

SPRING TEA RECIPES

Mock Chicken Salad

- 1 16 oz. block organic tofu
- 1 cup celery, diced
- 1/2 cup green onions, chopped
- 1/2 cup fresh parsley, chopped
- 1/2 cup sliced almonds
- 1 cup vegan mayonnaise
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 3/4 teaspoon dried tarragon
- 3/4 teaspoon Beau Monde (optional)
- 1/2 teaspoon Sea Salt
- 1/2 teaspoon fresh ground pepper



Drain the tofu then crumble it into small pieces by hand or with a fork in a medium mixing bowl. Add the remaining ingredients and stir until blended. Chill for a few hours to let the flavors develop then serve with crackers, in lettuce cups, in a sandwich, or on a salad.

Flakey Buttermilk Biscuits

- 2 cup all purpose organic unbleached wheat flour
- 1/2 teaspoon baking soda
- 1 tablespoon baking powder
- 1 teaspoon sea salt
- 6 tablespoons chilled vegan butter or coconut oil
- 1 cup unsweetened non-dairy milk
- 1 teaspoon apple cider vinegar



Step 1) Combine the non-dairy milk with the apple cider vinegar in a liquid measuring cup, stir to combine and allow to sit while preparing the remaining ingredients.

Step 2) Combine the flour, baking soda, baking powder, and sea salt in a blender jar and pulse the ingredients briefly to blend.

Step 2) Add the chilled vegan butter or coconut oil to the flour mixture and process in the blender on medium until the mixture resembles coarse meal.



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Step 3) In a medium mixing bowl, combine the flour mixture with the non-dairy milk and cider vinegar. Fold the ingredients just until blended. Roll out on a lightly floured surface and cut into 2 ½ - 3" circles using a biscuit cutter or a drinking glass dipped in flour (a wine glass works well, just dip the edge of the glass in flour prior to cutting the dough) .

Step 4) Bake in a preheated 425 degree oven on a parchment lined cookie sheet for 12-15 minutes. Serve hot with savory herb vegan butters, vegan gravy, and savory nut cheeses for a savory biscuit or with fruit preserves, nut cheeses, or agave, maple or fruit infused vegan butter for a sweet morning breakfast biscuit.

Angle Biscuit Ham Sandwiches

1 pkg. Tofurky Ham
Vegenaise vegan mayo
Stone Ground Mustard
Biscuits

Use the Tofurky Ham Roast or deli meat, cut biscuits into minis and serve hot with vegenaise and mustard.

Gluten-free Raspberry Almond Vegan Scones

2 cups all-purpose gluten-free flour blend
1/4 cup plus 2 tablespoons evaporated
cane sugar
2 teaspoons baking powder
1/2 teaspoon xanthan gum
1/2 teaspoon salt
1/4 teaspoon nutmeg, grated (optional)
¼ cup non-dairy butter chilled
¼ cup coconut oil chilled
¾ cup diced dried raspberries
1/2 cup sliced almonds
½ cup applesauce
1/3 cup non-dairy milk
1 teaspoon vanilla



Step 1) Preheat the oven to 400°F. Line a baking sheet with parchment paper or lightly grease it with a small amount of coconut oil.

Step 2) In a medium mixing bowl combine the gluten-free flour blend, sugar, baking powder, xanthan gum, salt and optional nutmeg. Stir until combined.

Step 3) Using a pastry blender or two knives cut the chilled butter and coconut oil into the flour mixture until it resembles small crumbs, stir in the dried fruit.

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Step 4) In a separate small bowl combine the applesauce, non-dairy milk and vanilla. Stir until blended then pour into the flour mixture. Using a mixing spoon gently stir and fold the ingredients until they begin to bind together. Lightly dust your hands with some of the flour blend and gather the dough up into a ball.

Step 5) Transfer the dough to the prepared baking sheet and pat it into an 8-inch circle. Cut the dough into wedges like a pizza, separate each wedge and arrange them spread out evenly over the baking sheet. Sprinkle the tops of each scone with a little additional cane sugar.

Step 6) Place the baking sheet in the refrigerator and chill for 15 minutes before baking. Bake the chilled scones for 15 – 20 minutes or until they are lightly golden brown and spring back slightly when touched. Remove from the oven and allow them to cool for 5-10 minutes and serve plain or with vegan butter and fruit preserves.

Chocolate Dipped Strawberries

1 cup dark non-dairy chocolate chips
1 teaspoon coconut or vegetable oil
1 pint strawberries, rinsed and dried well

Heat one inch of water in a saucepan and bring it to a simmer. Place the chocolate and oil in a medium bowl that will sit easily on top of the saucepan. Place the bowl on top of the saucepan and allow the steam to melt the chocolate. Stir until melted.



Prepare a surface with wax paper or parchment. Hold each strawberry by the stem end and dip it rolling it in the melted chocolate to cover about 3/4 of the berry. Shake off any excess chocolate and transfer to the paper. Chill until firm, keep refrigerated.