

## Vegetable Pot Pie

- 8 medium Potatoes, peeled and cubed
  - 1 large Onion, chopped
  - 4 cloves Garlic, minced
  - 1 1/2 cups Frozen Mixed Vegetables
  - Cream Sauce: 1 cup Raw Cashews      2 tsp Onion Powder
  - 2 tsp Salt      1 tsp Garlic Powder
  - 1 Tbs Chicken-Style Seasoning
  - 1 Tbs Nutritional Yeast Flakes
  - 2 Tbs Cornstarch or Flour
  - 4 cups Water, divided
  - Crust: 1 1/2 cups Flour      6 Tbs Vegan Butter
  - 1/4 tsp Salt      3-5 Tbs Cold Water
  - 1/2 tsp Garlic Powder      1/2 tsp Onion Powder
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- Preheat oven to 350°F.
- Water sauté onions and garlic for 2-3 mins. Add potatoes and 2 cups of water; let simmer while preparing sauce, and crust.
- In a blender add cashews, salt, chicken-style seasoning, nutritional yeast flakes, onion powder, garlic powder, cornstarch and 1 cup of water. Blend until smooth. Then pour in last cup of water, and blend. Set aside.
- In a bowl, combine flour, salt, garlic powder, onion powder. Fold in butter. Gradually add in water, a little at a time until soft dough forms. Roll out onto floured surface to 13x9".
- Add blender ingredients to pot and stir until it thickens. Pour into baking dish and topped with crust.
- Bake for 20-25 mins until golden brown.

## Raspberry Thumbprint Cookies

1 1/2 cups Almond Meal  
1/4 cup Coconut Flour  
2 Tbs Ground Flax  
3/8 tsp Himalayan Salt  
1 tsp Baking Powder  
1/2 cup Almond Butter  
1/4 cup + 3 Tbs Maple Syrup  
1/2 tsp Vanilla, Maple, or Almond Extract  
5-6 Tbs Raspberry Jam

- Preheat oven to 350°F and lightly oil baking sheet
- In mixing bowl, add dry ingredients and stir.
- In separate bowl, mix wet ingredients; then combine with dry mixture.
- Shape into balls (about 1.5 Tbs), then place on baking sheet and press down with thumb.
- Add a tsp of jam in the center.
- Bake for 10-12 mins.
- Cool on pan for 5 mins before transferring to cooling rack.