

Fluffy Whole Wheat Biscuits

Ingredients:

- 1 cup of nut or soy milk of choice
- 1 tablespoon lemon juice
- 1 cup whole wheat pastry flour or white wheat flour
- 1 cup whole wheat flour
- 4 teaspoons aluminum-free baking powder
- 1 tablespoon dry sweetener of choice
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ cup vegan margarine

Directions:

1. Preheat oven to 450 degrees F.
2. Combine lemon juice in milk and set aside. This will make a “buttermilk” alternative.
3. Combine pastry flour, whole wheat flour, baking powder, sweetener, and salt in a bowl.
4. Cut in margarine with a knife or pastry blender until mixture resembles coarse crumbs; stir in milk until just moistened.
5. Turn dough out on a lightly floured surface; knead gently 8 to 10 times. Roll to about $\frac{3}{4}$ -inch thickness, cut with a 2 $\frac{1}{2}$ -inch biscuit cutter. Place biscuits on an ungreased baking sheet.
6. Bake in a preheated oven until biscuits are lightly browned, 10 to 12 minutes.

Country Style Gravy (From: Country Life Vegetarian Cookbook, page 69)

2 cups water	3 tablespoons soy sauce or Braggs Liquid Aminos
½ cup cashew pieces	1 tablespoon nutritional yeast flakes
1 tablespoon onion powder	2 tablespoons cornstarch
¼ teaspoon garlic powder	

Directions:

Blend all ingredients on high 2-3 minutes until creamy. Pour into saucepan and cook on medium-high until thick, stirring constantly. Serve over entree roasts or loaves, potatoes, or biscuits.

YIELD: 2 ½ cups

KETCHUP

1 1/3 c. tomato paste (1 – 12 oz can)	2 Tbs. Olive oil
½ c. tomato puree	¼ tsp. oregano
2 – 4 Tbs. honey or equivalent sweetener of choice	2 tsp. onion powder
2 Tbs. lemon juice	¼ tsp. garlic powder
	1 tsp. salt

Put all ingredients into a bowl and stir together well. Keep refrigerated.

YIELD: 2 ½ cups

Variation: For CHILI KETCHUP stir in 1 Tbs. CHILI SEASONING.

Plant Based Salad Dressings

RANCH SALAD DRESSING

Compliments of Carol Shupe

1 Box Mori-Nu soft tofu
½ cup water
3 Tbs. fresh lemon juice
1 ¼ tsp. salt
2 tsp. honey
1 tsp. garlic powder
1 tsp onion powder
1 tsp. dried basil
½ tsp. savory
½ tsp. dried parsley

Blend all ingredients until smooth. Refrigerate.

ITALIAN SALAD DRESSING

Compliments of Nancy Rice.

1 cup plus 2 Tbs. olive oil
6 Tbs. lemon juice
1 tsp. salt
¾ tsp. garlic powder
½ Tbs. plus ¾ tsp. onion powder
½ Tbs. basil
2 tsp. dried parsley

Blend first 5 ingredients on high 1 – 2 minutes. Add basil and parsley and blend on low to mix. Refrigerate.

Cashew Mayonnaise

Blend until creamy:

- ½ C cashews, rinsed
- 1 C water
- pinch garlic powder
- ½ t salt
- ½ t onion powder

Pour into saucepan and cook until thick, stirring constantly. Then add:

- 2 T lemon juice.

Good with avocado sandwiches, etc.

Tahini Mayonnaise

Blend:

- 1 C water
- ¾ C Tahini
- 1 t onion powder
- ½ t garlic powder
- 1 t salt
- ½ C lemon juice

Soy Margarine—I

Whiz until smooth:

- ½ C SOY BASE (pg. 84) OR Soyagen
- ½ C water (¾ C if Soyagen is used)

While blending add:

- 2 t liquid lecithin
 - 1 t salt, OR to taste
 - 1 T tahini
- Slowly add:

1 C oil, soy (the more oil, the thicker it gets)

OR ½ C oil, coconut, ½ C oil, soy

Keep refrigerated. When using the combination of coconut oil and soy oil, this makes a firm margarine when refrigerated.

Potato Salad

Mix together:

- 3½ C potatoes, cooked, cubed
- 1 C celery, finely diced
- ½ C black olives, sliced
- 2 T parsley, chopped (fresh)

Few drops of "dandelion" coloring, OR ½ t turmeric

- 2½ t onion powder
- ½ t garlic powder
- ½ C onion, diced
- 1 t lemon juice
- 1 C SOY MAYONNAISE (pg. 52)
- 1 t salt (or to taste)

If mold is desired, line bottom of angel food cake pan with swaxed paper, oil bottom and sides of pan and pack down firmly. Chill.

Guacamole Dip

Mix together:

- 2 C ripe avocados, mashed
- ½ t garlic powder
- 1½ T lemon juice
- 1½ t onion powder
- 1 t salt
- 1 C tomato, chopped fine

Fold in SOY MAYONNAISE (pg. 52). Stir and chill.

French Tomato Dressing

Blend:

- ½ C oil, vegetable
- ¼ C lemon juice
- 2 T honey
- 1¼ t paprika
- ½ C tomato paste OR puree
- 1 t salt
- 2 t onion powder
- ¼ t garlic powder

Non-Diary Alfredo Sauce

Blend:

$\frac{3}{4}$ cup raw cashews (cleaned)

$\frac{3}{4}$ water

Add and blend:

2 cups almond milk

4 tablespoons hulled sesame seeds

1 tablespoon nutritional yeast flakes

1 teaspoon lemon juice

1 $\frac{1}{2}$ teaspoon onion powder

$\frac{1}{2}$ teaspoon garlic powder

1 teaspoons salt

Pinch of nutmeg

Optional: Pinch of cayenne pepper

Blend ingredients for at least 2 minutes to form a smooth purée. Transfer mixture to a pan and cook over low heat while stirring constantly until warm and thick. Use over pasta or vegetables.