

### Potato Salad

4 cups cooked, diced Potatoes  
½ cups finely diced Celery  
½ cup grated Carrots  
¼ cup lightly steamed Peas  
¼ cup diced Dill Pickles  
¾ cup Vegenaïse  
1 small Tomato cut in wedges (optional)  
½ tsp. Salt, ¾ tsp garlic salt and ¼ tsp Mrs Dash (Table Blend)  
or season to taste  
Green Lettuce leaves  
Paprika



In a medium bowl, mix together potatoes, celery, carrots, peas, dill pickles and green onions.  
Add enough Vegenaïse and combine to evenly coat vegetables.  
Add seasonings to taste and mix well.  
Line a large glass bowl with lettuce leaves and carefully spoon potato salad into wedges and sprinkle with paprika.  
Chill and serve with burgers, baked beans or your favorite picnic lunch.

Serves 6

Karen Hackett

### Golden Sauce

Place in blender first 5 ingredients  
¾ cup cooked Potatoes  
½ cup cooked Carrots  
2 Tbs. raw Cashews  
1 tsp. Salt  
2 Tbs. Nutritional Yeast Flakes  
1 ¼ cups Hot Water

Add just enough of the 1 ¼ cups water so blender can work. Blend until completely smooth. Add remainder of water. While blender is running, add 2 Tbs. Instant Clear Jel and serve.  
Dawn Haïney



### Veggie Dogs

- 3 cups gluten Flour
- ½ cup Nutritional Yeast Flakes
- 2 Tbs. Onion powder
- 2 Tbs. Lecithin Granules
- 2 Tbs. Soy Flour
- 1 ½ tsp. salt
- ½ cup Oil
- ½ cup Water
- 1 ½ Tbs. smoke flavor or McKay's Beef Style Seasoning
- 12.3 oz. Mori Nu tofu, firm
- 4 Tbs. Tomato sauce



- Broth**    ½ cup Tomato sauce                      1 ½ tsp Salt  
              2 qts Water                                2 Tbs. McKay's Beef Style Seasoning

Mix first seven ingredients together; set aside. Blend tofu, tomato sauce, oil and water until smooth. Add blended mixture to gluten flour mixture, stir thoroughly. Divide dough into 36 balls. Roll into hotdog shapes and brown in a skillet. Place in a pot with broth. Simmer ingredients for 1 ½ hours; or put broth and veggie dogs in a slow cooker on high and cook for 6 hours.

Dawn Hainey

### Breakfast Cookies

- Place in mixing bowl:
- 4 Bananas, mashed
  - ¾ cup Raisins or Craisins
  - ¾ cup Applesauce
  - 2 tsp. Vanilla
  - ½ tsp Cinnamon
  - ½ tsp. Nutmeg
  - Zest of 1 orange



Stir well and then add 4 cups Oats. (Optional: ½ cup chopped walnuts)  
Mix in Oats. Drop on sprayed cookie sheet and flatten slightly. Bake  
10-13 mins. @ 350°  
Dawn Hainey

### Fruit topping

2 cups Grape juice or  
juice of your choice  
2 Tbsp. Corn Starch  
Microwave until thick

Add to 3-5 cups chopped fruit.  
I added a drizzle of blackberry,  
ginger, balsamic vinegar.



Yvonne Hoover

### Waffles

3 cups Water  
2 cups rolled oats  
½ Nuts (walnuts,  
sunflower seeds or peanuts)  
½ tsp Salt  
1 tsp Maple Syrup or Honey

Blend for 1 minute

Bake in waffle iron 6-10 minutes depending on your waffle iron and how  
crispy you want them.



Yvonne Hoover

### Potato Waffles

4 cups grated Potatoes  
3 Tbs. Oil  
2 Tbs. Cornmeal  
2 Tbs. unbleached white Flour  
2 Tbs. Nutritional Yeast Flakes  
½ Tbs. Chicken Style Seasoning  
1 tsp. Onion powder  
½ tsp. Salt



Scrub potatoes, and grate them. (Leave the skins on) Mix all ingredients  
together. Spoon potato mixture into preheated waffle iron, and press  
waffle iron down firmly. Bake waffle for approximately 7 mins. Every waffle  
iron is different so you will have to experiment on the amount of time it  
takes to make a golden brown waffle in your waffle iron.

Dawn Hainey