

Vegan Pumpkin Pie

- 1 (16 oz.) can pumpkin puree
- ¾ cup sugar
- ½ tsp. salt
- 1 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. cloves
- 1 (12 oz.) package soft tofu, processed in blender until smooth
- 1 9 inch Pie Shell



Put tofu between two flat surfaces (like plates). Place weight on top. Let tofu press 20-60 minutes. Drain liquid off. Use pressed tofu in the following directions.

Cream pumpkin and sugar. Add salt, spices and tofu. Bake at 425° for 15 minutes, then at 350 for 40 minutes. Chill and serve.

Karen Hackett

Oatmeal Pecan Patties

- 4 cups Quick Oats
- 4 cups Hot or boiling water
- 2 cups coarsely chopped onion
- 1 cup chopped pecans
- 2 Tbs. Bragg's Aminos or soy sauce
- 2 tsp. Rubbed sage
- 1 tsp. celery salt
- 1 ½ Tbs. McKay's Chicken Seasoning



Mix together and let sit while you heat up the skillet to 350° degrees. Using a small amount of cooking oil, drop patties onto hot surface. Flatten the patties out. Fry on both sides until golden brown. Serve with brown gravy or ketchup.

These are great in a sandwich or used as a Vege burger. Amount: Approx. 30 buns sized patties or 60 small patties.

Diane Ball

Layered Pudding Delight

- 14 whole graham crackers
- 1 pkg. (6 serving size) JELL- O Brand Vanilla Flavor Instant Pudding and Pie Filling
- 2 cups cold milk
- 1 cup thawed BIRDS EYE COOL WHIP Non Dairy Whipped Topping
- 1 can (21 oz.) cherry pie filling



Line 9-inch square pan with whole graham crackers, breaking crackers if necessary. Prepare pudding mix with milk as directed on package for pudding. Let stand 5 minutes then blend in whipped topping. Spread half the pudding mixture over the crackers. Add another layer of crackers; top with remaining pudding mixture and crackers. Spread cherry pie filling over top layer of crackers. Chill 3 hours. Makes 9 servings.

Janet Stott

Cranberry Sauce

- 2 ½ cups Fresh Cranberries
- 1/3 cup Agave Nectar, or to taste
- ¼ cup Orange Juice

Combine cranberries, 1 cup of water, and Agave and bring to a boil. Continue to boil for 10-20 minutes, adding orange juice, if using, after the first 10 minutes of cooking.

Once most of the cranberries have popped and the sauce has thickened, turn off heat and cool to room temperature.

Transfer to a container and refrigerate overnight, or at least 4 hours before serving.



Dawn Hainey

No Bake Energy Bites

- 4 cups old fashioned oats
- 2 2/3 cup toasted coconut
- 2 cups almond or peanut butter
- 1 cup flaxseeds (pulsed in food processor)
- 1 cup Wheatgerm (toast it a bit for nuttier flavor)
- 2 cups Dark chocolate chips (pulsed in food processor)
- 2 cups Honey
- 4 tsp. Vanilla

Stir all ingredients together and form balls put in refrigerator to set for a few hours and then put in a covered container and keep in refrigerator and enjoy! Makes 80-100 balls depending on size you make.
Ginger Hallberg

Omega 3 Dinner Loaf

- 3 cups Seasoned Breadcrumbs
- 1 ½ cups chopped Celery
- 1 ½ cups chopped Onion
- 1 ½ cups ground Walnuts,
- 1 ½ cups Soymilk
- ¼ cup Flaxseeds, ground
- 3 Tbs. Water
- 1 tsp. Salt
- 1 tsp. Garlic Powder
- 2 Tsp. Oil



Sauté onion and celery in oil and water. Mix with remaining ingredients. Press into an oiled loaf pan. Bake at 350° for 1 hour. While loaf is still warm, flip out onto serving platter.
Dawn Hainey

Halloween Pumpkin Chip Cookies

- 1 cup pumpkin
- 1 egg
- ½ cup any kind vegetable oil
- 1 cup sugar
- 2 tsp. baking powder
- 2 cups all purpose flour
- 1 tsp. baking soda
- 1 tsp. milk
- 1 tsp. vanilla
- 1 cup white chocolate or butterscotch chips
- ½ cup walnuts or pecans, chopped



Preheat oven to 370°

Note: If using butterscotch chips, try using butter rum extract instead of the vanilla for extra flavor.

Blend pumpkin, egg, oil and sugar. Whisk together flour, baking powder, cinnamon and salt; gradually add to first mixture. Dissolve the baking soda in milk and add to batter. Stir in chocolate (or butterscotch) chips, nuts and vanilla.

Drop by the teaspoonful onto lightly greased baking sheets. Bake at 370° for 10 to 12 minutes. Recipe can be doubled. Bake and freeze the extra cookies.

Carol Jaromin

Vegetarian Bean and Barley Vegetable Soup

- 1 onion, diced or shredded
- 2 ribs celery, diced or shredded
- 2 carrots, diced or shredded
- 1 can of corned drained
- 8 cups of vegetable stock
- 1 cup pearly barley, uncooked
- 2 cans of garbanzo beans
- 1 small can tomato paste
- 1 tsp. salt
- 1/2 tsp basil
- 1/2 tsp Italian spice mix
- 1 1/2 tsp thyme
- 1 tsp onion powder (optional)
- 2 large bay leaves



In a large soup pot, add all ingredients and simmer for 1 hour.

Kathleen Henning

Millet Dinner Roast

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| 2 cups Gluten Flour | 2 Tbs. Onion Powder |
| 3/4 cup Millet, uncooked | 1 Onion |
| 2 Tbs. McKay's Beef Style Seasoning | 3 Tbs. Water |
| 1 Tbs. Garlic Salt | 4 oz. can Canned Mushrooms |
| 2 tsp. Sage | 4 1/2 cups Warm Water |

Sauté onion and mushrooms in water. Mix all dry ingredients together thoroughly then add onion and mushrooms. Stir water in very quickly. Pour into 2 very well oiled loaf pans. Cover with foil, place in oven and bake at 375° for 1 hour. Remove from oven, and let the roast set in the pans for 15 minutes. Turn roast out onto a serving platter. Cut in slices to serve. Serve with mashed potatoes and gravy.

Dawn Hainey



Tomato Bread

1 1/2 POUND LOAF

- 5/8 cup milk
- 1 (6 oz.) can Tomato Paste
- 1 Egg
- 3 1/4 cups Bread Flour
- 1/2 tsp. Salt
- 1Tps. Olive Oil
- 1 Tbs. sugar
- 1 tsp. Italian Seasoning
- 2 tsp. Dried Minced Onion
- 1/4 tsp. Garlic Powder
- 1/2 tsp. Grated Nutmeg
- 1 1/2 tsp. Red Star brand active dry yeast for all machines

Place all ingredients in bread pan, select Light Crust setting, and press Start.

After the baking cycle ends, remove bread from pan, place on cake rack, and allow to cool 1 hour before slicing.

Susan Williamson



Tomato Bread

1 POUND LOAF

- 1/4 cup milk
- 6 Tbs. Tomato Paste
- 1 Egg
- 2 cups Bread Flour
- 1/2 tsp. Salt
- 2 tsp. Olive Oil
- 2 tsp. Sugar
- 1/2 tsp. Italian Seasoning
- 1 1/2 tsp. Dried Minced Onion
- 1/4 tsp. Garlic Powder
- 1/4 tsp. Grated Nutmeg
- 1 1/2 tsp. Red Star brand active dry yeast for all machines

Slow & Easy Minestrone

- 1 can (28 oz.) Diced Tomatoes, undrained
- 3 Celery ribs, cut into ½ inch slices
- 2 Medium Carrots, cut into ½ in. slices
- 2 sm. Zucchini halved & cut into ¾ in. slices
- 2 cups Vegetable Broth
- 1 cup Shredded Cabbage
- ¼ lb. Sliced Fresh Mushrooms or 24 oz. cans
- 1 sm. Onion, chopped
- 2 Garlic Cloves, minced
- 1 tsp. Dried Basil
- 1 tsp. Salt
- 1/3 cup Quick-Cooked Barley or 2 cups cooked Brown Rice
- 1 cup (15oz.) White Kidney or Cannellini Beans, rinsed and drained



In a 4-5 qt. slow cooker, combine the first 11 ingredients. Cover and cook on low for 7-9 hours. Cook Barley according to package directions; stir into soup. Add Beans, heat through.

Dawn Hainey

Cranberry Orange Bread (vegan)

Sift together into large bowl:

- 5c. unbleached flour
- 1 Tbsp. non-aluminum baking powder
- 1 tsp. baking soda
- 1 tsp. salt

Stir in 2c. whole wheat pastry flour.

Chop 1 bag (3c.) cranberries in food processor.

Place cranberries in separate large bowl.

Add 1-1/2 T. grated orange peel (I use dried)

Process together:

- ½ Box Mori Nu tofu
- ½ c. canola oil

Add to cranberries in bowl.

Stir all wet ingredients together well.

Add dry ingredients from 1st bowl.

Stir well. Place in sprayed or oiled pans.

Bake at 350 for 45-50 min. till golden brown

(larger loaves will take longer.)

Check for doneness with a toothpick).



Remove from pans and place on cooling racks. Store in bags after completely cool.

Dawn Hainey

Vegetarian Bean and Barley Soup

1/2 onion diced

2 celery ribs diced

and any other veggies desired (1/2 cup)

(I didn't add anymore veggies)

8 cups veggie broth

1 cup pearly barley uncooked

1 cup pinto or white beans (pre cooked if dry)

1/3 cup tomato paste or crushed tomatoes

1/4 tsp salt

1/2 tsp celery salt (optional)

1/2 tsp each of basil, oregano and thyme

1 tsp onion powder

2 large bay leaves



In large pot saute onion, celery, and any other veggies 3-5 min.

Add veggie broth and all ingredients and bring to a simmer. Reduce heat to medium low and allow to simmer for at least 1 hour. Stirring occasionally until barley is soft and fluffy.

Add more spices to taste.

Sydnee McNally