

Zucchini Lasagna

- 3 Medium yellow squash or zucchini
- 1 Jar of pasta sauce
- 1 Medium onion diced
- 4 cloves of garlic, minced
- 1/2 diced bell pepper
- 1/2 cup spinach
- 1 tsp salt
- 1-8oz package of mushrooms (opt.)
- 1 batch of mozzarella cheese

Mozzarella Cheese

- 1 cup cashews
- 7 Tbs and 1 Tsp Tapioca
- 3 Tbs Nutritional Yeast
- 1/2 TSP Garlic Powder
- 2 TSP Lemon Juice
- 1/2 TSP Salt
- Blend until smooth

Instructions

Sauté onions, peppers, garlic, and mushrooms until tender. Set aside.

In a baking dish/pan place a thin layer of sauce at the bottom and one thin layer of sliced zucchini, another layer of sauce.

Evenly spread a layer of sautéed vegetables. Pour a little bit of mozzarella cheese.

Add another layer of zucchini sauce, a layer of spinach,

pour mozzarella cheese, another layer of zucchini, sauce, mozzarella

Bake at 350° for 20-30 minutes until zucchini is tender.

Herb Bread Sticks

- 1 1/2 cups Warm Water (think bath water)
- 2 1/4 tsp Active dry Yeast
- 1 Tbs Coconut Sugar
- 1/2 cup Whole Wheat flour
- 3-4 cups all purpose flour (Kamut or light spelt will work)
- 2 tsp Salt
- 2 Tbs Vegan Butter (Earth Balance)

Spray a large cookie sheet with non-stick spray. In a medium mixing bowl, add water, sugar, and active dry yeast. Stir and set aside until proofed (10 minutes). In a large bowl, add the flour and salt. Stir to combine. Add the yeast mixture and melted butter mix well until a dough ball forms. Place the dough on a floured surface and kneed for a few mi

until smooth. Pull golf ball sized pieces off of your dough balls and roll them into long pieces. Place on your oiled baking sheet. Preheat your oven to 150°F. Once it reaches that temperature, turn it off, and place the breadsticks into the oven. Allow to rise in the oven for 35 minutes. Remove breadsticks, heat oven to 375°F. Bake at 375 for 15-20 minutes,

Herb Toppings

- 3 Tbs Vegan butter
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Basil
- 1 Tbs Nutritional Yeast
- 1 tsp Salt

Once breadsticks have baked, remove from oven and use a brush to apply the herb topping to the top of the bread sticks.

Best if these breadsticks are eaten the next day

French Dressing

2 cups water
1 cup Raw sunflower seeds
2/3 cup Lemon juice
2/3 cup Agave nectar
2 1/2 tsp Paprika
1/2 cups tomato sauce
2 tbs onion powder
1 tsp Garlic powder
1 tbs salt

Place all ingredients into the blender and blend until creamy and smooth. Best chilled and served as a salad dressing.