

Pumpkin Chia Pudding

- 1/2 c Water
- 1/2 c Apple juice
- 2 T Almonds
- 2 1/2 T Chia Seeds

Let soak for 2+ hours stirring mixture several times to break up the chia seed clumps. Blend for 1-2 minutes in a blender and pour into a mixing bowl.

Add

- 1 C Pumpkin
- 1/2 t Stevia
- 1/2 t Xylitol
- 1 T Maple Syrup
- 3/4 t Cinnamon
- 1/2 t Vanilla
- 1/2 c Water
- 1/2 c Apple juice
- 2 T Almonds

Stir with spoon till well mixed.



Yvonne H.



Cranberry Relish

Chopped cranberries and oranges (thin skinned chopped up whole) and Stevia. You can add chopped walnuts or pecans.

Yvonne H.

Aunt Louise's Casserole

- 1 qt home canned shell beans
or 2 – 15oz cans beans, any type
- 1 qt (28oz can) tomatoes
- 1 onion, chopped and water sautéed
with 1 T marmite
- 2 Tbsp sugar
- 1/2 c uncooked rice
- garlic powder
- 5 bay leaves

Mix all ingredients, including bean juice, together and place in baking dish. Place bay leaves on top. Cover and bake at 375 for 45-60 minutes. Remove bay leaves before serving. Kathy P.



No Bake Pumpkin Spice Bites

1. 1 3/4 cups gluten-free oat flour
2. 1/4 cup coconut flour (can sub for almond or extra oat flour)
3. 2 T granulated sweetener of choice
4. 1 T pumpkin pie spice
5. 1/2 cup pumpkin puree
6. 1 tsp vanilla extract
7. 1/4 cup cashew butter (tahini)
8. 1/4 cup brown rice syrup (agave)
9. 1 T + dairy free milk of choice
10. Cinnamon and granulated sweetener of choice, to coat bites in (optional)

Instructions

1. In a large mixing bowl, combine the flour, sweetener, pumpkin pie spice and mix well.
2. In a microwave safe bowl or stovetop, heat your nut butter with your sticky sweetener until combined. Mix in your vanilla extract. Pour your wet mixture and pumpkin to the dry mixture and mix well. Depending on consistency, either add dairy free milk of choice or extra flour until a firm texture is formed.



- Using your hands, form into small bite sized balls. Roll balls in optional cinnamon/sugar mixture and place on a baking tray or plate. Refrigerate for at least 10 minutes to firm up.

Kathy P.

Simple Whole Wheat Bread

Makes 3 – 1 ¾ pound loaves

Mix, cover and let stand for 30 min

3 cups warm water

2 Tbsp yeast

1/3 cup agave

1/3 cup molasses

¼ cup oil

1 ½ Tbsp salt

5 cups flour (I use white)

2 ½ cups whole wheat flour



Place in greased bowl and let raise for 30-45 minutes, till double.

Punch down and make into 3 loaves. Let rise till double, 30-45 minutes, then bake at 350 for 25 minutes. Let cool in pans for 10 minutes before turning out onto a rack.

I put a shallow pan of water on the bottom of the oven, turn it onto 200 degrees, then place the covered bread in the oven to rise the first time.

When you have made them into loaves I put it in the oven at 100 degrees until double, then turn the oven up to 350 and bake it for the 25 minutes. This dough is fairly soft but makes delicious bread.

Kathy P.

Zucchini Salsa

Ingredients

Yield 10-12 Pints Units US

- 10 cups zucchini, peeled & shredded
- 4 onions, chopped
- 2 green peppers, chopped
- 2 red peppers, chopped
- ¼ cup pickling salt
- 1 tablespoon pickling salt
- 2 tablespoons dry mustard
- 1 tablespoon garlic powder
- 1 tablespoon cumin
- 2 cups white vinegar
- 1 cup brown sugar
- 2 tablespoons red pepper flakes
- 1 teaspoon nutmeg
- 1 teaspoon pepper
- 10 cups chopped ripe tomatoes
- 2 tablespoons cornstarch
- 12 ounces tomato paste



Directions

Day one:

In a large bowl combine; Zucchini, onions, green pepper, red pepper and ¼ c. salt. Mix together cover and let stand overnight.

Day two:

Next day rinse, drain well and put into a large pot then add mustard, garlic, cumin, vinegar, brown sugar, pepper flakes, salt, cornstarch, nutmeg, pepper, 1 tablespoon salt, tomatoes and tomato paste.

Bring to a boil and simmer for 15 minutes.

Pour into sterilized jars and seal.

Water bath jars for 15 minutes if they have not sealed properly.

Kathy P.

Veggie Salad Sweet & Spicy with Siracha Dressing

Dressing Ingredients:

Siracha Sauce

Water

Apple cider Vinegar

Fresh Lemon Juice

Raw Honey

Olive Oil

Salad Ingredients:

Fresh chopped tomatoes from garden

Cabbage

Bok Choy

Romaine Lettuce

Cilantro

Mint

Zucchini from garden Lisa K.



Hummus

2+ Cups water (add more if needed)

1/2 Cup Chick Peas (soak overnight)

Cook until tender with:

4-5 cloves Garlic

1 tsp Turmeric

1/2- 1 tsp Curry powder

2 T Bragg's Liquid Aminos

4-5 Fresh Basil leaves

1-2 Dashes of Cayenne Pepper

Blend until Smooth

Add 1/2 Cup Tahini

1/3 Cup Fresh Lemon Juice

Add water from cooked chickpea to desired consistency

Serve with veggies, pita chips, etc. Janis N.

Amazing Mac 'N Cheez Sauce

1/2 Cup Barley flour (you can use any kind of flour)

1/2 Cup Nutritional Yeast

1 Tsp Salt

1/4 tsp Onion Powder

1/4 tsp Garlic Powder

1/4 tsp Paprika

1 Cup water or non dairy "milk"

1/4 Cup Olive oil

1/2 tsp Prepared Mustard - any kind

Combine dry ingredients in a pan, Add liquid ingredients and stir until mixed. Heat on medium stirring with a wire whisk until boiling. Pour over pasta. Kathleen H.



Lima Bean Chili

3 cups Lima Beans

1 or 2 onions, diced

3-5 cloves fresh garlic, diced or minced

2 Bouillon Cubes

2 large Tomatoes, chopped

2 Yams, peeled and chopped

2 tsp Parsley

2 tsp Rosemary

3 tsp Sage

3 tsp Basil

1/2 tsp Curry powder

3+ tsp Fiesta Chili Powder from Fred Meyer

Cook lima beans for 1-1/2 – 2 hours, or until soft.

In a separate pan, dissolve 2 bouillon cubes, add all other ingredients, including lima beans. Simmer for one hour.

Dawn A.



Potato Rosti

1# Washed potatoes with skins
(approx 4 med potatoes)

- 1 1/2 tsp Margarine
(Smart Balance)
- 1/2 tsp Salt (Optional)
- 1/4 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 2 Tbsp Chopped Parsley



Boil potatoes completely covered with water for 15 min. cool then grate. Preheat oven on Broil for 350°. Combine all ingredients & form into patties. Place on cookie sheet lightly sprayed with non-stick cooking spray. Put sheet under broil/grill for 10 min - turn patties and broil for 10 more minutes until browned or as crisp as you want them.

Karen H.

Melty "Cheeze" Muffins

To make melty "cheeze" combine in blender:

- 3/4 c. Water
- 1/4 c. Pimentos
- 1 Tbsp Cornstarch
- 1/4 c. Washed raw cashews
- 3/4 tsp Salt
- 2 Tbsp Nutritional Yeast
- 2 Tbsp Quick Oats
- 1 Tbsp Lemon juice
- 3/4 tsp Onion Powder



Blend till very smooth. Pour into a saucepan. Pour an additional 3/4 cup water into blender and blend briefly to clean out. Pour into saucepan with other "cheeze" ingredients. Cook over medium heat till thick, stirring constantly. Remove from heat. Add these ingredients to sauce:

- 1 c. Diced Onion
- 3/4 c. Sliced Olives
- 1/2 c. Chopped Red or Green peppers

Place whole wheat English muffins on a baking tray. Spread about 2 Tbsp "cheeze"/vegetable mixture on each muffin half. Bake at 400° for 10-15 minutes or until muffins are crispy around the edges.

Dawn H.

Old Fashioned Crockpot Scalloped Potatoes

Blend the following ingredients in a blender for 2 minutes, until smooth.

Pour into the cooker.

- 1/2 c. Water
- 1/4 c. Raw cashews or blanched (white) almonds
- 3 Tbsp Quick or Rolled Oats
- 4 1/2 tsp McKay's Chicken Seasoning
- 1 Tbsp Olive Oil
- 1 Tbsp Lemon Juice
- 1 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/8 tsp Salt
- Sprinkle Turmeric



Rinse the blender with 3/4 cup of water and add to crockpot ingredients.

4 c. Potatoes peeled & thinly sliced

Prepare the potatoes, then thoroughly mix with the sauce in the cooker. Cook until the potatoes are tender. Serve. May garnish with paprika and/or fresh, minced parsley. Yield: 3 3/4 cups.

Cooker size - 2 1/2 - 5 qt.

Cooking time if cooking on low - 8 - 8 1/2 hours or 3 1/2 hours +/- on high.

Dawn H.

Homestyle Sauerkraut Potato Dish

- 5-6 Medium Potatoes, cooked, peeled, cubed
- 1 16 oz can Sauerkraut (drain & rinse if desired to reduce sodium)
- 1 can Vegetarian links - super links, Big franks, etc.
- 1 can Healthy Choice mushroom soup
- 1/2 c. Non-fat Mayonnaise
- 1 tsp Caraway seeds
- 1/2 c. Dry bread crumbs
- Paprika



Combine cubed potatoes, sauerkraut and sliced Links in a large mixing bowl. In a small mixing bowl combine mushroom soup, mayo, Super-link broth, and caraway seed. Mix till smooth. Pour sauce over potato mixture, stir well. Place in Pam-sprayed baking dish. Sprinkle bread crumbs on top. Dust with paprika for garnish. Bake at 350° for 1 hour. Dawn H.

Baked Oatmeal with Pumpkin and Banana

Spray an 8x8" pan with cooking spray.
Arrange 1/2" thick banana slices in bottom of pan

In a mixing bowl combine:

- 1 c. Quick Oats
- 2 Tbsp Ground flaxseed
- 3/4 tsp Cinnamon
- 1 1/2 tsp Pumpkin pie spice
- 1/4 tsp Nutmeg
- Pinch of Salt
- 1/2 tsp Non-aluminum Baking powder



In a separate bowl combine:

- 1 c. Canned Pumpkin puree' (not prepared pumpkin pie filling)

- 2 Tbsp Brown Sugar

Add the following ingredients that have been blended together:

- 1 c. Soy or other plant "milk"
- 1/4 box Mori Nu tofu (any variety)
- 1 1/2 tsp Egg Replacer
- 1 Tbsp Honey

Combine wet ingredients with dry ingredients. Stir well. Pour batter over sliced bananas. Sprinkle 1/4 c. chopped pecans over mixture. This can be made the night before and stored in the refrigerator. Before serving, bake @ 375° for 35-40 minutes, or until the top is golden brown and the oatmeal has set. Serve warm.

Dawn H.

Apple Roses

Ingredients to make 6 roses

1 frozen Puff pastry sheet, thawed

2 Red organic apples (I used red delicious)

Half lemon - juice

1 Tbsp of Flour, to sprinkle the counter

3 Tbsp of apricot preserves

Cinnamon (optional)

Powdered sugar for decorating (optional)

Preparation Time is 45 minutes

Directions:

1. Thaw the puff pastry if you haven't done so yet. It should take about 20-30 minutes.
2. Prepare a bowl with some water and the lemon juice. Cut the apples in half, remove the core and cut the apples in paper thin slices. Leave the peel so it will give the red color to your roses. Right away, place the sliced apples in the bowl with lemon and water, so that they won't change color.
3. Microwave the apples in the bowl, for about 3 minutes, to make them slightly softer. If you prefer, you can also simmer the apples slices in the water in a small pan (on the stove).
4. Unwrap the puff pastry over a clean and lightly floured counter. Using a rolling pin stretch the dough a little, trying to keep it in a rectangular shape. Cut the dough in 6 strips. These are about 2" x 9" (5 cm x 22 cm).
5. In a bowl, place three tablespoons of apricot preserves with two tablespoons of water. Microwave for about one minutes, so that the preserves will be easier to spread. Spread the preserve on the dough.
6. Preheat the oven to 375° F (190° C). Drain the apples.
7. Place the apples on the top of the rectangle-cut dough with slices overlapping each other. Sprinkle with cinnamon if you'd like.

8. Fold up the bottom part of the dough.

9. Carefully roll, seal the edge, and place in a silicone muffin cup.

No need to grease the muffin mold if it's silicone. Otherwise, make sure to grease it.

10. Do the same for all 6 roses. Bake a 375° F for about 40-45 minutes, until fully cooked.

NOTE: make sure the pastry is fully cooked on the inside before removing the roses from the over! If after 30 minutes the apples on top look fully cooked, move the pan to a lower rack in the oven, and wait for 10-15 more minutes to avoid undercooking the puff pastry. Sprinkle with powdered sugar and enjoy!

Diane B.

