

Pumpkin Seed Flax Granola

Makes: 6 cups (12 servings)

Ingredients:

- 3 cups rolled oats, Old fashioned whole grain
- 1/2 cup coconut flakes, (unsweetened) or shaved almonds
- 1 cup pumpkin seeds, shelled
- 1/4 cup flax seeds
- 1/4 cup honey
- 1/4 cup maple syrup, (real maple syrup)
- 1/4 cup oil
- 1/2 tsp salt

Directions:

1. Preheat oven to 325°F. In a large mixing bowl, combined 3 cups rolled oats, 1/2 cup coconut flakes, 1 cup pumpkin seeds and 1/4 cup flax seeds.
2. In a second bowl, stir together 1/4 cup oil, 1/4 cup honey, 1/4 cup of maple syrup, and 1/2 tsp salt. They will combine easier if you heat them in the microwave 15-30 seconds.
3. Drizzle the liquid mixture over the dry ingredients and gently toss/stir until evenly coated. Spread out onto a large 3/4 baking sheet lined with parchment paper and bake at 325°F for 18-20 minutes, stirring once halfway through baking for even toasting. Remove from the oven and let cool completely then crumble with your hands and store in an airtight container at room temperature.

Easy Vegan Gravy

Makes: 3 cups (6 servings)

Ingredients:

- 1 tbsp olive oil
- 1 yellow or white onion diced
- 1 cup Baby Bella mushrooms, diced
- 2 cloves garlic minced
- 1 tsp thyme, dried
- 1 tbsp miso
- 2 tbsp nutritional yeast
- A dash of cayenne
- 1 tbsp soy sauce (or Tamari for gluten free)
- 1 cup low-sodium vegetable broth
- 1 and 1/2 cups cooked cannellini beans (1 standard can) rinsed and drained (or use other white beans such as great northern)

Directions:

1. Heat the oil in a nonstick pan over medium heat. Add the diced onion and mushrooms when the oil is hot. Cook the onion and mushrooms, stirring intermittently, until both are well-browned.

2. Add the garlic and poultry seasoning and stir to combine. Add the miso, nutritional yeast, and cayenne. Cook for 30 seconds more. Add the soy sauce, vegetable broth, and cooked beans to the pan, stir, and bring to a gentle boil, taking care to scrape any solids from the bottom of the pan; then turn off the heat. The purpose of this step is just to heat the mixture, so don't cook it for longer than needed, or some of the liquid will cook out and your gravy will be too thick.

3. Remove from the heat, transfer to a blender, and blend until smooth. You can also use a food processor or immersion blender, but may need to blend for more time to get the beans fully processed. Add more vegetable broth if needed to thin to your desired texture. This vegan gravy is designed to be thick but pourable.

Healthy Biscuits

Makes: 12 Biscuits

Ingredients:

- 1 cup non-dairy milk (soy milk, almond milk, etc.)
- ½ cup oil
- 1 ½ cups white whole wheat flour
- 1 ½ cups all-purpose flour
- 2 Tbsp ground flaxseed
- 1 Tbsp aluminum-free baking powder
- 1 ½ tsp salt

Directions:

1. Preheat oven to 400° F. Grease cookie sheet and set aside.
2. Mix the milk and oil in a small bowl and set aside.
3. Whisk together flour, flaxseed, baking powder, and salt in a large bowl. Pour milk mixture over dry ingredients and combine to form a dough.
4. Roll out dough on a floured surface to about ½ inch thickness. Cut into twelve 2 ½ inch rounds (You will use all the dough. Collect the dough scraps after removing cut rounds and repeat the steps to get the full number of servings. Do not over-knead the scraps of dough when reshaping.)
5. Bake for 20 minutes until golden brown, watching that they do not burn.

Tofu Quiche

Makes: 12 servings

Ingredients:

- 1 (16 ounce) block extra firm tofu, *pressed (1 lb.)*
- 1 tablespoon oil
- ¼ cup mushrooms, *chopped*
- 2 cups spinach
- 4 cloves garlic, *minced*
- 3 tablespoons chopped onions
- Salt to taste, *for the veggies*
- 7 sundried tomato halves, *diced*
- 1 cup non-dairy milk (soy milk, almond milk, etc.)
- 3 tablespoons nutritional yeast
- ½ teaspoon salt
- pinch of turmeric, *for color*
- 1 teaspoon dried chives, *or 1 tablespoon freshly chopped chives*
- ½ teaspoon baking powder

Directions:

1. Preheat oven to 375°F/190°C. Begin to press your tofu and set aside until you are ready for it. Grease a 12-cup muffin container and set aside.
2. In a pan over medium high heat, heat the oil. Add in the mushrooms, spinach, garlic, onions, and 6 of the 7 sun-dried tomato halves, stirring to combine with the oil. Season lightly with salt to taste. Allow to cook through until the onions are translucent, spinach is shriveled and mushrooms shrunken, about 5 to 8 minutes, stirring occasionally. Remove from heat and set aside.
3. In a high-powered blender, add the tofu, almond milk, nutritional yeast, salt, turmeric, and baking powder. Blend on high until everything is completely smooth and there are no lumps. I blended mine twice to ensure this.
4. Stir in with a wooden spoon all the fillings from the pan, plus the chives to combine. You can taste here and decide if you want any more nutritional yeast, or sea salt.
5. Spoon out the mixture into 12 greased muffin cups, trying to get an even number of toppings in each. Top each cup with the last of the sun-dried tomato half.
6. Bake for 35 until quiche muffins until a toothpick stuck in the middle comes out mostly clean. Remove from oven and allow to rest for 5 minutes on the counter in pan. Then, loosen edges with a knife and remove onto a wire rack, so that they can cool completely without getting soggy.