



savvy vegetarian

easy recipes, simple cooking, healthy eating, green living

Presents

Ladies Un-Super Bowl Menu

Easy Healthy Recipes From Savvy Vegetarian



Ladies Day Menu

Orange Raisin Scones



***Delicious, Quick and Easy
Scones: Vegan or Ovo-Lacto
Vegetarian***

Like all scones, these are best eaten warm from the oven - for breakfast, with soups and salads, fruit or smoothies, or anytime. They're absolutely delicious, even when cold. We prefer this scone recipe with currants instead of raisins.

When I made these scones for my daughter (who just had a baby), she said these scones would attract nursing mothers from miles around. Fortunately there weren't too many in the neighborhood, because she ate them up in record time!

Makes 12 large scones: Easy and flexible to make. Just add a little water if the dough is very stiff, and a bit more flour if it seems too sticky. You'll need a cookie sheet to bake them on.

Ingredients:

2 cups all-purpose flour
1 cup whole wheat or whole spelt flour
1/3 cup unbleached cane sugar
1 Tbsp baking powder
1/2 tsp salt
Approx 1 Tbsp finely grated orange rind - one orange will do
1 cup Thompson raisins OR 1 cup dried currants

Vegan Version:

2/3 cup cold veggie spread
2 Tbsp lemon juice
1/2 cup unsweetened almond milk
Juice of one orange
1 Tbsp ground flax seed
Ovo-Lacto Vegetarian:
1/2 cup cold unsalted butter
1/2 cup buttermilk
2 eggs, beaten
Juice of one orange

Directions:

1. Preheat oven to 375 degrees
2. Place raisins or currants in a bowl, cover with boiling water for 5 minutes, then drain into a colander and set aside
3. Combine dry ingredients
4. Vegan: Combine almond milk, lemon juice and orange juice to make 1 cup liquid.
Stir in ground flax seed
5. Ovo-Lacto Veg: Combine buttermilk, eggs and orange juice to make 1 cup liquid
6. Grate orange rind into the dry ingredients
7. Cut in butter or veggie spread with a pastry blender until the mixture is mealy
8. Add the raisins or currants, and liquid, mix together to make a soft dough
9. Knead lightly for 5 minutes on a floured surface until firm
10. Divide and pat into two 6 inch rounds and slice each into 6 wedges
11. Arrange on baking sheet and bake for 20 - 25 minutes, middle of the oven, until lightly browned
12. Slide onto a rack to cool for a few minutes

Lemon Poppy Seed Muffins



Delicious Muffin Recipe, Vegan or Ovo-Lacto Vegetarian

These lemon poppy seed muffins are fancy enough to share with company, and perfect anytime - for Sunday brunch, with soups or salads, or as a tasty snack.

Muffins are so yummy & easy to make! We like them substantial, not too sweet, and several times a week.

Makes 12 large lemon poppy seed muffins: This muffin recipe can be made vegan or ovo-lacto vegetarian. Either way, they're fabulous!

Variation: Try adding 1 1/2 cups of frozen blueberries instead of the poppyseeds, to make lemon blueberry muffins.

Ingredients:

Ovo-Lacto Veg Ingredients:

3 c unbleached wheat flour
OR 2 c unbleached wheat flour + 1 cup whole wheat or spelt flour
3 tsp baking powder
1/2 tsp salt
1/3 c unbleached cane sugar
1/4 c black poppy seeds
Grated rind of one lemon
1/2 tsp almond extract

Ovo-Lacto Muffins:

1/3 c melted butter
2 eggs
2/3 c yogurt
1 c water
1/4 c lemon juice (2 lemons)

Vegan Muffins:

1/4 c sunflower or safflower seed oil
1 Tbsp gr. flax seed
1 1/2 cups unsweetened hemp or almond milk
1/3 c lemon juice (2 lemons)

Directions:

1. Add poppy seeds (and gr flax seeds) to non-dairy milk OR yogurt + water, and let sit 1/2 hour
2. Preheat the oven to 375 degrees & oil the muffin pan
3. Mix the dry ingredients in a separate, large bowl
4. Grate the lemon
5. Squeeze the lemons and strain the juice
6. Beat all liquids together. Include grated lemon rind and sugar
7. Add the wet to the dry ingredients with minimal light mixing - a few quick strokes, don't mind lumps
8. Spoon evenly into the muffin cups
9. Bake for 25 min, middle of the oven, until lightly browned & firm to the touch
10. Cool in the pan on a rack for 5 minutes
11. Run a knife around the edges of the muffins & turn them out on the rack
12. Cool for a few more minutes, then EAT THEM! Yummmhhh!

Low-Fat Moist Banana Nut Bread



Flexible, Quick & Easy, Healthy Banana Bread Recipe

Easy, moist, banana nut bread recipe, great for breakfast or brunch, as a healthy snack or dessert, or with a light soup or salad.

Our healthy low fat banana bread recipe can easily be doubled, or tripled, and it freezes well. Lots of banana makes this a delicious moist banana bread, and the nuts add a bit of crunch.

The general rule with quick breads is that you should have equal amounts wet and dry ingredients. You can mess with the ingredients in this banana bread recipe, and it'll work as long as you keep the basic proportions and method.

One medium loaf banana nut bread: This recipe calls for half the sugar and fat used in most banana bread recipes, and it's still sweet and moist. The spices in this recipe are a good complement to the bananas and nuts. For extra sweetness and chewiness, add chopped apricots.

The size of the bananas is the big variable in this banana bread recipe. Add a little more water if needed to make the wet-dry proportions approximately equal - the batter should be moist but not runny. For vegan banana nut bread, leave out the egg, and use vegetable oil - you don't need egg or any other binder with sticky ripe banana!

Ingredients:

1 1/2 cups unbleached white flour
OR: 1 cup Unbleached + 1/2 c. whole wheat flour
3 tsp baking powder
1/2 tsp salt
1/2 tsp nutmeg
1 tsp ginger
1 tsp cinnamon
3 over-ripe bananas (should equal at least 1 1/2 cup of mashed banana)
1/4 c unbleached cane sugar
1/2 cup chopped walnuts
Optional: 1/2 cup chopped dried apricots

Vegan Version:

2 Tbsp cornstarch + 2 Tbsp lemon juice + 2 Tbsp water
1/4 cup vegetable oil
Vegetarian Version:
1/3 cup melted butter

2 eggs

Gluten Free Version:

Use 1 cup rice flour, 1/3 cup tapioca flour, and 2 Tbsp cornstarch in place of the wheat flour

Directions:

1. Preheat the oven to 350 degrees
2. Oil a medium size bread pan
3. Chop & measure the walnuts
4. Measure & mix the dry ingredients except for sugar
5. Add the chopped nuts
6. Mix the wet ingredients, including the banana, plus the sugar. Use a blender, blender stick or food processor. If you don't have one of those, mash the bananas, then whisk in the other wet ingredients and optional chopped dried apricots
7. Pour the wet ingredients into the dry, and mix lightly with just a few strokes
8. Spoon the mixture evenly into the oiled pan
9. Bake for 45 min, middle of the oven, until browned & firm to the touch
10. Cool on a rack in the pan for 5 minutes, then turn out to finish cooling
11. Cool for at least half an hour before slicing. Banana bread tastes better completely cooled, if you can wait that long!

Spinach Quiche Tarts



Easy Spinach Tofu Quiche Recipe

Vegan Chef Isa Chandra Moskowitz knows how to make a delicious creamy vegan quiche (cashews are the secret). I borrowed her method for this spinach tofu quiche recipe from her Broccoli Quiche recipe in Vegan Brunch. Check out Chef Isa's website [The Post Punk Kitchen](http://ThePostPunkKitchen.com) for some seriously tasty vegan recipes.

Just in case you think we went over the top with the herbs & spices: Tofu is bland, so it needs LOT'S of seasoning to taste flavorful. And this spinach tofu quiche is fabulously flavorful!

Spinach tofu quiche is rich and satisfying, perfect served with carrot salad or green salad, and brown rice.

Serves 6 - 8: Fresh spinach tastes divine in this quiche recipe, but frozen spinach is fine if you're in a hurry. Use our pie crust recipe, or buy a frozen pie crust to make it even faster and easier - Sarah Kingsbury, Savvy Veg

Variation: Spinach Quiche Tarts: To make tarts instead of pie, double the crust recipe, roll out in 4 inch rounds and fold into muffin cups. Distribute the filling evenly among the cups. This recipe should make approximately 16 tarts.

Pie Crust Ingredients:

1 1/2 cup unbleached white flour
1/2 tsp salt
1/2 cup cold vegan butter
1-3 Tbsp cold water

Directions:

1. Mix flour and salt
2. Cut in butter or vegan butter with a pastry blender or a fork until mixture is the texture of coarse meal
3. Add water bit by bit blending in with pastry blender until dough comes together
4. Form dough into ball and press flat
5. Roll out evenly on a floured surface
6. Place in 9" glass pie plate and crimp edges
7. Wrap and chill in fridge until filling is ready

Filling

Ingredients:

1 lb firm tofu, crumbled
1/2 cup raw, unsalted cashews
1/4 cup nutritional yeast
2 bunches fresh spinach, washed, stemmed, and chopped; or 16 oz frozen spinach, thawed and drained
3 Tbsp extra virgin olive oil
1/2 small onion chopped
1 Tbsp minced garlic
1 veggie bouillon cube
1/2 tsp dried marjoram
1 tsp dried basil
pinch of cayenne
1/2 paprika
1 tsp Mrs. Dash Table Blend spice mix
1/2 Tbsp salt
1/4 Tbsp ground black pepper

Directions:

1. Preheat oven to 425 degrees and assemble ingredients
2. Place cashews in food processor and process until it forms fine crumbs
3. Add tofu and nutritional yeast and process until creamy, set aside
4. Add oil to a large pot and turn heat to medium/high
5. Saute onion for about 5 minutes
6. Add garlic and continue sauteing until fragrant
7. Add bouillon cube, marjoram, basil, cayenne, paprika, spice blend, salt, and pepper
8. Add chopped spinach and saute until the spinach is completely wilted
9. In a large mixing bowl stir together tofu mixture and spinach mixture. Taste and adjust seasoning as needed
10. Add the filling to the crust and spread evenly and smoothly
11. Bake for 10 minutes to set pie crust then turn temperature down to 375 degrees and bake for 25 to 35 minutes more until crust is golden brown
12. Cool on a rack for 5 minutes before serving

Basic Dip Recipe: Vegan Sour Cream Dip



Versatile Vegan Dip Recipe Easily Converts To Lacto Vegetarian Dip

This dip is delish with potato chips, corn chips, crackers, or raw veggies. We were inspired to add it to our 4th of July Menu. But don't stop there. Use it as a sauce over hot veggies, a salad dressing for any kind of salad, as a sandwich spread, in tortillas or wraps.

Feel free to play with this recipe. It'll work as long as you keep the basic idea. This is a very intuitive (inexact) recipe, so quantities are flexible. Once you make it a few times, you'll have your own recipe.

For instance, it could morph into basil or dill dip, using fresh herbs. Or add chopped spinach, artichoke hearts, and a bit of nutmeg for an artichoke spinach dip. Add pesto to make a pesto dip, or avocado to make guacamole. Make it a vegetarian dip using dairy sour cream, and regular mayonnaise. You get the idea.

Makes 2 Cups, 6 - 10 Servings

Ingredients:

1 cup vegan sour cream
1 cup veganaise
2 T chopped scallions
1/2 tsp dried basil
1/4 tsp dried oregano
1 tsp dried marjoram
1/4 tsp paprika
Salt and fresh ground black pepper to taste
1 tiny pinch cayenne

Directions:

1. Combine all ingredients in a bowl
2. Adjust seasonings to taste
3. Cover and chill for an hour or more before serving
4. Store tightly covered in the fridge for up to a week

Slightly Garlicky Chickpea Hummus Dip Recipe



Find Foodie Heaven: How To Make Blissfully Satisfying Hummus Dip

This chickpea hummus recipe is so good, you'll want to eat hummus every day, as a filling for sandwiches or wraps, on crackers, as a dip, thinned to make a sauce or salad dressing, by the spoonful straight out of the container.

A stick blender works best for hummus, but you could also use a regular blender, food processor, food mill, or potato masher to make hummus - anything to pulverize the beans.

Bean cooking directions are included, but canned beans will do - drain and rinse, and substitute water for the liquid.

3 - 4 cups, 12 - 16 Servings: This hummus recipe keeps, tightly sealed, in the fridge for a week - not that it usually lasts that long!

Ingredients:

Hint: the fresher the ingredients, the better the hummus!

2 - 3 cups cooked and drained garbanzo beans (*directions below), or canned beans drained and rinsed

3 - 6 Tbsp bean cooking liquid or water - how much liquid you need depends on the amount of moisture in the beans

1/4 - 1/2 c. unroasted sesame tahini

1 - 2 Tbsp freshly squeezed lemon or lime juice

2 - 3 Tbsp olive oil

2 or more cloves fresh garlic, peeled, stem removed, minced OR 1/2 tsp garlic powder

Optional: 1 Tbsp minced fresh ginger, or 1/2 tsp dried

Optional: 1/2 jalapeno pepper, seeded and minced, OR a pinch of dried cayenne powder

1 - 2 tsp ground cumin seed

Optional: 1 - 2 tsp ground coriander seed

1/2 tsp salt or to taste

1/2 tsp ground black pepper or to taste

Directions:

1. Rinse and drain the beans in a wire colander. Reserve the cooking liquid if you cooked your own beans
2. Put the beans, salt & pepper, cayenne and 3 Tbsp bean liquid or water in a deep 4 qt pitcher or other container, or in the blender jar if you're using one
3. Heat the chopped fresh garlic (+ ginger or jalapeno if using), in the olive oil until soft & lightly roasted
4. Add the dry spices to the oil and heat for five minutes
5. Add the hot oil & spices to the beans
6. Rinse the pan with the lemon or lime juice and add it to the beans
7. Add the salt and pepper
8. Making hummus in a blender: Blend everything EXCEPT THE TAHINI. Use the pulse setting, alternately pulsing and poking until smoothly blended. Add a little extra liquid, 1 Tbsp at a time, if the mixture is too thick to blend easily. Using a rubber spatula, scrape the mixture into a bowl, and thoroughly mix in the tahini
9. Making hummus with a blender stick: Add all the ingredients to your deep container, and pump the blender stick up and down until it's smooth - a noisy, but fulfilling experience
10. Adjust seasonings to taste

Hot Spiced Apple Cider

Traditional Comfort Food: How To Make It Right - A Healthy Apple Cider Recipe

You wouldn't think you'd need a recipe for apple cider, but this traditional comfort food has lost its way, and unhealthy versions abound.

Hot apple cider is a winter drink, which goes well with cookies and popcorn. Serve with vigorous outdoor exercise, while watching others exercise, or at a party or potluck.

Start with high quality organic apple juice. Use raw whole dried spices, not a packaged flavor mix. And don't boil it, just heat it. If you have a Crockpot, that's a handy way to keep it hot, but simmering on the stove works too.

Ingredients:

Organic apple juice
Use more or less spice depending on quantity
4 - 10 whole cloves
2 - 6 green cardamom pods
1 / 2 - 1 whole cinnamon stick
Optional: 1 thin slice fresh ginger

Yummy things to enjoy with your apple cider:

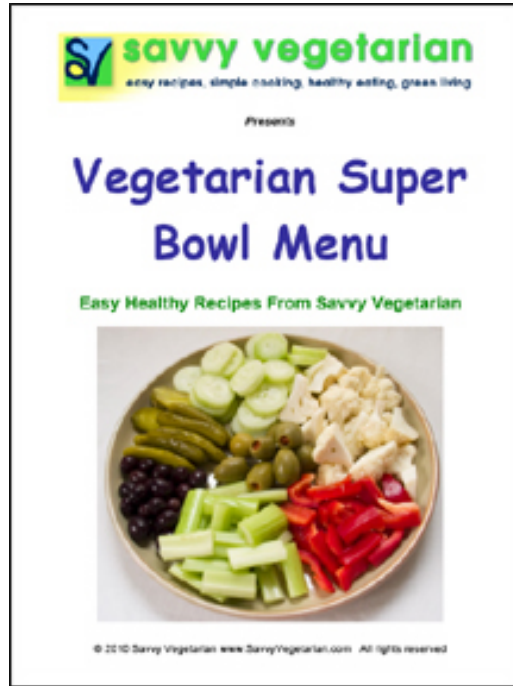
Banana Nut Muffins, Carrot Cake, Oatmeal Currant Scones, Oatmeal Date Nut Muffins, Serious Chocolate Chip Cookies

Directions:

1. Heat the apple juice with the spices on the stove or in the Crockpot
2. When using a Crockpot, start it a few hours ahead of time, or heat on the stove, then transfer to the Crockpot

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