

EASY AND DELICIOUS OLD FASHIONED OATMEAL

INGREDIENTS

- 1/2 cup old fashioned oatmeal
- 1 cup soy milk or(milk of choice)
- 1/2 apple-(any kind of apple-diced)
- 1/4 cup blueberries
- 1 tablespoon raisins (craisins dried)
- 1/4 tsp vanilla
- 1/8 teaspoon cinnamon
- 1/2 ripe banana (diced)
- 1/4 cup strawberries

DIRECTIONS

1. In a small bowl add oatmeal, soy milk and raisins.
2. Let sit overnight or a few hours in refrigerator
3. Once oatmeal is softens add remaining ingredients and mix.(when ready to serve)
4. Serve hot or cold.
5. Serve one.

CHICKPEA BY THE SEA SANDWICH

INGREDIENTS

15.5 oz can chickpeas drain and rinse
1/4 cup low fat mayonnaise or vegenaise
1/4 cup purple onion, chopped
1 teaspoon mustard
1 stalk celery, chopped
2 tablespoons sweet relish
1 teaspoon low sodium soy sauce (Bragg liquid aminos, for soy free use coconut aminos)
2 tablespoons nutritional yeast flakes
A pinch of cayenne pepper(optional)

DIRECTIONS

1. Put the chickpeas in food processor and pulse three or four times to roughly chopped.(Can use a fork / or potato masher to mash)
2. Transfer to a medium bowl.
3. Put celery in food processor and finely chopped
4. Then add celery, and remaining ingredients then mix well.
5. Chill several hours or over night to allow flavors to blend.

THOUSAND ISLAND DRESSING

INGREDIENTS

1 cup reduced-fat Vegenaïse
1/2 cup ketchup
1 clove garlic
2 tablespoons fresh lemon juice
1/3 cup sweet pickle relish
Pinch of cayenne pepper
Pinch of salt
Splash of vegan Worcestershire sauce (optional)

DIRECTIONS

1. Mix all ingredients to combine.

CREAMY COCONUT BANANA CHIA PUDDING

INGREDIENTS

- 1 cup unsweetened vegan milk
- 3 tablespoons chia seeds
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- 2 tablespoons shredded coconut, plus more for topping
- 1/2 banana ,sliced
- 1 large date, pitted and chopped

DIRECTIONS

1. In a Mason jar, combine milk, chia seeds, Maple syrup, and banana and seal with a lid.
2. Shake well, refrigerate for 15 minutes then shake once more.
3. Refrigerate for 30 minutes longer.
4. Transfer to a bowl and stir in coconut.
5. Top with Banana, date, and more coconut.

BAKED BBQ TOFU

INGREDIENTS (Serves 6)

- 2 14 ounce blocks firm or extra firm tofu
 - 2 tablespoons olive oil
 - 2 tablespoons of cornstarch
 - 1/2 teaspoon salt
 - 18 ounces (about 2 cups) your favorite barbecue sauce
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DIRECTIONS

1. Press tofu by wrapping the blocks in paper towels or clean towel. Place a plate or pan on top of the wrap tofu, and put something heavy (such as a cast-iron pan) on top of that. Let the tofu press for 30 minutes.
2. Preheat the oven to 400° and grease a large sheet pan.
3. Slice the tofu crosswise into 1/2 inch pieces, then slice each piece diagonally into triangles. You can also simply cut the tofu into cubes or rectangular.
4. Add the tofu pieces to a large zip lock bag. Now add the olive oil, corn starch and salt, Close the bag and very gently shake to coat the tofu.
5. Arrange on the prepared baking sheet and bake for 20 minutes until golden on top. Remove from the oven briefly and pour on the barbecue sauce, give it a little stir so the barbecue sauce coats the tofu pieces and bake for another 10 minutes.

6. Remove from the oven and serve immediately. It can be stored in the refrigerator for 4 to 5 days, but it doesn't freeze well. You can reheat in the air fryer, or the stovetop.

SCRAMBLED TOFU

INGREDIENTS (Serves 6)

- 1 16 ounce block tofu
- 1 tablespoon olive oil
- 1/4 red, green and yellow pepper diced
- 1/2 onion diced
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 tablespoons nutritional yeast
- 1 teaspoon Mckay's seasoning
- 1/4 teaspoon cumin (optional)
- 1/4 teaspoon turmeric
- 1-2 teaspoon braggs amino

DIRECTIONS

1. In a skillet saute' diced peppers and onion in olive oil.
2. Mash the block of tofu with a potato masher or a fork. You can also crumble it with your hands
3. Add to skillet with peppers and onions. Cook stirring frequently for 3-4 minutes until water from the tofu is mostly gone.
4. Now add garlic powder, onion powder, nutritional yeast, mckay's seasoning, cumin, turmeric and braggs amino continue to stir.
5. Let simmer on low heat for 2 minutes.

QUICK AND EASY BARBECUE SAUCE

INGREDIENTS

2 cups organic ketchup
2 tablespoons molasses
1/4 cup maple syrup
2 tablespoons Lemon juice
2 tablespoons Bragg Liquid Aminos or Coco Aminos
2 tablespoon vegan Worcestershire sauce
2 teaspoons hot sauce

DIRECTIONS

1. Add all ingredients to a medium sized bowl and whisk to combine.
2. Makes about 2 1/2 cups or 18 ounces, the same amount in an average bottle of store bought barbecue sauce.
3. Store in the refrigerator for up to a week.