

Best Blender Recipes

 **BLENDER**
REVOLUTION

Great taste & simple, healthy recipes



TopBlenders.org presents

Dear Readers,

I would like to personally thank you for taking a look at my cookbook. This is my very first cookbook and I have absolutely loved putting it together. Seeing health niche Instagram models bodies I decided to make my own diet recipes cook book and test it on my self first.

I have not always prepared recipes that are like those in this book: plant-based, dairy-free, oil free, raw dishes. My family's diet has changed dramatically over the last several years due to several life changing events.

It began with one of my children's allergic reaction to casein. This was a major feat trying to re-learn how to cook without milk, cheese or yogurt/sour cream to prevent her outbreaks, but, I did it. I learned to read labels and substitute lots. This was challenging for me because I was a new mom, new wife and strict recipe-following cook.

A few years went by when I began researching how our diet can prevent and cure heart disease and other ailments. Through this study I began cooking with less animal protein and omitting oil. (With exception of Coconut Oil which I am just beginning to use sparingly). Now, strangely enough, this step was not as drastic or challenging as the first step. I thought "if I can learn how to cook without dairy milk and cheese then I can certainly learn how to cook a meal without meat and no oil".

A major change happened in my kitchen when I purchased a high powered blender. I had been using a small cheap blender for fruit smoothies, which only made one serving at a time. I knew I had to buy something larger and with more power to break up the greens I was now beginning to add to my smoothies. I researched long and hard to find the best blender for my needs. I found it, The Blendtec Total Blender, and have loved every blend with it. I cannot imagine feeding my family a healthy diet without my blender. It is an investment in our nutritional health. Well worth the money spent.

This recipe book is a compilation of some of our family-favorite dishes, centered around using a blender. I have compiled breakfast dishes and smoothies, lunch or dinner recipes as well as desserts and a few sides like almond milk.

Not all the recipes in the book are my own creations. The internet is a fabulous resource for finding great recipes to fit any lifestyle. I have certainly used this and more to come up with these great dishes and smoothies. I have given credit where credit is due and encourage you to check out the sites listed by those recipes.

As you will see in the recipes that follow, this blender I own is no ordinary run-of-the-mill blender. I use it for milling grains and seeds, making raw soups or making cooked soups smooth and creamy. I use it for batters such as muffins and pancakes. I also can easily blend any vegetable into a smoothie and if masked well, my children will not know the difference until I tell them - and I always do! I have yet to see the limits of this blender after 1 year of use and over 1300 blends. It even goes traveling with us! :)

All blender recipes in this book have been made using my Blendtec Total Blender. If you are ready to purchase a Blendtec or need help deciding which blender to buy check out my site at www.TopBlenders.org. I will get paid a small commission if you click on and purchase through the links on my site.

Very seldom do I find a recipe and use it without altering it in some way to fit my cooking style, but there are a few occasions. I encourage you to do the same. Get creative with these recipes and change them to fit the taste of your family and your cooking style. I am learning there is more than one way to... do just about everything. And if things don't turn out well, take a breather and try it again later a different way.

I hope these recipes will give you ideas for snacks, energizing boosts and healthy meals as well as make cooking and blending fun and life-changing for you and your family. To excellent health!

Amanda Adams @ TopBlenders.org

How to Use This Book:

This reader friendly ebook is designed for easy navigation and movement throughout. You can move through this book by scrolling up or down or by using the tool bar buttons. Using this tool bar you can easily go directly to a specific page. You can also change the font size, the screen size, or search for a particular recipe, ingredient or topic word.

Equipment Disclaimer:

The recipes in this book which call for use of a blender were made using a Blendtec Total Blender. This high-powered blender is fully capable of blending the ingredients in all the recipes in this book. Other blenders that have equal power to the Blendtec are Vitamix Blenders and the higher end Waring Blenders.

It is important to note that using other blenders may not produce the same results as with a higher powered blender. When using other blenders you may need to adjust the recipes accordingly to suit your blender.

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Baked Oatmeal with Cranberries & Walnuts

- 1 3/4 cup almond milk
- 1/2 cup apple sauce (I tossed in one snack cup)
- 1 tablespoon flax (milled)
- 2 cups rolled oats
- 3 tablespoons honey
- 1/3 cup cranberries (or raisins)
- 1/4 cup chopped walnuts
- 1 1/2 teaspoon baking powder
- 1 teaspoon cinnamon

- 1) Preheat oven to 375 degrees F.
- 2) Combine the almond milk, the apple-sauce and the flax in a small bowl and set aside.
- 3) Combine the remaining ingredients in a large mixing bowl.
- 4) Add the wet ingredients to the dry oatmeal mixture and combine thoroughly. Pour into baking dish that has been coated with non-stick spray and bake for 40 minutes.

Makes 4 servings

Crock-Pot Steel Cut Oats.

This is a truly simple, yet delicious dish that requires very little effort

- 2 cups steel cut oats
- 6 cups water
- 1/3 cup honey
- 1/2 cup raisins
- 2 teaspoons cinnamon (or more to your liking)

- 1) Stir all of the ingredients together into a crock pot and set for 6 and 1/2 hours on low.

Makes 4 servings.



Eggs with Alfalfa Sprouts

This is a quick and very nutritious dish that could be served anytime!

- 2 eggs
- ½ cup alfalfa sprouts
- Salt and pepper to taste

1) Crack eggs into a hot frying pan, cook as you normally would to your taste (over easy, sunny side up, etc.)

2) Sprinkle with the sprouts, add salt and pepper to taste.

Variation:

1) If you like your eggs scrambled, crack the eggs into a bowl and add 1 to 2 tablespoons almond milk, sprouts, salt and pepper. Mix well.

2) Cook the mixture in a skillet as you would for scrambled eggs.

3) Place the cooked eggs down the center of a warm wrap. I like to add a layer of salsa and more sprouts for garnish. Makes 1 serving.



Granola

I found this recipe in Green Smoothie Girl's 12 Step book and it looked simple enough. I actually did not change much at all to her recipe, which is not like me!

- 4 cups rolled oats
- 1/2 cup wheat germ
- 1/2 cup shredded coconut
- 1/4 cup fresh milled flax seeds
- 1/2 cup raw pumpkin seeds
- 1/4 cup raw sunflower seeds
- 1/8 cup sesame seeds
- 1 tablespoon cinnamon
- 1/4 cup honey
- 1/4 cup maple syrup (or molasses)
- 1/4 cup water
- 1/4 cup coconut oil
- 1/2 tablespoon vanilla

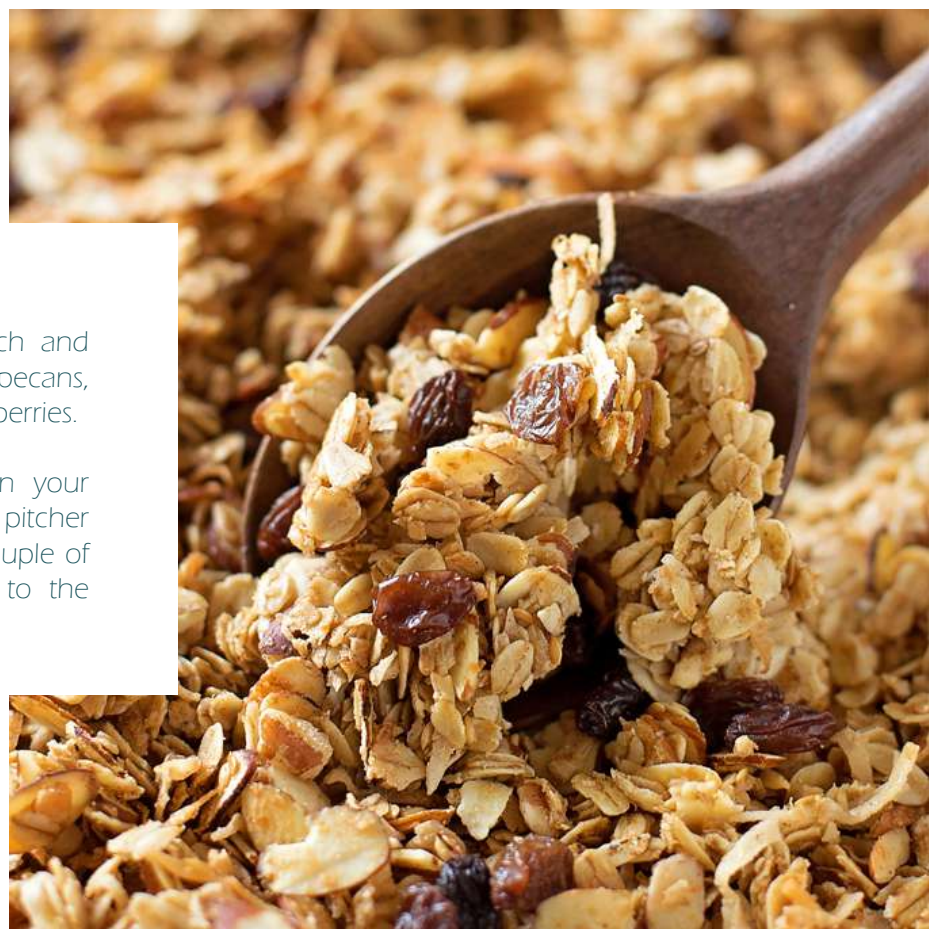
- 1) Preheat oven to 250 degrees F.
- 2) In a large mixing bowl, combine the first eight ingredients, set aside.
- 3) In a medium saucepan, combine the remaining ingredients. Heat this mixture just until it's warm, and barely all melted together. Stir well and pour over dry mixture.
- 4) Mix liquid and dry ingredients until distributed evenly. Bake for 20 minutes, stir. Bake for another 15 minutes, turn off the oven and let it set in the hot oven for an hour or less.
- 5) Granola keeps in the pantry for 2 weeks or in the fridge for 6 weeks. Makes 10 to 12 servings.

Tip: This is the halved recipe I used. To make the full recipe, just double the amounts listed.

Variation:

For more variety, crunch and flavour add almonds, pecans, raisin, and/or dried cranberries.

After milling the flax in your blender, use the same pitcher and pulse the nuts a couple of times, then add them to the mix.



Peanut Butter Dip for Apples

I whipped this up one afternoon as a quick snack and served it with apple sticks. The next morning I spread it on toast for breakfast. This could make a great lunch served with a green smoothie and fresh veggie sticks.

- 1/3 to 1/2 cup peanut butter.
- 1/4 cup almond milk (or any kind of milk)
- 2-3 big dates (or maple syrup or honey)
- 1/2 banana
- 1 tablespoon milled flax seed

1) Blend all ingredients in blender until smooth. Add more milk if needed and scrape down sides. Serve with apple slices or on toast. Makes 2 to 3 servings.

Variation:

If you don't have dates you can use maple syrup or honey for sweetener.

Tip: Any nut butter can replace the peanut butter. This dip does not need to be measured exactly, just throw the ingredients in your blender and blend away. If you need a bit more milk to get it to blend, add some. If you need more maple syrup or another date to sweeten it, add it. Experiment! It really is hard to mess up this mixture of ingredients.

They just go together and come out great.



This is also a great way to incorporate flax seed into your diet.

Flax is high in Omega3 essential fatty acids which are good fats shown to have heart healthy effects. Flax is also high in fiber. In order to absorb these nutrients, the seed must be broken apart in a blender or grinder.

Prairie Grit Cakes

- 1) Follow directions to cook whatever grits you have on hand. Let grits cool.
- 2) Scoop a small round into a preheated skillet that has been coated with non-stick spray. Smash down with the back of a spoon and sprinkle with salt and pepper. Turn once and serve with vegetable frittata.

Rice Cooker Oats

My Rice Cooker oats come out perfect every time.

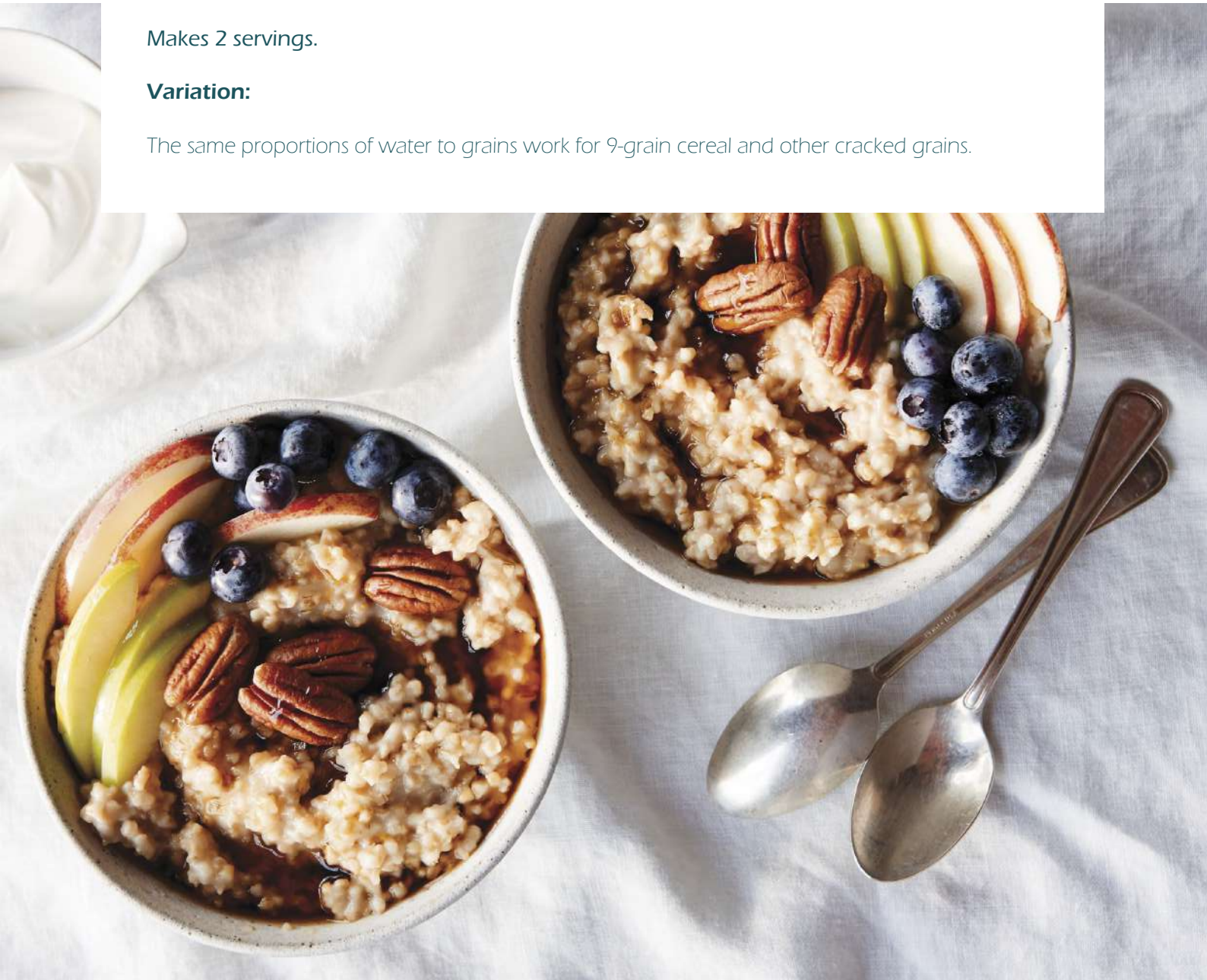
- 1 cup oats, groats or steel cut
- 3 cups water
- honey to taste
- cinnamon to taste
- raisins (optional)

- 1) Combine all ingredients in rice cooker.
- 2) Set the rice cooker on warm for the night and the oats will be ready and warm in the morning.

Makes 2 servings.

Variation:

The same proportions of water to grains work for 9-grain cereal and other cracked grains.



Vegan Whole Wheat Pancakes

Here is an easy and plentiful vegan pancake recipe. I used my Blendtec Blender to blend this. The original recipe came from the book by Mildred A Martin, Prudence and the Millers.

- 3 cups almond milk (or soy)
- 3 tablespoons ground flax + 6 tablespoons water
- 1 snack cup of apple sauce
- 3 cups whole wheat flour
- 2 tablespoons baking powder
- 1 teaspoon salt

- 1) Blend the almond milk with the flax, water and apple sauce in your blender.
- 2) Add the remaining ingredients and blend again until the batter has a smooth consistency

Makes 6 to 7 servings.

Tip: The left over pancakes store well in the fridge to be warmed up during the week for a quick, easy and healthy breakfast. You can also add flavorings such as fruits or nuts to the mix.



Vegan Yeast Pancakes

I first saw this recipe somewhere on the interwebs. I have replaced the oil with apple sauce to make these vegan pancakes fat-free.

The pancakes are moist in the middle and have a wonderful yeasty bread flavor.

- 2 cups whole wheat flour
- 2 1/4 teaspoons yeast
- 1 teaspoon salt
- 2 teaspoons honey (or sugar to your taste, optional)
- 1 1/2 cups almond milk, plus 1/3 cup to finish
- 2 tablespoons applesauce (I just dumped a snack cup in)
- 1 tablespoon flax + 2 tablespoons water (or 1 egg)

1) Blend all ingredients except the 1/3 cups of almond milk you will need to finish the recipe in your blender. Cover and set in fridge overnight.

2) The next morning add 1/3 cup almond milk to the batter and 'pulse' in blender a few times. Pour into hot, sprayed skillet. Makes 6 to 7 servings.



Soups:**Tortilla Soup**

- 1 can (15 ounces) diced tomatoes
- 1 can (16 ounces) enchilada sauce
- 1 medium onion chopped
- 1 bell pepper chopped
- 3-4 cloves of garlic
- 1 stalk celery chopped
- 2 tablespoons rice
- 1/4 cups diced or shredded carrot
- 1 can (3 ounces) chopped green chillies (optional)
- 2 cups water
- 14.5 ounces veggie broth (or veggie bullion)
- 1 teaspoon cumin (be generous)
- 1 teaspoon chilli powder
- 1 teaspoon salt (again, be generous)
- 1/4 teaspoon black pepper
- 1 bay leaf
- 1 can (15 ounces) corn (or 10 ounces frozen corn)
- 1 can (15 ounces) red beans
- 1 can (15 ounces) pinto beans

1) Put all ingredients into a large sauce pan and simmer until vegetables are tender and spices have blended, approximately 30 minutes to an hour. This dish is always better the next day. Makes 4 to 6 servings.

Variation: This is a great crock pot recipe. Put all ingredients in your crock pot and cook on low for 3-5 hours.

Tip: This is also a great dish to make ahead of time and take camping. Store prepared soup in jar until ready to warm at the camp site.



Vegan Blendtec Soup Recipe

This is a quick and very nutritious dish that could be served anytime!

- 1-2 medium sized tomatoes
- 1/2 stalk celery
- 4-6 baby carrots
- 1 tablespoon dried diced onion (or 2 tablespoons fresh onion)
- 1/2 – 1 teaspoon garlic powder (or 1 garlic clove)
- 1 small slice of jalapeno (optional)
- 2 tablespoons Taco Seasonings fresh ground pepper to taste (I use lemon pepper)
- salt to taste
- 2 cups hot water
- one cup of tortilla chips
- 1 can (15 ounces) beans (pinto, black...whatever you like or have)

1) Place all ingredients except the tortilla chips and beans into your blender jar and blend very well. For Blendtec users touch the “soups” button and run one cycle.
2) Add tortilla chips and beans to the jar and pulse a time or two for the consistency you want your soup to be. Serve with extra tortilla chips. Makes 2 to 4 servings.

Variation: For a raw vegan soup, omit the tortilla chips and beans.



On The Side:**Almond Milk**

- 1 cup almonds, soaked (see benefits below)
- 4 cups water

- 1) Blend the almonds and water at full speed until all chunks are gone.
- 2) Using a milk bag, cheese cloth or even a small-holed strainer, strain the milk. Let the milk set awhile to drain.
- 3) Store your almond milk in a glass container and use within 3-4 days.

Variation: Add vanilla, maple syrup, nutmeg or cinnamon for extra flavour.

Tip: Save the almond pulp for smoothies. You can write on a glass jar with a Sharpie Marker the date you made your milk.



Benefits of soaking almonds:

- Almonds are difficult to digest because of their brown coating, which is an enzyme-inhibiting substance that protects the nut until it is ready to grow.
- Soaking breaks down this coating, removes toxic enzyme inhibitors and breaks down gluten which helps digestion become easier. It also makes them softer and easier to chew up, which aids in better digestion and easier absorption of nutrients.
- Soaked almonds are highly nutritious and a great source of energy for pregnant women and their unborn baby.
- Soaked almonds also increase intelligence and memory due to it being rich in essential fats.
- Be aware when soaking pasteurized almonds, they may turn black and rot. Test a small batch first. Check your local health food store for raw, unpasteurized almonds.

Tip: To soak almonds overnight, rinse the almonds and double the amount of water for the amount of almonds you plan to soak.
(1 cup of almonds to 2 cups of water)
Cover the dish with a towel.
Soak 8-10 hours at room temperature.
In the morning, rinse the almonds thoroughly.



Basic Hummus Recipe

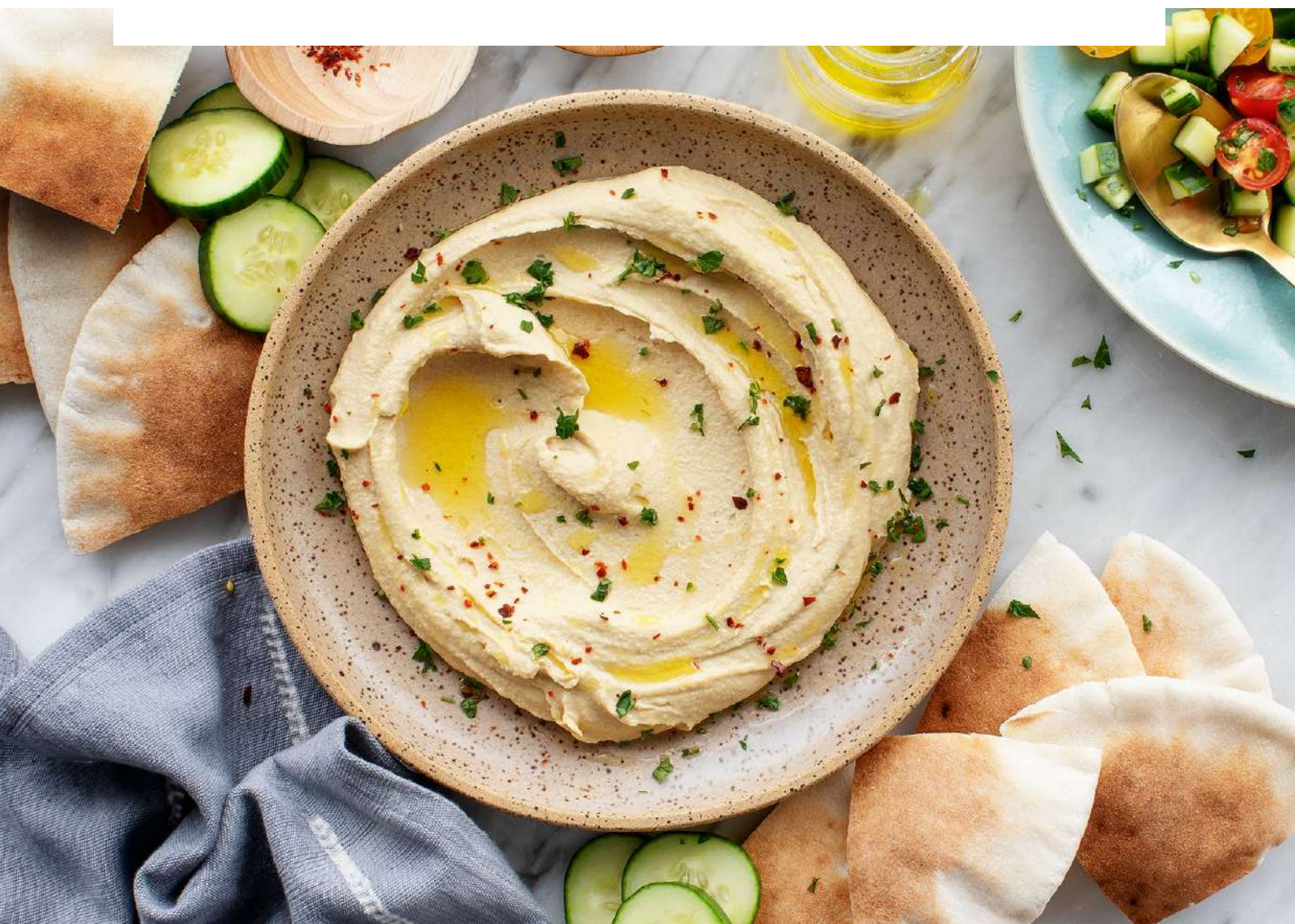
I believe this recipe originally came from the South Beach Diet book.

- 1 can (15 ounces) chickpeas
- 2 tablespoons fresh lemon juice (plus some extra for blending smooth)
- 1/2 cup Tahini
- 1/4 cup yellow onion
- 2 teaspoon ground cumin
- 1/8 teaspoon ground red pepper (I use pepper flakes)
- 1/2 teaspoon salt
- 1-2 cloves garlic fresh parsley or other fresh herbs

- 1) Drain and rinse chickpeas.
- 2) Combine all ingredients in blender. Blend until smooth, adding lemon juice to thin.
- 3) Refrigerate 3-4 hours before serving to blend flavors.

Variation: To this recipe you can add ingredients such as roasted red bell peppers, salsa, and even cranberries. Or try adding finely chopped mixed olives to your hummus. The olives add a great tang and the flavors meld wonderfully!

Tip: I served this for lunch with home-made whole wheat rolls, baby carrots and celery sticks.



Kefir Drop Biscuits

- 2 cups fresh milled whole wheat flour*
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 2 teaspoons baking powder
- 1 tablespoon milled flax seeds**
- 1/2 cup apple sauce or one snack cup apple sauce
- 1 to 1 1/2 cups kefir***

- 1) Preheat oven to 425 degrees.
 - 2) Spray cookie sheet with oil, to prevent biscuits from sticking. Set aside.
 - 3) Mix dry ingredients into a mixing bowl. Add apple sauce and stir until crumbly.
 - 4) Pour in the kefir a little at a time. Stir gently, add more kefir until the dough is no longer crumbly, but not soupy either.
 - 5) Using a cookie scoop, scoop out the biscuits and drop onto a sprayed cookie sheet. Biscuits should not spread out, but stay as dropped onto the cookie sheet.
 - 6) Bake for 15-50 minutes, until bottoms are golden and tops are lightly browned.
- Makes 12 drop biscuits.

* To make fresh milled whole wheat flour, place 2 cups of wheat berries in Blendtec Blender. 'Speed up' to 9 and let it run a cycle. Scoop out the amount of flour you need.

** To mill flax seeds add a few tablespoons of flax seeds to your blender pitcher and blend, or pulse until seeds are broken up.

***If you do not have kefir stir 2 tablespoons of vinegar into 1 to 1 1/2 cups almond milk. This will "curdle" the milk. Use as you would the kefir.

**Variation:**

You can add spices such as garlic and rosemary.

Tip:

Try a slice of garden fresh tomato and fresh or dried basil on a warm biscuit. Delicious!

No Fried-Fried Okra

I must give credit to Grandma. We ate it at her house first and then I tried it at home. Here's the recipe:

- 2 pounds (32 ounces) okra, cut, fresh or frozen
- 1 to 2 cups cornmeal
- 1 teaspoon salt (more or less to taste)
- 1/2 teaspoon pepper (more or less to taste)

- 1) Preheat oven to 425 degrees F.
- 2) If using fresh okra, wash and cut off ends. Discard ends, cut okra into bite sized pieces.
- 3) Steam the okra just until cooked tender, but still firm. If using a microwave, this will take about five minutes. Drain well.
- 4) Combine cornmeal, salt and pepper well in a large bowl or ziplock bag. Toss the okra in the cornmeal mixture until each piece is coated, like you would before putting in to the frying pan.
- 5) Then spread on a baking sheet and bake until crispy, about 20 minutes.
- 6) Just before removing it from the oven, broil it until the breading is nice and brown. Really, no one will know it's not fried! Makes 4 to 6 servings.

Oil-Free Orange Dressing

My Google search for an oil-free salad dressing lead me to GreenLemonade.com. The dressing is light and sweet. Here is an adapted version of her recipe.

- Juice of 2 to 3 oranges
- 3 tablespoons of apple cider vinegar
- 1 tablespoon of honey
- 4-5 tablespoons of filtered water, to thin

- 1) Combine orange juice, apple cider vinegar, honey and 3 tablespoons of water into a blender.
- 2) Let the mixture combine for 30 seconds.

Then check the consistency and add up to 1 – 2 more tablespoons of water until you reach your desired consistency.



Raw Guacamole with Alfalfa Sprouts

The thing I love about guacamole is it is so forgiving. With the ingredient list below, don't fret if you are missing something (unless it's the avocado). The ingredients don't need to be diced into perfect tiny pieces. This is a recipe my kids are in charge of making. We just keep on tasting until we have added enough spice to our taste.

- 1 large avocado (or 2-3 small avocados)
- 3 small tomatoes (or salsa)
- juice of 1 lime
- 2 garlic cloves
- 1/4-1/8 onion, chopped
- Salt to taste
- Cumin
- Cilantro (optional)
- Alfalfa Sprouts

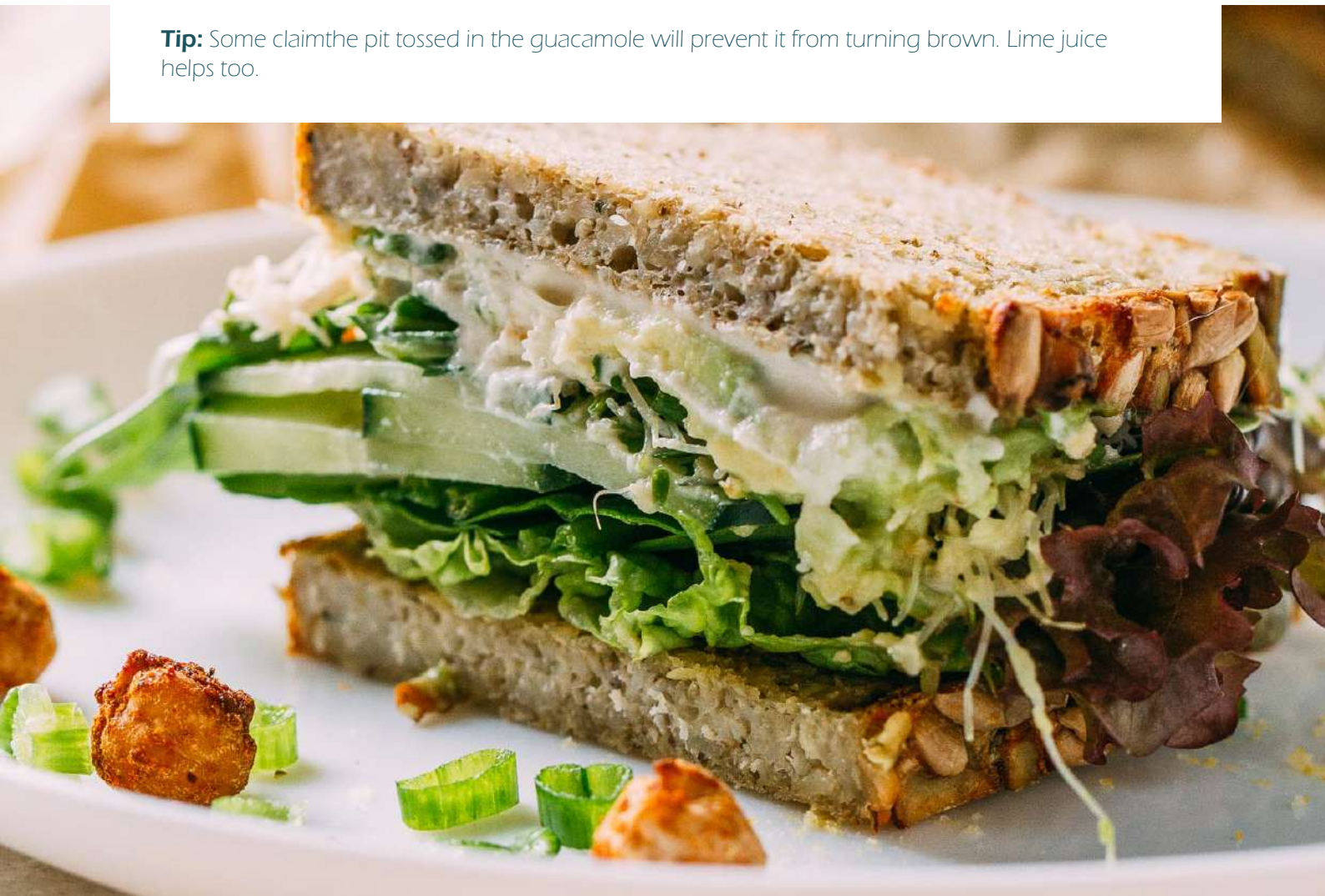
1) Slice avocado in half. Spoon out avocado from the shell into a bowl. Use a fork to mash it up, or you can leave it chunky.

2) Dice up the tomatoes or spoon in some salsa to the mashed avocado. Add juice of 1 lime (or try a lemon if you want). Add garlic, onion, salt, spices and sprouts.

3) Stir well and taste before adding more spices. Makes 2 to 3 cups.

Variation: You can use garlic and onion powder too, instead of fresh.

Tip: Some claim the pit tossed in the guacamole will prevent it from turning brown. Lime juice helps too.



Vegan Cornbread

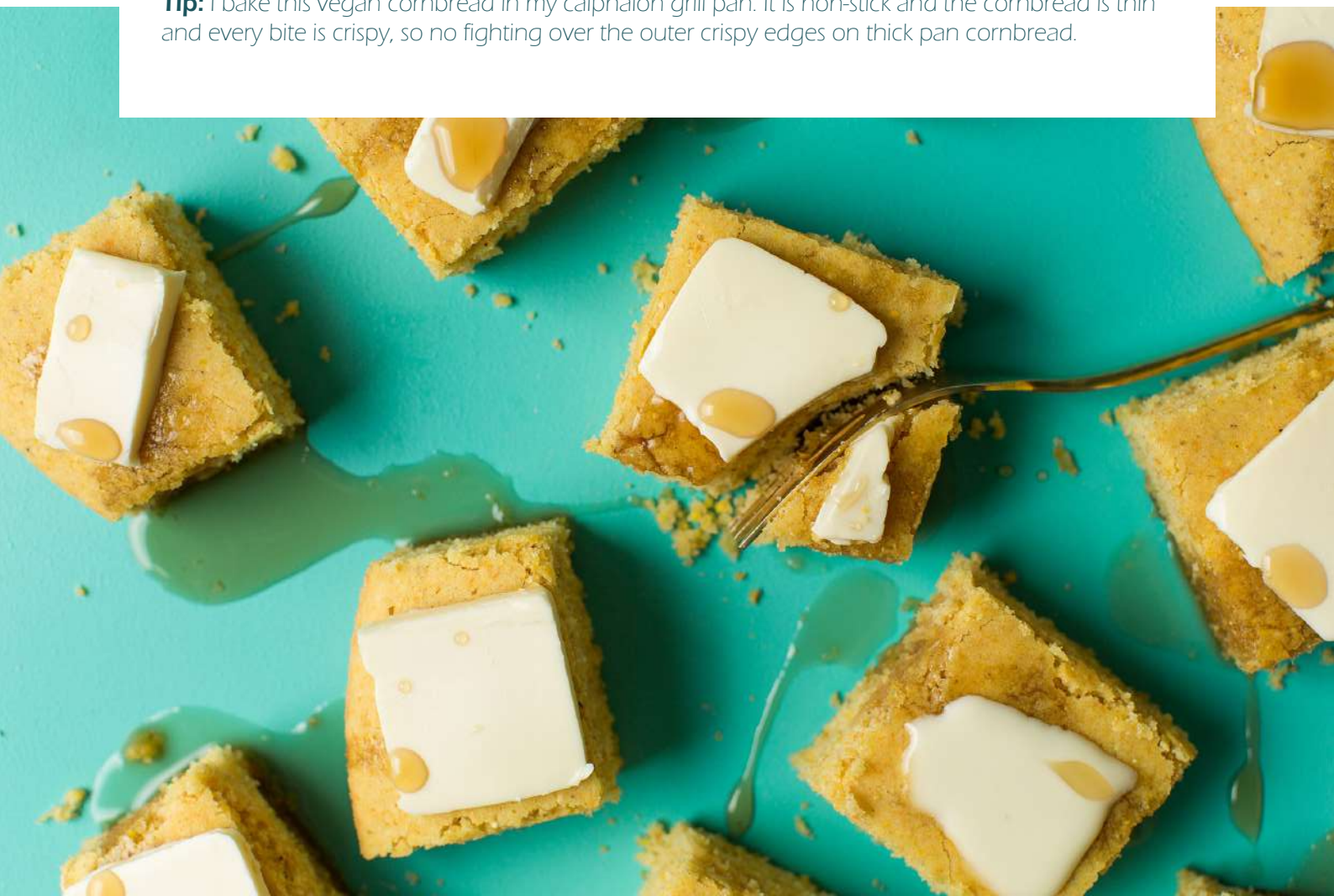
There is nothing better than crispy cornbread to accompany your cooked greens and a big pot of beans and rice.

- 1/2 cup plain cornmeal
- 1/2 cup plain whole wheat flour
- 3 teaspoons aluminum free baking powder
- 1/2 teaspoon salt
- 3/4 cup almond milk (or any other milk substitute)
- 2 tablespoons apple cider vinegar (or white vinegar)

- 1) preheat oven to 425 degrees Fahrenheit. Put sprayed skillet or grill pan in the oven to heat.
- 2) Mix meal, flour, baking powder and salt in a mixing bowl.
- 3) Add vinegar to milk and stir up. This “sours” or curdles the milk, so it’s like buttermilk.
- 4) Pour milk/vinegar mixture into dry ingredients. Mix well.
- 5) Immediately pour batter into hot pan.
- 6) Cook for 10 -15 minutes. Depending on the size of your pan, watch closely for browning the last few minutes. Makes 3 to 4 servings.

Variations: You can season the batter with 1 teaspoon onion powder + black lemon pepper mix, or 2-3 cloves pressed garlic + 1-2 teaspoon rosemary. Have fun with the seasonings, try new ones, cornbread is pretty hard to mess up! Also, we love plain cornbread drizzled with honey. For this you must double the recipe so you can eat some cornbread with your meal and the rest for dessert!

Tip: I bake this vegan cornbread in my calphalon grill pan. It is non-stick and the cornbread is thin and every bite is crispy, so no fighting over the outer crispy edges on thick pan cornbread.



Vegan Stuffed Mushrooms

- 136 whole fresh mushrooms (1 pound)
- water for sautéing
- 3 green onions, chopped
- 1/2 white onion, chopped
- 1 small red sweet pepper, chopped
- 1 small green bell pepper, chopped
- 1 stalk celery, chopped
- 2-3 cloves of garlic (optional but recommended)
- 1 1/2 cups whole wheat bread crumbs
- 2 teaspoons Italian Seasoning
- 1 teaspoon Tony's
- 1 teaspoon Seasoning Salt
- pepper to taste
- Homemade Parmesan for sprinkling on top (see below)

- 1) Preheat oven to 350 degrees F.
- 2) Separate stems from mushroom caps. Finely chop mushroom stems to measure 1/3 cup. Reserve mushroom caps.
- 3) To a hot skillet add onions, peppers, celery and garlic. Add some water to keep from sticking. Cook until white onions are soft.
- 4) To bread crumbs add seasonings and cooked vegetables.
- 5) Fill caps with filling. Sprinkle with Homemade Parmesan. Place mushrooms (filled side up) in stone or glass casserole dish.
- 6) Bake 15 minutes. Broil 2-4 minutes. Serve hot.

**Homemade Parmesan:**

1/4 cup nutritional yeast,
1/4 cup cashews,
garlic powder to taste:

Blend all ingredients in a blender to a powder, store in a small glass jar and use as you would dairy Parmesan

Alfalfa Sprouts on Vegan Pizza

• Home-made Pizza Sauce:

- 1 can (15 ounces) tomato sauce
- 2-3 tablespoons Italian Seasoning (or adjust to taste)
- Sprouts

1) Mix the sauce and seasonings and set aside to let the seasonings mingle and get to know one another.

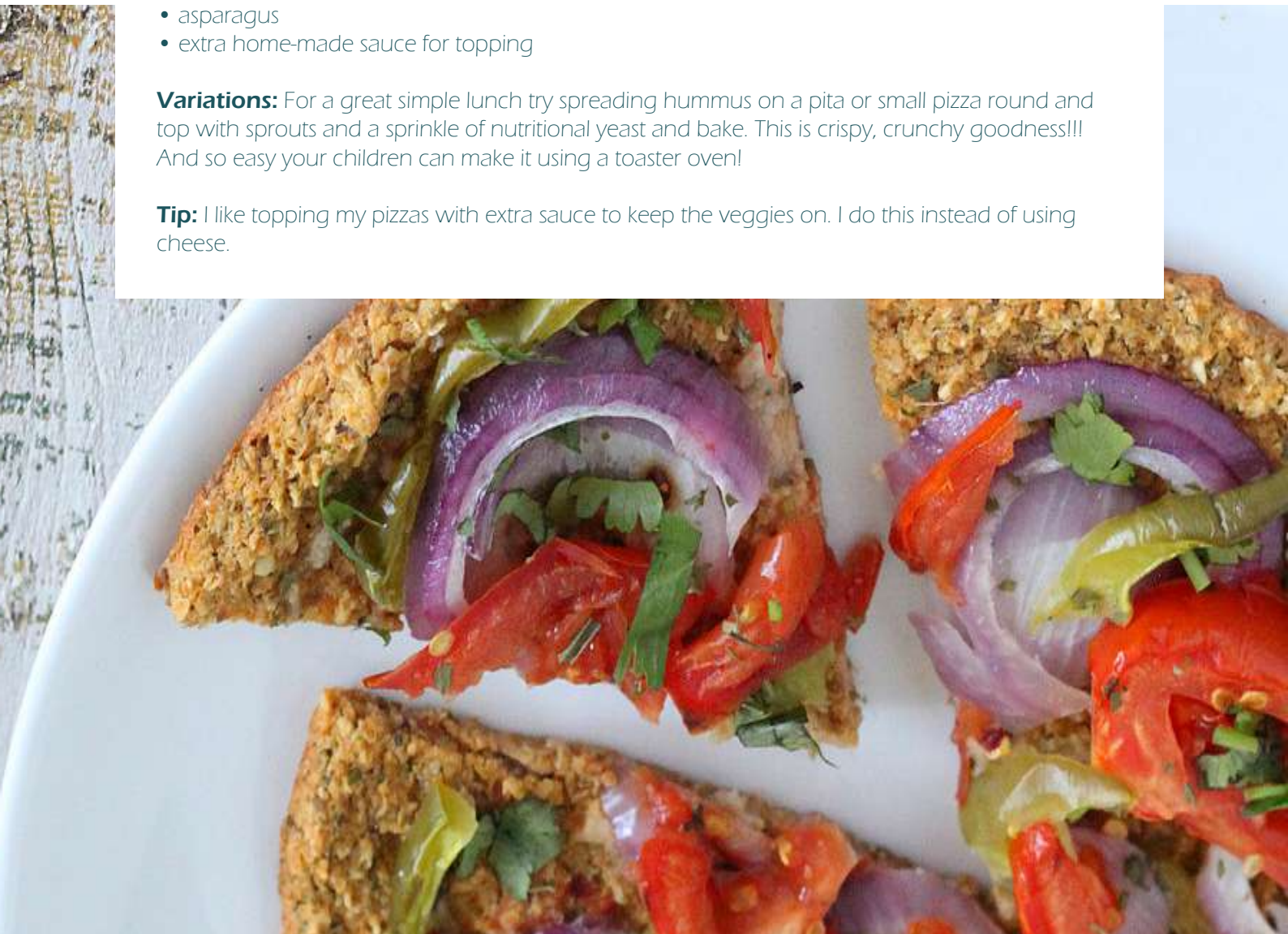
2) Add the sprouts before spreading on the crust. This can be done while you prep the veggies for the pizzas.

My pizza toppings change depending on my mood and what's available in the fridge. Here is a list of our favorite toppings, but feel free to experiment!

- sautéed mushrooms
- onions
- bell peppers
- roasted red peppers
- olives
- dill pickles (just try them!)
- tomatoes
- spinach
- Brussels sprouts (or any other roasted vegetable in your fridge)
- asparagus
- extra home-made sauce for topping

Variations: For a great simple lunch try spreading hummus on a pita or small pizza round and top with sprouts and a sprinkle of nutritional yeast and bake. This is crispy, crunchy goodness!!! And so easy your children can make it using a toaster oven!

Tip: I like topping my pizzas with extra sauce to keep the veggies on. I do this instead of using cheese.



Best Veggie Burgers

Another recipe from the interwebs. I have added some ingredients and I still have some perfecting to do...but it is definitely a keeper. You must go heavy on the seasoning.

- 1 can (15 ounces) black beans, rinsed and drained
- 1 can tomatoes (15 ounces) with or without zesty mild chillies, drained
- 3 garlic clove, minced or pressed
- 1 tablespoon onion powder
- 2 green onions, chopped
- 1 cup chopped carrots
- 1 tablespoon flax seeds
- 2 tablespoon wheat germ
- some splashes of Bragg Liquid Aminos
- 1 cup parsley or cilantro
- 1 handful of frozen chopped spinach, thawed and drained well
- 2 cups quick rolled oats
- 8 whole grain buns
- Fresh veggie toppings and healthy condiments
- Salt and pepper to taste

- 1) Preheat oven to 350°. Warm skillet on low heat on the stove.
- 2) Process the first eleven ingredients using an Immersion or a regular blender.
- 3) Remove contents into a large bowl and stir in the oats.
- 4) Spray the warmed skillet with oil and turn the heat to medium.
- 5) Form black bean mixture into patties. Cook for 3 minutes. Flip patties and cook for 2 minutes, making sure the patties do not burn
- 6) Remove patties from skillet and place on a cookie sheet in the oven for 10 to 15 minutes.
- 7) Toast the buns and pile on your favorite toppings. Makes 8 large patties.



Tip: Use half the mixture for hamburgers (small patties). Use the other half for little “Meat-less Balls” for another night. To make Meat-less Balls, roll mixture into tiny balls, then bake at 350 degrees for 20 minutes or until set. Serve with Marinara sauce and pasta.

Black Bean Sloppy Joes

A family friend shared this easy and quick recipe with us. Be sure to make extra because it is so much better the next day.

- 1 bell pepper, finely chopped
- 2 chili jalapenos (optional)
- 1 med. onion
- 2 garlic cloves, or more to taste
- 2 (15 ounces) cans black beans, slightly mashed
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 can (15 ounces) fire roasted (or diced) tomatoes
- 1 tablespoon brown sugar
- 1 tablespoon Worcestershire sauce
- Salt and pepper to taste
- Lime for garnish (optional)

- 1) In a large saucepan, sauté the bell pepper, jalapenos, onion and garlic until tender.
- 2) Add the beans, cumin and coriander, cook on medium low heat for 5 minutes, stirring two or three times.
- 3) Add the tomatoes, brown sugar and Worcestershire sauce in a blender jar. Blend until smooth. Pour blended tomatoes into bean mixture and simmer 3 minutes. Salt and pepper to taste.

Tip: We have tried it on onion buns and it's really good. And for an extra healthy meal eat with homemade whole wheat bread, carrots and a smoothie!!!



Quick Rice Dish for Dinner

- 1 cup bite sized broccoli
- 1 cup cooked rice
- 1 can (15.5 ounces) garbanzos (rinsed)
- 1/3 cup cherry tomatoes
- 1 tablespoon Braggs Liquid Aminos
- Seasoned Salt or seasoning you like

1) Cut the broccoli in to little bite sized pieces and cook in the Braggs Amino Liquids.
2) Add the rice and garbanzo beans with the tomatoes and another splash of Braggs.
Serve with warmed Naan bread. Makes 3 to 4 servings.

Tip: This is an excellent way to use up leftover cooked rice. I often cook extra on purpose, there are so many ways to turn it into healthy meals the whole family will love!




Sloppy Lentil Joes

- 3 1/2 cups water
- 1 large onion, chopped (1 cup)
- 1 bell pepper, seeded and chopped (1 cup)
- 1 tablespoon chilli powder
- 1 1/2 cups dried lentils, red or brown
- 1 can (15 ounces) crushed or diced tomatoes
- 1 tablespoon low-sodium Tamari or Bragg Liquid Aminos (optional)
- 2 tablespoons mustard, Dijon or your choice
- 1 tablespoon brown sugar (optional)
- 1 tablespoon rice vinegar
- 1 teaspoon vegetarian or regular Worcestershire Sauce
- 1 bunch cilantro, chopped (optional)
- freshly ground black pepper to taste

1) With 1/3 cup water in a large pot, sauté onions and bell peppers. Cook about 5 minutes until onions soften slightly, stirring occasionally.

2) Add chilli powder and mix well.

3) Add remaining water, lentils, tomatoes, and the rest of the ingredients. Mix well, bring to a boil, lower heat, cover, and cook for 55 minutes, stirring occasionally.



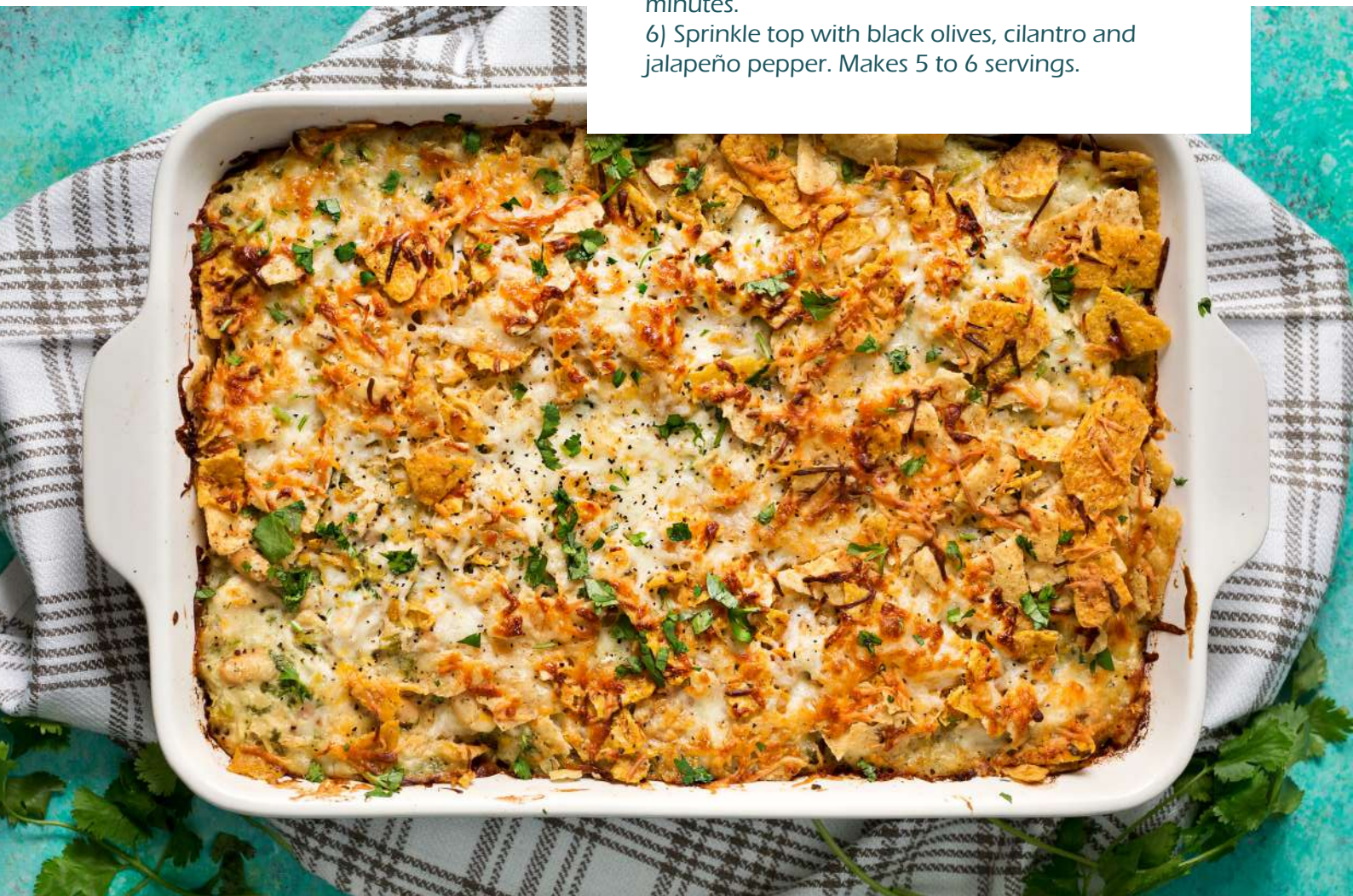
Tip: I added a little extra brown sugar, Worcestershire sauce and some ketchup (maybe a couple of tablespoons). I also used my hand blender to blend up half of the mixture. You can pour some (or all) in your blender and puree it then pour it back into the pot. If it seems a little watery, cook a little longer with the lid off to evaporate some of the water (after the lentils are through cooking).

Tortilla Casseroles

I found this recipe in the book *Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure* by Caldwell B. Esselstyn. It is called Tortilla Pie, we changed the name to Tortilla Casserole and added a few more ingredients. It is so quick and simple to put together with whatever ingredients you have on hand.

- 6 no-oil corn tortillas
- 1 can (16 ounces) fat-free refried beans
- 1 can (15 ounces) black beans (drained and rinsed)
- 1 package (2 cups) frozen corn or 1 can (15 ounces) corn
- 1 jar (16 ounces) salsa
- 1 onion, diced
- 1 bell pepper, diced
- 3-4 cloves garlic, smashed
- 1 medium tomato, chopped
- 1 can (3 ounces) black olives
- cilantro to taste
- 1 jalapeño, chopped

- 1) Preheat oven to 350 degrees F.
- 2) In a medium sauce pan, cook onion, pepper and garlic in a bit of water until tender.
- 3) In a large casserole dish, layer 2 tortillas and then about 1/3 of the refried beans
- 4) Then add approximately 1/3 each of the black beans, the corn, the salsa, and the sautéed veggies. Repeat layers until all are used.
- 5) Top with chopped tomato, and bake for 60 minutes.
- 6) Sprinkle top with black olives, cilantro and jalapeño pepper. Makes 5 to 6 servings.



Vegan Hummus Pizza Recipe

This vegan hummus pizza is a quick meal that, like any pizza, can hold an unlimited amount of toppings. The sky (or fridge) is the limit for this versatile vegan pizza. With its creamy hummus topping, you won't miss the cheese found on traditional dairy pizzas.

- pizza crust
- hummus
- mushrooms
- onions
- bell peppers
- Brussels Sprouts
- asparagus
- any other vegetables (such as broccoli, spinach...)
- lemon juice (for sautéing)
- rice vinegar (optional) for sautéing
- spices for seasoning
- green onions chopped (optional)
- nutritional yeast (optional)

1) With this particular recipe, there are no quantities provided with the ingredients because how much you use will depend on the size of your crust and what vegetables you have on hand.

2) Preheat oven to 350 degrees F.

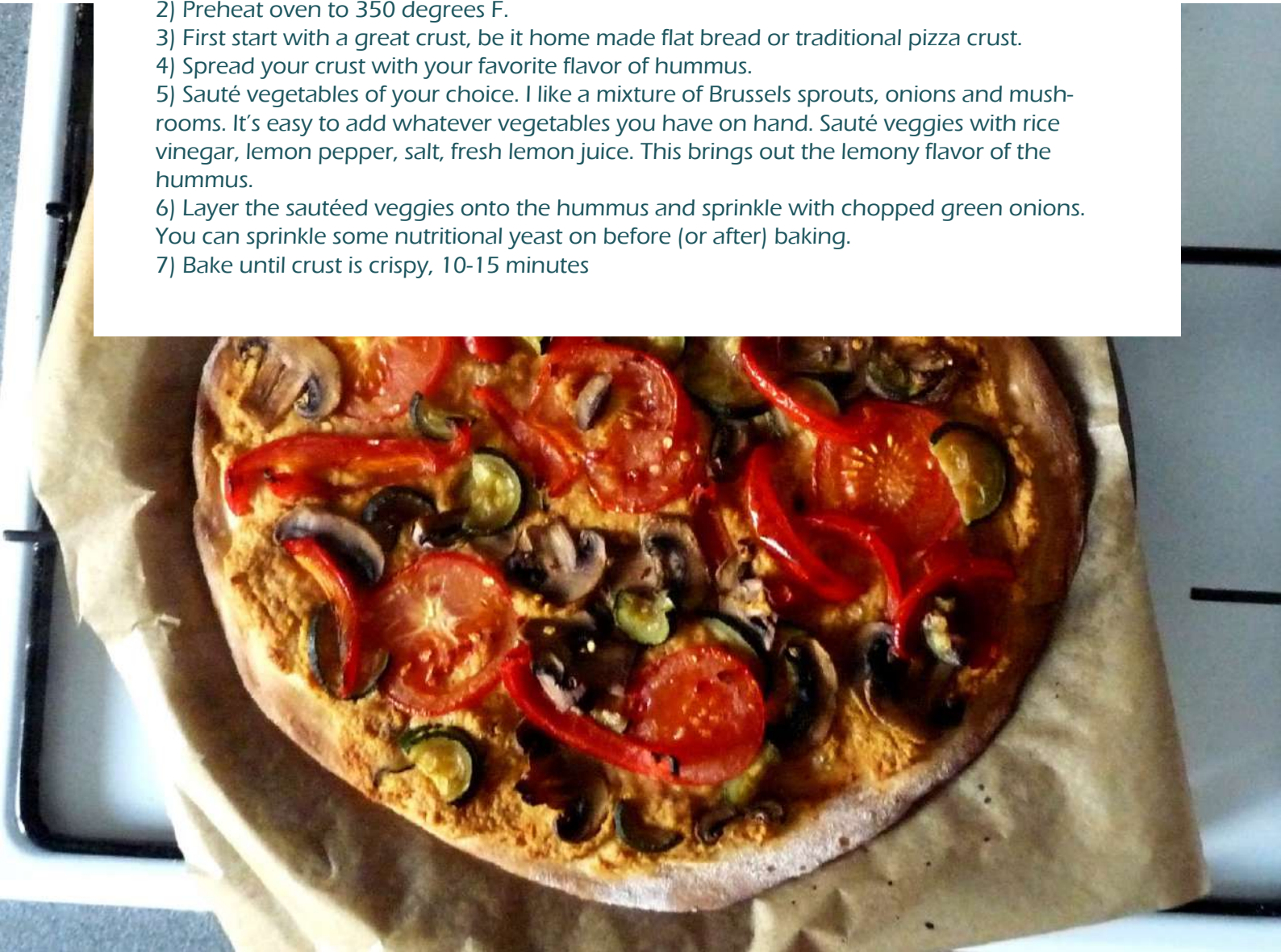
3) First start with a great crust, be it home made flat bread or traditional pizza crust.

4) Spread your crust with your favorite flavor of hummus.

5) Sauté vegetables of your choice. I like a mixture of Brussels sprouts, onions and mushrooms. It's easy to add whatever vegetables you have on hand. Sauté veggies with rice vinegar, lemon pepper, salt, fresh lemon juice. This brings out the lemony flavor of the hummus.

6) Layer the sautéed veggies onto the hummus and sprinkle with chopped green onions. You can sprinkle some nutritional yeast on before (or after) baking.

7) Bake until crust is crispy, 10-15 minutes



Vegetable Frittata

- 2 cups fresh spinach
- 1 med. onion, diced
- 1 med. red bell pepper, diced
- 6 to 8 stalks asparagus
- 4 eggs
- 1/2 cup almond milk
- Salt and pepper to taste

1) Add the bell pepper, onion, asparagus and spinach to a warmed skillet and cook in 1 to 2 tablespoons of water for approximately 5 minutes.

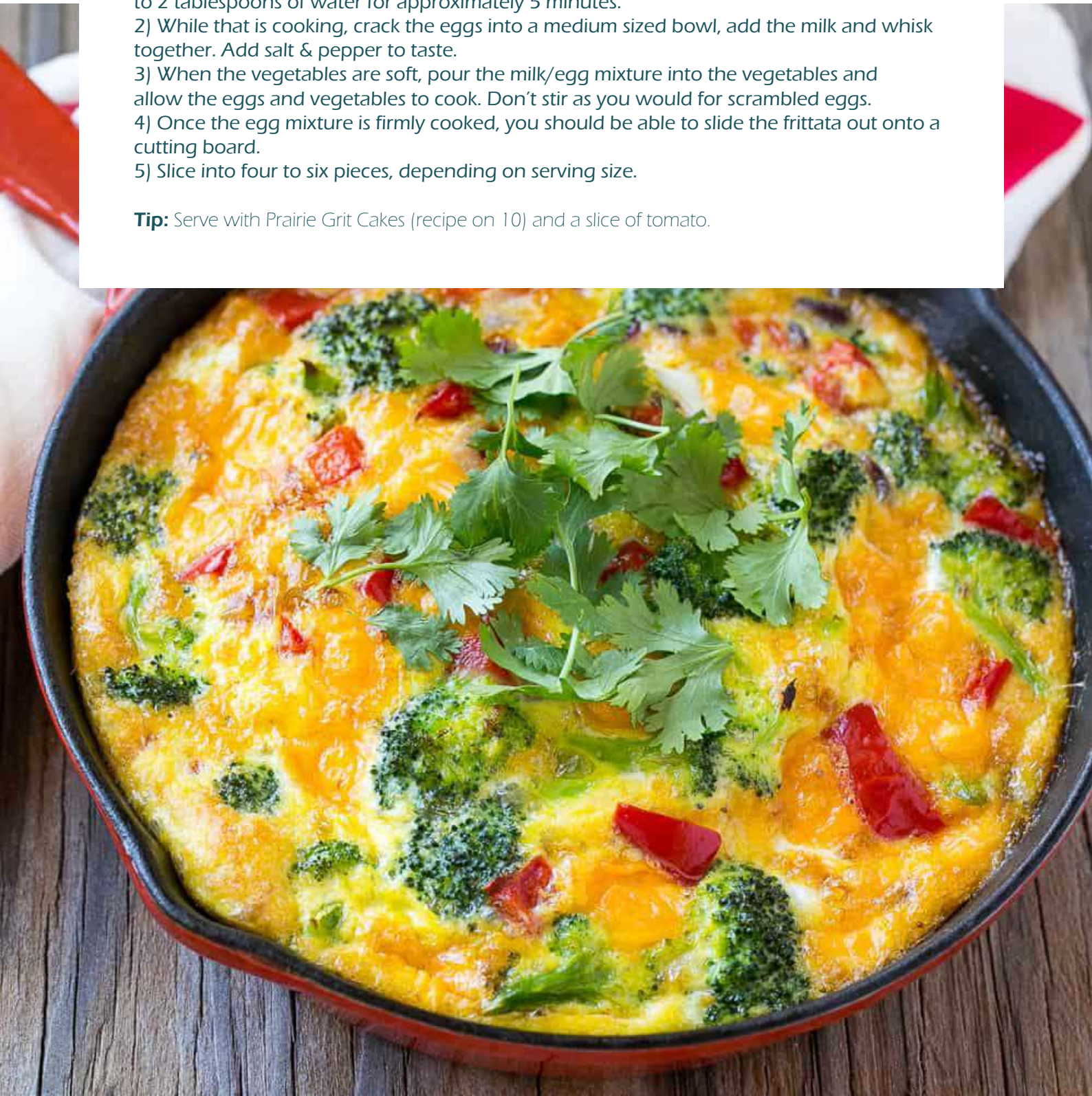
2) While that is cooking, crack the eggs into a medium sized bowl, add the milk and whisk together. Add salt & pepper to taste.

3) When the vegetables are soft, pour the milk/egg mixture into the vegetables and allow the eggs and vegetables to cook. Don't stir as you would for scrambled eggs.

4) Once the egg mixture is firmly cooked, you should be able to slide the frittata out onto a cutting board.

5) Slice into four to six pieces, depending on serving size.

Tip: Serve with Prairie Grit Cakes (recipe on 10) and a slice of tomato.



Vegetable Chile Recipe with Mung Sprouts

- 1 large onion, chopped
- 1/2 bell pepper, chopped
- 3 cloves garlic, pressed
- 1 tablespoon chilli powder (less for those sensitive to heat)
- 1/2 teaspoon salt
- 2 teaspoons ground cumin
- 1 teaspoon Italian seasoning
- 1 teaspoon cocoa powder
- 1 can (15 ounces) diced tomatoes
- 1 can (15 ounces) tomato sauce
- 1 can (15 ounces) corn or 2 cups frozen (optional)
- 2 cans (15 ounces) beans (black, pinto, red), rinsed
- a hand full of baby carrots diced
- 4 ounces of lentils (cooked and drained)
- a hand full of sprouted mung beans (or any sprouts), chopped

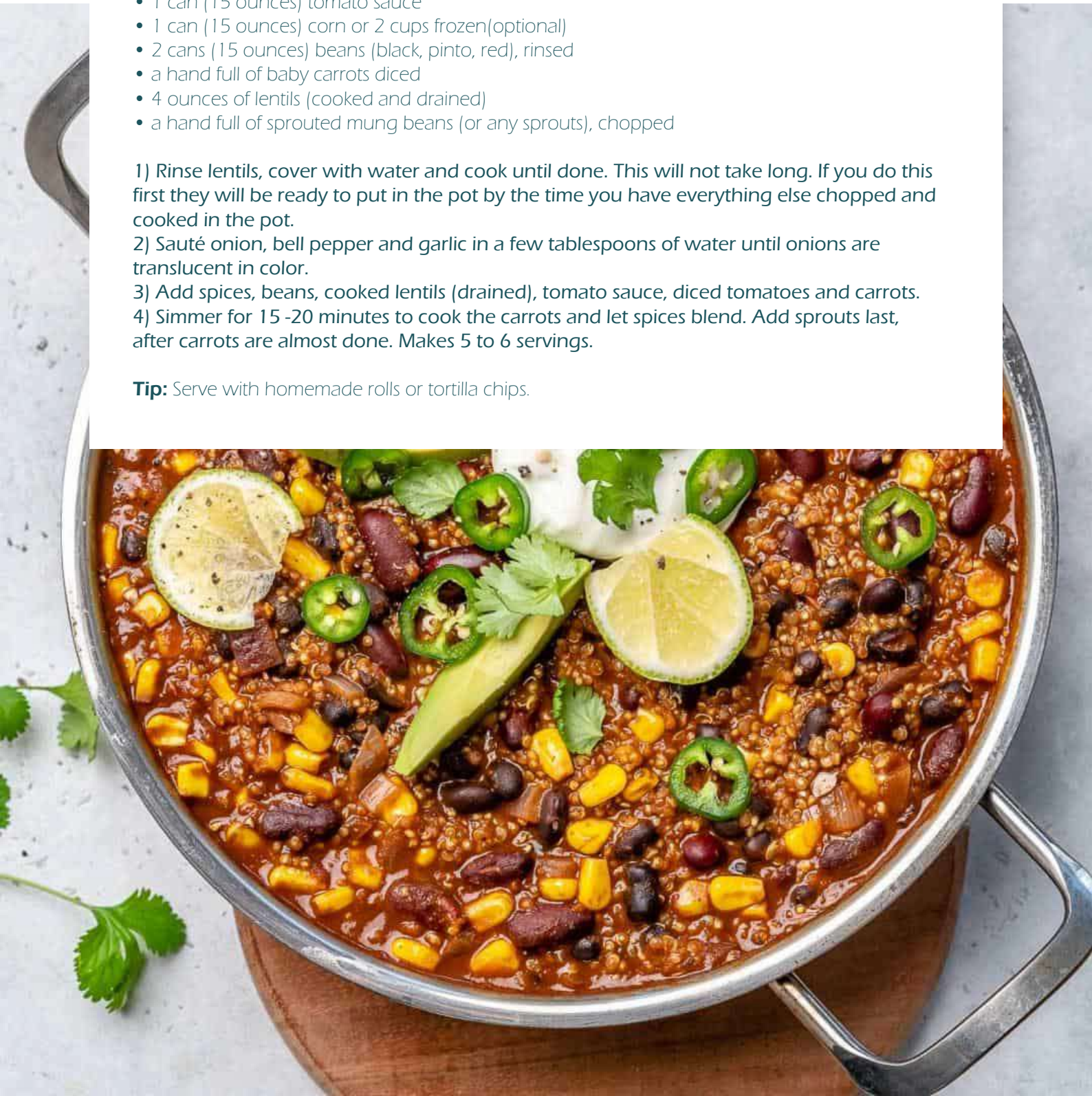
1) Rinse lentils, cover with water and cook until done. This will not take long. If you do this first they will be ready to put in the pot by the time you have everything else chopped and cooked in the pot.

2) Sauté onion, bell pepper and garlic in a few tablespoons of water until onions are translucent in color.

3) Add spices, beans, cooked lentils (drained), tomato sauce, diced tomatoes and carrots.

4) Simmer for 15 -20 minutes to cook the carrots and let spices blend. Add sprouts last, after carrots are almost done. Makes 5 to 6 servings.

Tip: Serve with homemade rolls or tortilla chips.



Chocolate Cake

Andrea Primm is a Raw Food Chef and Instructor. She has a Raw Chocolate Cake instructional video on YouTube that is fabulous. The cake literally took less than 10 minutes to make. After watching the video I immediately decided to give this a try in my Blendtec Blender.

The original recipe called for processing walnuts in a food processor. I do not own a food processor, but know my Blendtec can BE a food processor too. It was an absolute success! I halved the original recipe because I am using a blender jar. I think this can be done in two batches (or more) and make a nice size cake.

- 3 cups walnuts
- 20 pitted Medjool Dates, pitted
- 2/3 cup cocoa or raw Cacao Powder or Carob
- 1 teaspoon vanilla
- 1/4 teaspoon sea salt (I used Real Salt)

1) Process walnuts in your food processor or blender jar (halve the recipe if using a blender). Process (pulse) until walnuts are small crumbly texture. "Larger than a grain of sand but smaller than a pebble," is how Andrea illustrates it.

2) Add pitted dates, cocoa, vanilla and salt.

3) Process (pulse) until walnuts and dates makes a crumbly texture. You want to be able to mold the mixture with your hand.

4) Scrape the chocolate walnut mixture onto a cake plate.

5) Mold into a shape using your hands. Serves 4-6

Variations: Garnish by sprinkling with unsweetened coconut

Tip: After I was finished I just added a couple of cups of hot water to my blender jar and a few drops of dish soap and ran it for one cycle. Rinse and it's clean!



Dairy Free Strawberry Ice Cream

- 1 cup almond milk (or dairy free milk of choice)
- 1/2 cup natural sugar splash of vanilla
- 2 1/2 cups frozen strawberries

1) Add all ingredients to your blender and blend at high power. Blendtec Blender users, use “ice cream” button.

2) You may have to scrape down the sides in between blends to get things moving, or add a bit more milk.

Variations: You can substitute different frozen fruit, or use fresh fruit and add ice.

Vegan Chocolate Mousse

I have read a lot of controversy on soy products and whether they should be fermented or not fermented and which is better. I made this recipe before discovering these issues. If soy is not a big part of your diet, this recipe is a great alternative to any processed dairy version you will find in a frozen foods section of your grocery. However, I do not recommend a diet high in soy products.

- 1 package Silken Lite Tofu
- 2 tablespoons cocoa powder
- 1 teaspoon vanilla
- 1/3 cup maple syrup or agave nectar

1) Blend all ingredients thoroughly and chill for 2 to 8 hours.

Variation: Add 2 tablespoons peanut butter to mixture.



Easy BlendTec Dairy Free Chocolate Pudding

- 3 Bananas
- 1 tablespoon rice milk (or almond milk)
- 1 tablespoon cocoa or carob powder
- 1 tablespoon rice protein
- 1/3 cup natural peanut butter

1) Combine ingredients in blender and blend thoroughly... that's it! Makes approximately 2 cups.



Healthy Whole Wheat Chocolate Chip Cookies

- 1 1/8 cup whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup apple sauce (I used one snack cup)
- 1/3 cup pure cane sugar
- 1/3 cup honey
- 2 tablespoons ground flax
- 4 tablespoons water
- 1/2 teaspoon vanilla
- 1/2 cup chocolate chips

Tip: These cookies are moist and stay their shape. They were simple to remove from the pan, no sticking involved.

- 1) Preheat oven to 350 degrees.
- 2) Combine flour, soda and salt in a bowl.
- 3) In a tiny cup stir the flax and water together. Set aside. In another mixing bowl combine apple sauce, sugar, honey, flax mixture and vanilla. Add flour mixture to the wet ingredients and stir well. Stir in chocolate chips.
- 4) Spray cookie pan and scoop cookie mixture onto pan with a tablespoon. Cook 12-14 minutes. Makes 12 small cookies, this recipe can be doubled.

Peach Apple Salsa

I found a recipe for a raw apple sauce on www.laurelonhealthfood.com. I had my little girl make it for dessert one night on video to show our viewers how simple this raw apple sauce really is. This recipe is impossible to mess up.

- 2 apples peeled and cored
- 1 cup frozen peaches
- 3 dates (soaked in water for 30 minutes)
- 1/3 water

Blend well. Add a little cinnamon if you like, quite good!


Raw Vanilla Macaroons (or Almond Macaroons)

If you are looking for a simple and 'good' dessert this is just the thing. I found this recipe on GreenSmoothieGirl.com

- 2 cups shredded coconut
- 2 tablespoons agave nectar or honey
- 2 tablespoons softened nut butter (I used Natural Peanut)
- 1 – 2 teaspoons vanilla extract handful of whole almonds (optional)
- 1/2 cup chocolate or carob chips (optional)

- 1) Combine the first 4 ingredients thoroughly in a medium sized bowl.
- 2) Mould by hand into balls and freeze..

To make Almond Macaroons, squeeze a whole almond into the center of the coconut mixture balls (before freezing). Freeze. Dip frozen macaroons into melted chocolate. Freeze again until set, serve cold.



Tip: Fill a small cookie scoop full of the coconut mixture (and almond), then slowly squeeze the handle to pop out the macaroon. This gives your hands a break and helps all the macaroons come out alike

Vegan Chocolate Chip Muffins

- 1 1/4 cup flour, regular or whole wheat
- 1/2 cup honey
- 1 tablespoon bran
- 2 tablespoons cocoa (or carob powder)
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 3 tablespoons apple sauce (I use one snack cup)
- 1/2 cup almond milk
- 1 teaspoon vanilla
- 1/4 cup chocolate chips (optional)

- 1) Preheat oven to 350 degrees F.
- 2) Mix all ingredients thoroughly in bowl or blender, except the chocolate chips.
- 3) Once the batter is combined, fold in the chocolate chips if using them.
- 4) Spray mini muffin pans with oil or use mini muffin cups. Fill the muffin tins 3/4 full, bake for 10 to 15 minutes or until an inserted toothpick comes out clean. Makes 36 mini muffins.



Vegan Chocolate Pots de Crème

I came across this vegan chocolate recipe on thevoraciousvegan.com site. She titles her post as the best dessert in the world...and I must admit...I totally agree.

- 1 can (14 ounces) coconut milk
- 5 ounces dark chocolate
- 2 tablespoon agave nectar or honey
- splash of vanilla
- 1/8 teaspoon of cinnamon
- 1/8 teaspoon of nutmeg

1) Add the chocolate (broken into pieces), agave, vanilla, cinnamon and nutmeg to the blender jar.

2) In a small saucepan bring the coconut milk just to a simmer then pour into your blender.

3) Blend until all ingredients are smooth. Pour the mixture into little cups or ramekins. Chill for 5 hours until chocolate is firm. Makes 2 1/2 cups.

Tip: This vegan chocolate recipe makes a smooth, decadent homemade Pots de Crème using coconut milk. There is no heavy cream or eggs in this recipe...and you get to use your blender. This way the Crème comes out smooth and 'Crème-y'



Vegan Pumpkin Dessert

- 1 cup pumpkin (canned or home processed)
- 1/2 cup Demerara sugar
- 1 tablespoon milled Flax + 2 tablespoons water
- 1/3 cup applesauce
- 1 cup whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 cup chocolate or carob chips (optional)

- 1) Preheat oven to 375 degrees.
- 2) Blend all ingredients in your blender, except chocolate chips. You may need to wipe down the sides a time or two to get all ingredients to blend well.
- 3) Pour batter into sprayed pan and sprinkle with chocolate chips.
- 4) Bake 25-30 minutes checking the center with a toothpick. Cool then cut into squares..

Tip: If you are using fresh pumpkin, be sure to squeeze out as much water as you can in a sieve.



Vegan Pumpkin Pie/Custard

I found the original form of this recipe on <http://www.FatFreeVegan.com>. This pie makes its own crust from the batter, so no need for the shortening or other fat you would find in a traditional pie crust. I have altered it very little and like the name Vegan Pumpkin Custard better than Pie. It is more like a custard and is better served cold or cooled. A bonus for this Vegan Pumpkin Custard recipe is it is gluten-free.

- 1 1/2 cups almond or soy milk
- 2 tablespoons milled flax seeds + 6 tablespoons water
- 2 teaspoons arrowroot powder (or 1 tablespoon cornstarch)
- 1 teaspoon vanilla
- 2 cups pureed or mashed cooked pumpkin
- 1/2 cup rice flour (not whole wheat)
- 2 teaspoons baking powder (aluminum free)
- 3/4 cup sucanat (or natural sugar, not honey)
- 1/4 teaspoon ginger powder
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt



- 1) Preheat oven to 350 F. Spray pan with cooking spray. This custard will rise some while cooking but will fall as it cools.
- 2) Put all ingredients in blender jar and blend well. Scrap sides if needed.
- 3) Pour into pan and bake for about 60 minutes. The top and edges should be brown, but not over-done. The custard will remain moist in the center, but should be cooked.
- 4) Remove from the oven and cool. For best results, refrigerate before serving. Makes 6 to 8 servings.

Tip: I have made this custard in two 8 inch pie plates as well as one 9 x 13 baking pan. The consistency is custard-y and the spices are perfect for pumpkin pie taste.

Blueberry Smoothie

- 2 to 4 fresh bananas
- 1 to 2 cups frozen blueberries
- 1 cup fresh or frozen strawberries (optional)
- a pinch of stevia
- 1 teaspoon of vanilla
- 2 tablespoons milled flax
- 1 tablespoon wheat germ
- 2 tablespoons rice protein
- Orange juice or soy milk to thin if needed

1) Combine all ingredients in blender jar and blend until smooth. Makes 3 to 4 servings



Green Smoothie Recipe

- 3 cups spinach
- 1 cup water
- 2 bananas
- 1/2 tablespoon grated fresh ginger
- Juice of one lemon or lime
- 1 cup kale (optional)

- 1) Start with 3/4 of your blender jar full of spinach and 1 cup water and blend.
- 2) Then add the bananas.
- 3) Next, add the fresh ginger (start small until you learn what you like).
- 4) Finally, add the juice of one lemon or lime. Blend well. Makes 3 to 4 servings.

Variations: Using apple cider in place of the water adds a nice sweet taste to the green smoothie. Kale is a great green to blend. It is a mild green, but can have a distinct taste if you use too much before you are used to green smoothies. If this happens, just add a banana or two.

Green Fruit Smoothie, Cranberry Orange

- 1 1/2 cups apple cider
- 2 handfuls of spinach
- 1 orange, peeled
- 1 to 2 teaspoons orange zest
- 1/2 to 3/4 cup cranberries
- 1 banana

Add all of the ingredients to your blender and blend well. Makes 2 to 3 servings.

Kid's Breakfast Smoothie

- 1 cup almond milk
- 1 fresh banana
- 1 1/2 cups romaine lettuce (or spinach)
- 1 cup fresh blueberries (or frozen)
- 3 pitted dates
- 1 cup frozen peaches
- 1 cup frozen strawberries
- 2 medium size carrots

Add all ingredients to blender jar and blend until all ingredients were smooth. Makes 3 to 4 servings.

Tip: The key to making a great smoothie is not stressing about exact ingredients, but putting good stuff in your blender. If you don't have dates, don't worry, skip that and move on. If it's not sweet enough for your taste, add concentrated OJ or honey or maple syrup.

Mid Morning Smoothie

Mid-morning smoothies are always a quick and easy way to get essential vitamins and nutrients into ourselves and our children, plus they are a real energy boost for when breakfast has worn off.

- 1 1/2 cup water
- 6 to 8 baby carrots
- 1 to 2 cups spinach (more or less)
- 5 or 6 medium sized dates (or 2-3 big dates)
- 1 peeled orange
- 1/2 cup blueberries (frozen or fresh)
- 1 banana

1) Blend well. Use less water for a thicker smoothie. Makes 1 to 2 servings.

Tip: You can add some maple syrup or honey or even another banana for sweeter taste, which might be beneficial for kids.



Oatmeal Breakfast Smoothie

- 2 bananas (fresh or frozen)
- 1/4 cup rolled oats
- 1/4 cup almond or rice milk
- 1/2 teaspoon cinnamon
- 1 tablespoon raisins

1) Add all ingredients to blender jar, blend until smooth. Makes 1 to 2 servings.

Pineapple Orange Smoothie with Alfalfa Sprouts

- 1 cup water
- 1 to 2 cups fresh pineapple chunks
- 1 to 2 tablespoons orange juice concentrate
- 1 banana
- 1/4 cup Kefir (optional)
- 1/2 cup alfalfa (or other) sprouts

1) Blend all ingredients in your blender until smooth. Makes 3 to 4 servings.

Variations: If you like your smoothies partly frozen, add frozen banana and frozen pineapple chunks. You can also freeze the OJ in ice cube trays. Adding OJ concentrate sweetens smoothies and makes them more palatable for the young ones. You can also decrease the amount of water for thick/thinness of the drink.



Pretty Pink Breakfast Smoothie

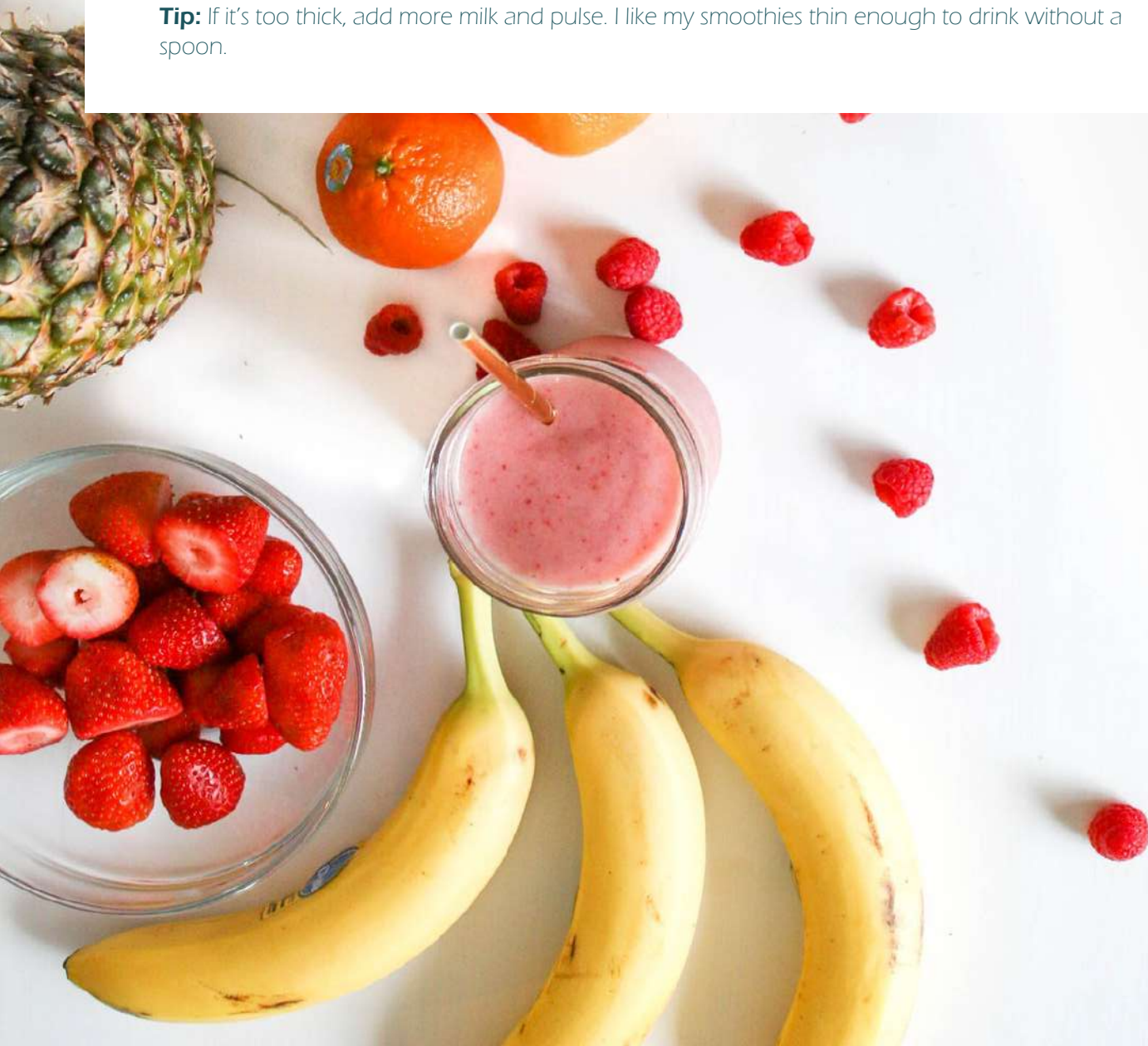
Once I saw GreenSmoothieGirl's hot pink breakfast smoothie I just had to try it. It was just too pretty! What a way to wake up in the morning, drinking a great pink drink...and it's all natural coloring. My recipe is not exactly the same as the original GSG's hot pink smoothie I modified it so feel free to experiment with what you have.

- 1 1/2 cups almond or other milk
- 1/4 cup cashews
- 5 to 7 baby carrots
- 1/4 cup cranberries
- 1 teaspoon vanilla
- 1/4 of a medium sized beet, cooked and peeled
- 2 to 3 beet tops
- 7 to 9 frozen strawberries
- 1 tablespoon rice protein powder (optional)

1) Add all ingredients to blender jar and blend until smooth. Makes 2 to 3 servings.

Variation: I sometimes add a banana too for added sweetener and it tends to make it creamier.

Tip: If it's too thick, add more milk and pulse. I like my smoothies thin enough to drink without a spoon.



Strawberry Banana Kefir Smoothie

- 1/2 cup coconut Kefir (or flavour of your choice)
- 1 cup coconut milk (or water)
- 3 bananas (fresh or frozen)
- 10 to 12 strawberries (fresh or frozen)

1) Blend all ingredients in your blender until smooth.

Makes 2 to 3 servings.



Strawberry Banana Smoothie with Yogurt

- 1 cup strawberries, fresh
- 2 whole bananas
- 2 cups yogurt, whatever flavor you like.

Add all ingredients to blender jar and blend until smooth. Makes 3 to 4 servings.

Young Thai Coconut Smoothie

- water from young coconut (approximately 12 ounces)
- coconut flesh scraped from the coconut
- 1 cup greens
- 1 cup baby carrots
- 1 banana
- 2 to 3 dates
- 1/2 cup frozen
- blueberries or mixed
- fruit

1) Add all ingredients to blender jar and blend well.
Makes 2 to 3 servings

Fresh Items

- Apples
- Bananas
- Broccoli
- Spinach
- Mushrooms
- Onions
- Bell peppers
- Potatoes
- Carrots
- Garlic
- Tomatoes
- Salad greens
- Mangoes
- Avocados
- Brussels sprouts
- Seasonals

Canned Items

- Tomatoes, diced
- Tomato sauce
- Green beans
- Corn
- Olives
- soups

Cold Stuff

- Almond milk
- Hummus
- 100% OJ Concentrate

Dry Goods

- Steel cut oats
- Oats
- Barley
- Grits
- Brown rice
- Crackers
- Wheat/rice pasta
- Flaxseed
- Wheat germ
- Wheat bran
- Tortillas
- Pita bread
- Pop corn
- Almonds
- Cashews
- Peanuts
- Rice crackers
- Pita chips

Spices

- Garlic
- Vanilla
- Diced onions
- Mrs. Dash

Baking

- Cocoa powder
- Real salt
- Baking powder
- Baking soda
- Turbinado

Frozen

- Strawberries
- Blueberries
- Mixed fruit
- Plain veggies
- Okra
- Green peas
- Brussels sprouts

Beans

- Red kidney
- Pinto
- Lentils
- Black
- Garbanzo

Dried Fruit

- Dates
- Apricots
- Raisins
- Cranberries
- Cherries

Miscellaneous

- Agave nectar
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