

# RECIPIES FOR WORLD PEACE

These recipes have been compiled thanks to the wonderful people that have shared their favorite foods as children and adults. Some have come from individuals and various cookbooks, including recipes from the upcoming World Peace Diet Cookbook. Many of the foods we ate as children are a comfort to us because of the loving energy we associate with our family members that prepared the food or the family gatherings that took place while these different foods were eaten. Comfort foods are comfort foods for this reason. It's not just the taste of the food, but rather the memory we associate with the food. This is one reason why some foods are challenging for us to "take away" from our diet. These recipes are here for you so that you do not have to "take away" or "give up" certain favorite recipes from your diet, but rather replace or add new alternatives. While these recipes use different ingredients and the taste will vary from the traditional dish mom used to make, you'll find them to be just as delicious. Please keep in mind that these recipes are just guidelines for you to be creative. Feel free to add and take away spices depending on your likes and dislikes.

## **APPETIZERS, SOUPS & SIDE DISHES**

### White Bean Dip

¼ Cup Olive Oil  
1-2 tsp. Sea Salt  
1 tsp. Pepper  
1-15 oz. Can White Kidney Beans  
3 Tbsp. Lemon Juice  
2 tsp. Agave Nectar or Maple Syrup  
¼ Cup Cashews (optional)  
2 Tbsp. Nutritional Yeast  
1 Garlic Clove  
¼ Cup Fresh Italian Flat Leaf Parsley Chopped or 1tsp. Dried Parsley

Combine everything in a food processor (except the fresh parsley) using an S blade until smooth. Add chopped parsley and gently pulse.

Serve with vegetables or pita bread.

### Guacamole

4 Avocados Mashed  
¾ Cup Red Onion Chopped  
½ Cup Tomato Chopped  
¼ Cup Yellow Bell Pepper Diced  
1 Tbsp. Garlic Powder  
1 tsp. Onion Powder  
1 tsp. Cumin Powder  
¼ Cup Lime Juice  
1½ Tbsp. Agave Nectar  
½ Jalapeño Diced  
½ Cup Fresh Cilantro  
Sea Salt & Pepper (to taste)

Combine all ingredients into a bowl and mix by hand or use the S blade on a mixer.

### Guacamole with Pear & Pomegranate Seeds

1/3 cup white onions, finely chopped  
3 to 4 serrano chiles, finely chopped, with seeds  
1 teaspoon coarse salt  
2 pounds ripe California avocados (about 4 large)  
2 to 3 tablespoons fresh lime juice  
3/4 cup pear, peeled and finely diced  
3/4 cup seedless grapes, halved  
3/4 cup pomegranate seeds

Special equipment: *molcajete y tojolote* (mexican mortar and pestle) or food processor  
In a *molcajete* or food processor, grind onion, chiles, and salt into a rough paste. Gradually add the avocado, coarsely mashing it (you'll want it to be chunky). Stir in the lime juice. Fold in the pear, grapes, and 1/2 cup of the pomegranate seeds. Sprinkle remaining 1/4 cup pomegranate seeds over the guacamole and serve. (From Gourmet, December 2001: Adapted from Diana Kennedy)

### Fresh Salsa

4 medium sized Tomatoes Diced  
2 medium sized Red Bell Peppers Diced  
2 medium sized Red Onions Diced  
1/4 Cup Lime or Lemon Juice  
2 Tbsp. Apple Cider Vinegar  
1 Tbsp. Agave Nectar  
1 Tbsp. Garlic Powder  
1 Tbsp. Dried Minced Onion  
1 Jalapeño Pepper  
1/2 Cup Fresh Cilantro  
1 Tbsp. Sun-Dried Tomato Powder  
Sea Salt & Pepper (to taste)  
Optional – add fresh mango

Combine all ingredients into a bowl and mix by hand or use the S blade on a mixer.

### Tomato Florentine Soup

1 med. onion, diced  
3 cloves garlic, minced  
3 tbsp. olive oil  
2 – 3 cups chopped tomatoes (canned is fine)  
1 Red or Green Pepper  
2 stalks celery finely chopped  
4 cups tomato juice  
4 cups vegetable broth  
1 can tomato paste  
1 cup water  
2 Tbsp. Agave Nectar, Maple Syrup, Honey or something sweet  
2 tsp. oregano

2 Tbsp. basil  
2 tsp. thyme  
2 tsp. garlic powder  
2 Tbsp. Onion Powder  
1 bay leaf  
1 bunch fresh spinach, washed & chopped  
Salt & pepper to taste

Heat onions, garlic, peppers & celery together with olive oil. Cook until vegetables are soft and add spices. Reduce heat and add spinach. Add remaining ingredients and heat until warm.

### Vegan Chili

2 Yellow Onions Chopped  
3 Garlic Cloves Crushed  
1 Green Bell Pepper Chopped  
1 Red Bell Pepper Chopped  
1 Green Chili or Jalapeno Pepper Chopped  
2 ½ Cups Tomatoes (blended or pureed)  
1 Tomato Chopped  
1 Tsp. Ground Coriander  
¼ Tsp. Ground Cloves  
1 Tbsp. Oregano  
¼ Cup Maple Syrup  
4 Tbsp. Chili Powder  
1 Tbsp. Ground Cumin  
1 Package Lightlife Gimmie Lean Sausage Style (cooked in olive oil and ground)  
1 Cup Kidney Beans Cooked  
1 Cup Pinto Beans Cooked  
Olive Oil

In a large saucepan, sauté the onions, garlic and peppers with olive oil until softened. Add the remaining ingredients and bring chili to a boil. Reduce heat and simmer for 10-20 minutes.

### Mashed Potatoes (large batch)

10-12 peeled potatoes boiled until soft  
1 Earth Balance Buttery Stick  
1 tub Tofutti Sour Cream  
¼ Cup Water or Soy Milk  
Salt & Pepper to taste

Use a hand mixer to completely blend all ingredients together.

### Baked Beans

16 ounce package dry navy beans  
6 cups water  
2 tablespoons olive oil  
2 cups chopped sweet onions  
1 clove garlic, minced  
4 (8 ounce) cans tomato sauce

1/4 cup maple syrup  
1/4 cup molasses  
2 tablespoons cider vinegar  
3 bay leaves  
1 teaspoon dry mustard  
1/4 teaspoon ground black pepper  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cinnamon

Place beans and water in a large pot, and bring to a boil. Reduce heat to medium, and continue cooking 1 hour, stirring occasionally, until beans are tender. Drain, and transfer to a large casserole dish. Preheat oven to 300 degrees F (150 degrees C). Heat the olive oil in a skillet over medium heat. Stir in the onions, and cook until tender. Mix in garlic, and cook until golden brown. Mix onions and garlic into casserole dish with the beans. Stir in the tomato sauce. Mix in maple syrup, molasses, vinegar, bay leaves, mustard, pepper, nutmeg, and cinnamon. Cover and bake 3 1/2 hours in the preheated oven, stirring frequently and adding water if necessary. Remove cover, and continue baking 30 minutes.

NOTE: You can find canned vegan baked beans at a health food store.

### Potato Salad

5 large Idaho Potatoes or 10 Yukon Gold Potatoes (peeled, squared & cooked)  
2 Cups Eggless Mayo (Nayonaise or Spectrum)  
2 Tbsp. Maple Syrup  
1/2 Cup Relish or Ground Sweet Pickles  
1/4 Cup Pickle Juice  
3/4 Cup Nutritional Yeast  
2 Tbsp. Onion Powder  
1/4 tsp. dry mustard powder  
2-4 Tbsp. Bac-uns (Frontier Natural Products)  
3/4 Cup Chopped Celery  
1/2 Cup Chopped Yellow Onion  
Salt & Pepper to taste

Combine all ingredients except the potatoes, celery & onions. Once the mixture is ready add the remaining ingredients. If potatoes are still warm, allow time to cool in the refrigerator.

### Warm German Potato Salad

5 Medium Potatoes  
1/4 Cup Olive Oil  
1/4 Cup Cider Vinegar  
1/2 Cup Water  
2 Tbsp. Agave Nectar  
1 Tbsp. Flour  
1/2 Cup Chopped Onion  
1/2 Cup Chopped Celery  
4 Tbsp. Bac-uns (Frontier Natural Products)  
Salt & Pepper to taste

Bake potatoes. While potatoes are cooling, heat oil in skillet over medium heat. Add vinegar and water, and heat to boiling. Stir in agave nectar and flour, and stir constantly until thickened. Peel and chop potatoes,

and place into serving bowl. Gently stir in celery, onion, salt and pepper. Pour warm dressing over potato mixture. Sprinkle liberally with vegan bacon bits. Serve warm.

### Sweet Potatoes

4-5 Sweet Potatoes or Yams  
¼ Cup Maple Syrup or Dark Agave Nectar  
1 Cup Earth Balance or 2 Buttery Sticks  
1½ Cups Chopped Pecans  
Sea Salt to taste

Steam potatoes and mix in ½ cup of earth balance and salt. Sauté the nuts with maple syrup and remaining earth balance until nuts are well coated. Place the potatoes in a casserole dish and top with nut mixture. Bake at 350 degrees for 10 minutes or until hot.

### Green Bean Casserole

16 ounces Fresh or Frozen Green Beans  
2 Cups Imagine Portabella Mushroom Soup  
½ Cup Soy or Almond Milk  
1 Cup Sliced Baby Bella Mushrooms sautéed in earth  
1 Cup Chopped Yellow Onion sautéed in earth balance buttery sticks  
2 Tbsp. Onion Powder  
¼ Cup Nutritional Yeast  
2 Tbsp. Flour  
Salt & Pepper to taste  
1 package Crunchy Onions

Combine all ingredients except for green beans and crunchy onions. Place green beans in a casserole dish and pour mushroom mixture over the top and bake for 30 minutes at 350 degrees. Remove from oven and add the crispy onions to the top and bake for 5 more minutes.

## **MAIN DISHES**

### Macaroni & Cheese

1 stick or ½ Cup Earth Balance  
3 Tbsp. Raw Cashew Butter or ¾ Cup of Raw Soaked & Drained Cashews  
2-3 Cups Water Hot Water  
½ Cup Nutritional Yeast  
1 package Vegan Gourmet Follow Your Heart Cheddar Cheese  
¼ tsp. Paprika  
2 tsp. Sea Salt or to taste  
¼ tsp. Pepper or to taste  
1 Package Macaroni Noodles (follow cooking directions on box)

Melt the butter over medium heat in a saucepan. Combine the water and cashew butter or cashews in a blender. Add the cashew mix to saucepan. Shred the block of cheese and add to the mix with the remaining ingredients. Stir constantly with a whisk until cheese is melted and sauce has thickened (this will take about 15-20 minutes over medium heat). Add more water or canola oil if mixture gets too thick. Add more nutritional yeast if the mix is too thin. Wait until the cheese has fully combined to test thickness. Once mixture has been tested, add to cooked macaroni noodles.

NOTES: You may replace the cashews and hot water with 2 cups of soymilk, but it will not have the same creamy taste that the cashews give it. Also, instead of using noodles, you can use broccoli and/or cauliflower – it's delicious.

### Fettuccini Alfredo

1 stick or ½ Cup Earth Balance  
3 Tbsp. Raw Cashew Butter or ¾ Cup of Raw Soaked & Drained Cashews  
2-3 Cups Hot Water  
½ Cup Nutritional Yeast  
1 package Vegan Gourmet Follow Your Heart Mozzarella Cheese  
2 Tbsp. Onion Powder  
2 tsp. Garlic Powder  
Salt & Pepper to taste  
3 Tbsp. Freshly Chopped Basil or 1 Tbsp. Freshly Chopped Rosemary (Optional)  
1-2 packages of noodles cooked (follow directions on package)

Measurements are approximated.

Melt the butter over medium heat in a saucepan. Combine the water and cashew butter or cashews in a blender. Add the mix to saucepan. Shred the block of cheese and add to the mix with the remaining ingredients. Stir constantly with a whisk until cheese is melted and sauce has thickened. Add more water or olive oil if mixture gets too thick. Add more nutritional yeast if the mix is too thin. Wait until the cheese has fully combined to test thickness. Once mixture has been tested, add to cooked noodles.

NOTE: You may replace the cashews and hot water with 2 cups of soymilk, but it will not have the same creamy taste that the cashews give it.

### Angel Hair Pasta with Lemon Pepper Artichokes & Sun-Dried Tomatoes

½ Cup Artichoke Hearts Chopped  
1 Lemon Juiced  
2 Tbsp. Purified Water  
¼ Cup Sun-Dried Tomatoes Chopped  
3 Garlic Cloves Crushed  
1 Tsp. Ground Pepper  
Sea Salt (to taste)  
4 Tbsp. Olive Oil (cold-pressed)  
¼ Cup Pine Nuts (raw)  
½ Cup Asparagus Tips  
10 oz. Angel Hair Pasta

Sautee asparagus tips in lemon juice for 3 to 4 minutes. Add sun-dried tomatoes, artichoke hearts, garlic, pepper, sea salt and water. Simmer and reduce heat. Cook pasta in boiling water until soft, 5 to 7 minutes. Strain pasta and add to sauce. Remove from heat, add in olive oil and stir gently. Place pasta and sauce onto serving plates and garnish with pine nuts.

## Caribbean Seitan BBQ Wings from *Horizon's the Cookbook*

### BBQ Sauce Ingredients

¼ Cup Ketchup  
1 tsp. Molasses  
2 Tbsp. Agave Nectar or Maple Syrup  
¼ Lime, Juiced  
1 tsp. Ginger juice or freshly grated ginger  
2 tsp. Jerk or Cajun Spice

### Seitan Ingredients

2 Tbsp. Olive or Canola Oil  
10-12 Ounces of Seitan; drained, rinsed & patted dry (there is a chicken style kind that works really well)

Mix all the BBQ sauce ingredients in a mixing bowl and set aside. Break up seitan into wing-sized portions (little bits are fine too). Heat a wok or thing frying pan on high heat and add oil. When the oil starts to ripple (almost smoking), gently add the seitan by sliding down the pan one at a time. Brown the seitan "wings" on each side, turning with tongs. Once browned, add the BBQ sauce to the seitan and allow it to caramelize around the seitan. When the sauce has stuck to the seitan and turned a dark crimson color, they're done. The sauce process should take no longer than one minute. Do not overcook or the sauce will burn. Remove from heat and serve immediately.

## Balsamic & Agave Glazed Seitan from *Horizon's: New Vegan Cuisine*

24 ounces Balsamic Vinegar  
6 ounces Agave Nectar  
3 tsp. Tamari Soy Sauce  
1 Tbsp. Canola Oil  
16 Ounces Seitan, drained & rinsed

Pour the vinegar into a medium saucepan and bring to a boil, then reduce the heat to medium-low and let the vinegar reduce by 2/3. This will take anywhere from 25 minutes to one hour, depending on the vinegar, pot and stove. When it looks like it has thickened, dip a spoon into the vinegar. It should just coat the back of the spoon. Add the agave nectar and tamari, stir and remove from heat. If the sauce gets really thick as it cools, then just add a bit of water (1 Tbsp. at a time) to loosen it. At room temperature it should be the consistency of molasses. When ready, heat oil in a wok or thin frying pan until it starts to ripple. Add the seitan and brown (bits, pieces and different sized chunks work well). Drizzle the balsamic sauce over the browned seitan and let it coat and caramelize around the seitan, turning the seitan in the pan as needed to coat all sides (about 2-4 minutes).

## "Sauerbraten" with Brown Sauce: A typical German Sunday dish

16 ounces Seitan  
1 Cup Filtered Apple Cider Vinegar  
¼ Cup Olive Oil  
¼ Cup Water  
3 Bay leaves  
1 Yellow Onion  
½ Cup Soy Milk or Almond Milk  
½ Cup Vegetable Stock  
½ Cup Earth Balance or 1 Buttery Stick

3 Tbsp. Flour  
Salt & Pepper to taste

Drain the seitan and place in a pot with vinegar, water and olive oil. Bring to a boil and simmer for around 2 hours. Remove from heat and strain the liquid from the seitan, leaving about ¼ cup of the liquid in with the seitan. Cut the onion into rings; in another saucepan, melt the earth balance and cook the onions until softened. Once the onions are softened, slowly sprinkle the flour over the mix and allow to brown. Add the soy milk and vegetable stock, bay leaves and salt and pepper to taste. Let it simmer for 5-10 minutes.

## **DESSERTS**

### Raw Berry Cobbler

#### Crust

2 Cups Almonds Soaked & Drained  
½ Cup Sunflower Seeds Soaked & Drained  
2 Tbsp. Shredded Coconut  
½ Cup Dates Pitted  
¼ cup Lemon Juice  
2 Tsp. Vanilla Bean Powder or Vanilla Extract  
1 Tsp. Cinnamon  
½ Tsp. Nutmeg

#### Filling

1 Cup Raspberries  
1 Cup Blueberries  
1 Cup Peaches or Mango dried and re-hydrated  
1-3 Tbsp. Honey or Agave Nectar  
½ Cup Almond Chopped

To make the crust: in a food processor, process the almonds, sunflower seeds, coconut, dates, lemon juice, vanilla powder, cinnamon and nutmeg. (To make the vanilla bean powder, grind a fresh vanilla bean in a coffee grinder or nut grinder until it reaches a fine powder). Press mixture into a piecrust.

To make the berry filling: in a food processor, process the berries, peaches or mango and honey. Pour the fruit mixture over the piecrust and refrigerate for two hours, allowing the pie to solidify. Remove the pie from refrigerator and sprinkle with almonds.

*Serves 6-8*

### Chocolate-Peanut Butter Fudge

2 Cups Organic Peanut Butter (nothing added)  
1½ Cup Organic Agave Nectar or Maple Syrup  
9-12 oz. (3-4 bars) Endangered Species Chocolate Chimpanzee Bar or Vegan Chocolate Chips (grain sweetened)

In a saucepan, combine the agave nectar or maple syrup with chocolate over medium heat, completely melting. Once chocolate is melted, remove from heat and stir in peanut butter. Pour mixture into a container and refrigerate for about 2 hours. Once the mixture is cool, cut and serve.

## Chocolate Peanut Butter Pie

### *Pie Crust*

3 Tbsp. Earth Balance Soy Garden Buttery Spread  
1 Package Country Choice Organic Sandwich Cremes – Chocolate (12 OZ.)

#### Directions:

Use a food processor to crumble the cookies. Melt the butter spread and add to the cooking mixtures. Using a round pie pan, press the cookie mixture into the pan and let cool in the refrigerator for about 15-20 minutes. Once the crust is cool, place the tofu mixture over the crust and put in the refrigerator to cool for a couple hours to set.

### *Filling*

½ Cup Earth Balance Buttery Sticks  
3 Cups Organic Powdered Sugar  
2 Cups Organic Peanut Butter – nothing added  
3 Cups Erewhon Crispy Brown Rice Organic Cereal or any Vegan Rice Cereal (measured pre-crushed)

#### Directions:

Combine all ingredients in a mixer until smooth. Press into pie pan on top of cookie crust.

### *Topping*

16 oz. Sunspire Chocolate Chips (non-dairy) or Endangered Species Chocolate Chimpanzee Bar  
2 Tbsp. Maple Syrup or Agave Nectar  
2 Tbsp. Soy Milk or any Nut Milk

#### Directions:

Melt down ingredients in a saucepan. Once fully melted, pour over the pie filling, spread evenly and allow to cool. Once cool, cut and serve.

Note: If you are making the mousse variation, **do not** use the chocolate topping.

### *Variation for Filling – Chocolate Mousse*

2 Packages Silken Tofu (Mori Nu – extra firm organic)  
3 Tbsp. Soy Milk or any other Nut Milk  
10 oz. Vegan Chocolate Chips (grain sweetened) or 3 to 4 bars of the Endangered Species Chocolate Company's Chimpanzee Bar – Dark Chocolate  
4 Tbsp. Maple Syrup or Agave Nectar

#### Directions:

Blend tofu in food processor (or blender) just until smooth. Melt chips with the nut milk. Add maple syrup or other sweetener to melted chocolate and combine. Add the chocolate mixture into the blender or food processor and mix with tofu until creamy. Note: You may add more chocolate chips or sweetener depending on how rich you like the dessert.

## Peanut Butter-Chocolate Crispies

3 Cups Organic Koala Crisp Cereal or Brown Rice Cereal  
3 Cups Organic Gorilla Munch or Panda Puffs Cereal  
1½ to 2 Cups Brown Rice Syrup  
1 to 1½ Cups Peanut Butter  
1 to 1½ Cups Vegan Chocolate Chips/Endangered Species Bars

Coat a baking pan with safflower or canola oil. Place peanut butter, brown rice syrup and chocolate chips in a large saucepan over medium heat. Remove from heat and stir into cereal. Press mixture into a baking pan and cool for 15 minutes. Slice into squares.

## **BREAKFAST & BREADS**

### Goetta

6 cups Water (for more flavor use Vegetable Broth)  
½ Cup Earth Balance  
4 tsp. Sea Salt  
2-3 Whole Bay Leafs  
1 tsp. Thyme  
1 tsp. Sage  
1 tsp. Garlic Powder  
1 Tbsp. Onion Powder  
2½ Cups Steel Cut Oats or Pinhead Oats  
2 packages Gimmie Lean Ground Sausage Style (vegan)

Directions:

Bring water to a rapid boil. Add all ingredients except for the sausage. Cover and simmer for 25-40 minutes, until all water moisture is absorbed into the oats. Check occasionally and stir. Remove from heat and add the sausage. Allow to cool. Once the mixture is cool, roll into patties and fry on high heat with olive oil.

### Banana French Toast

1 Large Banana  
½ Cup Almond, Rice or Soy Milk  
¾ Tsp. Cinnamon  
½ Tsp. Nutmeg  
1 Tsp. Vanilla Extract  
5 Slices Bread of Choice  
Canola or Safflower Oil

Blend all ingredients together except the bread. Coat bread with the mixture and cook over medium heat in an oiled pan until golden brown. This recipe is sweet by itself, but if you want it sweeter, drizzle with maple syrup or agave nectar.

## Tofu Scrambler

10-14 oz. Package of Firm Tofu  
1 Red Bell Pepper Cubed  
1-2 Tbsp. Purified Water  
1 Cup Sliced Mushrooms  
1 Tomato Diced  
½ Cup Green Onion (chives) Chopped  
½ Tbsp. Ground Turmeric Root  
1 Tbsp. Liquid Amino  
1 Tbsp. Olive Oil (cold-pressed)  
1 Tsp. Cayenne Pepper (optional)

Slice tofu very thin and set aside (will easily fall apart, but does not matter). Place peppers in an oiled frying pan and cook 3 to 4 minutes, stirring frequently. Add in mushrooms and tomato, cook for 3 to 4 minutes, stirring repeatedly. Add in tofu slices, ¼ cup green onions, liquid aminos and ground turmeric. To spice things up add cayenne pepper. Cook until tofu is warm. Season to taste with sea salt or liquid aminos. Turn off heat and transfer to a serving bowl. Drizzle olive oil over the top and garnish with the remaining green onion.

## Sweetened Almond Milk with Cinnamon

1 Cup Almonds (soaked for 6 hours & drained)  
3 ½ Cups Purified Water  
4 Tbsp. Agave Nectar or Maple Syrup  
½ tsp. Cinnamon

Cover the almonds with enough water to cover and blend until creamy. Gradually add in the rest of the water and continue to blend.

Over a large bowl or cup, strain the mixture with a cheesecloth or yogurt strainer squeezing out all of the milk/liquid. Milk keeps for up to 5 days in the refrigerator. Shake milk before using, it tends to separate in the refrigerator. (Almond pulp can be saved for other recipes, such as a filler for bread or cakes).

Once the mixture is strained, place the milk back in the blender and add sweetener and cinnamon.

## Whole Grain & Fruit Muffins

3 Cups Whole Wheat Flour (may replace with Spelt Flour)  
½ Cup Soy Flour or Bran  
¼ Cup Sucanat (organic unrefined evaporated cane juice)  
2 Tsp. Cinnamon  
2 Tsp. Baking Soda  
1 Tsp. Ground Cloves  
2 Tbsp. Maple Syrup  
½ Cup Finely Grated Carrot  
1 Cup Chopped Apples  
1 Cup Chopped Walnuts  
¼ Cup Raisins  
¼ Cup dried cranberries  
3 Tsp. Ener-G Egg Replacer + 4 Tbsp. Water

1 ½ Cups Water  
½ Cup + 2 Tbsp. Molasses  
¼ Cup Unsweetened Applesauce

Preheat oven to 400 °. Line muffin tin with paper baking cups and set aside.

Mix together the flours, sucanat, cinnamon, baking soda and cloves in a large bowl. Add the carrots, apples, walnuts, raisins and cranberries. Stir in the egg replacer, applesauce, molasses, honey and water. Mix well and pour mixture into 8 medium-sized muffin tins.

Bake for 15 to 20 minutes or until golden brown and allow cooling time.

### Harmony's Amazing Banana Bread

3-4 Bananas (depending on size)  
½ Cup Organic Sugar  
¼ Cup Organic Brown Sugar  
¼ Cup Agave Nectar, Brown Rice Syrup or Maple Syrup  
1 tsp. Pure Vanilla Extract  
1 egg substitute  
4 Tbsp. Applesauce  
1½ Cups Flour  
1/8 Cup Flax Meal  
1 tsp. Baking Soda  
1 tsp. Salt

Beat the bananas and sugars. Add liquid sweetener, vanilla, egg substitute and applesauce and beat again. In another bowl mix dry ingredients. Take your time and think positive thoughts. Add the dry ingredients to your banana mixture and stir until completely moistened. Pour batter into a greased and floured loaf pan, using canola oil or earth balance to grease. Bake at 325 degrees for about 55 minutes. The time varies, so test with a knife inserted into the center; it should come out relatively clean. Helpful hints: use organic, extremely ripe bananas are best and immerse yourself into the experience, set an intention as you prepare the batter, visualize people you love and anything else that makes you happy as you work – that is the magical ingredient.

## **SNACKS**

### Maple Popcorn Balls

½ Cup Popcorn  
¼ Cup Corn Oil (if using a kettle to pop)  
1 Cup Maple Syrup  
2 Tbsp. Earth Balance Buttery Sticks or Butter  
½ tsp. Sea Salt  
½ tsp. Vanilla Extract  
½ tsp. Baking Soda  
½ Cup Chopped Walnuts (optional)

You can use an air popper to pop the popcorn, or heat the corn oil in a 4-quart kettle over medium heat for about 3 minutes. Add popcorn and cover, leaving cover just slightly ajar. Shake frequently over medium heat until popping stops.

While the popcorn is popping, over medium heat, combine the maple syrup, buttery sticks and sea salt. Bring to a boil and continue to stir for another minute or two. Remove from heat and add vanilla and baking soda. Mixture will bubble up. Pour over the popcorn (add chopped nuts at this point as well) and mix thoroughly.

Grease hands with the buttery sticks and form palm-shaped balls out of the popcorn and place on a baking sheet. Warm oven to 150 – 200 F and place the balls in the oven for about 1 hour. Once removed from oven, allow to cool. The balls should harden. Wrap the balls in plastic wrap or cellophane. (Note: This recipe was prepared without buttery sticks and it turned out just as good.)

### Buttery Popcorn

½ Cup Popcorn  
¼ Cup Corn Oil (if using a kettle to pop)  
½ Cup Earth Balance or 1 Earth Balance Buttery Stick  
Salt & Pepper to taste

You can use an air popper to pop the popcorn, or heat the corn oil in a 4-quart kettle over medium heat for about 3 minutes. Add popcorn and cover, leaving cover just slightly ajar. Shake frequently over medium heat until popping stops.

Melt the butter over medium heat. Pour the melted butter over popped popcorn and add salt and pepper to taste.

## **JUICES & SMOOTHIES**

### Carrot Orange Ginger

5 Carrots  
1 Orange  
¼ Inch Slice Ginger Root

Run all ingredients through your juicer and drink immediately.

Benefits:

Carrot – source of beta-carotene and rich in minerals

Orange – source of vitamin C

Ginger Root – a natural anti-inflammatory agent and excellent source of zinc and selenium

### Green-Pineapple

1 Pineapple  
½ Inch Slice Ginger Root  
4-6 Collard Greens  
2-3 Handfuls of Spinach

Cut away the skin of the pineapple. Run all ingredients through your juicer and drink immediately.

Benefits:

Pineapple – aids in protein digestion and contains the enzyme bromelain

Ginger Root – a natural anti-inflammatory agent and excellent source of zinc and selenium  
Collard Greens – source of riboflavin, vitamin C and magnesium among many others  
Spinach – source of vitamin E, vitamin B-2, vitamin B-6 and folic acid among many others

### Apple Cobbler Smoothie

1 Cup Apple Juice  
2 Cups Almond Milk  
2 Tbsp. Almond Butter  
2 Frozen Bananas  
2 Dates  
1 Tbsp. Maple Syrup  
1/8 Tsp. Cinnamon

Blend all ingredients together until smooth. (Note: smoothie is creamier if banana is frozen. Make sure to peel the banana and place it in an air tight bag before putting in the freezer).

### Peanut Butter-Banana Smoothie

2 Cups Almond Milk  
2 Tbsp. Peanut Butter  
2 Frozen Bananas  
2 Tbsp. Agave Nectar

Blend all ingredients together until smooth. (Note: smoothie is creamier if banana is frozen. Make sure to peel the banana and place it in an air tight bag before putting in the freezer).

### Berry-Coconut Smoothie

1 Young Coconut (water & meat) or 2 Cups Coconut Milk (store bought)  
1/4 Cup Strawberries  
1/4 Cup Raspberries  
1/4 Cup Blueberries  
1 Banana Peeled & Frozen  
2 Tbsp. Agave Nectar

Young coconuts can be found at many health food stores or special ordered by grocery stores. Young coconuts are white on the outside if they have been shaved or green on the outside if not. Try to buy the shaved coconuts – they are a lot easier to break open. To open your young coconut, use a screwdriver to make two holes. Pour the coconut water into the blender and from here proceed to fully open the coconut. Using the screwdriver start to pry open the coconut making a circle of holes. Once the coconut is open, scoop out the white meat or jelly and put into the blender with the remaining ingredients. Blend until smooth.