

Kyong Weathersby "Taste of Heaven Lunch Meat" - 07163

Lunch Meat - Chicken Like

- 3/4 c. raw cashews
- 2 c. water
- 1/4 c. nutritional yeast flakes
- 1 tsp. sea salt
- 1 Tbsp. chicken-like seasoning
- 1 tsp. onion powder
- 1/2 tsp. garlic powder
- 2 c. gluten flour
- 2 Tbsp. whole wheat flour

1. Preheat oven to 325 degrees. Blend all ingredients except gluten flour and whole wheat flour until smooth. Mix gluten flour and whole wheat flour in a large bowl. Pour cashew mixture into gluten flour mixture. Mix and knead until it holds together.

2. Shape into 8" log. Wrap the gluten tightly in a piece of parchment paper, then wrap it in foil. Bake for 1 1/2 hours. When done, unwrap and cool completely.

3. When cool, slice into paper thin rounds. Put 1 tablespoon of chicken-like seasoning into a cup of water and mix well. Pour over sliced lunch meat to moisten. Very Delicious!

This gluten freezes well. Serve with finger foods, such as mini-kabobs made with party picks with green and red grapes, lunch meat cubes, and whatever else you like. You can also place thin slices of lunch meat on crackers and garnish with vegetables of your choice.

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V. L. T. (Veggie Meat, Lettuce and Tomato Sandwich)

- 3 slices toasted whole wheat bread
- 4 slices lunch meat
- lettuce
- 2 slices tomato
- long toothpicks

1. On a piece of toasted whole wheat bread, put 2 slices of lunch meat, 1 slice tomato, and lettuce. Cover with another piece of toasted whole wheat bread and repeat layers. Finish by placing another piece of toasted whole wheat bread on top.

2. Secure with two toothpicks. Slice in half. Serve with baked chips and homemade pickles, Yummy!

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Tofu "Miracle Whip"

- 1 package Mori-Nu silken tofu
- 1/4 c. soy milk powder
- 2 Tbsp. lemon juice
- 1/2 tsp. onion powder
- 1 tsp. sea salt
- 2 Tbsp. canola oil
- 1/4 tsp. garlic powder
- 2 Tbsp. turbinado sugar

Blend all ingredients in blender until smooth. Chill. You can keep it in the refrigerator up to 2 weeks. Makes 2 cups.

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Chicken Like Salad

- 2 c. ground chicken flavor lunch meat
- 1 stalk celery, chopped
- 1/2 onion, chopped
- 1 c. Tofu “Miracle Whip”

Mix all ingredients in a bowl. Delicious! Serve on whole grain bread slices or toast triangles, baked chips, crackers or whatever you like.

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Pecan Pie

- 3 Tbsp. soy flour
- 5 Tbsp. cornstarch
- 3/4 c. soy milk
- 1 c. maple syrup
- 1/2 c. turbinado sugar
- 1/4 c. canola oil
- 1 tsp. vanilla
- 1/4 tsp. sea salt
- 1 c. pecan halves

1. Blend all ingredients in blender except pecan halves. Pour mixture into a medium sized saucepan. Cook, stirring, until mixture is thickened and bring to a boil.

2. Pour the mixture into a baked pie crust. Arrange pecan halves in single layer on top of the pie. Bake at 350 degrees for 20 minutes. Very delicious!

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Carob "Chocolate" Cupcakes

- 1 1/2 c. oat flour
- 1 c. unbleached white flour
- 1/2 c. carob powder
- 1/2 c. vegan carob chips
- 1/4 c. wheat germ
- 1 Tbsp. Ener-G baking powder
- 1 tsp. sea salt
- 1 tsp. coriander
- 3/4 c. turbinado sugar
- 1/2 c. canola oil
- 1 1/2 c. apple juice
- 1 Tbsp. vanilla

1. Preheat oven to 350 degrees. Mix all ingredients except canola oil, apple juice and vanilla in a large bowl.

2. Add canola oil, apple juice and vanilla. Mix well.

3. Put cupcake liners into a large muffin pan, and fill the mixture to the top. Bake at 350 degrees for 30 - 35 minutes. Yum yum!

Makes 1 dozen cupcakes.

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Coconut Cookies

- 1 1/4 c. quick oats
- 1/2 c. whole wheat flour
- 1/2 c. oat flour
- 1 1/2 c. unsweetened coconut flakes
- 1 c. turbinado sugar
- 1/2 tsp. sea salt
- 1 Tbsp. Ener-G baking powder
- 3/4 c. soy milk
- 1/4 c. canola oil
- 1 tsp. vanilla

1. Mix all ingredients in a large bowl except soy milk, canola oil and vanilla. Add soy milk, canola oil and vanilla. Mix thoroughly.

2. Taking one tablespoon of dough at a time, form into balls, roll in coconut, then place on oil-sprayed baking sheet and flatten with fingers. Bake at 350 degrees for 18 - 20 minutes. Very Delicious!

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