

PUMPKIN PARFAIT WITH VANILLA CASHEW CREAM

Demonstrated and adapted by Chef Willy Elmira from <http://www.forksoverknives.com>

INGREDIENTS

- 1 cup cashew nuts
- 1/4 cup maple syrup
- 2 teaspoons vanilla extract
- 1/4 cup pecan nuts - lightly toasted
- 2 x15oz (425gram) cans cooked pumpkin
- 1 1/2 cups date paste
- 1 teaspoon cinnamon
- 1/2 teaspoon ground allspice

PREPARATION - CASHEW CREAM

1. soak the cashews in 1 cup of water for at least 30 minutes then drain the water
2. add the soaked cashews, maple syrup, and vanilla extract to a blender
3. blend until creamy
4. chill in the refrigerator until ready to assemble

PREPARATION - PUMPKIN PUDDING

1. place the pumpkin, date paste, cinnamon and all spice into a food processor and blend to a paste.
2. Refrigerate for at least one hour

ASSEMBLY

3. Pour the pumpkin pudding evenly into 8 parfait cups
4. Top each with some cashew cream
5. Sprinkle with toasted nuts.
6. Refrigerate for at least one hour before serving.

BREAKFAST QUINOA BOWL

adapted by Giorgia from: *From Plant to Plate*, Timi Bivens
Life and health Network: <http://lifeandhealth.org>

Serves 2-4

INGREDIENTS

2 cups vanilla or unsweetened soy or almond milk
1 cup quinoa, rinsed
1 handful of dates or raisins
2 tablespoons sweetener (agave nectar, maple syrup)
Pinch of ground cinnamon
1 cup mixed or fresh frozen berries or other fresh fruit

PREPARATION

- In a small saucepan, bring milk to the boil.
- Add the quinoa to the milk and return to the boil.
- Reduce the heat to a simmer and cover until 3/4 of the milk has been absorbed, approximated 10 minutes.
- Stir in the cinnamon and cook, covered until almost all the milk is absorbed - about 5 minutes.
- Stir in the dried fruit. Allow to simmer for the remaining time.
- Serve with chia seeds, chopped nuts, fresh fruit, maple syrup.

SIMPLE SCRAMBLED TOFU

Source: *From Plant to Plate*, Timi Bivens

Life and health Network: <http://lifeandhealth.org>

INGREDIENTS

- 1 package medium firm tofu, drained
- 1 clove garlic, minced
- 1 tablespoon low-sodium soy sauce
- 1/2 onion, diced
- 1/2 teaspoon turmeric
- 1 teaspoon (butter-flavoured) salt

PREPARATION

1. Place the tofu on a flat surface and lay a dry dish towel on top of the tofu. Remove the excess water by pressing down with a heavy book or your hand.
2. In a pan over medium heat, sauté the garlic with optional vegetables and a little water.
3. Crumble the tofu with your hands into the pan
4. Add the soy sauce, turmeric, and salt.
5. Sauté the mixture until heated through and the tofu is evenly coated.

OPTIONAL VEGETABLE ADD-INS

- chopped tomatoes
- broccoli florets
- zucchini
- bell peppers
- chopped spinach
- sliced carrots
- cauliflower florets

- sliced mushrooms

OPTIONAL HERB ADD-INS

- coriander
- parsley
- basil
- oregano

OPTIONAL SPICE ADD-INS

- cumin
- cayenne