

EASY BREAD

(by Ricardo Floravanti)



Ingredients

- 2 1/2 cups of Whole Wheat Flour
- 2 1/2 cups of White Wheat Flour
- 2 tablespoons instant dry yeast
- 2/3 cup of oil
- 400 ml of water
- 1 pinch of salt

Directions

Put 1 cup of each of the flour, the 2 tablespoons of dry yeast and the salt in a deep bowl. Stir these dry ingredients so that they are well-added.

Add the 400 ml of water, mix well for about 5 minutes, dissolving well the flours and adding the yeast. It will get a thick cream. Let stand for 10 minutes with the bowl covered. (optional)

After that, put the oil and mix again. Go adding the flour, 1/2 cup of each, always kneading very well to be incorporating to the dough. Never put flour all at once.

There will come a point where you will notice that the dough is coming out of the bowl, is not sticky in your hand and has no lumps of flours in the middle. This is the ideal point of mass.

Preheat oven at 400F and bake for 35-45 minutes.

TROPICAL CHIA PUDDING

(by Carin Lynch)



Ingredients

- 1/4 cup Chia seeds
- 1 can coconut milk
- 1/4 cup agave
- 1 can crushed pineapples
- 1.2 cup shredded coconut (divided in 2)

Directions

Mix chia, coconut milk, agave, pineapple, and 1/2 cup of coconut together. Pour into bowl or individual serving dishes. Top with additional coconut. Refrigerate 2 hours.

MACARONI AND CHEESE

(Adapted from Bountiful Health Cookbook page 92 - Nancy Crosby)



Creamy Cheese Sauce

- 1/3 Cup Raw Cashews
- 1 Can Coconut Milk
- 1/4 Cup Nutritional Yeast Flakes
- 2 teaspoons Salt
- 1/2 teaspoons Onion Powder
- 1/3 Cup Cornstarch
- 2 Tablespoons Lemon Juice
- 2 Cup Water
- 1/2 Cup Canned Pimentos, roasted red peppers, or fresh red pepper
- 1 lb Elbow Macaroni

Directions

Place all ingredients in blender and blend until smooth and creamy. Heat on stove, medium-medium high until thick consistency. Mix with cooked macaroni.

Alternative: Once blended, pour uncooked cheese sauce directly into cooked macaroni and bake until thickened

HOMEMADE VEGAN MAYONNAISE

(by Carin Lynch)



Ingredients

- 1 cup Unsweetened Soy Milk (not light)
- 1/2 teaspoon Onion Powder
- 1/2 teaspoon Salt
- 1 cup Unrefined, mild soy, corn, safflower, or canola oil
- 2 tablespoon Lemon Juice

Directions

Blend first three ingredients on high for 5-10 seconds. Slowly dribble in oil, blending for an additional full minute after all oil has been added. Stop blender and stir in lemon juice. Put into covered container and let chill. Yields 2 cups.

TOFU-NA-SALAD

(by Carin Lynch)



Ingredients

- 1 lb tofu (drain water, freeze overnight then thaw)
- 1/2 cup Onion, chopped
- 1/2 cup Celery stalks, chopped
- 1 cup Vegan Mayo
- 2 tablespoons Bragg's Liquid Aminos
- 1 tablespoon Lemon Juice
- 2 tablespoons Kelp Powder

Directions

Squeeze out all water from thawed tofu and crumble into a bowl. Add Bragg's and lemon juice to tofu. Mix well then add the rest of the ingredients and mix.