

## Class 13 Long Beach

September 29, 2024

**Menu:** Baked Potatoes with Cheesy Sauce or Follow Your Heart Vegan Sour Cream, Salad, Spelt Bread, Gluten-Free Cornbread and Oatmeal Raisin Cookies & Fruit Thins

*To bake potatoes:* Preheat the oven to 400°. Clean potatoes and place on a baking tray or in a casserole dish lined with parchment paper, drizzle with olive oil and sprinkle with salt. Bake for 1 - 1 ½ hours or until tender.

Recipes by Marla Danielson

### **Cheesy Sauce** (makes 2 ½ c.)

¼ c. each: chopped onions, fresh sliced carrots, chopped red pepper  
1 small garlic clove  
1 c. water

*Bring the above ingredients to boil in a small kettle, reduce heat, cover, and cook for 7 minutes. While cooking, place following ingredients in blender, except the thyme, sage, and parsley:*

1 c. water  
½ c. raw cashews  
¼ c. nutritional yeast  
1 ½ T. brown rice flour  
1 t. Salt  
1 t. Each: lemon juice, onion powder  
½ t. Coriander  
Pinch of each: thyme, sage, parsley *stir in last*

*Add the ingredients from the kettle to the above ingredients (except stir-in spices) and blend until very smooth, stir in remaining spices and cook over medium-high heat, stirring frequently until it begins to bubble and thickens. Add cooked broccoli, if desired. Serve over baked potatoes, or sauteed zucchini, or pasta, or use as a cheesy sauce for homemade nachos. It's especially good sprinkled with vegetable bouillon flakes! Enjoy!*

To make **Vegetable Bouillon Flakes**, stir together: ½ c. nutritional yeast flakes, 1 T. each: onion powder, garlic powder, ½ T. each: Italian seasoning, homemade poultry seasoning, parsley flakes, Pinch of: turmeric and salt

To make **Homemade Poultry Seasoning**, stir together: 4 t. Sage, and 2 t. Each: thyme, marjoram, 1 t. Celery seed

### **Spelt Bread** (makes 2 small loaves)

1 c. warm water  
1 T. yeast  
1 T. each: maple syrup, olive oil, applesauce  
½ c. whole grain spelt flour  
2 ½ c. *white* spelt flour  
1 t. salt

*Preheat the oven to 375°. Mix warm water and yeast and let rest for 5 minutes. Stir in maple syrup, olive oil, and applesauce. Add spelt flours and salt, stir until a loose ball forms, place on lightly floured countertop and knead into a smooth ball of dough, adding more sprinkles of flour as needed. Cover with a light cotton kitchen cloth and let rest for 15 minutes. Shape into 2 thick logs, about 7 inches long and place on a parchment-lined baking tray. Drizzle each one with a little olive oil and spread over the tops evenly with your fingers. Let rise for 15 minutes. Bake for 25 minutes until lightly browned. Cool on a wire rack and enjoy! It's great toasted!*

### **Gluten-Free Cornbread**

1 T. coconut oil, melted  
1 T. maple syrup  
1 ⅓ c. soy milk, original  
½ t. Lemon juice  
½ c. each: brown rice flour, oat flour  
¾ c. finely ground cornmeal  
1 t. each: instant yeast, flax meal  
¾ t. Salt

*Preheat the oven to 350°. Melt coconut oil in a small bowl. Add the rest of the wet ingredients, stir, and warm in the microwave for 30 seconds, or until very warm. Add all dry ingredients, stir. Place in a greased 8 x 8 baking dish (can place parchment paper on bottom), drizzle the top with olive oil, and let rest for 30 minutes. Bake for 25-30 minutes, until a toothpick inserted in the center comes out clean. Let cool, cut carefully, and enjoy!*

### **Easy White Bean Spread**

1 can of white beans, navy beans (1 ½ c.)

Add your favorite veggies (finely shredded carrots, finely chopped onion, celery, cucumbers)

Simple mayo, to taste

**Seasoning ideas:** Nutritional yeast, dill, marjoram, parsley, basil, garlic powder, Italian seasoning, Vegetable Bouillon Flakes, Cumin, Garlic, fresh chopped herbs

*Drain, rinse, and mash white beans, leaving some texture, add some of your favorite veggies and enough simple mayo to make a creamy spread. Salt and season to taste.*

**Let us remember that there is practical religion in a loaf of good bread.** {Counsels on Diets and Foods 251.1}

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### **Oatmeal Raisin Cookies**

*Recipe by Marla Danielson*

1 T. flax meal mixed with 2 T. water (thick flax egg)  
¼ c. coconut oil, melted  
¼ c. applesauce  
½ c. coconut sugar  
1 T. plant milk  
1 t. Vanilla  
½ t. Each: Salt, Coriander  
Pinch of Cardamom  
1 c. quick oats  
¼ c. each: almond flour (blanched), chickpea flour, brown rice flour  
¼ c. chopped raisins (measure first)  
2 soft dates, mashed or finely chopped  
¼ c. finely chopped walnuts (opt.)

*Preheat the oven to 350°. Make flax egg and set aside. Cream coconut oil, applesauce, coconut sugar, plant milk, vanilla, salt, coriander, and cardamom. Add flax egg, stir, then add all remaining ingredients and mix well. Using a cookie scoop, place on a parchment-lined tray, flatten slightly, and bake for 15-18 minutes. Enjoy!*

### **Fruit Thins**

*Recipe from 7 Secrets Cookbook*

½ c. unsweetened finely shredded coconut  
1 c. quick oats  
¾ c. walnuts  
¼ c. brown rice flour  
½ t. Salt  
2 T. maple syrup  
¼ c. water

#### **Filling:**

½ jar of Smuckers Red Raspberry Fruit Spread  
First, preheat the oven to 350°

*–Blend coconut and oats for 2 minutes in a food processor, and place in a bowl. Next, process the walnuts, rice flour, and salt for 30 seconds, add to the bowl and mix well. Add maple syrup and water and stir (or use hands) until a pie-like dough is formed. Divide dough into 2 balls. Place parchment paper on a moistened countertop and roll out 1 ball into a thin rectangle. Spread with Smuckers Red Raspberry Fruit Spread. Lift onto a baking tray. Roll out other ball of dough to the same size and place carefully on top of the other. Score into squares with a knife or pizza cutter. Bake for 25 minutes. Let cool, cut again along score lines, break apart, and enjoy!*

### **Simple Mayo**

*Recipe by Marla Danielson*

½ c. raw cashews  
½ c. water  
2 t. Fresh lemon juice  
¼ t. Salt, or to taste  
Pinch of: garlic powder

*Place all ingredients in a blender and blend until smooth (can double or triple recipe, use what you need, and freeze extra for later use).*

**Ranch Dressing:** *Add fresh chopped dill and basil and 1 t. Honey.*

**1000 Island Dressing:** *add 2 t. Tomato paste, 1 t. Honey and fresh chopped dill and basil. Refrigerate (it thickens). \*Note: substitute your favorite dried herbs instead of fresh herbs.*

***If ever there was a time when the diet should be of the most simple kind, it is now. Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions and has a tendency to deaden the moral powers.*** {Child Guidance 461.1}