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Tuna Fish

Chick peas have a "tuna" taste and can be used to make tuna fish.

- 2 cups cooked or canned Chick Peas (aka Garbanzo beans)
- 1 teaspoon salt, miso, or nutritional yeast
- 2 teaspoon gluten-free tamari
- 1/2 cup mayonnaise (see VLC Recipe Book at www.vlearningcommunity.org for homemade mayo)
- 1 teaspoon ground dill weed or 2 tablespoons of chopped pickles

Put all ingredients in a blender or food processor. Run for a few seconds.



Vegan Mac & Cheese

- 4 tablespoons of all-purpose flour
 - 2 teaspoon of salt, miso, or nutritional yeast
 - 5 cups vegan milk – soy, coconut, hemp, or almond
 - 4 tablespoons of vegan butter (please see VLC Recipe Book at www.VLearningCommunity.org for homemade butter)
 - 4 cups (2 packages – 16 oz) of Daiya Cheese Mozzarella
- OR
- Please see VLC Recipe Book at 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.

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 butter or flakes

1/8 teaspoon stevia, 1/2 teaspoon agave or pitted dates
pinch of salt or miso

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.



Creamy

Begin with a cream base, then create cheese, sour cream, soup, mayonnaise, etc. by adding a few ingredients.

Cashew Cream Base

- 1 cup of soaked cashews (substitutes: soaked nuts/seeds, legumes, tofu, sweet potatoes, yams, etc.)
- 1/2 teaspoons salt, miso 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).

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

Please see VLC Recipe Book at www.VLearningCommunity.org for other homemade cheeses.

Cream Soup Base

- Cashew cream base
- 1 tablespoon nutritional yeast
- 1 teaspoon miso
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date

Optional: 1/2 teaspoon dried thyme, 1/2 teaspoon of garlic powder, and 1/4 teaspoon onion powder

Whipped Cream (fridge)/Ice Cream (freezer)

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

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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