

Tofu Turkey Loaf (Micheff Sisters)

1 medium onion, minced
½ c. celery, finely chopped
½ c. water
14 oz. tofu
1c. shredded carrots
2 c. fresh mushrooms, chopped
2 c. gluten free bread crumbs
1 tsp. ground sage
½ tsp. basil
1 tsp. thyme
1 tsp. mustard powder (optional)
2 Tbsp. chicken style seasoning
Mix all ingredients together well. Bake @ 375 degrees for 1 hour.
Kathleen H.



CRANBERRY ORANGE BREAD (VEGAN)

Preheat oven to 375 degrees. Spray loaf pans with no-stick spray.
In large mixing bowl sift together:
4 c. unbleached flour
1 Tbsp. non-aluminum baking powder
1 Tbsp. Ener G egg replacer
1 tsp. baking soda
1 tsp. salt
Stir in 3 c. whole wheat pastry flour
In food processor, chop 3 c. sorted and washed cranberries (12 oz. bag is close)
Empty chopped cranberries into separate large bowl.
Process 1 box Mori Nu tofu with ½ c. oil in food processor till smooth. Pour into bowl with cranberries.
Add:
1 ½ Tbsp. orange peel
1 ¾ c. sugar
2c. orange juice
Stir wet ingredients together, then add dry ingredients. Stir well. Place batter into sprayed loaf pans.
Bake @ 375 degrees for 10 minutes, then lower heat to 350 degrees and bake an additional 35-38 minutes (till a toothpick comes out clean and loaves are golden brown). Cool on racks. Yield: 6 loaves 5.75in. X 3 in.
Dawn H.



Banana Bread (revised 11/16)

Sift together in large mixing bowl:

2 c. unbleached all purpose flour

2 tsp. baking soda

2 tsp. non-aluminum baking powder

1 % tsp. salt

1 Tbsp. + 1 tsp. Ener-G egg replacer

Add 6 c. whole wheat pastry flour. Stir together very well.

Process till smooth in food processor, 1 box Mori Nu tofu

Add 1 Tbsp. ground flaxseed

Slowly pour in 3/4-1 c. oil while machine is running

When oil is thoroughly combined with tofu, pour into a separate large mixing bowl. Add:

4 c. mashed bananas

1 c. sugar

1 Tbsp. butterscotch or caramel flavoring

% c. water

Stir well. Add dry ingredients to wet ingredients and stir until there are no more flour lumps.

Put into no-stick sprayed pans. Bake @ 375 degrees for 10 minutes. Lower heat to 350 degrees and bake an additional 30-35 minutes, till an inserted toothpick comes out clean. Cool on racks.

Yield: 7 small loaves (approximately 70 slices)

Dawn H.



Broccoli "Cheeze" Soup

Microwave each vegetable separately till soft:

2 c. potato chunks

1-1/2 c. carrot pieces

1-1/2 c. chopped onion

Place in a blender and blend till smooth and creamy:

2 c. cooked potatoes

½ c. washed raw cashews

2-1/2 Tbsp. nutritional yeast

2 tsp. salt

1 tsp. granulated garlic

2 tsp. McKay's chicken style seasoning



Measure out 2 c. hot water. Use only enough water to allow the blender to work. While blender is running, add 2 tsp. instant clear jel. Blend until nuts are thoroughly liquefied, then add the additional water till all of the 2 c. are in the blender. Pour blender contents into large pan.

Next blend the 1-1/2 c. cooked carrots and onion pieces with 1-1/2 c. hot water till smooth. Pour into pan with potato mixture.

Gently fold 8 c. steamed broccoli pieces into the soup base

Heat through and serve:

Yield: 15 cups soup

77 calories/cup 2.15 grams fat/cup

Dawn H.

Peanut butter Applesauce Dog Treats

2-1/2 T Applesauce
1/2 cup Peanut butter
1 egg
1 cup Almond flour +
1/2 tsp baking powder
1/2 cup rolled oats

In a small bowl, mix the applesauce, peanut butter and egg. Combine until well blended. Add the flour, baking powder and rolled oats. Mix well. If dough is too soft, add a little more almond flour. Dough should be stiff and slightly sticky. Using a rolling pin, roll the dough to about 1/4 inch thick between two layers of wax paper or plastic wrap.



Use your dog bone cookie cutter and cut out shapes and place on parchment covered baking sheet. I got 18 treats.

Bake at 350 degrees for about 15 minutes or until golden brown. Cool completely. Store in an airtight container for up to 3 weeks.

Diane B.

PUMPKIN APPLE DOG TREATS

Ingredients:

4 cups Oatmeal
1 medium apple
1 egg
1 cup canned pumpkin

Preheat oven to 400 degrees.

1. Grind the oatmeal in a food processor or blender. Transfer to a bowl.
2. Core apple, removing all seeds. Grate the apple and add to the oat flour
3. Add the egg and canned pumpkin and mix well to combine. You will have to knead the mixture to get all the oat flour incorporated.
4. Roll the dough out to 1/4 inch thick, between two pieces of wax or parchment paper. Use a doggy bone cookie cutter to cut dough into shapes, and transfer to a parchment lined baking sheet. You can place these close together as they do not grow while baking. I got 30 on a cookie sheet.
5. Bake for 12 — 15 minutes, or until golden and crispy. If they are wet looking on the bottom, you may have to turn them over and bake them for an additional 10 — 15 minutes.
6. Cool completely before putting them into an airtight bag or container. Keep refrigerated for up to 5 days, or freeze for a few weeks. Makes 30 to 36 treats.

Diane B.



HEALTHY PEANUT BUTTER PUMPKIN DOG TREATS

INGREDIENTS:

1 cup 100% Pure Pumpkin Puree
1/2 cup Natural Peanut Butter
1 egg
2 cups Oat Flour
1/3 cup Nutritional Yeast
1 tsp Ground Cinnamon



DIRECTIONS:

Preheat the oven to 350 degrees and line cookie sheet with parchment paper.

Mix Pumpkin, Peanut butter and egg until blended. Add dry ingredients. You may have to kneed by hand to get all the flour to incorporate. Mixture should be thick and fudgy, a little sticky, like cookie dough.

Roll the dough in between 2 sheets of parchment paper until it's 1/4" thick. Use a mini cookie cutter to punch out shapes. Reroll the dough and punch out more cookies, until the dough is used up. Poke with a fork for vent holes. I got 36 medium treats and 30 small treats.

Bake for 20 minutes, or until firm and dry.

Store in an airtight container for up to 1 week, or keep refrigerated or frozen for longer.

Diane B.