

Easy Dip

1 cup water

2 oz pimento (drained)

¼ cup raw cashews

¼ t garlic powder

1 - 1 ½ tsp salt to taste

1 ½ tsp lemon juice

1-2 Tablespoon Arrowroot or corn starch

¼ cup nutritional yeast flakes

1 can Ro-tel tomato (mild or regular). If you do not like spicy, then use plain canned tomatoes.

Blend all ingredients (except tomatoes) until smooth

Add Ro-tel tomatoes – blend briefly.

Cook over medium heat carefully stirring until thickens – serve hot or cold

Dip for chips, or use on noodles for adult mac and cheese.

Carob Cream Pie

1 cup water

¼ cup peanut butter

¼ cup carob powder

1 cup coconut milk

1 tsp vanilla

1/8 teaspoon salt

¼ cup corn starch

½ cup honey (this amount of honey makes it very sweet – I lower the amount)

Blend all ingredients together in blender.

Cook over medium heat until thickens

Pour ingredients into pre-baked graham cracker crust.

Set aside to cool.

Forest Lake Plant Powered Cooking Class

October 20, 2016

Garbanzo Sandwich spread

1 can of garbanzos, Drain beans and save a little of the liquid to use if needed for a smooth consistency, mash garbanzos with a fork – good for an upper body workout, or better yet, use the food processor (but do not over process).

Place garbanzo in bowl

½ cup chopped celery – finely chopped, or better yet, use the food processor (but do not over process).

Add the chopped celery to garbanzos

Then add the rest of the ingredients and mix altogether.

¼ cup Pa's pickle relish – or your favorite sweet pickle relish (use more if you like)

3 Tbsp Vegenaïse or Just Mayo

¼ tsp salt - optional