

# Other

[Cracked Grain Pumpnickel Bread](#) (12/29/2019) - Cracked Grain Pumpnickel Bread This bread is yummy. It is a little reminiscent of a loaf or bran muffins. It is a very heavy, nutrient-dense, high fiber bread. It does not hold together like regular bread, so works better for open-faced sandwiches rather than traditional sandwiches. It is wonderful with nut butter and bananas or with avocado [...]



[Cashew Pear Cream](#) (4/20/2016) - Cashew -Pear Cream (cream or whipping cream substitute) This is the healthiest, most delicious replacement available for whipping cream. Use in a breakfast bowl, on fruit salad, on pumpkin pie, apple crisp, baked or grilled fruit or other desserts. 1 x 15 oz can or jar of pears in water or juice or about [...]



[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 – [...]



[Suberb Smoothies](#) (7/26/2015) - I am not a smoothie person. Not because I don't think they have value, or because I don't like the taste. I just enjoy eating and chewing so much, I prefer a solid food to a smoothie. However, I do think smoothies can be convenient, nutritious and very quick and easy, so it is a reasonable choice [...]



[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 [...]