

TABLE OF CONTENTS

PREFACE.....	11
RECIPES.....	14
SOUPS	15
Cream of Broccoli Soup.....	16
Cream of Mushroom Soup	20
Minestrone Soup	24
Red Lentil Soup.....	29
Roasted Butternut Squash Soup	33
Roasted Tomato Soup	37
Vegetable Soup	41
ENTRÉES	45
Basil Pesto Pasta	46
Bean Chili	51
Buddha Bowl.....	56
Cauliflower Sushi	61
Chana Masala.....	66
Dal.....	71
Eggplant Stew	75
Falafel	80
Fettuccine Alfredo	85
Flaxseed Wraps	90

Fried Quinoa	93
Hummus Pasta.....	97
Lentil Loaf.....	101
Mac & Cheese	106
Meatballs	111
Mushroom Risotto	116
Pad Thai.....	121
Paella	125
Portobello Steaks.....	131
Potato, Cauliflower & Peas Curry.....	135
Ratatouille.....	140
Red Lentil Pizza.....	144
Shepherd's Pie.....	148
Spring (Summer) Rolls.....	153
Stir-Fry	157
Tacos.....	161
Tempeh Kebabs.....	165
Veggie Burgers.....	170
Zucchini Fritters.....	175
Zucchini Lasagna Roll Ups.....	179
Zucchini Noodles with Marinara	184
SIDES	188
Almond Flour Tortillas	189

Brown Rice.....	193
Coconut Flour Naan	197
Corn Tortillas	201
Corn-Free Cornbread	206
Flaxseed Crackers	210
Flaxseed Tortillas	214
Mashed Potatoes.....	218
Mushroom Gravy.....	223
Nut & Seed Bread	227
Nut & Seed Crackers.....	231
Quinoa.....	235
Sweet Potato Fries.....	239
DIPS & CONDIMENTS.....	243
Ketchup	244
Sprouted Hummus	248
Tzatziki.....	252
HOMEMADE STAPLES	256
Almond Milk	257
Butter	260
Cashew Milk.....	263
Chickpea Breadcrumbs	266
Coconut Yogurt	269
Parmesan Cheese	273

Vegetable Broth..... 276

USEFUL EQUIPMENT279