

Crock Pot Apple Butter

4 ½ lbs. Cooking apples (washed and quartered)
4 cups White sugar
⅓ cup Apple cider
½ tsp. Cinnamon
½ tsp. Nutmeg

Peel and quarter apples. Put in slow cooker, and then slowly add sugar. Stir to coat.

Pour on apple cider. Add spices and stir. Cover and cook 3 hours.

Turn heat to low and cook 9 hours.

Check apples at 5 hours mark. Apples should be very soft and lots of juice.

Place in blender, process until smooth.

Then put back in slow cooker and cook uncovered for 1-4 hours.

Then can as normal.

Sydney McNally



Hash Browns by Mary McDougall

4-5 cups Shredded potatoes

Put in dry pan and cook on medium high for 5-8 minutes. Turn over in one unit and cook another 7-10 minutes.

Kathleen Henning

Crockpot Apple Cinnamon Oatmeal

Place 2 sliced apples

¼ c Brown sugar

1 tsp. Cinnamon

Pinch salt in the bottom of the crock pot. Pour in 2 cups of oatmeal, 2 cups of Almond milk and 2 cups water. Do NOT stir--- Cook overnight for 8-9 hours on low.

Di Ball

Cornmeal Breakfast Squares

3 cups Boiling Water

½ tsp. Salt

In a separate bowl: Mix together

1 cup Cornmeal

1 cup **COLD** water

Bring 3 cups water and ½ tsp. salt to boil. Stir in cornmeal mixture. Stir for 3 to 5 minutes or until thick. Pour into buttered 8x8 baking dish – cool. Cover and refrigerate overnight. Cut into squares. Fry in frying pan to get a golden crust. Serve with a dollop of Plain Greek Yogurt. Top with raisins and almond pieces, unsweetened flake coconut. Drizzle Agave syrup (or Maple syrup) to sweeten.

Di Ball

Johnny Cakes

1 cup water

2 Tbsp. Butter – Earth Balance

1 cup Yellow cornmeal

½ tsp. Salt

½ tsp. Sugar

½ cup Milk – Vanilla Almond

Butter to grease skillet

Apple butter or your favorite syrup



Heat the water and butter in the saucepan over medium-high heat until they boil or bubble rapidly.

While the water and butter are boiling, put the cornmeal, salt, and sugar into the mixing bowl.

Pour the boiling water and butter into the mixing bowl. Add the milk and stir the batter until it is well mixed. Bake at 360° until golden. Flip and bake until golden. Makes 12 cakes

Sydney McNally

Creamy Fruit and Nut Porridge

1 cup Quinoa, rinsed and drained
3 cups Organic soy beverage or skim milk
Pinch Salt (optional)
1/3 cup Dried blueberries
1/3 cup Slivered dried apricots
1/2 tsp. Cinnamon
1/2 cup Chopped walnuts
2 Tbsp. Pure maple syrup

Place the quinoa in a large saucepan, add the soy beverage or milk and salt (if using), and bring to a gentle boil. Reduce heat to low, cover and gently simmer for 20 to 25 minutes, stirring occasionally to prevent sticking.

Remove from heat and stir in the dried blueberries, dried apricots and cinnamon. Cover and let stand for 10 minutes, until the fruit is plumped up and the quinoa has absorbed most of the liquid. (The porridge will be creamy.)

To Serve: Sprinkle each serving with 1 Tbsp. of nuts and a drizzle of maple syrup or to taste.

Any leftovers can be stored covered in the fridge for up to 3 days. Reheat either on top of stove or in the microwave, adding more soy beverage or milk.

Linda Foster

Pinto Beans-Oat Waffles

2 1/4 cups Water
1 Tbsp. Sweetener
1 cup Soaked pinto beans (1/2 cup dry)
1 Tbsp. Oil
1 1/2 cup Rolled oats, regular
1/2 tsp. Salt
2 Tbsp. Flaxseeds, ground



Soak pinto beans several hours or overnight in sufficient water to keep covered. Drain, discard water. Combine all ingredients and blend until light and foamy, about half a minute. Let stand while waffle iron is heating. The batter thickens on standing. Blend briefly. Pour into a pitcher for convenience. Spray iron with nonstick vegetable spray for first waffle. Bake in hot iron 8 minutes, or until nicely browned. Set timer for 8 minutes and do not open before time is up. If waffle iron is hard to open leave a few seconds longer.

Note: When serving a large number, bake waffles ahead of time. Stack and cover with waxed paper. Just before serving, reheat in hot waffle iron just long enough to heat through for soft waffles or longer to make crisp. Sections may be heated in the toaster or in very hot oven, briefly. Do not allow to dry.

Dawn Hainey

Wholegrain Tofu Pancakes

- 1 cup Whole wheat pastry flour
- 2 Tbsp. Sugar
- ½ tsp. Baking soda
- ¼ tsp. Salt
- 1 cup Silken tofu
- ½ cup Almond or soy milk
- 4 Tbsp. Lemon or lime juice
- 2 tsp. Lemon or lime zest (optional)
- 2 Tbsp. Canola or vegetable oil
- 2 tsp. Vanilla



Whisk dry ingredients together in one bowl. In another bowl mix together remaining ingredients. Pour the wet ingredients into the dry ingredients and stir together in as few strokes as possible until just mixed. The batter should be lumpy, not smooth. Pour ¼ cup of the batter on a hot non-stick or cast-iron griddle coated with oil. This is a very thick, almost cakey batter, so you might have to give it a nudge with your ladle to help it spread. Cook until bubbles appear on the top of the pancake and the bottom is golden-brown. Flip over and cook until golden on the other side. Serve hot with maple syrup or any other topping of your choice.

Sue Williamson

Blueberry Waffle Topping

In a 2 qt. saucepan place:

- 1 – 12oz. can apple juice concentrate
- 12 oz. water
- 3 Tbsp. Minute tapioca



Let sit for 15 minutes to begin softening the Tapioca. Bring to a boil over medium heat. Boil until clear. Remove from heat. Stir in 1 tsp. vanilla. If desired, a small amount of sweetener may be added. Gently fold in 4-6 cups frozen blueberries. Serve warm over waffles or pancakes.

Dawn Hainey

Potato Chive Squares

Place in bowl:

- 3 cups Cooked, peeled, grated potatoes
 - ½ cup Bread crumbs
- Fluff together with a fork

In food processor place:

- ½ Box Mori Nu soft tofu
- ¾ - 1 tsp. Granulated garlic
- 1 Tbsp. Unbleached flour
- ½ tsp. Granulated onion
- ½ - ¾ tsp. Salt
- ¼ tsp. Turmeric



Process the last six ingredients until smooth. Pour over potatoes. Gently fold in along with ¼ cup chopped chives. Place in sprayed 9x9" pan. Bake at 350° for 45 minutes.

Dawn Hainey

Scrambled Tofu

- 1 tsp. Oil
- 1/8 tsp. Tumeric
- 1 tsp. Onion powder
- 1 tsp. Salt
- 2 Tbsp. Bacos
- 1 lb. Tofu



Add all ingredients after you have scrambled the tofu.

Optional: You may add mushrooms, tomatoes and onions.

Karen Hackett

Apple Syrup

Blend:

- 12-oz. Can frozen apple juice concentrate
- 18 oz. Water (1 1/2 juice cans)
- 1 tsp. Lemon juice
- 1/4 tsp. Cinnamon
- 2 Tbsp. Minute Tapioca
- 3 Tbsp. Cornstarch or



Cook in saucepan over medium heat, stirring constantly until slightly thick.

Delicious over cereal, waffles, and crepes.

Dawn Hailey

Microwave Oatmeal

- 1/2 cup Quick Oatmeal
- 1 cup Water added

Add a few raisins or dried cranberries if desired

Microwave one and a half minutes – watch as may boil over if bowl is not large enough. (Use Microwave safe bowl)

Add soy milk to desired consistency.

Add a serving of blueberries 1/2 to 3/4 cup or less if desired

Add other fresh fruit-raspberries, strawberries, or banana if desired.

Sonja Clements

Fruit Salad

- 20 oz. can Chunk pineapple drained
- 12 oz. can Mandarin oranges drained
- Sliced red and or green grapes
- Peeled apple or two cut up
- Coconut if preferred
- Marshmallows if preferred

Mix all together-chill

Add sliced bananas just before serving.

Sonja Clements