



The Nutrition CODE

TOFU ROAST

2 pounds tofu, drained and mashed
1 onion diced
⅓ cup Bragg's liquid aminos
⅓ cup olive oil
1 Tbsp. McKay's chicken style seasoning
½ cup chopped walnuts
6 cups rice crispy or puffed rice cereal

Stir all ingredients together well. Press evenly into a 9 x 13 inch pan. Cover and bake for 45 minutes at 350°F. Uncover and bake an additional 15 minutes.

ROASTED CAULIFLOWER

Preheat oven to 425° F. Trim stems off **1 head of cauliflower** and cut into chunks a little larger than bite sized. Place in a 9 x 13 inch pan and toss with the following:

3 Tbsp. olive oil
1 tsp. salt

Spread cauliflower pieces one layer deep. Roast for 1 hour, or until much of each floret has become golden brown. That's the caramelization process converting the dormant natural sugars into sweetness. The browner the florets, the sweeter they'll taste. Turn three or four times during roasting.

PASSION FRUIT PUDDING

Place in a bowl:

¼ cup chia seeds

Blend:

1 can unsweetened full fat coconut milk
1 cup passion fruit pulp (from a Mexican or international grocery store)
½ cup maple syrup or sweetener of your choice

Pour over chia seeds. Whisk together immediately to avoid the formation of lumps. Refrigerate until thickened (1–2 hours).

QUINOA SALAD

Place in a pressure cooker:

1½ cups water

1 cup quinoa, rinsed under cold water

¼ tsp. salt

Cook on high pressure for 3 minutes. Release pressure after 10 minutes of natural release. (If you don't have a pressure cooker, increase water to 2 cups, and simmer 15 minutes in a small saucepan on the stovetop. Then let stand 5 minutes.) Cool quinoa completely. Place in a large salad bowl. Add the following ingredients:

4 cups lettuce, chopped

½ cucumber, diced

2 tomatoes, diced

2 green onions, sliced use green and white parts

½ bell pepper, diced

½ avocado, diced

2 cups cooked garbanzos, drained and rinsed or one 15-oz can

1 tsp. salt

1 tsp. garlic powder

2 tsp. dried oregano fresh is even better

2 tsp. dried basil fresh is even better

4 tsp. dried parsley fresh is even better

¼ cup olive oil

⅓ cup lemon juice fresh squeezed is best

Stir together and serve immediately.

VEGAN BANANA BREAD

2 Tbsp. ground flaxseed

6 Tbsp. water

3 ripe bananas, mashed

½ cup sugar

¼ cup vegetable oil

¼ cup unsweetened applesauce

1 tsp pure vanilla extract

1 tsp baking soda

½ tsp baking powder

1 tsp cinnamon

½ tsp salt

1 ¼ cups flour

½ cup carob chips

¼ cup chopped walnuts

Preheat oven to 320°F. Lightly grease bread pan.

Mix flax seeds and water and set aside for 5 minutes. Add mashed bananas, mix well. Add the rest of the ingredients up to the flour and mix well. Then add flour, mix chips and nuts.

Pour into bread pan and bake for 40-50 minutes.

For more recipes, visit www.TheNutritionCode.org

