

Kandice's Favorite  
**Vegan, Vegetarian  
& Seafood**  
Recipes



Healthy and Yummy Recipes  
Collected and Tested  
Throughout a Lifetime of  
Cooking and Eating

By Kandice Crusat

“ Let food be thy medicine and medicine be thy food. ”  
Hippocrates

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## Fresh Vegan Pesto

(Makes 3 cups)



4 cups fresh basil leaves, packed (*you can also mix a variety of herbs with the basil like: cilantro, chervil, dill or parsley*)

1 cup extra virgin hemp, olive, or coconut oil

1 cup cashews, walnuts, or pine nuts

1/2 cup garlic cloves

Salt & Pepper to taste

\* Wash herbs and cut away stems. Dry thoroughly on paper towels or clean dishcloth.

\* Combine all ingredients in a food processor.

\* Stop occasionally to scrape down the sides with a rubber spatula.

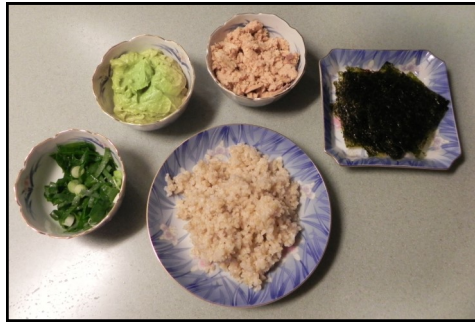
\* Use as a topping for Focaccia bread, as a filling for rolls, or tortillas, over pasta, on top of vegetables, baked potatoes, spread over toasted baguette slices. It is also a wonderful seasoning for fish. Spread a good amount of pesto over fish and bake according to your taste. Use as a pizza topping instead of tomato sauce.

\* This can be kept in a glass container in the refrigerator or freezer. Place a piece of wax paper or plastic wrap on top of the pesto and squeeze out the air. Leave the paper on, then cover it with a tight lid.



# Make Your Own Sushi Party

*Serves 4 people as a dinner*



4 - 12 sheet packages of small sheet nori 4"x 4" (*usually available in the Asian food section*)

4 cups cooked brown rice

2 cups avocado, mashed

1 cup sliced green onion

¼ lb. smoked or regular salmon (*canned OK*), shredded

¼ lb. crab meat, *canned OK*

¼ lb. fresh spicy ahi or sashimi

¼ lb. fresh Kim Chee shrimp

\* if the nori sheets are a little stale, warm in oven for a few minutes on low until crispy.

\* Prepare all ingredients and put in separate dishes for self-serving. It's enough for 12 rolls per person. You can change the fishy ingredients as you like. It's actually lovely with just the rice, avocado and salmon.

## ***Other ideas for the sushi party are:***

\* *Beverages: Kirin Beer, Warmed Sake, or Green Tea*

\* *Pupu: Arare` cracker, rice cracker with nori, steamed soybeans in shell, sliced carrots, cucumbers, snap peas.*

\* *Desert: Green Tea Ice Cream, Fortune Cookies, Green Tea*

\* *Table Decoration Idea: Ikebana flower arrangement.*

**Notes:** *Another idea instead of, or in addition to, is to use small romaine leaves as the wrap instead of the seaweed. You can also use Shiso leaves as they sometimes do in Japan. Shiso is an herb with a hint of anise flavor.*

## Spanakopīta (Greek Spinach Pastries)

Makes about 2 dozen

2 tbs. olive oil  
1 small onion  
1 15 oz. pkg. frozen chopped spinach, *thawed and squeezed dry*  
1/3 cup grated Parmesan cheese  
1/8 tsp. pepper  
1 egg  
8 phyllo leaves, thawed according to directions  
1/4 cup melted butter

\* In a large frying pan sauté oil and onion until tender, about 5 minutes. Remove from heat and stir in spinach, cheese, pepper and egg until well mixed. Set aside.

\* With sharp knife, cut phyllo the long lengthwise into 3" strips. Place on waxed paper then cover with damp paper towel to prevent from drying out.

\* Place 1 strip of phyllo on waxed paper and put 1 tablespoon of spinach mixture on one corner. Fold up diagonally at right angles until you reach the end of the strip. You will now have a triangle shaped package. Place seam side down on a cookie sheet and brush lightly with Melted butter.

\* Repeat with remaining strips.

\* Preheat oven to 400.

\* Bake pastries 10 minutes or until golden brown on top. Serve hot.

# Stuffed Mushrooms

2 dozen X-large mushrooms, washed and dry  
1 medium onion, minced (do not use Cuisinart for this)  
4 garlic cloves, minced  
1/4 teaspoon pepper  
1 tablespoon olive oil 8 oz. can crab meat, shredded  
1 cup grated jack, parmesan or cheddar cheese

\* Scoop out center of the mushrooms, being careful not to go too deep. (*A melon ball scooper works really well for this.*) Keep the mushroom centers for the stuffing, mincing if necessary.

\* In a large frying pan, sauté the onion and garlic in oil until soft.

\* Add pepper and the mushroom centers. Sauté another minute and set aside in a mixing bowl.

\* Sauté hollowed out mushrooms in same frying pan, adding more oil if necessary. Cook only until slightly soft, but not mushy.

\* Add cheese and crab to stuffing mix. Fill mushrooms with mixture until heaping.

\* Reheat in oven when ready to serve. May be made a day ahead and reheated.

# Pesto Avocado Wraps



Flour Tortillas

Pesto

Avocado, mashed

Lettuce, washed, dried thoroughly and chopped.

- \* Use fresh tortillas and do not reheat unless you will eat them right away.
- \* Cut tortillas in half or use whole. Spread tortilla liberally with pesto.
- \* Mash the avocado, add the chopped lettuce, spread on top of pesto and tortilla.
- \* Rollup tightly as possible. Serve immediately.

**Notes:** You can also just use flour tortillas and pesto. Warm in oven before serving. These look nice folded into a triangle. They keep well made in advance if you don't heat them and taste good eaten cold.

# Yogurt Cream Cheese

Makes 2 cups of cream cheese

1 - 32oz container of plain yogurt; low fat or regular

\* Using a fine mesh strainer, put yogurt into strainer. Place the strainer over a large enough bowl to allow about 2" between bottom of the bowl and the bottom of the strainer. If you don't have a fine mesh strainer, use a cheese cloth to line other strainer.

\* Place this in the refrigerator for at least 24 hours, or until yogurt is very firm. Check every few hours and empty the draining whey/water from the bowl.

\* When the yogurt is firm, take out of strainer and keep in a closed container in the refrigerator.

\* This can be used in place of sour cream, cream cheese, mayonnaise and whenever you want a firm creamy addition to any foods.

***Note:*** Mix in any seasoning you like and use as a dip for vegetables, crackers or chips, even as a sandwich spread.

## Fresh Garden Salad with Herbs



2 cups Green Romaine Lettuce  
2 cups Red Romaine Lettuce  
2 cups Golden Frill Spicy Green  
2 cups Scarlet Frill Spicy Green  
2 cups Mizuna Greens  
Fresh Dill, Cilantro, Chervil & Big Leaf Parsley  
Borage Flowers  
Violet Flowers

- \* Wash, chop and dry all greens.
- \* Wash and dry all herbs, then cut the leaves from the larger stems, leaving small stems is OK.
- \* Mix greens and herbs in a large salad bowl.
- \* Add flowers on top.
- \* Serve with Ranch Dressing.

**Note:** Substitute any type of fresh greens or edible flowers that you like. A variety looks the best.

## Santa's Favorite - Holiday Hot Chocolate

Makes about 4 cups of mix

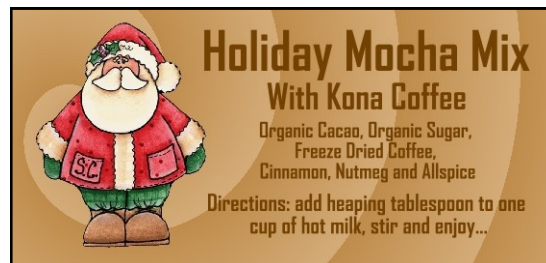


2 cups white granulated sugar  
1 cup brown sugar  
1 1/2 cup cacao powder  
1 cup freeze dried coffee  
2 tablespoon cinnamon  
1/2 tablespoon nutmeg  
1/2 teaspoon allspice

Blend all ingredients in food processor until thoroughly mixed.  
Store in glass jars until used.

To make hot chocolate heat any type of milk (non-dairy ok). You can also make it without milk for a black coffee or dark chocolate drink.

Put 1 cup hot milk in mug and add 1 heaping tablespoon chocolate mix. Stir well and enjoy!



## Regular Hot Chocolate

3 cups white sugar  
2 cups cacao powder

Blend ingredients in food processor until thoroughly mixed. Store in glass jars until used.

To make hot chocolate heat any type of milk (non-dairy ok). You can also make it without milk for a black coffee or dark chocolate drink.

Put 1 cup hot milk in mug and add 1 heaping tablespoon chocolate mix. Stir well and enjoy!

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## Kabocha (Japanese Pumpkin) Squash Soup



1 large Kabocha Squash, about 2 pounds  
1 white onion, chopped  
1 tablespoon coconut oil  
2 cups unsweetened coconut milk  
1/4 cup honey or agave nectar  
1/2 teaspoon vanilla  
1/4 teaspoon salt  
Cinnamon  
1 can vegetarian Chile (optional)

\* Slice squash in half and bake in oven at 300° for 30 minutes until it will pierce easily with a fork. Take out of oven, de-seed and remove skin, then chop in 1" chunks.

\* Sauté onion in coconut oil on low until onions are soft.

\* Add chopped squash and coconut oil. Cook on low heat until the squash is soft, about 20 minutes.

\* Add the honey or agave nectar, vanilla and salt, mix well.

\* Either puree in a food processor or use a potato masher until smooth.

\* Serve immediately with a sprinkle of cinnamon on top.

**Note:** We added a can of Chile to the leftovers the next day, and really liked it. This might be good to do from the get go.

# Shrimp Gumbo

Serves 4 as main dish



1 Bermuda onion, chopped  
6 med cloves garlic, minced  
1 tablespoon coconut oil  
1 - 8 oz. box mushrooms, sliced or chopped small  
1 med zucchini – chopped small  
2 cups broccoli-ettes with leaves  
4 cups water  
4 tablespoons Spike Seasoning  
¼ cup coconut oil  
1 - 16 oz. can stewed tomatoes  
3 cups brown rice, cooked  
2 cups nori seaweed strips  
½ cup fresh basil, chopped  
1 cup scallions, sliced  
1 pound of large shrimp, cleaned and left whole

\* Sauté onion, garlic and 1 tablespoon of oil on low heat 15 minutes.

\* Add the mushrooms, zucchini and broccoli to onion mix. Cook another 10 minutes on low.

\*Add the water, Spike, 1/4 cup of coconut oil, stewed tomatoes, cooked rice, seaweed, basil and scallions. Turn up the heat to high. Just before it boils turn down to low again.

\*Add the shrimp and heat just until shrimp are pink, but not overly hard. About 5 minutes.

\* Serve immediately.

**Note:** *This soup goes nicely with pesto rolls or pesto focaccia bread.*

# Potato Soup

5 - 6 med pink potatoes  
3 stalks celery  
3 - 4 leeks or 8 scallions  
2 medium zucchini  
1 medium carrot, grated or chopped fine  
6 cloves garlic  
4 cups water  
4 teaspoons Spike Seasoning  
3 bay leaves  
1 teaspoon fresh dill  
1 teaspoon salt & pepper to taste  
3 tablespoons butter  
3 tablespoons flour  
1 1/2 cup half & half cream

\* Thinly slice the potatoes, celery, scallions, zucchini, garlic, carrot and water in a large pot. Bring to a boil then cook on low for 30 minutes.

\* Add Spike, bay leaves, dill, salt and pepper to your taste. Continue to cook on low.

\* In a small saucepan melt butter and flour. Cook on low 5 minutes, stirring occasionally

\* Add a cup of the hot broth from soup pot to the butter and mix well. Then add this to the soup, stirring well until it's mixed in completely.

\* Mix in half & half, continuing to cook on low until it's heated through, stirring constantly.

\* Serve immediately with a sprinkling of fresh dill.

**Note:** *This is really good with fresh, thick, and crusty Sourdough French bread.*

## Minestrone Soup

Serves 8 as a main dish



1 large onion, chopped  
3 large garlic cloves, minced  
2 tablespoons oil  
1 tablespoon Braggs Amino Acids  
6 medium potatoes, cubed 1/2" pieces  
1 large carrot, cubed in 1/2" pieces  
4 cups of mixed vegetables such as zucchini, chard, Bok Choy, or Chinese cabbage, chopped  
1 8oz package of mushrooms, sliced  
5 cups water  
1 can tomato sauce  
1 can stewed tomatoes, chopped  
1 can kidney beans  
Seasoning such as Spike to taste  
2 cups of small noodles such as shells or elbows  
1 lb. shrimp (optional)

- \* Sauté onion, garlic, oil and Braggs Amino Acids on medium heat for 5 minutes.
- \* Add potatoes and carrots. Cook on med 10 minutes.
- \* Add chopped vegetables and mushrooms. Cook on medium-low until soft, about 20 Minutes.
- \* Add water, tomato sauce, canned tomatoes, beans, and seasoning. Bring to almost a boil then turn down to low. Cook another 10 minutes.
- \* Add uncooked noodles. Cook another 10 minutes.
- \* Add shrimp at the very end and cook just until shrimp starts to turn pink. Serve immediately or keep on simmer until you are ready to serve.

**Note:** *this is really good with fresh, thick, and crusty Sourdough French bread.*

## Mermaid Soup

Serves 1



1 cup hot water  
1 package Saimin (Ramen) noodles or pre-cooked rice  
1 teaspoon Miso paste  
Dried seaweed strips, about 1/4 cup  
2-3 Canned Sardines

- \* Cook Saimin noodles in 1 cup of water according to directions.
- \* When noodles are done, do not drain water. Add Miso paste and stir until miso is dissolved.
- \* Add seaweed strips and sardines, heat through and serve immediately.

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## Fresh Pea Soup

Serves 4 as a main dish



4 cups of fresh shelled peas (or frozen)  
1 large onion, chopped  
1 large carrot, chopped  
1 large potato, chopped  
1 fennel bulb, chopped  
2 cups water  
1 tablespoon coconut oil  
1 tablespoon Braggs Amino acids  
2 tablespoons fresh dill, minced  
2 tablespoons fresh parsley, minced  
2 tablespoons fresh cilantro, minced  
2 tablespoons garlic chives  
1 tablespoons Spike Seasoning  
1/2 teaspoon pepper

\* Add freshly shelled and washed peas to large pot, add onion, carrot, fennel, water and stir to mix. Bring to a boil then turn down to low. Cook for 30 minutes stirring occasionally. Add fresh herbs, Spike Seasoning and pepper, then stir to mix. Cook another 5 minutes on low.

\* Add 3 cups at a time to food processor and process until smooth. Put this into a bowl, then proceed with another 3 cups. Do this until all is processed then put all of it back into the pot and cook on low for another 5 minutes or so.

\* Serve immediately.

**Note:** This soup is nice with warm cornbread bread or tortillas.

# Japanese Soup

Serves 2 as main dish or 4 small servings



- 1 tablespoon coconut oil
- 1 fresh green onion, washed and chopped
- 2 stalks lemon grass, washed, left whole, and tied into a loose knot
- 1 medium head bok choy, washed and sliced
- 1/4 cup miso paste of choice (we like the red variety)
- 3/4 cup unsweetened soy milk
- 3/4 cup unsweetened coconut milk
- 2 cups water
- 1 cup dry noodles, cooked according to directions on package (we like the little round noodles that look like Chinese Hats)
- 4 eggs,
- 1 teaspoon Spike Seasoning
- 1 tablespoon each fresh herbs chopped fine; cilantro, parsley, dill and chervil (herbs are optional and can be changed according to your taste or availability).

\*Prepare all the ingredients before cooking.

\* In a small frying pan with an inch of water, add eggs then turn the heat to low. You want them soft boiled and the yolks still bright yellow.

\* While the eggs are cooking, sauté oil, onion and lemon grass until soft. Add bok choy, sauté until soft.

\* In a separate bowl mix miso paste, soy milk, coconut milk and water until miso is dissolved. Add to vegetable mix and heat through.

\* Lower heat and add cooked noodles and fresh herbs.

\* Remove stalks of lemon grass and serve soup into bowls, place one egg on top.



## Grandma Sophie's Rolls, Buns & Scones



1/2 cup sugar  
1 teaspoon salt  
2 packages yeast  
6 cups unbleached flour  
2 cups water  
1/2 cup butter or coconut oil  
1 egg *(or 2 tablespoons egg replacement powder mixed with 2 tablespoons water)*  
1 tablespoon oil  
1/2 cup additional butter or coconut oil for making clover leaf rolls

- \* In saucepan heat water and butter or coconut oil to 120°, or just until butter melts.
- \* Mix sugar, salt, yeast and 2 1/4 cups flour in large bowl or food processor. *(It's better for the mixer to use a dough-mixing blade.)*
- \* Gradually beat wet into dry mixture until just blended. Increase speed to medium and mix for 2 more minutes.
- \* Gradually beat in egg and 1 1/4 cup more flour, continue beating for 2 more minutes. Add 2 more cups flour to make a soft dough.
- \* Turn dough onto floured surface and kneed until smooth and elastic, about 10 minutes, working in 1/4 - 1/2 cup more flour.
- \* Shape into a ball and place in large oiled bowl, turning dough over until it's covered with oil.
- \* Cover with towel and set in a warm place until it doubles in size, about 1 hour.

*Continued on next page*



## Grandma Sophie's Rolls cont'd

\* To make cloverleaf rolls make small balls about the size of a quarter and dip each into melted butter or coconut oil and set in oiled muffin tins by threes.

\* Alternatively, at this point you may keep in refrigerator until ready to bake. They need an additional time to rise when cold from the refrigerator.

\* After second rising, bake at 375° for 9 minutes or until they are light brown on top.

### **Note:**

1 recipe of Grandma's rolls makes 3 dozen rolls or 18 - 6" Sandwich Buns or Scones

1 recipe of pesto is enough for 3 dozen rolls.

1 recipe of cinnamon filling makes 3 dozen rolls.

Bake sandwich buns for 15 minutes at 375°

***Suggestions:*** Add anise, poppy, chia or sesame seeds on top.

*Mix in raisons or dried cranberries to the dough after the first rising for scones.*

# Pesto Rolls

Makes 3 dozen rolls



Grandma's Roll's recipe  
2 cups of pesto  
1 tablespoon Chia Seeds

- \* After first bread dough rising, divide dough in half. Roll out on floured surface to a 10 x 18 rectangle.
- \* Spread a thin coat of pesto over the entire surface of rolled out dough, covering it completely.
- \* Sprinkle with sliced green onions. Roll up dough lengthwise, then cut slices 1" wide and place into oiled muffin tins. Sprinkle the tops with chia seeds (optional).
- \* Let rise 1 hour.
- \* Cook in 375° oven for 10 - 12 minutes. Serve immediately or let cool in pan.

# Focaccia Bread

Makes approx. 36 - 3" x 3" squares



Grandma's Roll recipe  
2 cups of pesto  
Other toppings of choice

- \* Make dough and let rise until doubled, approx. 1 hour.
- \* Punch dough down, then roll out onto a large piece of parchment paper into a thin flat desired size: *Two 9x11 pans, or one 12" x 18" to fit oven rack.*)
- \* Let rise again until doubled, approx. 1 hour.
- \* Keeping the dough on the parchment paper, bake in 375° oven for 9 minutes. If cooking on pans, cook 2 minutes longer.
- \* Take out of oven and cover with a thin layer of pesto, then add sliced tomatoes, sliced scallions, mushrooms or olives or anything else you want.
- \* Return to the oven and bake 5 more minutes. Cut into squares and serve immediately or refrigerate after cooling.

## Cinnamon Roll Filling

Makes 3 dozen rolls



Make Grandma's Roll Recipe

### Filling:

¼ cup coconut oil  
1 cup walnuts, chopped  
1 teaspoon cinnamon  
½ cup brown sugar  
½ cup raisins or dried cranberries (optional)  
¼ cup chia seeds (optional)

- \* Make dough and let rise until doubled, approx. 1 hour.
- \* After first bread dough rising, divide dough in half.
- \* Roll out on floured surface to a 10 x 18 rectangle.
- \* Spread the first half of the dough with ½ of the coconut oil, then half of cinnamon filling recipe.
- \* Cover the entire surface of the dough completely.
- \* Roll up dough lengthwise, then slice into 1" slices and place into lightly oiled muffin tins. Do the same with the second half of the dough. Let rise 1 hour.
- \* Cook in 375 degree oven for 10 - 12 minutes. Serve immediately or let cool in pan.

## Crepes

Makes 24 - 8" pancakes

4 cups milk, (non dairy milk like soy, ok)  
6 tablespoons oil  
8 eggs  
2 cups flour  
1/4 teaspoon salt

\* Mix ingredients in large mixing bowl with electric mixer (do not use food processor or it will overflow)

\* Fry on medium hot skillet. I use a small 8" Teflon pan, that works the best. I use oil with a pastry brush. Dip brush in oil and brush on pan before each pancake batter. Use a 1/4 measuring cup to pour batter into pan.



## Russian Blintze

1 cup yogurt cheese (recipe on page 9), cream cheese, cottage cheese, or ricotta cheese.

\* Put about 1/4 cup cream cheese onto one end of pancake. Roll up and place onto oiled pan. When you have as many as you want, pour milk or cream over all of them and bake in 350° oven for about 15 minutes.

\* Top with yogurt cheese or sour cream and strawberry jam. Add the strawberry preserves on top. If you have fresh mint that would look pretty too as a garnish.



## Crepes with Chocolate & Strawberries

(Below ingredients makes about 8 )

1 cup semi-sweet chocolate chips  
2 cups of fresh strawberries  
1/2 cup white sugar  
2 tablespoons agar powder, or gelatin.  
1/4 cup chopped nuts (optional)

\* Wash, then take leaves off strawberries. Add to a pan with the sugar. Stir often until the sugar is melted and the agar powder thickens the juices.

\* Melt chocolate chips over low heat stirring frequently until melted.

\* Place a crepe on a plate, add 2 tablespoons of strawberries and roll up. Drizzle a tablespoon of melted chocolate and a tablespoon of strawberries, then 1 teaspoon of chopped nuts.



## Cinnamon and Sugar Pull-Apart Bread



Use Grandma's Roll Recipe and let rise once for 1 hour until doubled

While letting the dough rise, mix the filling:

1 cup granulated sugar  
2 tsp ground cinnamon  
1/2 tsp fresh ground nutmeg  
1 cup chopped walnuts  
1/2 cup unsalted butter or coconut oil, melted

\* After letting the dough rise once, punch down and cut into two equal pieces. Place one piece back into bowl and cover with the towel. Working on a lightly floured surface, roll out one piece of dough to 12" x 20". Dust the top of the dough and rolling pin with flour, if needed.

\* Spread half of the melted butter across the dough. Sprinkle with half of the cinnamon, sugar, spices and nuts. Cut the dough vertically into six equal strips. Stack the strips one on top of another and then slice the stack into six equal slices. You should have six stacks of six squares.

\* Place the squares into a buttered loaf pan, so that they are standing up. Repeat with the second piece of dough.

\* Cover both loaf pans with a kitchen towel and allow to rise for 1 hour, or until doubled in size.

\* Bake at 350° for 30 minutes, until the top of each loaf is very golden brown. The center will be a bit soft.

**Note:** *If you like you can make this a day ahead and keep in the refrigerator before cooking. It will take at least 6 hours to thaw and rise before you can bake it.*

# Breakfast or Afternoon Tea Scones

Makes 12 large or 18 small scones



3 1/4 cups flour unbleached white, whole pastry or combination  
3 teaspoons baking powder  
3/8 teaspoon baking soda  
1/3 cup unpacked brown sugar  
3 tablespoons poppy seeds (optional)  
1/2 cup raisins, dried cranberries or combination  
1/2 cup coconut oil or softened butter  
2 eggs or egg substitute (1 tablespoon powder, 4 tablespoons water)  
3 tablespoons vegetable oil  
4 tablespoons milk (dairy or non dairy)

\* Preheat oven to 400°

\* Blend together 3 cups of flour, baking powder, baking soda and sugar until mixed. (reserve 1/4 cup flour for later)

\* Add coconut oil or butter until mixed and crumbly.

\* Mix in poppy seeds, raisins and or cranberries.

\* In separate bowl mix eggs, vegetable oil and milk. Mix this into flour mixture just until wet disappears.

\* Traditional scones are rolled out on a floured surface and cut with a round cutter. You can also do it a quick easy way by dropping 1/2 cup amount onto reserved 1/4 cup of flour. Coat lightly and roll into a ball.

\* Place on an ungreased cookie sheet or parchment paper.

\* Bake 10 minutes for small, 15 minutes for large.

\* Serve immediately.

**Note:** *Traditional topping is strawberry jam and whipped cream, but these are so rich they don't really need anything else.*



# Tropical Pancakes



## **\*Use these portions for each person**

1/2 cup Multigrain Pancake and Waffle Mix (*We like Kodiak Cakes. Costco and Safeway carry this brand.*)

1 (not over-ripe) banana sliced thick

1/4 cup macadamia nuts, *substitute walnuts, cashews or pecans*

1/4 cup dried cranberries, raisins or fresh blueberries (*optional*)

1 teaspoon cooking oil

1/3 cup water

\* Mix flour, bananas, nuts, cranberries and whatever else until everything is coated with flour.

\* Mix in water and oil just until lumps disappear.

**Note:** *This makes one big pancake for each person. I like to bake these on ungreased parchment paper in the toaster oven at 450 degrees for 10 minutes, until lightly brown on top. This way they are not greasy. But they can be cooked traditionally in an oiled pan on the stove.*

## **Topping:**

1 tablespoon coconut oil

1 tablespoon Agave Nectar or honey

\*Mix well and pour over hot pancakes.

**Note:** *This amount of topping is a generous portion, but it can be saved and used for something else later. It does not have to be refrigerated.*



## Fresh Fruit Smoothie Syrups:

Mango Syrup is especially good over tropical pancakes.

The following recipe is enough for 2 servings.

1 cup of cubed mango or other fruit  
2 tablespoons of Agave Nectar or honey  
2 tablespoons melted coconut oil

\* Add all the above into any kind of mixer or blender. Blend until smooth. Pour immediately over hot pancakes.

Almost any fruit will work as a syrup, but the following work especially well:

Mangos  
Blueberries  
Peaches, that have been skinned  
Pineapple  
Strawberries

# Biscuits

Makes 1 dozen 2" x 2" biscuits



1 1/2 cup flour  
3/4 teaspoon baking powder  
1/3 cup coconut oil, butter, or other cooking oil  
1/2 cup milk

- \* Mix dry flour and baking powder in a bowl or food processor.
- \* Mix in coconut oil until it's crumbly.
- \* Add milk and mix until it starts to stick together.
- \* Place dough on a floured surface or dish towel and knead until it smooth.
- \* Roll the dough out until it's 1/2" thick. Cut into 2"x2" squares.
- \* Bake at 425° for 8-10 minutes or until golden brown on top. Serve immediately.



Serving suggestion: Serve biscuits with fried eggs and hash browns made with blue potatoes.

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## Spinach Stuffed Shells

Makes 43 shells, serves 12 -14 as main dish



1 - 12 oz. box XL shell noodles (one box = 43 noodles)  
2 cups cooked spinach, squeezed dry (fresh or frozen and thawed) Or 2 cups fresh cooked chard instead of spinach  
1 cup fresh mixed herbs; basil cilantro and chervil, chopped  
1 cup chopped scallion  
1 container firm tofu  
2 cups grated Colby and Monterey jack cheese  
2 eggs  
1/4 teaspoon nutmeg  
1/4 teaspoon white pepper  
1 tablespoon Spike Seasoning  
2 jars Newman's Marinara Sauce mixed with additional 1 cup water

\* Cook noodles for 8 minutes, then drain and cool slightly.

\* Mix tofu, eggs, nutmeg, pepper and half the grated cheeses in a food processor. Transfer to a large mixing bowl with the cooked spinach or chard. Mix again slightly until the spinach is mixed in.

\* Pour sauce and water mix into an extra large baking pan. Fill cooked shells with stuffing mixture and arrange into pan leaving space between for expansion. Cover and cook at 350 degrees for 45 minutes.

\* Sprinkle with remaining grated cheese just before serving.

**Note:** You can make this a day ahead and cook right before serving. It will take longer to cook: 1 hour 15 minutes.

# Homemade Pizza

(Makes 4 medium-large pizzas)



## Make Grandma's Roll Recipe

Choice of toppings: Marinara sauce, Pesto, cheese, sliced mushrooms, bell peppers, olives, etc.

- \* Make dough and let rise until doubled, approx. 1 hour.
- \* Punch dough down and divide into 4 pieces. Roll each one onto a piece of parchment paper.
- \* Let rise again until doubled, approx. 1 hour.
- \* Keeping the dough on the parchment paper, bake in 375 degree oven for 6 minutes.
- \* Take out and cover with a thin layer of desired toppings starting with the sauce.
- \* Return to the oven and bake 6 more minutes. Cut into squares and serve immediately or refrigerate after cooling.

## Lasagna A La Kandice

Makes 1 9 x12 pan



9 wide Lasagna noodles—cooked according to package directions  
1 large package frozen chopped spinach or chard thawed, or 1 lb. fresh, washed and chopped and lightly steamed.  
1 container tofu - blended till creamy  
3 cups shredded cheese (I use 1/2 Monterey Jack, 1/2 Colby)  
26 oz. jar Marinara Sauce (I like Paul Newman's Marinara with mushrooms)  
1 cup water mixed into marinara sauce

\* In an oiled 9 X 12 pan layer 3 noodles, then 1/2 of the spinach, 1/2 of the tofu, 1/3 of the grated cheese and 1/3 of the sauce mix. Repeat with another layer of the same. Top with a layer of noodles and remaining sauce.

\* Preheat oven to 350 degrees. Cook 30 minutes.

\* Add the last 1/3 of the cheese after it is cooked and right before serving.

**Note:** *This dish can be made a day ahead and cooked before serving. It takes 1 hour 15 minutes to cook cold from the refrigerator.*



## Roasted Vegetables

Serves 2 as a main dish



4 Medium Potatoes, any variety  
1 large carrot  
1 large onion  
1 large beet  
1 large zucchini  
1 cup fresh beans, any variety  
1 cup of walnuts

1 teaspoon Spike Seasoning  
1 tablespoon Braggs amino acids  
3 - 4 Garlic cloves  
1 tablespoon fresh dill  
1 cup fresh basil  
1 tablespoon fresh Rosemary leaves  
2 tablespoons olive or coconut oil

\* Slice all vegetables in 1/2" slices or wedges. Easy to do in a food processor with wide slicer blade. Place the vegetables and walnuts in a 9x12 pan that is lined with Parchment paper for easy cleaning.

\* Blend Spike, Braggs, garlic, herbs and oil, in a food processor..

\* Drizzle the oil mixture over the vegetables and mix well.

\* Bake uncovered in a preheated 400° oven on the middle rack for 1 hour. Take out every 20 minutes and stir.

\* Serve immediately, adding a sprig of Rosemary for garnish,



## Fresh Vegan Pesto with Noodles

Serves 4 as a main dish



2 cups fresh pesto  
1 package of noodles, any type  
1 cup cherry tomatoes, sliced

- \* Cook noodles aldente` according to package directions.
- \* Drain noodles and add pesto. Try not to over stir.
- \* Garnish with sliced cherry tomatoes or edible flowers and a sprig of basil or another herb.
- \* Serve immediately.



# Salmon with Pesto, Herbs and Vegetables

Serves 4



8-10 medium chard leaves  
1 cup of each fresh herbs: parsley, basil, cilantro, chervil,  
scallion, dill (optional)  
1-2 large scallions or green onion  
2 lb. fillet of Salmon with skin, fresh or frozen  
1 cup of Pesto  
1 large or 2 medium Bermuda onions  
Parchment paper

\* Wash Chard leaves and slice into 1/2 " strips, place on top of a 12"x20" sheet of parchment paper.

\* Wash herbs and scallion, then chop and add on top of the chard.



\* Place the fillet of salmon on top of the herbs and chard, then spread the pesto over it. Cover the pesto with thinly sliced Bermuda onion.



Continued on next page:



\* Wrap the parchment paper over the fish and vegetables, leaving the top slightly open. Secure with some type of metal clip like a paper clip or staple.

\* Bake at 400° for 15 - 20 minutes. *Time will depend on thickness of fish and whether it's fresh or frozen.*



*Suggestion: serve with broccoli and brown rice.*



**Notes:** *If you don't have pesto, you can substitute any type of oil with Spike Seasoning. Cover the top of the unbaked fish lightly with oil, then sprinkle 1-2 teaspoons of Spike over that evenly. Add sliced onion on top.*

*This can also be a vegetarian dish. Substitute the fish with a large sliced eggplant, as seen in the recipe: Grain Free Vegan Pizza.*

## Fresh Spaghetti Sauce



6 green onions, chopped, white part kept separate  
1/4 cup olive oil  
6 med tomatoes, skinned  
2 cups fresh basil, chopped  
1 tablespoon fresh cilantro, chopped  
1 teaspoon fresh Mexican Mint, chopped  
1 teaspoon Spike  
16 oz. or 1 package of spaghetti pasta, cooked al dente`

\* Sauté the green onions until almost soft on medium heat.

\* Add skinned tomatoes and mash them until they are broken up, then stir in the Spike and herbs. Cook on low another 10 minutes and serve over cooked pasta.

**Note:** To skin tomatoes, drop into boiling water and cook until skin starts to peel off, about 2 minutes. Take out and let cool, then peel skin off.

# Grain Free Vegan Pizza

## Baked Eggplant with Vegetables

(Serves 2)



1 large eggplant sliced into 1/4" slices.  
8-10 medium chard leaves  
1/2 cup of each fresh herbs: parsley, basil, cilantro, chervil, dill (optional)  
1-2 large scallion (green onion)  
1 cup of Pesto  
1 medium Bermuda onion - sliced very thin  
Parchment paper

- \* Wash Chard leaves and slice into 1/2 " strips, place on top of a 12"x20" sheet of parchment paper.
- \* Wash herbs and scallion, then chop and add on top of the chard.
- \* Place the sliced eggplant on top of the herbs and chard, then spread the pesto over the egg plant. Cover the pesto with thinly sliced Bermuda onion.
- \* Wrap the parchment paper over the vegetables, leaving the top partly open. Secure with some type of metal clip like a paper clip or staple.
- \* Bake at 375° for 15 - 20 minutes. Time will depend on thickness of vegetables.
- \* Serve like a pizza, or it is also delicious served with brown rice and another vegetable.



# Tofu-Shi

## Tofu Wrapped with Dried Seaweed

2-3 servings



4 - 6 cloves garlic - chopped  
1 - 2 green onion - sliced  
1 tablespoon Braggs Amino Acids (soy sauce)  
1 tablespoon coconut oil

1 Block firm tofu  
8 sheets of dried make sushi nori (seaweed)

1 teaspoon Spike Seasoning  
1/4 cup fresh parsley - chopped  
1 tablespoon fresh dill - chopped

Noodles of your choice, cooked according to package directions  
1 tablespoon coconut oil

- \* Add garlic, green onions, Braggs and oil to a large frying pan. Sauté on low heat.
- \* Slice tofu evenly into 8 rectangles. Easiest way to divide tofu is to cut in half, then cut those in half, and then again.
- \* Take one sheet of seaweed and quickly run under cold water. Place on flat surface, then put one sliced tofu on the end. Turn up the edges and then fold the tofu over and over until the end. Place on top of sautéed garlic and onions. Continue to heat through on low heat until they are heated through. Sprinkle Spike Seasoning evenly on top of the tofu, then add the fresh herbs. Keep warm until noodles are cooked.
- \* While the tofu is cooking, cook the noodles. Place cooked noodles on plate with cooked tofu-shi on top. Use a little of the sauce left over and put that on the noodles. Serve immediately.

# Frittata

Serves 2 as a Main Dish



1 large Bok Choy, chopped  
1 green onion, sliced  
1 tablespoon coconut oil  
3 medium potatoes baked half way and grated (I used purple Adirondack potatoes)  
4 eggs, beaten  
1 teaspoon Spike seasoning  
1 tablespoon each fresh cilantro, dill, chervil & parsley, chopped fine  
1 medium avocado, mashed  
1/2 cup salsa  
Grated Cheese (Optional)

- \* In a large frying pan, sauté bok choy and green onion until soft.
- \* Add grated potato on top of bok choy.
- \* Add spike to beaten eggs and pour over potato mixture.
- \* Cook on low until egg is firm.
- \* Add fresh chopped herbs.
- \* Cook another minute or two until herbs are wilted.
- \* Place each serving on a plate and add avocado, salsa and grated cheese on top.
- \* Serve immediately.



# Vegan Burrito

Serves 2



2 flour burritos  
2 cups of shredded lettuce  
1/2 cup of fresh herbs like cilantro, chervil, dill or basil, chopped  
1 can vegetarian refried beans, warmed  
1 avocado, mashed  
1/2 cup of salsa  
1/2 cup of grated cheese if desired

- \* Prepare all ingredients first, then warm the tortillas.
- \* Place the tortillas on warmed plates.
- \* Layer half of the ingredients onto each of the warmed tortilla; first the lettuce and herbs, then the beans, avocado, salsa and cheese last.
- \* Serve immediately

# Roasted Potatoes with Garlic and Rosemary

Serves 8 as a side dish



6 - 8 Potatoes, any variety (Pictured here are purple Adirondack potatoes)

3 - 4 Garlic cloves

1 tablespoon fresh Rosemary leaves, plus a sprig for garnish

2 tablespoons olive oil

- \* Slice potatoes in 1/2" slices or wedges.
- \* Chop garlic fine. Mix into the 2 tablespoons of oil.
- \* Strip the stem of the Rosemary using just the leaves, add to the oil and garlic.
- \* Drizzle the mixture over the potatoes and mix well.
- \* Bake uncovered in a preheated 350° oven on the middle rack for 1 hour. Take out every 20 minutes and stir.
- \* Serve immediately, adding a sprig of Rosemary for garnish.

# Whipped Yam Delight

Serves 10 -12 as a side dish



8 - 10 med. yams - baked until soft, about 1 1/2 hour at 400°  
3 tbs. butter or coconut oil  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1 tablespoon vanilla  
3 tablespoons brandy  
4 tablespoons honey or agave nectar  
6 tablespoons frozen apple juice concentrate  
6 bananas  
1 - 4 oz. can crushed, unsweetened, pineapple

*This is a large amount of ingredients for one go in a regular food processor, so you may want to mix half at a time.*

\* Add all ingredients except yams into a food processor and mix until bananas are blended in. Skin the yams and add to the ingredients in the processor. Process until creamy, about 2 minutes. If the yams are not very sweet or tasty, you may want to add more spices and honey.

\* Serve immediately or reheat. It is also good cold and served the next day as a light desert.

**Notes:** *When choosing your yams:*

*Choose the smaller yams that are firm with no breaks in skin.*

*Don't use Jewel yams, they solidify like Jell-O.*

*Red Skin yams are all good!*

*Yams are easier to peel if you let them cool a bit after baking.*

*This could make a good pie filling. Need to try that someday.*



## Broccoli Casserole

Serves 12 as a side dish



2 bunches fresh broccoli heads, cut into bite sized pieces, or 2 - 14 oz. packages of frozen broccoli florets

2 cups mixed Cheddar, Jack or Colby cheese, grated

4 eggs, beaten

2 cans cream of mushroom soup

2 tablespoons green onion, chopped fine

3 stacks Ritz crackers, crushed

\* Steam broccoli for about 5 minutes or less.

\* Combine, cheese, eggs, soup and onion in a large bowl. Add cooked broccoli and stir until broccoli is coated with mixture.

\* Put half the crushed crackers in a 9" x 12" pan evenly. Add the broccoli mixture. Add the remaining crushed crackers evenly to the top.

\* Bake in a preheated oven at 350 degrees for 1 hour. Test for doneness; a knife should come out clean. This can be eaten right away, or chilled and served as a cold quiche.



# Quinoa with Pesto & Bok Choy-Tofu Stir Fry

Serves 4



## Quinoa with Pesto

1 cup quinoa  
2 cups water  
1/2 cup pesto

\*Cook in a pot, rice cooker, or slow cooker. In a pot or rice cooker it takes 1 hour. In a slow cooker it takes 2 hours.

\*When the quinoa is done add 1/2 cup pesto. Mix and keep warm until serving.

## Vegetable Stir Fry with Tofu

1 large head of Bok Choy leaves and stems washed and chopped. *May substitute other leafy cooking greens like chard or mustard greens.*

1 large onion, chopped  
1 green onion, sliced  
1 tablespoon cooking oil  
1 cup fresh cilantro, chopped  
1/2 cup fresh parsley, chopped  
1 tablespoon Spike Seasoning  
1 - 12 oz. container firm tofu, cubed

\* On medium heat add oil and onions to frying pan. Stir to coat onions then cover and reduce heat to low. Simmer until onions are almost soft.

\* Add chopped Bok Choy, stir and cover. Cook until Bok Choy is soft.

\* Add chopped cilantro, parsley tofu, and Spike, stir and cover. Cook a few more minutes until herbs are soft.

\* Serve immediately with Quinoa.

# Kabocha Squash

(Also known as Hawaiian or Japanese Pumpkin)



***It's easier to cut the squash if you pre-bake to soften as follows:***

Wash, then cut the squash in half. Place on baking pan cut side down. Use parchment paper or foil to make clean up easier. Bake at 350 ° for 30 minutes to soften. At this point you can take the seeds out and slice into 1" wedges or chunks for the following recipes.

**Kobocha Squash Stir-fry** (main dish or a side dish)

- 1 tablespoon cooking oil
- 1 onion
- 1 cup sliced green beans
- 1 cup broccoli slices or chunks
- 3 cups chopped greens such as Chinese cabbage, chard or bok choy
- 1 medium kabocha squash pre-baked as above and cut into 1" chunks, un-skinned
- 1 teaspoon shoyu or *Braggs* amino acids
- 1 teaspoon seasoning such as Spike, or salt and pepper

In a large cooking pan, sauté onion on oil, add green beans and broccoli, stir-fry a few minutes. Add chopped kabocha squash, stir-fry another few minutes. Add Chinese cabbage or other greens, stir-fry until greens are limp. Add seasonings to taste. Serve alone or with rice or noodles.

**Roasted Kabocha Squash** (*side dish or desert*)

- 1 medium kabocha squash, pre-baked to soften, cut in long 1" wedges, leave skin on
- 1 tablespoon coconut oil or butter melted, or cooking oil
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger

Put the sliced squash in a single layer on a foil or parchment lined baking tray. Mix the oil with the honey and spices, brush the sliced squash evenly with the oil mix. Roast for 30 minutes, flipping them over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.

**Kobocha Squash Desert**

- 1 medium kabocha squash
- 1 tablespoon. coconut oil or butter
- 1 tablespoon honey, maple syrup or brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon vanilla

Wash and cut squash in half. Bake for 1 hour at 350°. Allow to cool then scoop out seeds, take off the skin and cut into chunks. Place all ingredients in food processor and whip until smooth and creamy. Serve warm or cold.

## Mango Pie

Makes 1 pie



4 medium or two cups of mangoes, ripe but still firm  
3 tablespoons cornstarch  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon vanilla extract  
 $\frac{1}{4}$  teaspoon almond extract

- \* Skin and cut mangoes into bite sized pieces.
- \* Mix all other ingredients in a large bowl, then add mango's and mix well. Let this mixture sit while you make the pie crust.
- \* Pour fruit mixture into uncooked pie shell. Cover with another layer of pie crust. Pierce with a fork in 5 places. Add pie crust leaves around edges if desired.
- \* Make a 2" aluminum foil wrap for crust edges. Or use the pie crust edge protector sold at stores such as Wal-Mart.
- \* Bake at 425° 15 minutes, then lower the heat to 350° for 30 minutes.

*Pie crust recipe on next page.*

**Notes:** *You can also make this recipe with fresh sweet peaches, it tastes very similar.*

*If the mangoes or peaches are not super tasty and sweet, double the sugar, cinnamon, nutmeg, vanilla and almond extract.*

# Vegan Pie Crust

Makes 1 pie, top and bottom crust

3 cups flour, unbleached white or whole wheat pastry flour  
1 teaspoon baking powder  
2 tablespoon brown sugar  
1 cup coconut oil  
3 - 4 tablespoon cold water

- \* Have all ingredients at room temperature.
- \* Add all ingredients to food processor and process until a ball forms. Add more water a teaspoon at a time if not forming into a ball. Then keep processing one more minute.
- \* Roll ½ of the dough into a ball and place on floured wax paper.
- \* Place another floured wax paper on top and roll out to ¼" thick.
- \* Carefully place rolled dough onto an oiled and floured pie pan.
- \* Prick dough with a fork in five places.
- \* Add the fruit filling then the remaining half of the dough rolled out as above.
- \* Prick the top of the dough with a fork in five places.
- \* Flute the edges of the dough, or add cut out dough leaves.
- \* Cover the edges of the pie shell with a 2" strip of aluminum foil that is held together by folding ends over each other. Or use the pie crust edge protector sold at stores such as Wal-Mart. This should be removed in the last 15 minutes of baking.
- \* **Bake** at **425°** for **15** minutes. Then lower heat to **350°** and cook another **30 – 45** minutes until top is golden brown.

# Blackberry Pie

Makes 1 pie



Use pie crust recipe on page previous page

24 oz. fresh blackberries

1 1/4 cup sugar, white or brown

4 tablespoons agar agar (*a seaweed thickener available at most natural food stores*). You can also use *cornstarch*.

\* Mix above ingredients together and let sit while you are making the crust.

\* Pour the above ingredients into pie shell that has been pierced with a fork on the bottom. Cover with remaining pie crust. Pierce the top at least 5 times with a fork.

\* Make a 2" aluminum foil wrap for crust edges. Or use the pie crust edge protector sold at discount stores such as Wal-Mart.

\* Bake at 425° 15 minutes, then lower the heat to 350° for 30 minutes.

\* Serve immediately with vanilla ice cream. It will keep for several days.

# No Cook- Chocolate Banana Pie

Makes 1 - 9" pie



2 cups of crushed graham crackers  
2 tablespoons of melted coconut oil  
2 bananas  
1 recipe of chocolate mousse (next page)  
1/2 cup chopped walnuts

- \* Crush graham crackers in food processor. Add coconut oil and mix until it starts to hold together.
- \* Pour into pie pan or other cooking pan and smooth evenly.
- \* Add sliced bananas evenly on top.
- \* Add chocolate mousse on top of bananas.
- \* Top with chopped walnuts.
- \* Serve immediately, or keep refrigerated.





# Luscious & Healthy Chocolate Mousse

Makes 4 small servings



1 medium avocado (about 1 cup) skinned  
2 tablespoons raw organic cacao powder  
2 tablespoons raw organic agave nectar

\* Put all ingredients in Cuisinart or food processor and blend on high for one minute or until it's smooth and creamy.

\* Serve immediately in pretty dishes, add mint leaf or fruit slices for decoration if desired.

\* This can be made a day or two in advance and kept in the refrigerator.

***Note:*** Use the drier kind of avocado, rather than the watery ones, for a richer taste.

# Brownies

12 two inch brownies

*This is a perfect brownie;  
not too sweet, not too oily,  
crispy on top, moist in the middle.  
And a lot of the ingredients are good for you too!*

2 eggs or egg replacer  
1 cup sugar  
1/2 cup unsweetened cocoa powder  
1/3 cup coconut oil, softened or melted  
1/3 cup soy milk  
1 teaspoon vanilla extract  
1 cup all-purpose flour, (wheat, spelt or oat)  
1/2 teaspoon baking powder  
1 cup vegan, dark chocolate chips  
1/2 cup chopped walnuts



- \* Heat the oven to 325°F (High Elevation 375°)
  - \* Coat an 8-by-8-inch square baking dish with vegetable oil, then dust with flour, set aside.
  - \* Mix the flour, cocoa powder and baking powder. Add the chocolate chips and nuts, mix just to combine. Set aside.
  - \* Beat the eggs and sugar until frothy. Add the oil, milk and vanilla.
  - \* Add the wet into the dry and mix just until dry disappears.
  - \* Pour the batter into the prepared baking dish and smooth out the top.
  - \* Bake in the oven until a knife inserted into the center comes out clean, about 20 minutes. If you double the recipe use a 9" x 12' pan and bake for 40 minutes.
- Note:** *Place the pan on a wire rack to cool for at least 60 minutes before cutting or serving. This is hard to do, they smell amazing when they come out of the oven!*

## Chocolate Banana Nut Cake or Muffins

1 recipe makes a 2 layer cake, a 9" x 12" cake,  
18 small muffins, or 12 xlg muffins



1 1/3 cup loosely packed brown sugar  
3 1/4 cup flour  
2 tablespoons baking powder  
2 cup walnuts, chopped  
2 cup semi sweet chocolate chips  
2/3 cup oil  
4 eggs or 1/4 cup egg substitute and 1 cup water, mixed  
4 cups or 6 medium bananas  
1 tablespoon vanilla extract  
6 oz. semisweet chocolate squares (optional)

\* Mix together sugar, flour, baking powder and baking soda. Put this into a large bowl. Mix in the chopped walnuts and chocolate chips.

\* In food processor, mix together oil, eggs and bananas.

\* Add wet into dry and stir just until dry flour becomes wet.

\* Pour into two 9" round cake pans, one 9" X 12" pan, or small muffin pans that have been well oiled.

\* Bake cake at 375° for 35 minutes, muffins at 425° for 14 minutes.

\* Let cool on wire racks till firm before transferring to wire racks.

\* For icing: melt semisweet chocolate squares, not chips over low heat. Pour over cooled cake or spoon over muffins and let sit. Icing will harden in a couple hours or so. To speed this up you can put them in the refrigerator for 10 minutes or so.

\* Decorations pictured are fresh edible borage flowers.

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# Date Bars

Makes 12 - 2"x2" bars

4 cups dates  
1 1/2 cup hot water  
1/2 cup virgin coconut oil  
1/3 cup brown sugar  
1-1/2 cup unbleached flour  
1 cup old fashioned rolled oats  
1 cup walnuts, chopped



- \* Check dates for pits, then slice in half and place in large bowl.
- \* Pour hot water over dates and let soak for at least an hour or overnight to soften.
- \* In food processor blend coconut oil and sugar until creamy.
- \* Add flour and blend just until flour is mixed in.
- \* Add rolled oats and mix in gently.
- \* Add chopped nuts and mix in gently. Pour half of this into an oiled 9" x 12" pan and smooth out evenly. Set the other half aside.
- \* Blend pre-soaked dates and water until blended, but still a little lumpy. Pour this into pan on top of the dry mixture. Pour the rest of the dry mix on top and smooth out evenly, then press down all over.
- \* Cook 30 minutes at 400°. Let cool in pan slightly, then slice into squares while still warm.

## Early American Apple Grunt

4 tablespoon butter  
1/3 cup tightly packed brown sugar  
2 cups apples, pared, cored and sliced  
3/4 cup chopped walnuts  
1 egg  
1/2 cup white sugar  
1/3 cup milk or milk substitute  
1/8 teaspoon salt  
1 teaspoon baking powder  
1 cup all-purpose flour

- \* Melt butter in an 8-inch baking pan.
- \* Remove 2 tablespoons of the butter and place in a mixing bowl.
- \* Add the brown sugar to the pan and stir until dissolved.
- \* Arrange apples over the brown sugar. Sprinkle with walnuts.
- \* Add eggs, granulated sugar and milk to the bowl with the previously melted 2 tablespoons of butter.
- \* Mix the flour, salt and baking powder, add to the egg mixture. Stir only until the dry just disappears.
- \* Pour batter over the apples.
- \* Bake for 35 minutes at 375°
- \* When it cools slightly, loosen cake from sides of pan with spatula and invert onto a serving platter.
- \* Serve with vanilla ice cream.

# Tropical Fruitcake

Makes 5 small loaves or 2 large round cake layers



*All dried fruit is organic, unsulfured and cut into 1/4" pieces*

1/2 cup each: dried pineapple, mango, papaya, dates, cranberries, raisons, apricots and candied ginger  
2 cups boiling water  
4 cups unbleached white flour  
1 teaspoon baking powder  
1/2 teaspoon sea salt  
1 cup brown sugar  
1 cup white sugar  
2 teaspoons nutmeg  
3 teaspoons cinnamon  
1 teaspoon allspice  
1/2 teaspoon ground cloves  
1 cup pecans or walnuts  
5 large eggs or egg substitute  
1 cup coconut oil, melted  
2 teaspoons vanilla extract  
2 cups of Plum Wine

- \* Put all chopped fruit in a large bowl, add boiling water and mix well.
- \* In another bowl mix flour, baking powder and spices. Mix in nuts and set aside.
- \* Blend together eggs, oil and vanilla. Add fruit mixture until fruit is coated. Fold this into the flour mixture until wet ingredients just disappear. Dough will be thick.
- \* Coat pans with lots of coconut oil then dust with flour. Press dough into pans.
- \* Bake at 375° for 25 - 30 minutes

*Continued on next page*

- \* Cool in pans on wire racks until firm, then take out of pans and cool thoroughly.
  - \* For small wine soaked loaves: place cooled loaves on a layer of wax paper then in aluminum foil. Fold up edges then pour about 1/4 cup of plum wine over each one. Wrap tightly and store in an airtight tin in a cool dark place for 30 days or more.
  - \* For cake: wine soaking and aging is optional. When ready to eat: frost with cream cheese frosting between the layers and on top, not on sides. Spoon 1/2 cup of wine soaked fruit on each layer.
- Recipes below:

### **Cream Cheese Frosting**

8oz. Low-fat cream cheese  
1 cup coconut oil  
1 cup powdered sugar

Blend until creamy in food processor. Spoon onto center and top layer of cake. Add wine soaked fruit just before serving

### **Wine Soaked Fruit**

1 cup mixed and chopped dried fruit  
1 cup plum wine

Put fruit in glass jar and cover with plum wine. Let it age the same as the cake in a dark cupboard. Shake jar every day or so.

**Notes:** *In 2016 we used 1-1/2 cup pineapple, 1-1/2 cup papaya, 1-1/4 cup mango, 2 cup candied ginger, 4 cups cranberries, 3 cups dates, 3 cups apricots, 2 cups walnuts.*

*This was enough to make 10 small loaves or 3 cake round pans for a big cake.*

*The 10 small loaves fit in the oven, but it took 1 hour at 375° to cook them. The 3 cake pans fit on one shelf and took 30 minutes at 375°.*



# Chocolate Date Cake

Auntie Dorothy Rieger's recipe

Makes a 2 layer cake or one 9x12

1 cup chopped dates  
1 cup boiling water  
1 3/4 cup unbleached white flour  
6 tablespoons cacao powder  
1/4 teaspoon salt  
3 teaspoons baking soda  
1/2 teaspoon baking soda  
3/4 cup chopped walnuts  
1 1/2 cup chocolate chips  
1 cup oil  
1 cup sugar  
2 eggs  
1 teaspoon vanilla



## **Topping:**

1 1/2 cup chocolate chips  
3/4 cup chopped walnuts

- \* Combine dates and boiling water in dish, set aside.
- \* Mix together flour, cacao powder, salt, baking powder and baking soda. Add chopped walnuts and chocolate chips, set aside.
- \* Mix together oil, sugar eggs and vanilla. Add dates and water. Add to flour mix until it's just blended in.
- \* Spread mixture in an oiled and floured 9" x 12" pan, or 2 round cake pans.
- \* Sprinkle remaining chocolate chips and walnuts on top.
- \* Bake 350° for 40 minutes. High elevation 400° for 40 minutes.

# Pumpkin Oat Cake

Makes 1 - 9" x 12" x 2" Cake

2 cups unbleached baking flour  
1 cup brown sugar, packed  
1 1/2 cups old fashioned rolled oats  
1 tbsp. baking powder  
1 teaspoon baking soda  
2 tablespoons cinnamon  
1 teaspoon nutmeg  
1 teaspoon powdered ginger  
1/2 teaspoon allspice  
2 cups dark chocolate chips  
1 cup chopped walnuts.  
1 cup of raisons  
1 cup coconut oil or other baking oil  
30 oz. fresh or canned pumpkin puree  
4 eggs or egg replacer  
2 teaspoons vanilla



*\* In a food processor blend flour, sugar, oats, baking powder, baking soda, cinnamon, nutmeg, and powdered ginger. Set aside in a large bowl.*

*\* Add chocolate chips, walnuts and raisons. Mix well.*

*\* In a food processor blend the coconut oil, pumpkin eggs and vanilla.*

*\* Mix wet into dry ingredients just until dry disappears. Pour into an oiled and floured 9" x 12" baking pan. Add the topping. Recipe below:*

## Topping

1/4 cup coconut oil or other baking oil  
1 cup old fashioned rolled oats  
1/2 cup unbleached baking flour  
1/2 cup white sugar  
1/2 cup brown sugar, packed  
2 teaspoon cinnamon  
1 teaspoon nutmeg

*\* Blend all topping ingredients together in a food processor quickly, before the oats are ground up. Pour on top of cake batter and press in until all is flat and level.*

*\* Bake at 350 ° for 40 minutes. High elevation 400° for 40 minutes.*

*\* Let cool in pan on rack.*

## “No Cook” Oat & Nut Energy Bars

(Makes 24 - 2” x 2” bars)



2 cups whole oats  
2 cup raw cashews  
2 cup raw pumpkin seeds  
2 cups chopped dates  
1 cup boiling water  
2 cups cashew, peanut or almond butter  
1 teaspoon vanilla

- \* A hour ahead of time, place chopped dates in a bowl and pour boiling water on top. Stir occasionally until dates have absorbed the water.
- \* In a food processor, process oats until oats are mostly chopped up, transfer to a big bowl.
- \* Process cashews and pumpkin seeds separately the same way, add to oats.
- \* Process soaked dates, nut butter and vanilla until almost smooth, add to oats.
- \* Mix well, until everything is evenly coated. You may need to use your hands.
- \* Line a 9” x 12” pan with wax paper. Pour mix in and smooth down evenly. Place another piece of wax paper on top. Lay a small, flat pan on top of the wax paper, press down firmly to evenly firm-up the mix.
- \* Place pan in refrigerator several hours, or overnight.
- \* Take out when firm and cut into 2” squares. Wrap these in small pieces of wax paper.

**Notes:** *We have taken these traveling and they have kept well for a month, un-refrigerated.*

*You can also add or substitute dried cranberries, raisons or prunes to the dates to equal 2 cups. Chocolate chips can also be added.*

# Raw Vegan Dark Chocolate

This recipe makes 1 - 10oz bar of chocolate



1/2 cup organic, raw virgin coconut oil  
1/2 cup organic raw cacao powder  
1/3 cup raw agave nectar or maple syrup  
Optional: chopped nuts - walnuts, macadamias, pecans or almonds.

## Directions:

\* Melt coconut oil over low heat. Mix oil, cacao powder and agave nectar in food processor, or by hand until the lumps are gone.

\* **Note:** *Do not over-mix or the coconut oil will separate from the chocolate. If this happens, re-melt the whole batch on the stove, on low heat, until it's all the same consistency.*

\* Pour into a 8" x 8" a pan that is lined with wax paper. Smooth to the edges of the pan. A good thickness is 1/2" or less. You may add chopped nuts on top if desired. Put in refrigerator overnight or until solid.

\* When it's solid, cut into smaller pieces. Wrap these in a fresh piece of wax paper and store in an airtight container in the refrigerator. It must be kept refrigerated until just before eating, or it will get too soft.

**Note:** *This keeps almost indefinitely if refrigerated.*



# Chocolate Covered Bananas

Serves 4

4 bananas that are “just ripe.” not over ripe  
1 recipe of vegan dark chocolate

\* Peel 4 bananas and place on plate or pan that will fit in the freezer. Leave room in between the bananas for chocolate frosting.

\* Spoon “just made” (still liquid) chocolate over the bananas.

\* Place in freezer for at least 1 hour.

\* Take out of freezer and arrange each one on a pretty plate, garnish with an edible flower, like Borage or Violet. So simple and so pretty.

**Note:** *After they are frozen they may be individually wrapped and stored in the freezer and kept until needed.*

# Auntie Kandice's Cookie Collection



Our favorite cookies through the years

Started in 1982





# Gingerbread Cookies - 1 recipe makes about 40 - 60 cookies



6 cups unbleached white flour  
3 tablespoons baking powder  
1/8 teaspoon salt  
4 teaspoons ground ginger  
3 teaspoons cinnamon  
1 teaspoon ground nutmeg  
1/2 teaspoon ground cloves  
1/2 teaspoon cardamom  
1 teaspoon allspice  
1/8 teaspoon white pepper  
1 3/4 cups white fine granulated sugar  
3/4 cup honey or agave nectar  
1 cup coconut oil  
1/4 cup milk, non dairy OK  
1 egg beaten (or egg substitute)



- \* Combine flour, baking powder, salt and spices in large bowl, mix well. Set aside.
- \* Combine sugar, honey and butter, egg and milk in Cuisinart. Blend till fluffy.
- \* Gradually add wet mixture to flour mixture and stir until all is well mixed.
- \* Roll dough out on floured surface to 1/4" thick. A thinner dough will make a crispier cookie. Cut out with cookie cutters or by hand into shapes. Smooth edges with finger.
- \* Place 1/2" apart on parchment paper lined cookie sheet or greased cookie sheet.

High altitude: Bake at 350 ° for 9 minutes for thin cookie, or 17 minutes for thick cookie.

Low altitude: Bake at 350 ° for 7 minutes for thin cookie, or 15 minutes for thick cookie.

\* Cool on racks then decorate with icing.

**Notes:** We usually make 1 batch of this cookie. The best shapes are the heart, chubby teddy bear, small ginger boy, and Christmas tree. Put only faces and small bows on teddy bear so it can be personalized with a name. Decorate with hula skirts and lei, or bikini for boy, girl and bear.



*In 2017 we used one batch of this recipe and made 8 xlg cookies: 6" wide and 1/2" thick. Baked for 25 minutes in 350° oven. We used the Pyrex cereal bowl as a pattern and cut around it with sharp knife. Cook on ungreased parchment paper on top of a cookie sheet. I think this is my favorite gingerbread so far and very easy to make.*



# Gingerbread House

One recipe makes one 6" x 6" x 6" house, plus 3 large gingerbread people



1  $\frac{3}{4}$  cups white granulated sugar  
 $\frac{3}{4}$  cup honey  
1 cup butter  
 $\frac{1}{4}$  cup lemon juice with rind, (*two lemons*)  
6 cups unbleached white flour  
3 tablespoons baking powder  
 $\frac{1}{8}$  teaspoon salt  
3 teaspoons ground ginger  
2 teaspoons cinnamon  
 $\frac{1}{2}$  teaspoon ground nutmeg  
 $\frac{1}{4}$  teaspoon ground cloves  
1 egg beaten (or egg substitute)

Decorations: peppermint sticks, sliced almonds, plain and peanut M&M's

- \* Combine sugar, honey and butter in a saucepan. Bring to a boil, stirring constantly until the sugar is dissolved. Remove from heat. Add lemon juice and rind. Cool to room temperature.
- \* Combine flour, baking powder, salt and spices, mix well.
- \* Add egg to cooled sugar mixture, mix well.
- \* Gradually add flour mixture to the wet mixture until all is well mixed.
- \* Roll dough out on floured surface to  $\frac{1}{4}$ " thick. Cut according to desired house shapes. It's best to make a paper pattern ahead of time for this.
- \* Place  $\frac{1}{2}$ " apart on parchment paper lined cookie sheet or un-greased cookie sheet.

High altitude: Bake at 375° for 25 minutes

Low altitude: Bake at 350° for 25 minutes

Cool cooked shapes before making the house, or store in closed container until ready to assemble.

Use Royal Icing recipe to assemble walls, roof, etc. Mix icing to a thick consistency so it is not runny. Start with walls and spread icing along joints. Place cups along the outside for stability until it's dry; about 30 minutes. Add roof and decorations when walls are stable.

# Sugar Cookies



3 ½ cups unbleached all-purpose flour  
1 ½ tsp baking powder  
1 cup unsalted butter, softened  
½ cup sugar  
1 large egg or (2 tsp egg sub powder, 2 Tbsp. water mixed)  
1 Tbsp. milk  
2 ½ tsp vanilla extract

- \* Mix together flour and baking powder. Set aside.
- \* Mix the butter and sugar, until fluffy. Add egg, milk and vanilla, and continue to beat until well blended and smooth.
- \* Mix flour mixture into the butter mixture until smooth ball forms.
- \* On a floured dish towel, roll to ¼" thick.
- \* Preheat oven to 400°F.
- \* Line two baking sheets with parchment paper.
- \* Bake for 10 - 14 minutes, or until just lightly colored on top and slightly darker at the edges. Rotate sheets halfway through for even browning.
- \* Remove cookies to a rack and let cool completely.
- \* After the cookies are completely cooled, decorate with Royal Icing. Place the decorated cookies on a tray and leave overnight, uncovered, to harden.
- \* The next morning you can paint with food coloring, or pack in containers.
- \* Cookies can be stored in an airtight container up to two weeks in layers separated by parchment or wax paper.

**Note:** A double recipe makes 18 bunny head cookies or 18 large egg cookies.

# Sugar Cookie Royal Icing

1 1/2 cups confectioners (powdered) sugar  
5 (or more) teaspoons milk (soy milk OK)  
5 teaspoons light corn syrup  
1/2 teaspoon almond extract, or use peppermint extract for Christmas cookie icing  
Assorted food coloring

\* In a Cuisinart mix wet ingredients into sugar until smooth and glossy. If icing is too thick, add more milk a teaspoon at a time. It should be like thin yogurt or heavy cream.

\* Place cookies on a wax paper covered cookie sheet. Spread icing on cookies using the back of a teaspoon. A small cookie needs 1/2 teaspoon, large cookie - 1 teaspoon. Let dry at least 8 hours.

\*You can color the icing first by dividing into separate bowls and add food colorings to each for desired intensity. Or paint food coloring onto dried white icing with a brush. Paint after the icing is allowed to set up at least 8 hours or overnight.

**Note:** This recipe will frost a double recipe of sugar cookies. It dries hard and shiny and the colors stay bright.



## Painting With Food Coloring Over Royal Icing

Paint with straight food coloring or dilute with water for pastel color as follows:  
1 tablespoon water mixed with 6 or more drops color.

- \* Paint color onto cookie with small brush.
- \* Let set out until the icing re-hardens. Store in containers separated with wax or parchment paper.

**Ideas:** Paint funny faces on egg cookies. Butterfly cookie would be cute too.

## Standard Decorative Cookie Icing

1 recipe makes 3 cups of icing  
3 egg whites  
½ teaspoon cream of tarter  
1 - 16 oz. package of powdered sugar  
Assorted food colors

- \* In a large mixing bowl with mixer on high speed, beat egg whites and cream of tarter until thick and hard. Add sugar and continue beating for 5 – 7 minutes, until a knife drawn through icing leaves a clean-cut path.
- \* This can be kept in a refrigerator in a container with a tight fitting lid up to two weeks until ready to use.
- \* Once you begin working with the icing, keep unused portion covered with damp cloth to prevent drying out.
- \* Use small bowls to mix different colors you want to use.
- \* With pastry bag use a small round tip for edges and names. Put tip on outside of bag so changing tip after bag is loaded is not hard to do.
- \* Use the thin slotted tip for around heart, or to make leis and flowers.
- \* Paper parchment triangles work good. Tape outside seams well, and add a piece of tape to the top edge. Instructions for using a piping bag are on next page.

## Decorative Chocolate Icing

For the chocolate drizzle; use semi-sweet bakers chocolate squares only. Melt in a double boiler on low heat, or use a Pyrex bowl that fits in a sauce pan which has water in the bottom. Paper parchment triangles work good for this. Use two of the parchment cones doubled up. Tape outside seams well and add a piece of tape to the top edge. Do not need to use the metal tip for the chocolate drizzle. It takes 8 oz. of melted chocolate squares to put on 3 batches of Bon Bon Cookies.



# How to make and fold a parchment decorating tube for piping icing.

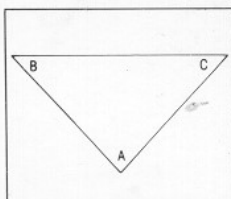


## 12 in. Parchment Triangles

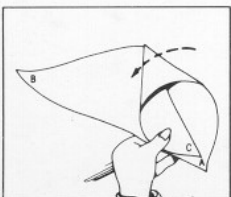
*It's easy to make convenient disposable decorating cones.*

### To Make Decorating Cone

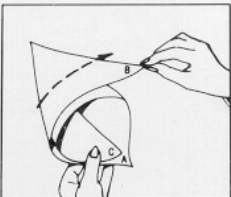
1. Place a triangle on a flat surface with point A facing you.



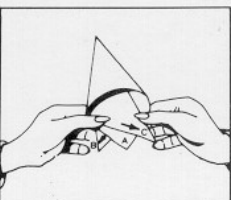
2. Curl point C under, sliding it toward you until points A and C meet.



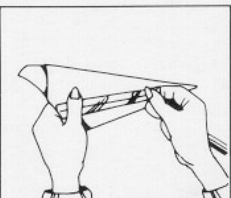
3. Hold points A and C together with your left hand as you pick up point B with your right hand. Wrap point B around to meet points A and C in the back, forming a cone.



4. Hold the cone with both hands, thumbs inside. Then slide points B and C in opposite directions, drawing tip of cone to a tight sharp point.

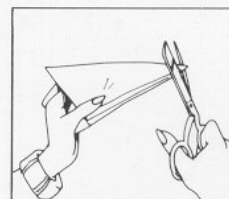


5. Tape the outside seam of the cone near the top to hold it together.



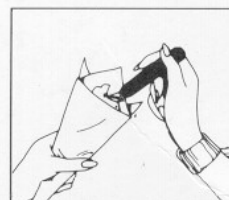
### To Use Decorating Cone

1. Clip  $\frac{3}{4}$  inch from the tip of the cone to make an opening for your decorating tip. \* Then drop a decorating tip into the cone, narrow end first. Make sure the tip protrudes through the tip of the cone. Don't worry if the tip doesn't fit snugly. Icing will hold it in place.

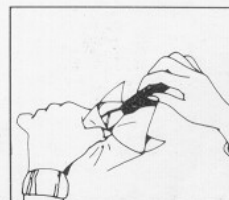


\* It's better to cut off too little than too much. The decorating tip will drop right through if the hole is too large.

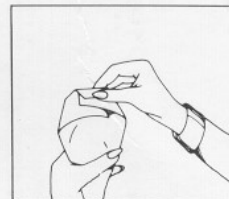
2. Fill cone by holding it near the bottom with one hand while using other hand to insert icing with spatula. Start by scooping about 3 Tbsp. icing well down into cone. Don't fill cone more than half full or it will be hard to manage.



3. To remove remaining icing from spatula, hold spatula between parchment paper and your thumb and fingers. Then pull spatula out of cone, using the parchment paper and your fingers to squeeze off the icing.



4. Close cone by folding the left and right sides in. Then fold top of cone and roll down, forcing icing into cone tip and out decorating tip.



5. To decorate, place the rolled down top of the cone in the palm of your hand. With all four fingers, apply even pressure as you guide cone tip with two fingers of your other hand.



# Filled Bon Bons



1 recipe makes about 45 cookies  
1 cup butter, softened (don't use coconut oil)  
½ cup powdered sugar  
1 teaspoon vanilla  
2 ¼ cup unbleached white flour  
1 tablespoon milk if needed to hold dough together  
1 bag Hershey's Kisses (one 9 oz. bag contains 53 kisses)  
2 8oz cans unsalted Macadamia nuts, this is enough to make one recipe  
2 - 2oz. squares semi sweet baking chocolate

- \* Mix butter, sugar and vanilla until well blended. Add flour and mix until blended thoroughly. If dough doesn't stick together, add 1 tablespoon milk.
- \* Wrap in wax paper and store in refrigerator until cold before using.
- \* Using about 1 large teaspoon of dough, wrap evenly around a chocolate kiss. It looks cute if the cookie shape is the same as the kiss. Or cut off the tip of the chocolate kiss to make it easier to cover with dough. Mix the chocolate bits into some of the dough. *This is yummy.*
- \* For the macadamia nut cookie, use slightly less dough, wrap around a Macadamia nut. Another idea for a Mac Nut cookie is to use chopped Mac Nuts and mix into dough. *This method was really good!*
- \* Place 1" apart on parchment paper lined cookie sheet or ungreased cookie sheet.
- \* High altitude: Bake at 400 degrees for 10 minutes or until the cookie is just lightly brown on the bottom. Low altitude: Bake at 370 degrees for 8 minutes or until the cookie is just lightly brown on the bottom.
- \* Cool on racks then decorate with icing or drizzled chocolate.

**For the chocolate drizzle;** use semi-sweet bakers chocolate squares only. Melt in a double boiler on low heat, or use a Pyrex bowl that fits in a sauce pan which has water in the bottom. Paper parchment triangles work well. Tape outside seams well and add a piece of tape to the top edge. Use two of the parchment cones doubled up for chocolate and don't use the frosting tips, parchment opening works fine.

**Notes:** We usually make 3 batches of this cookie; 1 ½ chocolate and 1 ½ Macadamia nut. Mix each batch separately, as it's easier to mix.

*Roll dough into a log and cut up into pieces to measure out evenly.*

## Grandma Sophie's German Springerle



1 recipe makes about 18 cookies

1 cup white granulated sugar (*fine white granulated, not raw*)

2 eggs (not egg substitute)

2 cups unbleached white flour (*only white, not wheat*)

1 teaspoon finely grated lemon peel (*each recipe uses 1 lemon*)

*(Do not add lemon peel when mixing sugar and eggs, only add with the flour, or it gets bitter)*

¼ teaspoon vanilla extract

3 tablespoons anise seeds

\* In a food process, mix or sugar and eggs until very thick about 5 minutes. Stir in flour, lemon peel and vanilla and mix thoroughly. Dough needs to be very stiff.

\* On a floured surface knead unrefrigerated dough until it's not sticky, then with smooth floured rolling pin roll out dough 1" thick. Width of dough should equal Springerle rolling pin. Lightly flour Springerle rolling pin and tap lightly to remove excess flour. Roll Springerle rolling pin firmly over dough to imprint its patterns clearly. With sharp knife, cut cookies apart between patterns and place ½" apart onto oiled cookie sheet. Smooth cut edges of cookies with fingers. Sprinkle anise seeds between cookies on sheet. Let cookies dry at room temperature uncovered overnight before baking. This allows the imprint to set and harden.

High altitude: Bake at 250 degrees for 40 – 60 minutes until the cookie is firm but still white on top and bottom golden brown.

Low altitude: Bake at 250 degrees for 30 minutes.

Cool on racks, but do not discard the anise seeds. Store cooled cookies in tightly sealed containers with seeds for about 2 weeks to allow the flavor to develop.

\* Note: We make 4 batches of this recipe. Make two batches at a time in the food processor using the dough blade.

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# Peanut Butter Kisses



1 recipe makes about 50 cookies

1 - 18 oz. jar creamy peanut butter (*Old Fashioned Peanut Butter OK*)

1 ¼ cups granulated white sugar

2 large eggs - *not egg substitute*

1 bag Hershey's Kisses (*one 9 oz. bag contains 53 kisses*)

*To make less chewy, try adding ½ - 1 cup flour*

\* Mix peanut butter, sugar and eggs until well blended.

\* Wrap in wax paper and store in refrigerator until cold before using.

\* With floured hands, roll a tablespoon of dough into a ball. Place 1 ½" apart on parchment paper lined cookie sheet or ungreased cookie sheet.

High altitude: Bake at 350 degrees for 14 minutes.

Low altitude: Bake at 350 degrees for 12 minutes.

\* As soon as the cookies come out of the oven and while still on the cookie sheet, press a chocolate kiss into the center of each. After pressing the chocolate into the cookie, quickly mold the cookie around the chocolate slightly. This will prevent the chocolate from falling off when cool. Cool on cookie sheet 1 -2 minutes then remove to wire racks and cool completely.

**Notes:** *Old-fashioned peanut butter makes a chewier cookie, Jiff makes a flakier one.*

*We usually make 2 batches of this cookie.*

*Mix each batch separately, as it's easier to mix.*

*Cook this cookie last as it makes the parchment sheet all greasy.*

# Peppermint Candy Cane Cookie

1 recipe makes about 50 - 4" cookies



1 cup butter, softened  
½ cup powdered sugar  
1 egg, *not egg substitute*  
1 teaspoon vanilla  
¾ teaspoon peppermint extract  
2 ½ cup unbleached white flour  
½ teaspoon salt  
½ teaspoon red food coloring

\* Mix butter, sugar and egg until well blended. Add vanilla and peppermint extracts. Gradually add flour and salt and mix until blended thoroughly.

\* Divide dough in half. Add red food coloring to one half, mixing well. Wrap each separately in wax paper and refrigerate at least 1 hour or until chilled.

\* Make 5" ropes of each color. Try to make them even in size and width, as it makes it easier to twist and looks better. Roll one of each color together and twist so that the colors swirl a little. Shape this into a candy cane.

\* Place 1" apart on parchment paper lined cookie sheet or ungreased cookie sheet.

High altitude: Bake at 400 degrees for 11 minutes or until the cookie is just lightly brown on the bottom. Low altitude: Bake at 375 degrees for 9 minutes or until the cookie is just lightly brown on the bottom.

**Note:** *One recipe is all we make of this one, because it's so time consuming. Next time try making a pinwheel design, it might be faster.*

## Russian Tea Cookies



1 recipe makes about 48 cookies

1 cup butter, softened  
½ cup powdered sugar  
1 teaspoon vanilla  
2 ¼ cup unbleached white flour  
½ teaspoon salt  
¾ cup pecans, chopped

Additional 2 cups powdered sugar for frosting

- \* Mix butter, sugar and vanilla until well blended. Add flour, salt and chopped nuts until well mixed.
- \* Wrap in wax paper and store in refrigerator until cold before using.
- \* Using about 1 teaspoon of dough, roll into evenly shaped balls.
- \* Place 1 ½" apart on parchment paper lined cookie sheet or ungreased cookie sheet.

High altitude: Bake at 400 degrees for 12 minutes or until the cookie is just lightly brown on the bottom. Low altitude: Bake at 400 degrees for 8 minutes or until the cookie is just lightly brown on the bottom.

\* Cool on racks for 5 minutes or so and then roll in powdered sugar while the cookies are slightly warm.. Cool on racks completely, and then roll again in powdered sugar.

**Notes:** We usually make 2 batches of this cookie. Mix each batch separately, as it's easier to mix. Store cookies in covered container with extra powdered sugar.

*Next time try to just sprinkle a little bit of powdered sugar over the tops of the cookies instead of rolling them . This way they won't be so messy to eat.*

# Notes About Making Christmas Cookies

## Cookie Recipe Quantity

Total cookies = 513

3 recipes Bon Bons = 150

1 recipe Gingerbread = 45

4 recipes Springerle = 72

1 recipe Peppermint Candy Canes = 50

2 recipe Russian Teacakes = 96

2 recipe Peanut Butter Kisses = 100



If you make all these recipes in this quantity, they will fill 3 large Gallon jars and 6 1/2 gallon jars

## Cookie preparation time for two people:

Mixing dough = 4 hours

Hand rolled cutout cookies = 8 hours

Icing = 3 hours

Icing to dry = 2 hours

Packing and cleanup = 2 hours

Total - 20 hours

## Shopping Check List:

Flour- 2 - 5lb bags

White granulated sugar- 2 boxes

White powdered sugar- 4 boxes

Brown – 1 box

Honey

Eggs – 12

Butter – 2 ½ lbs.

Vanilla & Peppermint extract

Spices: Cinnamon, Nutmeg, Powdered Ginger, Cloves, Anise Seeds

Peanut Butter 2 - 18 oz. jars

Chocolate Kisses – 3 bags

Macadamia Nuts – 2 cans

Semi Sweet Bakers Chocolate Squares - 1 box

Lemons – 2

Food Coloring

Cream of Tarter

Candy Sprinkles

*We really used to make this many cookies every year to give to friends and family?*

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Cooking is Magic!

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[KandiceCrusat@gmail.com](mailto:KandiceCrusat@gmail.com)