



The Nutrition CODE

Chipotle Bowls

Layer your choice of the following ingredients in individual bowls:

Cooked brown rice
Cooked black beans
Fajita veggies (fried onions, bell peppers, and mushrooms)
Baked tofu
Lettuce
Avocado tomato salad or guacamole
Non-dairy sour cream
Non-dairy cheese shreds
Tabasco sauce (I prefer the green or the chipotle flavored Tabasco sauce).

Baked Tofu

Mix the following ingredients in a bowl:

1 14 oz. package extra firm tofu, cut in small cubes
2 tablespoons olive oil
1/2 tsp. chili powder
1/2 tsp. garlic powder
1/2 tsp. salt
1/2 tsp. smoked paprika
1/4 tsp. cumin
Dash of cayenne pepper

Spread on a nonstick baking sheet at bake at 400 degrees for 20–30 minutes, stirring once halfway through.

Avocado Tomato Salad

Stir together:

2 ripe avocados, cubed
2 large ripe beefsteak tomatoes, chopped
2 Tbsp. lemon juice
3 Tbsp. chopped cilantro (or more to taste)
1/2 tsp. salt

Tofu Sour Cream

Blend smooth in a high-speed blender:

1 box (12.3 oz) Mori-Nu tofu
1 cup raw cashews
1/4 cup lemon juice
1/4 cup water
1 tsp. granulated onion
2 tsp. salt

Keeps in the refrigerator for about a week.

Cranberry Nut Oatmeal Cookies

2 1/2 tablespoons golden flax meal
6 tablespoons water
2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1-2 pinches cinnamon
1 pinch nutmeg
1 cup (2 sticks) Earth Balance margarine, room temp
1-3 teaspoons vanilla
1 cup granulated white sugar
1 cup packed brown sugar
2 cups oats
1 cup dried cranberries
1 cup chopped walnuts

1)

Preheat your oven to 400°F. Mix the flax and water in a small bowl and let it gel up.

2)

Combine the flour, baking soda, baking powder, salt and spices in a medium mixing bowl.

3)

Beat the Earth Balance in a separate medium mixing bowl until softened (but not liquidy). Beat in the flax meal mixture until well combined followed by the vanilla then the sugar. Mix in the flour with a rubber spatula then mix on low for 5 seconds. The batter will be thick.

4)

Stir in the oats, cranberries and pecans. Drop by the rounded Tablespoon onto a parchment paper-lined cookie sheet, roll into balls and place 2 inches apart. (Try to keep the dough cool in between baking sessions. I keep mine in the fridge) Bake for 11 minutes or until golden brown. Cool the cookies on their sheets for 1 to 2 minutes then transfer to cookie racks and cool completely (or eat while hot!). This recipe makes 15 to 20 Vegan Cranberry Pecan Oatmeal Cookies.

