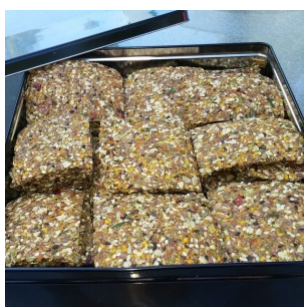


Appetizers



[Cheezy Kale Chips](#) (8/2/2015) - Kale chips make a great, nutrient-dense snack. Even picky little eaters will gobble them up. You can use just about any dressing to flavor the chips. For super simple kale chips, sprinkle on a little avocado oil (1 Tbsp/15 ml), tamari (1 Tbsp/15 ml) and lemon juice, lime juice or balsamic vinegar (2-3 Tbsp/30-45 ml). Toss [...]



[Seedy Vegetable Crackers](#) (8/1/2015) - These crackers are absolutely delicious, and nutritious. They bear little resemblance to boxed commercial crackers. I find that many of the healthier crackers on the market are difficult to digest – perhaps long cooking times cause this. These crackers are made from vegetables and seeds with herbs for seasoning – no flour, no oil, no [...]

[Nutty Cream Cheese](#) (8/1/2015) - Yield: 2 cups (6 to 8 servings) Cheese is the Achilles heel of many plant-based eaters. Commercial plant options looked like cheese, but that is where the similarity ended. The depth of flavor found in dairy-based cheese just couldn't be matched by non-dairy alternatives, until recently. Now fabulous plant-cheeses are making an appearance – [...]



[Cashew Red Pepper "Cheese" Sauce](#) (3/14/2015) -

This sauce is the perfect substitute for traditional cheese sauce. It is fabulous on broccoli or cauliflower, potatoes, pizza, lasagna, scrambled tofu, sandwiches, tacos, nachos or anything else you love cheese sauce with. I originally acquired the recipe from my dear friend, Margie Colclough and made just a few small adjustments. Ingredients: 2 [...]