

Zucchini Brownies with Orange Matcha Icing

Yields: 1 dozen brownies

All-purpose flour	2 C
Cocoa powder	½ C
Baking soda	1.5 tsp
Salt	1 tsp
Canola oil	½ C
Sugar	1.5 C
Vanilla extract	2 tsp
Shredded zucchini	2 C
Orange juice	3-5 T
Orange Matcha Icing*	

1. Preheat oven to 345°F.
2. Sift flour, cocoa powder, baking soda, and salt.
3. Combine sugar, oil, and vanilla extract in a large bowl.
4. Slowly add dry ingredients to wet ingredients. Add orange juice as needed to incorporate.
5. Fold shredded zucchini into mixture.
6. Portion brownies into greased brownie or cupcake molds.
7. Bake for 25-30 minutes until toothpick comes out clean and brownie spring back when poked.
8. Allow brownies to cool slightly, remove from pan to complete cooling, then ice with Orange Matcha Icing.

**See recipe for Orange Matcha Icing*

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Orange Matcha Icing

Yields: Enough for 1 dozen brownies

Margarine	1/2 lb
Soy milk	4 T
Matcha powder	2 T
Powdered sugar	6 C
Orange zest	To taste

1. Allow margarine to reach room temperature, then beat together with powdered sugar in a stand mixer with a paddle attachment.
2. Slowly add matcha powder to margarine/sugar mixture.
3. Add soy milk 1 T at a time until a smooth consistency is achieved.
4. Add orange zest and mix until combined.
5. Use icing to top vegan zucchini brownies once cooled.



Apple Banana Cake

Yields: 2 2x6 loaf pans

Margarine	½ C
Sugar	¾ C
Applesauce, plain	1 C
Brown rice flour	2.5 C
Bananas, mashed	2
Baking powder	1.5 tsp
Cinnamon	1 T
Allspice	½ tsp
Nutmeg	½ tsp
Vanilla	1.5 T
Apples, shredded	6-8 medium

1. Preheat oven to 325°F.
2. Beat margarine and sugar until fluffy. Add the bananas then applesauce and mix to combine.
3. Add vanilla, baking powder, cinnamon, allspice, nutmeg, and flour until mixed well.
4. Fold in shredded apple.
5. Bake in greased pan for 30-45 minutes or until tooth pick comes out clean. Cook time will vary on type of heat the oven uses



Baked Oatmeal with Fruit

Yields: 1 9 in pan

Quick oats	2 C
Flax egg substitute	3 T
Banana, mashed	2 small
Rice milk	1 C
Canola oil	2 T
Applesauce	2/3 C
Brown sugar	1/4 C (split)
Baking powder	.5 T
Blueberries	2/3 C
Dried cranberries	2/3 C
Raisins	1/3 C

1. Preheat oven to 325°F. Grease a 9 in baking pan.
2. Combine dry ingredients, reserving ¼ C of the brown sugar for later. Mix well.
3. Combine all wet ingredients (without the fruit) and puree with an immersion blender or food processor.
4. Add dry mixture to wet mixture and incorporate into a smooth batter. Fold fruit into mixture.
5. Pour batter into baking dish and top with remaining brown sugar.
6. Bake for 25 minutes or until internal temperature reaches 165°F.

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Green Smoothie Bowl

Yields: 3 servings

Banana, cut and frozen	2 ripe
Pineapple, cubed and frozen	4 oz
Coconut milk	6 oz
Matcha tea powder	2 tsp
Spinach	8 oz
Berries	For garnish
Slivered almonds	For garnish

1. Prep bananas and pineapple, freeze overnight with spinach.
2. Place frozen bananas, pineapple, and spinach into a blender with coconut milk and matcha tea powder.
3. Blend ingredients until smooth, adding $\frac{1}{4}$ C water if necessary for texture.
4. Pour into a bowl and garnish with berries and/or slivered almonds.

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Mojito Avocado Cupcakes with Avocado Mint Cream

Yields: 12 cupcakes

Flaxseed	2 T
White rum	2 T
Warm water	6 T
GF oat flour	1 1/2 C
Salt	1/4 tsp
Sugar	1 C
Baking soda	1 tsp
Light brown sugar	1/4 C
Avocado	1/2 C
Banana	1
Applesauce	3 T
Coconut milk	1/4 C
Lime zest	From 1 1/2 limes
Mojito Frosting*	

1. Preheat oven to 325°F.
2. Grind flaxseed and soak in warm water until gelatin forms (about 15 minutes).
3. Mix all dry ingredients.
4. Mix all wet ingredients with an immersion blender.
5. Fold wet ingredients into dry ingredients and mix until better forms. Add more coconut milk if necessary.
6. Pour into lined muffin tin until 3/4 of the way full.
7. Bake for 25-30 minutes until a toothpick comes out clean.
8. Chill cupcakes, then top with Mojito Frosting.

**See recipe for Mojito Frosting*

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Mojito Frosting

Enough for 12 cupcakes

Confectioner's sugar	3 C
Coconut milk and fat	1 T
Banana	1
Lime zest	From 3 limes
Avocado	¼ C
Margarine	1 C
Mint leaves	¼ C
White rum	¼ T

1. Soften margarine until room temperature.
2. Whip avocado and margarine until creamed.
3. Slowly add sugar until fully incorporated.
4. Add coconut milk.
5. Pipe onto chilled cupcakes and serve.



Summer Cobbler

Yields: 12 muffins

Zucchini, peeled and diced	4 C
Lemon juice	1/3 C
Cinnamon, ground	1/2 tsp
Nutmeg, ground	1/4 tsp
Brown sugar	1/2 C
Granulated sugar	3/4 C
Millet flour	1/4 C
Quinoa flour	3/4 C
Brown rice flour	3/4 C
Corn starch	2 T
GF all-purpose flour	2 T
Margarine	2/3 C

1. Preheat oven to 325°F.
2. Simmer zucchini in lemon juice until tender. Add honey, cinnamon, and nutmeg.
3. For crumb mix, combine dry ingredients, sugars, and vegan butter. Mix until crumbly.
4. Add 3/4 crumb mix to zucchini and continue to heat until thickened.
5. Evenly distribute half of remaining crumb mix into 12 muffin cups with paper lining.
6. Once zucchini is thickened, divide among the muffin cups and top with remaining crumb mix.
7. Bake until golden brown and bubbly.
8. Remove from oven. Run knife between muffin paper and tin. Allow to fully cool in tin before removing.

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Kale Quinoa Cakes

Yields: 12 cakes

Quinoa, cooked	1.5 C
Flaxseed, ground	2 T
Kale, finely chopped	1 C
GF Oat flour	½ C
Sweet potato, grated	½ C
Sundried tomato, chopped	¼ C
Sunflower seed	¼ C
Fresh basil, finely chopped	¼ C
Onion, minced	2 T
Garlic, minced	1 clove
Tahini paste	1 T
Dried oregano	1.5 tsp
Red wine vinegar	1.5 tsp
Salt	1.5 tsp
Crushed red pepper flakes	1 tsp
Rice flour	3 T

1. Preheat oven to 400°F. Line baking sheet with parchment paper.
2. Mix flaxseed with enough water to cover it, let thicken.
3. Combine all ingredients and mix to incorporate.
4. Shape mixture into quarter-cup patties using wet hands.
5. Bake for 15 minutes, then gently turn over and bake another 10-15 minutes until golden brown.

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Fried Polenta

Yields: Serves 8

Canola oil	1/2 T
Fresh rosemary, chopped	1 T
White wine	1/4 C
Water	1 C
Yellow cornmeal	4 C
Quinoa, cooked	1 C
Eggs, beaten	4
Parmesan cheese	1 C
Onion, minced	1/2 C
Tomato olive sauce*	

1. Sauté chopped onion in some canola oil until soft and translucent. Add rosemary and cook 1-2 minutes.
2. Deglaze with white wine, then add water and raise heat to a full rolling boil.
3. Turn off heat. Add cornmeal bit by bit, whisking until somewhat stiff.
4. Fold in cooked quinoa and parmesan cheese, then adjust seasonings with salt and pepper to taste.
5. Add eggs while the mixture is still warm, whisking them in quickly to avoid scrambling eggs.
6. Line a sheet pan with foil and spread cornmeal mixture evenly (about $\frac{3}{4}$ " thick).
7. Cool mixture, then cut into squares. Fry squares using 350°F fryer or cooking oil. Cook until golden brown.
8. Season with salt as soon as polenta emerges from fryer, then top with tomato-olive sauce and serve.

**See recipe for tomato olive sauce*

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Tomato Olive Polenta Sauce

Yields: sauce for 12 cakes

Olive oil	¼ C
Chopped tomato	3 C
Capers	½ C
Kalamata olives	½ C
Fresh basil, chiffonade	½ C

1. Sauté all sauce ingredients in olive oil until warm.
2. Serve as a bed with fried polenta cakes on top.

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Millet Corn Chowder

Yields: 8 servings

Vegetable stock	1 gallon
Soy milk	1 Quart
Millet, cooked	2.5 C
Corn kernels	1 lb
Onion, small dice	2 C
Celery, small dice	½ C
Carrot, small dice	½ C
Red peppers, small dice	½ C
White potato, medium dice	2 1/2 C
Garlic	½ T
Paprika	½ T
Cayenne	½ T
Black Pepper	½ T
Oregano, Dried	½ T
Cumin, Ground	½ T
Kosher Salt	1 ½ T
Margarine	½ C
Chives, chopped	½ C

1. In a stock pot, bring 1.5 gallons of vegetable stock, all of the millet, and half of the corn to a boil.
2. Using an immersion blender, puree until smooth.
3. Strain liquid through a fine strainer. Reserve the liquid.
4. In separate pot, sauté remaining vegetables in margarine and add seasonings.
5. Combine strained liquid and sautéed vegetables. Heat to around 165°F.
6. Garnish with chives and serve.

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Oatmeal Quinoa Brownies

Yields: 1 8x8 pan

Quinoa, dry	1/4 C
Water	1/2 C
Brown sugar	1/2 C
Maple syrup	1/4 C
Eggs	2 eggs
Vanilla extract	1 tsp
Chocolate chips, bittersweet	2/3 C
Cocoa powder	1/4 C
Vegetable oil	1/4 C
GF Oat flour	1/3 C
Baking powder	1 tsp
Salt	1 tsp
Milk, 2%	1/4 C

1. Preheat oven to 350°F.
2. Cook quinoa with water, then allow to cool.
3. In a food processor, combine cooked quinoa with brown sugar and maple syrup. Pulse until smooth.
4. Melt half of the chocolate with the cocoa powder and vegetable oil until melted. Add to quinoa and sugar.
5. Slowly pulse mixture, adding eggs one at a time until combined.
6. Alternate adding dry and wet ingredients until combined. Then, fold in other half of chocolate chips.
7. Pour batter on to greased sheet tray, spread evenly.
8. Bake for 30-35 minutes. Let cool completely before cutting.

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Cauliflower and Quinoa Pizza

Yields: 12 slices

Cauliflower	1 head
Italian Seasoning	1 T
Salt	Dash
Pepper	Dash
Quinoa, cooked	1 cup
Pizza sauce	1 ½ cups
Mozzarella or Daiya cheese	1 ½ cups

1. Preheat oven to 425°F.
2. Chop cauliflower in food processor, then pulsate until finely ground.
3. Steam cauliflower for 2-3 minutes. Let cool.
4. Use a clean dish towel to drain cauliflower, removing as much water as possible.
5. In a large bowl, combine cauliflower with all other ingredients.
6. Spray a 15x10 pan with cooking spray, then spread mix evenly over surface.
7. Bake 12-15 minutes, or until golden brown.
8. Add pizza sauce, cheese, and desired toppings.

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Chickpea & Swiss Chard Sauté with Lemon

Yields: 6-8 4 oz portions

Bright Lights Swiss Chard	2.5 lb
Chickpeas, drained and rinsed	2, 14 oz cans
Olive Oil	2.5 T
Canola Oil	1 C
Crushed Red Pepper	1 tsp
Kosher Salt	1.5 tsp
Lemon Juice	T T
Garlic	1 tsp

1. In a large sauté pan on medium high heat sauté the garlic and crushed red pepper for about 30 seconds.
2. Add the Swiss chard and let wilt.
3. Meanwhile, heat canola oil in a heavy pot to 300 degrees F. In 3 or 4 batches, fry the chickpeas until crispy, 4 to 5 minutes per batch.
4. Add chickpeas to the Swiss Chard mixture. Season the mix with the salt and lemon juice and serve immediately.