

Breakfast Dishes

Immune System Booster Smoothie

½ c. fresh pineapple
1 orange, peeled
1 apple, peeled and cored
1 frozen banana

Blend in blender until smooth.

Raw Applesauce

4 large sweet apples (e.g. red delicious), peeled and cored

Blend until desired consistency is reached. Yields approximately 1 cup of sauce.

Blueberry Muffins

Blend:

1 c. applesauce (recipe given)
1/4 c. almond butter
1 large banana
1 c. unsweetened, pitted dates
pinch of sea salt (optional)
1 tsp. coriander

Mix with:

2 c. quick oats
1 1/4 c. fresh or frozen blueberries

Spoon mixture into paper muffin cups and bake 45 minutes in a preheated 350 degree oven.
Makes 12 large muffins.

Scrambled Tofu

1 lb. firm tofu, drained
½ to 1 tsp. sea salt
1/4 tsp. cumin
1 tsp. onion powder
2 tbs. nutritional yeast flakes
½ tsp. turmeric
1/4 c. onion, diced
1/4 c. pepper, diced

Saute onions and peppers in a little water in a skillet. Add tofu and mash. Stir in seasonings. Simmer until well-heated, stirring to prevent sticking. Can wrap in a whole grain tortilla for a breakfast burrito.

Breakfast Dishes (continued)

Oatmeal Apple Bake

Combine in a large bowl:

2 c. quick cooking oats

1 c. raisins

½ c. unsweetened coconut

Blend in blender until smooth:

1/3 c. raw walnuts, pre-soaked

1 3/4 c. water

1 tsp. alcohol-free vanilla

pinch of salt

Add to blender, pulsing on and off to finely chop:

3 large or 4 medium apples, peeled and cored

½ c. water

Lightly mix blended mixture with contents in bowl. Spoon into an oiled 8" x 8" glass baking dish and bake covered in a 375 degree oven for 45 minutes. Bake an additional 10 minutes uncovered until lightly browned on top and edges. Serve warm.

Adapted from In Good Health by Jennifer White

Millet Pudding

1 ½ c. fresh pineapple

3 unsweetened, pitted dates

2 tbs. raw cashews, pre-soaked

1 tsp. alcohol-free vanilla

1 c. hot, cooked millet*

pinch of sea salt

Blend pineapple, dates, cashews and vanilla until smooth. Add hot millet and blend until smooth. Chill to thicken. Can serve as a parfait by alternating layers of granola and pudding and topping off with fresh berries and a sprinkle of wheat germ.

*To cook millet: Bring ½ cup millet and 1 ½ cups of water to a boil with a pinch of salt. Simmer covered for about 20 minutes until liquid is absorbed.

Main Entrees and Side Dishes

Italian Dressing

½ c. water
½ c. lemon juice
½ c. olive oil
½ tsp. sea salt
½ tsp. onion granules
½ tsp. garlic granules
¼ tsp. oregano
¼ tsp. dried basil

Combine all ingredients in container with a tight lid and shake well. Chill. Can also use as dip for raw vegetables and as a marinade for raw greens.

From In Good Health by Jennifer White

Walnut Balls

Blend:

2 medium onions
1 tsp. basil
¼ tsp. garlic granules
1 tsp. parsley (optional)
½ tsp. sea salt

Mix with:

2 c. raw walnuts, pre-soaked (ground)
3 c. whole wheat, unseasoned bread crumbs (about 8 frozen or lightly toasted slices of whole wheat bread finely crumbled in blender)

Form into small balls and bake in a preheated 375 degree oven for 15 minutes. Turn balls over and bake for another 15 minutes. Can also be baked as a loaf or formed into patties for burgers.

Pasta Sauce

Process or blend the following together until desired consistency is reached:

3 cups (about 8) Roma (plum) tomatoes
¼ medium onion
6 ounce (¾ cup) can tomato paste (optional: use if thicker sauce is desired)
1 clove garlic
1 tsp. dried parsley
1 tsp. dried oregano
½ tsp. dried crushed basil
sea salt, to taste (optional)
½ of an unsweetened, pitted date or ½ tsp. honey (optional for sweetened sauce)

After processing, pour into saucepan, add **bay leaf** and simmer for 30 minutes, stirring frequently. Remove bay leaf before serving.

Main Entrees and Side Dishes (continued)

Herbal Brown Rice

2 cups uncooked brown rice
1 tsp. onion granules
½ tsp. dried oregano
½ tsp. dried thyme
4 ¼ c. water

Adapted from In Good Health by Jennifer White

Fiesta Black Beans

Combine in a saucepan and cook over medium heat for 3 to 4 minutes or until very warm:

1 ½ c. cooked black beans
½ tsp. garlic granules
¼ tsp. dried oregano
¼ tsp. paprika

Add to saucepan and cook for about 5 minutes, stirring occasionally:

1 ½ c. cooked corn

Reduce heat to simmer and stir in:

3 green onions, chopped
½ c. green pepper, diced

Remove saucepan contents from heat and add before serving:

2 medium fresh tomatoes, diced
Sea salt, to taste

Serve over cooked brown rice or wrap in whole grain tortilla. Garnish, if desired with **Tofu Sour Cream** (recipe given) and/or tomato salsa.

Adapted from In Good Health by Jennifer White

Tofu Sour Cream

1 lb. package of firm silken tofu, drained
¼ tsp. onion granules
1/8 tsp. garlic granules
1 tsp. sea salt
1/8 c. + 1 tsp. lemon juice

Blend all ingredients until texture is of desired lightness. Add 1 to 2 more teaspoons of lemon juice for a more sour taste.

Main Entrees and Side Dishes (continued)

Vegan Cheese Sauce

1 c. water
1 c. raw cashews
1/8 tsp. sea salt
1 tsp. onion granules
1/8 c. nutritional yeast flakes
sprinkle of garlic granules
2 tbs. lemon juice

Blend until smooth.

Dairy-Free Veggie Pizza

Roma tomatoes, thinly sliced
sliced onions
green peppers
sliced zucchini
black olives
fresh or dried oregano and basil
Pasta Sauce (recipe given)
Vegan Cheese Sauce (recipe given) or Follow Your Heart Mozzarella Vegan Cheese, shredded
pizza crust - e.g. whole wheat tortillas, whole wheat pita bread, Ezekiel 4:9 English Muffins, whole grain corn meal or spelt pizza crust

Spread pasta sauce on crust, sprinkle with herbs, and assemble toppings as desired. Top with **Vegan Cheese Sauce** or **Follow Your Heart Mozzarella Vegan Cheese**. Bake in preheated 450 degree oven for roughly 15 minutes, until cheese is melted and bubbly.

Note: For a no-sauce pizza, brush olive oil on the crust and arrange tomato slices on top, sprinkle with herbs, and assemble additional toppings.

Oven French Fry-Style Potatoes

4 large potatoes
ice-cold water
2 tsp. onion granules
1 tsp. garlic granules
½ tsp. paprika
sea salt to taste

Peel potatoes if desired. Cut potatoes lengthwise into “french-fries,” placing cut potatoes into a bowl of ice-cold water. Potatoes can be stored for several hours in the cold water until ready to use. Combine seasonings. After draining water off potatoes, coat them with seasonings. Spread potatoes in a single layer on an oiled baking sheet or stoneware. Bake in a 425 degree preheated oven for 20 to 30 minutes or until brown and slightly crispy on the outside and soft on the inside. (Baking time depends on the size of the cut potato.)

Adapted from [In Good Health](#) by Jennifer White

**Raleigh SDA Church Health Ministries
Vegetarian Cooking School
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Desserts

Apple Crisp

6 apples - peeled and sliced
2/3 c. raisins
1/4 c. olive oil
1/3 c. unsweetened dates, pitted
1 tsp. coriander
pinch of sea salt (optional)
½ c. walnuts or pecans, soaked (optional)
3/4 c. rolled oats
½ c. wheat germ or oat flour (ground oats) for gluten-free crisp

Spread apples and raisins in 8 x 8 inch dish. Puree dates with oil, coriander, and salt in blender and briefly chop nuts with this mixture. Combine with rest of ingredients until crumbly. Sprinkle on top of apples and bake in 350 degree preheated oven for about 45 minutes or until topping is golden brown and apples are tender.

No-Oil Maple Walnut Cookies

2 ½ c. raw walnuts, pre-soaked and ground
1 ½ c. whole wheat pastry flour
pinch of salt
3/4 c. pure maple syrup
2 tsp. alcohol-free vanilla
½ c. raisins (optional)

Mix dry ingredients together and combine with wet. Add raisins, if desired. Bake in a 350 degree preheated oven for 12 to 15 minutes or until lightly browned.

Carob Fudge Sauce

3 tbs. carob powder
3/4 c. hot water (½ c. hot water for frosting)
½ c. dates, pitted
1 tbs. almond butter
1 tsp. alcohol-free vanilla

Let carob powder, hot water, and dates sit in blender until dates are soft. Combine this mixture with remaining ingredients in blender and blend until smooth. Store in refrigerator. Freezes well.

Desserts (continued)

Fruit Topping

Mix together in saucepan and stir until thickened over low heat:

1 tbs. arrowroot powder

juice from 1 lemon

Add and stir until warm:

frozen or fresh fruit (e.g. blueberries, strawberries)

Honey, to taste (optional)

Serve over **Banana Ice Cream** (recipe given), **Gluten-Free Banana Bread** (recipe given), pancakes, and waffles.

Banana Ice Cream

Ripe bananas, peeled

Other fruit such as strawberries, pineapple, etc.

Freeze bananas and other fruit in covered container or plastic bags overnight. Blend in blender until smooth, adding just enough nondairy milk to help blades turn. If have Champion Juicer, use blank screen to process bananas and other fruit.

Lunch and Snack Recipes

Ants on a Log

celery, cut into approximately 2 inch long pieces
raw almond butter
raisins

Spread almond butter (“dirt”) on each piece of celery (“log”) and sprinkle a few raisins (“ants”) on top!

Chicken-Like Seasoning

1/3 c. nutritional yeast flakes
1/4-1/2 tsp. sea salt
1/2 tsp. celery seed
1/2 tsp. onion granules
1/2 tsp. sage
1/2 tsp. thyme
1/2 tsp. marjoram
1 tbs. parsley flakes

Grind to powder in blender and store in sealed container in refrigerator.

Seasoned Air-popped Popcorn

organic popcorn
Chicken-Like Seasoning (recipe given)
extra virgin olive oil (optional)

Pop popcorn in an air popper. Lightly sprinkle popcorn with oil as it comes out of popper chute. Coat popcorn with **Chicken-Like Seasoning**.

Cashew Salad Dressing or Cashew Mayonnaise

1 c. raw cashews, pre-soaked
1 c. water
1/2 tsp. salt
1/8 tsp. garlic granules
1/8 c. lemon juice

Blend cashews, water, salt and garlic until creamy. Add lemon juice.

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Lunch and Snack Recipes (continued)

Mock Tuna Salad

1 clove garlic, chopped
1/4 c. chopped onions
2 stalks celery, chopped
1/2 c. chopped fresh parsley
1 tbsp. chopped fresh basil or 1 tsp. dried basil
1 tsp. chopped fresh oregano or 1/2 tsp. dried oregano
1/4 tsp. cumin
3 c. cooked garbanzo beans
1/4 c. bean stock
3 tbsp. flax oil
2 tbsp. fresh lemon juice
1/2 tsp. sea salt
1/3 c. Cashew Mayonnaise (recipe given) or Veganise (optional)

Mix all ingredients, except mayonnaise, together at a slow speed in food processor until all ingredients are chopped. Then mix in **Cashew Mayonnaise** or **Veganise** if desired. Serve chilled.

Hummus

3 cups cooked garbanzo beans, drained
Bean stock (optional)
1/4 c. lemon juice
1 tsp. sea salt
1 tsp. onion granules
1/2 tsp. garlic granules
fresh parsley as garnish (optional)

Process in a food processor until smooth, adding a little bean stock if necessary to aid in blending. Mix in fresh parsley if desired.

Breads and Spreads

Garlic Bread Spread

1 cup of olive oil
4 to 6 cloves of garlic
1 tsp. dried basil
2 tbs. nutritional yeast flakes
1 tbs. lecithin granules

Blend ingredients in blender until smooth. Spread on whole grain bread.

Adapted from Faith Made Whole Ministries

Millet Butter

3/4 c. water
1/2 tbs. agar flakes
1/2 c. cooked, hot millet
2 tbs. raw cashews
1 tbs. cooked carrot
1/2 tsp. sea salt

Stir agar into water and heat, stirring constantly, until dissolved and lightly clear. Pour into a blender and blend with remaining ingredients until smooth. Pour into a container and chill covered.

From Recipes from the Weimar Kitchen by Weimar Institute

Corn Bread/Muffins

1 c. whole cornmeal
1 c. whole wheat flour
1 tsp. aluminum-free baking powder
1/4 c. olive oil
1 c. water or unsweetened nondairy milk
1/3 c. pure maple syrup

Mix ingredients together in a bowl and pour into paper muffin cups or in a lightly oiled 8-inch round dish. Bake for about 20 minutes in a 375 degree preheated oven.

Adapted from Simply Vegan by Debra Wasserman

Breads and Spreads (continued)

Gluten-Free Banana Bread

Mix in bowl:

1 ½ c. brown rice flour
1 ½ c. millet flour
1/3 c. date sugar
3 tbs. ground flax seeds
1 tsp. coriander
3 tsp. aluminum-free baking powder
pinch of salt

Stir in and mix well:

3 large or 4 medium ripe bananas, mashed
1 ½ c. water or unsweetened, plain rice milk
3/4 c. dried fruit (e.g. raisins, apricots, figs)
2/3 c. walnut, chopped (optional)

Pour into a greased 8 x 8 square pan or a loaf pan. Bake in a 350 degree preheated oven for 40 to 45 minutes, until center is set. Cool before slicing.

Sesame Herb Crackers

Mix together:

2 cups whole wheat pastry flour
½ c. sesame seeds
1/4 c. onion flakes
½ tsp. each of: dried oregano, dried basil, garlic granules, and dried parsley
1 tsp. sea salt

Stir in:

3/4 c. cold water
4 tbs. olive oil

Roll dough out onto a lightly oiled cookie sheet or roll thinly between two pieces of waxed paper and transfer to sheet. Cut into squares (score) before baking. Baked in a preheated oven at 400 degrees for 17 minutes or until desired crispness is reached with lightly browned bottoms. Check crackers periodically to prevent burning. Break apart when cool.

Adapted from Guide to Natural Foods Cooking by Judy Brown

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