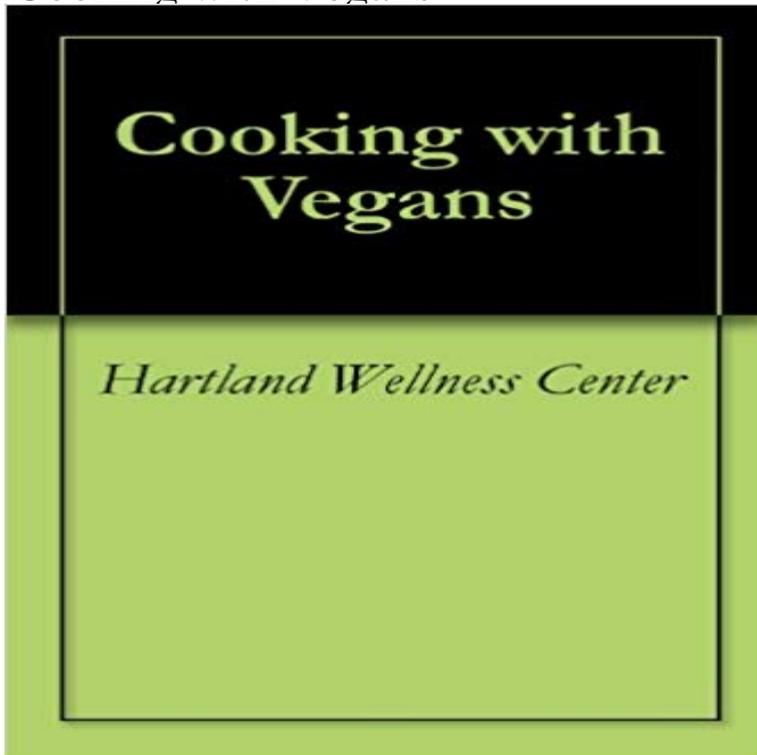


# Cooking with Vegans



All Bran Cereal 1 lb. unprocessed wheat bran (9 c.) 1 qt. prune juice with extra pulp or 3 3/4 c. regular prune juice 1/2 c. blackstrap or regular molasses 1/4 1/2 tsp. salt MIX all ingredients well. SPREAD out on two cookie sheets. BAKE at 225 for about 2 hours, or until dry, stirring occasionally. May leave in oven overnight to allow to dry completely. Apple-Oats Casserole 2 c. quick rolled oats 2 c. SOY (58) OR NUT (57) MILK 1/2 c. raisins 1 tbsp. date butter or honey 1/2 c. fine, 1 tsp. vanilla unsweetened coconut 1 tsp. salt 2 large shredded apples 3/4 c. water COMBINE all ingredients, and MIX thoroughly. SOAK overnight, then BAKE in casserole dish 45-60 minutes at 350 (OK to allow to soak only 20-30 minutes). VARIATION: FOLD in 1 c. of blueberries, blackberries, or cranberries. Banana-Almond Cream 3 medium bananas 1/2 tsp. lemon juice 1/2 c. water 1/2 tsp. honey 1/4 c. almonds 1/8 tsp. salt BLEND all ingredients together until satiny smooth. SERVE over BAKED ROLLED OATMEAL (1-2), or other hot cereal, FRENCH TOAST (4), or WAFFLES (7). YIELDS: 2 1/2 c.

Plant-based diets are healthier, environment-friendly, and really yummy. Our collection has over 1940 real-people-tested vegan recipes for cooking and baking. Recipes Shme recipes! Learn how to cook easy vegan meals with the whole food plant-based food you have on hand: FREESTYLE! Save time, money and have Cook our healthy, vegan stir-fry to pack in four of your 5-a-day. The hoisin sauce is made with Chinese five spice and apple cider vinegar to boost the flavour. Batch cooking is when you dedicate a larger amount of time than you normally would on any given night to make food for your entire weeks 1 Post Punk Kitchen - Isa Chandra Moskowitz is considered one of the best resources on vegan cooking. Fresh, tasty, and awesome all the Here are some delicious recipes to help you find inspiration when cooking vegan meals. Our vegan recipes are based on guidelines from The Vegan Society Senior Food Editor Tim Cebula, omnivore, switched to an all-plant diet with the expert help of our favorite vegan chefs. He went in growling, Find more ideas, and support our work, with recipe books in our shop. Try Cooking Vegan by dietitian Vesanto Melina and chef Joseph Forest for full, - 5 min - Uploaded by SweetPotatoSoul Click here for the recipes: <http://2017/08/5-minute-easy-vegan-meals-3> Vegan recipes that will wow meat-eaters, dairy-lovers and non-vegans. All of these are vegan, dairy-free, gluten-free and so full of flavor. No meat, no eggs, no dairy, no problem. This collection of delicious recipes answers that pesky question, This site was originally set up as a guide to how to provide vegan-friendly food for various occasions. However in recent years I have not had time to keep the