

Zucchini-Carrot Oatmeal Cookies

(takes about 1 hour, makes about 2 dozen cookies)

Adapted from: <http://www.momontimeout.com/2012/07/zucchini-carrot-oatmeal-cookies-recipe/>

Ingredients

- 1 cup old fashioned oats
- 1 cup all-purpose flour
- ½ c wheat flour
- 1 tsp ground cinnamon
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp vanilla
- A little over 1/3 cup applesauce or (¾ c butter, softened)
- 1 cup grated zucchini
- ½ c shredded carrot
- ½ c shredded, sweetened, coconut
- ½ c Craisins
- 2 eggs
- ½ c granulated sugar
- ½ c brown sugar



Instructions

1. Grate zucchini and squeeze out excess water. (Grate onto a paper towel and then use the paper towel to get rid of the excess water.) Grate carrot using the smaller grate opening.
2. Beat applesauce (or butter) in a large mixing bowl. Add in sugars and beat until fluffy. Add in the eggs and vanilla and beat until well combined.
3. Add in flour, cinnamon, baking soda, and salt in the large bowl and mix to combine.
4. Stir in oats, zucchini, carrot, coconut, and Craisins.

At home:

1. Preheat oven to 350 F. Drop batter by rounded tablespoons about 2 inches apart onto greased or baking sheet covered cookie sheets.
2. Bake for 10-12 minutes until they just start to turn color. Let cool on sheets for a few minutes before moving to a cooling rack and ENJOY!

Easy Asian Slaw

(takes 15 minutes, serves 4)

Ingredients

- 4 cups of shredded cabbage (combination of purple and green)
- 2 green onions, sliced
- 1 medium carrot
- 1 tbsp olive oil
- 1 1/2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp brown sugar
- 1 tsp sesame oil
- 1 tbsp hot water
- 1 clove garlic, diced finely
- 1 inch piece fresh ginger, peeled & diced finely

In a large bowl, combine cabbage and green onions. Using a large-holed cheese grater shred the carrot into the bowl. In a small bowl, whisk together vegetable oil, soy sauce, vinegar, sugar, hot water, garlic and ginger. Stir until well combined. Pour the dressing over the vegetables and stir to coat.

Optional add-ins: shredded green apple, edamame beans, dry ramen noodles, almonds, cilantro, red bell peppers.

This recipe is adapted from the book "Budget Bytes" by Beth Moncel



VEGAN MAC AND CHEESE (POTATO/CARROT SAUCE)

(takes about 1 hour, serves 4)

INGREDIENTS

- 2¼ cups water
- 1 medium potato (about 1 cup) or use ¾ cup mashed potatoes
- ⅓ cup chopped carrots
- 4 garlic cloves or 1 tsp garlic powder (or more for extra flavor)
- 2 tbsp chopped onion or use ½ tsp onion powder
- ½ medium tomato, chopped (or 1 heaping tbsp tomato paste)
- ½ to 1 tsp prepared mustard (or dry mustard)
- 2 tsp soy sauce or liquid aminos
- 3 to 4 tbsp nutritional yeast (or more to make creamy/cheesy)
- 2 to 3 tsp lemon juice
- ⅓ tsp paprika
- 1 tsp or more salt
- 1 ¼ tsp freshly ground black pepper (or white pepper)
- 16 oz elbows pasta, cooked to preference
- 1 cup broccoli (or other leafy green), chopped small

INSTRUCTIONS

1. In a skillet, add water, potato, carrots, garlic, onion, chili, and tomato. Cover and cook over medium-high heat for 17 to 19 minutes or until the potato is very tender and breaks easily. (Add 2 tbsp cashews for creamier sauce). Cool slightly.
2. Meanwhile, cook the pasta to al dente. (In parallel with the above step if you like).
3. Add the potato-carrot mixture to a blender with the rest of the ingredients. Blend until smooth. Taste and adjust salt, spice, and cheesiness (add more nutritional yeast if needed). If sauce is not thick enough, cover and cook in skillet for 3 to 4 minutes or until the sauce comes to a good boil and thickens or add 1 tbsp flour.
4. Mix sauce with cooked pasta and broccoli or other veggies. Serve and enjoy.

NOTES

For creamier sauce or variation: Add 1 tbsp cashews, sesame seeds or pumpkin seeds with the potato and carrots or add a tbsp of flour to the blended sauce. Add sriracha or green chilis

Adapted from: <http://www.veganricha.com/2015/07/vegan-black-pepper-mac-cheese-with-potato-carrot-cheese.html>

Nutritional Yeast

Nutritional yeast belongs to the fungus family and is an inactive form of yeast (don't use it to try and leaven bread). It's grown on high-sugar content food such as molasses where it is then killed with heat, processed, and dried which is how it gets its yellow/brown colour and flakey texture. The result is a food rich in nutrients such as proteins, vitamins (especially B12), and minerals that are important for a healthy diet, especially one lacking in meat.

It can be bought at Bulk Barn (~1 cup for \$1) or grocery stores in the specialty food section.

Per 2 tbsp of Nutritional Yeast

Calorie Information

Amounts Per Selected Serving		%DV
Calories	45.0 (188 kJ)	2%
From Carbohydrate	8.0 (33.5 kJ)	
From Fat	5.0 (20.9 kJ)	
From Protein	32.0 (134 kJ)	
From Alcohol	~ (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	8.0 g	16%

[More details](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	5.0 g	2%
Dietary Fiber	4.0 g	16%
Starch	~	
Sugars	1.0 g	

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	0.0 IU	0%
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	9.6 mg	640%
Riboflavin	9.7 mg	570%
Niacin	56.0 mg	280%
Vitamin B6	9.6 mg	480%
Folate	240 mcg	60%
Vitamin B12	7.8 mcg	130%
Pantothenic Acid	1.0 mg	10%
Choline	~	
Betaine	~	

[More vitamins](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.5 g	1%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	~	
Polyunsaturated Fat	~	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	~	

[Learn more about these fatty acids and their equivalent names](#)

[More details](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	0.0 mg	0%
Iron	0.7 mg	4%
Magnesium	24.0 mg	6%
Phosphorus	0.0 mg	0%
Potassium	0.0 mg	0%
Sodium	5.0 mg	0%
Zinc	3.0 mg	20%
Copper	0.1 mg	6%
Manganese	0.1 mg	6%
Selenium	0.0 mcg	0%
Fluoride	~	