

Savory Pastry Dough

1 1/4 cup Unbleached, All-Purpose Flour

1/2 tsp Onion Powder

1/2 tsp Garlic Powder

1/2 tsp Himalayan Salt

1 Tbs Nutritional Yeast Flakes

4 Tbs Vegan Butter

4-6 Tbs Water

- Combine all dry ingredients into a bowl.
- Add butter, and use hands to mix in, to form a crumbly mixture.
- Pour in 4 Tbs of water and mix until a soft dough forms. (Add more water if necessary).
- Wrap dough in saran wrap while prepping ingredients for quiche.

Loaded Vegetable Quiche

1 medium Onion, diced

3 cloves Garlic, minced

1 Bell Pepper, chopped

1-8oz pkg Mushrooms, chopped

2 handfuls Spinach, chopped

2 Italian "Sausages", chopped

1 pkg Extra-Firm Tofu, drained

1 tsp Turmeric

1/8 tsp Cayenne Pepper

1 1/2 tsp Himalayan Salt

1 tsp Onion Powder

1 tsp Garlic Powder

1 Pastry Dough (recipe above)

1/2 cup Vegan Cheez (opt.)

- Preheat oven to 400°F.
- Combine all vegetables into saucepan on medium heat. (Except spinach) Stir until they start to become tender.
- Stir in spinach and remove from heat.
- Crumble in tofu and add all the seasonings.
- Press pastry dough down into baking dish and pour in mixture. Add vegan cheez.
- Bake for 25-30 mins until crust turns golden brown.

Millet Pudding

2 cups cooked, warm Millet

1/4 cup raw Cashews

1/4 cup Honey or Agave

1/2 tsp Himalayan Salt

1 tsp Vanilla

3/4 cup Water

- Add all ingredients to the blender and blend until smooth.

Millet

1 cup dry Millet

2 cups Water

- Add millet to pan and dry sauté for about 3-5 mins until fragrant (but not burnt). Add in water, and bring to a boil. Reduce heat and simmer for 20-25 mins, or until water is completely absorbed.

Maple Granola

2 cups Rolled Oats, uncooked

2 cups Quick Oats, uncooked

1/4 cup raw Walnuts, chopped

1/4 cup raw Almonds, chopped

1/4 cup raw Cashews, chopped

2 Tbs Ground Flaxseed

1/4 cup Maple Syrup

1/4 cup Olive Oil

1 1/2 tsp Maple Flavor

1/2 tsp Himalayan Salt

1/2 cup Raisins

1/2 cup Cranberries

- Preheat oven to 300°F.
- Mix together oats, nuts, and flaxseed in a bowl.
- Stir syrup, oil, maple flavor, and salt in separate bowl. Then pour into dry mixture, and stir.
- Transfer mixture onto an lightly oiled baking sheet in a even layer.
- Bake until oats turn golden about 25-30 mins.
- Stir in dry fruit.
- Cool on baking sheet.