

Mac N Cheeze Casserole

Ingredients	Amount
Pasta	6 Cups
Chicken Style Seasoning	1/3 Cup
Olive Oil	2 Tbs
Grandma Brown's Gravy	2 Cups
Daiya Cheeze	2 Cups
Cashew Cheeze	2 Cups
Vegan Ground Beef (Optional)	3 Cups

Instruction:

Boil pasta. Sauté ground beef w/ oil and seasoning and brown. Mix pasta and ground beef with remaining seasoning and oil. Layer in this order: noodles, cashew cheeze, Grandma Brown's gravy, and Daiya cheese.

Vegan Cheeze Sauce

Ingredients	Amount
Cashews, raw pieces	1 cup
Water	1 cup
Carrots, cooked and blended	2 cup
Olive Oil, optional	1/4 cup
Chicken Style Seasoning	1/4 cup

Instruction:

Blend all ingredients in a blender until creamy smooth.

Grandma's Brown Gravy

Ingredients	Amount
Whole Wheat Flour	1/3 Cup
Water	2 Cups
Chicken Style Seasoning	2 Tbs
Non-dairy Milk	1 Cup
Vegan Butter	1/4 Cup
Braggs Liquid Aminos	2 Tbs
Minced Garlic	2 Tbs
Oil	1/4 Cup
Mushrooms	1 Cup, diced

Instruction:

Sauté mushrooms and garlic w/ seasoning and oil and brown.

Whisk in flour and water and mix thoroughly. Add remaining ingredients and cook on medium. Then let it simmer.

Seasoning: Bill's Best Chicken Style Seasoning
Where to Buy: <http://stores.wholesome-essential.com/>

QUICK, EASY, AND DELICIOUS



Kale Salad

Ingredients	Amount
Finely Chopped Kale	5 Cups
Tahini	1/4 Cup
Lemon Juice	3 Tbs
Braggs Liquid Aminos	1 Tbs
Honey	1 Tbs
Sea Salt	1/4 tsp
Cayenne Pepper	1/8 tsp
Water	1/4 Cup

Instruction:

Blend the last 7 ingredients into a blender until smooth and creamy. Mix and massage into kale.

Add nuts, seeds, dried fruits, beans, and etc. to enjoy an amazing salad.

Fruit Topping

Ingredients	Amount
Fruit (can be frozen)	1 Cup
Sugar	1/2 Cup
Coriander	1 tsp
Corn Starch	1/4 Cup
Sea Salt	Pinch
Water	1/4 Cup

Instruction:

Mix first three ingredients into a sauce pan. Cook on medium-high until it boils. Combine cornstarch, sea salt, and water in a bowl and mix thoroughly. Add mixture to cooked fruit and stir until it thickens.

Serve in pies, cobblers, or crisps . Also, place on granola, pancakes, waffles, yogurt, ice cream, and much more.



Fruits and Grains and Vegetables, Nuts and Seeds is all I need. It tastes so good, so good to me, lets not live to eat but, lets eat to live.

QUICK, EASY, AND DELICIOUS



Soul Food Greens

Ingredients	Amount
Green Cabbage	1 Head
Roasted Garlic	1/2 Cup
Hickory Smoke Flavor	2 Tbs
Olive Oil	1/4 Cup
Braggs Liquid Aminos	1/3 Cup
Kale, Chopped	2 lbs.

Instruction:

Mix first 4 ingredients and sauté until brown. Boil the Greens and add the sautéed cabbage. Add remaining Braggs Liquid Aminos. Simmer on medium to let flavors marinate.

Tofu Scramble

Ingredients

- 1 Block of Tofu
- 2 Tbsp of Vegan Chicken Style Seasoning or Vegetable Bouillon
- Any other seasonings for added flavor

Instructions

1. Crumble Tofu
2. Add Seasoning
3. Lightly oil a medium skillet
4. Cook on medium heat and cook until brown. DO NOT STIR until the one side is browned
5. Stir and let the other side cook until browned and enjoy!

Tofu Egg Omelette

Ingredients

- 1 Cup of Tofu
- 1 Cup of Oats
- 1 1/4 Cup of Water
- 2 Tbsp of Vegan Chicken Style Seasoning or Vegetable Bouillon
- 1 Cup Vegan Daiya Cheese
- Any Vegetables you desire to add the omelette

Instructions

1. Place all the ingredients in a blender and blend to a pancake consistency
2. Lightly oil a medium skillet and put on medium heat
3. Sauté the vegetables you want to add and salt to taste
4. Place 1/4 cup of the omelette mixture on the skillet
5. When it starts to bubble add the vegan cheese and vegetables on one side
6. When its browned flip over like a real omelette
7. Finish browning the Omelette and enjoy!