

May 2018
Program Photos & Recipes

Kona Inn Banana Bread

This vegan version is just as good as the original only better! It replaces the eggs and butter with plant-based ingredients. No one would know the difference!

- 1 cup vegan butter
- 2 cups organic cane sugar
- 1 cup firm tofu, pressed and drained*
- 2 cups ripe mashed banana (about 4 bananas)
- 1/2 teaspoon natural banana extract (optional)
- 2 1/2 cups unbleached all purpose flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 1 cup walnuts, chopped

Preheat the oven to 350 degrees. Grease the loaf pans or prepare the muffin tins with paper liners.

Combine the butter, sugar and tofu in the jar of a blender and blend on medium high until smooth and creamy.

Mash the bananas in a medium bowl, stir in the butter mixture and mix just until combined.

In another medium mixing bowl combine the flour, salt and baking powder, stir to mix well then the flour mixture into the creamed butter and banana mixture. Fold in the walnuts then fill the loaf pans or muffin tins

just a little over half-way and bake until golden brown. Bake 50-60 minutes for larger loafs, 20 minutes for muffins. Test for doneness with a toothpick. If a toothpick inserted into the center of the loaf or muffin comes out clean it's ready.



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Get Ready for Meatless Mondays
Point Loma Hervey Branch Library

Easy Homemade Granola

Use this basic recipe to create any number of different granolas from tropical, to chocolate, apple to strawberry. Granola makes a great gift from the kitchen.

- 3 cups organic rolled oats, uncooked
- 1/2 cup unsweetened coconut, shredded or flaked
- 1/2 cup raw walnuts, chopped
- 1/4 cup raw sunflower seeds
- 2 tablespoons of hemp seed
- 1/4 cup plus 2 tablespoons maple syrup or agave
- 1/4 cup apple juice
- 1/4 cup sunflower oil
- 1 teaspoon vanilla
- 1/4 teaspoon sea salt
- 1 cup chopped mixed dried fruit or raisins

Preheat the oven to 350.^o Lightly grease or line a baking sheet with parchment paper and set aside.

In a large bowl combine the oats, coconut, walnuts and sunflower seeds, stir well and set aside.

Combine maple syrup, sunflower oil, apple juice, vanilla, and salt; pour over oat mixture and stir well.

Spread the mixture evenly on a lightly greased or parchment paper lined cookie sheet and pat it down with a spatula. Bake at 350 for 10 minutes then remove from the oven, set on a heat resistant surface and stir the granola. Pat it down and return it to the oven to bake for an additional 10 minutes. Remove from the oven and stir in the dried fruit. Pat the granola down once more and return to bake another 8-10 minutes.

Remove the baking sheet from the oven and place it a wire rack to cool. Transfer the cooled granola to an airtight container, store in a cool dry place up to 1½ months. Makes great gifts from the kitchen packed in Ball jars.



Use Evolution Fresh apple juice to make your granola then enjoy it in recipes for smoothies and acai bowls. One sip and you'll see, there's no better apple juice than cold-pressed Evolution Fresh



Making granola is as simple as finding your favorite mixture of oats, grains, nuts, seeds and dried fruits. Toss them with a sweet dressing made from juice, oil (ex. sunflower, coconut), flavor extract (ex. vanilla, almond) and a sweetener (maple, agave, brown sugar).

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Vegan Yogurt Parfaits

Make it special by layering fruit, yogurt, and granola in a special glass serving dish. Find your favorite non-dairy yogurt by trying many of the new brands available



Assorted cut fresh fruit:
berries, pineapple,
bananas, kiwi or any of
your favorites
Non-dairy yogurt
Granola

Layer the fruit with the yogurt and granola and serve!



Veggie Frittata

A frittata is a quiche without a crust, this one has a savory organic breadcrumb and vegan parmesan cheese topping. Try any variety of seasonal vegetables in this recipe.

Filling:

- 1 cup zucchini, sliced
- 1 cup yellow squash, sliced
- 1 cup broccoli florets
- 1 cup leeks, sliced thinly
- 1/2 cup red bell pepper, diced
- 2-3 tablespoons olive oil
- 1/4 cup Italian parsley, chopped
- 1 16 oz. package organic extra firm tofu, broken into cut into chunks
- 1 cup unsweetened non-dairy milk
- 2 tablespoons nutritional yeast



Try preparing frittatas in decorative baking dishes or make them in a mini muffin pan for savory frittata bites



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1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 teaspoon turmeric (optional)
salt & pepper to taste

Topping:

1/2 cup vegan breadcrumbs
1/4 cup Kelly's Croutons
vegan parmesan cheese
1/4 cup hulled hemp seed

Preheat the oven to 400 degrees. Prepare a 9x13 inch pyrex baking dish, by coating the bottom and side lightly with olive oil, set aside.

Heat a saucepan with a couple inches of water, bring the water to a boil, turn off the heat and blanch the zucchini, squash and broccoli for 2-3 minutes. Drain and set aside.



Heat a few tablespoons of oil in a medium skillet. Sauté the leeks until they are tender and caramelized, stir in the diced red bell pepper continue cooking 1-2 minutes until thoroughly heated. Set aside.

Place one cup of unsweetened non-dairy milk in the jar of a blender, add the nutritional yeast, onion powder, garlic powder, salt and pepper. Add the optional turmeric to give the mixture a yellow "egg-like" appearance. Start blending the milk and seasonings, drop the tofu into the milk a few chunks at a time, process until smooth.

In a large mixing bowl combine the blanched vegetables with the sautéed leeks and red bell pepper, stir in the chopped parsley. Pour the tofu mixture over the vegetables and fold gently to

blend well. Pour the mixture into the prepared baking dish and spread evenly.



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Combine the bread crumbs (be sure to read the label for ingredients with bread crumbs, many contain milk and eggs), parmesan cheese and hemp seed in a small bowl. (If you can't locate the Kelly's Crouton product try Follow Your Heart of Go Veggie parmesan cheese substitutes or just the bread.) Mix well then spread evenly over the tofu mixture. Bake in a 400 degree oven for 40-50 minutes or until the top is golden brown and a knife inserted into the center comes out clean.

Next Class
Wednesday, June 6th
6:00 - 7:30 PM

Father's Day Menu: Veggie Burger Sliders, Grilled Vegan Sausages, Baked Beans, and Chocolate Chip Ice Cream Sandwiches.



Kelly's Croutons products are found at Jensen's Foods, farmer's markets, and several of San Diego's finer grocery stores.

[Registration Link](#)



Thank you for joining us!

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