



Exercise is Medicine

2018



RECIPES



In an effort to bring some great recipes for all Pulse Generator members to enjoy and incorporate into their weekly routines, we have embarked on our first edition of the PG Recipe Book. We are happy to present to you a versatile book with many delicious options from many styles of cooking. Within these pages you will find options for breakfast foods, to all purpose meals and fantastic desserts.

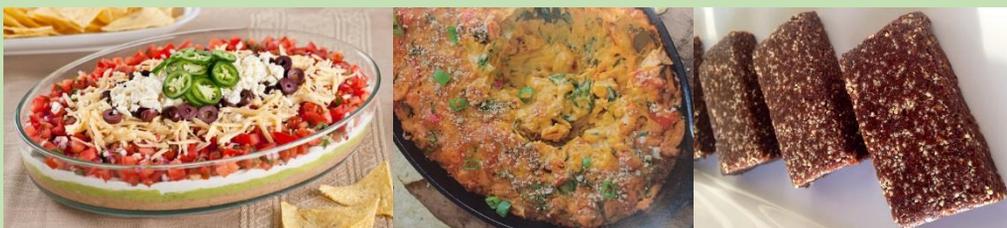
These recipes have brought enjoyment to many people and hope to do so for you as well.

Thank you to all PG members and staff for your contributions to this edition.

Kevin Vachon
PG Staff

Other...Dressing, Appetizers, Dips, Energy Bars

- Turmeric Almond Dressing
- Taco Fiesta Potato Crisps
- Healthy Turkey Lettuce Wraps
 - Mexican Layer Dip
- Life Affirming Warm Nacho Dip
 - Cocoa Peanut Energy Bars



Turmeric Almond Dressing

Submitted by:

<https://www.epicurious.com/recipes/food/views/turmeric-almond-dressing-51264440>

Kevin Vachon, PG Staff



Ingredients:

3 (2-inch) pieces fresh turmeric, peeled and roughly chopped, or 2 teaspoons ground dried turmeric

1 (1-inch) piece fresh ginger, peeled and roughly chopped

1 garlic clove, roughly chopped

1/4 cup plus 2 tablespoons fresh lemon juice

3 tablespoons natural almond butter

1 tablespoon honey

1/4 teaspoon kosher salt



Vibrantly colored and spiced, this creamy dressing is great drizzled over your favorite salad, grain bowl, or cooked veggies. Fresh turmeric will give you the best flavor and health benefits, but if you can't find it, ground dried turmeric works too.

Combine all ingredients with 3 Tbsp. water in a blender and purée until smooth, about 3 minutes.

Taste and adjust salt or lemon juice, if desired.

Taco Fiesta Potato Crisps

From “The Oh She Glows Cookbook” by Angela Liddon

Potato Crisp Ingredients:

2 russet potatoes, unpeeled, sliced into ¼ inch rounds

A bit of canola or Olive oil

Salt and Black pepper

Walnut Taco Meat Ingredients:

1 cup walnuts

1 Tbsp Olive oil

1.5 tsp chili powder

½ tsp ground cumin

¼ tsp salt

1/8 tsp cayenne pepper

Cashew Sour Cream Ingredients:

1 cup raw cashews soaked in 2 cups of water overnight

2 tsp lemon juice

1 tsp apple cider vinegar

½ tsp salt

Other ingredients:

½ - ¾ cup salsa

2-3 green onions chopped

Make the Potato Crisps:

a) Preheat Oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper. Place the potato slices in a single layer on the baking sheet and brush them with oil. Sprinkle potatoes with salt and pepper.

b) Roast potatoes for 30-35 minutes, flipping them over once, halfway through until tender or lightly browned. Allow potatoes to cool before assembling.

Make the Walnut Taco Meat:

c) In a food processor, combine walnuts, chili powder, cumin, salt and cayenne and process to a fine crumble. Add the oil and pulse again until mixed. Set aside.

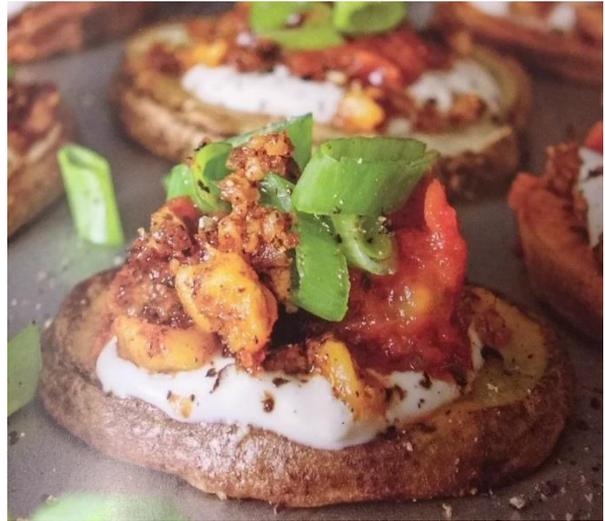
Make Cashew Sour Cream:

d) Drain soaked cashews. Add cashews to a blender with ½ to 1 cup of water (less water will make it thicker). Blend on high speed until smooth. Add lemon juice, apple cider vinegar and salt and blend in until combined.

e) To assemble, top each potato slice with about 1 teaspoon of cashew cream, then taco meat, then salsa and green onion. Garnish with black pepper. Serve while still warm or reheat slightly.

Submitted by:

Kevin Vachon, PG Staff



Healthy Turkey Lettuce Wraps

Submitted by:

Matt Thomas,

PG Staff

<http://www.eatyourselfskinny.com/healthy-turkey-lettuce-wraps/>

Ingredients:

1.25lbs Fat Free Lean Ground Turkey
1 Tbsp Olive Oil
1 Garlic Clove Minced
1/8 tsp ground ginger
4 green onions sliced
1 (8 oz) can sliced water chestnuts,
drained and chopped
3 Tbsp hoisin sauce
2 Tbsp lower-sodium soy sauce
1 Tbsp rice vinegar
2 tsp. roasted red chili paste
Pinch of salt
12 Boston lettuce leaves

a) Heat 1 tablespoon of oil in a large nonstick skillet over medium-high heat. Add turkey, garlic and ginger to the pan and cook for about 6 minutes or until turkey is browned. Stir to crumble.

b) Combine turkey mixture, onions and chopped water chestnuts in a large bowl, stirring well, and set aside.

c) Meanwhile in a small bowl, whisk together hoisin, soy sauce, rice vinegar and roasted red chili paste and drizzle over the turkey mixture. Toss to coat completely.

d) Add about ¼ cup turkey mixture to each lettuce leaf, serve and enjoy!



Mexican Layer Dip

Family Recipe

Submitted by:

Holly Power

Edmonton Member

- a) Beat together mayo and cream cheese until smooth
 - b) Stir in green onions & spread on to 12 inch plate
 - c) Combine avocado, lemon juice, tomatoes & chilies
 - d) Spoon over cheese layer
 - e) Sprinkle bacon and chopped olives
 - f) Top with taco sauce & cheddar cheese
 - g) Arrange red peppers in a band around edges & garnish with sliced olives
- Serve with tortilla chips or melba toast

Ingredients:

- 2/3 cup mayo
- 250g pkg cream cheese
- 2 green onion, chopped
- 1 avocado, peeled, pitted & mashed
- 1/4 tsp lemon or lime juice
- 1 medium tomato, finely chopped
- 1-4oz can diced green chilies, drained
- 5 bacon slices, crumbed
- 1/2 rip olives, crumbled
- 1-8oz taco sauce
- 1 cup cheddar cheese, shredded
- 1 red pepper, seeded & chopped
- Sliced ripe olives for garnish

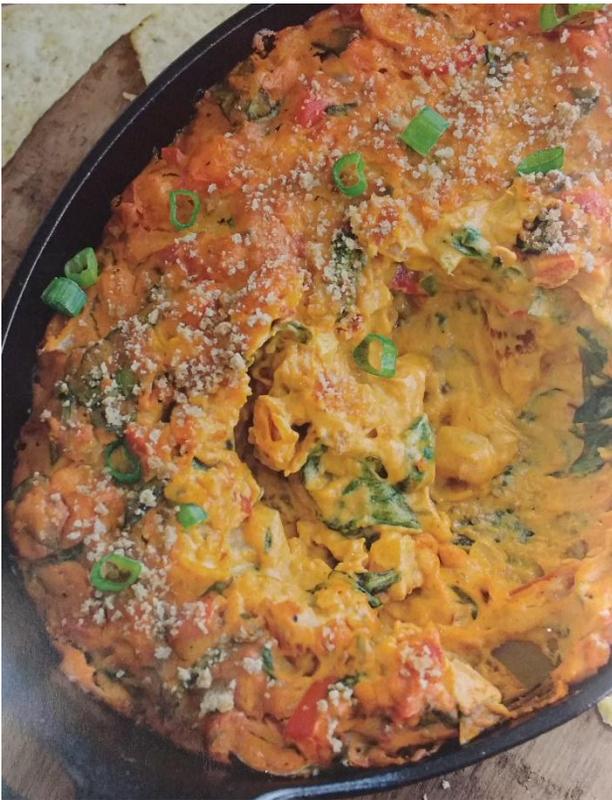


Life Affirming Warm Nacho Dip

From "The Oh She Glows Cookbook" by Angela Liddon

Submitted by:

Kevin Vachon, PG Staff



Cheese Sauce Ingredients:

- 1 cup raw cashews
- 1 cup chopped carrots
- 2 Tbsp nutritional yeast
- 2 Tbsp fresh lemon juice
- 1-5 cloves of garlic
- 1.25 tsp salt
- $\frac{3}{4}$ tsp chili powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ to $\frac{1}{2}$ tsp cayenne pepper (optional)

Dip Ingredients:

- 1 cup chunky marinara sauce
- 1 cup finely chopped sweet onion
- 2-3 handfuls of spinach roughly chopped
- $\frac{1}{3}$ cup crushed corn chips or bread crumbs
- 1-2 green onions sliced for serving
- Tortilla chips or Pita Chips for serving

Make the Cheese Sauce:

- a)** Place the cashews in a medium bowl and cover with water. Set aside to soak for a least 2 hours or overnight. Drain and rinse when complete
- b)** Preheat the Oven to 400 degrees F. Lightly grease a 2 quart (2L) cast iron pan or casserole dish.
- c)** Place the carrots in a small saucepan and add water to cover. Bring the water to a boil and cook carrots for 5 minutes or until fork tender. Drain. Or you can quickly steam the carrots.
- d)** In a blender, combine the soaked and drained cashews, cooked carrots, nutritional yeast, lemon juice, garlic, salt, chili powder, onion powder, cayenne and $\frac{2}{3}$ cup water. Blend until silky smooth adding a bit of water if required. Pour into a large bowl

Make the Dip:

- e)** Stir the marinara sauce, onion and spinach into the cheese sauce until fully combined.
- f)** Spoon the mixture into the pan or casserole dish and sprinkle with the crushed corn chips or bread crumbs. Bake for 25-30 minutes uncovered watching closely to not burn the topping. Sprinkle with green onion and serve while still hot.

Cocoa Peanut Energy Bars

Calgary Harold Recipe (2004)

Ingredients:

- ¾ cup peanut butter
- ¾ cup liquid honey
- ½ cup packed brown sugar
- ½ cup unsweetened cocoa powder
- 1.5 cups quick cooking oatmeal
- 1.25 cups rice krispies cereal
- 1 cup dried fruit (cranberries, raisins, apricots etc)
- 1 cup coarsely chopped unsalted peanuts

Submitted by:

Heather Stickney

Edmonton Member

- a)** Spray, grease or use a non stick 9x13inch cake pan
- b)** Measure out the last 4 ingredients before beginning
- c)** In a large saucepan over low/med heat, combine the peanut butter, honey, brown sugar, and cocoa stirring frequently until smooth
- d)** Remove the saucepan from the heat and stir in the remaining ingredients.
- e)** Press into pan. Cool and cut into small bars



Breakfast

- Whole Wheat Pancakes with Berries, Tofu Cream and Walnuts
 - Breakfast Tofu Scramble
- Maple Cinnamon Apple & Pear Baked Oatmeal
 - Mexican Breakfast Wraps
- Vegan Peanut Butter Pancakes with Chocolate Drizzle



Whole Wheat Pancakes with Berries, Tofu Cream and Walnuts

Submitted by:

Kevin Vachon, PG Staff

Pancake Ingredients:

1.5 cups whole wheat flour
3 tsp baking powder
1 tsp sugar
½ tsp salt
3 Tbsp of milled flax seed
3 Tbsp of hemp hearts
1 crushed banana
1 Tbsp canola oil
1.75 cups unsweetened soy milk or water
1/2 cup chopped walnuts

Tofu Cream Ingredients:

1 package Silken Tofu
1 Tbsp lemon juice
2 Tbsp of apple cider vinegar
4 cups frozen mixed berries

a) Mix together flax seeds with 9 tablespoons of water. Let sit until gelatinous about 5 mins.

b) While the flax sits, mix together flour, baking powder, salt, sugar, and hemp hearts.

Once the dry ingredients are mixed together, make a well in your bowl. Add the oil, and milk and stir until you have a thick batter. Now add the banana and flax egg and work into mixture.

c) While the pancakes cook on a med-low heat, you can work on your berries and tofu cream.

d) Heat about 4 cups of mixed frozen berries on low heat until hot.

e) For the Tofu cream, mix the tofu, lemon juice and apple cider vinegar together with a hand blender or a real blender until smooth. Put in the fridge to chill for 10 mins while the pancakes are cooking. Once you have some pancakes ready, add a layer of tofu cream, then berries and top with nuts...Enjoy!



Breakfast Tofu Scramble

Submitted by:

Mary Nielsen

PG Staff

Ingredients:

1 block of extra firm tofu, drained

1 Tbsp olive oil

1 small onion, chopped

3 cloves of garlic

3 stalks chopped celery

1 chopped sweet pepper

1 small chopped zucchini

1 cup mushrooms, sliced

½ cup frozen corn kernels

2 cups fresh spinach, chopped

1 ½ tsp turmeric

½ tsp salt (more to taste)

Fresh ground pepper to taste

1 Tbsp Bragg's 24 Herbs & Spices seasoning (salt free)



a) Heat the oil on medium heat in a large pan and cook the onion 2 – 3 minutes, until translucent. Add the garlic and cook 2 more minutes.

b) Add the spices and chopped vegetables, except the spinach, cover and let it cook for about 8 minutes until the vegetables are tender.

c) Crumble the tofu into the vegetable mixture, cover and return to heat stirring every few minutes for another 8 minutes.

d) Add the spinach and continue cooking until it is cooked down, stirring every few minutes. Add more seasoning if needed.

Serve hot with toast! Use left overs to make wraps (just put a big scoop into a whole wheat tortilla wrap and wrap it up!!) Makes a great breakfast or lunch.

MAPLE-CINNAMON APPLE & PEAR BAKED OATMEAL

From "The Oh She Glows Cookbook" by Angela Liddon

Submitted by:

Joan Radford

PG Staff



Ingredients:

2 1/4 cups rolled oats (gluten free if needed)
2 Tbsp coconut or brown sugar
2 tsp ground cinnamon
1 tsp baking powder
1/2 tsp ground ginger
1/2 tsp fine grain sea salt
1/4 tsp ground nutmeg
2 cups unsweetened almond milk
1/2 cup unsweetened applesauce
1/4 cup pure maple syrup
2 tsp vanilla extract
2 apples, peeled and diced
1 ripe pear, peeled and diced
1/2 cup chopped walnuts

- a)** Preheat the oven to 375°F. Lightly grease a 2 quart casserole dish.
 - b)** In a large bowl, combine rolled oats, sugar, cinnamon, baking powder, ginger, salt, and nutmeg. Mix well.
 - c)** In a separate bowl, combine almond milk, applesauce, maple syrup, and vanilla and stir well to combine.
 - d)** Pour the liquid mixture over the oat mixture and stir until combined. The mixture will be soupy. Stir in the apples and pear.
 - e)** Spoon the oatmeal into the casserole dish and smooth out the top. Sprinkle the walnuts on top and gently press them down into the oatmeal with your hands.
 - f)** Bake, uncovered, for 35-45 minutes until the oatmeal is bubbly and the apples are fork tender.
 - g)** Cool the oatmeal for 5-10 minutes before serving. Enjoy with a splash of almond milk and drizzle of maple syrup if desired.
 - h)** Cool the oatmeal completely before wrapping it up and placing it in an airtight container. It will keep in the fridge for 5 to 6 days or in the freezer for 2 to 3 weeks.
- **I have also used a variety of fruit from mango and blackberries to apples and strawberries/raspberries/blueberries. This recipe lends itself to any fruit combinations.

Mexican Breakfast Wraps

<https://www.bettycrocker.com/recipes/mexican-breakfast-wraps/24e05524-123c-4427-bc2a-60f7b7fefbb1?p=1#>

Ingredients:

- 1 cup chopped green pepper
- 1 cup chopped onion
- 1 ¾ cup fat free egg product (2 x 8oz cartons)
- 1/3 cup fat free milk
- 1/8 tsp pepper
- 4 x 8-10 inch flour tortillas
- ½ cup shredded cheddar cheese
- ¼ cup chopped tomato
- ¼ cup chopped fresh cilantro

Submitted by:
Matt Thomas,
PG Staff



- a)** Spray 10-inch skillet with cooking spray; heat over medium heat. Add bell pepper and onions; cover and cook 4 to 6 minutes, stirring occasionally, until tender.
- b)** In medium bowl, mix egg product, milk and pepper until well blended. Spray vegetables and skillet with cooking spray. Pour egg product mixture over vegetables; cook until set, occasionally stirring gently.
- c)** Meanwhile, heat tortillas as directed on package.
- d)** To serve, place warm tortillas on individual plates. Spoon scrambled egg mixture down center of each tortilla. Top each with cheese, tomato and cilantro. Roll up tortillas.

Vegan Peanut Butter Banana Pancakes with Chocolate Drizzle

<https://www.nourishedbybri.com/vegan-pb-banana-pancakes-with-choco>

Submitted by:

Brianna Meghawache

Edmonton Member

Pancake Ingredients:

1 1/2 cup rolled oats (use gluten-free oats to make gluten-free pancakes)
1 scoop vanilla Vega Protein + Greens, scooped into a 1/2 cup measuring cup and fill the remainder with rolled oats
1/4 cup whole wheat flour
1 1/2 tsp baking powder
1/2 tsp salt
2 cups water
1 banana
2 Tbsp maple syrup or other liquid sweetener
1 tsp vanilla extract
¼ - ½ cup peanut butter

Chocolate Sauce Ingredients:

2 squares Baker's dark bittersweet chocolate
1/2 tsp coconut oil



- a)** Place all ingredients in a blender and blend until smooth.
- b)** Heat a nonstick pan on low-medium heat. Once hot, pour the batter to make pancakes about 5 inches in diameter. Cook until the bubbles that appear don't fill in with batter when popped. Flip and continue to cook for a few minutes until golden.
- c)** To make the chocolate sauce, microwave the ingredients together until melted (checking every 20 seconds) and stir. Let sit for 1 minute.
- d)** Layer one pancake with a thin spread of peanut butter. Continue layering until you have a stack of 3 to 6 pancakes. Top with banana and drizzle with chocolate syrup and 2 tbsp of 100% pure maple syrup.

Mains

- Soul Soothing African Peanut Stew
 - House Special Fried Rice
- Black Bean Tacos with Avocado Cilantro Sauce
 - Eggplant with Split Pea Stew
 - Beef & Onion Saute
 - 30 Min Cauliflower Rice Stir Fry
 - Hena's Finger Potatoes
- Warm Mediterranean Salad with Leeks & Fresh Mint
 - Pumpkin Soup



Soul Soothing African Peanut Stew

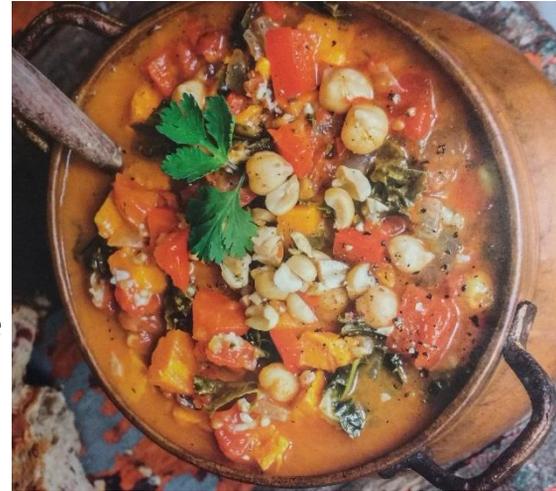
From “The Oh She Glows Cookbook” by Angela Liddon

Submitted by:

Kevin Vachon, PG Staff

Ingredients:

- 1 tsp (5ml) olive oil
- 1 med sweet onion diced
- 3 cloves minced garlic
- 1 red bell pepper diced
- 1 jalapeno seeded and diced (optional)
- 1 med sweet potato diced to ½ inch pieces
- 1 (28 ounce/793gram) can diced tomatoes with juice
- ½ cup unsweetened peanut butter
- 4 cups vegetable broth (more as needed)
- Salt and black pepper to taste
- 1.5 tsp chili powder
- ¼ tsp cayenne pepper (optional)
- 1 (15 ounce/425gram) can of chickpeas...drained and rinsed
- 2 handfuls of spinach or kale leaves
- Fresh cilantro and peanuts for serving



- a)** In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, or until the onion is translucent.
- b)** Add the bell pepper, jalapeno, sweet potato and tomatoes with their juices. Raise the heat to med-high and simmer for 5 minutes more. Season the vegetables with salt and black pepper.
- c)** In a medium bowl, whisk together the peanut butter and 1 cup of broth until no clumps remain. Stir the mixture into the vegetables along with the remaining 3 cups of broth, chili powder and cayenne pepper.
- d)** Cover the pan/pot with a lid and reduce heat to med-low. Simmer for 10-20 minutes or until the sweet potato is fork tender.
- e)** Stir in the chickpeas and spinach and cook until the spinach is wilted. Season with salt and black pepper to taste.
- f)** Serve up with cilantro and peanuts sprinkled on top.

House Special Fried Rice

<https://www.thriftyfoods.com/recipes/recipes/house-special-fried-rice>



Ingredients:

- 18 small cooked prawns
- 2 Tbsp soy sauce, or to taste
- Freshly ground black pepper to taste
- 1 (14 oz./398 mL) cut baby corn
- 4 cups cold, cooked long-grain white rice
- 1 large garlic clove, minced
- 1 Tbsp chopped fresh ginger
- 3 baby bok choy, washed and chopped
- 6 small white or brown mushrooms, thinly sliced
- 1 large celery rib, finely chopped
- 1/2 medium green bell pepper, finely chopped
- 225 grams boneless pork loin chops or boneless chicken, cut into thin strips
- 3 Tbsp vegetable oil
- 1/2 cup frozen peas
- 2 green onions, finely chopped

Submitted by:

Matt Thomas,

PG Staff

Make the Rice:

a) **To get 4 cups of cold rice, combine 1½ cups of rice and 2¼ cups of cold water in a medium pot. Bring to a boil over high heat, reduce the heat to low, cover and steam 15 minutes, or until just tender. Spoon rice into a shallow dish, cool, wrap and refrigerate for at least 4 hours before frying.

Make the Fried Rice:

b) Heat oil in a wok or very large skillet set over medium-high. Add the pork (or chicken) and cook through, about 2 minutes.

c) Add soy sauce, black pepper, baby corn, garlic, ginger, mushrooms, celery, green pepper, and frozen peas to the stir fry and cook about 3-4 minutes.

d) Add bok choy, green onions prawns and cold rice to the stir fry and cook until very hot. Serve Hot.

***Fried Rice Cooking Tips: Make fried rice with cold, cooked rice. If you use hot, just-steamed rice, it will overcook when fried. To ensure the grains of rice separate during cooking, let the rice sit at room temperature 20 minutes before frying. Before frying, make sure your pan is very hot, as that will ensure the rice does actually fry and have a tasty, smoky flavor.

Black Bean Tacos with Avocado Cilantro Sauce

<https://www.thegardengrazer.com/2014/05/black-bean-tacos-with-avocado-cilantro.html>

Taco Ingredients:

Two 15 oz. cans black beans
1 cup salsa
1 tsp cumin
6 inch corn or wheat tortillas
Toppings of your choice: lettuce, tomato, onion, roasted red peppers, corn, avocado, cilantro, etc.

Submitted by:

Mary Nielsen

PG Staff

Sauce Ingredients

1/2 ripe avocado
3/4 cup cilantro, stems removed
Juice from 1 lime
1 clove garlic
1 Tbsp olive oil
1 tsp sweetener of choice
1/8 tsp salt



Make the avocado sauce:

a) In a food processor or blender, add all sauce ingredients and blend. Add a touch of water to thin if necessary, and tweak seasonings as desired. Set aside, or refrigerate if making ahead of time.

Make the filling:

b) In a pan over medium heat, add black beans (rinsed and drained), salsa, and cumin. Heat for about 5 minutes stirring occasionally, until heated through. (Optional: mash beans after heating for a creamier filling.) While the beans are heating, chop and prepare your toppings. Warm the tortillas if desired.

Assemble the tacos:

c) Spoon the black bean mixture in the center of the tortillas, drizzle a small amount of avocado sauce over the top, and add your toppings.

Eggplant/Split Peas Stew

(Persian name: Khoresht Gheymeh Bademjan)

<http://masteringpersiancooking.com/2014/12/10/khoresht-gheymeh-bademjan/>

Ingredients:

6 Tbsp oil

1 large onion diced

1½ pounds stew beef cut into ½-inch cubes

3 Tbsp tomato paste

salt and ground black pepper as desired

½ tsp ground turmeric

3 cups hot water

- 6 dried Persian limes (limoo amani) pierced with fork or 4 Tbsp lemon juice

¾ cup split peas

½ cup oil

2 large globe eggplants

Potato fries (optional)

served with a side of rice

a) In a medium deep skillet, heat 6 tablespoons oil over medium-high heat. Add onions, cook for about 5 to 7 minutes or until slightly golden.

b) Add meat, increase heat to high. Cook until all liquid evaporates, about 5 minutes.

c) Stir in tomato paste, salt, pepper and turmeric. Cook for 5 minutes or until tomato paste changes the color of the oil. *Frying tomato paste develops a deeper flavor and almost a saffron-like color in the sauce.* Add 3 cups hot water, cover and bring to a boil. Lower heat to medium low and cook for 1 hour.

d) While meat is cooking, add split peas and 2 cups water to a medium-sized pot. Bring to a boil, cook for 15 to 20 minutes or until split peas are tender. Drain and set aside.

e) Peel and cut eggplants lengthwise, sprinkle some oil on them and roast in oven (about 400 F for about 45 min). Note that eggplants are not needed to be fully cooked at this stage.

f) Mix the meat, split peas and eggplants and let all blend and fully cook for about 30 minutes.

g) Decorate the stew with as much as fries as desired. This stew is served with a side of rice.

** Traditionally, potato fries are layered on top of the stew, but I have replaced that with mushrooms and it still tastes great.**



Submitted by:

Maryam Nakhaei-Nejad

Edmonton Member

Beef & Onion Saute

300 Best Stir Fry Recipes by Nancie Mcdermott

Submitted by:

Holly Power

Edmonton Member



Ingredients:

2 Tbsp Soy Sauce

1 Tbsp Water

1 Tbsp Granulated Sugar

½ tsp salt or to taste

8oz lean boneless beef, thinly sliced

2 Tbsp vegetable oil

2 Tbsp chopped fresh gingerroot

2 cups thinly sliced onions

1 tsp Asian sesame oil

a) In a bowl, combine soy sauce, water, sugar and salt and stir well. Add beef and stir to coat well. Set aside for 10 minutes.

b) Heat a wok or large deep skillet over high heat. Add vegetable oil and swirl to coat pan. Add ginger and toss well, until fragrant, about 15 seconds.

c) Add onions and spread into a single layer. Cook, undisturbed for 1 minute. Toss well. Cook, tossing occasionally, until fragrant and softened, 1 minute more.

d) Push onions to one side of pan. Add beef mixture and spread into a single layer. Cook, undisturbed, until edges change color, about 30 seconds. Toss well. Cook, tossing occasionally, until no longer pink about 1 minute. Add sesame oil and toss well. Transfer to a serving plate. Serve hot or warm.

****I love the recipe because it has a very classic ginger beef taste to it and it doesn't take a lot of time or ingredients. The key is to take the time to fully caramelize your onions because that is where a lot of the sweet complementing notes to the beef and ginger come into play. Sometimes you don't even need the sugar if you caramelize the onions perfectly****

30 Min Cauliflower Rice Stir Fry

Submitted by:

Matt Thomas,

PG Staff

<https://minimalistbaker.com/easyrecipe-print/28605-0>

Ingredients:

1 head cauliflower *grated or shredded into "rice"*

3 Tbsp (45 ml) water

Sauce Ingredients:

1 tsp sesame oil or coconut oil (or sub water if avoiding oil)

2 Tbsp (32 g) almond or peanut butter

4 Tbsp (60 ml) coconut aminos or sub low sodium tamari

2 Tbsp (30 ml) lime juice

2-4 tsp chili garlic sauce (reduce or increase according to spice preference)

1 Tbsp (3 g) minced fresh ginger (or 1/2 tsp ground ginger)

1 Tbsp (15 ml) maple syrup (or sub coconut sugar or stevia to taste)

1-2 Tbsp (15-30 ml) water

Stir Fry Ingredients:

1 Tbsp (15 ml) sesame oil or coconut oil (or sub water if avoiding oil)

1 1/2 cups (150 g) green beans, trimmed and halved

3 Tbsp (45 ml) coconut aminos, divided

1 bell pepper thinly sliced lengthwise (red, orange, or yellow are best)

1 cup (100 g) diced green onions (reserve some green tops for serving)

1 cup (89 g) thinly sliced red (or green) cabbage

1/2-3/4 cup (60-90 g) roasted cashews or slivered toasted almonds, or 1

batch *Almond Butter Tofu* (you could also substitute 1/3 cup hemp seeds sprinkled over the top for serving for extra protein)

Make the Sauce:

a) add oil (or water), almond or peanut butter, coconut aminos, lime juice, chili garlic sauce, fresh ginger, maple syrup, and water to a small mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more chili garlic sauce for heat, lime for acidity, coconut aminos for saltiness, ginger for "zing," or maple syrup for sweetness. Set aside.

Make the Stir Fry:

b) Heat a large rimmed skillet over medium-low heat and add cauliflower rice and water. Stir and cover with a lid to steam. Cook for 4-6 minutes or until just tender. Then turn off heat, tip the lid to let some steam out, and set aside.

c) Heat a separate large rimmed skillet (or pot) over medium heat. Once hot, add sesame oil (or water) and green beans. Season with 1 Tbsp (15 ml) coconut aminos and toss to combine. Cover with lid (to steam) and cook for a total of 4 minutes, stirring occasionally.

d) Add bell pepper, green onion, cabbage, and remaining 2 Tbsp (30 ml) coconut aminos and stir to combine. Sauté for 3-4 minutes or until just tender. Then add cashews and cauliflower rice and stir to combine. (Alternatively, serve stir-fry over cauliflower rice and don't add to the vegetables at this time.)

e) Add the sauce, increase the heat to medium-high heat, and cook until well combined and the mixture is very hot - about 3 minutes.

Serve and enjoy! Delicious on its own, but also delicious with the addition of fresh cilantro, lime wedges, and hot sauce of choice.



Hena's Finger Potatoes

Easy Indian Cooking 2nd Edition by Suneeta Vaswani

Submitted by:

Holly Power

Edmonton Member

Ingredients:

4 tsp oil, divided

¼ cup raw cashews, broken into large pieces

¼ cup raisins

2 lbs all-purpose potatoes, peeled and cut
into 1/2-inch thick fries

2 tsp hot pepper flakes or to taste

1 tsp cumin powder

2 tsp salt or to taste

1 tsp mango powder, optional

2 Tbsp sesame seeds, toasted



a) In a large nonstick skillet, heat 2 tsp (10 mL) of the oil over medium heat. Sauté cashews and raisins until cashews are golden and raisins are plump, about 2 minutes. Remove with slotted spoon and set aside.

b) In the same skillet, heat remaining oil. Stir-fry potatoes to coat with oil. Spread in a single layer and cover. Cook over medium heat, without stirring, for 5 to 7 minutes. Stir and spread into single layer again. Cover and continue to cook, adjusting heat to brown potatoes without burning, for 6 to 8 minutes longer. There should be a golden crust on most potatoes when done.

c) Sprinkle with hot pepper flakes, cumin, salt and mango powder, if using. Add reserved cashews and raisins and sesame seeds. Toss well and adjust seasonings. Serve as a side dish or as finger food.

Warm Mediterranean Salad with Leeks and Fresh Mint

<https://www.nourishedbybri.com/warm-mediterranean-salad>

Ingredients:

2 small leeks, sliced thinly
1 red pepper, sliced thinly
1 cup button mushrooms, halved
2 cloves fresh garlic, halved
½ white onion, sliced
½ tsp red chili flakes
¾ cup quinoa or 1/2 cup wheat berries
2 ¼ cups water
½ can brown lentils
1 tsp cumin
½ tsp coriander seed + more to garnish
1 handful mint, finely chopped
Fresh tomatoes, diced (optional)
Olive oil for drizzling when done

Submitted by:

Brianna Meghawache

Edmonton Member



a) Chop all your vegetables and garlic. Arrange on a roasting pan with parchment paper. Brush the vegetables very lightly with cooking oil, then sprinkle with chili flakes. Roast the veggies at 400 degrees F for 20 minutes or until the peppers have blackened at the edges. The garlic and mushrooms will probably cook in less time – don't be afraid to remove them if they are done to your taste. (The quick and less "enhanced of flavor" version of this is to toss everything into a frying pan and cook until slightly browned or soft with olive oil.)

b) While the veggies cook, mix the quinoa in water in a pot and boil, then turn down to a low heat and cover. Leave 20 minutes until the quinoa is soft and fluffy.

c) Drain and wash the canned lentils, and mix with the quinoa when it is done.

d) Chop the mint leaves, and leave some for garnish. Mix the mint and cumin in with the lentils, quinoa and veggies. Sprinkle in more chili flakes if you can handle spicy flavours.

e) Heat in the oven if desired and then garnish, or chill and serve cold. Drizzle with olive oil when ready to serve. This recipe makes enough to fill a 9-inch casserole dish, equal to 6 dinner servings.

Pumpkin Soup

Ingredients:

- 2 tsp olive oil
- 1 cup chopped onions
- 1 tsp minced garlic
- 1 Tbsp. grated ginger (or 1/8 tsp. ground)
- 1 tsp curry powder
- ½ tsp ground cumin
- 4 cups chicken stock
- 2 cups peeled granny smith apples
- 2 cups canned/fresh pumpkin
- 1 cup chopped carrots
- ½ tsp salt
- ¼ tsp pepper
- ¾ cup evaporated milk (or light cream, 5%)

Submitted by:

Ivanka Simonovic
Edmonton Member



- a)** Heat oil in a large soup pot, over medium heat.
- b)** Add onions and garlic. Cook and stir until onions soften, about 3 mins.
- c)** Add ginger, curry powder and cumin. Mix well and cook for 30 seconds more.
- d)** Add broth, apples, pumpkin, carrots, salt, and pepper. Bring to a boil.
- e)** Reduce heat to low and simmer (covered) for 12-15 mins. Stir occasionally.
- f)** Transfer soup to a blender/hand blender and puree until smooth.
- g)** Return to soup pot and stir in evaporated milk.

Desserts

- Chocolate Peppermint Muffins
 - Glazed Lemon Cookies
 - No Bake Oreo Cheesecake
 - Black bean Brownies
- Gingerbread Bars with Eggnog Cream Cheese Frosting
 - Vegan Chocolate Mousse
 - Awesome Carrot Cake
- Coconut Pomegranate Parfait
- Crispy Peanut Butter Chocolate Chip Cookies



Chocolate Peppermint Muffins

<https://www.beachbodyondemand.com/blog/chocolate-peppermint-muffins>

Ingredients:

- 1 (15-oz.) can chickpeas (garbanzo beans), drained, rinsed
- 3 large eggs
- ½ cup raw honey
- ⅓ cup unsweetened cocoa powder
- 1 tsp baking soda
- 3 Tbsp coconut oil, melted
- ½ tsp . pure peppermint extract

Submitted by:
Sherri Auclair
Calgary Member

a) Preheat oven to 350° F.

b) Prepare 12 muffin cups by lining with muffin papers or coating with nonstick cooking spray; set aside.

c) Place chickpeas, eggs, honey, cocoa powder, baking soda, coconut oil, and extract in blender or food processor; cover. Blend until smooth.

d) Divide mixed batter among 12 prepared muffin cups.

e) Bake for 10 to 12 minutes, or until toothpick inserted in center comes out clean.

f) Cool completely and enjoy!



Glazed Lemon Cookies

<https://www.marthastewart.com/315603/glazed-lemon-cookies>

Submitted by:

Marysia Stasiewicz

Edmonton Member

Cookie Ingredients:

2 cups all-purpose flour

½ tsp baking soda

½ tsp salt

1 Tbsp (or more) finely grated lemon zest

½ cup butter (room temperature)

1 cup white sugar

1 large egg

1 tsp vanilla extract

2 Tbsp (or more) fresh lemon juice

Glaze Ingredients:

2 cups (or less) icing sugar

2 Tbsp (or more) lemon zest

⅓ cup (or more) fresh lemon juice

Make the Cookies

Preheat oven to 350° F

a) In a medium bowl, whisk together flour, baking soda, salt, and lemon zest

b) In a large bowl, beat together butter and white sugar with an electric mixer until light and fluffy. Add egg, vanilla, and lemon juice until well combined

c) Mix in the flour mixture with the rest of the ingredients.

d) Drop dough by heaping in tablespoons one inch apart onto baking sheets.

e) Bake until edges are golden (about 12-18 minutes), rotating cookie sheets halfway through baking time

Make the Lemon Glaze

f) In a medium bowl, whisk together icing sugar, lemon zest, and lemon juice until smooth (**Note:** These always end up being a bigger hit when I'm extra generous with the lemon; I always use more lemon juice than listed and less icing sugar to make the icing more tart.)

g) Allow cookies to cool completely then spread cookies with lemon glaze

h) Allow to set *at least* 1 hour before serving (**Note:** These are a bit messy, you won't want to skip this step)



No Bake Oreo Cheesecake

<https://cookingwithruthie.com/2014/07/25/bake-oreo-cheesecake/>

Ingredients:

24 Oreo cookies (more for garnish)

¼ cup butter, melted

8 ounces cream cheese

⅓ cup sugar

1 tsp vanilla

½ cup heavy whipping cream, whipped



Submitted by:
Matt Thomas,
PG Staff

- a)** Crush Oreo cookies in a Ziplock bag until fine crumbs. Combine the cookie crumbs and butter. Set aside.
- b)** Mix the cream cheese and sugar until light and fluffy. Mix in the vanilla. Now fold the whipped cream into the cream cheese mixture.
- c)** Press about 2 tablespoons into the bottoms of 4 (1 cup) mason jars. Add ¼ - ⅓ cup of cheesecake mixture on top of the cookie crust.
- d)** Spoon another 2 tablespoons of cookie mixture over the cheesecake. Repeat with another layer of cheesecake.
- e)** Top with more crumbs and/or a single Oreo.
- f)** Refrigerate at least 2-3 hours before serving.

Black Bean Brownies

<https://chocolatecoveredkatie.com/2012/09/06/no-flour-black-bean-brownies/>

Submitted by:

Mary Nielsen

PG Staff

Ingredients:

1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)

(250g after draining)

2 Tbsp cocoa powder (10g)

1/2 cup quick oats (40g)

1/4 tsp salt

1/3 cup pure maple syrup, honey, or agave (75g)

pinch uncut stevia OR 2 Tbsp sugar

(or omit and increase maple syrup to 1/2 cup)

1/4 cup coconut or vegetable oil (40g)

2 tsp pure vanilla extract

1/2 tsp baking powder

1/2 cup to 2/3 cup chocolate chips

(115-140g)

optional: more chips, for presentation



a) Preheat oven to 350 F. Combine all ingredients except chocolate chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.)

b) Stir in the chocolate chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top.

c) Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies.

Gingerbread Bars with Egnog Cream Cheese Frosting

<https://www.a-kitchen-addiction.com/gingerbread-bars-eggnog-cream-cheese-frosting/>

Submitted by:

Ivanka Simonovic

Edmonton Member



Bar Ingredients:

½ cup butter, softened
½ cup sugar
⅓ cup brown sugar
1 egg
1 tsp vanilla extract
3 Tbsp molasses
2 cups all-purpose flour
1 tsp baking soda
1 tsp cinnamon
½ tsp ginger
¼ tsp nutmeg
¼ tsp allspice
½ tsp salt

Frosting Ingredients:

4 oz cream cheese, softened
2 Tbsp butter, softened
1¼ cups powdered sugar
1 Tbsp eggnog
sprinkles, optional

- a)** Preheat oven to 350. Lightly spray a 9 x 9 inch baking pan with non-stick cooking spray.
- b)** Cream together butter and sugars. Add in egg, vanilla, and molasses and beat until creamy.
- c)** In a separate bowl, whisk together flour, baking soda, spices, and salt. Add dry ingredients to wet ingredients and beat until combined.
- d)** Spread batter into prepared baking dish. Bake for 20-25 minutes or until edges just start to turn golden brown. Do not overbake.
- e)** Remove to a wire rack to cool.
- f)** While bars are cooling, prepare frosting. Cream together cream cheese and butter until smooth. Add in powder sugar and eggnog. Beat until smooth.
- g)** Spread frosting over cooled bars. Top with sprinkles and enjoy.

Vegan Chocolate Mousse

<https://www.mindbodygreen.com/0-11379/the-best-vegan-chocolate-mousse-youll-ever-put-in-your-mouth.html>

Submitted by: Ivanka Simonovic

Edmonton Member



Ingredients:

1 large ripe avocado
1/4 cup raw cocoa powder
1/4 cup coconut milk or almond milk
2 tsp stevia (or other natural sweetener...1/4 to 1/2 cup honey)
1 tsp natural vanilla extract
Optional extras: toasted sliced almonds, chia seeds, frozen mixed berries, almond butter, cocoa nibs, coconut oil

- a)** Purée the avocado until smooth.
- b)** Mix together the cocoa powder and milk until combined and add to the avocado.
- c)** Stir in the stevia, vanilla extract, and any extra ingredients (toasted almonds add a lovely crunch, and frozen berries give the mousse a great fruity twang!) and mix well.
- d)** Transfer the mousse to individual bowls and store in the fridge until ready to eat.

Awesome Carrot Cake

Submitted by:

Maxine Epoch

Edmonton Member

Ingredients:

- 2 cups all purpose flour
- 2 cups sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- 3 cups finely shredded carrot
- 1 cup vegetable oil
- 4 eggs
- 1 package cream cheese frosting



- a)** Preheat Oven to 325 degrees F
- b)** Lightly oil and flour the edges of a 9 x 13 inch baking pan
- c)** In a large bowl combine flour, sugar, baking powder, baking soda, salt and cinnamon
- d)** In a separate bowl, combine carrot, oil, and eggs and mix until combined.
- e)** Add wet ingredients to dry ingredients and mix thoroughly to get a consistent mixture
- f)** Pour mixture into the baking pan and cook for 50-60 mins. Once cooked remove from oven to cool completely
- g)** Once cake is cool, top with cream cheese frosting.

Coconut Pomegranate Parfait

<https://www.nourishedbybri.com/single-post/2017/11/05/Pretty-Little-Pomegranate-Parfait>

Submitted by:

Brianna Meghawache

Edmonton Member

Ingredients:

Granola:

2 cups organic whole rolled oats

1/4 cup hemp hearts

1/3 cup walnuts, chopped

1/3 cup pecans, chopped

1/4 cup raw unsalted sunflower seeds

2 Tbsp coconut oil

1/2 scoop Vega Natural Protein Powder

2 Tbsp honey

3/4 cup Yoso Vanilla Cultured Coconut Yogurt

2 Tbsp full fat canned coconut milk (or light)

2/3 cup pomegranate arils



- a) Preheat oven to 400 F.
- b) Mix together the rolled oats, seeds and nuts.
- c) Melt coconut oil over stovetop or in microwave for 30 s and stir protein powder into coconut oil. Pour over seed-nut-oat mixture and stir well.
- d) Melt honey in microwave 15 seconds, then mix into granola.
- e) Layer a baking sheet with parchment paper and spread granola on top. Bake for 5 minutes, stir, then bake 3 more minutes and remove from heat. Set aside and allow to cool. Store in jars in the fridge to keep fresh.
- f) Whisk together the yogurt and coconut milk. Make sure to blend in all the coconut fat!
- g) Layer in clear one-cup glasses a few spoonfuls of yogurt, then granola, then pomegranate seeds. Layer until you've reached the top of the glass. Enjoy by the heaping spoonful!

Crispy Peanut Butter Chocolate Chip Cookies

<http://ohsheglows.com/2012/12/05/crispy-peanut-butter-chocolate-chip-cookies-vegan-gluten-free/>

Ingredients:

1 tablespoon ground flax
3 Tbsp water
1/4 cup (45 grams) non-dairy buttery spread*
1/4 cup (70 grams) natural smooth peanut butter or almond butter**
1/2 cup (80 grams) lightly packed brown sugar
1/4 cup (55 grams) organic cane sugar
1 tsp pure vanilla extract
1/2 tsp baking soda
1/2 tsp baking powder
1/2 tsp fine sea salt
1 cup gluten-free rolled oats, blended into a flour (105 grams or 1 cup oat flour)
1 cup almonds, blended into a meal (145 grams or 1 cup plus 2 tablespoons almond meal)
1/3 cup mini non-dairy chocolate chips (or regular size chips)***



- a) Preheat oven to 350°F and line a baking sheet with parchment paper.
- b) In a small bowl, mix together the ground flax and water. Set aside for a few minutes so it can thicken.
- c) With an electric mixer or in a stand mixer, beat the buttery spread and peanut butter until combined.
- d) Add both sugars and beat for 1 minute more. Beat in the flax mixture and vanilla extract until combined.
- e) Now, beat in the dry ingredients (baking soda, baking powder, salt, oat flour, and almond meal) one by one.
- f) Stir in the chocolate chips, reserving about 1 tablespoon for pressing into the top of the dough balls.
- g) Shape 1-inch balls of dough (smaller than golf balls) and place on the baking sheet 2 inches apart. You can also use a retractable cookie scoop. If chocolate chips aren't sticking to the dough, just press them in with your fingers. There is no need to flatten the balls as the cookies spread out while baking. Press reserved chips into the tops of the dough balls.
- h) Bake for about 11 to 13 minutes until spread out and lightly golden. The cookies will be very soft coming out of the oven, but they will crisp up as they cool. Allow to cool for 5 to 10 minutes on the baking sheet and then transfer to a cooling rack for another 10 minutes.

Submitted by: Joan Radford, PG Staff