

Vegan Mac N Cheese

1 16. oz. package elbow macaroni, cooked
1 medium russet potato, peeled and cubed
3 organic carrots, peeled and cut into chunks
1/2 onion, chopped
1 1/2 cups raw cashew pieces, soaked 4-5 hours
1 15 oz. can coconut milk
3 tablespoons nutritional yeast
1 1/2 teaspoon garlic powder
1 teaspoon onion powder
juice of one lemon
1 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon ground black pepper
pinch of smoked paprika
1/2 cup fresh parsley, chopped
1/2 cup organic bread crumbs
1/4 cup ground hemp seed (optional)



Bring a large pot of water to a boil, add the potatoes and carrots and boil for 10-12 minutes or until they are tender. Remove them from the water with a slotted spoon and transfer them to the jar of a blender. Add the dried pasta to the boiling water and cook the pasta until tender, about 8-10 minutes.

While the pasta is boiling add the chopped onion, cashews, coconut milk, nutritional yeast, garlic powder, onion powder, lemon juice, salt, cayenne pepper, black pepper and smoked paprika to the blender jar with the cooked potatoes and carrots. Blend on high speed until it becomes a smooth liquid. Season to taste.

In a medium mixing bowl combine the fresh parsley, bread crumbs and optional hemp seed.

Drain the cooked pasta and transfer to a 9 x 13 inch baking pan, pour the “cheese” sauce over the pasta and mix well. Lightly press the pasta into the baking dish and spread the bread crumb mixture evenly over the top of the top. Cover with foil and bake in a preheated 400 degree oven for 35 minutes, remove the foil and continue baking another 10-15 or until the top begins to brown lightly. Serve hot, top with your favorite hot sauce or red chili pepper flakes.

Try adding additional blanched vegetables and vegan sausages to this recipe for a vegan Mac n Cheese casserole.

Baby Kale Salad with Tofu Tahini Lemon Dressing

A high octane fuel salad, add additional veggies, rice, beans or grains for a super protein rich and delicious entree salad

Salad:

1 box baby kale
2 green onions, sliced
1 cup alfalfa sprouts or micro greens (optional) 1/4 cup
sunflower seeds

Dressing:

1/2 cup tofu
1/4 cup grapeseed or canola oil
1/4 cup tahini paste (ground sesame paste) juice of two lemons
zest of one lemon
1 1/2 teaspoons garlic powder
1/2 teaspoon ground cayenne
1/4 teaspoon smoked paprika
1 teaspoon sea salt
1 scallion (cut into pieces)
Add water (up to 1/2 cup) to adjust desired thickness and texture

Place the kale, chopped onions and sprouts in a large salad bowl.

Combine all ingredients for the dressing in a blender and blend until smooth, gradually add water until you reach your desired thickness. Can be used as a dressing or a dip.



Chocolate Lover's Vegan Cheesecake

A decadent dessert with all the goodness of cheesecake that anyone would love!

Crust:

1 1/2 cups nut meal (almond, hazelnut, or walnut)
1/4 cup cocoa powder
1/4 cup maple syrup
1/4 teaspoon sea salt

Filling:

1 1/4 cup cashew pieces, soaked 4-6 hours
1 1/4 cup almond milk



Continued...

1/2 cup maple syrup
pinch of sea salt
1 teaspoon vanilla
1 12 oz. package non-dairy dark chocolate
2 tablespoons cocoa powder
1 16 oz. block organic firm tofu*

Combine all the ingredients for the crust in a medium mixing bowl. Mix it well until it becomes fudge like in texture. Spread it evenly on the bottom of a 8-inch spring form pan or silicone cheesecake mold. Use the back of a spoon dipped in water to help press the crust down evenly.

For best results with the filling use a high speed blender. Combine the drained cashews, almond milk, maple syrup, sea salt, vanilla, cocoa powder and chocolate chips in the blender jar and blend on high for 2-3 minutes and it becomes a smooth liquid. Continue blending, add the tofu gradually in chunks allowing it to blend thoroughly with each addition. Continue blending for another 2-3 minutes until it's smooth and glossy with the consistency of soft pudding. Pour the contents into the prepared mold and chill for 6-8 hours before serving.

*Choose a high protein tofu, the vacuum packed tofus are ideal. Tofu is an ancient superfood that has been eaten for centuries by populations of people who have been studied and found to have much lower rates of the common diseases associated with the Standard American Diet. Discover the versatility of tofu and get the latest facts on soy and your health from the [Physicians Committee for Responsible Medicine](#)

