

### **TOFU VEGETABLE QUICHE**

PASTRY: Whiz in processor,  
1/3 c walnuts (or any nuts) until fine,  
1 c barley flour (or any wholegrain flour)  
1/2 c unbleached white flour 1/2 t Celtic sea salt  
1/2 c water

Mix well and press into a pie plate. This dough does not stick, there is no need to grease pie plate.

#### **FILLING:**

1/2 c green capsicum, (finely diced)  
1 c carrots, very finely diced  
1 c onions, finely diced  
2 T cornflour  
2 T yeast flakes (opt)  
1 1/2 t Celtic sea salt  
1 c water  
2 - 4 cloves crushed garlic  
1 c raw cashews  
1 t basil  
300g tofu (either silken or firm)

Keep vegetables separate. Place into blender all other ingredients and blend until very smooth. Add creamy mixture to vegetables and pour into oiled pie plate if you don't want a pie with a crust. Alternatively, pour into an unbaked pie crust. Bake at 180° for 45-60 mins. VARIATION: Use corn, peas or spinach in place of carrots. Make sure the vegetables are diced small enough to cook thoroughly.

### **CHICK PEA A LA KING**

3 c cooked chick peas (cooked in salted water – reserve water)  
1/2 c chopped onions  
1/2 c finely chopped red capsicum  
1/2 c raw cashews  
2 T sesame seeds  
2 T cornflour  
2 T chicken style seasoning  
3/4 t garlic powder  
1 t onion powder  
3 c water and/or chick pea liquid  
2 c frozen green peas  
1 t vegetable salt  
1 t Celtic sea salt

Sauté onions and capsicum in a little water until cooked. Set aside. Blend all ingredients except chick peas and vegetables in the 3 cups of liquid until creamy. Pour sauce into saucepan and cook over heat until thickened, stirring constantly. Place frozen peas in colander and rinse with hot water for 20 seconds. Add all ingredients to saucepan. Continue stirring while cooking two more minutes. Serve over brown rice, flat noodles or toast.

### **CREAMY TOMATO SOYARONI**

4 c soyaroni, cooked (or use other wholemeal pasta)  
1 large potato, cubed  
1 carrot, chopped  
1 c broccoli, chopped  
1 c pumpkin, peeled and chopped  
4 T tomato paste  
1 t Celtic sea salt  
4 t dark miso dissolved in ½ c water  
1 t mixed herbs  
2 cloves garlic, crushed  
¾ c soy milk  
Dash cayenne pepper

Place the potato, carrot, broccoli, pumpkin in a saucepan with a little salted water and cook until soft. In a large saucepan place the cooked pasta, vegetables, salt, miso, mixed herbs, garlic, cayenne pepper and tomato paste. Place over low heat and stir until thoroughly mixed. Add the soy milk and stir until it goes creamy. Serve hot with fresh garden salad.

### **NUT BARS**

½ c finely chopped dates  
4 T tahini  
½ c raw cashews, lightly chopped  
½ c honey  
1¼ c sunflower seeds  
½ c almonds, lightly chopped  
1 t vanilla  
2-3 rice cakes, crumbled

Mix all ingredients together well. Press onto an oven tray and bake 180° for 20 minutes. Can top with soy carob buds when still hot. Leave for a few minutes and spread with a knife.

### **CAROB SEED BALLS**

½ cup seeds (mix of linseeds, sunflower, pepitas and sesame)  
1 c coconut milk powder or soy milk powder  
2 T light carob powder  
2 T coconut cream  
2 T maple syrup or honey

Whiz seeds in grinder or food processor until fine. Add coconut milk powder and carob powder. Whiz. Mix in wet ingredients. Form into small balls and roll in sifted coconut milk powder or carob powder. Freeze. Keep in freezer until serving.

### **CELERY SOUP**

3 stalks celery with leaves  
1 large onion  
1 green capsicum  
1 small carrot  
3 c water  
2 t Celtic sea salt  
¼ t paprika  
¼ c raw cashews  
½ c well cooked rice  
2 T flour

Chop vegetables fine and cook in salted water until tender. Blend nuts, rice and flour with enough water to blend very smooth. Add to vegetables while stirring, boil for 5 mins. Serve.

### **PUMPKIN SOUP**

2 or 3 c raw pumpkin pieces  
2 or 3 c raw potato and/or sweet potato pieces  
1 onion  
1 t Celtic sea salt or to taste  
1 t sweet basil  
½ c raw cashews or coconut cream(opt)

Cover vegetables with water. Simmer until cooked. Blend all ingredients until very smooth. Instead of the raw cashews you may add ½ c coconut cream before serving.

### **TANGY CHEESE SAUCE**

¾ c raw sunflower seeds  
¼ c rolled oats  
½ t dill weed  
2 T yeast flakes  
½ red capsicum  
2-4 T lemon juice  
1¼ t Celtic sea salt  
½ t garlic powder  
1 t onion powder  
1 c water

Blend until smooth and creamy. Pour into saucepan and cook on low heat until thickened. Use on potatoes, broccoli, cauliflower, tacos, haystacks, rice, vegetables, in sandwiches, macaroni. May add chopped spring onions. Can use 1 cup of sunflower seeds and omit the rolled oats if you want this gluten free.

### **SAVOURY SPREAD**

450 g cooked soy beans or chick peas (can use tinned if you prefer)

⅓ - ½ c water from the boiled beans

1 teaspoon dark miso

1 medium onion, sliced

2 cloves garlic

1 teaspoon tomato paste

5 tablespoons yeast flakes

1 teaspoon Celtic sea salt

½ tspn celery salt

½ block copha (melted)

Put all ingredients except copha and savoury yeast flakes in a blender and blend until you get a smooth paste. Add melted copha and yeast flakes and pour into storage containers and refrigerate. This can be frozen in smaller containers.

### **CHICKEN STYLE SEASONING**

1 c yeast flakes

2 T Celtic sea salt

2 T onion powder

1 T celery salt

½ t garlic powder

1 t sweet paprika

1 t mixture sage, oregano and rosemary

1½ T dried parsley flakes

Blend very briefly all but parsley flakes. Stir in parsley flakes and store in an air-tight container in a cool place.