

# PUMPKIN QUESO DIP

## INGREDIENTS

- 3/4 cup raw whole cashews, soaked in water overnight or boiled for 20 minutes
- 1 (15 oz) can pumpkin puree
- 1 cup plain, un-sweetened almond milk or plant based milk of choice
- 4 tablespoons nutritional yeast
- 1 (10 oz) can rotel (tomatoes and chiles)
- 2 teaspoons ground cumin
- 1 1/2 teaspoon chili powder
- 1 teaspoon paprika
- 1/4 teaspoon smoked paprika (optional)
- 1 1/2 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1 teaspoon salt, or more if desired
- 1/4 teaspoon black pepper

## INSTRUCTIONS

1. You can either soak your cashews in water overnight or boil them for 20 minutes. If boiling them, I like to let them cool for a few minutes before making the sauce.
2. Open your can of rotel and separate the liquid from the tomatoes and chiles. You want to keep the liquid so you can either drain the can over a bowl or try to scoop the liquid out with a spoon.
3. To a high powered blender, add the soaked cashews, pumpkin puree, milk, nutritional yeast, all the spices and the salt and pepper. Turn blender on low and slowly turn up the speed until you get to the highest. Pour the reserved can liquid in slowly and continue blending until you have a silky smooth sauce, 2-3 minutes.
4. Pour blended sauce into a small saucepan and place over low heat. Add in all the tomatoes and peppers from the can of rotel (you can reserve a few for a garnish if you like). Stir until combined and let cook until queso dip is hot and bubbly. Carefully pour into a bowl and serve with tortilla chips. Enjoy!

# SRIRACHA & MAPLE MIXED NUTS

## INGREDIENTS

- 3 cups roasted, unsalted mixed nuts, your favorite kinds
- 1 tablespoon sriracha sauce
- 2 1/2 tablespoons pure maple syrup
- 2 teaspoons canola oil
- 1 teaspoon salt

## INSTRUCTIONS

1. Pre-heat the oven to 325 degrees F. Line a large sheet pan with parchment paper. Place nuts on top of the parchment paper and add sriracha, maple syrup, canola oil, and salt. Toss to coat with your fingers.
2. Place the nuts into the oven and bake for about 20 minutes, tossing a few times with a spatula to make sure they don't all stick together.
3. Once you have taken the nuts out of the oven, let them sit for about 20 minutes so they can harden up, but toss them around a few times while they cool or you may end up with one big mass of nuts.

# ROASTED CARROT & DILL HUMMUS

## INGREDIENTS

- 2 cups diced carrots
- 1/4 teaspoon olive oil
- 2 cups chickpeas, drained and rinsed, save the juice and set it aside\*
- 2 tablespoons tahini
- juice of 1/2 a lemon
- 1 large clove garlic
- 2 – 3 tablespoons chopped dill, I like a lot of dill in mine!
- 3/4 teaspoon of salt, or more to taste

## INSTRUCTIONS

1. Preheat the oven to 375 degrees F.
2. On a large sheet pan, toss together carrots, olive oil and a pinch of salt. Roast carrots until fork tender, 20-25 minutes.
3. In a food processor or blender, add the roasted carrots along with all the other ingredients. Turn the food processor on and slowly drizzle in some of the reserved chickpea juice (or water) until desired hummus consistency is reached.

# 5 MINUTE DINNER SALAD

## INGREDIENTS

- 1 package spring mix salad, or favorite greens
- Olive Oil (1-2 tablespoons)
- Apple Cider vinegar (2-3 teaspoons)
- Fresh lemon juice (1/ large lemon)
- Tamari, or soy sauce (2-3 teaspoons)
- Granulated garlic (1/4 teaspoon)
- Dried Herbs, I like Trader Joe's Green Goddess seasoning (1 teaspoon)
- Salt, to taste
- Black pepper, to taste

## INSTRUCTIONS

1. Start by adding your spring mix lettuce to a large bowl.
2. Next, drizzle on the olive oil and add in all the remaining ingredients.
3. I like to use two big spoons or a pair of tongs to gently toss the salad to make sure every leaf is coated with the dressing. At this point you can throw in another handful or two of the lettuce mix if it looks like there is a little extra dressing.
4. Give the salad a quick taste and adjust seasonings as needed.
5. This dinner salad is best when enjoyed immediately because spring mix has a tendency to get soggy quickly. But, it only takes 5 minutes to make so it's easy to throw together just before sitting down to dinner!

# ORANGE GINGER CRANBERRY SAUCE

## INGREDIENTS

- 1 – 12 ounce bag of cranberries, washed
- 1/2 cup water
- 1/2 cup orange juice
- 1/4 cup maple syrup
- 1/2 cup coconut sugar
- 1/2 teaspoon grated ginger
- 1/2 teaspoon orange zest

## INSTRUCTIONS

1. Place all ingredients into a medium sized pot. Bring to a boil, reduce to a simmer and simmer until cranberries are starting to burst open, 15-20 minutes, stirring occasionally. Sauce will thicken up a bit as it cools.

# MISO SESAME GREEN BEANS

## INGREDIENTS

- 1 lb 8 oz green beans, fresh or frozen (I just use a big bag of frozen)
- 1 tablespoon mellow white miso paste
- 1/4 cup low sodium tamari, or soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons pure maple syrup
- 1–2 cloves garlic, grated or minced
- 1 tablespoon toasted sesame seeds
- 1/4 cup water

## INSTRUCTIONS

1. If using fresh green beans, wash them and trim the ends off. Steam your green beans. This is how I do it (this way works for both fresh and frozen): heat a large pan over medium heat and add the green beans and about half a cup of water. Cover pan and allow the green beans to steam for about 5-7 minutes, depending on if you like them crispy or more tender. Once finished steaming, drain the remaining water out of the pan.
2. Make the miso sesame sauce while the green beans are steaming. To a medium sized bowl, add the miso, tamari, toasted sesame oil, maple syrup, garlic and toasted sesame seeds. Use a fork to mix up the sauce. Make sure the miso has been fully incorporated. Next, add 1/4 cup water and mix again.
3. With the heat to the green bean pan still on, pour over the sauce. Mix everything together and let the sauce come to a simmer and cook for about 5 minutes. The sauce will thicken up as it cooks, but will thicken even more once the heat is turned off so don't worry if it seems watery.
4. Allow the green beans to cool for a few minutes before enjoying.

# VEGAN MASHED POTATOES

## INGREDIENTS

- 8-10 cups peeled diced potatoes, Yukon gold or russet work best
- 4 tablespoons vegan butter, I like soy free Earth Balance
- 1/3 cup plain, unsweetened almond milk
- 1/3 cup vegan mayonnaise
- Salt, black pepper and granulated garlic

## INSTRUCTIONS

1. Place cubed potatoes into a large pot and cover with cold water. Add a big pinch of salt (optional) and bring to a boil. Boil potatoes until fork tender, 20-25 minutes. Drain potatoes and add them back into the pot.
2. Add in the butter, milk and mayo and mash with a potato masher or whip with an electric hand mixer.
3. Season with salt, pepper and granulated garlic, to taste and serve immediately or keep warm until ready to serve! I like to garnish mine with some fresh herbs and a drizzle of melted butter.

# EASY VEGAN GRAVY

## INGREDIENTS

- 1/4 cup vegan butter, I like to use soy free Earth Balance
- 1/4 cup all purpose flour, or gluten free AP flour
- 1/2 teaspoon chopped fresh thyme leaves
- 1 teaspoon vegan worsheshire sauce, optional
- 2 1/2 cups vegetable broth

## INSTRUCTIONS

1. Place a small saucepan over medium heat and add butter and herbs. Once butter is melted, add in the flour and mix until it forms a paste, about 30 seconds.
2. Next, pour in the broth, whisk everything together and let gravy simmer until thickened. You'll want to whisk often and it will take about 10-15 minutes. The thicker you want it, the longer it needs to be cooked. Gravy is best when served immediately.

# CRISPY TOFU STEAKS

## INGREDIENTS

- 1 package extra firm or super firm tofu, press as much water out of it as you can
- Olive oil
- **Panko Breading**
- 1 cup panko breading
- 1 teaspoon salt
- 1 teaspoon granulated garlic
- 1 teaspoon paprika
- 1 teaspoon poultry seasoning (optional)
- **Batter:**
- 1/3 cup all purpose flour
- 1/3 cup plant based milk
- 1 tablespoon soy sauce, or tamari
- 3 teaspoons vegan worcestershire sauce
- 1/4 teaspoon salt
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon smoked paprika

## INSTRUCTIONS

1. Press your tofu if needed and then slice it into equal sized pieces. I usually get 6-8 slices, just depending on how thick you make them.
2. Add your panko to a shallow dish and evenly mix in the seasonings.
3. Add your flour, milk, soy sauce, vegan worcestershire sauce and seasonings to a bowl and whisk until combined.
4. Coat the tofu with the batter: you don't want a ton of batter on the tofu, just enough for the panko to stick, so I like to use my fingers to take the batter in my hands and just kind of rub a thin layer on the tofu.
5. Then, place your tofu in the panko mixture and make sure that all sides are equally coated. I like to use my hand to press it on there well.
6. Heat a large skillet over medium heat and coat the bottom with oil and then place the tofu steaks in. Let them cook until browned and crispy, about 5-7 minutes on each side. Remove them from the pan and place them on a platter to serve.

# VEGAN PUMPKIN CHEESECAKE

## INGREDIENTS

- **Crust:**
- 1 cup walnuts
- 2 cups pitted dates
- 1 pinch salt
- **Cheesecake Filling**
- 2 cups raw cashews, soaked overnight or boiled for 20 minutes
- 1 (15 ounce) can pure pumpkin puree
- 3/4 cup coconut milk
- 3/4 cup coconut sugar
- 1/3 cup pure maple syrup
- 1/4 cup melted coconut oil, use refined for no coconut taste
- 2 tablespoons fresh lemon juice
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt

## INSTRUCTIONS

1. Add the walnuts, dates and pinch of salt to a food processor and blend until mixture is broken down and will stick together in your fingers, 1-2 minutes.
2. Place a circle of parchment paper in the bottom of a 9 inch springform pan (you can use a smaller one if you want the cheesecake to be taller). Pour the crust mixture into the pan and press down in an even layer with your fingers or the bottom of a glass.
3. Add all of the cheesecake filling ingredients to a high powered blender and blend until creamy, about 1 minute.
4. Pour the filling into the pan and smooth the top with a spoon or spatula. Cover the pan with plastic wrap and freeze for at least 6 hours, overnight is best.
5. Let cheesecake thaw for about 15 minutes before cutting. Top with whipped cream and candied walnuts, if desired.

# CHOCOLATE PRETZEL BARK

## INGREDIENTS

- 10 ounces chocolate chips, any kind you like
- 1 1/2 cup chopped pretzels
- Coarse sea salt, optional

## INSTRUCTIONS

1. Melt the chocolate. You can melt in a the microwave by putting chocolate in a microwave safe bowl and microwaving for 30 seconds at a time and mixing chocolate in between until chocolate is completely melted. You can also melt chocolate using a double boiler. Fill a medium sized pot halfway with water and bring to a boil. Place a medium sized glass bowl over the pot and add chocolate chips. Stir chocolate chips until melted.
2. Add pretzels to the melted chocolate and stir until all the pretzels are completely coated with chocolate. Pour chocolate mixture onto a medium sized baking sheet lined with a non-stick mat or parchment paper. Sprinkle on coarse sea salt, if using and then place in the refrigerator until chocolate is hardened, 30 minutes – 1 hour. Break chocolate pretzel bark apart into desired sizes and enjoy!