

## Pumpkin Cheesecake

### Crust:

2 cups almond meal  
1/2 cup plus 2 tablespoons coconut sugar  
1 teaspoon cinnamon  
1/4 cup plus two tablespoons vegan butter, melted

### Filling:

8 oz. raw cashews, soaked for 2-3 hours  
3/4 cup maple syrup  
2 teaspoons vanilla extract  
1 15 oz. can pumpkin puree  
3 tablespoons ground flax  
2 teaspoons cinnamon  
1 teaspoon ginger  
1/2 teaspoon nutmeg  
zest of one orange  
pinch of sea salt  
8 oz. extra firm organic tofu, cut into chunks

### Sour Cream Topping:

1 12 oz. container vegan sour cream  
1 teaspoon vanilla  
3 tablespoons organic powdered sugar  
Zest of 1/2 orange

### DIRECTIONS:

Combine the ingredients for the crust in a medium mixing bowl, mix well then use the back of a spoon or moistened clean hands to press the mixture evenly down into the bottom and sides of an 8" springform pan, or to make cheesecake bars press the filling into a 9x13 pan.

In the jar of a blender combine the soaked and drained raw cashews, maple syrup, vanilla, pumpkin puree, ground flax, orange zest, and pinch of sea salt. Begin blending on low speed, gradually increase to high speed and process the mixture is smooth. Turn down the speed, begin adding the chunks of tofu then gradually increase to high speed again and process until smooth. Pour the filling into the prepared crust and spread it evenly.

Use a small mixing bowl to combine the vegan sour cream, vanilla, organic powdered sugar and orange zest. Whip the ingredients with a wire whisk just until blended. Transfer the sour cream mixture into a pastry bag with a large decorative star tip. Pipe the topping into decorative trim around the edges of the cake. If making bars; score the bars into squares or rectangles and top each one in the center with a decorative application of the topping. Cover the cheesecake carefully with plastic wrap being careful that the sour cream topping it does not make contact with the wrap. Place the cheesecake in the freezer and freeze until firm. Remove from the freezer about 45 minutes before serving. Store refrigerated or frozen.



## Nacho Cheese Sauce

1 medium russet potato, peeled and cubed  
3 carrots, peeled and cut into chunks  
1/2 onion, chopped  
1 1/2 cups raw cashew pieces  
1 cup non-dairy creamer  
3 tablespoons nutritional yeast  
1 1/2 teaspoon garlic powder  
1 teaspoon onion powder  
juice of one lemon  
1 teaspoon salt  
1 whole chipotle in adobo plus one tablespoon sauce  
1/2 teaspoon sea salt  
1 cup water

Bring a medium pot of water to a boil, add the potatoes and carrots and boil or steam them for 10-12 minutes or until they are tender. Remove them from the pot with a slotted spoon and transfer them to the jar of a blender.

Add the chopped onion, cashews, coconut milk, nutritional yeast, garlic powder, onion powder, lemon juice, salt, chipotle, and sauce. Blend on high speed, add water gradually until you get a thick creamy consistency.

Serve hot over chips with pico de Gallo, black beans and guacamole.

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## Vegan Pumpkin Bars with Cream Cheese Frosting

1 1/2 cups sugar  
1 15 oz. can pumpkin puree  
1/2 cup vegetable oil  
1/2 cup soft tofu, packed  
1 2/3 cups unbleached all purpose flour  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1 teaspoon cinnamon  
1/2 teaspoon ginger  
1/4 teaspoon nutmeg  
1/4 teaspoon cloves or allspice  
3/4 teaspoon sea salt  
1/2 cup chopped walnuts (optional)

Preheat an oven to 375 degrees. Combine the sugar, pumpkin, oil and tofu in the jar or a blender and blend on high until smooth, or place ingredients in a large bowl, use an electric mixer or whisk briskly until well blended and smooth.

Prepare a 9x13 inch baking pan by lightly oiling the inside bottom and sides, dust lightly with flour.

In a medium mixing bowl combine flour, baking soda, baking powder, spices and salt. Stir until blended. Transfer the blended pumpkin mix into the flour mixture, stir until well-mixed. Add walnuts if desired.

Bake for 25-30 minutes or until a toothpick inserted in the center comes out clean. Cool and spread vegan cream cheese frosting over the top.

## Vegan Cheese Base Made Easy

1 cup short grain white rice ( choose a starchy rice, sushi or arborio)  
3 cups water

1/2 cup raw cashew pieces, soaked for 4 hours  
1/2 cup rolled oats, soaked for 4 hours

4 cups water  
1 tablespoon nutritional yeast  
1 1/2 teaspoons garlic powder  
1/2 teaspoon salt  
Juice of one lemon

Cook the rice using the ratio one cup rice to three cups water. Bring three cups of water to a boil, add a pinch of salt and the rice and cook for 30-40 minutes on medium low until all the liquid is absorbed. Let cool.

Place all the rice in the jar of a blender. Add three cups of water and process until smooth, pour in the remaining one cup of water and continue processing on high speed until it's milky white.

Add the drained oats, cashews, and the remaining ingredients. Process again on high speed until the mixture is smooth and glossy.

Heat a medium saucepan on the stove.

Pour half of the contents of the blender jar into the warm saucepan and whisk on medium high heat for 2-3 minutes, reduce the heat to low and continue whisking until thickened. Transfer the cheese sauce to a bowl or storage container and process the second batch.

Suggested Varieties:

Nacho Sauce:

Process with 2 roasted red bell peppers, 1 cup steamed carrots, cumin, and adobo seasonings for a nacho sauce

Enchilada Fillings:

Add roasted strips of poblano and mushrooms

Try soyrimo with caramelized onions and roasted peppers

Pizza and Pasta:

Use the base recipe on pizza or in lasagne.

Fondue:

Add white wine and herbs and serve with crackers, bread, and blanched vegetable crudité, serve fondue style

## **Vegan Mac n Cheeze**

Courtesy of OB People's Food Store Deli

3 cups macaroni  
1 large red bell pepper, chopped  
2 cups cashews  
2 ¼ cups water  
2 tablespoons lemon juice  
2 tablespoons sunflower oil  
1 teaspoon onion powder  
1 ½ teaspoons sea salt  
1 teaspoon garlic powder  
1 ½ teaspoons turmeric  
2 cups bread crumbs

Preheat oven to 350 degrees. Cook macaroni al dente. Blend everything except pasta in a blender until completely smooth. Combine with the pasta and place into a 8x8 inch baking dish. Cover and bake 45 minutes. Uncover and top with breadcrumbs. Bake for 5 minutes more.

Next Class: Wednesday, December 5th

[Holiday Dinner Menu](#) click on the link to register.

Menu: Vegan Roast & Stuffing, Roasted Winter Vegetables, Fresh Pear & Strawberry Salad, Holiday Cut and Decorate Cane Sugar Cookies