

## **Vegan Poppers makes 10**

5 lg jalapeño peppers, halved and de-seeded

¼ cup vegan cream cheese

¼ cup vegan cheddar shreds

2 Tbs whole wheat flour

1 Tbs nutritional yeast flakes

1 tsp garlic powder

pinch salt/pepper

panko bread crumbs

soy milk (about ¼ cup)

Prep jalapenos by halving them and removing seeds.

Blend cream cheese with cheddar shreds and “stuff” the pepper halves with the cheese mixture.

Set up breading station:

1. Bowl with flour, yeast, garlic, salt, pepper

2. Bowl with panko

3. Bowl with milk

Working with one popper at a time, roll in milk, then in flour mixture, then in milk again, then in the panko, pressing the panko into the wet cheese and milk.

Place on cookie sheets and bake at 350 about 20-30 minutes until browned and bubbly.

Serve warm.

\*\*Would be good served with spicy ranch dressing on the side.

## **Spicy Glazed Vegan Meatballs**

Vegan meatballs (Woodmans has a great selection!)

Pineapple chunks

Sauce:

2 Tbs Vegemise

2 tsp cayenne hot sauce

1 tsp maple syrup or agave

2 tsp pineapple juice from can

2 tsp olive oil

Prepare sauce using above ingredients – whisk until smooth. Heat sauce until steaming.

Place meatballs in a microwave safe dish and heat until steamy.

Use fancy toothpick to spear one pineapple chunk and one meatball. Serve warm with dipping sauce on the side.

## **Coconut Curry Cauliflower Soup**

1 head cauliflower

1 clove garlic

1 small onion

1 can coconut milk

½ Tbs curry

½ tsp garam masala

salt to taste

Topping:

1 cup purple grapes, halved

¼ cup chopped scallions

2 Tbs sliced almonds

Clean cauliflower and place florets into a large pot. Cover with water and cook til very tender. Reserve ½ cup water, and drain the rest (or freeze into cubes and save the good vitamins for another soup).

Sauté diced onion with garlic.

At this point, you can use a Vita-Mix or a blender, or leave everything in the pot and use an immersion blender – combine cauliflower, onion/garlic, spices, reserved water, coconut milk and blend until creamy. Serve warm or at room temp with toppings.

### **Roasted Tofu with Pesto**

1 – 16 oz block extra firm tofu

1 tsp olive oil

½ tsp paprika

½ tsp salt

4 tblsp or more of favorite pesto (I used jarred from Woodmans)

Preheat oven to 450. Combine oil, paprika, salt. Gently press water out of tofu and cut into bite sized cubes.

Toss in the paprika mixture and let marinate, shaking gently occasionally. Place on parchment lined baking sheet and roast for 15 minutes, turn over and roast another 15 minutes until browned and crispy.

Stick a bamboo fork or skewer into the side of each cube and top with ½ tsp of your favorite pesto and serve.

### **Vegan Espresso Pudding**

1 can coconut milk

½ cup espresso or very strong coffee

2 Tbs cornstarch

¼ tsp fine salt

¼ cup dark brown sugar

1 Tbs cocoa

Combine cornstarch, salt, brown sugar, and cocoa in a small bowl and whisk to remove lumps.

Combine the coconut milk and espresso in a medium saucepan over medium heat. Once it reaches simmer, add cornstarch mixture and whisk until thoroughly combined. Once mixture reaches a boil, whisk and cook for one more minute.

Remove from heat and pour into a serving bowl or small serving dishes.

If you do not like the skin on the pudding, place a layer of plastic wrap over the top of each dish, otherwise refrigerate until chilled. Top with vegan whipped cream and a sprinkle of cinnamon and a chocolate covered coffee bean.

This recipe was meant to be topped with **Coconut Cream**, but the recipe did not turn out for me. If you would like to try it, do this:

1 can coconut milk, chilled overnight or longer

1 ½ Tbs agave nectar

½ tsp vanilla

Open the chilled can of milk. There should be a thick layer of solid, butter-textured “cream” formed on top.

Remove this layer with a fork, being careful to avoid taking up any coconut water, and place into a mixing bowl.

Beat with electric mixer until soft peaks form, about five minutes. Fold in the agave and vanilla. Top the

servings of pudding with the coconut cream, sprinkle with cinnamon and serve chilled.