

Vegan~Licious™



A Comprehensive Guide For a Gluten-Free Vegan Lifestyle

“Remember What Feeling Well is All About.”

By Reuel Ari Hesterman



Welcome To Vegan~Licious™

Dearest reader, the information in this book has the potential to stop wars! I was told this by a publicist who read one of the first copies. That was 17 years ago, look how far we have come. Millions of people across this globe are resonating with the same philosophy and taking action. We are being true to ourselves by choosing to be nourished with a plant-based diet! There are literally thousands of restaurants serving vegan living raw and cooked foods in major cities in every country, I dare say. We are living in FANTASTIC TIMES: 2013... We are healthy, we are wise, we are making a decision from within, a pull to feel better; being the examples and guidance to lead the generations ahead. We need to surround ourselves with more compassion which means having reverence for ALL life on the planet. We are the facilitators of change in this world. We are being the change we want to see in the world. We hope you find our books and websites full of:

Wisdom ~ honesty ~ sincerity ~ guidance ~ understanding ~ inspiration ~ and encouragement

Peace Be With You

Vegan~Licious™

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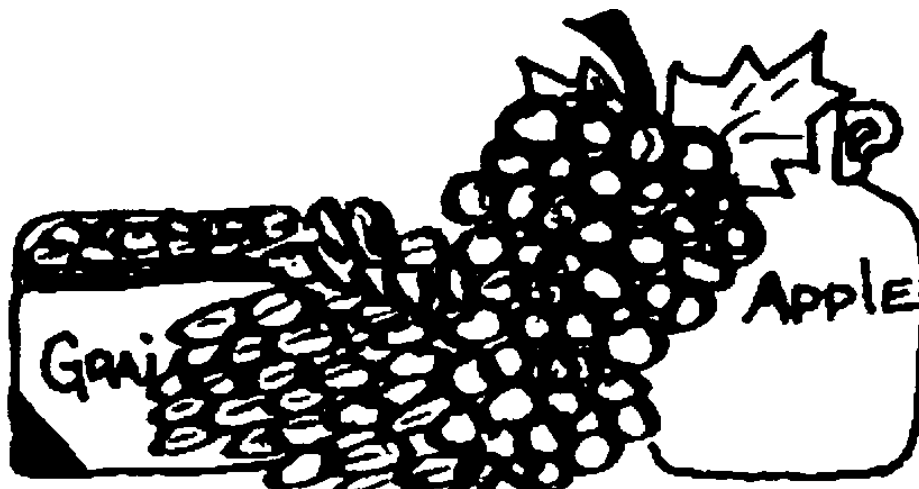
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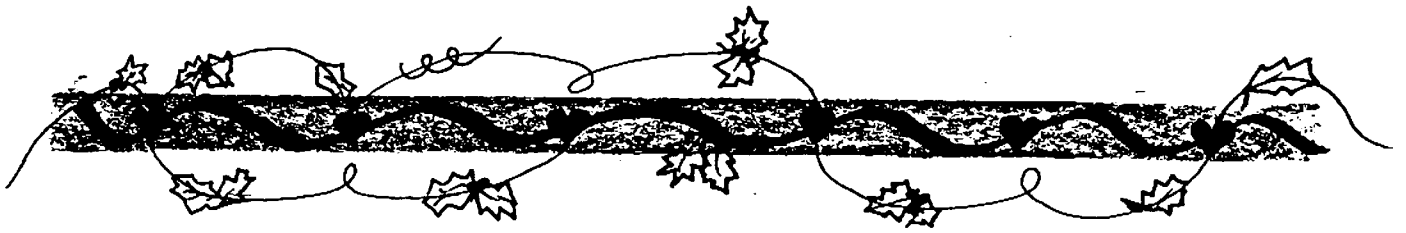
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Dedication

This book is dedicated to our Creator, the one source of life, whose guiding light and comforting sound is ever-present. Thanks to this **Vegan~Licious™** is now in your hands. Treat yourself with as much love as the Divine Creator blesses you with and give that love to all you meet. Heal and be healed through this love. Food is concentrated love. Prepare your meals with love in mind. Eat in a loving atmosphere and, above all, eat **VEGAN~LICIOUSLY™**.

*Only Love and Nature
Heal!*





Acknowledgements

As I was writing **Vegan~Licious™**, my five children became the taste testers. And as you probably know, children are our best critics. Appreciation goes to them for their involvement in this project. Our cooking adventures have been tried and tested on them with exclamations like "This is great!" and "What's this?" or "This one is definitely Vegan~Licious bound!" Thanks to the five of you. I love you dearly.

Sincere gratitude goes to Carol Berry, my editor. Her vigilant attention to details and her clarity of purpose has made writing and publishing **Vegan~Licious™** a pure joy. Thank you, Carol, I could not have done this without you. My gratitude as well goes to Paula Gallegos whose illustrations brought our text to life. Thank you, Paula.

I would also like to thank all of the students and staff at The New Mexico School of Natural Therapeutics. It became evident as we began studying nutrition that there was a need for this book. So, thanks for your support along the way and for purchasing the first 100 copies.

~A Modern Disclaimer~

There is a wonderful transition happening in the world today. Millions of people are waking up to the fact that food has a profound effect on their being. Eating a diet rich in vital, health building foods restores our sense of wellness. Researchers over the globe are pointing humanity toward BEING VEGETARIAN.

There is a twofold opportunity here. The first is to recognize that the pull to BECOME VEGETARIAN is valid for life and for healing. The other is to share this truth with your healthcare providers so they can benefit from your knowledge and thereby pass this natural way of healing on to their next client.

VEGAN VEGETARIANISM IS HERE TO STAY!

When we are pulled to change our lifestyle, whether by diet or physical exercise, it is always recommended to share these changes with your physician. In my experience as a nurse, many doctors are willing and even accepting of the vegetarian diet as a healing modality for their clients.

~An Autobiographical Note~

Twenty years of searching and 45 years of struggle have brought me to this blessed time. I have literally taken every remedy, every food supplement and received almost every type of body therapy imaginable. I have even fasted from food for 42 days, drinking only distilled water.

The one thing that has been consistent throughout is –you guessed it - BEING VEGETARIAN. If there is one thing that I can recommend with zeal and confidence it is to BECOME A VEGAN VEGETARIAN. So here's to you, BE FULL, BE SATISFIED, AND ENJOY EVERY MINUTE OF YOUR SPIRITUAL BECKONING TO BECOME AND CONTINUE TO LIVE AS A VEGAN VEGETARIAN.

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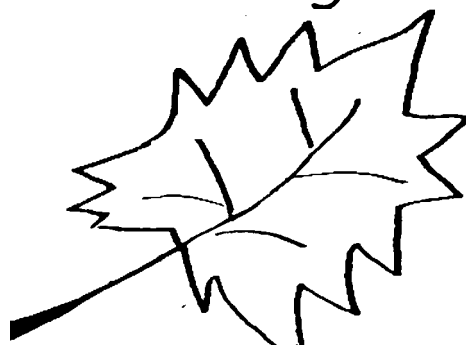


~Forward~

VEGAN~LICIOUS™ is a book about everyone's journey to health and healing. The human body is designed to heal itself we need only give it the chance. Creating a cleansing internal environment is the natural way to begin and sustain this process. In this modern time, the human body has become too acid or toxic. Eating white flour products, refined sugars, flesh foods, processed foods, coffee, black tea, carbonated beverages, hydrogenated oils and dairy products has all contributed to a dilemma of human suffering that has reached epidemic proportion. Of course, the extreme amounts of pollution in the air we breathe, in the water we drink and in the food we eat add to this, sometimes, dismal picture. The result of all this is that our immune system has become severely impaired. We have diminished vitality and our ability to handle stress has been terribly compromised. Research shows us that when we reduce the intake of toxins in all forms, the quality of life dramatically increases. The solution to this dilemma is to begin the process of de-acidifying or detoxifying your system, which will boost your immune function. The information in VEGAN LICIOUS™ shows you how to master the art of health building and begin your healing process. The recipes will guide you toward a diet that produces an alkaline state in the body, increasing the elimination of toxins and promoting well being.

The primary focus of Vegan~Licious is how to be a conscious Gluten-Free Vegan Vegetarian

Enjoy your journey



~Introduction~

The purpose of this book is to give you a simple and practical guide to regaining health and vitality. It is our grace to be pulled toward such a liberating experience in our lives. This is not so much our choice, rather an opportunity we are given. I am freshly approaching fourteen years as a vegetarian. I learn new ways to improve my health every day and am continually filled with gratitude for being given the strength and desire to stay on this path.

Transition is always challenging, so we must have faith as our Corner stone in order to stay focused. The challenge to remain vegetarian is to listen to our inside truth and not be pulled away from it by the influences surrounding us. Being vegetarian is valid, health-building, fun, and above all, the most nutritional and easiest diet for the human body to assimilate. I will not take the time in this book to rewrite all of the wonderful and inspiring information about the benefits of the vegetarian way of life. Please refer to the suggested reading list in the back of this book. You will get all of the inspirational support you need to keep on track as a conscious human being, called upon to fulfill something very unique in this lifetime.

As you read through the following information, you will find a section entitled Dietary Suggestions to Observe Because Your Life Depends on It. When followed, your digestion, assimilation and elimination will dramatically improve.



~New Beginnings~

In the beginning there was simplicity and truth. There were also no pesticides, no toxic fertilizers. We knew what we were eating and where it came from. Not so today. Our commercial agricultural fields are toxic and disease producing and our fresh waters are polluted. It is the authors' sincere commitment to educate you in the most healthful diet possible. You will have much more energy, sleep better at night, wake up feeling rested, and eliminate easily and more completely.

There are several ways of achieving this optimum state of health. The first is to become VEGAN VEGETARIAN. Another is to purchase and EAT AS MUCH ORGANICALLY-GROWN FOOD AS POSSIBLE. Research shows that organic food furnishes 35% to 45% more nutrition than commercially grown food. It also tastes a whole lot fresher and better. Another essential awareness is to READ ALL LABELS on the food you buy. There are many foods on the market shelves produced by conscious growers and manufacturers. Unfortunately, there seem to be many more foods, which are not.

There is another way to speed up the cleansing process for your body: STOP EATING DAIRY PRODUCTS. This will be much easier than you may think right now. Read on! You will find recipes that are dairy-free, flavorful, hearty and satisfying.

The problem with dairy products is, apart from there being mucous-forming and promoting constipation, they contain residual toxins from the high amounts of antibiotics and hormones fed to the cows producing them.

Our purifying organs get overloaded and cannot process extreme levels of toxins. Our bodies take the only action possible:

**THEY BECOME DIS-EASED. AS SEVERE
IMBALANCES ARE CREATED, CANCERS GROW.**

I have worked in many hospitals as a nurse for over seven years. The story is always the same. The most ill patients are those who have consumed a diet high in animal protein and low in fiber. They are also the cigarette smokers and the alcohol drinkers. Most are receptive to change. For some, change comes in time to boost their quality of life. For many, however, it comes too late. This, my friends, is YOUR CHANCE TO MAKE THE MOST IMPORTANT CHANGE OF ALL.

Here is your golden opportunity. Read this book and follow its suggestions. The more faith you have in the vegan vegetarian path, the more successful you will be. When you need support, pick up any magazine, whether mainstream or alternative, and watch the local and national news television broadcasts. You will be overjoyed at the number of articles and news segments devoted to the vegetarian way of health. It's enough support for me that the American Medical Association has recommended a vegetarian diet as the most healthful and beneficial one of all. Diet cannot and will not be ignored any longer. That's the true excitement about this process.

BEING A VEGAN VEGETARIAN IS COOL AND IT'S HERE TO STAY!



"Dealing With the Myths"

MYTH # 1 -You cannot get enough nutrition eating a vegan vegetarian diet. **WRONG!**

In reality, eating a vegan vegetarian diet cleanses the digestive organs, and enables you to assimilate a much higher percentage of nutrients. As a result of past unhealthy lifestyle habits, the body's cleansing organs have become clogged with undigested food, hampering the absorption of essential cell nutrients.

MYTH # 2 -The vegan vegetarian diet does not supply enough protein. **WRONG!**

As our organs cleanse, the full protein in food becomes available to nourish our bodies. It is a substantiated and irrefutable fact that eating a diet low in animal protein and high in vegetable and whole grain fiber is most healthful.

MYTH # 3 -You must eat complete proteins at one meal. **WRONG!**

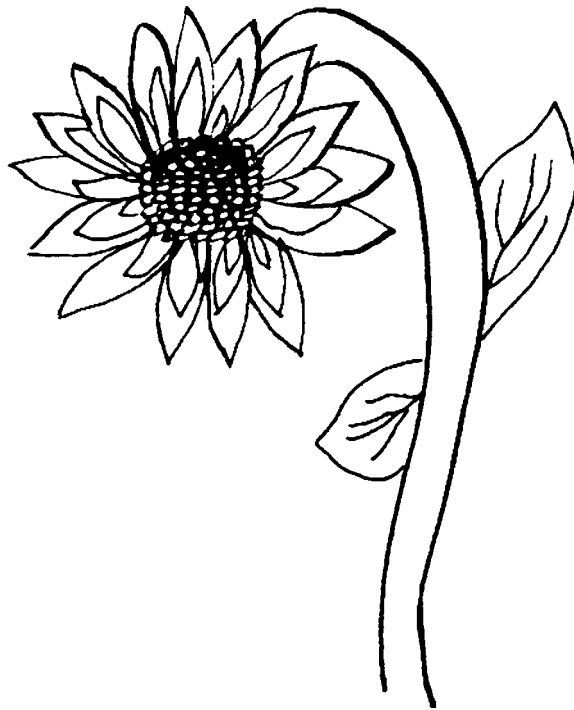
Every nutrient we digest is broken down and transported to our liver. The liver stores and sends these nutrients to each cell as needed. Protein is a combination of amino acids. In a 24-hour period, the liver stores each amino acid and attaches them together to make up complete proteins available when our cells need them. So, for example, if you eat oat waffles with millet flour for breakfast, a tofu sandwich on sprouted multi-grain bread for lunch, and black beans with red onion and corn for dinner, your liver will be able to nourish your body as it has never done before.

MYTH # 4 -Being a vegan vegetarian is boring. **ABSOLUTELY NOT!**

Being pulled onto the vegan vegetarian path is an honor. It is the healthiest lifestyle that we can practice. It is also extremely creative. As you start your transition to vegan vegetarianism, Vegan~Licious™ will help guide you to new and creative ways of meal planning and food preparation.

MYTH #5 -Being vegan vegetarian is just a fad. **I DON'T THINK SO!**

As the younger generations' awareness of their environment heightens with every passing year, the movement toward vegan vegetarianism gets stronger. It's kinder, more efficient ecologically, environmentally safer, humanistically sounder and a lot less draining on our life-force than the alternative.



~Dietary Suggestions To Observe Because Your Life Depends On It~

1. Only eat when you feel hungry. True hunger is a pleasant sensation. Hunger pains are the body's attempt to cleanse itself and should be honored.
2. Eat slowly and in a loving atmosphere. Your digestion will be more kind to you. You will also not overeat. Over eating creates much of the suffering we live with.
3. If possible, postpone eating breakfast until your bowels evacuate. Your body will begin to cooperate in no time. Feel free to drink some purified water if you need something to help you along. This will set up a healthy daily practice, which promotes proper digestive balance. "You will also feel more energized. To move slowly into this regimen, refer to pages 25 and 26.
4. There are differing opinions about drinking liquids before, during and after meals. What is known is that feelings of bloating and gas can occur when liquid is mixed with food in the stomach as essential digestive enzymes are diluted. If you experience feeling uncomfortably full after meals, try adjusting your liquid intake before and during meals. Wait one hour after a meal to drink.
5. Avoid coffee. Apart from the caffeine, coffee gives us a false sense of well being, stimulates hunger, and interferes with proper digestion and assimilation. All caffeinated beverages produce similar digestive results. Try to finish eating at least two hours before you retire to sleep for the night. Eating before sleep time clogs our resting cleansing organs, resulting in indigestion. We awake in the morning restless, not refreshed, feeling those hunger pains.

6. Finish your meal with a salad. This acts as a natural bulking agent that will gently push your food along the digestive tract and helps with elimination.
7. Eat plenty of ORGANIC WHOLE GRAINS, GREENS and TEMPEH. These foods are full of enzymes and minerals that, in the authors' opinion, are severely lacking in the American diet. Too much importance has been placed on protein intake, causing obvious damage. It's time that we get back to a common-sense approach to health and begin to reverse this damage. Use the Index of Recipes in the back of VEGAN LICIOUS™ to create your next meal.
8. Finish your meal with a salad. This acts as a natural bulking agent that will gently push your food along the digestive tract and helps with elimination.

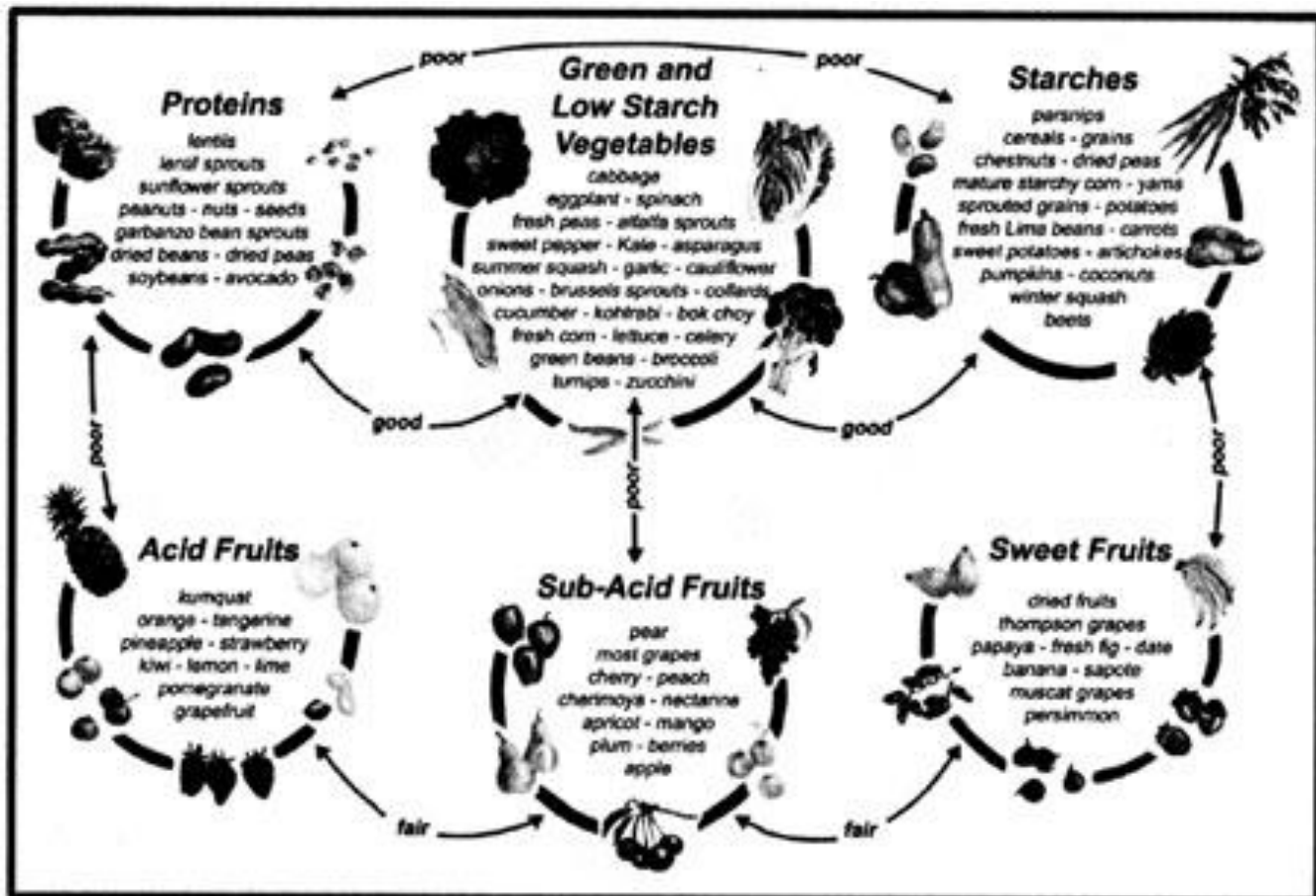
~Essential Dietary Components~

**To Becoming, Being and Remaining
A Successful Vegan Vegetarian**

FOOD COMBINING ~ The Missing Link

Human digestion is rather simple. The digestive system does not have the discrimination to separate acid from alkaline foodstuffs. Even if you do not feel ill effects directly after eating, the toxic by-products from improper food combinations build up in the body and will eventually create some imbalance or disease.

- Eat lettuce, celery and papaya with all foods.
- Eat starches like potatoes with greens and vegetables.
- Eat proteins like nuts with vegetables
- Avoid eating starch and protein together
- Eat melons alone, at least 30 minutes before a meal or several hours after.
- Eat vegetables and fruits separately.
- Use nuts as protein



~Beans - Not just a Side Dish Anymore~

Beans are an essential source of protein in the vegan vegetarian diet. They contain a high amount of dietary fiber necessary for proper elimination and cleansing. Beans have been recognized in the past few years for their important role in the human diet. The State of California's dietary guidelines have increased the suggested intake of this potent food to 3-5 times per week. On the other hand, the suggested weekly intake of meat and dairy products has substantially decreased nationally.

Beans are easy to cook and versatile to use. They come in numerous varieties (in dried form) ready to soak and cook. Please refer to page 50 for a simple Basic Beans Recipe.

~Greens -Nature's Little Scrub Brushes~

Colon health is extremely important. A healthy colon is your best insurance against disease. Toxins build up on the lining of the colon from unhealthy eating habits. This decreases the colon's ability to eliminate properly and sets up an environment that acts as host for all kinds of nasty bacteria. Eating a high fiber diet with plenty of dark leafy green vegetables is the optimal way to reverse this potentially dangerous scenario.

Greens are Nature's Little Scrub Brushes. They help create the proper dietary environment by gently scrubbing the walls of the colon, thereby eliminating harmful bacteria and other residues. Greens are easy to prepare and combine well with all foods.

**BE GOOD TO YOUR COLON:
Eat Greens Every Day!**

~Whole Grains and Whole Grain Pasta~ An Essential Source of Nutrition

These two groups of foods are quite necessary to include in your daily dietary intake. Whole grains are packed with essential B vitamins. Our bodies need these B vitamins to be healthy, vibrant vegans. Eating whole grains and whole grain pastas gives your body energy, sustenance and balance.

Eating the whole grain before it is processed into flour is certainly more nutritious. When whole grains are milled into flour, oxidation immediately occurs, reducing nutritional value substantially. Keep this in mind as you prepare your shopping list. If your goal is to eat the foods offering your body the highest value in nutrition, whole grains must be a higher percentage of your total dietary intake.

Whole grains and pastas make a great side dish but should also be considered as part of an entree. Both combine well with all vegetables. Your body may feel best when eating only one protein food with these food groups at anyone meal.

The essential oils contained within these precious foods should be considered the ultimate in preventing disease. In fact, studies have shown that a human body deficient in whole grain oils suffers from a number of symptoms of the skin, muscles, nervous system, and so on.

Your philosophy must be that of taking responsible action to achieve and maintain health! Therefore, all that we eat must have a whole food value. This can be achieved with foods that taste great and a diet that has every bit as much flavor and excitement as your present one.

~Gluten-Free Whole Grains~

To prepare the following grains, use double the amount of water as grain. Bring water to a boil and simmer on low heat until done. I like to taste my grains as the test for done-ness. The slower you cook them the better they'll be.

millet

quinoa

basmati rice – white and brown

amaranth

wild rice

hulled buckwheat

~Prepared Whole Grain Products~

Essentially this food group contains breads, crackers, pasta and other baked goods. There are some wonderful choices here. Make sure you read all labels before purchasing any of these products. Many of them contain either milk products, hydrogenated oils, eggs, or all three. My family's favorite bread is made from organic rye flour. It contains gluten but not wheat gluten and seems to be easier to digest and eliminate. You may want to consider purchasing non-gluten grain products and see how you feel in a week.

~The Scoop on Flour~

There are many whole grain flours that offer more for our bodies than wheat. Many people are realizing that they are sensitive to or have intolerance to Gluten, which is found in wheat, rye, barley, spelt and kamut. If you suspect an allergy to gluten, or just want to experiment, the following flours may offer you a way to have your cake and eat it too. Each one may be used alone or in combination with another.

Oat
Quinoa

Almond
Millet

Rice
Flaxseed

Buckwheat
Blue Corn

~A Note on Protein~

As a vegan vegetarian, your body utilizes much more of food's protein content. It should be noted, therefore, that most foods contain some protein. If you are conscientious about your choices, you will have no problems. For example, when you make a stir-fry or a mixed salad, feel free to use generous portions of your favorite nuts, cooked beans, tofu or tofu cheese and tempeh. You will be amazed at how full and satisfied these meals make you feel.

~Nuts - Going Beyond a Snack~

Nuts are an essential part of the vegan diet. Our bodies will utilize their food value as protein. This puts new meaning to the nut butter sandwich. When my body tells me that it needs protein, I go nuts. A handful of unsprayed organic almonds, filberts, pistachios, brazil nuts, etc., hit the spot any time of the day. Nuts are also high in fiber and contain many essential vitamins and minerals. To increase the enzyme content in nuts and seeds, soak and germinate them. They will digest easier.

~A Note on Sea Vegetables~

Sea vegetables are a wonderful addition to your diet. They are full of trace minerals and enzymes. Sea vegetables are also a good source of vitamin B-12. A favorite of ours is dulse. We eat it raw and it seems to fill the craving for sweets. The easiest way to use sea veggies is to soak the amount to be used in water for 10 minutes, and then add it to the dish being prepared. Refer to pages 43 and 85 for more specific recipe ideas. The following is a list of some types of sea vegetables that are available in your local health food store:

Arame Wakame Dulce Hijiki Nori Kombu



~A Note on Calcium~

As a vegan vegetarian you should be concerned about sufficient calcium intake. If you are eating plenty of dark leafy green vegetables like red and green chard, spinach, kale, collard greens, mustard greens, dandelion greens and red Russian kale, you'll get lots of calcium in your diet. Tofu and tempeh are processed with a calcium solution to make them firm, and hence, contain calcium. Fortified soy and rice milk also have significant amounts of calcium.

~A Note on Oils~

The main problem with oils is, no matter how excellent an oil you begin cooking with, when heated, it turns into saturated fat and becomes completely indigestible. Our livers really don't like it! All animal and dairy fats are also saturated. Saturated fats clog arteries and lead to many physical imbalances. Hydrogenated oils, a very popular additive in baked goods, crackers, and snack foods, are saturated fats. Margarine is the most widely used and abused hydrogenated oil.

The good news is there is an excellent substitute for oil: USE WATER TO SAUTE YOUR VEGETABLES. You will be pleased with the results. Food tastes lighter, and in no time at all, you won't miss the heavy oily taste. Our bodies need about 2 Tbs. of mono or polyunsaturated oil per day for proper functioning. Eating a salad of mixed leafy greens with 2 Tbs. of olive or flaxseed oil dressing is an excellent way to get your daily oil requirements. If you want that little touch of oil in your stir-fry, add it to your prepared entree just before serving it.

One of the wonderful side effects of eliminating dairy/fat from your diet is the craving for fatty-type foods just goes away. It is quite likely that you will also lose weight. Within one month I shed about 10 pounds. Oil or fat is essential to the proper functioning of the human body and you will get plenty of the highest quality fat from the variety of Vegan, vegetarian foods you eat. When using oils, buy the finest cold pressed flaxseed, sunflower, safflower, coconut (MCT) or olive oils.

~An Expanded Note On Hydrogenated~ Oils Especially Margarine

I attended an all-day seminar on Nutrition in 1991. The presenter had a Ph.D. in Nutritional Science and emphasized the human body's need for essential grain oils. He told us that our modern food supply is so processed that it is absolutely devoid of these essential nutrients. In fact, essential oils have been taken out and replaced with cheaper and health-robbing hydrogenated oils, leading to many of the debilitating diseases including osteoporosis, heart disease and obesity, to name a few.

Now, this gentleman mentioned that hydrogenated oils, especially margarine, are totally indigestible, being transported into the bloodstream in the form of toxins or foreign invaders. Once there, they deposit on the arterial walls and restrict the blood flow. This results in arterial blockages and can lead to many cardiac difficulties, including heart attacks. These toxins are also deposited in our muscles and joints and can create pain. I had been suffering from a mid to upper backache for months prior to this seminar, and believe it or not, I was eating margarine every day. I stopped eating the nasty substance and within one week my backache was history.

It is always a sound practice to eat foods in their whole form. Each food that we eat is made up of a unique blend of essential nutrients that, when eaten, are digested and assimilated in a proper balance.

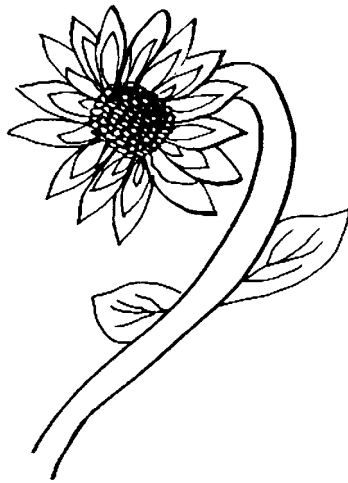
~A Note On Oil-Free Baking~

Now to my favorite find: I love to bake, but really don't want the oil. So, in all your baked goods, REPLACE THE OIL WITH AN EQUAL AMOUNT OF APPLESAUCE. They will be moist and surprisingly tasty.

~A Note On Cooking Vessels~

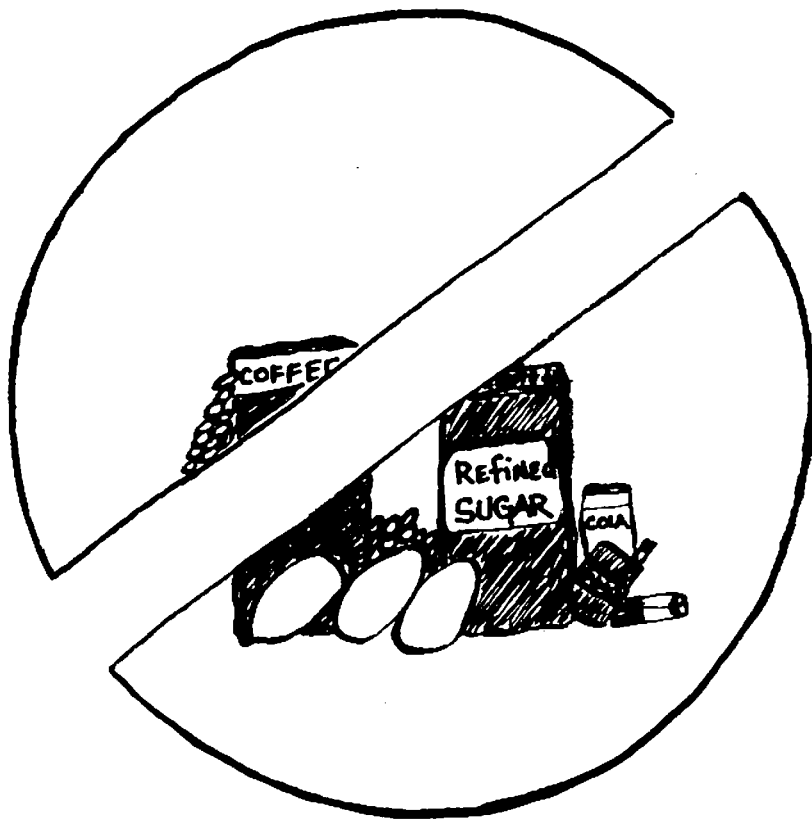
Throughout history, cooking was done in earthenware or ceramic vessels. No apparent diseases resulted from this practice. Along came aluminum, which has been linked to Alzheimer's disease and other nervous system disorders. Aluminum is added to many products including, deodorant and antacids, with obvious health hazards.

To assure optimum health, cooking is best done in heavy stainless steel or glassware vessels. Be aware of coated cookware. The coatings flake off and your food absorbs them as you cook. Baking and heating foods on coated pans is less risky, but be sure to replace any pans that show signs of scraping or peeling.



~The Foods That Destroy~

Coffee and black tea (whether caffeinated or not), flesh foods, eggs, dairy products, alcohol, foods containing hydrogenated oils, soda pop, cigarettes and sugar deplete our bodies of essential enzymes and minerals. The imbalance and destruction that eating these foods can create in the human body is unimaginable. It has been easy for me to make the transition to being vegetarian because I have personally witnessed this dietary destruction. I have the knowingness that this is truth. This knowledge gives me the faith and commitment to eliminate foods that destroy from my diet, forever.



~Alternatives~

~Replacing Foods That Destroy With Foods That Build Health~

Change can be difficult. The mind has it's own habits and actively resists change. Every justification and excuse has been used over and over. The taste buds on the tongue and in the mouth are stubborn, and do not easily accept new tastes.

The following section will give you some great ideas about how you can replace foods that are destroying your health with foods to build your health. Let's see if we can change your mind. Try these foods once, then twice, and you'll see that the third time is truly the charm. Your body will be overjoyed with the healthier choices. Remember, it takes faith and lots of patience to transform an unhealthy lifestyle to a health-building one.



~Replacing Refined Sugar~

Refined sugar really has no redeeming qualities except that it tastes good. It destroys the pancreas, teeth and gums, and has been responsible for more than a couple of children going wacko. Keep in mind, however, that all of the choices for sweetening are considered simple sugars and should be avoided in cases of diabetes, hypo-glycemia and candida. Try substituting the following items for refined sugar. On your next trip to the health food store, look in the refined sugar substitute section for more choices like Stevia and Birch sugar.

Maple Syrup

This is a great alternative to sugar. It is a natural sweetener produced from the sap of the maple tree. Buy organic and your tongue will be delighted. Your mind will readily accept the change. Use maple syrup in baking cakes, waffles, pancakes, cornbread, sourdough bread, in puddings, and stir it into your favorite breakfast grain. Use it in equal parts, as you would sugar. Maple syrup is full of natural minerals and enzymes.

Birch Sugar

Birch Sugar comes from the bark of the birch tree and is apparently safe for diabetics to use. It is very sweet so you use less in proportion to refined sugar.

Stevia

Stevia comes in a powder or in a liquid. It is a very concentrated sweet extract from the Stevia herb. It is an excellent substitute for sugar where hypo or hyper glycemia is a concern. It helps control sugar levels and can reduce cravings for sweets and other addictive substances.

Sucanat

Sucanat is the dried evaporated juice of the sugar cane plant with a hint of molasses flavor. It's granulated and sold both packaged and in bulk. Like maple syrup, Sucanat is an unrefined product and rich in beneficial minerals and enzymes.

Brown Rice Syrup

This product is produced from brown rice so there are no sweetening additives. It comes in various degrees of sweetness, so purchase it according to your desire. Use equal part measurement while substituting rice syrup for sugar in your baking and cooking

Apple Juice

This works especially well for all your baked goodies. It does not overpower the taste of even the most delicate morsels. Replace the liquid with apple juice in any recipe. Buying organic, unfiltered apple juice gives you maximum food value.

Honey

Honey has enjoyed a special role throughout history. Some say it may be a perfect food since microorganisms can't grow in it, thereby protecting us from disease when we eat it. Royal jelly, the food of the Queen Bee, is said to have miraculous properties. Eating honey produced in your local area supposedly helps clear up allergies. Honey is a whole food, rich in minerals and enzymes. It makes sense to use it as a sugar substitute regardless of its colorful character. If you are a strict Vegan, this is not considered kosher because it is derived from an animal source. Tupelo Honey is apparently ok for people with sugar problems.

~Alternatives to Coffee~

Here are several alternatives that may surprise the most discerning coffee drinker.

Raja's Cup

This beverage is the closest tasting substitute to coffee that I have found. It is a blend of East Indian herbs that have an antioxidant/free radical engulfing effect in your blood. When drinking Raja's cup instead of coffee, think about all of the repair that is happening in your body. Raja's Cup is flavorful, satisfying and 100% caffeine free.

Twig Tea

This tea is made from the twigs and stems of the tea plant. It is naturally very low in caffeine and has a full-bodied, pleasant taste. Purchase it in individual tea bags or bulk.

Bancha Tea

This tea is toasted green tea leaves, contains no caffeine and is very satisfying. It has a smoky flavor and aroma and is good drinking any time of the day. Bancha tea comes packaged in individual tea bags.

~Ume~

Ume is derived from the Ume plum. It's concentrated in paste or pill form. The alkalizing effects of Ume have been recognized for centuries in Japan. If you are balanced, it will taste sweet: if not, it will taste sour. The more you use this beneficial plant, the more alkaline your body becomes. The more alkaline you are, the more toxins you eliminate. Having a hot cup of Ume tea is a great Way to start the day. If you're brave, you will eat it right off the tiny spoon that is part of the package.

~Black Tea and Alternatives~

Herbal teas of all kinds are readily available at almost every food store. Many of them can and should be used for our most common ailments and at specific times of the day. Try ginseng tea in the morning. It is a natural stimulant with no side effects. If you have eaten too much or are going out and don't want to over eat, drink peppermint, spearmint, or licorice tea. When you're overtired or just sort of "nerved up," drink a nice hot cup of chamomile tea. Just be careful, you may find out in no time at all that these natural, low-cost remedies are truly effective. Please, when you are trying your best to stop the use or abuse of caffeine in any substance, whether coffee, black tea, cola or chocolate, be good to yourself and take a homeopathic herbal remedy for the headache you may experience.

Recipes For Healthy And Whole Vegetarians

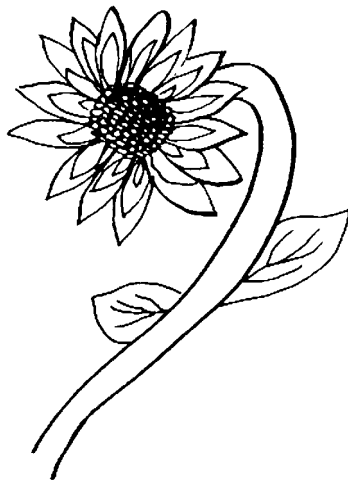
All of the recipes in the following sections have been tested, tasted and retested and tasted. We recommend that you use organic ingredients whenever possible. Cooking and baking are creative processes, so after you have the basics down, you can experiment with fresh herbs and a wide variety of seasonings that can be procured in your local health food store. Always read labels of food items purchased. It is also wise to check the labels of familiar items from time to time. Manufacturers add non-vegetarian ingredients to products with no notice to consumers.



Breakfast ~ Licious

Breaking fast after a night's rest from food is an important time of day. It deserves some thought as to what will nourish our bodies in the most gentle and efficient way. Try the following regimen and see how you feel.

1. Remember suggestion # 3. Move your bowels before eating.
2. If you are not in the habit of eliminating in the morning, drink a Vitality Shake, and follow it with a mug of hot herbal tea; this may help.
3. Wait at least half an hour and eat a bowl of the Soothing Cereal, page 27. You will feel invigorated and have a renewed sense of well being.



Vitality Shake

1 cup freshly squeezed orange, grapefruit or apple juice
1 cup water
1-2 tsp. fresh ginger or 1-2 cloves garlic
1-3 tsp. olive oil
¼ lemon - juiced
pinch of cayenne pepper

Blend all ingredients in blender, except cayenne pepper, until very smooth. Pour shake into a glass and sprinkle cayenne on top. Follow this with a cup or two of hot herbal tea.



Vitality Tea

1 tbs. licorice root
1 tbs. fennel seeds
1 tbs. fenugreek seeds
1 tsp. dried peppermint leaf

Add all ingredients to 3 cups of water. Bring almost to a boil, take off heat and steep for five minutes. Use glass or ceramic cookware so the tea does not take on the taste of metal. You may also boil the water and pour it onto the herbs into a glass or ceramic container if your cookware is unsuitable.

Soothing Breakfast Cereal

1 cup millet
1-2 tbs. fenugreek seeds
2 cups water

Mix millet and fenugreek seeds in a colander and rinse under tepid water. Fill a 1 or 2 quart pot with 2 cups water and grain mixture. Bring to a boil, then cover and simmer on low or warm for approximately 20-25 minutes. Check for done-ness by sampling a bite from the top. Grains should be moist but not soggy. Add maple syrup and rice milk as desired. Soaked sweet fruits like raisins, dates and figs are a nice addition to this cereal.

Mexican Rice and Tofu

2 cups cooked organic white basmati rice
1 cup organic tofu cut into bite-size cubes - firm style
1 cup corn - canned, frozen or fresh off the ear
1 cup zucchini - diced
1 cup onion - diced
1 tsp. garlic powder or 2 medium cloves of fresh pressed garlic
1 tsp. sea salt
1 cup salsa

Sauté tofu, corn, zucchini, onion, garlic powder and salt in ½ cup water until veggies are cooked but still firm. Add the rice and salsa. Mix thoroughly, leave on low heat for 5 minutes. Serve with corn tortillas and extra salsa. Serves 3.

Oriental Tofu and Rice

2 cups cooked organic white basmati rice
1 cup organic tofu cut into bite-size cubes - firm style
2 cups broccoli florets
½ cup carrots - diced
1 cup onion - diced
2 cups mung bean sprouts
3 cloves fresh garlic - pressed
3 tbs. shoyu
1 tsp. sesame oil

Sauté tofu, carrots, broccoli, garlic, and onion in ¼ cup water and liquid aminos until veggies are just cooked. Add the rice and mung bean sprouts. Heat over low heat for 5 minutes. Sprinkle with the sesame oil just before serving.

Rice and Tofu Florentine

2 cups cooked organic white basmati rice
1 cup organic tofu cut into bite-size pieces - firm style
1 bunch spinach, fresh or frozen.
½ pound fresh mushrooms - sliced
1 medium onion - diced.
¼ cup liquid aminos
3 cloves fresh garlic - pressed

Sauté the tofu, spinach, mushrooms, onion and garlic in ¼ cup water and the liquid aminos for approximately 5 minutes. Stir the rice and heat thoroughly. Serve with sourdough toast and fresh sliced tomatoes.

Soy Cheesy Tofu

1 pound firm tofu
½ pound grated soy, tofu, rice or almond cheese
2 tbs. nutritional yeast (optional)
3 tbs. vegan baco bits
1 small red onion - diced
½ tsp. onion powder
½ tsp. garlic powder
½ tsp. sea salt
¼ cup water
Liquid aminos to taste

Sauté onion in water until translucent. Add tofu, spices, yeast and liquid aminos. Simmer for 2-3 minutes. Add soy cheese and baco bits. Cover until cheese is melted. Serves 4 really hungry children.

The Greatest, Easiest, Most Healthy Waffles Ever

2 cups gluten free rolled oats
¼ cup any non-gluten whole grain flour
4-5 dates or raisins - chopped or 2 Tbs. maple syrup
¼ tsp. sea salt
2½ cups water or almond milk

Place ingredients into your blender and blend until smooth. Pour appropriate amount of batter into waffle iron and cook until done. Serve with your favorite jam and or maple syrup. Makes four 8" waffles. Note: These waffles refrigerate and freeze very well. Just pop them into the toaster and wolf them down.

What Are We Going To Make For Lunch?

Burgers, Sandwiches And Other Licious Things

I don't know about your household, but in ours, lunch is always the meal of greatest challenge. We want to eat something hearty but don't necessarily want to take lots of time to prepare it. So, Dad has created "SAMICHES" super vegetarian style. Although there are a wide variety of acceptable sandwich fillers available, they tend to be expensive and hauntingly resemble the taste of what they are replacing. For those of you who already know how to make a dynamite samich, I hope these add to your repertoire. What Are We Going



My Children's Special Samich

2 slices of non-yeasted gluten free bread.
4 - 5 ¼" slices of firm tofu
4 - 5 thin slices of sweet pickle
1 - 2 tsp. Homemade Tofu Mayonnaise, page 4-5.
½ avocado
Cayenne pepper to taste
Lettuce as desired
Liquid aminos - small amount onto tofu

Spread mayonnaise on the bread. Lay the tofu on one of the slices of bread. Carefully let the liquid aminos fall onto the tofu drop by drop. Now's the time to sprinkle the cayenne! Continue building your samich as you desire.



Guacamole

2 large ripe avocados (they are ripe if the stem pushes in easily)
1 large tomato - diced
1 - 2 cloves fresh garlic - pressed
Cayenne pepper to taste
Sea salt to taste

Halve the avocados and remove the pit by carefully tapping it with the blade of a knife, then giving it a twist. Push fruit out of its skin by pinching the outside of the skin towards the fruit. Scrape excess out with a knife. Mash avocados with a fork. Add all the other ingredients and blend well. Put one of the avocado pits into the guacamole to prevent browning. Garnish with fresh veggies, lettuce leaves and serve with your favorite chips, crackers or bread.

The Nut Butter Sandwich

As vegetarians, it is important to eat enough protein. A very good source of high quality protein is contained in nut butters. While peanut butter is the most recognizable, it is also irritating to our systems and hard to digest. Try almond, cashew, macadamia, hazelnut or pistachio nut butters on your next nut butter sandwich. Another wonderful choice is sesame seed butter.

Vegetarian B L T

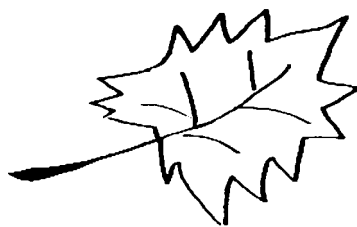
We must include this all-American favorite. The Un-bacon, Lettuce and Tomato sandwich! Thanks to the wonderment of Soy, vegan baco bits are exceptional in taste. The best are found in bulk at your neighborhood health food store.

2 slices of your favorite non-yeasted gluten-free bread
1 - 2 tsp. Veganaise or Homemade Tofu Mayonnaise, page 45.
2 - 4 fresh tomatoes - sliced
Generous sprinkles of baco bits
Sea salt to taste
Fresh red leaf lettuce or other leafy green as desired

You are an expert samich maker by now. You've got to serve this one with potato chips or potato salad and a good dill pickle on the side.

The Leftovers Sandwich

This is my absolute favorite, especially when I'm too busy to put a lot of thought into preparing lunch. Actually, this is the situation most of the time lately. Does it sound familiar? If it does, look at this. When I cook leafy green vegetables for dinner, I make sure to cook plenty so there are leftovers. The next day these mineral-rich morsels make the perfect sandwich filler. Prepare as above, making sure to experiment with the multitude of seasonings that you always wonder how to use. Have fun!



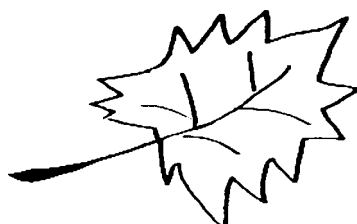
Sandwich Spreads

There are two sandwich spreads that you could keep on hand in the fridge at all times. Both of them are easy to make, very nourishing, quite yummy and satisfying

Zesty Sandwich Spread

1 pound firm tofu
2 - 3 stalks celery - finely chopped
¼ cup red onion - finely chopped
1 medium carrot - finely chopped
2-3 tbs. Veganaise or Homemade Tofu Mayonnaise, page 45.
1 tsp. onion powder
½ tsp. garlic powder
Sea salt to taste
Cayenne pepper to taste
Chopped walnuts - optional

Crumble the tofu into a medium sized bowl. Add all other ingredients and blend well. Spread onto your favorite bread, add lettuce if desired and enjoy. For a variation try adding 1-2 Tbs. of sweet pickle relish to the spread. If you don't want the bread, serve a portion of Zesty Tofu Spread on a plate garnished with lettuce and chips or crackers.



Tempeh Sandwich Spread

1 package tempeh - thawed

½ onion - diced

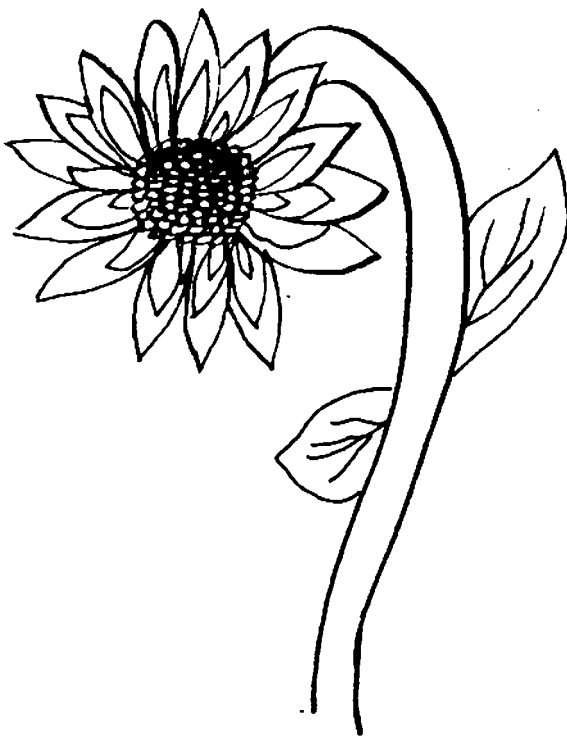
3 stalks celery - minced

1 tbs. liquid aminos

Veganaise or Homemade Tofu Mayonnaise, as desired, page 45.

Dijon mustard as desired

Crumble tempeh into small pieces. Add onion, celery, mayonnaise, liquid aminos and mustard. Stir well and chill for at least one hour to insure that flavors blend. Serve on a bed of organic salad mix.



Lentil-Walnut - Oat Burger

2 cups cooked lentils
1 medium onion - diced
1 cup walnuts
½ cup oats
½ cup gluten free whole grain bread crumbs
1 tsp. garlic powder
1 tsp. sea salt
1 tbs. liquid aminos
Dash of cayenne pepper

Lightly mash the lentils. Using a blender, grind ½ cup of the walnuts into a meal, and break the remaining ½ cup into small pieces. Mix all ingredients together. Lightly flour your hands and form 5 patties. Refrigerate patties for 2 hours. Heat on medium or bake in a 350° oven for 15 minutes. Serve on whole grain bun with all the fixins'.

- This is where I make an exception and use a non-stick pan. I just make sure that there are no scrapes and I buy a new skillet every so often.



Southwestern Style Black Bean and Tofu Burger

2 cups black beans
½ pound tofu - cut into small pieces
¼ cup red bell pepper - diced
1/3 cup carrot - diced or shredded
1/3 cup zucchini - diced or shredded
3-4 tbs. buckwheat flour
Cayenne
Sea salt
Garlic
Lemon juice

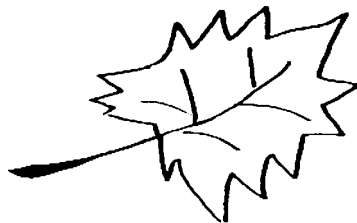
Cook your black beans as you normally would, season lightly with fresh onion, garlic, salt, etc. Measure out 2 cups, making sure not to take too much liquid. Mash up in a bowl thoroughly, until they are the consistency of canned refried beans. Crumble your ½ pound tofu into this. Add your chopped pepper, zucchini and carrot. Add flour. Season to taste with garlic powder, salt and just a dash cayenne. Squeeze the juice from a fresh lemon into the recipe. Mix and mash all this thoroughly. Form patties and warm on medium heat, without oil. The amount of flour you have to use depends on what size you make the patties and how careful you want to be when cooking them.



Tofu Millet Burger

- 1 carrot - grated
- 1 celery stalk - grated
- 1 cup onion - diced
- 2 cups cooked millet
- 1 cup firm tofu - crumbled
- ½ cup sunflower seeds - toasted
- 1 cup gluten free bread crumbs
- ½ cup vegetable bouillon
- 2 tbs. almond butter
- 1 tsp. sea salt
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. sage
- 2 tsp. thyme
- ½ cup any gluten free whole grain flour

Combine all ingredients, reserving ¼ cup of flour for forming the patties. Refrigerate for at least 1 hour. Form patties using floured hands to prevent mixture from sticking to them. Bake burgers 20 minutes in a 350° oven or heat on medium for 5 minutes on each side. Makes 8 burgers.





Soups

~Fantastic~

A hearty soup is always a pleasure to have on a brisk day any season. Serve it with homemade bread. Add beans, greens and grains. Suddenly you have a meal set for a vegan Queen or King



Creamy Corn Chowder

3 medium potatoes - cut into bite - sized pieces
2 cups corn-fresh, frozen or canned
2 stalks celery - chopped
1 medium onion - diced
4 cups Unsweetened Almond milk
1 tsp. sea salt
½ tsp. black pepper

Boil potatoes until tender. Sauté onion and celery in ¼ cup water for 5 minutes. Add cooked potatoes, corn, and milk to the sauté mixture. Remove 2 cups of the soup and puree in blender. Return this to pot and heat gently 5-10 minutes. Add salt and pepper, garnish with parsley if desired, and serve.

Lentil Vegetable Soup

2 cups lentils
6 cups water
2 cloves fresh garlic - pressed
1 tsp. sea salt
1 carrot - chopped
2 cups greens - chopped (chard, collard, spinach, dandelion, etc.)
1 cup broccoli - chopped
1 tomato - chopped

Rinse lentils. Put them into the water, add salt and garlic and bring to a boil. Reduce heat and simmer for one hour. Add vegetables and simmer for 8 more minutes. Serves 6.

White Bean Millet Soup

1 cup white beans
1 cup cooked millet
8 cups water
1 carrot - diced
1 medium onion - diced
1 medium zucchini - diced
1 large tomato - chopped
3 cloves fresh garlic - pressed
2 tsp. dried basil
1 tsp. sea salt
1 tbs. liquid aminos or Nama Shoyu
1 tsp. garlic powder
1 tsp. onion powder

Wash the beans well and place in a pot with the water, basil, salt, liquid aminos, onion powder and garlic powder. Bring to a boil, reduce heat and continue to cook on a medium heat for two hours. Add the vegetables, and fresh garlic. Cook 5 minutes. Stir in the cooked millet. Heat thoroughly, adjust seasonings to your taste and serve.



No Chicken Soup

6 cups water
6 tbs. chicken flavored vegetable bouillon
1 carrot- diced
2 celery stalks - diced
½ pound tofu - firm - sliced into thin bite-sized pieces
1 cup cooked rice

Bring water, bouillon, carrot, and celery to a boil. Simmer for five minutes. Stir in the tofu and rice. Heat thoroughly and serve. This is great when you're feeling a cold or flu coming on.



Dulse Chowder

If your taste buds remember the deliciousness of New England Clam Chowder, you'll love this vegan version.

- 1 cup dulse, broken into bite-size pieces
- 1 medium onion - diced
- 2 celery stalks - diced
- 3 red potatoes - diced
- ½ tsp. sea salt
- ¼ tsp. pepper
- 4 cups Unsweetened Almond milk

Pre-cook the potatoes in boiling water for 10 minutes. Soak the dulse in hot water for 5 minutes to soften. Sauté the celery and onion in ¼ cup water for 5 minutes. Drain the potatoes and the dulse. Add this into the celery and onions.

Add "milk", salt and pepper. Heat gently and serve. Serves 4.

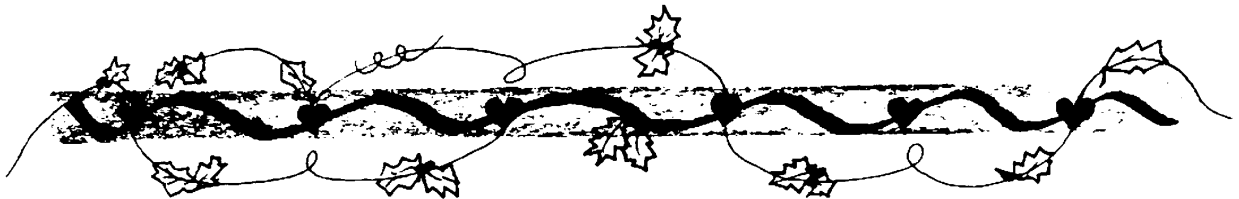
Onion Soup

- 2 large onions - sliced
- 3 tbs. Nama Shoyu or tamari
- 6 cups water
- ½ tsp. black pepper or substitute seasoning of choice

Sauté the onions in approximately 3 cups of the water until translucent. Add the remaining water and seasonings. Simmer gently for 15 minutes to let flavors blend. This goes great with a barbecued seitan sandwich. Serves 2-3.

Salads Dressings And Sauces

Have fun and continue to exercise your creativity with this part of your diet. There is literally no limit to the combinations of herbs and spices that you can blend together.



Refreshing Cole slaw

- 1 medium head green cabbage - shredded
- 2 carrots - grated
- ¼ cup red onion - finely diced
- 1 tsp. fennel or caraway seeds
- ½ cup Veganaise or Homemade Tofu Mayonnaise

Mix first four ingredients together. Gently mix mayonnaise into the "slaw".

Homemade Tofu Mayonnaise

- 10 ounces tofu - soft style
- 2 tbs. filtered water
- 1 tbs. lemon juice
- 2 tsp. rice vinegar
- 1 tsp. sea salt
- 1 tsp. prepared yellow mustard

Blend all ingredients in a blender until thoroughly mixed. Store in a covered glass jar in the refrigerator. For a dollar's worth of ingredients, you have a delicious low-fat mayonnaise. You may experiment with adding herbs such as dill, tarragon, marjoram or parsley.



Red Potato Salad

6 medium red potatoes - diced
2 tbs. rice vinegar
 $\frac{3}{4}$ tsp. sea salt
 $\frac{1}{2}$ tsp. onion powder
 $\frac{1}{2}$ tsp. black pepper
2 stalks celery - chopped
1 cup green peas - fresh or frozen
 $\frac{1}{4}$ cup red onion - diced
 $\frac{1}{2}$ cup Veganaise or Homemade Tofu Mayonnaise, page 45
Dash of cayenne

Boil potatoes until cooked but still slightly firm. Pour the vinegar, salt, onion powder and pepper over the potatoes while they are still hot. This will help them to absorb the flavors. Cool in refrigerator for at least 1 hour. Stir in remaining ingredients and garnish with a dusting of cayenne. Serves 4.

Waldorf Salad

1 medium cabbage - thinly sliced or grated
2 apples - diced
1 cup walnut pieces
 $\frac{1}{2}$ cup date pieces
 $\frac{1}{2}$ tsp. sea salt
 $\frac{1}{4}$ cup apple juice
 $\frac{3}{4}$ cup Veganaise or Homemade Tofu Mayonnaise, page 45

Combine the cabbage, apples, walnuts and dates. Mix salt, apple juice and mayonnaise. Pour the mayonnaise mixture into the cabbage mixture and stir together. Serves 4.

Creamy Green Dressing

1 cup water
½ cup olive or flaxseed oil
2 cloves fresh garlic - pressed
2 green onions - chopped
3 tbs. fresh parsley - chopped
2 tbs. fresh basil
2 tbs. lemon juice
1 tbs. rice vinegar
½ tsp. sea salt

Blend all ingredients in a blender. Keep refrigerated.

Tartar Sauce

4 tbs. Veganaise or Homemade Mayonnaise
1 tbs. sweet pickle relish

Mix ingredients together and serve. Great with Breaded Tofu Breaded Tempeh Sticks, page 59. Use in Samiches too. Simple and Delicious

Barbecue Sauce

½ cup organic sugar free or fruit juice sweetened ketchup
¼ cup filtered water
2 tsp. garlic powder

Mix ingredients together. Great on top of Homemade Seitan, p.61

Balsamic Vinegar Dressing

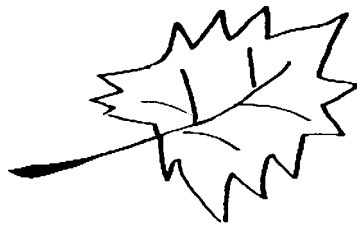
1/3 cup olive or flaxseed oil
1/3 cup sunflower oil
1/3 cup water
1½ tbs. balsamic vinegar
2 fresh garlic cloves - pressed
½ tsp. sea salt

Blend all ingredients in a blender. Makes 1 cup.

Sweet and Sour Maple Syrup Dressing

½ cup sunflower oil
3 tbs. apple cider vinegar
¼ cup maple syrup
½ tsp. sea salt
½ tsp. garlic powder

Put all ingredients into the appropriately sized jar, cover tightly and shake.
Keep refrigerated for optimal freshness.





Main Dishes a la Vegan

Dinner is always challenging but fun. I think that this is the time of day that lends itself to the best creativity. We've had lots of time to think about what we would like to prepare for our sunset meal. So here we go...



Black Beans and Corn

2 cups cooked or canned beans
8 ounce canned or frozen corn
1 medium red onion - chopped
2 -3 cloves of garlic - pressed
¼ cup water
Sea salt to taste
Liquid aminos to taste

Sauté onion and garlic with the water in a frying pan over medium, low heat for about 3 minutes. Add the beans and corn. Stir well and heat for another 5 minutes or serve with cornbread to feel satisfied the whole night through. This recipe is a staple meal because it is considered a complete protein.

Basic Beans

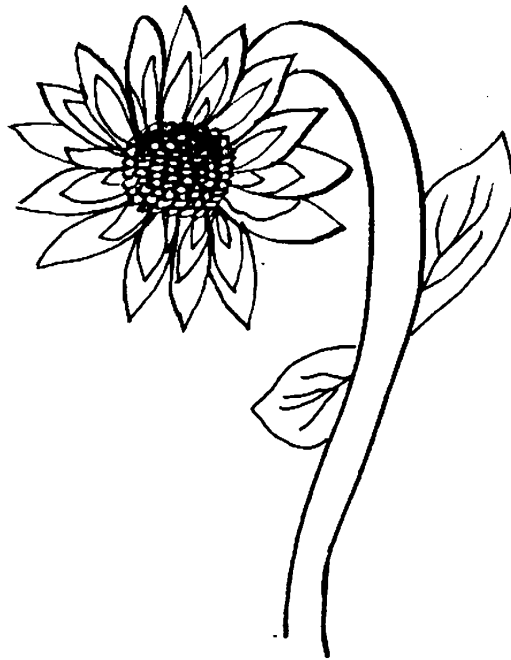
1 cup beans - adzuki, black, pinto, mung, great northern, etc.
1 tsp. sea salt

Soak beans overnight in 4-5 cups water. The next morning pour off the soaking water, place the beans in a medium-sized pot with 4- cups of fresh water and bring to a boil. Reduce heat and simmer, partially covered, for approximately 1 hour. Beans should be firm. If you have problems with intestinal gas from eating beans, cook them with a 3" strip of Kombu (sea vegetable). This absorbs the gaseous properties of the beans. After beans are cooked, throw the Kombu away. Almost every herb and seasoning will spice beans up quite nicely. Just go ethnic!

Vegan Sea Scallops with Gluten Free Pasta

1 can veggie sea scallops or other protein substitute like tofu, tempeh, etc.
- cut into bite-size pieces
½ pound Quinoa or Rice Flax Seed pasta
2 cups non-alcoholic white wine
1 tsp. sea salt
5 cloves fresh garlic - pressed
½ cup fresh parsley - chopped
3 medium tomatoes - chopped
Juice of ½ lemon

Sauté the sea scallops on medium heat in the wine, garlic, lemon juice and salt, until hot. Turn heat to low and let the flavors mingle for 15 minutes. Prepare the angel hair pasta according to package directions, being careful not to overcook. Drain pasta and place in a bowl with the sea scallop sauté. Garnish with fresh parsley and tomatoes. Serves 4.



Manicotti a La Vegan

- 1 pound organic tofu - soft style
- 1 bunch fresh spinach or 1 package frozen
- 2 tsp. onion powder
- 2 tsp. garlic granules
- 1 tsp. sea salt
- ½ tsp. black pepper
- 1 tsp. Egg Replacer mixed with 2 Tbs. water
- 1 package manicotti pasta – Corn, Quinoa or Rice
- 1 16 ounce jar marinara sauce - or prepare your own favorite recipe

Cook the spinach. Crumble the tofu. Combine all ingredients except the pasta and marinara sauce. Cook the pasta according to package directions and cool it a bit. To prevent pasta noodles from sticking to each other while waiting to be stuffed~ you may find it helpful to cover them with cold water. Stuff each manicotti with ½ cup filling. Thoroughly cover bottom of 9 X 13" baking dish with the marinara sauce. Set the stuffed manicotti into the baking dish and spread remaining sauce over the top. Bake covered at 350° for 30 minutes. Let stand 5 minutes before serving. Organic green salad and Non yeasted Sourdough bread complete this meal. Serves 4.



Tempeh Cacciatore

- 1 package tempeh cut into bite-size cubes
- 1 medium onion - chopped
- 2 cloves fresh garlic - pressed
- 1 red pepper - diced
- 4 cups of your favorite pasta sauce
- 1 pound linguine pasta

Sauté the tempeh, onion, garlic, and red pepper in 1 cup water for 5 minutes. Cover with the pasta sauce and heat thoroughly. Serve over the linguine. A meal in itself!

Tempeh Mushroom Sauté

- 1 package tempeh - sliced into ¼" pieces
- ½ pound mushrooms - sliced
- 1 tomato - chopped
- 2 cloves fresh garlic - pressed
- ½ tsp. sea salt
- 1 tsp. lemon juice
- 2 cups non-alcoholic white wine
- ¼ cup parsley - chopped

Sauté mushrooms and tempeh in 1 cup non-alcoholic wine with the garlic and salt for 5 minutes. Add remaining cup of wine and chopped tomato, heat thoroughly. Serves 3-4.

Serving suggestion: Substitute chopped basil for parsley. Serve with your favorite whole grain or over your favorite whole grain pasta.

One Pot Meal

1 cup cooked gluten free pasta or white basmati rice
1 cup broccoli florets
¼ pound firm tofu
3 -5 frozen pot stickers or vegan ravioli, available in health food stores
Cayenne pepper
Nama Shoyu to taste

Place the pasta or rice, broccoli and tofu on the bottom of your steamer pot. Arrange the pot stickers on top so they won't stick to the sides. Steam until done. Transfer to a large bowl and sprinkle with cayenne pepper and Nama Shoyu. This is a great meal that has it all. Now is a good time to try those prepared seasonings. Serves 2 quite adequately. YUM!



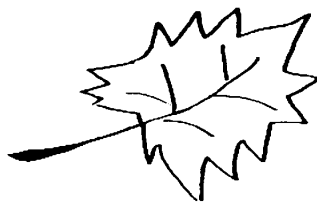
Steamed Greens

1 bunch of greens - your choice - kale, mustard, chard, beet tops, spinach, collards or dandelion greens

Steam until tender. The secret to great greens is to never overcook or undercook them. Cooking times vary with all greens. Experiment to get it right every time.

Serving Suggestions:

- Stir steamed greens into your favorite cooked whole grain pasta with some fresh-pressed garlic, olive oil and a pinch of salt. This will bring out the natural flavor of the greens.
- Eat them plain, topped with Spectrum Naturals Spread and/or liquid aminos.
- Stir into cooked rice or whole grain of your choice and sprinkle with liquid aminos.
- Add to any vegetable, lentil, minestrone or other soups you make.
- Stir greens into any tofu or tempeh dish.

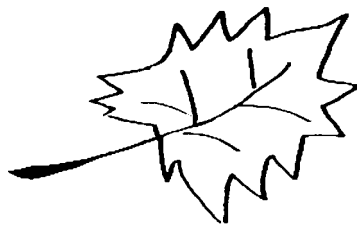


Dad's Stir-Fry

My children say, "Dad, this is really good."

1 pound firm tofu - cut into bite-sized pieces
2 medium zucchini squash - cut lengthwise into quarters then 1 inch pieces
1 red onion - chopped
2 cups broccoli florets
1 can water chestnuts
3 cloves fresh garlic - pressed
1 small can Mandarin oranges
2 cups fresh mung bean sprouts
½ red bell pepper - chopped
1-2 tbs. liquid aminos
¼ cup water
½ cup whole almonds
Cayenne pepper to taste

Sauté onion and garlic in water and liquid aminos, in a wok or in a large frying pan, on high heat, until translucent. Add broccoli, zucchini, water chestnuts, tofu, red bell pepper. Stir everything and cover for 3-5 minutes. Add all other ingredients, stir carefully and steam until done. Veggies should be crunchy to retain their highest level of nutrition. Serve with white or brown basmati rice. This dish keeps well as leftovers. Serves 4-generously.



Rice Pilaf

1 cup white basmati rice
½ cup quinoa
3 cups water
½ cup parsley - chopped
½ cup almonds - sliced

Wash rice and add to the water. Cover, bring to a boil and reduce to very low heat and simmer for one hour. Stir in parsley and garnish with almonds.

Breaded Eggplant

1 firm eggplant
1 cup buckwheat flour
¼ cup corn meal
½ tsp. sea salt
½ tsp. garlic powder
½ tsp. onion powder
3 tbs. olive oil

Peel the eggplant and slice it into ½" thick rounds. Mix remaining ingredients together in a bowl. Dip the eggplant slices in water, then in the breading. Heat olive oil in a pan. Cook eggplant slices for 7 minutes on each side. Crisp, flavorful and yummy. Great served with Pasta with Garlic-Mushroom-Zucchini Sauce or Pasta with Fresh Vegetables A La Garlique, next page, 58.

Pasta with Garlic-Mushroom-Zucchini Sauce

½ pound mushrooms sliced
3 medium zucchini - sliced
3-5 large cloves fresh garlic - pressed
½ cup water
2 tsp. Nama Shoyu

Sauté all ingredients in water until veggies are cooked to your desired done-ness. This is *Great* when served over your favorite rice, quinoa or your favorite gluten free pasta with breaded eggplant slices. This is very "garlicky" and great to eat when you have a cold or feel flu-like. Serves 2.

Pasta with Fresh Vegetables a la Garlique

6 cups fresh vegetables such as broccoli, cauliflower, zucchini or carrots
chopped or sliced
2 large ripe tomatoes - diced
4 very large cloves of garlic or 6 medium ones - pressed
2 tbs. fresh lemon juice
½ pound spinach, artichoke or your favorite pasta
1 cup filtered water
2 tbs. extra virgin olive oil

Sauté vegetables, garlic and lemon juice in water for 7 minutes. Add the fresh tomato and sauté 5 more minutes. Turn off the heat and add the olive oil for a delicious flavor. Serve with your favorite rice or gluten free pasta. Serves 2-3.

Breaded Tofu

1 pound firm tofu
½ cup any gluten free whole grain flour
¼ cup corn meal
1 tsp. dried basil
1 tsp. vegetable bouillon - any flavor
¼ tsp. garlic salt
¼ tsp. sea salt
Cayenne pepper to taste

Cut tofu into ¼" slices widthwise. Put slices into a bowl of cold water. Pour the breading into a produce-sized plastic bag. Take 4-5 slices of tofu out of the water and let them drain a bit. Place them in the bag and gently shake until well coated. Repeat this for all slices. Arrange slices on a cookie sheet. Bake in oven at 350° on both sides to a golden brown. Using a fork to turn them is the easiest. Serve this with rice and a green for a complete meal in about 15-20 minutes. Tartar Sauce, page 43, is great with these mouth-watering morsels.

Breaded Tempeh Sticks

1 package of your favorite tempeh - cut into ¼" sticks
1 cup any gluten free whole grain flour
½ cup corn meal
1 tsp. garlic powder

Follow the directions for Breaded Tofu, above. Serves 3-4.

Stuffed Winter Squash

2 medium - sized winter squash
1/2 cup onion - diced
1 cup gluten free whole grain bread crumbs
1 tsp. Nama Shoyu
1 tbs. water
1 Tbs. Sea salt
1/2 tsp. coriander powder
1/2 tsp. cinnamon
1/2 tsp. curry powder
1/4 tsp. nutmeg
1/4 tsp. ground cloves
1/4 tsp. allspice
1/4 cup walnuts - chopped
1/4 cup sunflower seeds
1/4 cup apple juice
1/4 cup dates - chopped

Pre-bake squash. Cut in half and place in pan with 1/2" water on the bottom. Cover pan with aluminum foil and bake at 350° for 20 minutes. Sauté onion in the water with the Nama Shoyu. Add all other ingredients and stir well. Place mixture into halved winter squash and bake at 350° for another 15-20 minutes. Serves 4.



Simple and Delicious Barbecue Sauce

½ cup organic sugar free or fruit juice sweetened ketchup
¼ cup filtered water
2 tsp. garlic powder

Stir all ingredients together. Use with tofu and tempeh.

New England Boiled Dinner

1 medium cabbage - sliced
2 onions - quartered
6 carrots - thick slices
4 potatoes - chunks
2 parsnips - thick slices
2 cups tofu or tempeh
5 cups water
5 Tbs. vegetable bouillon
½ tsp. sea salt
½ tsp. pepper

Put vegetables, water and bouillon into a Dutch oven or large covered pot. Bring to a boil, reduce heat, and simmer gently until the vegetables are cooked. Add tofu or tempeh, salt, and pepper. Simmer for an additional 5 minutes. Serve with Waldorf salad, page 46. Serves 4.



Secret Soba Noodles

½ pound 100% Soba (Buckwheat) or equivalent gluten free noodles
½ cabbage - thinly sliced
1 carrot - thinly sliced
1 stalk celery - thinly sliced
2 green onions - sliced
2 tsp. garlic powder
1 tsp. onion powder
½ tsp. red pepper flakes
2 tbs. almond butter
2 Tbs. shoyu
2 tsp. toasted sesame oil

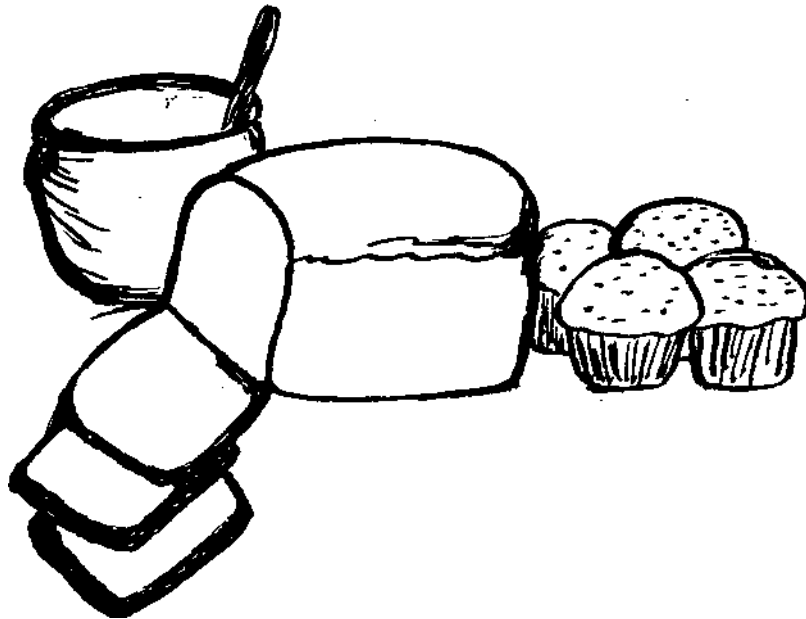
Cook the noodles in boiling water for 10 minutes or until they just begin to get soft. Lightly steam carrot, celery, and cabbage at the same time. Mix garlic and onion powder, red chili pepper, shoyu, almond butter and sesame oil in a small bowl while noodles and veggies are cooking. Stir this mixture into the hot noodles after water is drained. Add steamed vegetables. Top with chopped green onions. Can you find the secret ingredient? Serves 3.



Gluten Free

Bread and Muffins

Baking can be a very relaxing, satisfying and enjoyable activity. The following recipes are family staples, a must to have on hand for our hungry growing family. They are fresher, healthier and less expensive than store brands.



Sensational Muffins

Blueberry Oat Bran

1½ cups buckwheat flour - experiment with other gluten free flours
1 cup oat bran - medium or fine
¾ cup sweetener of choice
1½ tsp. baking soda
¾ tsp. sea salt
¾ cup blueberries - fresh or frozen
¾ cup apple juice
¾ cup purified water
¾ cup applesauce; for moister muffins, substitute sunflower oil

Mix all dry ingredients and the blueberries in a large bowl. Make sure the berries are well separated. Add the wet ingredients and mix lightly. Pour batter into a non-stick muffin pan or into muffin paper cups. Preheat oven to 325° and bake for approximately 30 minutes. Test muffins with a toothpick or cake tester. This recipe will make one dozen cupcake-sized muffins, one half dozen large or two dozen mini muffins. When using liquid sweetener, reduce water by ¼ cup.



Three Muffin Variations

Use the blueberry muffin recipe omitting the blueberries.

Raisin Cinnamon

Add:

1½ tsp. cinnamon

1 tsp. vanilla

½ tsp. nutmeg

¾ cup raisins

Lemon Poppy Seed

Replace:

¼ cup fresh - squeezed lemon juice for water

Add:

2-4 tbs. grated lemon rind

2 tbs. poppy seeds

Banana Walnut

Add:

¾ cup banana - cut into small pieces

½ cup walnuts

1½ tsp. vanilla

These muffins are my family's favorites. I know they're good because my children love them. Try making your own variations.

Sourdough Bread

The following, basic sourdough recipe, has been adopted from "Fresh from a Vegetarian Kitchen" by Meredith McCarty, one of my favorite books. If baking is your thing, you will certainly want a copy of this book to refer to. It is listed in the inspirational reading list. The benefits of naturally leavened bread are great. It is an easily digested food and is rich in enzymes that help in proper assimilation and elimination. To begin making bread, you will need to make a starter or get one from a friend.

Sourdough Starter

2 cups buckwheat flour
1½ cups filtered water

Put the water and flour in a 1-quart ceramic crock. Stir with your fingers and cover with cheesecloth. For the next 7 days pour the starter into a clean glass bowl, wash the crock and add ¼ cup water and 1/3 cup flour. Always stir with fingers to break up lumps. On the eighth day pour starter into a jar, cover and refrigerate. Always keep 1 cup so more can be made after use. The starter should smell pleasantly sour. After use, feed the starter by adding water and flour so it is similar to the original consistency. Feed the starter every week if not used. Pour off the grayish liquid on top and add water and flour, two times, at 12-hour intervals. When bubbly, it is ready to use. For more information, please refer to Fresh From A Vegetarian Kitchen. I use buckwheat flour in all my baking. It is lower in acidity, less allergy producing and easier on the digestive system than wheat flour. You can experiment with almond, oat, quinoa and millet flours, just to name a few. You will benefit from the nutrition of these wonderful grains. For more ideas please, refer to page 13, The Scoop on Flour.

Sourdough Bread

3 cups starter
2 cups filtered water
6 cups buckwheat flour
1 cup gluten free oats
1 cup millet - whole or lightly ground
1 tbs. sea salt

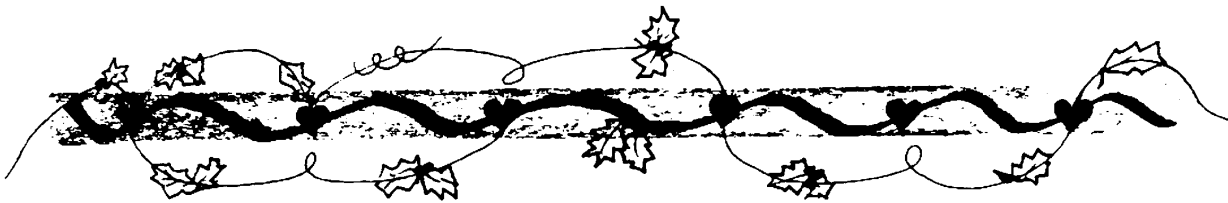
Mix the starter, water and sea salt in a bowl large enough to knead dough in. Do this with clean hands in a mashing motion to release natural gases from the fermentation in the starter. Let this mixture stand for 3-5 minutes to activate rising agents in the starter. Add dry ingredients and mix by hand. You will notice that this is a "wet" dough. By ¼ turns, rotate the bowl with one hand while kneading the dough with the other. Do this 40-50 times. Lightly oil a glass or ceramic bowl and drop the dough into it. Cover with a moistened cotton cloth and let rise for 2 hours in a warm place. After the first rising, cut dough in half and place each half into bread pans. Punching down this type of dough is not necessary; gently push the dough into the pans to make them even with the top. Cover with a moistened cloth and let rise a second time for 2-3 hours. When the dough bounces back with finger pressure it is ready to bake. Place in a cold oven set at 350° and bake for 45-60 minutes. Bread is ready when golden in color and sounds hollow when you thump the bottom. If taken out before being completely baked, put it back in the oven and bake awhile longer. Makes two 2 pound loaves.

Flours such as barley, triticale, brown rice, flax, millet, oat, etc. may be substituted in any proportions. Experiment with the basic recipe and have fun. Omit the millet and oats if you desire a softer fluffier bread.

~Desserts~

And Other Sweet Stuff

The recipes in this section have been developed with your sweet tooth in mind but with the health of your body as the primary factor. We love sweets. After all, it is the first taste we are introduced to in mother's milk or infant formula. The first taste we experience on the very tip of our tongue is sweet. Remember, as you are putting together a healthy lifestyle, YOUR TONGUE WILL NOT ADVOCATE THE BEST FOOD CHOICES. SO LISTEN TO YOUR BODY, NOT TO YOUR TONGUE. Follow the simple suggestions in VEGAN~LICIOUS™ and you will start feeling better.



Fresh Pumpkin Delight

2 cups fresh steamed pumpkin; may substitute canned organic pumpkin
1 cup Almond milk
2 tbs. maple syrup - sweeten to taste
½ tsp. sea salt
1 tsp. cinnamon
½ tsp. ginger powder
¼ tsp. nutmeg
½ tsp. cardamom
1/8 tsp. cloves
1 tsp. pure vanilla
1 tbs. Egg Replacer with 4 Tbs. water - shaken well
1 cup granola -use your favorite kind

Spread ½ cup of the granola on the bottom of a 9" pie plate. Mix all other ingredients in a blender until smooth. Pour mixture into the granola-lined pie plate and sprinkle the remaining ½ cup of granola on top. Bake in a preheated oven at 400° for 45 minutes. Insert a knife into the middle. Continue to bake until knife comes out clean. Fresh Pumpkin Delight is a great dessert or between-meal snack. The filling can be poured into a pie shell and baked the same way, see Foolproof Crust next page.



Foolproof Pie Crust

1/3 cup Spectrum Naturals Spread
1½ cup buckwheat flour
1 tbs. water
1/3 cup walnuts and/or almonds - finely ground

Mix all ingredients with a fork, adding 1-2 Tbs. cold filtered water as needed. Press the dough into a 9" lightly oiled pie plate. Work from the center out and make it as even as possible. Use this crust for baked and chilled pies.

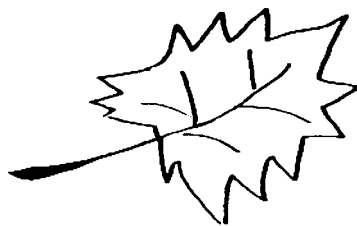


Sweet Rice Cookies

These cookies are a great alternative to a commercial between-meal snack. You will enjoy a hint of sweet and have the benefit of maintaining a steady energy level.

1 cup rice flour
1 cup gluten free oats
1 cup Unsweetened Vanilla Almond milk - if you desire a sweeter cookie, substitute apple juice for the milk
½ cup raisins or dates
¼ cup sesame seeds - toasted
¼ cup sunflower seeds - toasted
2 tbs. sunflower oil or applesauce
¼ tsp. sea salt

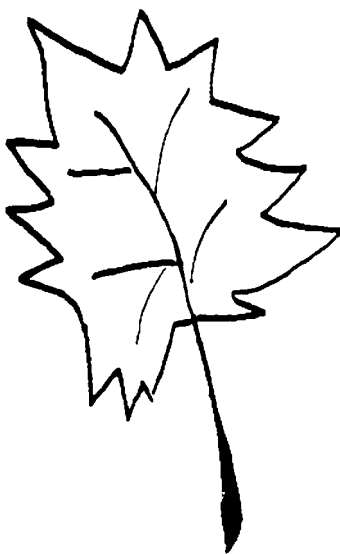
Spread seeds on a cookie sheet and toast in the oven at 325° for about 7 minutes. Leave the oven on at this temperature. Mix all dry ingredients in a large bowl. Add rice milk and oil. Stir well. Let stand for 10 minutes so the oats soften. Use a ¼ cup or a tablespoon measure and fill a cookie sheet. Press cookies flat with a fork to desired thickness. Bake for 15 minutes or until edges of the cookies are golden brown in color.



Almond Sesame Cookies

1 cup rice flour
1 cup oat bran or gluten free oats
¼ tsp. sea salt
1 tbs. sweetener of choice
2 tbs. sunflower oil or applesauce
½ cup brown sesame seeds - toasted
1 cup apple juice
2 tsp. pure almond extract

Mix all dry ingredients well. Add all liquid and stir until blended. Drop onto coated baking pan in tablespoon amounts. Press each cookie flat with a fork to ¼" depth. Bake at 325° for 15-20 minutes until edges are golden brown in color.



An Incredibly Easy Cake Recipe

1¾ cups buckwheat flour
½ cup sweetener of choice
1 cup Unsweetened Vanilla Almond milk
(for a sweeter cake substitute apple juice for the Almond milk)
1 tsp. baking soda
2 tsp. pure vanilla
½ cup applesauce or sunflower oil
½ tsp. sea salt

Mix all dry ingredients in a large bowl. Add all wet ingredients and stir well. Pour into an oiled and floured or a non-stick 8 x 8" cake pan. Place into a preheated oven at 375°. Bake for 30 minutes.

Try These Tasty Variations

Carob Cake: Add ½ cup toasted carob powder to the dry ingredients.

Cardamom Spice Cake: Add 1 tsp. each of cinnamon and nutmeg, 1/8 tsp. ground cloves and ½ tsp. cardamom

Lemon Cake: Add 4 tbs. grated lemon rind and ¼ cup fresh lemon juice. Decrease milk by ¼ cup.

Chocolate Cake: Add ½ cup powdered cacao to dry ingredients.

Reuel's Apple Cake

3 cups buckwheat flour
1 tsp. cinnamon
1 cup walnuts - chopped
1½ tsp. non-aluminum baking powder
½ tsp. sea salt
3 cups apples - diced
1¼ cups apple juice
6 tbs. Applesauce or sunflower oil
1/3 cup pure maple syrup
2 tsp. pure vanilla

Mix all dry ingredients, including apples, until apples are well coated. Add all wet ingredients and stir until blended. Pour into an 8 x 8" lightly oiled and floured pan and bake in a preheated oven at 350° for 40-45 minutes. Test for done-ness with a toothpick or cake tester by inserting either into the middle of the cake. When it comes out dry, the cake is done. Take cake out of oven and brush on the glaze. Bake for 5 more minutes. For best results, allow cake to cool at least one hour before slicing.

Glaze

1 tbs. maple syrup or other liquid sweetener
1 tbs. apple juice.

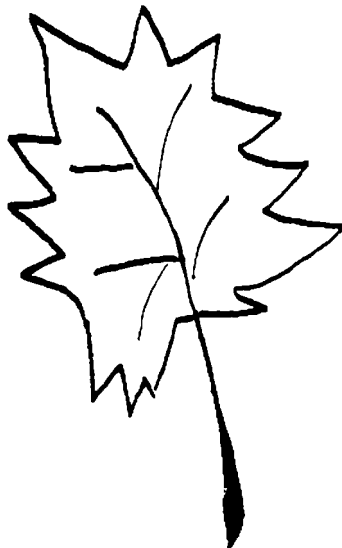
Banana Orange Cake

Substitute chopped fresh banana for apples and pure orange extract for vanilla in recipe above.

Millet - Quinoa Pudding

1 cup cooked millet
1¼ cup Unsweetened Vanilla Almond milk
1 cup cooked quinoa
3 tsp. Egg Replacer, with 4 tbs. of water
½ tsp. cinnamon
½ tsp. nutmeg
1 tsp. pure vanilla
2 tbs. maple syrup

Mix all ingredients together and pour into an 8 x 8 baking dish. Bake at 325 degrees for 30 minutes.



Cashew Cardamom Balls

1 cup lightly toasted cashew pieces - chopped
1 cup dates - finely chopped
1¼ tsp. cardamom
1½ cup shredded coconut
Peel of 1 orange - grated fine

Combine first four ingredients. Knead with fingers until well mixed. Form 1" balls and roll in the coconut. Makes 18 balls.

Pineapple - Coconut Ice

2 cups canned pineapple chunks
2 bananas
¼ cup coconut soaked in ½ cup pineapple juice from the canned pineapple.

Drain the pineapple, saving the juice. Freeze the pineapple chunks and bananas. Blend the frozen fruit with the soaked coconut and pineapple juice. Add the juice slowly and continue blending until creamy. Serve immediately or refreeze before serving. Serves 4.

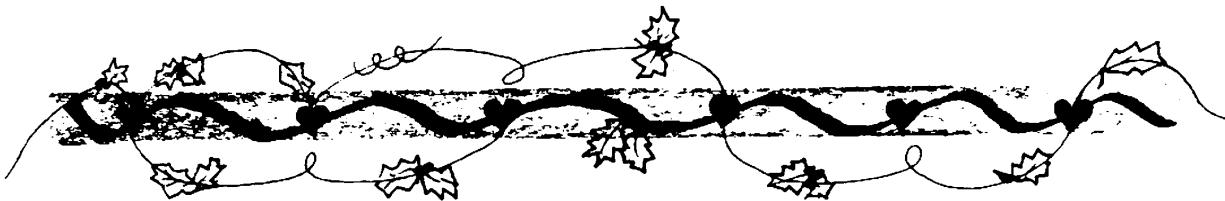


Banana Ice Cream

This recipe evolved out of a similar smoothie recipe from two summers ago. Until recently, everything was measured by sight, so these measurements don't necessarily need to be followed perfectly. If you experiment a little and work with whatever looks right, you'll hit on good ice cream pretty easily.

1½ ripe bananas - frozen
1/8 cup Rice Dream rice milk
3 heaping tbs. soy lecithin
1 tsp. vanilla extract
¼ -½ cup crushed ice
3 tbs. granulated sweetener - sweeten to taste

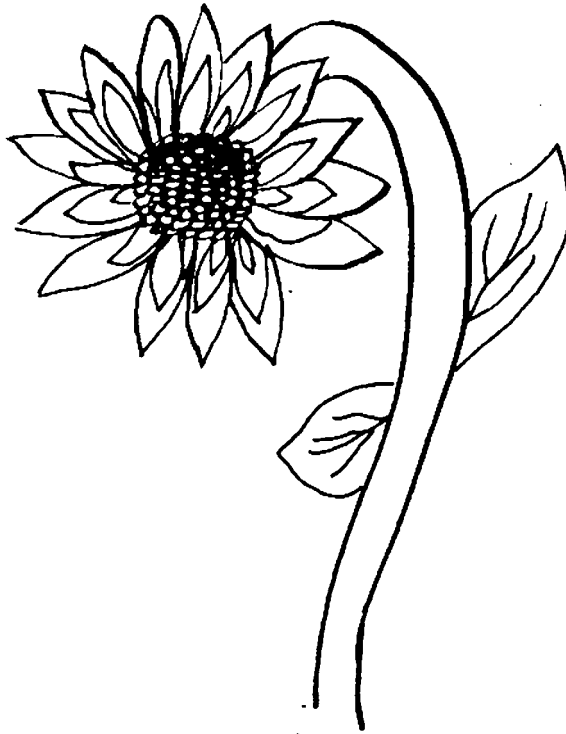
Combine all ingredients in blender except crushed ice. Blend on high until the lumps are out. You should have a thick, heavy looking banana mixture. Add crushed ice and stir it into the mixture. Try blending that. The hardest part with making this is getting it thick enough, but not so thick the blender can't run. It is workable, though. Just play around until it comes out grand.



Baked Apples

4 large cooking apples - Granny Smith, Winesap, Fuji, Gala, etc.
8 dates - pitted
¼ tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. cloves
½ cup apple juice
½ cup water

Core the apples, stuff them with the dates, and place them in a baking dish. Combine apple juice, water, and spices. Pour this mixture over the apples. Bake covered for 30 minutes at 350°. Serves 4.



Vegan Mouse

1 package soft tofu
5 dates - pitted
¼ cup apple juice
2 tbs. carob powder
1-2 tsp. sweetener (optional)
1 tsp. vanilla

Blend the apple juice and dates. Add tofu, carob powder and vanilla. Blend until thoroughly mixed. Spoon the mouse into 4 parfait glasses. Chill at least two hours before serving. Delicious eaten anytime.

Serves 4.

Mousse Variations

- **Carob-Mint:** Add 1 tsp. mint extract to basic carob recipe.
- **Almond:** Follow the carob recipe. Omit the carob and vanilla and add 1 Tbs. almond extract.
- **Orange:** Follow the carob recipe. Omit carob. Add 2 tsp. orange extract and 1 Tbs. grated orange rind.
- **Lemon:** Follow carob recipe. Omit the carob and add 2 tsp. lemon extract and 1 Tbs. grated lemon rind.
- **Vanilla:** Follow carob recipe. Omit the carob and add 1 Tbs. vanilla extract. This one is also good as a whipped topping on pies and puddings.

Ethnic Menus

The menus in this section were developed for cooking classes held in New Mexico while I was attending The New Mexico School of Natural Therapeutics. Staff and students participated. Nutritional education complemented our natural healing curriculum quite nicely.

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Thai Dinner Menu

Tofu in Almond Coconut Cilantro Sauce

Sushi or Nori Rolls

Coconut Milk Curry

Thai Bean Thread Noodle Salad

Banana Ice Cream

Marinated Tofu

¼ cup water
¼ cup Nama Shoyu
2 tbs. tamari or shoyu
2 cloves fresh garlic - pressed
2 tsp. fresh ginger - grated
1 pound firm tofu, cut into ¼" slices

Mix first five ingredients and pour into a 9x13" baking dish. Place ¼" slices tofu in single layer and marinate 2-3 hours. Pour marinade out and bake for 10 minutes in preheated 325-degree oven. Turn the tofu over and bake another 10 minutes or longer if you prefer a firmer consistency. Chill. Serve with your favorite dipping sauce, next page.



Almond – Coconut - Cilantro Sauce

1 - 14 oz. can low fat coconut milk
6 tbs. almond butter
2 cloves fresh pressed garlic
2 tbs. fresh ginger - grated
2 tbs. lime juice
2 tbs. tamari or shoyu
1 tbs. fresh mint
1 tbs. fresh cilantro
 $\frac{3}{4}$ -1 cup water - depending on desired consistency
Red chili flakes to desired spiciness

Blend all ingredients. Refrigerate to let flavors blend. Serve over marinated tofu on a bed of grated cabbage. Garnish with chopped cilantro, green onions and carrot sticks.



Sushi or Nori Rolls

Prepare to taste a culinary delight, full of nutrition.

Cook the rice before you begin

1 cup cooked white basmati or sushi rice
1 tbs. rice or ume vinegar
½ Tbs. soy sauce
Sweetener of choice

Mix vinegar, sweetener and soy sauce into cooked rice.

Prepare all the goodies you are going to roll up in the Nori.

½ pound tofu - Cut into thin slices. Sprinkle with liquid aminos and small amount of ginger powder
1 cup carrot - grated
1 peeled cucumber cut into thin slices
1 avocado sliced thinly
Pickled ginger as desired
Whatever other veggies you like

Sesame Sauce

1 cup Home Made Mayonnaise
1 tbs. sweetener of choice
1 tsp. toasted sesame oil
1 tsp. soy sauce

Stir all ingredients together until well blended.

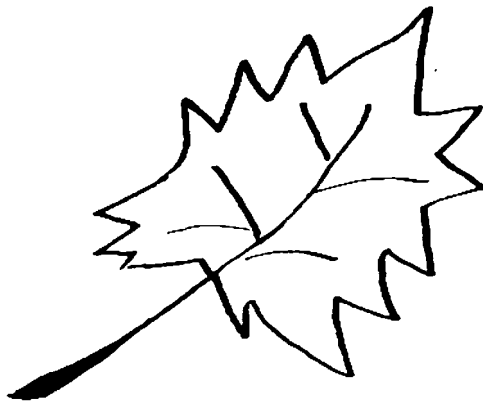
Now You Are Ready to Roll

Place the rice in the center of the nori. Add other ingredients, in amounts desired, including the sauce, and roll. Cut into three pieces. Serve with a dipping sauce made of shoyu and a dollop of wasabi (Japanese green horseradish.) Serves 4-6

Coconut Milk Curry

- 1 can coconut milk
- 1 cup water with 1 Tbs. vegetable bouillon
- 1 cup carrots - diced
- 2 cup broccoli floret's
- 1 medium onion -diced
- 1 cup zucchini-cubed
- 1 tbs. curry powder
- 2 cups cooked basmati rice
- 1 bunch fresh basil

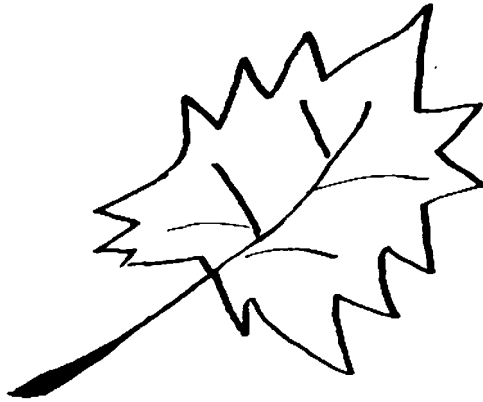
Place the vegetables and ½ cup of the vegetable bouillon into large sauté pan. Add the curry powder. Sauté lightly. Add remaining bouillon and the coconut milk. Heat thoroughly and serve over basmati rice. Garnish with chopped fresh basil leaves Serves 4.



Thai Bean Thread Noodle Salad

4 ounces of mung bean thread noodles
2 carrots - grated
½ jicama - diced
10 snap pea pods - cut in half
2 tbs. lime juice
1 tsp. lime peel - grated
4 tbs. rice vinegar
2 tbs. maple syrup
½ cup mint leaves
½ cup cilantro leaves
1 tsp. sesame oil
1 tsp. tamari
¼ cup chopped almonds

Soak noodles in boiling water for 10 minutes. Drain noodles and put them in a bowl with the veggies. Mix lime juice, vinegar, maple syrup, sesame oil and tamari. Pour this mixture over veggies and noodles. Add mint, cilantro and nuts. Toss lightly. Garnish with fresh mint leaves. Serves 4.

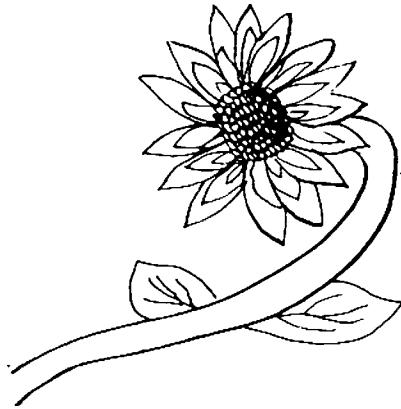


Banana Ice Cream

This recipe evolved out of a similar smoothie recipe from two summers ago. Until recently, everything was measured by sight, so these measurements don't necessarily need to be followed perfectly. If you experiment a little and work with whatever looks right, you'll hit on good ice cream pretty easily.

1½ large bananas, frozen
1/8 cup Unsweetened Vanilla Almond milk
3 heaping tbs. soy lecithin
1 tsp. vanilla extract
¼ - ½ cup crushed ice
3 Tbs. granulated sweetener - sweeten to taste

Combine all ingredients in blender except crushed ice. Blend on high until the lumps are out. You should have a thick, heavy looking banana mixture. Add crushed ice and stir it into the mixture. Try blending that. The hardest part with making this is getting it thick enough, but not so thick the blender can't run. It is workable, though. Just play around until it comes out grand.



Indian Dinner Menu

Mung Bean Dal

Potato - Cauliflower Curry

Bryani

Cucumber Mint Raita

Cashew Cardamom Balls

Chai

Serve with your choice of:
chutney
whole grain chapattis
basmati rice

Mung Bean or Lentil Dal

3 cups split mung beans or lentils
8 cups water
2 tsp. sea salt
1 onion - diced
2 tsp. fresh ginger - grated
4 cloves fresh pressed garlic
2 tsp. coriander powder
2 tsp. curry powder
1 tsp. cumin powder
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cardamom powder
½ tsp. cloves - ground

Sauté onion and all the spices in small amount water. Add the 8 cups of water, mung beans and salt. Bring to a boil, reduce heat and simmer for 45 minutes. Adjust seasonings and serve with chapattis or rice. Serves 8.



Potato - Cauliflower Curry

2 cauliflowers - cut into floret's
5 potatoes - cut into bite-sized pieces
2 onions - diced
2 cups peas
2 tsp. sea salt
2 tsp. curry powder
1 tsp. turmeric
1 tsp. cumin
1 tsp. black pepper (optional) substitute cayenne
½ cup water
Juice of one lemon

Cook potatoes separately. Sauté onions in the water. Add cauliflower and spices. Cook until tender, adding water as necessary. Add potatoes, peas and lemon juice. Serves 8.

Cucumber Mint Raita

4 cups tofu - soft style
1 peeled cucumber - diced
2 tbs. fresh mint - chopped
2 tsp. cumin
1½ tsp. sea salt
2 Tbs. lemon juice

Mix all ingredients together. Refrigerate and let flavors blend for 2 hours. Serves 8.

Bryani

1½ cups white basmati rice
2½ cups water
1 firm medium size eggplant
1 cup onion - diced
2 tsp. fresh ginger - grated
1½ tsp. cumin
1½ tsp. coriander
1½ tsp. cinnamon
2 tsp. allspice
2 carrot - sliced
1 cup peas –fresh or frozen
½ cup raisins
1 cup cooked garbanzo beans
Salt to taste
turmeric -pinch
Saffron -pinch

Combine rice, water, turmeric and saffron. Bring to a boil, reduce heat and simmer for 45 minutes. Sauté onion and spices in small amount of water until onion is translucent. Add the eggplant and carrots and enough water to cook them. Stir in the peas, raisins, garbanzos and rice. Add salt and adjust seasonings. If desired, add oil for flavor and consistency, after cooking, to retain its beneficial properties. Serves 8.

Cashew Cardamom Balls

1 cup lightly toasted cashew pieces - chopped
1 cup dates - finely chopped
1¼ tsp. cardamom
1½ cup shredded coconut
Peel of 1 orange - grated fine

Combine first four ingredients. Knead with fingers until well mixed. Form 1" balls and roll in the coconut. Makes 18.

Chai Tea

A Soothing East Indian Tradition

2 cups water
2 tbs. dried peppermint
1 quart Unsweetened Vanilla Almond milk
1 cinnamon stick
1 tsp. pepper corns
1 tsp. ginger powder
1 tsp. fennel seeds
1 tsp. cardamom powder
1 tsp. fenugreek seeds
¼ tsp. ground cloves - optional

Steep the peppermint for 20 minutes. Remove the peppermint and add all other ingredients. Simmer on very low heat for an additional 30 minutes. Add sweetener of choice if you like. This tea is very soothing for digestion and is a great drink to have 20 minutes before a meal.

ITALIAN DINNER MENU

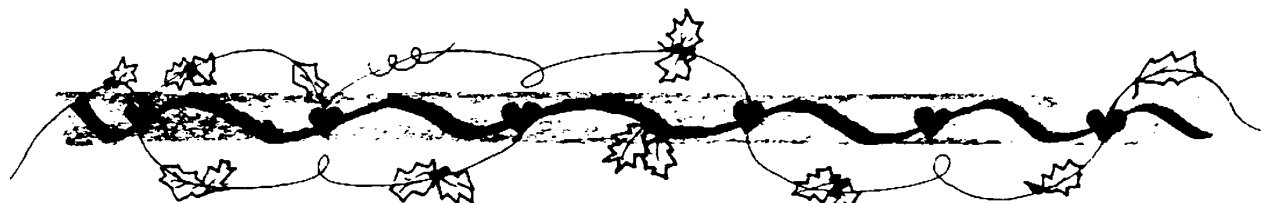
Stuffed Mushrooms

The Easiest Ever Lasagna

Eggplant Delight

Green Salad with Creamy Green Dressing

Pineapple - Coconut Ice

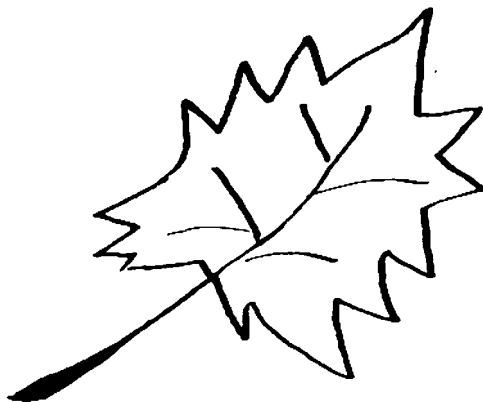


Stuffed Mushrooms

18 large mushrooms - 3 per person
1 tomato chopped
3 large cloves fresh garlic - pressed
1/3 cup olive oil
1/3 cup sunflower seeds
2/3 cup bread crumbs
1 tsp. basil
sea salt and black pepper to taste.

Clean the mushrooms and pullout the stems. Place mushroom caps in a baking dish coated with olive oil. Dice the mushroom stems. Sauté stems and garlic in water. Stir in tomato, sunflower seeds, breadcrumbs, basil, salt and pepper. Stuff the mushroom caps. Bake uncovered 15-20 minutes at 400°. Drizzle the olive oil on after baking.

Leftover heels of bread loaves make great breadcrumbs. Break slices up and blend in a blender on low. Keep a bag of bread in the freezer so you always have a supply. Breadcrumbs may be frozen for future use.



The Easiest Lasagna Ever

- 1 pound gluten free lasagna noodles
- 6 cups of organic spaghetti or marinara sauce
- 2 pounds soft tofu
- 1 bunch, fresh cooked spinach or one package frozen
- ½ cup grated Rice Parmesan cheese
- 2 tsp. garlic powder
- 2 tsp. basil
- ½ tsp. anise seeds
- 1 tsp. sea salt
- 1 tsp. black pepper (optional)

Drain the tofu and crumble into small pieces. Stir in the spinach, garlic, basil, anise seeds, salt and pepper. Place ½ cup of spaghetti sauce into the bottom of a 9x13" baking dish. Add a layer of noodles, then a layer of tofu filling and a layer of sauce. Layer three times ending with a top layer of noodles and sauce. Sprinkle with Rice Parmesan Cheese. Bake covered at 375° for 30-40 minutes. Let stand for 10 minutes before serving. Serves 8.

IT IS VERY IMPORTANT TO BUY ORGANIC PROCESSED TOMATO PRODUCTS AS THE COMMERCIAL TOMATO CROP IS HEAVILY SPRAYED!

Eggplant Delight

2 Tbs. olive oil
2 cups onion - chopped
6 cups eggplant - diced
1 pound mushrooms - sliced
2 tsp. sea salt
2 tsp. basil
1 cup non-alcoholic dry white wine
3-4 tomatoes - chopped
10 cloves fresh pressed garlic
1 pound gluten free whole grain pasta - cooked al dente
Grated Rice Parmesan cheese

Sauté onion and half the garlic in water. Add eggplant, mushrooms, salt and basil. Cover and cook 10-15 minutes, stirring occasionally. Add wine and tomato. Simmer 10-15 minutes, uncovered. Stir in the remaining garlic during the last 5 minutes of cooking. Drizzle the olive oil on after cooking is complete. Serve on top of pasta with Parmesan and chopped parsley.

Creamy Green Dressing

1 cup water
½ cup olive oil
2 cloves fresh garlic - pressed
2 green onions - chopped
3 tbs. fresh parsley - chopped
2 tbs. fresh basil
2 tbs. lemon juice
1 tbs. rice vinegar
½ tsp. sea salt

Blend all ingredients in a blender. Keep refrigerated.

Pineapple - Coconut Ice

2 cups canned pineapple chunks
2 bananas
¼ cup shredded coconut soaked in ½ cup pineapple juice from the canned pineapple.

Drain the pineapple, saving the juice. Freeze the pineapple chunks and the bananas. Blend the frozen fruit with the soaked coconut and pineapple juice.

Add the juice slowly and continue blending until creamy. Serve immediately or refreeze before serving. Serves 4.

Chinese Dinner Menu

Marinated Baked Tofu with Dipping Sauces

Ginger Fried Rice

Vegetable-Seitan Stir-Fry

Sweet and Sour Tempeh

Almond Sesame Cookies



Marinated Tofu

1 pound firm tofu cut into 1/4" slices
1/4 cup water
1/4 cup Nama Shoyu
2 tbs. tamari
2 cloves fresh pressed garlic
2 tsp. fresh ginger - grated

Mix all ingredients and pour into a 9x13" baking dish. Put tofu in the pan and marinate for 2-8 hours. Turn the tofu over at least once. Broil 5-6 minutes or longer if you prefer a firmer consistency. Chill. Serve with your favorite dipping sauce, next page.



Dipping Sauces for Baked Tofu

Sweet and Sour Peach Sauce

1 cup all-fruit peach jam
½ cup white vinegar
2 tbs. fresh ginger - grated
2 tsp. onion powder

Combine first three ingredients in a saucepan and simmer gently for 5 minutes. Stir in onion powder. Serve at room temperature.

Spicy Dipping Sauce

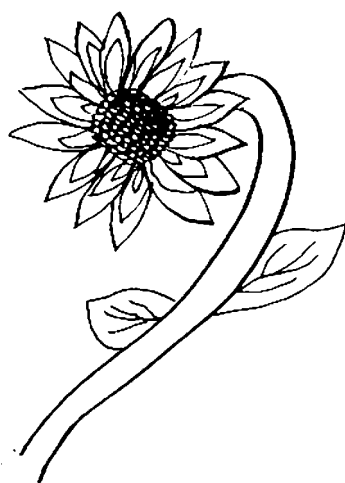
4 Tbs. tamari
4 tsp. peanut or vegetable oil
4 tsp. rice vinegar
1 tsp. sweetener of choice
4 tbs. water
½ tsp. red chili flakes

Combine all ingredients. Serve with marinated baked tofu.

Ginger Fried Rice

4 cups cooked white basmati rice
2 carrots - diced
2 celery stalks - sliced
3 scallions - sliced
1 tbs. onion powder
2 tbs. fresh ginger - grated
4 tbs. tamari
½ cup sunflower seeds - toasted or raw

Sauté the carrot and celery in the liquid aminos and small amount water for 5 minutes. Add the rice, onion powder and ginger. Mix together gently. Heat and serve topped with sunflower seeds and scallions. Serves 4



Vegetable Stir-Fry

½ pound tempeh or tofu
2 medium sized zucchini squash - cut lengthwise into
Quarters, then into 1" pieces
1 onion - chopped
3 cups broccoli florets
1 bunch spinach or Bok Choy - chopped
3 cups mung bean sprouts
½ cup shoyu
1½ cup water
1 tbs. vegetable bouillon
1 tbs. toasted sesame oil
½ tsp. chili pepper flakes - adjust to your own taste
2 tbs. cornstarch dissolved ¼ cup cold water.
4 cloves fresh pressed garlic

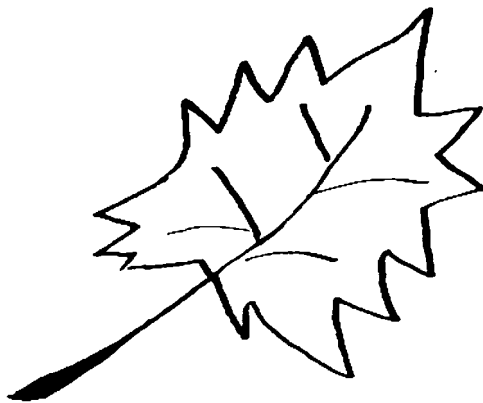
Sauté onion and garlic in ½ cup of water until translucent. Add the broccoli, zucchini, tofu or tempeh, red pepper flakes, the remaining cup of water and shoyu. Stir, cover and cook for 3-5 minutes. Add the spinach, mung bean sprouts, and corn starch. Bring to a boil and cook for 3 more minutes. Sprinkle with the sesame oil and serve over noodles or rice.



Sweet and Sour Tempeh

- 1 8 - ounce package tempeh
- 1 large onion - wedged
- 2 stalks celery - sliced
- 2 carrots - sliced
- 2 cups Bok Choy - chopped
- 2 tbs. water
- 1 cup pineapple chunks
- 2 tbs. Nama Shoyu
- 1½ tbs. sweetener of choice
- 2 tbs. vinegar
- 1¼ cups vegetable bouillon or water
- 1½ Tbs. corn starch
- ½ cup walnut pieces

Cut tempeh into 1" cubes. Sauté onion, celery, carrots and Bok Choy in the water until vegetables are tender but still crisp. Add the pineapple after vegetables are cooked. Combine sweetener vinegar, vegetable bouillon, shoyu and cornstarch. Add this to the vegetables, along with the tempeh. Stir while sauce thickens. Garnish with walnuts and serve with rice.



Almond Sesame Cookies

- 1 cup buckwheat or rice flour
- 1 cup oat bran or gluten free whole oats
- ¼ tsp. sea salt
- 1 tbs. sweetener of choice
- 2 tbs. sunflower oil or applesauce
- ½ cup brown sesame seeds - toasted
- 1 cup apple juice
- 2 tsp. pure almond extract

Mix all dry ingredients well. Add all liquid and stir until blended. Drop onto coated cookie sheet by tablespoon amounts. Press each cookie flat with a fork to ¼" thickness. Bake at 325° for 15-20 minutes, or until edges are golden brown in color.



Inspirational Reading and Reference List

Suggested Reading List For Your Inspiration

Book	Author	Publisher
The New McDougal Cookbook Mary McDougal	John L. McDougal	The Penguin Group 1993
Adam's Table: A True Vegetarian Cookbook	Reggi	Teach Services, Inc. 1994
Fresh From A Vegetarian Garden	Meredith McCarty	Turning Point Publications 1989
Common Sense Diet and Health	Svevo Brooks	Botanica Press 1986
Diet For A New America	John Robbins	Stillpoint Publishing 1987
Fit For Life Fit For Life II Diamond	Harvey and Marilyn	Warner Books 1985
The Healing Power Within	Ann Wigmore	Avery Publishing Group, Inc. 1983
A Vegetarian Ecstasy	James Levine, M.D. Natalie Cederauist	Glo, Inc. 1990

Inspired Reading List Continued

Book	Author	Publisher
The New Laurel Laurel's Kitchen	Robertson Carol Flinders	Ten Speed Press 1986
Moosewood Cookbook New Revised Edition	Mollie Katzen	Ten Speed Press 1992
The Ayurvedic Cookbook	Amadea Morningstar Urmila Desai	Lotus Light 1991
Murrieta Hot Springs Vegetarian Cookbook	Murrieta Foundation	The Book Publishing Co. 1987
Health Building The Conscious Art of Living Well	Dr. Randolph Stone	CRCS Publications 1985

Reference And Resource Book

Prescription for Nutritional Healing (A Practical A-Z reference to drug- free remedies using Vitamins, Minerals, Herbs and Food Supplements)	James F. Balch, M.D. Avery Publishing Phyllis A. Balch, C.N.C. Group, Inc. 1990
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Glossary of Ingredients

As you make the switch from your present dietary lifestyle to that of VEGAN~LICIOUS™, your cupboards and fridge may need to be stocked up with new ingredients. So pass on the old and bring in the new. READ LABELS, BUY ORGANIC AND HAVE THE TIME OF YOUR LIFE. We hope that the information in VEGAN~LICIOUS™ helps you make health building choices.



Glossary of Ingredients

Bragg Liquid Aminos - Vegetable protein derived from soy beans. Has less salt than soy sauce, tamari or shoyu and is not fermented. It is a great alternative with a slightly different taste. Liquid aminos contains essential amino acids.

Ener-G Foods Egg Replacer - A mixture of potato starch, tapioca flour and leavening agents. Contains no lactose, gluten or eggs. Use it wherever eggs are called for in cooking and baking.

Rice Milk - Made from water, brown rice and a small amount of oil. Comes in a variety of flavors and can be used wherever cow's milk is called for in baking and cooking. It's less mucous-forming and less-allergy producing and has no cholesterol.

Sea Vegetables - Sea plants, often referred to as seaweed. These vegetables offer us nutrition in the form of trace minerals, B vitamins and enzymes. Many types are available at your local health food store. BUY ORGANIC! Some of the worst pollution is found in our oceans.

Seitan - A high protein alternative made from high gluten wheat flour. It is Versatile in use and easy to make. Check out the recipe on page 61.

Shoyu - A Japanese soy sauce that has a stronger and slightly sweeter flavor than the Chinese equivalent. Shoyu, soy sauce, tamari and liquid aminos are all interchangeable.

Glossary of Ingredients continued:

Soy Sauce - The commercial brands contain MSG, wheat and sugar. They also have high amounts of sodium. Read labels and buy a good quality product.

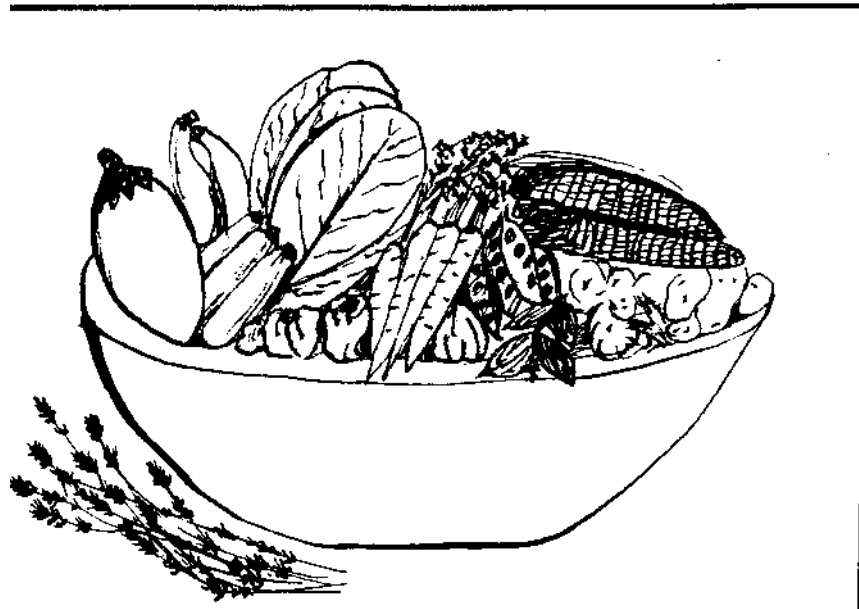
Spectrum Naturals Spread - A non-hydrogenated, unsaturated butter and margarine substitute. It has a surprisingly great taste and can be very successfully used in all cooking and baking. Be good to your arteries and buy some today!

Tamari - Another Japanese soy sauce with a deeper flavor than Chinese.

Tempeh - A high protein food made from the whole soybean. Some varieties of tempeh have whole grains, while others have sea vegetables. Tempeh has more pound for pound complete protein than meat, and is easier to digest.

Wasabi - Japanese green horseradish. Hot! Hot! Hot! Your sinuses will never be the same after eating even a little bit of wasabi. Comes in paste or powder form and is traditionally stirred into soy sauce to dip sushi and vegetable tempura into.

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Send Your Recipes and Comments

Vegan~Licious™ 2 is in the process of being compiled. We would love to include your favorite recipes. Please send the to us with a note giving us permission to publish them. We will gladly give you a warm acknowledgement. Thank You! If you have any comments feel free to send them along also:

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Visit our website too:

DigestiveWellnessCenter.com

About the Author ~ Reuel Ari

My journey back to health began in 1972 when I was diagnosed with ulcerative colitis. As I learned more about this condition, I realized that as a young boy I had experienced symptoms like aching knees, constipation, anxiety, anger, cravings for sweets and depression. This eventually led to the more severe condition of colon cancer.

By 1982, my body and mind were so filled with toxic "morbid matter", I literally shut down, physiologically and emotionally. My being was at its maximum saturation point. I could not experience another insult from the world, mentally, emotionally or physically.

My diet had been "normal" in that I consumed large quantities of refined sugar, carbonated beverages, refined white flour products, dairy and meat of all types. My consumption of fresh vegetables, fruits, nuts, seeds and whole grains was almost non-existent. I slowly began to change, but not fast enough.

On a Sunday morning in July of 1982, I was forced to my knees in physical and emotional pain and was directed to undertake a fast to completion. A total healing of my colon was necessary for my body to sustain life.

The fast took me into 42 days of miraculous rebirth, on all levels. I experienced "healing crisis" after "healing crisis", until the 35th day, at which point I started expelling copious amounts of well formed stool for 2 days. Finally, my body had regenerated, my colon had repaired and the cells of my body were able to dump the stored toxins they so eagerly awaited disposing of.

I began to eat on the morning of the 43rd day. The opportunity and challenge of a lifetime presented itself. The food I began to eat, raw vegetables, fruits, nuts and seeds, in the proper combinations and amounts, were going to help rebuild my body, giving me a new foundation. With regular exercise and a new found spiritual connection, my life had a meaning as never before.

Today I have a full time practice as a Certified Colon Therapist and Health Coach in Sedona, Arizona. I am grateful for the opportunity to help like-minded people regain health and increase the quality of life through teaching the concepts that are in Vegan~Licious™...

Blessings To All!