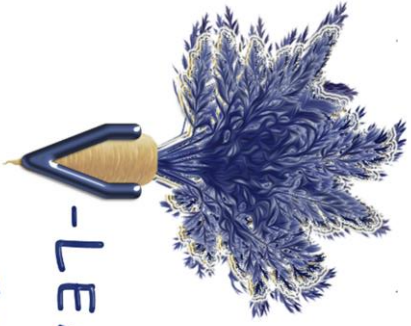


# V-LEARNING COMMUNITY



## Tuna "Chick Pea" Salad Recipe

- 2 cups cooked or canned Chick Peas (aka Garbanzo beans)
- 1 teaspoon powdered kelp
- 2 teaspoon gluten-free tamari
- 1/2 cup mayonnaise (see inside panel for homemade mayonnaise)
- 1/4 teaspoon ground dill weed or ground dill seed
- Pinch of salt, seaweed granules, or nutritional yeast

Put all ingredients in a blender and run for a few seconds.



## Vegan Mac & Cheese

- 4 tablespoons of all-purpose flour
    - 2 teaspoon of salt, seaweed granules, or nutritional yeast
  - 5 cups vegan milk – soy, coconut, hemp, or almond
  - 4 tablespoons of vegan butter (see VLC Recipe Book at [www.vlearningcommunity.org](http://www.vlearningcommunity.org) for homemade butter)
  - 4 cups (2 packages - 16 oz) of Daiya Cheese Mozzarella
  - 1 container (6 oz) of Nuttin Ordinary - 100% Raw Vegan Cashew Cheese (*optional*)
  - OR
  - See VLC Recipe Book at [www.vlearningcommunity.org](http://www.vlearningcommunity.org) for homemade cheeses
  - 16 oz of elbow pasta
1. Combine ingredients (except pasta) in blender until melted.
  2. Add cooked elbows and ingredients from blender into baking dish.
  3. Bake uncovered in 375 degrees F oven for 25 minutes or until lightly browned.
  4. Distribute Nuttin Ordinary in spoonful's on top and cook for another 5 minutes.

Makes: 8-12 servings. Fills a 2"x 8.5" x 12.5" baking dish.

## Carob Ganache

- 1 cup carob powder
  - 1/2 cup berries, banana, applesauce, nuts, seeds, coconut oil, or coconut butter
  - 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date
  - Pinch of salt, seaweed granules, or nutritional yeast
- 1 cup of vegan milk – soy, coconut, hemp, or almond
- Put ingredients in the blender. Add more or less vegan milk based on desired consistency.



## Cashew Cream Recipe

### Cashew Cream Base

- 1 cup of soaked cashews (subs: soaked nuts/seeds, tofu, coconut milk, cauliflower, butternut squash, legumes, etc.)
- 1/2 teaspoons salt, seaweed granules, or nutritional yeast
- 1/4 teaspoons lemon powder, grass or lemon peel spice, or 1/2 tablespoon lemon juice (optional)
- Cover with water or vegan milk – soy, coconut, hemp, or almond

*Blend all recipe ingredients until smooth with a Vitamix (or another blender device) or food processor.*

### Sour Cream

- Cashew cream base
- 1/2 tablespoon apple cider, balsamic, or UME plum vinegar

### Cheese Sauce

- Cashew cream base
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard

*Also see Cheese recipe for additional options in VLC Recipe Book in the [www.vlearningcommunity.org](http://www.vlearningcommunity.org) website.*

### Cream Soup Base

- Cashew cream base
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon nutritional yeast
- 1 teaspoon miso
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date
- 1/2 teaspoon dried thyme
- Mushrooms or other veggies

### Whipped Cream

- Cashew cream base
- 1 tablespoon avocados, banana, applesauce, soaked nuts & seeds, coconut oil, butter or flakes
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date

### Ice Cream

- Cashew cream base
- 1 tablespoon coconut oil
- 3 pitted dates

Note: ice cream maker not required

### Mayonnaise

- Cashew cream base
- 1 1/2 tablespoons apple cider, balsamic, or UME plum vinegar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

### Tartar Sauce:

- Mayonnaise base
- 1-2 teaspoons of dill weed spice or 3 tablespoons of chopped dill pickles

### Salad Dressing:

- Mayonnaise base
- 1 cup of vegetable broth, water, or olive oil
- 1/4 cup nutritional yeast (*optional*)

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