

Gary Null's

RETREAT
COOKBOOK

2007

Salads

Broccoli Tortellini Salad

2 cups uncooked tortellini
½ cup broccoli florets, steamed 3-4 minutes
¼ cup sliced black olives
½ cups sliced mushrooms
½ cup marinated artichoke hearts (jarred)
3 Tablespoons apple cider vinegar
1 tablespoon tamari

Place the tortellini in boiling water for 15 minutes, then drain and let cool for 10 minutes. Combine with the other ingredients in a medium sized bowl, then refrigerate for 2 hours before serving.

Yield: 2 servings

Oriental Seaweed Salad

3 ounces hijiki (1 ounce dry)
3 ounces carrots, cut in long thin strips
3 ounces scallion, chopped
2 tablespoons safflower oil
1 teaspoon minced garlic
½ teaspoon caraway seeds
½ teaspoon salt
3 ounces amaranth, cooked (chilled)

Soak and rinse hijiki three times and place in bowl. Lightly sauté carrots, daikon, add scallions in a skillet with safflower oil for about 5 minutes, then add to the hijiki. Add garlic, caraway seeds and salt. Combine with amaranth. Mix well.

Yields: 2 servings

Chick Pea and Lima Bean Seaweed Salad

1 ounce dulse, dry
3 ounces snap beans, cut into 1 inch pieces
3 ounces chickpeas, cooked (chilled)
3 ounces lima beans, cooked (chilled)
2 tablespoons corn oil
1 teaspoon tarragon
½ teaspoon salt
Juice of ½ lemon

Soak and rinse dulse 2 or 3 times in cold water. Steam snap bean for 10 minutes. Mix all ingredients together. Serve chilled.

Yields: 2 Servings

(Salads continued)

Tomato Garlic Pasta Salad

4 cups cooked spelt pasta (bowties, Shells or ziti)
3 cups tomato salsa
2 cups steamed broccoli florets
1 cups whole pine nuts

In a large mixing bowl, toss the pasta with the remaining ingredients. Serve cold as a main dish or a salad.

Yields: 2 servings

Malayan Millet Salad

3 ounces adzuki beans, cooked (chilled)
3 ounces green pepper, chopped
3 ounces onions, Chopped
½ teaspoon tarragon
¼ teaspoon thyme
½ teaspoon salt
Pinch of celery seed
2 tablespoons sesame oil

Combine all ingredients and mix well. Serve Hot or cold.

Yields: 1 servings

Cold German Leek Salad

½ cup sliced beets, steamed 15 minutes
1 cup sliced carrots steamed 15 minutes
2 cups sliced leeks, t\steamed 10 minutes
2 tablespoon prepared mustard
½ cup extra virgin olive oil
1 tablespoon fresh lemon juice
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh dill

In a large salad bowl, combine all the ingredients. Tossing well. Chill for one hour before serving.

Yields: 2 servings

(Salads continued)

Fennel and Pecan Salad

1 cup slices fennel root
1 ½ cups well-packed dandelion greens
½ cup of well-packed Italian parsley
½ diced fresh peaches
¼ cup chopped pecans
½ cup pomegranate seeds (optional)

Combine the fennel, dandelion greens, parsley, and peaches in a large salad bowl. Toss with a light, sweet salad dressing, slide Orange Vinaigrette, and top with the pecans and pomegranate seeds. Serve chilled.

Yield: 2 servings

Tart Wakame –Cucumber Salad

1/3 cup wakame, soaked with tough stems removed
¼ cup thinly sliced pickling cucumbers
¼ cup thinly sliced lotus root
½ to 1 tablespoon balsamic vinegar
2 tablespoons black sesame seeds

In a large salad bowl, combine the wakame, cucumbers, and lotus root. Toss in the vinegar, then sprinkle with the sesame seeds.

Yields: 2 servings

Arame Cabbage Salad

¾ cup arame soaked in hot water, drained and then measured
½ cup sliced purple cabbage
½ cup diced carrots
¼ cup toasted sesame oil 4-6 tablespoons rice or apple cider vinegar
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
2 tablespoons sesame seeds

Combine all the ingredients in a large bowl. Mix well and chill for 1 hour before serving.

Yields: 2 servings

(Salads continued)

Arugula- Red Pepper Salad

¼ cup sliced red bell pepper
1 cup sunflower sprouts
1 cup torn arugula
¾ cup chopped fresh Italian parsley
1 cup shredded beets, steamed 15 minutes
2/3 cup shredded carrots
1 cup chopped fresh yellow tomatoes

In a large salad bowl, combine all the ingredients, adding the tomatoes last as a garnish. Serve with a light lemon or vinaigrette dressing.

Yield: 2 serving

Red Potato Salad

½ carrot (1 tablespoon juice and 2 tablespoons pulp)
2 cups diced steamed red potatoes
½ cup chopped celery
2 tablespoon chopped red onions
2 tablespoons extra virgin olive oil
2 teaspoons chopped fresh dill
1 teaspoon celery seeds
1 teaspoon sea salt
½ teaspoon black pepper
1/8-¼ cup basic mayonnaise

Juice the carrot. Set aside 1 tablespoon of the juice and 2 tablespoons of the pulp. In a medium sized mixing bowl. Toss the carrot juice and pulp with the remaining ingredients. Serve cold or at room temperature.

Yield: 2 servings

Mixed Sprout Salad

2 beets (1/2 cup pulp)
2 cups lentil sprouts
1 cup radish sprouts
1 cup alfalfa sprouts
1 cup sliced red bell peppers
1 recipe sesame Orange Dressing

Juice the beets. Set aside ½ cup of the pulp. In a large mixing bowl. Toss the beet pulp with the sprouts and peppers. Toss the salad with the desired amount of Sesame Orange Dressing. And serve at room temperature.

Yields: 2 servings

Dips, Sauces & Dressings

Sesame Orange Dressing

3 oranges ($\frac{3}{4}$ cup juice)
 $\frac{1}{4}$ cup toasted(dark) sesame oil
3 tablespoons sesame seeds
2 tablespoons hot (spicy) sesame oil

Juice the oranges. Set aside $\frac{3}{4}$ cup of the juice. In a small mixing bowl, combine the orange juice with the remaining ingredients. And mix well. Serve cold or at room temperature over salads.

Yields: Makes $1\frac{1}{4}$ cups

Lemony Hummus

5 lemons ($\frac{1}{2}$ cup plus 2 tablespoons juice)
1 clove garlic ($\frac{1}{2}$ teaspoon pulp)
1 $\frac{1}{2}$ cups sesame tahini
1 cup cooked garbanzo beans (chickpeas)
 $\frac{1}{4}$ cup water $\frac{1}{2}$ teaspoon sea salt

Separately juice the lemons and garlic. Set aside $\frac{1}{2}$ cup plus 2 tablespoons of the lemon juice and $\frac{1}{2}$ teaspoon of the garlic pulp with the remaining ingredients, and blend for 2 minutes, or until smooth. Serve cold or at room temperature with raw vegetables or in bread.

Yields: 3 cups

Creamy Tofu Dip

2 cups silken tofu
2 tablespoons chopped fresh parsley
2 tablespoons prepared mustard
 $\frac{1}{2}$ cup mayonnaise
2 tablespoons apple cider vinegar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper
2 teaspoons chopped fresh dill

Paprika for garnish Process all the ingredient, except the paprika, in a food processor or blender until smooth. Sprinkle with paprika serve chilled with raw carrot and celery sticks and broccoli and cauliflower florets.

Yield: $2\frac{1}{2}$ to 3 cups

(Dips, Sauces & Dressings continued)

Tangy Carrot Dip

½ carrot (2 tablespoons juice)
¾ cup soft tofu
½ cup cubed or mashed steamed sweet potatoes
2 tablespoons apple cider vinegar
¼ teaspoon ground cinnamon

Juice the carrot. Set aside 2 tablespoons of the juice. In a blender or food processor, combine the carrot juice with the remaining ingredients and blend for 2 minutes, or until smooth. Serve cold with raw vegetables.

Yields: 1½ cups

Spicy Peanut Sauce

1 tablespoon toasted sesame oil
1 clove garlic
¼ cup smooth peanut butter 1 teaspoon fresh lime juice
1/3 cup plus 1 tablespoon water 2 drops hot chili oil or
Tabasco sauce

Combine all the ingredients in a blender and mix until smooth, 2 to 3 minutes. Serve at room temperature over cooked soba noodles.

Yields: 2/3 cups

Tomato Salsa

6 leaves fresh basil (1½ tablespoons pulp)
22 cups chopped tomatoes
¼ cups extra virgin olive oil 1 tablespoon crushed garlic
1 teaspoon sea salt
½ teaspoon black pepper

Juice the basil. Set aside 1½ tablespoons of the pulp. In a small mixing bowl, combine the basil pulp with the remaining ingredients and mix. Serve cold or at room temperature with corn chips on toast or over whole grain pasta.

Yields: 2¼ cups

(Dips, Sauces & Dressings continued)

Spicy Guacamole

1 cup ripe avocado

1 tablespoon fresh lemon juice

2 teaspoon diced red onions

2 teaspoons chopped fresh parsley

1/8 teaspoon cayenne pepper

1 teaspoon dash of freshly ground black pepper

Combine all the ingredients in a medium sized bowl, mix well with a fork and chill for 1 hour. Serve with tortilla chips.

Yields: 1 ½ cups

Soups

Pureed Plantain Soup

1 16-oz. can chickpeas with liquid
3 cups water
Pinch of white pepper
Pinch of salt
Pinch of cumin
1 cup salted plantain chips, ground in food processor
2 lime slices

Combine chickpeas, water, pepper, salt, and cumin in a large saucepan. Transfer 3/4 of the mixture to a blender or food processor and puree until smooth. Return the puree in the saucepan. Whisk ground plantain chips into the soup and heat. Garnish with lime slices.

Jamaican Squash Soup

6 ounce butternut squash
1 ½ ounces sunflower seeds, raw
2 teaspoons maple syrup
½ teaspoon curry
Pinch of cinnamon
3 ounces celery, chopped

Preheat oven to 400 degrees. Cut squash in half. Remove the seeds and discard them. Place in a baking pan cut side down with 1/3 inch water. Bake for 40 minutes in the oven. When cooled, remove the skin and place the squash in a blender along with remaining ingredients. Except for celery, and 2 cups water. Blend until smooth; add the celery. Mix well. Transfer to medium saucepan. Cook over low heat for about 20 minutes or until thoroughly heated.

Yields 3 cups

(Soups continued)

Portuguese Kale Potato Soup

½ pound fresh kale or Swiss chard
1 medium potato peeled
4 cups of water
1/8 cup full bodied extra virgin olive oil
Sea salt to taste
Freshly ground black pepper to taste
Pinch of nutmeg
3 teaspoons spearmint leaves

Wash kale and cut off stems. Twist leaves tightly in a circular fashion and slice into very thin shreds. Set aside in a large soup pot. Place potato, water, oil, salt, and pepper into the soup pot and bring to a boil. Reduce heat to a simmer, cover and cook slowly about 25 minutes, or until potato is tender. Puree soup in a food processor or blender. Return puree to soup pot and add kale strips, nutmeg and spearmint. Cook about 15 minutes more or until kale is tender. Serve hot.

Italian White Bean Soup

½ cup chopped onions
3 cups chopped fresh tomatoes
¼ cup extra virgin olive oil
½ cup small bowtie pasta
¼ chopped fresh parsley
1 cup canned white beans
1 ¾ teaspoons salt
½ teaspoon freshly ground black pepper
2 cups water

In a medium sized saucepan, sauté the onion and tomatoes in the oil over medium to high heat for 5-7 minutes. Add the remaining ingredients, reduce the heat to medium low, cover and cook for additional 20-40 minutes

Yield 2-3 servings

Mushroom Barley Soup

2 cups sliced mushrooms
1 cup sliced leeks
½ cup diced carrots
½ cup diced onion
2 tablespoons extra virgin olive oil
¾ cup cooked barley
2 ½ cups water
3 tablespoons freshly ground black pepper

In a large saucepan sauté the mushrooms, leeks, carrots and onion in the oil for 3-5 minutes over medium heat. Add the remaining ingredients and cook, covered over medium-low heat for 35-45 minutes.

Yield: 3 servings

(Soups continued)

Onion Soup

4 cups sliced yellow onions
¼ cup chopped fresh parsley
¼ cup extra virgin olive oil
2 vegetable bouillon cubes (Morga)
½ teaspoon freshly ground black pepper
2 ¼ teaspoons dried basil
1 ½ teaspoon garlic powder
3-4 cups water (depending on the consistency you like)

In a large pot sauté the onions and parsley in the oil over medium high heat until the onions are clear. Add the remaining ingredients, reduce the heat to medium, and cook, covered for 20 minutes.

Yield: 2-3 servings

Pasta and White Bean Soup

3 cucumbers (1½ cup juice)
½ head cauliflower, steamed and chilled (½ cup pulp)
¼ cup diced yellow onions
3 tablespoons extra virgin olive oil
¾ cup water
1 ½ cups chopped tomatoes
¾ cup cooked white beans
½ cup chopped escarole or kale
¼ cup chopped celery
¼ cup sliced carrots
¼ cup uncooked whole grain macaroni
2 teaspoons chopped fresh parsley
2 teaspoons chopped fresh basil
1/12 teaspoon sea salt ½ teaspoon black pepper
1 clove garlic, crushed

Separately juice the cucumbers and cauliflower. Set aside 1½ cups of the cucumber juice and ½ cup of the cauliflower pulp. In a large saucepan, sauté the onion in the oil for 2-3 minutes. Add the cucumber juice and the water and bring to a boil over high heat. Reduce the heat to medium-low, add the remaining ingredients, and simmer uncovered for 15 minutes, or until the pasta ins tender. Serve hot or cold with bread.

Entrees

Peanut Thai Rice sauté

4½ teaspoons peanut oil
¼ cup chopped zucchini
¼ cup chopped green onions
½ teaspoon chopped shallots
¼ cup chopped unsalted roasted peanuts
3 cup cooked long-grain brown rice
1 tablespoon chopped fresh cilantro
1½ teaspoons chopped garlic
4½ teaspoons chopped fresh mint for garnish

Heat the peanut oil in a skillet or wok until hot, but not smoking over high heat. Add the zucchini, onions, and shallots, and sauté over medium- high heat for 3 to 5 minutes. Add the remaining ingredients one at a time, stirring after each addition, and cook until hot. Garnish with chopped mint.

Yield:2 servings

Millet-Coriander Stir-fry

½ cup sliced daikon
½ cup sliced carrots
½ cup sliced zucchini
3 tablespoons sesame oil
3 cups cooked millet
3tablespoon tamari
½ teaspoon grated fresh ginger
1 teaspoon chopped garlic
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh coriander

Sauté the daikon, carrots, and zucchini in the oil in a large saucepan over medium heat for 5-8 minutes. Add the remaining ingredients, mix well, and sauté an additional 3 to 6 minutes. Serve hot.

Yield:2 serving

(Entrees continued)

Capellini with Arugula and Pine Nuts

1 cup sweet tiny red peppers, sliced into flower shapes
¼ cup plus 3 tablespoons extra virgin olive oil
½ cup plus 3 tablespoons extra virgin olive oil
½ cup chopped fresh parsley
3 tablespoons chopped fresh basil
1 cup pine nuts, ½ ground, and ½ whole
½ cup soy milk
3 cups torn arugula
½ teaspoon freshly ground black pepper
2 cups cooked capellini
½ cup grated dairy free parmesan cheese.

In a large saucepan, sauté the peppers in the oil over medium heat for two minutes. Add the parsley, basil, nuts and milk, and cook for an additional 2 minutes. Stir in the arugula, salt, and pepper, then toss in the pasta and cheese.

Yield: 2 servings

Chinese Purple Cabbage Rolls with Apples

1 cup chopped shiitake mushrooms
¼ cup chopped fresh parsley
½ cup diced carrots
½ cup chopped zucchini
¼ cup chopped scallions
2 teaspoons tamari
dash of freshly ground black pepper
5 tablespoons toasted sesame oil
1 cup cooked wild rice blend or medium grain rice
1 cup cooked adzuki beans
¼ cup sesame seeds
2 cups sliced apples
½ head or 10 leaves purple cabbage, steamed 3 to 4 minutes
½ cup chopped nuts

In a large saucepan, sauté the mushrooms, parsley, carrots, zucchini, scallions, tamari, and pepper in the sesame oil over medium heat for 5 to 7 minutes. Stir in the rice, beans and sesame seeds. Set aside. In a separate saucepan, cook the apples and juice over medium heat for 3 to 5 minutes or until tender. Set aside. Place one or two tablespoons for vegetables stuffing on each cabbage leaf where the thick stem is. Fold the right side of greased pan and top with the apple mixture and nuts. Cover and bake in a preheated 375° F oven for 25 to 30 minutes.

Yield: 2 servings

(Entrees continued)

Risotto with Shiitake Mushrooms Parmesan

3½ cups soy milk
½ cup stemmed and sliced shiitake mushrooms
½ cup Arborio rice
1 tablespoon finely chopped fresh Italian parsley
¼ cup grated soy parmesan cheese
1/8 teaspoon freshly ground black pepper

In a saucepan, bring the milk to a simmer over low heat, being careful not to boil. Stir in the mushrooms and rice and cook for 20 to 25 minutes or till creamy. Add the remaining ingredients and cook an additional 1 to 2 minutes over a low flame. Serve hot.

Yield: 2 servings

Sweet and Sour Tempeh

1 cup cubed tempeh
½ cup chopped peanuts
1 teaspoon crushed garlic
½ cup cubed pineapple
2 tablespoons sliced scallions
3 tablespoons tamari
1 cup broccoli florets
2 tablespoons hot sesame oil

Sauté all the ingredients in the oil in a large saucepan over medium heat for 5 to 10 minutes, stirring constantly. Serve with brown rice or Oriental Amaranth with purple Cabbage (recipe follows)

Oriental Amaranth with Purple Cabbage

½ cup sliced red bell peppers
½ cup sliced purple cabbage
½ cup brussel sprouts
3 tablespoons toasted sesame oil
3 tablespoons tamari
2 tablespoons gomaiiso
1 cup cooked amaranth
2 tablespoons chopped fresh parsley

In a medium-size saucepan, sauté the peppers, cabbage, and sprouts in the oil over medium heat for 3 to 5 minutes. Add the remaining ingredients, mix well, and cook an additional 3 to 6 minutes.

Yield: 2 servings

(Entrees continued)

Algerian Chili

2 cups small dried navy beans
1/8 cup extra-virgin olive oil
1 medium onion, finely chopped
1 scallion, finely chopped
1 ½ small dried red chilies
8 cloves garlic, minced
½ tablespoon sweet paprika
1/8 tablespoon freshly ground black pepper
1 tablespoon minced green bell pepper
1 tablespoon curry powder
2 teaspoons ground cumin
5 sun dried tomatoes, reconstituted and pureed to generate
½ cup tomato paste
1 tomato, coarsely chopped
3 ½ cups water or vegetable broth
1 bay leaf
Pinch of cayenne
9 fresh flat leaf parsley sprigs, half tied together with kitchen strings, half minced
1 ¼ teaspoons sea salt
5 fresh cilantro sprigs, chopped

Soak the dried beans overnight, Drain and set aside. Over medium heat in a large soup pot, heat the oil and cook the onion and scallions, stirring occasionally, until tender, 6-8 minutes. Add the chilies, garlic, paprika, pepper, green pepper, curry powder, and cumin, Cook, stirring, for 2 to 3 minutes and then add the sun dried tomato paste and cook, stirring until the mixture thickens, 1-2 minutes. Stir in the fresh tomato and 1 cup of the water or broth and bring to a boil. Add the beans and the remaining 2 ½ cups water or broth, bay leaves, cayenne, sea salt, and the parsley bundle. Lower the heat to medium-low, cover and cook until the beans are tender, 1-2 hours. Discard the chilies, bay leaves, and tied parsley before serving, Stir in the minced parsley and cilantro. Serve warm.

(Entrees continued)

Lentil Burgers

4 carrots (½ cup pulp)
1 cup cooked lentils
¼ cup lentil sprouts
¼ cup ground unsalted cashews or cashew butter
2 tablespoons chopped unsalted almonds
1 tablespoon diced yellow onions
2 teaspoon curry powder
½ cup whole wheat bread crumbs

Preheat the oven to 425° F. Juice the carrot. Set aside ½ cup of the pulp, In a small mixing bowl, combine the carrot pulp with the lentils, lentil sprouts, cashew, almonds, onion, curry powder, coriander, and salt, and mix well. Shape the mixture into 2 patties, coat the patties with the bread crumbs, and place them on an ungreased cookie sheet. Bake the patties for 10 minutes, turn the patties over, and bake for an additional 10-15 minutes. Serb hot an pita bread pockets with Lemony Hummus (see sips and dressings section).

Thai Soba Peanut Noodles

1 cup diced yellow onions
½ cup sliced scallions
¼ cup diced celery
7 tablespoon toasted sesame oil
1 cup stemmed and sliced shiitake mushrooms
1 clove garlic
¼ cup smooth peanut butter
1teaspoon pure maple syrup
1 teaspoon fresh lime juice
1/3 cup plus 1 tablespoon water
2 drops hot chili oil or Tabasco sauce Gomaiso to taste
¼ pound cooked soba noodles

Combine a tablespoon oil, garlic, peanut butter, maple syrup, lime juice, water, and hot chili oil in a blender and mix until smooth, 2 to 3 minutes and set aside, In a large saucepan, heat and stir in the Gomaiso and peanut sauce. Toss the Soba noodles with the sauce in a large bowl until all noodles are covered. Chill for an hour and a half and serve cold. Serves 2 to 4

(Entrees continued)

Sesame Amaranth with Broccoli

½ cup broccoli florets
½ cup sliced mushrooms (shiitake or enoki)
½ cup sliced carrots or butternut squash, steamed 15 minutes
½ cup cauliflower florets, steamed 10 minutes
3 tablespoons sesame oil
3 cups cooked amaranth
2 tablespoons sliced scallions
1 tablespoon chopped garlic
2 tablespoons tamari
1/4 cup sesame seeds

Sauté the broccoli, mushrooms, carrots, cauliflower in the oil in a large saucepan over medium heat for 3 to 5 minutes. Add the remaining ingredients, mix well, and cook additional 2 to 3 minutes

Yield: 2 servings

Sliced Tofu with Garlic Sauce

TOFU

2 cups water
1 slice fresh ginger, peeled
2 cups, approximately, extra firm tofu
3 scallions
½ teaspoon rice wine
1 clove garlic

GARLIC SAUCE

1 tablespoon Bragg's Liquid Aminos
1 table spoon curry powder
1 tablespoon vegetable broth
1 tablespoon water
1 scallion, chopped
1 tablespoon minced garlic
1/8 teaspoon sea salt
1 tablespoon tamari
1 teaspoon sesame oil
½ tablespoon chili oil or sesame oil

To prepare tofu: In a medium saucepan, bring water to a boil. Add ginger, tofu block, scallions, wine and garlic. Cook about 30 minutes, drain more boiling water if necessary. Remove tofu block from cooking liquid, set aside the liquid. Refrigerate tofu to facilitate slicing, then cut tofu into ribbon slices, then cut the slices into 2-inch squares.

To prepare the sauce: Bring aminos, curry powder, vegetable broth, and water to a boil in a small saucepan. Remove from heat. Add remaining ingredients, mixing well. Set aside. Bring tofu cooking liquid to a boil. Ingredients, mixing well. Set aside. Bring tofu cooking liquid to a boil. Place tofu slices in boiling liquid for about 5-7 seconds. Remove and drain. Pat dry with a paper towel. Arrange tofu on a platter. Pour garlic over tofu slices. Sprinkle with chili or sesame oil to taste.

Desserts

Almond Butter Frosting

1 cup almond butter
1 teaspoon almond extract
1 tablespoon carob powder
1/3 cup plus 1/4 cup soy milk
1/4 cup mashed banana
1/4 cup pure maple syrup
1 cup shredded unsweetened coconut (optional)

Combine the almond butter, extract, carob powder, milk, banana, and syrup in a large bowl and mix until smooth with an electric mixer. Stir in the coconut.

Carob Frosting

1 2/3 cups carob chips
1/2 cup soy milk
1/2 cup pure maple syrup
2 teaspoons vanilla extract

Blend the carob chips in a food processor till coarse. Melt the chips in the milk on medium heat for 8 to 10 minutes or till fully melted. Add the syrup and vanilla and cook till creamy. Remove from the heat and place on a warm cake.

Yield: 2 cups

Poached Peaches with Raspberry Sauce

4 peaches, peeled and halved
2 cups apple juice
1 teaspoon lemon extract
2 cups fresh or frozen raspberries
3/4 cup maple sugar
4 fresh mint leaves for garnish

In a large saucepan, bring the peaches, juice, and extract to a boil, reduce the heat to low, and cook for 5 minutes, covered. In a separate saucepan, combine the raspberries and sugar. Bring to a simmer and let cook for 2 minutes. Remove from the heat and serve over the drained peaches. Garnish with the mint leaves. Excellent with vanilla ice cream or Rice Dream (see note below)

Yield: 2 servings

Note: Rice Dream is a nondairy ice cream made from brown rice that can be purchased at most health food stores.

(Desserts continued)

Angelica Rice Lady Fingers

2 cups light rice flour, plus extra for dusting
2 tablespoons buckwheat flour
2 tablespoons extra fine soy flour
 $\frac{3}{4}$ teaspoon baking soda
1 tablespoon succanat
 $\frac{1}{2}$ teaspoon sea salt
1 teaspoon vanilla extract
 $\frac{1}{8}$ teaspoon almond extract
 $\frac{1}{2}$ cup egg replacer
 $\frac{1}{8}$ teaspoon lemon juice
6 tablespoon maple syrup

Preheat oven to 375 F. Sift together flours, baking soda, succanat, and sea salt. In a separate bowl, beat together remaining ingredients until well blended. Combine dry and wet mixtures until a light, airy dough forms. Add a little flour or water or obtain right consistency. Dust cutting board with rice flour. Place dough bowl in center and gently rollout dough with rice flour dusted rolling pin until approximately $1\frac{1}{2}$ inches thick. Do not overcook the dough. Using a cookie cutter or free style, cut cookies from the dough. Place on a cookie sheet and bake for approximately 8- 10 minutes, or until edges are slightly brown.

Apricot Tofu Cheesecake

7 ounces plain soy yogurt
16 ounces- 2 large cakes-tofu (bean curd)
Egg replacer for 4 eggs
5 tablespoon unsalted non-dairy butter, melted
8 ounces non dairy cream cheese
 $\frac{3}{4}$ cup honey
4 tablespoons arrowroot
1 teaspoon almond extract
1 teaspoon vanilla extract
 $\frac{1}{4}$ cup chopped dried apricots

Preheat oven to 350 degrees. Mix all ingredients except for the dried apricots in a bowl. Then transfer to a blender in batches and blend until smooth. (There will be too much to put in the blender all at once.) Blend the apricots with the last batch. Pour the batches into a 9-inch spring pan that has been greased well. Bake for 1 $\frac{1}{2}$ hours or until set. Then allow the cake to remain in the oven with the door ajar 1-inch for 1 hour.

Makes 1 9-inch cake that serves 10 to 14.

(Desserts continued)

Banana Cocoa Sundae

2 bananas, frozen with out peel (1 cup pulp)
2 tablespoons pure unsweetened carob powder
2 tablespoons unsweetened flaked coconut

Juice the frozen bananas and collect 1 cup of the pulp(mashed banana in a small mixing bowl. Add the cocoa to the pulp and mix together well. Divide the mixture into two serving dishes, top with coconut, and serve cold.

Tropical Ambrosia Pudding

1 tangerine ($\frac{1}{4}$ cup juice)
1 mango ($\frac{1}{2}$ cup juice)
 $\frac{1}{4}$ pineapple ($\frac{1}{4}$ cup of juice)
1 $\frac{1}{2}$ cups silken tofu
 $\frac{1}{4}$ cup pure maple syrup
2 teaspoons pure almond extract
 $\frac{1}{4}$ teaspoon ground nutmeg
 $\frac{3}{4}$ cup mashed banana
3 tablespoons unsweetened flaked coconut
3 tablespoons raisins
3 tablespoons blanched slivered almonds

Separately juice the tangerine, mango and pineapple. Set aside $\frac{1}{4}$ cup of the tangerine juice, $\frac{1}{2}$ cup of the mango juice, and $\frac{1}{4}$ cup of the pineapple juice. In a blender or food processor, combine the juices with the silken tofu, and blend for 2-3 minutes, or until smooth. Add the maple syrup, almond extract, and nutmeg and continue to blend, Transfer the mixture to a small mixing bowl, and stir in the banana, coconut, raisins, and almonds. Chill for at least 1 hour before serving.

Serves 2 to 4 people.