

# COOKING CLASS DELIVERED 01

## EASY BREAD (By Ricardo Fioravanti)

### Ingredients

- 2 ½ cups of whole wheat flour
- 2 ½ cups of white wheat flour
- 2 tablespoons instant dry yeast
- 2/3 cup of oil
- 400 ml of water
- 1 pinch of salt

### Directions

Put 1 cup of each of the flour, the 2 tablespoons of dry yeast and the salt in a deep bowl. Stir these dry ingredients so that they are well-added.

Add the 400 ml of water, mix well for about 5 minutes, dissolving well the flours and adding the yeast. It will get a thick cream. Let stand for 10 minutes with the bowl covered. (optional)

After that, put the oil and mix again. Go adding the flour, ½ cup of each, always kneading very well to be incorporating to the dough. Never put flour all at once. There will come a point where you will notice that the dough is coming out of the bowl, is not sticky in your hand and has no lumps of flours in the middle. This is the ideal point of mass.

Preheat oven at 400F and bake for 35-45 minutes.



# COOKING CLASS DELIVERED 02

## TROPICAL CHIA PUDDING (CARIN LYNCH)

### Ingredients

- ¼ cup chia seeds
- 1 can coconut milk
- ¼ c agave
- 1 can crushed pineapples
- ½ cup shredded coconut (divided in 2)

### Directions

Mix chia, coconut milk, agave, pineapple and ½ cup of coconut together. Pour into bowl or individual serving dishes. Top with additional coconut. Refrigerate 2 hours.



# COOKING CLASS DELIVERED 03

## HOMEMADE VEGAN MAYONNAISE (CARIN LYNCH)

### Ingredients

- 1 cup unsweetened soy milk (not light)
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1 cup unrefined, mild soy, corn, safflower or canola oil
- 2 tablespoons lemon juice

### Directions

Blend first three ingredients on high for 5-10 seconds. Slowly dribble in oil, blending for an additional full minute after all oil has been added. Stop blender and stir in lemon juice. Put into covered container and let chill. Yield 2 cups.



# COOKING CLASS DELIVERED 04

## TOFU-NA-SALAD (CARIN LYNCH)

- 1 lb tofu (drain water, freeze overnight then thaw)
- ½ c onion, chopped
- ½ c celery stalks, chopped
- 1 Cup Vegan Mayo
- 2 TBSP Bragg's Liquid Aminos
- 1 TBSP lemon juice
- 2 TBSP Kelp Powder

Squeeze out all water from thawed tofu and crumble into a bowl. Add Bragg's and lemon juice to tofu. Mix well then add the rest of the ingredients and mix.



# COOKING CLASS DELIVERED 05

## MACARONI AND CHEESE

*(ADAPTED FROM BOUNTIFUL HEALTH COOKBOOK PAGE 92-NANCY CROSBY)*

### Creamy Cheese Sauce

1/3 c raw cashews

1 can coconut milk

1/4 c nutritional yeast flakes

2 tsp salt

1/2 tsp onion powder

1/3 c cornstarch

2 Tbsp lemon juice

2 c water

1/2 c canned pimentos, roasted red peppers or fresh red pepper

1lb elbow macaroni

Place all ingredients in blender and blend until smooth and creamy. Heat on stove, medium-medium high until thick consistency. Mix with cooked macaroni.

Alternative: Once blended, pour uncooked cheese sauce directly into cooked macaroni and bake until thickened.



# COOKING CLASS DELIVERED 06

## MACARONI AND CHEESE

*(ADAPTED FROM BOUNTIFUL HEALTH COOKBOOK PAGE 92-NANCY CROSBY)*

### Creamy Cheese Sauce

1/3 c raw cashews

1 can coconut milk

1/4 c nutritional yeast flakes

2 tsp salt

1/2 tsp onion powder

1/3 c cornstarch

2 Tbsp lemon juice

2 c water

1/2 c canned pimentos, roasted red peppers or fresh red pepper

1lb elbow macaroni

Place all ingredients in blender and blend until smooth and creamy. Heat on stove, medium-medium high until thick consistency. Mix with cooked macaroni.

Alternative: Once blended, pour uncooked cheese sauce directly into cooked macaroni and bake until thickened.

