

Home Made Hummus

1 can of chick peas

$\frac{1}{4}$ cup of liquid from chick peas

3-5 Tbsp fresh squeezed lemon juice

1 $\frac{1}{2}$ Tbsp tahini

2 cloves crushed garlic

$\frac{1}{2}$ Tsp salt

2 Tbsp olive oil

1 Tsp cumin

other spices/flavors as desired to taste (cayenne pepper, black pepper, paprika, sundried tomatoes, etc.)

Mix all ingredients in food processor, blend until creamy.

Enjoy

Keep refrigerated

Veggie Egg Salad

3 tablespoons avocado, mayonnaise, yogurt, olive oil, (or something else good you think of)

$\frac{1}{4}$ teaspoon freshly ground pepper

$\frac{1}{8}$ teaspoon salt

8 hard-boiled eggs

$\frac{1}{2}$ cup finely chopped carrot

$\frac{1}{2}$ cup chopped cucumber, peeled and seeded if desired

$\frac{1}{4}$ cup sliced scallions

Boil 8 eggs for 7 minutes.

Let them cool.

Peel & chop the cucumber and carrots.

Slice the scallions into thin slices.

Peel and chop up the hard-boiled eggs.

Put all ingredients in a big bowl. Mix well.

Serve on a sandwich, or in a lettuce wrap, or just in a bowl.

Maple Kissed Pumpkin Muffins

1/3 cup melted coconut oil or extra-virgin olive oil
1/2 cup maple syrup or honey
2 eggs
1 cup pumpkin puree
1/4 cup milk (cow, almond, etc...)
1 tspn baking soda
1 tspn vanilla extract
1/2 tspn salt
1/2 tspn cinnamon, plus some for sprinkling
1/2 tspn ground ginger
1/4 tspn nutmeg
1/4 tspn allspice or cloves
1 3/4 cups flour- coconut, almond, whole wheat
1/3 cup old-fashioned oats, plus some for sprinkling
...woah, that's a lot of stuff!

Preheat oven to 325 degrees

Grease 10 muffin tins

In a large bowl- beat oil, maple syrup or honey with a whisk. Add eggs and beat well. Mix in pumpkin puree and milk, followed by baking soda, vanilla extract, salt, cinnamon, ginger, nutmeg and allspice or cloves... keep mixing!

Add flour and oats to bowl and mix with large spoon, just until combined.

If you would like you can also add nuts (no walnuts!), chocolate or dried fruit.

Divide batter evenly into 10 cups.

Sprinkle tops of muffins with oats and cinnamon.

Bake muffins for 23-26 minutes or until toothpick inserted into a muffin comes out clean.

Let them cool, they are delicate until they cool down

Napa Apple Salad

1 head napa cabbage

1 green apple

1 red onion (If you don't like onions you can skip them)

Slice cabbage so it is like strips

Slice green apple into matchstick size

Thinly slice the onion.

You can substitute or add other veggies- peppers, cucumbers, as you like

Mix in a big bowl and enjoy with your favorite dressing.

We like the Dijon Mustard Balsamic Vinaigrette. It is sweet and just a tiny bit spicy. Delicious!

Dijon Mustard Balsamic Vinaigrette

3-5 Tbsp balsamic vinegar

3-5 Tbsp extra virgin olive oil

1 large tspn Dijon mustard

Salt and pepper to taste

Mix with a fork, spoon, whisk, whatever... until well blended.

Drizzle over salad.

Kale Chips

1-2 bunches of kale (I like the varieties with the larger flatter leaves vs. the curlier ones)

Extra Virgin Olive Oil

Garlic

Salt

Pepper

Other Spices

Preheat oven to 425 degrees

Remove kale from stalk, leaving green in large pieces

Place kale in a bowl with a little bit of olive oil; gently mix with hands coating kale.

Spread out on cookie sheet and sprinkle with garlic, salt and pepper and other spices to your liking.

Bake for 5 minutes or until kale starts to turn slightly brown. Check it frequently!

Kale can quickly burn!

Remove from oven, and let cool.

If any pieces are still soggy, remove the crispy ones and put the soft ones back for another few minutes.

Enjoy.

Creamy Cucumber Noodle Salad with Cherry Tomatoes

(there's no noodles... the cucumbers just look noodley)

$\frac{1}{2}$ cup avocado, mayonnaise, yogurt (or something else you think of)

Juice from 1 lemon

$\frac{1}{2}$ cup minced fresh dill

$\frac{1}{4}$ cup minced fresh mint leaves

2 medium cucumbers peeled

$\frac{1}{4}$ cup very thinly sliced red onion

1 pint cherry tomatoes

Sea salt and ground black pepper

Squeeze lemon into a small bowl (or cheat and use 2 tbsp lemon juice from a bottle).

Cut the cherry tomatoes into halves.

Mix avocado (or mayo or yogurt), lemon juice, dill and mint together in a small bowl.

Set aside.

Slice cucumbers into long skinny pieces like noodles or if you have a spiral vegetable slicer you can cut them into long noodles with that.

Slice the onion into thin slices.

Place cucumber and onion in a large bowl and toss with dressing.

Top with tomatoes and season with salt and pepper.

Enjoy immediately. This salad does not like to wait. 😊

Awesome Granola

1/2 cup quinoa flakes or old-fashioned rolled oats

1/2 cup ground flaxseeds

1/4 cup raw hulled pumpkin seeds

1 cup raw chopped cashews

1/2 cup honey or maple syrup

1/4 cup oil- recipe suggests walnut but coconut or sunflower instead?

1 cup chopped pecans

1/2 cup sliced almonds

1/4 cup raisins, dried cherries, or cranberries

Preheat Oven to 325 degrees

Combine quinoa or oats, ground flaxseed, pumpkin seeds, 1/2 cup of the cashews (not all of them!), honey or maple syrup and oil in a large bowl. Mix until well coated.

Spread mixture into 8x8 pan and press it flat to make about 1/2 inch thick.

Bake until nearly dry and crispy, about 30 minutes

Let mixture cool in pan at least 1 hour

While that stuff is cooking, combine pecans, almonds, dried fruit and remaining 1/2 cup cashews in large bowl.

Break the cooled oat-flax mixture into bite size chunks and stir into the nut bowl.

*** I will tell you I have changed this recipe to what I like. I prefer not to put any dried fruit in my granola and I use different nuts, like almonds instead of pecans. Or I sometimes just use fewer ingredients. For example, I might skip the pumpkin seeds if I'm not in the mood for them. SO play with what you like!

No Bake Peanut Butter Bars

- 1 cup peanut butter (crunchy or smooth)
- 1/2 cup natural honey
- 1/2 cup organic ground flaxseed
- 2 tablespoons sesame seeds

On the stove-top over medium heat, combine honey and peanut butter in a pan.

Stir until melted

Mix in flaxseed and sesame seeds

Place in glass baking dish, tray or pan. Push it flat.

Put in refrigerator until cool and firm

Cut into bars.

Keep them refrigerated... they get soft if they get warm.

Smoothies

There are a lot of ways to make smoothies.

Here's one of my favorites...

- 1-2 frozen bananas
- 1 cup almond, soy, cow or other milk
- 1 Tbsp almond or peanut butter
- Sprinkle of cinnamon

Mix everything in the blender.

Other ingredients; frozen berries, apple juice, orange juice, veggies, yogurt

Maple Cinnamon Roasted Chickpea Snacks

1 can chickpeas
3 tbspn olive oil or other oil
3 tbspn maple syrup
2 tspns ground cinnamon
sea salt for sprinkling

Line a rimmed baking sheet with parchment paper, then set aside

Rinse and drain chickpeas in colander, spread them out on several towels to dry. Rub them gently to keep dry and remove some of the outer skin. It's ok if they don't all come off.

Once completely dry, put chickpeas on baking sheet and place into the cold oven. Turn heat to 400 degrees with chickpeas inside. When temperature reaches 400 degrees, set timer for 15 minutes.

After 15 minutes remove chickpeas and drizzle with oil and maple syrup.

Sprinkle with salt.

Roll peas around with spatula to coat all sides.

Sprinkle with cinnamon and roll until covered completely.

Return to hot oven for 15 more minutes.

Turn oven off and leave door opened a crack for 30 minutes.

Remove from oven and cool completely.

Roasted Potatoes (Or other Vegetables)

3-5 red potatoes (or other variety to your liking i.e. Idaho, sweet, Mister, etc...)

3-4 Tbsn olive oil

salt, pepper, and other spices (I like garlic, cumin, paprika.)

Peel potatoes and cut into 1-inch cubes

Mix olive oil, salt, pepper, and other spices to your taste.

Then mix potatoes in the olive oil mixture until well coated.

Put in large baking dish and bake at 425 degrees for 30-45 minutes, until tender.

Or instead you can do **mashed potatoes** with the same ingredients:

Peel potatoes, cut into cubes and boil in a pot of water until they are tender.

Drain the water into the sink... careful, its hot!!!

Add 1/2 to 1 cup milk (the type is your choice)

Mash potatoes with olive oil mixture until texture you prefer.

Chipless Avocado Salsa

1 avocado

2-3 tomatoes

3 Tbsp fresh lime or lemon juice

2-3 green onions

1 fresh garlic clove

Handful of cilantro

Sea salt to taste

2 cucumbers sliced

Chop and hand mix all ingredients together...except the cucumbers!

Slice the cucumbers.

Use sliced cucumbers to scoop salsa

Crustless Quiche

1 Tbsp vegetable oil

1 onion

8-10 ounces fresh or frozen spinach

5 eggs

3 cups shredded non-dairy cheese; cheddar, muenster

$\frac{1}{4}$ Tspn salt

$\frac{1}{8}$ Tspn ground black pepper

Beat the eggs in a bowl.

If your cheese didn't come shredded already, shred it up.

Chop the onion into small pieces

Preheat oven to 350 degrees

Lightly grease 9 inch pie pan.

Heat oil in large skillet over medium heat. Add onions and cook, stirring occasionally until onions are soft. Stir in spinach and cook some more.

In a large bowl, combine eggs, cheese, salt and pepper until mixed. Add the cooked spinach and onions and stir until blended.

Pour/Scoop into a pie pan.

Bake in oven for about 30 minutes until eggs aren't juicy anymore.

Cool for 10 minutes.

Enjoy.

Roasted Beets... the good kind

Clean 3-4 beets

Cut off the ends where roots and stems are

Wrap completely in tin foil.

Roast in oven set to 425 degrees for 30-45 minutes depending on size

Let cool

Unwrap tin foil

Peel beets with paper towels and your hands. Your hands will turn pink! Slice and Enjoy

Roasted Brussel Sprouts

Brussel Sprouts (I like the smaller brussel sprouts better, they are usually more tender and a little sweeter.)

Olive Oil

salt, pepper and other seasonings you like

Wash brussel sprouts

Cut ends off and cut brussel sprouts in half letting loose leaves fall off (throw the loose leaves in the compost).

Mix 2-3 Tbspn Olive Oil with salt, pepper and other seasonings in a big bowl or pot.

Mix in the brussel sprouts so they get coated with olive oil and seasonings

Spread out onto a baking sheet, griddle, skillet, pan, whatever you have so you have only one layer of brussel spouts... try not to stack them in piles.

Roast in oven preheated to 425 degrees.

Check after 10-15 minutes and CAREFULLY flip brussel sprouts so each side gets browned.

Take out when both sides are browned, usually 20-30 minutes.

Check them... if they're getting too mushy, take them out of the oven quick!

Buffalo Chicken Wings

First make the Sauce...

2/3 cup hot pepper sauce, Frank's is a favorite

1/2 cup olive oil

1 1/2 Tbsp white vinegar

1/4 Tsp Worcestershire Sauce

1/4 Tsp Cayenne Pepper- may want to use less so it isn't too hot and spicy

1/8 Tsp fresh crushed garlic or garlic powder

Salt as desired

Put all ingredients in a pot on stove at medium heat, stirring regularly. As soon as it starts to bubble take it off the stove and put it aside.

Clean chicken wings (you could use chicken strips instead if you don't like the bones) and mix with sauce. Make sure they are well coated.

Place on cookie sheet.

Cook in oven for 10-15 minutes at 400 degrees.

I cook mine a little longer because I like them crispy.

Serve with celery and carrot sticks and dairy free ranch dressing for dipping.

Use a bunch of napkins! These are messy.