

Applesauce Cupcakes

Cream {1 c sugar or 7/8 c honey
{1/2 c butter, melted
add: 1 1/2 c warmed applesauce
alternate with:

2 1/4 c flour
1/4 t salt
2 t soda
1 t cinnamon
1 t cloves
1 t nutmeg

add:
1 t vanilla
1 c raisins or dried cranberries
1 c chopped nuts

You may also add:
1 c candied fruit or 1 c dates

1. Bake at 350°F 35-40 mins

Glaze: 1/3 c powdered sugar
2 t warm milk
1/2 t vanilla

Drizzle glaze and with maraschino cherries



1 t salt
3 T tapioca flour
2 T water
1 c almond milk
1/4 c canola oil
1 t almond extract

Topping:

3/4 c flour
6 T margarine
3 c fresh cranberries
3/4 c sugar

1. In a larger bowl, combine the flour, sugar, baking powder, salt and tapioca flour. Stir liquid into the dry ingredients.
2. Spray a 9 inch spring-form pan with nonstick cooking spray. Pour batter into prepared pan.
3. For topping, combine flour and sugar in a small bowl; cut in the margarine until crumbly. Add cranberries. Sprinkle topping over cake.
4. Bake at 375°F for 50-60 mins, or until edges begin to pull away from sides of pan.

Optional

Glaze:
1/2 c powdered sugar, sifted
2 t almond milk
1 t vanilla extract

To prepare glaze, combine all ingredients in a small bowl and mix well. Drizzle over the top of cooled cake.

Virginia F-D

Cranberry Crumb Cake

2 c all-purpose flour
1 c sugar
4 t baking powder



Karen H.

Veggie Dinner Loaf

INGREDIENTS

- 1 c cooked white beans
- 2 c water
- ¼ c oil
- 2 t salt
- 2 t paprika
- 2 t onion powder
- 1 t garlic
- ¼ t tumeric
- 1 t ground fennel
- 1 t sage
- 1 t pepper (opt)
- 1 t soy sauce
- 2 ¾ c vital wheat gluten



METHOD

Get water steaming in your steamer.

1. Place in blender 2C. water and rest of ingredients except Vital wheat gluten. Blend till smooth. Pour into mixing bowl. Add remaining 2 C water and blend to rinse out blender. Pour into mixing bowl with other ingredients. Add Vital wheat gluten and work into a dough.
2. Shape dough into a log and wrap in a heavy duty foil like a tootsie roll. Try to make the roll as thick as possible. Steam for 1 hour.
3. Preheat oven to 350°F in the last 15 minutes of steaming. Remove loaf from steamer and bake for 45-60 mins. Loaf should swell and press against the foil.
4. Cool and slice as needed for sandwiches. This loaf holds up very well and can be shaved very thin. Store in the fridge.

Kathy P.

CRANBERRY ORANGE BREAD (VEGAN)

Preheat oven to 375 degrees. Spray loaf pans with no-stick spray.

In large mixing bowl sift together:

- 5 c. unbleached flour
- 1 Tbsp. non-aluminum baking powder
- 1 Tbsp. ener g egg replacer
- 1 tsp. baking soda
- 1 tsp. salt

Stir in 2 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 ½ box Mori Nu tofu with ½ c. oil in food processor till smooth. Pour into bowl with cranberries. Add:

- 1 ½ Tbsp. orange peel
- 2c. sugar
- 2c. orange juice
- ½ c. water

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.



HOLIDAY LENTIL LOAF

Sort and wash 1 ½ c dry lentils (brown or green)
Cook for 40 minutes in 3 1/4 c. Water, 2 pkts. Dark brown g w
broth and 1 tsp. Vegemite (or savorex, vegex, or marmite)

While lentils are cooking, saute' together:

1 to 1-1/2 large onions, chopped fine & 2 tbsp. Minced garlic

After lentils are done cooking, let them sit for 10 minutes, then
mash lentils till about ½ are mashed. Place lentils in large bowl
w/

2 c. Cooked rice

1 c. Shredded carrots

1 tbsp. Ground flaxseed

1 tbsp. Ener g egg replacer

¾ c. Chopped nuts (walnuts or pecans)

¾ c. Oats

1 tbsp. Nutritional yeast

1 tsp. Granulated garlic

¼ c. Ketchup or bbq sauce (see 5 min. Bbq sauce recipe following)

Seasoned salt to taste

Pack mixture into loaf pan that is sprayed and lined with
parchment paper. Top with ketchup or bbq sauce. Bake @ 350
degrees. Let sit on cooling rack for 20-30 minutes before placing
on plate



Dawn H.

Dilly green beans

Slice 1 onion top to bottom, then thinly slice each half to make half
rings.

Sautee' onions with 1 tbsp. Minced garlic for 3-5 minutes.

Add 6 c. Frozen green beans

1 tsp. Dill weed

½ Tsp. Dill seed

¾-1 tsp. Salt

Cook until crisp tender.



Dawn H.