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Sauces and Gravies

Creamy Jalapeno Sauce

2-6 jalapeno peppers, stemmed and optionally seeded. Chop raw or cut in half, grill, and chop after grilling

1- 2 tsp olive oil for grilling jalapeno (not needed if you aren't grilling them)

1 cup raw cashews soaked in water for 1 hour to overnight.

½ cup unflavored soy or almond milk

¼ cup water

¼ cup lime juice

2 tsp agave

½ cup fresh cilantro, washed and rough chopped

1. Optional - brush jalapenos with olive oil and grill
2. Chop jalapenos

Mushroom Gravy

12 oz mushrooms (button, cremini, baby bella or combination)
2 teaspoons olive oil, or more as needed
1-2 tablespoons soy sauce (optional)
3 tablespoons flour
1-2 cups vegetable stock, divided
1 teaspoon Italian seasoning

Clean and slice mushrooms, then sauté in oil until soft (at least 5 minutes). Mix flour with ¼ cup of stock or water until smooth (whisk together in a bowl). Add remaining stock to mushrooms along with soy sauce and about half the flour mixture. Bring gravy or.95 TmEimAushrooms1-4

1. Stem, seed, and roast red peppers; remove blackened, roasted skin and discard.
2. Placed all ingredients in blender and puree.

Makes 1-1 ½ cups. Nutrition: 1000 calories, 5 g protein

Per 1 Tbsp = about 50 calories, no protein.

Adapted from Moosewood Restaurant New Classics by The Moosewood Collective

Tahini Dill Sauce

Recommend as a salad dressing, a dip for fresh vegetables, or a sauce for lentils, roasted vegetables, or over salmon.

1/2 c tahini (sesame seed paste)
1/2 c water
½-1 tsp clove garlic minced (1/2-1 tsp)
¼ c lemon juice
2 T oil, canola and/or olive
2-3 tsp balsamic vinegar
¼-1/2 tsp paprika
1/8 t salt
1 c lightly packed fresh dill, chopped fine.
Optional ¼-1/2 tsp agave or honey if seems too tart/bitter

1. Combine all ingredients except dill in a blender, food processor or just in a bowl.
2. Fold in finely chopped dill.

Makes 1-1.5 cups. Nutrition =490 calories, 12 g protein.

Per 1 Tbsp = 20-30 calories, and less than 1 g protein per tablespoon.

From Veganomicon by Moskowitz and Romero.

Kalamata Olive Tapenade

1 ½ cup Kalamata olives pitted
3 TBSP capers, drained
2 cloves garlic minced
Handful or fresh parsley (~1/2 cup lightly packed)

¼ cup plus 2 Tbsp Extra Virgin Olive Oil, divided
Salt and pepper to taste
1 cup Tamari roasted almonds
8 oz. Firm Tofu
¼ cup Tahini Butter
2 Tbsp Soy Sauce
Juice of 1/2 lemon (about 1 1/2 Tbsp)
1 clove garlic, minced
½ tsp chopped Oregano leaves
½ tsp chopped Thyme leaves

1. Add onions and mushrooms to food processor; pulse until fine. Heat 2 Tbsp of olive oil in pan on MED. Add onion-mushroom mixture; season with salt and pepper. Cook, stirring occasionally, about 30 min, until mixture is dark brown and dry. Remove from heat; let cool.
2. Add almonds to food processor; pulse until they form a coarse meal. Transfer to bowl; set aside. Add tofu, 1/4 cup olive oil, tahini, soy sauce, lemon juice, garlic, oregano and thyme to food processor; blend until smooth.
3. Add tofu mixture and onion-mushroom mixture to bowl with almond meal; stir to combine. Season with salt and pepper if needed. Chill before serving.

Chef Tips:

If you prefer to bake the veggies: Preheat oven to 350 degrees. Toss finely chopped onions and mushroom with 2 Tbsp olive oil; season with salt and pepper. Place on

Vegan Corn Casserole

- 1 (4 oz) stick dairy-free margarine, melted (Earth Balance works well)
- 1 can creamed corn (does not contain cream)
- 1 can corn, regular-style
- 1 7-to-8-oz. package vegan cornbread mix
- 1 cup vegan sour cream

Banana Ricotta Cream

Makes 6 (1/2 cup) servings

- 3 very ripe bananas (about 1 pound)
- 1 (15 oz) container regular (full fat) ricotta cheese
- 1 Tbsp honey
- 1 Tbsp lemon juice

Cut bananas into chunks and place in food processor with ricotta, process about 10 seconds. Add honey and lemon juice, process until blended to desired consistency (some need it very smooth, some like a little more texture). Serve with fruit (or fruit puree if you need that consistency).

Nutrition info per serving: 188 calories, 9 g protein

From Eat Well, Stay Nourished: Published by SPOHNC (www.spohnc.org)

Fresh Berries with Avocado Chocolate Mousse

- 1 ripe avocado
- 3 Tbsp honey
- ¼ cup unsweetened cocoa powder
- 1-2 tsp vanilla extract
- 1/8 tsp salt

4. Place ½ cup of berries in 3 individual serving dishes. Top with spoonful (about 2-3 Tbsp) of chocolate mousse.
5. Refrigerate up to 1 hour before serving. Garnish, if desired.

Anytime Bars

These date and nut treats are nutrient dense, as the base ingredients are oats, nuts and dried fruits. Makes 25 Bars

1 cup pecan halves
1 cup whole almonds
¼ cup whole wheat pastry flour or all-
purpose flour
2 Tbsp ground flaxseeds
¼ tsp salt
1/8 tsp baking powder
1/8 tsp baking soda
¼ cup old-

Energy Bites

½ c walnuts
½ c almonds, slivered
¼ chia seeds
¼ pitted dates
¼ c cocoa powder
2 Tbsp maple syrup
2 Tbsp honey
¼ c almond butter (can sub peanut butter or cashew butter if you wish)
½ tsp vanilla extract
Pinch sea salt
Unsweetened shredded coconut or cocoa powder (for rolling bits in)

Place walnuts, almonds, and chia seeds in food processor or blender, process until coarsely ground. Add dates, pulse until dates are coarsely ground. Add cocoa powder, maple syrup, honey, almond butter, vanilla extract and salt. Process until finely ground. Form the mixture into 1 inch balls, roll in coconut or cocoa powder. Store in refrigerator or freezer.

Breakfast Quinoa

1 cup quinoa (uncooked)
1 can (14 oz) Thai Kitchen coconut milk
1 c water
1 tsp vanilla extract
2 T maple syrup
½ tsp ground cinnamon
¼ tsp sea salt

Combine all ingredients in a large sauce pan, bring to boil, cover, reduce heat and simmer for 20 minutes. Adjust thickness as desired with more water if needed.

Smoothies and Shakes

Chocolate Banana Smoothie

1 banana
1 c soy milk or Ripple Original
6-8 dates
2/5 tub silken tofu
1 Tbsp unsweetened cocoa powder
¼ tsp cinnamon
1/8 tsp Espresso powder, or more to taste

Blend all ingredients in blender. Makes 2 cups; entire recipe 360 calories, 18 g protein

Carrot Cake Smoothie

Winning recipe in [The National Geographic Milk Utility Smoothie Cookbook](#)

2/3 cup chilled canned carrots, drained
2 tbsp crushed pineapple in juice
1/3 cup vanilla yogurt (full fat if you need the calories)
2 tbsp honey
1 cup milk (whole milk if you need the calories, or can even use Half and Half)
2 ice cubes
½ tsp cinnamon
¼ tsp ground ginger
1/8 tsp ground allspice
Optional: dash nutmeg

1. Place everything except nutmeg in a blender jar, blend for 30-40 seconds or until smooth.
2. Pour into two glasses.
3. Top with a sprinkle of nutmeg if desired.

½ cup whole milk
2 tablespoons dry milk powder
1 tablespoon smooth peanut butter
½ cup vanilla ice cream

Blend all ingredients in blender until smooth. Entire Recipe: 385 calories, 15 gm protein

Cherry Almond Smoothie

1 c frozen cherries
1 T almond butter
1 c Good Karma flaxmilk, Protein added
2 T unsweetened coconut cream
¼ tub silken tofu
1 tsp Black Cherry concentrate available at Lori Natural Food
2 T agave or honey
1 tsp vanilla
1/8 tsp cinnamon

Blend all ingredients together. Makes 2 cups.

Pumpkin Pie Smoothie

1 c Ripple Original
1/5 tub extra firm tofu
6 T pumpkin puree
1 T cashew butter
2 T Thai Kitchen coconut milk
2 T honey or agave
½ tsp cinnamon
1/8 tsp allspice
1/8 tsp nutmeg
1/8 tsp ginger
1 tsp molasses
¼ tsp vanilla extract

Blend all ingredients together.

¼ cup liquid egg substitute

Blend ingredients in a blender until smooth.

Makes 1 cup. Entire recipe: 250 calories, 12 g protein

Vegan Eggnog

1 c Good Karma Flax Plus Protein milk

½ soaked raw cashews, drained

2 T coconut cream

2 tsp agave

½ tsp nutritional yeast

¾ tsp rum extract

½ tsp vanilla extract

1/8 tsp cinnamon

Dash nutmeg

Blend all ingredients together. Makes 1 ½ c (12 oz).

Entire recipe = about 450 calories, 21 g protein.

Per 8 oz serving = 300 calories, 14 g protein (19%).

Green Ripple

1 c Ripple Original

½ banana

½ c pineapple chunks

½ c kale (packed tightly)

½ c spinach (packed tightly)

¼ block silken tofu

1 Tbsp honey or agave

½ tsp vanilla extract

1/8 tsp cinnamon

Dash nutmeg

Blend all ingredients together. Makes 2-2 ¼ c (16-20 oz).

Entire recipe = about 330 calories, 18 g protein

Per 8 oz serving = 165 calories, 9 g pro (22%).

Making Smoothies: Tips and Guidelines

Smoothies can be nutrient-dense meals or snacks, in addition to providing fluids. There are countless recipes available- start with your favorite fruit and experiment with the other ingredients

Tips for shakes/smoothies:

1. Follow food safety guidelines- Wash fruits and vegetables.
2. Whole fruits and vegetables- can be optional depending on diet. Wash skins.
3. Blend all of the ingredients together. Add liquid if needed to thin out mixture or blend.