

PLANT-BASED



CASHEW "CHEESE" SAUCE

Blend till smooth:

- 1 ½ cup raw cashew, washed
- ¾ cup pimentos (if you like yellow cheese)
- 1-2 tablespoons tahini or 4 tablespoons sesame
- 1 ½- 2 cups water
- 5 tablespoons yeast flakes
- 1 tablespoons onion powder
- ¼ teaspoon garlic powder
- 1-2 tablespoons lemon juice
- 1 teaspoon salt
- ¼ teaspoon dill weed or dill seed (optional)

PECAN OAT BURGERS

Bring the following to a boil:

- 2 cups water
- 1 large onion chopped
- 1 stalk celery, chopped (optional)
- 1 package mushroom, chopped (optional)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 3 tablespoons Bragg Amino/soy sauce
- 3 tablespoons nutritional yeast flakes
- 2 cloves garlic crushed
- ½ teaspoon sea salt

Then add the following and stir gently:

- 1 tablespoon of dry herbs (sage, sweet basil, thyme, rosemary, paprika, parsley, marjoram, or Italian herbs)
- 2 cups rolled oats
- 1 cup pecan meal
- 2 tablespoons gluten flour

1. Let stand until cooled.
 2. Spray a cookie sheet lightly with oil.
 3. Form mixture into patties.
 4. Bake at 350°F until golden brown on both sides for approximately 40-45 minutes.
- Makes approximately 6 four inch oatmeal pecan burgers.

CASHEW MAYONNAISE

Ingredients:

- 1 cup raw cashews (washed in hot water) and/or blanched almonds
- 2 cups water (the amount to get the consistency you want if raw)
- 1 small garlic clove (½ tsp garlic powder)
- 1 tablespoon onion powder
- ¾ teaspoon salt
- ½-1 lemon, juiced (2 tablespoon – ¼ cup)

Procedure:

Blend all ingredients except lemon juice until smooth and cook in a pot over medium heat till thick, stirring continually. Pour lemon juice and mix well.

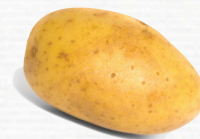
CAULIFLOWER POTATO SALAD

1. Mix together:

- 1 lb cubed potatoes, boiled (save water)
- 1 head cauliflower, steamed (save water)
- 1 yellow (purple) medium onion, chopped
- 1 red peppers, cubed
- 3 stalks celery, sliced
- ¼ cup spring onions, sliced
- 1 teaspoon basil
- 1 teaspoon parsley
- 1 vegan Italian sausage, sliced (optional)

2. Blend till very smooth and mix into above mixture (or mix in 1 cup vegan mayonnaise)

- ½ cup cashew nuts
 - ¼ cup potato water
 - ¼ cup potatoes
3. Mix in:
- ½ teaspoon turmeric
 - pinch of salt



MICRO-NUTRIENT RICH

POWER GREENS

Sauté in the frying pan over medium heat with the mixture above, a little extra virgin olive oil and/or water:

1-2 cloves garlic, minced/crushed
1 medium onions, mine
chopped peppers, tomatoes, etc. (optional)

Add:

1 bunch greens, cut into small peaces
1 tablespoon nutritional yeast flakes
1 teaspoon onion powder
½ teaspoon garlic powder
¾ teaspoon sea salt
¼ teaspoon paprika
⅛ teaspoon turmeric

1 tablespoon sweet basil
¼ cup fresh parsley, chopped fine

Add

½ cup slivered almonds (cashew, and/or
Brazil nuts) blended with ½ cup or more
water till smooth



CAROB BROWNIE FUDGE

3 cups walnuts
20 pitted dates
1/3 cup carob powder
1/3 cup coffee substitute
1 tsp vanilla
pinch of salt
¾ cup carob chips bits and pieces (optional)

Add walnuts and vanilla to the food processor and pulse until it is the consistency of course sand. Add the rest of the ingredients and pulse until it is combined, the dates are ground and it starts to clump up here and there..

Pour it onto a platter and press it with your hands into the shape of your choice. You can also make these into little single-serve balls. Garnish with coconut, banana, strawberries, etc.



AYUMI HASHIMOTO

Hartland Institute of Health and Education. 444 Hartland Oak Drive, Rapidan, VA, 22733 (540)672-3100

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