

RECIPES

All Purpose Cleaner

1 tsp dish soap

1-3 cups white vinegar

(optional) essential oil (lemon, sweet orange, lavender, or tea tree are recommended)

Fill empty spray bottle with approximately 1 tsp dish soap, add essential oil (about 20 drops)
Pour in 1-3 cups of vinegar. Fill to the top with water, replace nozzle, and shake before use.

Laundry Detergent Recipe

(from www.diynatural.com)

Each batch yields approx. 32 ounces (between 32-64 loads based on how many Tbs used per load).

- 1 bar (or 4.5 ounces) of shaved bar soap
- 1 cup of borax
- 1 cup of washing soda

Thoroughly stir together for 5 minutes and enjoy the results! That's it folks...seems too good to be true, but it is true indeed!

Use 1 Tbs per load (or 2 Tbs for heavily soiled loads).

Faux Parmesan Cheese

1/4 c. nutritional yeast

1/3 c. finely ground almonds

large pinch of sea salt

Measure out all ingredients in a bowl, combine well. Enjoy!

Steamed White Seitan

(from Terry Hope Romero's *Viva Vegan* cookbook)

1 1/2 cups vegetable broth (or chicken flavoured broth)

4 garlic cloves (grated)

2 tablespoons olive oil

1 1/2 cups vital wheat gluten

1/4 cup chickpea flour

1/4 cup nutritional yeast

1 teaspoon dried thyme

1/2 teaspoon sweet paprika

1/2 teaspoon cumin

1 teaspoon salt (to taste)

Directions:

1. In a jug whisk together broth, garlic, olive oil. In a large bowl combine wheat gluten, chickpea flour, nutritional yeast, thyme, paprika, cumin, and salt. Form a well in center of dry ingredients and stir well with rubber spatula until dough leaves side of the bowl.
2. Knead for 2-3 minutes to develop gluten.
3. Leave dough to rest for 10 min, knead again for 30 seconds.
4. Divide dough into 4 equal pieces.
5. Tear off 4 X12 inch pieces of foil and place piece of dough in center of foil, fold the short sides of the foil over the loaf, the fold over the ends the foil should be secure but loose allowing for it to expand. Place in steamer basket and steam for 30 minutes Allow the dough to cool to the touch before chilling in fridge or overnight.

Great Smoky Mountain 'Cheeze'

(from Julie Hasson's *Vegan Diner* cookbook)

- 1/2 cup water, divided
- 2 t agar powder
- 1 (12.3 oz) package silken extra firm tofu
- 1/4 cup plus 2 T nutritional yeast
- 3 T canola oil
- 1 1/4 t sea salt
- 1 t smoked paprika
- 1/2 t granulated garlic
- 1/2 t granulated onion
- 1/2 t regular paprika
- 2 T plus 2 t cornstarch

Combine agar and 1/4 cup water, whisk, and set aside. In separate bowl, combine remaining water and cornstarch, whisk and set aside. Combine remaining ingredients in food processor and whirl until smooth and silky. Add agar and cornstarch mixtures to food processor and whirl a few more times. Transfer mixture to saucepan and heat for 2-3 minutes for the agar to totally dissolve. Return mixture to your washed food processor and whirl for 20 seconds until completely smooth. Pour into a greased loaf pan. Place a piece of wax paper over the top of the cheese and lightly press down. This will prevent a skin from forming on top. Refrigerate until set. This can be sliced or spread.

Recommended Resources:

www.diynaturals.com

How It All Vegan! by Tanya Barnard & Sarah Kramer (features 44 things to do with vinegar)

The Vegan Slow Cooker by Kathy Hester (ketchup, seitan, bread, and more recipes)