

## Sister Shorters' Vegetarian Recipes

### Better Burgers

Sauté:  $\frac{1}{4}$  cup extra virgin olive oil  
1 large onion or 1 cup chopped onion

Add to large bowl:

1 cup pecan meal  
 $\frac{1}{2}$  cup chopped walnuts  
 $\frac{1}{2}$  cup nutritional yeast flakes  
3 cups rolled oats  
 $\frac{1}{3}$  cup gluten flour  
1 tbsp. sweet basil  
2 tsp. onion powder  
2 tsp. garlic powder  
1 tsp. coriander  
 $\frac{1}{2}$  tsp. sage  
 $\frac{1}{2}$  tbsp. dried parsley

In another bowl, mix 4 cups water with:

$\frac{1}{2}$  cup Braggs Liquid Aminos  
 $\frac{1}{2}$  cup tomato sauce

Combine all ingredients. Form into burgers. Bake at 350°F for 35 minutes. Turn over after 15 minutes.

## Almond Milk

- $\frac{3}{4}$  cup almonds, blanched
- 3  $\frac{1}{4}$  cups water
- 2 tbsp. honey
- $\frac{1}{4}$  tsp. salt
- 1 tsp. vanilla
- $\frac{1}{4}$  cup Better than Milk<sup>™</sup> vanilla or original powder (optional)

Blend almonds with small amount of water first, and then add remaining water and ingredients. Whiz until smooth. Strain, chill and serve.

## Sister Shorters' Non-Cheese (Original NYC Market Recipe)

Bring to a boil:

- 3 cups water with 2 tbsp. agar flakes

Place water mixture in blender and add:

- $\frac{3}{4}$  cup olive oil
- $\frac{3}{4}$  cup pimentos
- 1 cup raw cashews
- $\frac{1}{4}$  cup nutritional yeast flakes
- $\frac{1}{4}$  cup sesame tahini
- 2 tbsp. onion powder
- $\frac{1}{2}$  tbsp. garlic powder
- $\frac{3}{4}$  tbsp. salt
- 1 tbsp. lemon juice

Blend well. Let set.

Pour over macaroni, use on pizza or use as spread on bread or crackers.

## Sister Shorters' Eggless Salad

2 packages (15 oz.) extra firm tofu - well drained  
1 cup tofu mayonnaise (see recipe below)  
 $\frac{1}{2}$  tsp. garlic powder  
 $\frac{1}{4}$  tsp. paprika  
2 tbsp. chicken-like seasoning ("special recipe" - with no whey or MSG)  
 $\frac{1}{2}$  tbsp. onion powder  
 $\frac{3}{4}$  cup green pepper  
 $\frac{3}{4}$  shredded carrot  
 $\frac{3}{4}$  cup chopped celery  
1 tbsp. lemon juice  
Salt to taste - if needed

Combine all ingredients. Mix well and chill. Serve as egg salad on sandwich, crackers or with other salads.

## Sister Shorters' Tofu Mayonnaise

1 package (12.3 oz) extra firm silken tofu  
 $\frac{1}{2}$  tsp. salt  
2 tbsp. lemon juice  
1 tbsp. honey  
 $\frac{1}{4}$  tsp. garlic powder  
 $\frac{1}{2}$  tsp. onion powder  
1 tbsp. olive oil or flax oil (optional)

Put all ingredients **except lemon juice** in blender. Blend until smooth. Add lemon juice last. Ready to use. May use for Tofu "Egg" Salad or Macaroni Salad.

## Lemon Pie

In small pot, add  $\frac{1}{4}$  cup warm water, and add 1 tbsp. agar-agar flakes. Set 1 minute and add  $\frac{1}{3}$  cup boiling water. Stir. Boil 1 minute. Put in blender and add:

- 3 cups pineapple juice
- $\frac{2}{3}$  cup cashews
- $\frac{2}{3}$  cup honey
- $\frac{1}{3}$  cup coconut
- 6 tbsp. arrowroot starch
- 3 tbsp. lemon rind
- $\frac{1}{4}$  tsp. salt

Blend until very smooth. Stir over medium heat constantly until very thick. Add 2 tbsp. lemon juice. Pour into baked pie shell. Set in refrigerator to chill. Top with soy whipped cream and grated coconut.

## Graham Cracker Crust

- 10 cups graham cracker crumbled or granola blended
- 1 cup olive oil
- 2 tbsp lemon rind
- 2 tbsp orange rind
- 1 cup whole wheat pastry flour
- $\frac{2}{3}$  cup honey
- $\frac{1}{2}$  tsp. salt

Mix together.

## Sister Shorters' Soy Whipped Cream (Tofu)

- 12.3 oz silken tofu (extra firm)
- $\frac{1}{4}$  cup honey
- 1 Tbsp olive oil (optional)
- 1 tbsp. vanilla maple or lemon flavor (non-alcohol)
- $\frac{1}{2}$  tsp. salt

Put all ingredients into blender. Blend until smooth. Use on top of pies or fruit.