

Chocolate Peanut Butter No-bake Energy Bites (Naturally Sweetened)

- 1 cup (dry) oatmeal (I used old-fashioned oats, although use gluten-free oats if making this GF)
- 2/3 cup toasted unsweetened coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground [flax seed](#)
- 1/3 cup honey or agave nectar
- 1/4 cup unsweetened cocoa powder
- 1 tablespoon [chia seeds](#) (optional)
- 1 teaspoon [vanilla extract](#)



Your ingredients: You'll need: chia seeds, toasted unsweetened coconut, honey, cocoa powder, oats, ground flax, vanilla extract, and (my favorite) lots of peanut butter.

1. Stir all of the ingredients together in a medium bowl until thoroughly mixed. Cover and chill the mixture in the refrigerator for at least 30 minutes, which will make it easier to handle.
2. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" diameter) Store in an airtight container and keep refrigerated for up to 1 week.
3. Makes about 20-25 balls.
4. *If the mix seems too dry, add in an extra tablespoon or two of honey or peanut butter. If the mix seems too wet (which may happen if you use natural peanut butter), add extra oatmeal.

This recipe is slightly adapted from [SMASHED PEAS & CARROTS](#)
Teresa W.

Bran Muffins

Mix in small bowl and set aside:

- 2 cups boiling water
- 2 cups Kellogg's All-Bran Original Cereal

Mix in larger bowl:

- 1 c. Shortening
 - 2 c. Dark brown sugar, packed
 - 4 beaten eggs
 - 4 cups buttermilk
- Add soaked bran cereal



Mix together and add to wet ingredients:

- 5 cups flour
- 5 tsp baking soda
- 1 tsp salt

Add:

- 4 cups General Mills Fiber One

Keep in tightly covered glass gallon jar—refrigerate. This will keep up to 1 month in the refrigerator.

Do not stir when using. Pour into lined muffin tins to 2/3 full.

Bake at 400° F for 25-30 minutes or more.

Test for doneness with a toothpick in the center.

Note: This makes a lot of muffins. I don't remember how many. When we made them for a restaurant, we made several batches every day. We added: 1c Golden Raisins, 1c Craisins & 2c. Walnuts to each batch.

Di B.

Onion Gravy

2-3 Tbsp Oil
4 cups Quick Oats
1/3 c. unbleached white flour
2c. water
½ Tbsp Braggs Liquid Aminos
1 tsp onion powder
½ tsp garlic powder
½ cup vege-broth, low sodium
1Tbs McKay's Chicken Seasoning
Pinch of salt

Place flour in dry small skillet; cook over medium heat until lightly browned stirring constantly

Transfer flour and remaining ingredients to blender; blend until smooth.

Pour mixture into medium sauce pan; heat over medium until thick, stirring constantly to prevent lumps and burning.

Anita T.

Foster's Rice

2 c. rice (brown)
4 ½ c. water
2 tsp salt
2 Tbsp. butter



Cook rice until it starts to boil—when boiling starts—reduce to low heat setting. Cook for 50 minutes drain excess water.

Add mixed vegetables

Add cubed Frichick (vege)

Mix—then put mushroom soup over the top.

Steve F.

Better Burgers

½ c. seasoned bread crumbs
2 c. quick cooking oats
½ c. walnuts finely chopped
½ c. whole wheat flour
1 can (15 oz) garbanzo beans
50% less sodium, not drained
¾ c. water
1 medium onion, quartered
2 Tbsp. Braggs Liquid Aminos
½ tsp garlic powder
1 tsp Italian seasoning



Preheat oven to 350°F Mix together oats, flour, walnuts and bread crumbs in large bowl & set aside. Combine remaining ingredients in blender, blend until smooth. Pour blended mixture into oat mixture. Stir to combine. Let sit 10 minutes to absorb moisture. Use ¼ c measuring cup to make burgers, flatten each to 1/2" thick on a baking sheet. Bake 45 minutes, turning once after 25 minutes.

Anita T.

Angel Eggs



Hard boiled eggs (don't forget to salt the water while boiling)

Diced onions

Pickle relish (or diced pickles if you don't have relish)

Mayonnaise & Spicy brown mustard to taste

Pepper & Mrs Dash with a shake of seasoning salt.

After you fill the eggs, light shake of paprika over the top before you cover & refrigerate until ready to eat!

Robin M.

Tostada Pizza

1 can refried beans

1 can black beans

1 cup salsa

1 package light house

meatless Mexican crumbles

1—4oz package rice cheese

Lettuce

Tomatoes

Green onions

Makes two 12" pizzas. Spread half can refried beans on each crust.

Blend black beans and salsa. Spread half in each pizza.

Half package veggie crumbles on each pizza.

Half cheese each pizza

Bake 400°F

When done top with lettuce, tomatoes and green onions

Teresa W.



Lentil Loaf

3 cups dry lentils

7 cups water

9 Tbsp ground flax seeds

1 tsp. garlic powder

½ cup dehydrated onion plus 2 cups water

Simmer above ingredients for 40 minutes

ADD:

1 ½ cups oats

1 ½ cups gluten free flour

3 Tbsp fresh basil

Mix well and put into baking dish

Make sauce from a quart of spaghetti sauce

3 Tbsp wet mustard

1 Tbsp Braggs Aminos

Pour over lentil loaf in baking dish. Bake 350°F for 45 minutes

Kathleen H.



Carrot-Coconut Cookies

- 1 cup mashed cooked carrots
- ¾ c. xylitol sugar
- 1 c. butter, melted
- 2 eggs
- 2 cups flour
- 2 tsp baking powder
- ½ tsp salt
- ¾ c. shredded or flaked coconut



Heat oven to 400°F. Mix carrots, sugar, butter and eggs. Stir in dry ingredients. Drop by teaspoon onto ungreased cookie sheet. Bake about 8 minutes.

Orange Butter Frosting

- 1 ½ cup powdered sugar
- ¼ cup butter melted
- 2 Tbsp orange juice heated, for easy mixing.

Tip: If you want to add grated orange peel to batter or as peel to the batter, this will give the frosting a stronger flavor. Mix and apply to cooled cookies.

Virginia F-D.

Scottish Oat Cakes

- 1/4 C Flour
- 1 C Walnuts or Pecans
- 1 C Quick Oats
- 1 t Salt
- 1/4 C Maple Syrup or Warmed Honey



1. Place flour and nuts in a blender, coffee grinder or food processor and whiz till it looks similar to brown sugar. Pour into a mixing bowl and oats and salt. Stir in maple syrup or warmed honey with a little added water to help dough to form. Mixture should stick together, but not be so wet that it sticks to your hands.

2. Divide into walnut sized balls and roll out thin. I rolled them between two sheets of disposable baking liners.

3. Bake at 350 F for 10-15min. Watch carefully at the 10 min mark as they burn quick!

Yvonne H.

Greek Pizza with Tofu Feta

Ingredients

Tofu Feta

- 1 pound extra firm tofu, drained and pressed
- 2 tablespoons water
- ¼ cup lemon juice
- ¼ cup red wine vinegar
- 2 tablespoons nutritional yeast
- 1 tablespoon mellow white miso
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon sea salt

Tahini Dressing

- 1/4 cup tahini
- 1/4 cup water
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1/4 teaspoon sea salt

For the Pizza

- 12" or 15" prepared pizza crust
- 1 teaspoon olive oil
- 1/2 red onion, diced (about ½ a cup)
- 2 garlic cloves, minced
- 5 ounces baby spinach, chopped
- 1 cup grape or cherry tomatoes, sliced in half
- 4 or 5 pepperoncini peppers, sliced
- 2 artichoke hearts, chopped
- 1/2 cup cooked chickpeas
- 1/3 cup kalamata olives, chopped
- Sprig of chopped fresh oregano, or a sprinkle of dried



or baking dish.

Mix together the rest of the ingredients and whisk until smooth.

Pour the lemon juice mixture over the tofu. Toss gently to combine.

Place the dish of tofu in the fridge for several hours or overnight. The longer it sits, the better the flavor.

For the Tahini Dressing:

Mix all ingredients together until smooth.

Set aside until ready to use. Sauce will thicken after sitting for a while. Add water when ready to use, if necessary.

Make the Pizza:

Preheat oven to 450 degrees. Preheat crust, if necessary.

Sauté the onion and garlic in the olive oil in a large pan over medium heat until the onion turns translucent, about 5 minutes. Add the chopped spinach and cook for just a minute or two more, until it wilts.

Spread the spinach mixture over the crust. Layer on the rest of the ingredients with the exception of the tahini sauce.

Cook for 10-12 minutes.

Drizzle on the tahini sauce, slice into 8 pieces, then eat 'er up!

Sue W.

Preparation:

For the Tofu Feta:

Crumble the tofu into large chunks and place in a shallow bowl

Brownie Bites

Mix together till smooth:

- ½ c. creamy almond butter
- ¾ c. pumpkin puree
- 1 overripe banana, mashed
- ¼ c. pure maple syrup
- 1 tsp. vanilla extract
- 2 Tbsp. cocoa powder
- 1 tsp. baking soda
- ¼ tsp. salt
- ¼ c. almond flour
- 3 Tbsp. cornstarch
- 1 Tbsp. ground flax seeds

Fold in ¼ c. mini chocolate chips.

Spray or line 24 mini muffin sections. Divide batter evenly among the 24 sections.

Bake @ 375 degrees for 5 minutes then turn heat down to 350 degrees and bake an additional 17 minutes. Let cool for 5 minutes in muffin tins before turning out on cooling rack. Yield: 24 mini muffins, 68 calories each



Dawn H.

Whole Wheat Shells w/ "Cheeze" Sauce

Cook dry whole wheat shells till done (approx. 6-7 minutes after returning to a boil). While pasta is cooking, prepare sauce.

Place in blender

- 1/3 c. washed raw cashews
- 1 can coconut milk or 1 2/3 c. plain soy milk
- ¼ c. nutritional yeast flakes
- 1 ½ tsp. salt
- 1 ½ tsp. granulated onion
- ¼ tsp. granulated garlic
- 1/3 c. regular clear jel or cornstarch
- ¼ c. canned pimentos

Blend till smooth and creamy.

Drain pasta and pour sauce over cooked pasta.

NOTE:

2 c. hot water-- Add only a small amount at a time so blender blades can keep moving. When sauce is completely smooth, pour over cooked pasta and use remaining hot water to rinse out the blender bowl. Do not use more than 2 c. water total. Cook shells and sauce till thickened. Serve.



Dawn H.

Tamale Bake

Place 2 c. chopped onions and ½ c. chopped green pepper in microwavable bowl. Microwave for 3 minutes.

Put onions/peppers in large mixing bowl & add

1 quart canned tomatoes (or 28 oz. can)

1 can whole kernel corn (or 2 c. frozen corn, thawed)

1 tsp. salt

1 tsp. granulated garlic

½ tsp. basil

½ tsp. cumin

¼ tsp. chili powder

1/3 c. salsa

1 ½ c. plain soy milk

1 2/3 c. cornmeal



Stir well, then fold in 1- 6 oz. can olives, sliced

Place mixture in PAM-sprayed casserole dish and bake @ 350 degrees for 1-1 ½ hours till knife inserted comes out clean. Let sit for 10 minutes before serving.

Dawn H.

Stir-N-Roll Pastry

1 c. whole wheat pastry flour

1 c. unbleached flour

1 tsp. salt

½ c. olive or canola oil

¼ c. cold non-dairy milk

Mix flours and salt. Pour oil and milk into one measuring cup (but don't stir). Pour liquid into the flour. Stir well. Press into a ball. Cut in half. Roll out each half between 2 sheets of waxed paper. Peel off top paper. Turn over so paper side is up and ease into pie pan. Add filling. Repeat with top crust. Seal edges with fork or flute edge.

Make 3-4 slits near center. Bake according to pie recipe.

Dawn H.

Ranch Lentils

Sort and clean 2 c. lentils. Cook the lentils, uncovered, in 4 c. water over medium heat for 30 minutes (start timing when water gets hot).

Remove from heat

Add 1-2 c. Soy Curls or Fri-Chik

1 c. ketchup or barbecue sauce

1 pkt. Dry Onion soup mix

1 tsp. lemon juice

¼ c. brown sugar

1 c. water

Stir together. Place in sprayed casserole. Bake @ 400 degrees for 30 minutes (uncovered). Serve.



Dawn H.