

A Cookbook for

Sustainable Eating



February 2024

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Introduction

Welcome to the UUCville Sustainable Cookbook!

Included in our cookbook are the many wonderful dishes that our church members shared with us at our first Sustainable Eating Potluck. Many thanks to Barb Alag for doing the lion's share of the work getting this project to fruition.

Sustainable eating means choosing foods based on the impact of their production on soil, water consumption, pesticides, land clearing, greenhouse gasses, and fossil fuel usage. People who try to eat sustainably choose foods that are produced by farming practices that are the least harmful and the most beneficial to the environment. Eating sustainably can include meat and fish that are grown and harvested in environmentally conscious ways. However, red meat, primarily beef, is not considered sustainable, since it contributes heavily to methane emissions and land deforestation. Dairy farming is also considered unsustainable due to methane emissions.

The benefits to cooking and eating sustainably include:

- It is the easiest and one of the most impactful actions we can take to reduce carbon emissions
- You are what you eat - a healthy diet leads to a healthy body and mind
- Compassion for animals who are part of the 'interdependent web of all existence' and deserve to be treated/raised with respect and justice

Since this is an online cookbook, we welcome feedback and new recipes! Email us at environment@uucville.org with your input. Enjoy the cookbook. Here's to your health, your family's health, and a healthy planet!

Soups

Peruvian Pumpkin

Mushroom Barley

Vegan Minestrone

Vegan Veggie Chili

Peruvian Pumpkin Soup

2-3 tablespoons cooking oil (avocado or grapeseed preferred)



- 1 small to medium fennel bulb diced (sweet onion can be substituted)
- 1 large carrot diced
- 1-2 cloves garlic (or more depending on your preference)
- 2 Roma tomatoes diced
- 2 ½ cups cooked pumpkin (fresh is preferred but one can of pureed pumpkin can be substituted)
- 1 ½ cups cooked butternut squash (frozen diced can be substituted)
- 2 medium potatoes peeled and diced
- 4 cups vegetable stock
- 1-2 tablespoons Aji Amarillo Paste (start with 1 Tablespoon and add more to taste at end if desired)
- 1 teaspoon cumin
- 1 tablespoon honey
- Salt to taste
- 1 cup canned coconut milk unsweetened

In a large saucepan or stock pot on medium heat, cook the fennel and carrot in the oil until barely tender. Add garlic and cook until all are tender. Add tomatoes and cook another 2-4 minutes. Add the stock and potatoes. Bring to a boil, then reduce heat and simmer until potatoes are tender. Add pumpkin, squash, Amarillo paste, cumin, honey, and salt. Simmer on low for 20 minutes to allow the flavors to blend. Remove from heat and allow mixture to cool slightly. Transfer mixture to blender and blend until smooth. Return to stock pot. Stir in coconut milk. Make adjustments to flavor adding more paste or spice or cumin for more depth. Salt as desired. Note: To make this a meal, serve with toasted pepitas, fresh cilantro and finely diced fresh scallions.

Recipe from Georgina Todd

Mushroom Barley Soup

1 tablespoon vegan butter (Earth Balance)

1 medium onion, chopped, about 1 cup



2 medium carrots, peeled and cut into 1/4 inch dice

3 cloves garlic, smashed

16 ounces of sliced mushrooms

1/2 teaspoon kosher salt

1/2 teaspoon fresh thyme, chopped

1/3 cup sherry

3/4 cup pearl barley

1 bay leaf

5 cups of vegetable or mushroom broth

1/2 teaspoon fresh ground pepper

2 tablespoons chopped fresh parsley, about 5 sprigs

Place the butter in the cooking pot. Once butter begins to sizzle, stir the chopped onions into the pot. Sauté for about 1-2 minutes until onions start to soften. Stir in the carrots and sauté vegetables for about 4 minutes, stirring occasionally, until mushrooms release most of their moisture and the garlic becomes aromatic about 5 minutes. Add sherry to the pot and cook until liquid is evaporated. Add barley, bay leaf and broth to the pot and cook until the barley is soft. Remove and discard the bay leaf, stir in the pepper. Adjust seasoning to taste. Stir in chopped parsley. For an extra kick, stir in 2 additional tablespoons of sherry. Serve immediately.

Recipe adapted from Cuisinart Electric Pressure Cooker Recipe booklet

Vegan Minestrone Soup

2 tablespoons olive oil

1 medium sweet onion chopped



4 cloves garlic minced

2 stalks celery sliced

2 large carrots peeled and chopped

1 medium zucchini diced

28-ounce canned diced tomatoes

4 cups vegetable broth

½ teaspoon dried oregano

½ teaspoon dried thyme

1 teaspoon dried basil

15-ounce can small white beans drained and rinsed

15-ounce can kidney beans drained and rinsed

½ cup frozen cut green beans (or fresh)

½ cup small shell pasta

2 cups baby spinach

1 tablespoon balsamic vinegar

2-3 tablespoons chopped fresh parsley, optional

Optional: Vegan Parmesan

Heat the olive oil in a large pot over medium heat. Add the onion, garlic, celery, carrots and zucchini and sauté for 5-10 minutes, until the vegetables are a bit tender. To the pot add the diced tomatoes and their juices, vegetable broth, dried herbs, white and kidney beans, green beans and pasta. Stir. Bring to a boil then lower heat and simmer for 10-15 minutes, until the pasta is cooked. Stir in the spinach and let it wilt. Season with salt and pepper to taste and add balsamic vinegar. Sprinkle each serving with fresh parsley and Parmesan.

Substitutions: Spinach = peas, kale, collard greens, Swiss chard.

Zucchini = yellow squash, white potato, sweet potato or butternut squash.

Oregano, thyme, and basil = premixed Italian seasoning blend.

White beans = cannellini beans, white navy beans, chickpeas

Recipe from noracooks.com

Vegan Veggie Chili (Mild or Hot)

1 cup textured vegetable protein (soy product)

1 packet McCormick Chili Mix (choose mild or hot)



2 bell peppers of different colors diced

1 large red onion diced

2 stalks celery with the leaves diced

3 large cloves garlic minced

5 1 1/2-ounce cans of beans (mixture of black, light or dark red kidney, garbanzo, pinto)

1 28-ounce can crushed or diced tomatoes with the liquid from the can

2 15-ounce cans stewed tomatoes with liquid from can, slightly slice through tomatoes with a knife while they are in the can

Additional spices to your taste include: 1 1/2 teaspoon garlic salt, 1 1/2 teaspoon ground cumin, 2 bay leaves

Boil 1 cup water in a small bowl in the microwave and add the textured vegetable protein. Stir with a spoon and set aside for it to thicken. When thick, pour into a 4-quart slow cooker. Dice all the veggies and stir into the cooker. Drain and rinse the beans and add to the cooker. Add the tomatoes with their liquid to the cooker. Add the packet of McCormick Chili Mix to the cooker and any other spices to your taste and stir well. NOTE: Do not add any additional water to the slow cooker because the tomatoes and veggies will cook down and provide liquid. Turn the slow cooker on high and cook for 4 hours or low for 6-8 hours.

Mains & Sides

Butternut Squash with Spinach

Spiced Roasted Cauliflower with Feta and Garlic

Vegetable Salad with Mozzarella and Farro

Easy Coleslaw

Quinoa Sweet Potato Salad

Baked Beans Casserole

French Slow Cooked Red Lentils

Broccoli Quinoa Bowl

Vegetable Loaded Red Curry

Orzo Salad with Broccoli Pesto

Samosa Pie

Spanish Rice

Vegan Bean Casserole

Black Bottom Tofu Squares

Butternut Squash with Spinach



1 butternut squash cut into 1" cubes
1 red onion diced
Enough oil for basting
Salt & pepper to taste
Spinach cut up, volume as desired
Toppings: Sweetened dried cranberries, raisins, almonds

Preheat the oven to 350°F. Put cubed squash and onion into a 13x11 baking dish, drizzle oil onto squash, and add salt & pepper as desired. Bake for 45 minutes until squash is fork tender. Stir spinach into hot vegetables and add toppings. Continue to bake for 10 minutes.

Spiced Roasted Cauliflower with Feta and Garlic

1 small head of cauliflower
6 garlic cloves smashed
3 tablespoons olive oil, plus more for serving
2 teaspoons fennel or cumin seed
1 teaspoon ground turmeric
Pinch of red-pepper flakes
Kosher salt and ground pepper to taste
1 ounce feta cheese, sliced or crumbled
¼ cup parsley, tender leaves and stems coarsely chopped
¼ cup cilantro, mint or dill, tender leaves and stems coarsely chopped

Preheat the oven to 450°F. Slice cauliflower lengthwise into inch thick slices including the core and leaves. Some will crumble and fall apart. This is okay and will be useful you want some crispier bits. Place cauliflower and garlic on rimmed baking sheet and drizzle with olive oil. Sprinkle fennel, turmeric, and red-pepper flakes. Season to taste salt & pepper. Roast in the oven without disturbing until the cauliflower has turned deep golden brown and crisped up spots, about 25-30 minutes. Using a spatula, flip the larger slices of cauliflower and stir the smaller bits around and continue to roast until completely and evenly browned for another 8-10 minutes. Remove from the oven and transfer to the serving dish. Top with feta, herbs and drizzle of olive oil.



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Vegetable Salad with Mozzarella and Farro

Fresh tomatoes chopped



Fresh cucumber chopped

Cut fresh or dried basil

Cut grass fed mozzarella

Cooked Farro

Dressing: 1/2 cup olive oil, 1/8 cup balsamic vinegar, 1 tablespoon mustard, salt & pepper, juice of quarter lemon or lime.

The amount of ingredients in this recipe can be sized as desired. The dressing volume should be sufficient for a salad that will feed 6-8 people. Put all dressing ingredients into a jar with a lid, shake well to mix and set aside. Cook the farro according to package directions and chop vegetables. Once the farro has cooked and is cooled, mix all together and serve.

Quinoa Sweet Potato Salad

1 1/3 cups quinoa, rinsed & drained (~4 cups cooked)

3 sweet potatoes, scrubbed & diced (~24 ounces)

4 scallions, green & white parts, thinly sliced (~1/2 cup)

4 tablespoons fresh parsley finely chopped

10-ounce pomegranate seeds (~2 cups)

2 ounces dried cranberries (~1/2 cup)

4 teaspoons toasted sesame seeds

2 dashes ground cinnamon

1 1/2 teaspoons orange juice

4 tablespoons white wine vinegar

Sea salt & freshly ground pepper to taste

In a saucepan over high heat, bring quinoa and 1 1/3 cups of water to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool. Fluff quinoa with a fork. In a steamer, steam sweet potatoes, covered until fork tender, about 10 minutes. Remove and let cool. In a bowl, combine cooked quinoa, steamed sweet potatoes and all other ingredients. Stir and season with salt & pepper to taste.



French Slow Cooked Red Lentils

2 red bell peppers
1 red onion



3 carrots
1 bag red lentils
1 teaspoon smoked paprika to taste
Vegetable broth
Dry red wine
Salt & Pepper to taste
Crème Fraiche or yogurt to serve

Chop and sauté vegetables in olive oil until tender. Add salt & pepper and smoked paprika to taste. Pour the dry lentils over the veggies and stir in. Cook slowly, alternating tablespoons at a time of red wine and vegetable broth and stir until liquid is absorbed, adding slightly more liquid each time. Cook until a porridge consistency. Taste and adjust spices as desired. Serve with either crème fraiche or yogurt.

Easy Coleslaw

Dressing:

2 cups mayonnaise
1 tablespoon sugar
2 tablespoons white vinegar
1 teaspoon salt
1/8 teaspoon pepper

1 large cabbage
1 green pepper
1 small onion

Mix the dressing and set aside. Cut cabbage in half and slice as fine as possible and add the dressing. Mix well and refrigerate until serving.



Broccoli Quinoa Bowl

Kosher salt



- 1 cup quinoa, rinsed
- 1 lemon
- 3 tablespoons olive oil
- 3 tablespoons Dijon mustard
- 2 tablespoons apple cider vinegar
- Freshly ground black pepper
- 1 large bunch broccoli (about 1 ½ pounds)
- 1 medium tart and crisp apple
- ¾ cup toasted pecans roughly chopped
- ½ dried cranberries

Bring a medium pot of water to a boil on high and season aggressively with salt. Add the quinoa, then reduce the heat to maintain a simmer; cook until plump and tender, about 15 minutes. Transfer to a fine-mesh sieve; rinse with cool water and drain well. While the quinoa cooks, finely grate the zest of the lemon into a large bowl then cut the lemon in half. Add the olive oil, mustard, honey and apple cider vinegar, plus the juice of ½ lemon; whisk together. Season with salt and pepper to taste. Peel the stem of the broccoli and trim off the dry end. Finely chop the entire broccoli and add to the dressing. Core the apple and finely chop the apple; add to the broccoli and toss to combine. Add the cooked quinoa, nuts and cranberries and toss to combine. Taste and add more salt, pepper and lemon juice, as needed. Store, refrigerated for up to 3 days.

Baked Beans Casserole

- 1 can each of black beans, red kidney beans, pinto beans, garbanzo beans, and great northern white beans, rinsed and drained
- 1 large onion chopped
- ½ cup catsup
- ¼ cup mustard
- Olive oil

Mix all the above well and serve.



Spanish Rice

2 cups short grain rice
2 cups of tomato juice



2 cups water
½ green pepper diced small
½ onion chopped small
2 large cloves of garlic chopped small
1 teaspoon chili powder
1 teaspoon cumin
½ teaspoon sweet paprika

Measure out the rice into a medium sized pot. Rinse the rice by adding cold tap water into the pot until the rice is covered, lightly swish the rice in the water, and carefully pour out the water without losing the rice down the drain. Add the tomato juice and 2 cups of water to the rice and put on medium high heat. Once the pot begins to boil, reduce to simmer and put a lid on the pot. Cook the rice for 18 minutes or just until all the liquid is absorbed. While the rice is cooking, sauté the pepper, onion, and garlic in olive oil on medium heat until soft. Add the

chili powder, cumin, and paprika, stir and set aside. When the rice is finished, add the vegetables and spice mix to it and stir until well incorporated.

Orzo Salad with Broccoli Pesto

1 ½ cups whole wheat orzo (9 ounces)
5 cups raw broccoli cut into small florets and stems (11 ounces)
2 cloves garlic peeled
2/3 cup pine nuts toasted (3.5 ounces)
1/3 cup freshly grated Parmesan cheese (.5 ounce)
Juice of 1 lemon
¼ cup extra-virgin olive oil
Plain yogurt
Grated zest of 1 lemon
1 small ripe avocado, peeled, pitted, and sliced

Cook orzo according to package directions. Drain, rinse with cold water and drain again. In the meantime, cook the broccoli by bringing ¾ cup water in a large pot to boil adding a pinch of salt and stir in the broccoli. Cover and cook for just 1 minute to take off the raw edge. Quickly drain and run under cold water to stop the cooking. Drain well and set aside. Make the pesto: In a food processor, combine just 2 cups of the cooked broccoli, garlic, most of the pine nuts, Parmesan, ¼ teaspoon salt and 2 tablespoons of the lemon juice. Pulse while drizzling in the olive oil and enough yogurt until smooth. Just before serving, toss the orzo and remaining cooked broccoli with about two-thirds of the broccoli pesto and the lemon zest. Thin with a bit of warm water if desired, then taste and adjust if needed. May want to add more salt, or lemon juice, or pesto. Gently fold in the avocado. Turn out into a bowl or platter and top with the remaining pine nuts.



Recipe from: Super Natural Every Day by Heidi Swanson

Veggie-Loaded Red Curry

2 tablespoons pure sesame oil
½ medium sweet onion thinly sliced
3 tablespoons mild red curry paste



1 inch piece, peeled fresh ginger root grated about 1 ½ teaspoons
1 large red bell pepper, seeded and thinly sliced
½ small cauliflower head cut into florets, about 2 cups
8 ounces frozen cubed butternut squash, about 2 cups
1 cup full fat coconut milk, stir before using to reincorporate fats
1 cup low sodium vegetable broth
1 15-ounce can crushed tomatoes
1 15-ounce can of chickpeas, drained & rinsed
½ teaspoon kosher salt plus more as desired
2 ounces baby spinach leaves, about 2 cups
1 Fresno pepper seeded and thinly sliced (optional)
3 cups cooked white or brown long-grain rice
1 lime cut into wedges for serving

Heat the oil until it shimmers in a large pot over medium heat. Add the onion, red curry paste, and ginger and cook for 5 minutes until the onion has softened. Add the red bell pepper, cauliflower, frozen squash, coconut milk, broth, canned tomatoes, and salt. Gently cook until bubbling at the edges for about 13 minutes. Add the spinach and Fresno pepper and cook for another 2 minutes. Taste and add more salt if desired. Serve warm over cooked rice with a squeeze of lime.

Recipe from: The Washington Post

Samosa Pie

For the samosa filling:

5 tablespoons olive oil
1 small white onion finely chopped (1 heaping cup)
Kosher salt
1 teaspoon ground ginger
1 tablespoon granulated garlic
1 tablespoon cumin seeds
2 teaspoons red-pepper flakes
1 lb. red or golden potatoes peeled and cut into ½ inch cubes
1 cup frozen peas
2 tablespoons cornstarch whisked into ¼ cup cold water
¾ cup loosely packed finely chopped fresh cilantro leaves

For the pastry:

2 ⅓ cups all-purpose flour
1 teaspoon kosher salt
1 teaspoon ground turmeric
⅓ cup vegetable shortening
1 large egg beaten for glazing the top

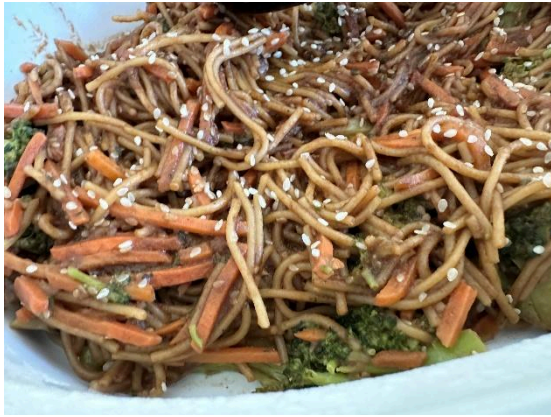


Make the filling. Heat the oil in large skillet over medium heat. Add the onion and 1 ½ teaspoons salt and cook, stirring occasionally, until the onion is soft, about 5 minutes. Stir in the ginger, garlic, cumin and red-pepper and cook until fragrant, about 2 minutes. Stir in the potatoes, cover, reduce the heat to medium-low and let everything steam, stirring once halfway through, until the potatoes are just soft, about 20 minutes. Uncover, stir in the peas and cook until heated through, 1-2 minutes. Stir in the cornstarch slurry, then turn off the heat and stir in the cilantro. Season to taste with salt, and cool completely before building the pie. When cooled, arrange an oven rack at the lowest position and preheat to 400°F.

Make the pastry. Mix the flour, salt and turmeric in a large heat-proof mixing bowl. Create a small well in the center. In a small pot, bring ⅔ cup plus 1 tablespoon water and the shortening to a boil over medium heat. As soon as the shortening has melted completely into the boiling water, pour the mixture into the well in the flour. Use a wooden spoon to quickly stir the hot water into the flour, making sure everything gets wet. As soon as it is cool enough to handle, knead the dough with your hands in the bowl or on a clean work surface until it comes together in a smooth ball. Wrap a third of the dough in plastic wrap and set aside. Roll the remaining dough into an 11-inch circle about ⅛ thick between two large pieces of plastic wrap or parchment paper. Remove one piece of the wrap and flip the pastry into an 8-inch springform pan, centering it and using your hands to gently press it into the bottom and against the sides. The dough should be supple and smooth enough that, if you tear it, you can easily patch any holes. Discard the wrap or paper. Add the filling, press it in, and level the surface. There should be a ½ rim of dough above the filling. Brush it with the beaten egg. Roll the reserved dough into a 9-inch circle about ⅛ inch thick between two pieces of plastic wrap or parchment. Remove one piece of the wrap and flip the pastry over the filling, centering it and pushing it down so that it fits snugly. The edge of the top crust will overlap the edge of the bottom crust. Press these two edges together gently against the side of the pan. Using a knife, trim the top of the combined edges to create an even border around the pan, then use your fingers to crimp that bit of dough back down into the pie, sealing the edges. Cut a small air vent hole in the center of the pie, brush the top with egg, and bake until deep golden brown and firm, 60-75 minutes, rotating the pan halfway through. Let cool for at least 1 ½ hours before unmolding and serving.

Recipe from: Nadiya Hussain, NYT Cooking

Oriental Pasta Salad



8-ounce thin spaghetti (or other pasta)
2 large carrots pared and cut into strips or discs
1 large zucchini (optional)
2 tablespoons sesame seeds
½ cup soy sauce
1/3 cup safflower or vegetable oil
½ cup green onion slivers or minced onion
1 tablespoon sesame oil
1 tablespoon sugar
1 tablespoon minced ginger
1 tablespoon rice vinegar
4 tablespoons creamy peanut butter
½ teaspoon crushed red pepper

Cook the pasta and carrots together. Drain and return to a large pan. Heat sesame seeds until golden brown, stirring constantly. Remove from heat. Add all remaining ingredients, mix well and cook until zucchini is done. Pour over spaghetti and carrots, toss to coat spaghetti. Sprinkle with sesame seeds.

Recipe from Connie Belkovicz

Vegan Bean Casserole

1 cup of brown rice
1 small can of yellow corn rinsed
1 can black beans rinsed
1 cup pineapple salsa (Trader Joe's)

Cook rice according to package directions. When the rice is finished, add the corn, beans, and salsa. Stir until well combined.



Spinach Nuggets



20 ounce chopped spinach, cooked
1 tablespoon minced dried onion
2 cups herb stuffing
1 cup grated Romano cheese
½ cup butter, softened
2 eggs, beaten

Preheat the oven to 375°F. Mix dry ingredients. Add eggs and butter. Form into balls and place on a baking sheet. Bake for 20 minutes.

Cornbread with Peppers and Onions

Cornbread box mix or cornbread recipe from corn flour package May need egg and milk for this.

1 each green and red bell peppers sliced
1 medium sweet onion sliced
3 cloves garlic diced
Salt & pepper to taste

Prepare cornbread according to package directions or from the corn flour package.

Sauté bell peppers in olive oil for 3-4 minutes. Add and garlic. Continue to cook until all are soft, adding pepper to taste. Take off the heat, cool slightly, and vegetables on top of the cornbread.



recipe

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Black Bottom Tofu Squares a la Seven Oaks

Makes 60 pieces (30 pieces per 14-ounce block of tofu)

Note: These are best when eaten within a few hours of making, so think about how many you want and prepare that amount. The process of frying up the cornstarch crusted squares is the basis for a lot of saucy Chinese recipes, so think in that direction, too. This is an easy dish to show how to make, a bit more challenging to write it out. It should make sense as you progress through the steps.



- 2 tubs of extra firm or firm tofu
- 1/3 cup cornstarch
- Olive or avocado oil
- Soy Sauce
- Grated ginger
- Sliced scallions

Remove the tofu from the package and cut each block in half and press out the liquid by placing a bath towel folded in quarters and laid on the counter. Put a sheet of paper towel on it and lay the four pieces of tofu on the paper towels. Then place another sheet of paper towels on top and fold the bath towel over top the entire thing. Add some weight with either a large cutting board or a heavy pot and press for 5 minutes. If you press too long the pieces will be less tender. You want them just dry enough that the cornstarch doesn't clump on them and get soggy. Unwrap the pieces and cut each one in squares 3"x5". Add the cornstarch to a large bowl and dredge the tofu cubes. The tofu should be sturdy enough to tumble well. Lift the tofu cubes out of the cornstarch and shake off any excess cornstarch.

Add oil to a large skillet to just cover the bottom. Heat the oil until it sizzles and gently put the cubes in the hot oil in the pan so that there is enough room between them so that they do not touch and can be easily turned. It is important that the pieces do not touch each other as the cornstarch will glue them together. Once in the pan, use a fork and immediately start turning them over in the order they went into the pan until all 6 sides are lightly fried. They shouldn't be more than light golden as they will be too crunchy. Just crisp up the cornstarch. Remove them to a paper towel to drain and continue frying until done. Arrange them on a flat platter and carefully pour soy sauce, not directly on the tofu, but beside the tofu squares so that the soy sauce insinuates itself among the pieces and make the salty gooey bottom layer without besmirching the sides and top. Add grated ginger root and sliced scallions or other herb on top of the squares.

Cookies & Desserts

Paleo Vegan Pumpkin Cookies

Vegan Mexican Chocolate Pudding

Oatmeal Chocolate Chip Cookies

Peanut Butter Oatmeal Banana Cookies

Vegan Oatmeal Cookies

Maple Blueberry Oatmeal Cookies

Raspberry Clafoutis

Best Vegan Banana Bread

Paleo Vegan Pumpkin Cookies



Wet Ingredients:

1/2 cup 100% pure pumpkin puree
3 tablespoons coconut sugar or monk fruit
3 tablespoons pure maple sugar
3 tablespoons melted coconut oil
1 teaspoon pure vanilla extract
1 flax egg (1 tablespoon ground flaxseed + 3 tablespoons warm water, whisked together, set for 15 min.)

Dry Ingredients:

1 cup almond flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
3/4 teaspoon pumpkin pie spice
1/4 teaspoon salt

3/4 cup vegan chocolate chips

3/4 cup pecans

Preheat the oven to 350°F. Line a baking sheet with parchment paper or silicone baking sheet. In a large bowl, whisk together all wet ingredients. In another large bowl whisk together all the dry ingredients. Add the dry mixture to the wet mixture and stir. Add in chocolate chips and pecans.

Using a medium sized scoop or tablespoon, drop cookie dough balls onto a prepared sheet pan, evenly spaced apart. Cookies will spread just a bit; if you don't flatten them, you will get very round, domed cookies. Use a fork and flatten the cookies to desired thickness. Bake for 12-16 minutes. Allow cookies to cool on a sheet pan for 12 minutes then transfer cookies directly onto a cooling rack to cool completely before storing.

Vegan Oatmeal Cookies

1 1/2 cup mashed bananas
1/2 cup applesauce
2 teaspoons vanilla
1/2 cup brown sugar
1 cup flour
1 1/2 teaspoons baking powder
3/4 cup oatmeal
1 dash salt
1 teaspoon cinnamon
1 dash nutmeg
1/2 cup dried cranberries

Preheat the oven to 350°F. Grease cookie sheet. Blend bananas, applesauce, vanilla and brown sugar. Add the rest of the ingredients. Spoon cookies and drop onto cookie sheet. Bake 20-30 minutes.



for

Oatmeal Chocolate Chip Cookies

1 ½ mashed bananas



½ cup applesauce
2 teaspoons vanilla
½ cup brown sugar
1 cup flour
1 ½ teaspoons baking powder
¾ cup oatmeal
1 dash salt
1 teaspoon cinnamon
1 dash nutmeg
1/3 cup chocolate chips (can use vegan chips)

Preheat the oven to 350°F. Grease a cookie sheet. Blend the first four ingredients (bananas, applesauce, vanilla, sugar). Add the rest of the ingredients. Spoon cookies and drop onto a greased cookie sheet. Bake for 20-30 minutes.

Peanut Butter, Oatmeal, and Banana Cookies

2 ripe bananas
¾ cup peanut butter
2 tablespoons non-dairy milk such as oat milk
2 tablespoons maple syrup
1 teaspoon vanilla
2 ½ cups quick cooking or rolled oats
¼ cup flour (buckwheat flour will make this gluten free)
Dash cinnamon

Preheat the oven to 350°F. In a large bowl, mash bananas with a fork until smooth. Add peanut butter, non-dairy milk, maple syrup, vanilla, and mix well. Add oats, flour, and cinnamon and stir until well combined. Spoon cookies and drop onto an ungreased cookie sheet. Bake for 13-16 minutes.



Maple Blueberry Oatmeal Cookies

Jam:

2 cups fresh or frozen blueberries
3 tablespoons maple syrup



1 tablespoon fresh lemon juice
2 teaspoons finely grated lemon zest

Dough:

1 cup unsalted butter, softened
1 ½ cup dark brown sugar
1 large egg
1 tablespoon vanilla extract
1 ½ cup all-purpose flour
1 teaspoon fine sea or table salt
1 teaspoon cinnamon
1 teaspoon cardamom
½ teaspoon nutmeg
½ teaspoon baking soda
3 cups rolled oats, not instant
1 cup pecans or walnuts chopped

In a small saucepan, combine berries, maple syrup, lemon juice, zest and salt. Bring to a simmer over medium-high heat. Reduce heat to medium and let simmer vigorously for 12-22 minutes, or until the jam has thickened; most of the liquid should have evaporated and what is there should look syrupy rather than runny. Transfer jam to a bowl. Refrigerate or freeze until cool, about 20-30 minutes. Jam can be made up to 5 days in advance.

Heat oven to 350°. Line two large cookie sheets with parchment paper or reusable silicone liners. Using an electric mixer, beat butter and sugar in a large bowl until fluffy, about 2 minutes. Beat in egg until fully incorporated. Then beat in vanilla extract, scraping down the sides of the bowl with a spatula. In a separate bowl, mix together the flour, salt, cinnamon, cardamom, nutmeg and baking soda. Set the mixer on low speed and beat flour mixture into the butter mixture. Stir in oats and nuts. Dough can be made up to 5 days in advance and stored in the refrigerator.

Spoon or scoop out large tablespoons of dough onto prepared cookie sheets, leaving at least 2 inches between each cookie. Use your thumb or a spoon to make a well and spoon a heaping ½ teaspoon of jam into each thumbprint. Top jam with an additional 1 tablespoon of dough and press around the edges to lightly seal the cookie. A little of the jam will seep out, which is good. It will give the baked cookies a nice rippled look. Bake for 15-23 minutes or until the edges turn deep golden brown and the centers are firm. Transfer cookie sheets to a wire rack to cool. Store in an airtight container at room temperature for up to 5 days.

Recipe from The New York Times

Raspberry Clafoutis



3 tablespoons unsalted butter, melted, plus more for greasing the dish

½ cup all-purpose flour

¼ cup plus 2 tablespoons sugar

Kosher salt

3 large eggs

Finely grated zest of 1 lemon

¼ cup plus 2 tablespoons milk

1 ½ pints raspberries (3 cups)

Powdered sugar, for dusting

Preheat the oven to 350°F. Butter a 9" gratin dish. In a bowl, whisk the flour, sugar, and a pinch of salt. Whisk in the eggs, butter, and lemon zest until smooth. Add the milk and whisk until light and very smooth, about 3 minutes. Pour the batter into the gratin dish and top with the raspberries. Bake for about 30 minutes, until the clafoutis is set and golden. Let cool slightly. Dust with powdered sugar, cut into wedges and serve.

Recipe from: Alix de Montille and Jean-Marc Roulot, Food & Wine

Vegan Mexican Chocolate Pudding

2, 7–8-ounce bars of dark chocolate

1, 1 lb. box Silken tofu

½ teaspoon cayenne pepper *this adds a bit of spice

1 ½ teaspoon cinnamon

1 teaspoon vanilla

¾ cup sugar

¾ cup water

Combine sugar and water and bring to a boil. Stir until dissolved. Add chocolate and melt. Add spices, vanilla, and tofu. Remove from heat and puree with an immersion blender. Chill for at least 30 minutes. Serve with whipped cream and chocolate curls if you feel fancy.



Best Vegan Banana Bread Recipe



1 cup whole-wheat pastry flour or 1 cup plus 3-4 tablespoons of spelt flour)
3/4 cup oat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon freshly ground nutmeg
1/4 teaspoon sea salt
1 cup pureed overripe banana
1/3 cup pure maple syrup
1/2 cup plain non-dairy milk
1 teaspoon pure vanilla extract
3-4 tablespoons non-dairy mini or regular chocolate chips (optional)

Preheat the oven to 350°. In a large bowl, mix dry ingredients. In a separate bowl, combine pureed banana, maple syrup, milk and vanilla. Add wet mixture to dry, and add in chocolate chips (if using), and stir through until just well combined (don't overmix). Wipe a loaf pan lightly with oil and pour batter into the pan and bake for 43-48 minutes, until golden and a toothpick or skewer inserted in the center comes out clean.