



PIZZA MADE HEALTHY

1 pkg Trader Joes Ready to Bake Pizza Dough or crust of choice
1 pkg pizza sauce of choice (Trader Joes pizza sauce)
1 pkg dairy free cheese (Daiya, Violife, etc.)
Veggies of choice: mushrooms, spinach, olives, onion, bell pepper
Minced garlic & basil (optional)

Preheat oven to 450°F. Leave dough out at room temperature for 20 minutes. Remove dough from package. Roll dough into a 12" diameter circle. Top with sauce and toppings of choice. Bake for approximately 10 minutes or until cheese bubbles and crust is golden brown.

KALE SALAD

Fill a 2-quart salad bowl with:
Kale chopped into bite-sized pieces

Combine the following for dressing and pour over salad:

2 Tbsp. lemon juice
1 Tbsp. Braggs
1 Tbsp. olive oil
1/2 tsp. onion powder
1/4 tsp. garlic powder

Massage the dressing into the kale with your hands. This action tenderizes the leaves.

Then add:

1 avocado, diced
4 green onions, sliced
1/4 cup toasted sunflower seeds
1 tomato, diced
1 can garbanzos, drained and rinsed

Serve immediately. If you want to make it ahead, massage the dressing into the kale ahead of time and add the toppings just before serving.

Viennese Apple Coffee Cake

Dough:

1¾ cup flour (a combination of whole wheat and white flour)
1½ cups non-dairy milk
1/2 cup brown sugar
1½ Tbsp. baking powder
1/2 tsp. salt

Mix dough ingredients. Dough should be stiff and sticky. Spray a 9 x 13 pan with nonstick spray. Spread dough over the bottom of the pan.

Filling:

2 apples, thinly sliced
2/3 cup apple juice concentrate
1/2 tsp. cinnamon
1½ Tbsp. cornstarch dissolved in 3 Tbsp. water

Bring apples, juice, and cinnamon to a boil and simmer for two minutes. Stir in cornstarch mixture. Cook for one minute. Spread filling over dough from above.

Topping:

1/2 cup quick oats or white flour
1/2 cup whole wheat flour
1/2 tsp. salt
1/2 cup unsweetened coconut
1/4 cup brown sugar
2 Tbsp. water

Blend dry ingredients in food processor for 1 minute. Add water and pulse to moisten crumbs.

Sprinkle crumb topping over filling. Bake in preheated oven at 350°F for 30 to 35 minutes or until knife inserted in the center comes out clean.

