

Banana Pecan Cupcakes

½ c. chopped pecans
1 ½ c. whole wheat flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
½ c. sugar
1 Tbsp. cornstarch
2 Tbsp. soy margarine, melted
4 medium size ripe bananas
1 tsp. pure vanilla extract
Glaze (see recipe below)



Toast pecans till fragrant in a 350 degree oven. This usually takes about 5 minutes. Watch them carefully so they do not burn. Combine all dry ingredients in a mixing bowl and stir well. In a separate small mixing bowl, mash the 4 bananas and stir in the melted margarine and vanilla extract. Stir well. Add to dry ingredients and stir just until dry ingredients are moistened. Stir in pecans. Line muffin pan with paper liners or spray each muffin depression with nonstick cooking spray. Divide batter evenly between the 12 depressions. Bake @ 350 degrees approximately 25 minutes until knife comes out clean when inserted into the middle of a muffin. Remove from oven and transfer to a cooling rack. Drizzle with glaze.

Muffin Glaze

¾ c. powdered sugar
1 Tbsp. soy margarine, melted
1 tsp. pure vanilla extract
1 Tbsp. soy milk
Mix all glaze ingredients together till smooth and a consistency that will drizzle from a spoon. Drizzle onto muffins.

Carol J.

Vegetarian Bologna

Ingredients:

- 1 c water
- 2 tsp Liquid Smoke
- 2 Tbsp olive oil
- 1 1/2 c vital wheat gluten
- 1/4 c nutritional yeast
- 2 Tbsp brown sugar, packed
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 tsp salt
- 1/2 tsp coarse black pepper (optional)
- 1/4 tsp ground coriander
- 1/8 tsp ground mace
- 1/8 tsp ground cloves



Directions:

1. Preheat oven to 325 degrees F.
2. In a small bowl, mix together the water, Liquid Smoke, and olive oil.
3. In a large bowl, blend the vital wheat gluten, nutritional yeast, brown sugar, garlic powder, onion powder, salt, pepper, coriander, mace, and cloves.
4. Add the wet ingredients to the dry ingredients. Stir until thick; then use clean hands to knead for a minute or two, adding more water or flour as needed.
5. Form into a 6 inch long roll. Wrap in foil and twist at the ends.
6. Bake directly on oven rack for 75 minutes or until very firm, but not dried out. (Turn over half-way through.) Remove and cool. Slice or dice as needed.

Kathy P.

Vegan Mac and No Cheese

<http://allrecipes.com/recipe/vegan-mac-and-no-cheese/>

Sue W.



Smoked Turkey Sandwich Loaf

Ingredients

- 2 cups vital wheat gluten
- 1/4 cup nutritional yeast
- 2 tsp poultry seasoning
- 2 tsp onion powder
- 1 tsp black pepper (optional)
- ¼ tsp turmeric
- 12 oz cold mashed potatoes
- 1 ½ cups water
- 1 tsp liquid smoke



Steps

1. Preheat oven to 375F
2. In a large bowl mix the gluten, nutritional yeast, black pepper, turmeric, poultry seasoning, onion powder, and salt
3. Add mashed potatoes, water and liquid smoke
4. Mix well and allow to stand 5 minutes
5. Knead again for 1-2 minutes
6. Double wrap in foil, making sure the ends are tight
7. Place roll in the oven and bake 1 and a half hours at 375F
8. Allow to cool, slice and serve

Kathy P.

Ranch Pretzels

Ingredients

- 1 lb. (16 oz.) bag pretzels
- 1 envelope ranch salad dressing mix
- 1/2 cup canola oil
- 2-3 tsp. dill weed
- 1 tsp. garlic powder



Instructions

1. Preheat oven to 250 degrees F.
2. Mix oil, ranch mix, oil, dill weed and garlic powder, and pour into bag (or bowl) of pretzels.
3. Coat pretzels and pour onto baking sheet or two. Bake at 250 for 30 minutes, stirring after 15 minutes.
4. Let cool and add to Zip-Lock bag.

Kathy P.

Gluten Free Mac and Cheese

Combine:

- 4 Tbsp. olive oil
- 2/3 c. barley flour
- 1 tsp. dry mustard
- 1/4 tsp. chipotle chili powder
- 3 1/2 c. milk

Cook together till mixture thickens then add:

- 1 c. nutritional yeast

Pour over 2 boxes of cooked gluten free macaroni.

Bake @ 375 degrees for 25-30 minutes.

Kathleen H.



Lentil Burger with Mustard Sauce (vegan)

Ingredients for the Mustard Sauce:

3 Tbsp. yellow mustard

4 Tbsp. maple syrup

1 tsp. curry powder

Combine ingredients together. Set aside.

1 c. dry lentils

Cook with 4 c. water and 1 tsp. salt for 25-30 minutes. Transfer cooked, partially cooled lentils to blender. Add to lentils in blender:

1/3 c. raisins

½ c. chopped walnuts

Blend till mixture is chunky. Pour into a mixing bowl and add 1 c. gluten-free bread crumbs + 1 Tbsp. ground flaxseed with 3 Tbsp. hot water. Let mixture set for 5-10 minutes so bread crumbs can absorb moisture. Form patties and either bake them at 390 degrees or fry them in a little oil.

Diane B.



Apple Almond Rollups

Spread whole wheat tortillas with almond butter and crockpot apple butter (recipe follows). Roll up and cut, if desired. A toothpick inserted into rollup will keep it from unrolling.

Crockpot Apple Butter

Chop in food processor:

3 ½ c. apples

1 tsp. apple pie spice

½ c. apple juice concentrate

Place in sprayed 1 qt. mini crockpot. Cook with the lid propped open till volume is reduced by approximately ½ or till apple butter is thickened to the consistency you like. (My crockpot takes about 24 hours) Stir occasionally. Remove from crockpot and place in containers. Freeze for long term storage.

Dawn H.



Chicken Salad

Combine in blender:

1 can low sodium garbanzos (juice included)

½ c. cleaned raw cashews

½ c. water

1 Tbsp. Bragg's Liquid Aminos

3 Tbsp. McKay's chicken style seasoning

2 tsp. onion powder

1 tsp. garlic powder

1 tsp. dried parsley flakes

Optional ingredients 2 Tbsp. nutritional yeast and/or ½ c. wheat germ

Blend until smooth. Pour into mixing bowl.

Add 1 ¾ c. vital wheat gluten



Stir well. Lightly knead dough. Divide into 2 or 3 portions. Place on sprayed cooking pan. If 3 portions, bake @ 325 degrees for 55-60 minutes till golden brown. If divided into 2 portions, bake @ 350 degrees for 55-60 minutes. Cool. Break into chunks into a food processor. Process till mixture is in small pieces. Place in bowl and add mayo, chopped pickles, celery, onions, (optional mustard). Chill to allow flavors to meld. Use as sandwich filling.

Anita D.

Southwest Tofu Sandwich Bake

- 1 pkg. firm tofu (14-16 oz.)
- ½ c. soy milk
- 2 tsp. McKay's chicken style seasoning
- Scant ¼ tsp. black salt
- ¼ tsp. ground turmeric
- ½ tsp. granulated garlic
- ½ tsp. onion powder
- 1 tsp. regular clear jel
- 1 tsp. instant clear jel

Process in food processor till smooth. Pour into mixing bowl.

Add:

- 1/3 c. chopped green onions
- 1/3 c. chopped green or red pepper

Pour into sprayed 9X13 pan. Bake at 350 degrees for 35-40 minutes. Cut in squares and place between slices of bread spread with mayo and/or zucchini relish. Top filling with fresh spinach leaves, close sandwich and place in baggie till lunch (Keep cool till serving).

Dawn H.



Freezer Peach/Nectarine Pie

4 c. sliced peaches or nectarines

Sprinkle with 1 tsp. lemon juice. Stir together.

In a separate bowl stir together:

½ c. sugar

1 Tbsp. instant clear jel

1 ½ Tbsp. minute tapioca

½ tsp. cinnamon

1 tsp. fruit fresh

Toss with peaches/nectarines to coat fruit pieces and to dissolve sugar. Transfer filling to saran lined pie tin. Cover with another piece of saran wrap. Press down so there is no air between the filling and the plastic. Freeze immediately. When frozen solid, transfer to a freezer Ziploc bag for long term storage.

To make pie later, line the same size pie pan with pastry. Place frozen filling on top of crust. Preheat oven to 450 degrees. Cover pie filling with top crust. Put foil around edges of the pie to prevent overbrowning. Bake in preheated oven on the bottom rack for 20 minutes. Lower heat to 350 degrees and continue to bake for 20 minutes. Remove foil from edges of pie and continue baking till edges are golden brown (approximately 10 -15 more minutes).

To make 2 pies to freeze at once, just double the ingredients and place in 2 plastic lined pie pans.

Dawn H.

