

Cookies, Bars, and Energy Bites



LEMON-KISSED BLONDIE BITES

Occasionally I want a sweet treat that isn't chocolate. Rare, but true. These little bites fit the bill perfectly—sweet, with a kiss of zesty lemon!

Makes 14–16 balls

1 cup pitted dates

$\frac{3}{4}$ cup rolled oats

$\frac{1}{2}$ cup raw cashews

$\frac{1}{2}$ teaspoons lemon zest

Seeds scraped from
1 vanilla bean (see note)
or $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon pure
vanilla extract or
 $\frac{1}{2}$ teaspoon vanilla
bean powder

Couple pinches sea salt

$\frac{1}{2}$ teaspoons freshly
squeezed lemon juice

2 tablespoons
unsweetened shredded
coconut

Optional Coating:

3–4 teaspoons shredded
coconut

3–4 teaspoons rolled
oats

$\frac{1}{2}$ teaspoon lemon zest

In a food processor, add the dates, oats, cashews, lemon zest, vanilla bean seeds, sea salt, and lemon juice and process. At first it will appear as if nothing is happening and the mixture is just whirring around crumbs, but it will soon start to become sticky.

When the mixture starts to become a little sticky, add the shredded coconut and process again. Continue to process until the dough forms a ball on the blade. Stop, and then remove the dough.

Take 1– $\frac{1}{2}$ tablespoon scoops of the dough and roll in your hand. Repeat until you have used all of the dough.

To make the coating:

In a small bowl, combine the shredded coconut, rolled oats, and lemon zest. Toss or roll the balls in the coating if desired, and refrigerate.

Vanilla Note: To remove the vanilla seeds from the bean, slice down the outer side of the bean to open up lengthwise. Press open the sides, and using a blunt knife, scrape out the tiny seeds from both sides. The pod can be discarded or kept to infuse flavor in other dishes.

Kitchen Tip: The texture of these bites is somewhat soft, but firms with chilling. For a firmer texture, add another 2 tablespoons of rolled oats.

Peanut butter, chocolate, oats, maple syrup...need I say more? Most people love granola bars, but most of the ones you find in the store have some questionable ingredients. These No Bake Peanut Butter Granola Squares are creamy and chewy, with a little crunch for texture and of course are drizzled with chocolate. The best part — they are good for you!!

No-Bake Peanut Butter Granola Squares [Vegan, Gluten-Free]

Serves

12-16

Cook Time

2

Ingredients

Granola Squares:

- 1 cup oats
- 1 cup crisp brown rice cereal
- ½ cup flax meal
- ½ cup chia seeds
- ½ cup pure maple syrup
- 1¼ cup natural peanut butter (ingredients just peanuts and salt)

Chocolate Drizzle (optional):

- ¼ cup dairy free chocolate chips
- 1-2 tbsp non dairy milk

Preparation

1. In a medium bowl mix the peanut butter and maple syrup until smooth.
2. Add the rest of the ingredients and stir until everything is coated evenly.
3. Press mixture into an 8×8 baking dish.
4. In a small saucepan over low heat, whisk the chocolate chips and 1 tbsp non dairy milk until smooth. Add 1 more tbsp milk if needed to thin.
5. Drizzle chocolate over granola.
6. Cut into squares and enjoy!

Notes

These are delicious without the chocolate drizzle as well!

Peanut Butter Carob Energy Bites

Prep time
10 mins

Total time
10 mins

Author: Lindsay Rey
Serves: 16 bites

Ingredients

- 1 cup rolled oats
- ½ cup chia seeds
- ½ cup shredded coconut (sweetened or unsweetened)
- ½ cup carob chips (Chocolate works too.)
- ½ cup natural smooth peanut butter (plus 1 tablespoon, if needed for binding)
- 3 tablespoons agave nectar (or maple syrup)
- 1 teaspoon vanilla
- ¼ teaspoon salt



Instructions

1. Mix all ingredients together in a medium-sized bowl.
2. Use your hands to knead ingredients together for a minute or two--this step will help to bind the mixture together so you can form balls.
3. Using your hands, form mixture into 2-tablespoon sized balls.
4. Store in an airtight container in the refrigerator for up to 5 days, or eat immediately.
5. Makes about 16 energy bites.

Notes

This recipe was inspired by Marla Meridith's Chocolate and Coconut Granola Bites found here:
<http://www.familyfreshcooking.com/2015/03/22/chocolate-coconut-granola-bites-recipe/>

Recipe by Vegan Yumminess at <http://veganyumminess.com/peanut-butter-carob-energy-bites/>



CHEESY DRESSING

By Darshana Thacker

Makes about 3 1/2 cups

Ready In: 30 minutes

INGREDIENTS:

1 pound trimmed cauliflower, cut into 1-inch florets

1 medium Yukon Gold potato, cut into 1/2-inch dice

2 small garlic cloves

1/8 teaspoon ground turmeric (optional)

1/2 cup nutritional yeast

2 teaspoons white wine vinegar

1/2 teaspoon dried marjoram

1/2 teaspoon mild white miso (optional)

1/4 teaspoon prepared yellow mustard

Sea salt and freshly ground black or white pepper

1/2 cup unsweetened, unflavored plant-based milk, or as needed

This versatile sauce is excellent tossed with veggies or with chips, pita bread, and anything else you or your kids like to dip. You can also mix leftover sauce with warm cooked pasta for a quick mac 'n cheese, or use it as a cheesy spread in wraps and sandwiches. It's a good standby for packed lunches with celery or carrot sticks. White miso is fermented for a shorter period than other varieties of miso and therefore is milder and less salty. It contributes to the cheesy flavor. The optional turmeric adds nice color.

From *Forks Over Knives Family*

Instructions:

1. In a large saucepan, place the cauliflower, potato, garlic, turmeric (if using), and 1 cup water. Bring to a boil over medium heat, then reduce the heat and simmer until the vegetables are very tender, about 10 minutes.
2. Remove the pan from the heat and set aside until very warm, but not piping hot.
3. Transfer the cauliflower mixture with all its liquid to a blender. Add the nutritional yeast, vinegar, marjoram, miso (if using), mustard, and salt and pepper to taste. Blend until creamy and smooth, adding milk as necessary to achieve the desired consistency. Serve at once.

Engine 2 Diet – Mac Not Cheese – (Lancto Quick Queso)

Ingredients



- 1 onion, chopped
- 1 cup cashews
- 1/3 cup lemon juice
- 1 1/3 cups water
- 1/2 teaspoon sea salt
- 4 ounce jar roasted red peppers, drained
- 3 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 16 ounces whole grain elbow pasta, cooked

Instructions

Preheat oven to 425 degrees. Sauté onion on medium heat in a nonstick skillet with a little water or low sodium vegetable broth for 5 minutes, until translucent.

In a food processor, combine the onion, cashews, lemon juice, water and salt. Gradually blend in the roasted red peppers, nutritional yeast, garlic powder and onion powder. Thoroughly toss the sauce with the pasta.

Place mixture into a 9" x 13" pan and bake for 20 minutes, uncovered, until golden brown on top.

Servings: 3

Vegan Grilled Cheese Sandwiches

Prep time	Cook time	Total time
5 mins	15 mins	20 mins

Vegan grilled cheese sandwiches

Author: Lindsay Rey

Cuisine: American

Ingredients

- 1½ cups peeled and finely diced potatoes (I used Russets, but yellow also work nicely)
- ¼ cup peeled and diced fresh carrot
- ½ cup peeled and diced onion
- ¾ cup water (preferably from pot of cooked veggies above)
- ½ cup raw cashews (pre-soaked for a few hours, if you're not using a high-speed blender)
- ¼ cup coconut milk (either lite or full fat variety)
- 2 tablespoons nutritional yeast flakes
- 1 tablespoon lemon juice
- 1 teaspoon salt (or to taste)
- ¼ teaspoon garlic powder
- 1 loaf vegan French bread, or other vegan bread of your choice
- Vegan butter (like Earth Balance) or coconut oil for grilling sandwiches



Instructions

1. In a medium saucepan, bring several cups of water to boil.
2. Place prepared potato, carrot, and onion into the boiling water, and cook until potatoes are fork tender, or about 10 minutes.
3. While your potatoes, carrot, and onion are cooking, place ¾ cup water (preferably water from your pot of cooking/cooked vegetables), cashews, coconut milk, yeast flakes, lemon juice, salt, and garlic powder into your blender. Blend on high until everything is creamy smooth.
4. When potatoes are fork-tender, place potatoes, carrot, and onion into your blender--using a slotted spoon to avoid adding excess water to your cheese.
5. Blend everything on high until smooth.
6. You can use this cheese as is (pretty warm) to make your grilled cheese sandwiches, or you can place it in the fridge for a few hours or days to cool and thicken up slightly--which makes a less messy grilled cheese sandwich. If you're like me, you don't mind ooey gooey all-over-the-place cheese, and the hot stuff works just fine.
7. Slather your cheese sauce on 2 thick slices of bread, slap 'em together, and brush the outsides of your sandwich with either coconut oil (or other heat-safe oil of your choice) or vegan butter. (I use Earth Balance, generally.)
8. Place your sandwich in a preheated pan or griddle on medium heat. Usually, my sandwiches only need about 30 seconds to 1 minute on each side to be nice and crispy. Check your first sandwiches frequently, as they can burn quickly without warning.

Notes

The cheese sauce used in this recipe makes quite a bit. Feel free to cut the recipe in half if you're only going to be serving two people, or if you don't like having leftover cheese sauce to dip your chips into. I didn't end up using all of my batch of cheese for sandwiches, so I can't tell you exactly how many sandwiches one recipe will make.

Cheese recipe inspired by the folks at VegNews: <http://vegnews.com/articles/page.do?pageId=40&catId=10>

Recipe by Vegan Yumminess at <http://veganyumminess.com/grilled-cheese-sandwiches/>