring constantly, for 8-10 minutes, or until thickened.

VEGAN GRAVY II

- 2 Tbsp unbleached flour
- 2 Tbsp Smart Balance
- 2 cups no chick or vegetable broth
- 2 Tbsp chicken or beef style seasoning
- 1 Tbsp Bragg's liquid aminos
- 1 pinch thyme
- 1 1/2 Tbsp cornstarch
- 2 Tbsp cold water

Whisk the margarine and flour together over low heat in a small saucepan for a few minutes until the flour is cooked and golden. Add the water and bouillon or broth, tamari, and thyme. Bring to a boil while whisking often to keep it smooth. Lower heat and simmer a minute or so. Combine cornstarch and water and stir well to get rid of lumps. Whisking gravy briskly, pour into saucepan. Continue whisking until gravy returns to a boil and has thickened.

BAKED BEANS

- 2 cups dried anasazi, white navy, or pinto beans
- 2 Tbsp Asian sesame oil
- 1 small onion, peeled
- 1 cup maple syrup
- 2 tsp salt
- 1 tsp dry mustard

Soak the beans in water to cover overnight or for 8 hours. Drain the soaking water off and cover the beans with 6 c. fresh water in a large pot. Bring this to a boil, then lower the heat and simmer for 10 minutes. Drain the beans and reserve the cooking water. Preheat the oven to 300 degrees F.

Place the beans in a casserole or bean pot and mix with the sesame oil. Insert the onion in the center. Mix the maple syrup with 3/4 c. of the reserved bean liquid, the salt and dry mustard. Pour over the beans. Add just enough bean liquid to cover the beans. Cover the pot and bake for 2 hours. Add the remaining bean liquid, stir well and bake for 1 and 1/2 to 2 hours more, or until the beans are very soft and the liquid is absorbed, baking uncovered for the last half hour or so. Taste for sweetness.

BOW TIE PASTA AND RED PEPPER SAUCE



- 1 pound uncooked farfalle (bow tie pasta)
- 2 tsp olive oil
- 1/2 cup finely chopped onion
- 1 (12-ounce) bottle roasted red bell peppers, drained and coarsely chopped
- 2 tsp fresh lemon juice
- 1 cup soy cream
- 1 Tbsp tomato paste
- 1/8 tsp cayenne pepper
- 1 cup soy parmesan cheese or nutritional yeast
- Thinly sliced fresh basil (optional)

Cook the pasta according to package directions. Heat oil in a large skillet over medium heat. Add onion, and cook 8 minutes or until tender, stirring frequently. Add bell peppers; cook 2 minutes or until heated through. Increase heat to medium-high. Stir in lemon juice; cook 1 minute or until liquid evaporates. Remove from heat; cool 5 minutes. Place bell pepper mixture in a blender; process until smooth. Return bell pepper mixture to pan; cook over low heat until warm. Combine soy cream and tomato paste in a small bowl, stirring with a whisk. Stir tomato mixture into bell pepper mixture, stirring with a whisk until well combined. Stir in ground red pepper. Combine pasta and bell pepper mixture in a large bowl. Add 1/2 cup soy cheese or nutritional yeast, tossing to coat. Garnish with additional soy cheese and basil, if desired.

BLACK BEANS AND CORN

- 1 1/2 tablespoons olive oil
- 1 large garlic clove, minced
- 1 small onion, finely chopped
- 1 (15 1/2 ounce) can black beans
- 1 (15 1/4 ounce) can corn, drained
- 2 tablespoons tomato paste
- 1 Tbsp cilantro, chopped Salt to taste

Heat olive oil in medium saucepan over medium-low heat. Add garlic and onions, and cook, stirring occasionally, until translucent and soft, about 10 minutes. Drain black beans and reserve 1/4 cup of liquid. Add beans, reserved liquid and remaining ingredients to sauce pan and cook on medium, about 10 minutes. Remove from heat and transfer to serving dish.

PUMPKIN BREAD

- 1 1/2 cups whole wheat pastry flour
- 1/4 cup oat bran or wheat germ
- 1 tsp baking powder
- 2 tsp pumpkin pie spice
- 1/4 tsp salt
- 1/4 tsp baking soda
- 6 Tbsp Florida Crystals or sucanat
- 1/3 cup canola oil
- 1/3 cup agave nectar
- 1/3 cup soy milk
- 1 1/4 canned pumpkin puree
- egg replacer equivalent to 1 egg
- 1 tsp vanilla extract
- 1 cup chopped walnuts

Preheat oven to 350°F. Grease an 8-inch loaf pan with non-stick cooking spray and set aside. In a large bowl, combine flour, oat bran, baking powder, pumpkin pie spice, salt and baking soda. In a second large bowl, combine Florida Crystals, oil, agave nectar, soy milk, pumpkin, egg replacer and vanilla then add to flour mixture and stir until just combined. Fold in walnuts.

Transfer batter to prepared loaf pan and bake until cooked through and a toothpick inserted in the middle comes out clean, about 1 hour. Cool for 15 minutes on a wire rack then remove from pan and set aside to let cool completely.

CHERRY CHEEZECAKE

- 2 cups whole grain graham cracker crumbs or crushed granola without dried fruit
- 1/4 cup real maple syrup
- 1 (8 ounce) package extra firm silken tofu



- 1 (8 ounce) Tofutti cream cheese
- 1 tablespoon lemon zest
- 1 1/2 lemons, juiced
- 1 cup organic confectioners' sugar
- 1 tablespoon cornstarch
- 2 tablespoons soy milk
- 3 cups fruit sauce or (21 ounce) can pie filling

Preheat oven to 350 degrees. In a medium bowl, mix together graham cracker crumbs and 1/4 cup maple syrup. Press into a 9 inch pie tin. Bake for 5 minutes. In a blender, combine tofu, vegan cream cheese, lemon zest and juice, and confectioners' sugar. Dissolve cornstarch in soy milk, and add to the blender. Blend until smooth. Pour filling into crust. Bake for 25 minutes at 350 degrees F (175 degrees C). Reduce heat to 325 degrees F (165 degrees C), and continue baking for 15 minutes, or until set. Cool on a wire rack, and then chill for several hours. Invert onto a plate, and then invert again onto a serving platter. Pour cherry pie filling over the top, and serve.

PUMPKIN BREAD

- 1 cup chopped walnuts
- 3 1/2 cups unbleached or wheat white flour
- 2 cups organic brown sugar
- 2/3 cup Florida Crystals
- 2 teaspoons baking soda
- 1 tsp salt
- 1 tsp ground nutmeg
- 1 1/2 tsp ground cinnamon
- 2 cups pumpkin puree
- 1 cup canola oil
- 2/3 cup lite coconut milk
- 2/3 cup unsweetened coconut

Preheat oven to 350 degrees. Grease and flour two 8x4 inch loaf pans. Spread walnuts in a single layer on an ungreased baking sheet. Toast in the preheated oven for 8 to 10 minutes, or until lightly browned. Set aside to cool.

In a large bowl, stir together the flour, brown sugar, white sugar, baking soda, salt, nutmeg, and cinnamon. Add the pumpkin puree, oil, and coconut milk, and mix until all of the flour is absorbed. Fold in the flaked coconut and toasted walnuts. Divide the batter evenly between the prepared pans. Bake for 1 hour and 15 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean. Remove from oven, and cover loaves tightly with foil. Allow to steam for 10 minutes. Remove foil, and turn out onto a cooling rack. Tent loosely with the foil, and allow to cool completely.

SWEET POTATO CHEEZECAKE

- 2 large sweet potatoes or yams, baked
- 2 tsp fresh lemon juice
- granola crust
- 3 packages (8 oz. each) Tofutti cream cheese
- 3/4 cup organic sugar
- 3 Tbsp flour
- 1 1/2 cups Tofutti cream cheese
- 1 Tbsp maple flavoring
- 1 1/2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1/2 tsp ground ginger



Preheat oven to 350°. Prepare crust in spring foam pan. Mix sweet potatoes in a food processor with lemon juice until smooth. Measure out 1 cup and save remaining for muffins, pancakes, etc. Combine sweet potatoes with remaining ingredients and blend well. Pour batter in crust. Bake until cake for 1 hour and 10 minutes. Let cool completely and place in refrigerator for at least 6 hour or overnight. May serve plain or with maple cream.

CAROB CAKE

- 1 1/2 cups unbleached white flour
- 1/3 cup carob cocoa powder
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1 cup Sucanat, or Florida Crystals
- 1/2 cup canola oil
- 1 cup cold water
- 2 tsp pure vanilla extract
- 2 Tbsp fresh lemon juice

Preheat oven to 375 degrees. Sift dry ingredients into a bowl. Add liquids (except lemon juice or vinegar) and whisk until batter is smooth. Pour into an 8" square or 9" round baking pan. Add vinegar and stir quickly, until it is evenly distributed. Bake 20 minutes and test with toothpick in center of cake. If it doesn't come out clean, then continue to bake, but check for doneness every 3 minutes.