

## PUMPKIN QUESO DIP

- 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

## ROASTED CARROT & DILL HUMMUS

- 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

## SRIRACHA & MAPLE MIXED NUTS

- 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

## 5 MINUTE DINNER SALAD

- 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

## MISO SESAME GREEN BEANS

- 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

## ORANGE GINGER CRANBERRY SAUCE

- 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

## VEGAN MASHED POTATOES

- 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

## EASY VEGAN GRAVY

- 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

## CHOCOLATE PRETZEL BARK

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

# CRISPY TOFU STEAKS

- 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

# VEGAN PUMPKIN CHEESECAKE

- **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