

# Transformations: Vegan Recipes You Can Live By

## Appetizers

### Avocado Chips Starter or Snack

Originally "Avocado Chips Are a Delicious Starter or Snack", [http://www.rebootwithjoe.com/avocado-chips-recipe/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3AJointhereboot%2Fu0Br+%28Reboot+With+Joe%29](http://www.rebootwithjoe.com/avocado-chips-recipe/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3AJointhereboot%2Fu0Br+%28Reboot+With+Joe%29)

- 4 avocados
- 1 cup gluten-free breadcrumbs, or regular breadcrumbs if gluten free is not available, and more if necessary
- 1 teaspoon dried garlic, and more if necessary
- 1/2 teaspoon paprika, and more if necessary
- 1/2 teaspoon kosher salt, and more if necessary
- 1 tsp chili powder, or to taste, and more if necessary
- 4 tablespoons coconut oil, melted, and more if necessary

Carefully peel avocados and slice in half horizontally. Separate and carefully remove pit. Set aside.

Mix the breadcrumbs with the spices and salt in a bowl.

Place the coconut oil in a flat container.

Slice the avocados into thick slices and dip the avocado in the coconut oil and then the breadcrumbs and coat well and place on the baking tray and repeat until all the avocado is processed. Make more breadcrumb mixture if necessary.

Bake in the oven for 20 minutes or until golden brown then serve immediately.

### Cashew Cream Stuffed Mushrooms§

- 18-24 baby Bella mushroom, well washed
- 1 recipe of [Savory Cashew Cream](#)
- 1/4 + cup parsley, chopped
- sea salt, to taste
- pepper, to taste
- 1 teaspoon olive oil
- [Vegan Parmesan 'Cheese' Substitute](#), optional

Preheat oven to 350 F.

Remove stems from mushrooms. Heavily spoon [Savory Cashew Cream](#) into mushroom stems. Combine excess mushroom stems with [Savory Cashew Cream](#). Overstuff mushrooms with excess [Savory Cashew Cream](#).

Combine parsley and olive oil. Top with parsley and olive oil.

Bake for 20 minutes and serve warm. Optionally, top

mushrooms with [Vegan Parmesan 'Cheese' Substitute](#).

### Chinese 5 Spice Nuts

Calbom, Cherie. The Juice Lady's Healthy Holidays Cookbook. Pages 28-29

- 6 tablespoons orange juice
- 6 tablespoons Chinese five-spice powder
- 4 teaspoons sea salt
- 6 cups unsalted nuts, such as almonds, cashews, or pistachios

Position racks in the upper and lower thirds of oven; preheat to 250°F.

Whisk orange juice, five-spice powder and salt in a large bowl. Add nuts; toss to coat.

Divide between 2 large parchment paper lined rimmed baking sheets. Spread in an even layer.

Bake, stirring every 15 minutes, until dry, about 45 minutes. Let cool completely.

Store in an airtight container.

### Crudités with Tangy Garlic and Green Onion Dip

Originally "Crudités with Tangy Garlic-Scallion Dip ". <http://media.mercola.com/assets/pdf/ebook/raw-food-ebook.pdf>, page 21

#### VEGETABLES

- 1 red bell pepper, washed, seeded and sliced
- 8 ounces mushrooms, well washed and sliced
- 1 yellow bell pepper, washed, seeded and sliced
- 1/2 head cauliflower, washed and cut in florets
- 1 package 'baby' carrots, washed
- 8 stalks celery, sliced

#### DIPPING SAUCE

- 2 tablespoons green onions, sliced
- 2 tablespoons garlic, minced
- 1 tablespoon ginger, peeled and minced
- 2 tablespoons tamari
- 3 tablespoons almond butter
- 2 tablespoons maple syrup
- 1 15-ounce can chickpeas, preferably organic, drained and rinsed
- 3 tablespoon rice wine vinegar
- 1/2 teaspoon Tabasco sauce
- 2 tablespoons sesame seeds
- 1/2 teaspoon kosher salt

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- filtered water, optional

Notes: The VEGETABLES above are suggestions. All, some or others can be included.

In a food processor, combine scallions, garlic, ginger, tamari, almond butter, rice syrup, chickpeas, vinegar, and hot sauce. Blend for about 4 minutes.

With the food processor running, add the sesame seeds and salt and blend for another 30 seconds.

Optionally, if mixture is too thick, add water, 1 tablespoon at a time, to achieve desired texture.

Transfer the dip to a bowl and place on a chilled platter. Spread the cut-up vegetables around dip bowl and serve.

#### Italian Stuffed Mushrooms§

- 36 medium whole fresh mushroom, about 1 pound
- 2 tablespoons coconut oil
- 1/4 cup green onions, chopped
- 1/4 cup red bell pepper, chopped
- 1 cup cashews, well ground
- 1/4 cup rolled oats
- 1/4 cup flaxseed meal
- 2 teaspoons Italian Seasoning
- 1/4 teaspoons sea salt
- 1/4 teaspoons pepper
- 1 additional tablespoon coconut oil
- **Vegan Parmesan ‘Cheese’ Substitute**, optional

Heat oven to 350°F.

Twist mushroom stems to remove from mushroom caps. Finely chop enough stems to measure 1/3 cup. Reserve mushroom caps.

Melt 2 tablespoons coconut oil in a 10 inch skillet over medium high heat. Cook chopped mushroom stems, onions and bell pepper in coconut oil about 3 minutes, stirring frequently, until onions are softened. Remove from heat.

Combine cashews, rolled oats and flaxseed meal in a food processor and blend until a breadcrumb-like texture is achieved. Add processed mixture, Italian Seasoning, salt and pepper to sautéed vegetables and stir to create a filling.

Fill mushroom caps with mushroom mixture. Melt 1 tablespoon coconut oil in 9×13 baking pan, in oven. Place mushrooms, filled sides up, in pan. Optionally, sprinkle with **Vegan Parmesan ‘Cheese’ Substitute**. Bake 15 minutes.

Optionally, set oven control to Broil. BRIEFLY broil mushrooms with tops 3 to 4 inches from heat for less than one minute until tops are light brown.

Serve warm from the oven.

#### Stuffed Mushrooms§

- 1 pound mushroom
- 1 small onion, chopped
- 1/2 small green bell pepper, seeded and chopped
- 3 tablespoons **Vegan Butter Substitute**
- 1 cup bread crumbs
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon pepper
- 1 tablespoons **Vegan Butter Substitute**

Cut stems from mushrooms. Finely chop enough stems to measure 1/3 cup. Cook and stir chopped mushroom stems, onions and green pepper in 3 tablespoons of **Vegan Butter Substitute** until tender, about 5 minutes. Remove from heat. Stir in bread crumb, salt, thyme, turmeric and pepper.

Preheat oven to 350°F.

Heat 1 tablespoon of **Vegan Butter Substitute** in a shallow baking dish until melted. Fill mushroom caps with stuffing in baking dish. Bake in oven for 15 minutes.

Optionally, set oven temperature to broil (550°F). Broil mushrooms with tops 3-4 inches from heat for 2 minutes.

Serve hot.