

### VEGETARIAN LASAGNE

Sauté until tender in a little water:

- 2 sticks celery, chopped finely
- 2 zucchinis, sliced finely
- 2 grated carrots, medium to large
- 1 large onion, sliced
- 1 green capsicum, chopped finely

Then add and simmer gently for about 30 minutes.

- 2 or 3 x 425g cans of tomato puree
- 2 grated Granny Smith apples or 2 T honey
- 3 T tomato paste
- 2 t sweet paprika
- 2 t Italian herbs
- 2 T chopped fresh basil (or 2t dried)
- 1 t garlic powder
- 1 t oregano
- 2 t Celtic sea salt
- 1 T virgin olive oil

Place in blender ingredients for the cheesy sauce:

- 1 cup sunflower seeds or raw cashews
- ½ red capsicum, cut in chunks
- 1 t garlic powder
- 2 T lemon juice
- 1 t onion powder
- 2 cups water
- 2 t Celtic salt
- ¼ c yeast flakes
- 2 T cornflour

- 1 pack lasagne sheets
- 1x300 - 400g block tofu, crumbled

Blend together ingredients for the cheesy sauce until smooth and creamy. Layer vegetable sauce, lasagne sheets, tofu and cheesy sauce in baking dish. Continue layering until 1 cm from brim of dish. Finish with a layer of cheesy sauce. Place in oven and bake for approximately 50-60 minutes at 190°. Serves 8-10.

### SPANISH OMELET

- 1 medium onion chopped
- 2 cloves garlic crushed
- 1 medium red capsicum chopped
- 1 c water
- 1 c rice flour
- 1 c raw cashews
- 1 box silken tofu or 300g firm tofu
- 2 T chicken style seasoning (see recipe)
- 2 t onion powder
- 1 t Celtic sea salt
- 1 large potato boiled and cubed
- 2 T fresh parsley chopped

Sauté in water the onions, garlic and capsicum. Place in the blender, water, raw cashews and seasonings, adding tofu last. Blend well until smooth. Combine all ingredients in a bowl. Stir in the flour, parsley and cubed potato. Fry in a non-stick pan for approx 5-10 minutes each side or until cooked.

### YUMMY PIE CRUST

2¼ cups wholemeal bread crumbs (approx 5 slices)  
½ c coconut  
½ c dates softened in ½ c water

Blend the bread first, then add rest of the ingredients and mix well. Add more water if necessary. Press into a greased pie dish and bake until lightly browned, about 15 mins at 180°.

### CHEESECAKE

300 g silken tofu  
1 c raw cashews  
1 x 440 g tin pineapple pieces  
½ c water  
2 T corn or rice flour  
2 T arrowroot powder  
½ c maple syrup or honey  
½ c lemon juice  
1 dessertspoon lemon rind  
¼ t Celtic sea salt  
Fruit to decorate

Place all ingredients except decorating fruit into blender and blend until smooth. Place in saucepan and cook until thickened. Pour filling into a prepared crust and decorate with passionfruit, kiwi fruit, strawberries etc. Place in the fridge to set

### WHIPPED TOPPING (for icing or desserts)

1 c water  
2 t agar agar powder (slightly heaped)  
½ raw cashew nuts  
¼ - ½ honey  
½ Celtic sea salt  
1 t vanilla  
1 can coconut milk (or 2 cups soy milk)

Stir together the agar and water, bring to boil and simmer for 1 -2 minutes. Place remaining ingredients in blender and blend thoroughly until very, very smooth. Add agar mixture and add enough extra water to make a total mixture of 3½ - 4 cups. (3½ c for icing, 4 c for whipped topping). Pour into container, or leave entire mix in the blender, place in the fridge and allow to chill for several hours. (Since this recipe needs blending twice, you can leave the blended mixture in the blender to save the work of washing the blender twice). The set mixture is almost sliceable. Place the chilled mixture back in the blender (if your blender is lightweight, use only half the mix at a time). Cut the mixture with a knife so it will turn easier. Blend until it is the consistency of a thick cream. Try not to add more liquid when blending. The mixture will eventually be turned by the blades and become quite creamy if you carefully push it towards the blades with a spatula. Stop the blender to stir the mixture if needed. This whipped topping can be frozen and used without re-blending. Just stir the thawed topping and use.

### CAROB CANDY CLUSTERS

1 c soy carob buds  
2 T honey  
2 T almond or peanut butter or tahini  
1 t vanilla

Melt together on stove. Mix in some chopped nuts. Drop on greaseproof paper and freeze. (You could add popped popcorn, dried fruit, or anything you wish)  
Spread on rice cakes and freeze. Especially nice if served straight from the freezer.

### **EASY BREAKFAST IDEAS**

1 c grain eg quinoa, rolled oats,  
2 c water  
1 t Celtic sea salt

Simmer until cooked. Approx 15-20 mins. Cover with either a sweet sauce or savoury.  
Quinoa can be substitutes for rice in many dishes.

### **RED LENTILS**

1 c red lentils  
2 c water  
1 t Celtic sea salt  
Sprinkle of onion flakes.

Simmer until cooked. Approx 15-20 mins.

### **LENTIL SOUP**

2 c dry brown lentils  
2 cloves garlic, crushed  
½ c chopped celery  
1 medium onion, chopped  
2-4 T olive oil  
2 c diced carrots  
3 T tomato paste  
2 medium potatoes cut in small cubes  
440g can tomatoes, chopped  
½ t oregano  
½ t savoury  
2 T Celtic sea salt  
2 litres water

Cook lentils in water for approx 40 minutes. Add potatoes and simmer until tender. Add rest of the ingredients and simmer about 30 minutes. Add more water if desired. This soup is delicious by itself, or pour over cooked potatoes, a bed of rice or poured over toast for a quick wholesome meal. You can turn this into a stew, use less water, approx 1½ litres water.

### **POTATO SOUP**

1 chopped onion  
2 crushed cloves of garlic  
2 chopped celery stalks  
6 c water (approx)  
3-4 potatoes, raw and cubed  
2 T nutritional yeast flakes  
1½ t Celtic sea salt  
1 t celery salt powder  
½ c raw cashews  
3 T flour  
¼ c freshly chopped parsley

Sauté onions garlic and celery in a little water. Add potatoes, seasonings and enough water to cover. Simmer until soft. In a blender, process raw cashews with 1 c hot water until smooth and creamy. Add flour with cooked soup and blend. Return to stove and cook soup until thickened. Garnish with a little parsley.

### 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.

### SLICING CHEESE

½ c red capsicum, chopped roughly  
½ c unbleached white flour  
½ c yeast flakes  
1 c water  
3 T light tahini paste  
2 T lemon juice  
1½ t Celtic sea salt

Blend until smooth and creamy. Pour into a small ovenproof dish and bake for 180° for 30 minutes, or until firm looking in the centre. It will settle and firm as it cools. Refrigerate and slice when needed.

VARIATION: You can add ½ c sliced olives.

### JACK CHEESE

1¼ c hot water  
1½ c sunflower seeds  
¼ c yeast flakes  
2 t onion powder  
½ c lemon juice  
¼ c cornflour  
1-2 t Celtic sea salt  
½ t garlic powder  
3 T grated carrot

Blend all ingredients until very smooth. Heat in a heavy pan, stirring until very thick. Place in a container or mould. It will keep for about one week in the fridge. For variation, add green or red capsicum for a slightly different flavour.

### NUT MILK

4 c water  
1 c nuts (almonds or raw cashews)  
¼ t Celtic sea salt  
½ c softened dates (opt)

Blend nuts with one cup of water until very smooth. Add salt and remaining water and blend. Strain if desired. Cover and refrigerate. Shake well before using. This milk is excellent on hot or cold cereal, and for cooking. (Best used within 3-4 days.)

VARIATIONS: Grain-nut milk. Add 1 cup cooked millet or brown rice and blend until smooth. Can soak the nuts overnight.