Eat Your Way to Awesome
Cooking Class #4-5, 2026

No-Crust Pumpkin Pie

15 oz pumpkin puree
2 tsp cornstarch
1 ½ cups chopped dates
2 tsp ground cinnamon
1 tsp ground pumpkin pie spice
1 cup milk of choice
2 1/2 tsp pure vanilla extract
2 tsp baking powder
1/2 tsp salt
1/3 cup almond flour (or spelt, oat, or sorghum)

Instructions

1. Preheat the oven to 400° Fahrenheit (204° Celsius). Grease a 9-inch pie pan, then set the pan aside.

2. Whisk pumpkin puree, milk, vanilla, and optional egg in a large measuring cup or bowl.

3. Stir in the flour, sweetener, cinnamon, pumpkin spice, baking powder, salt, and optional cornstarch until well mixed.

4. Smooth the mixture directly into the prepared pan. No crust required.

5. Bake on the center rack of the oven for 35 minutes or until the edges are set and the middle is slightly jiggly.

6. Let cool on a wire rack on the counter. Then refrigerate at least 6 hours or overnight, during which time the crustless pumpkin pie will firm up to an easily sliceable texture. Serve cold or hot, with whipped cream if desired.

7. Once the pie sets, refrigerate any leftovers, covered tightly in the pan or in a lidded container for up to 5 days. Or freeze slices for up to 3 months and thaw before serving.

Cashew Cream

1 cup water
½ teaspoon vanilla
¾ cup clean, raw cashews
Pinch salt

Process the first 3 ingredients in a blender until very smooth. Bring to a boil, then add remaining ingredients. Reduce heat and simmer until thickened, stirring constantly. May be served warm or cold. May also be used without heating.

Baked Sweet Potatoes

1. Heat the oven to **400°F**.
2. Scrub sweet potatoes and dry them. Leave the skins on and poke each potato several times with a fork.
3. Place on a parchment-lined baking sheet to catch any syrup that leaks out. **No oil or foil wrapping needed.**
4. Bake until a knife slides easily through the center:

    - Small: **35–45 minutes**
    - Medium: **45–60 minutes**
    - Large: **60–75 minutes or longer**
5. Let rest for 5 minutes, then split open.

They should feel very soft when gently squeezed with an oven mitt. Serve plain, or sprinkle with cinnamon.
For the creamiest results, let tenderness—not the clock—determine when they're done.
Mushroom Gravy

2 cups water	1 Small can of mushrooms	2/3 cup rinsed Cashews
¾ t. salt	1 T McKay's beef seasoning	2 T corn starch

Blend all but mushrooms till creamy then add mushroom and blend briefly,
pour into sauce pan, cook keeping stirring till thickened.

Creamy Mashed Potatoes

Ingredients — 4 servings

- 4 large potatoes
- 4–6 garlic cloves, sliced
- ½–1 cup reserved potato cooking water
- ½ teaspoon salt, plus more to taste
- Chopped chives or parsley (optional)

Directions

1. Peel potatoes for the smoothest texture, then cut into evenly sized chunks.
2. Place potatoes and garlic in a pot. Cover with cold water by about an inch. Bring to a boil, then simmer **15–20 minutes**, until very tender.
3. Reserve **1 cup cooking water**, then drain. Return potatoes and garlic to the warm pot over low heat for 1–2 minutes to evaporate excess moisture.
4. Mash thoroughly with a potato masher, or pass through a potato ricer for a smoother result.
5. Gently stir in **hot reserved cooking water**, a little at a time, until creamy. You may not need it all.
6. Season with salt and other spices. Add herbs if desired.

For extra richness: Mash in **¼–½ cup plain, unsweetened cashew cream** made by blending soaked cashews with water until completely smooth. This is optional; the basic recipe uses only potato cooking water.

Special K Loaf

1 cup onion, diced
1 cup celery, diced
2 pkgs. firm tofu
1 cup pecan meal
1 cup walnuts, finely chopped
7 cups rice flaked cereal (Special K **original** if available…no sugar!!)
2 Tbsp. oil
¼ cup nutritional yeast flakes
1 Tbsp. chicken-style seasoning
1½ tsp. salt
1 to 1 ½ cups soy milk, unsweetened

Preheat oven to 350º F. Lightly coat a 9 x 13" casserole dish with non-stick cooking spray. Saute onion and celery in medium skillet until translucent…about 4 minutes. Transfer onion mixture to large bowl; add remaining ingredients, except cereal and milk. Mix well. Then add cereal and mix gently. Add milk as needed to moisten the mixture until it sticks together. Press evenly into casserole dish. Cover and bake 40 minutes. Remove cover and bake an additional 15 minutes, until browned and crispy on edges.

Cranberry Fruit Salad

Cranberry Sauce Ingredients:

- 1 – [16 oz. package] frozen **cranberries** (or fresh)
- 1 cup **water**
- ½ cup **organic maple syrup** (+/-) *
- 1 teaspoon **allspice** *
- 1 to 2 teaspoons **cinnamon** *
- ¼ teaspoon **clove** *

Add-In Ingredients:

- 1 **gala apple**, peeled, chopped into small pieces (or similarly flavored apple)
- 1 cup **mandarin oranges**, fresh or canned – liquid drained (no sugar added)
- 1 cup **pineapple tidbits**, fresh or canned – liquid drained (no sugar added)
- 1 cup **walnuts**, toasted and chopped

Alternative Ingredients:

- Pecans, toasted and chopped (in place of walnuts)
- Pear, peeled, chopped into small pieces (in place of the apple)

Instructions:

1. Place the frozen (or fresh) cranberries with one cup of water into a medium-sized pot and bring to a boil. Add the maple syrup, cinnamon, allspice and clove, stir to mix well, and boil for 4 to 5 minutes (or longer until the sauce thickens), Use an immersion blender to break up the cranberries, but not too smooth. Stirring occasionally. When the cranberry sauce has thickened (after about 4 to 5 minutes), remove from the heat and allow to cool. (**Note:** The natural pectin in cranberries will thicken the sauce).
2. In the meantime, toast the walnuts (or pecans) in a dry pan over medium heat for about 4 to 5 minutes, stirring constantly. Be careful; they burn easily. Coarsely chop after they have been toasted, and set aside to cool.

3. Then core, peel, and chop a gala apple into small pieces, then place the chopped apple into the cooled cranberry sauce. The sauce does not have to be completely cooled. It can still be warm when you add the apple.
4. Add the pineapple, mandarin oranges, and chopped walnuts (or pecans), and stir to combine. Add any other ingredients, if desired.
5. Refrigerate for at least 4 hours.

Fruit "Nice-Cream"

Using a Champion juicer or strong blender: Choose any frozen fruit desired, suggested ones listed here:

Bananas, Pineapple, Dark sweet cherries, Persimmons, Berries (blue, black, raspberries, strawberries) mixing sweet and tart fruits.

If using a blender, you will need more liquid, such as apple juice or pineapple juice. Then to make it into an ice cream thickness, put it in the freezer for 4 + hours. When ready to serve, take it out and microwave for a short time, then mash and stir till you get the desired texture.

Spinach-Tofu Balls/Patties

1-10 oz. pkg. frozen chopped spinach
1/8 tsp. garlic powder
¼ cup Do-pep or gluten flour
2 tsp. chicken-like seasoning
½ cup soft breadcrumbs
1 tsp. poultry seasoning
¼ cup dried onion flakes
¼ cup chopped walnuts (opt.)
½ tsp. salt
1 cup tofu
½ tsp. onion powder

Thaw spinach. Strain and save water in case moisture is needed in the mix.

1. Combine seasonings, breadcrumbs, and gluten flour; mix well.
   (It is important to mix the gluten flour with breadcrumbs before adding to the wet ingredients; otherwise, it will clump together if moistened in its concentrated form.)
2. Add spinach and finely mashed tofu and mix with your hands. If the mix is too dry, add a bit of the spinach juice or water. Form into balls about the size of walnuts. (Using a small ice cream scoop, with a release – then roll by hand to make a nice ball) Or form patties using a large-mouth canning lid; fill the lid, then push the lid out of the ring onto your cookie sheet. (You may need to use a knife to release the lid from the patty.)
   (Instead of chopped spinach, use an equivalent amount of shredded, steamed, and drained zucchini or carrots.)
3. Place on a non-stick cookie sheet (lined with parchment paper or silicone baking mat) and bake for 30-40 minutes. at 350 deg. (makes 24)

When planning for Thanksgiving, we are suggesting some recipes that we have presented in our previous three classes. Below is a sample menu for the whole day.

Thanksgiving Breakfast

Tofu Scramble. And Potato waffles

Sunflower-Oat Waffles and Berry Sauce

Thanksgiving Lunch

Spinach-Tofu Balls

Sweet Potatoes in skins

Special K Loaf

Mushroom Gravy

Crustless Pumpkin Pie

Cranberry Fruit Salad

Fruit “Nice Cream”

Mashed Potatoes

Leftovers

Wraps with Special K Loaf, spinach, tofu balls, light desserts (Cranberry Fruit Salad, Nice Cream)

Eat Your Way to Awesome
Cooking Class #3, 2026

Breakfast:

Muesli
2½ to 3 cups rolled oats
3 cups pineapple juice
2 bananas, ripe
1 tsp. vanilla
1 tsp. maple flavoring
½ tsp. salt
½ cup raisins
1 cup shredded apple

Dextrinize oats (a quick dry stir-fry to lightly toast) in a hot skillet. Watch carefully to prevent burning. Place in a bowl. Process the next 5 ingredients in a blender until smooth. Stir into oats and add raisins. Cover and refrigerate overnight. Just before serving, shred the apple and stir in raisins, and optional diced fresh fruit and nuts to the oat mixture. Serve.
Yield: ~ 8 cups

Lunch:

Sandwich Fixings

Chickpea Sandwich Spread
1 can garbanzo beans, drained
1 stalk of celery, chopped fine
1⁄4 cup sweet onion, diced fine
2 - 3 Tbsp. Vegenaise or other vegan mayo, 1 Tbsp. lemon juice (fresh if available)
1 tsp. dill weed
1 tsp. McKay's chicken-style seasoning
Mash or chop garbanzo beans in a food processor with the S-blade. Transfer to a bowl and mix in the remaining ingredients. Chill overnight for blending flavors. Keeps well for a week refrigerated. Great for sandwich filling or on crackers.

Tofu Egg Salad
1 lb. firm or extra firm water-packed tofu, rinsed and drained
3 Tbsp. finely minced onion
3 Tbsp. finely minced celery
4 Tbsp. Vegenaise (or other vegan mayo)
2 Tbsp. Chicken style vegan seasoning
1⁄4 tsp. Vege-Sal seasoning
2 dashes Turmeric (used for color mostly)
(optional—sweet pickle relish adds a nice touch, esp. homemade ones)

Rinse and drain tofu. Mash in a mixing bowl and add all ingredients. Mix well. Chill and serve. Note: Don't underestimate this filling! It is a winner, BUT its special flavor comes from the specific brands of seasoning and mayonnaise.

DIPS FOR YOUR VEGGIES

Sunny Sour Cream Yield: ~2 cups
1/2 cup raw sunflower seeds
1/2 cup hot, cooked brown rice
3/4 cup hot water
1/4 tsp. dill weed
1 tsp salt
1 1/2 tsp. onion powder
1/2 tsp. garlic powder
Combine all in a blender and blend till smooth, then refrigerate.

Cashew Pimiento Cheese Sauce Yield: ~2 cups
1 cup water
1 cup raw cashew pieces
4 oz. Pimientos (include liquid if diced)
4 Tbsp. Brewer's yeast (nutritional yeast)
1 tsp. salt
1 tsp. onion powder
dash garlic powder
1/8 cup lemon juice
Blend all ingredients in a blender until creamy and smooth. Use in lasagna; save some for drizzling over the top near the end of the baking time. Great for Taco Salad and Pizza.

Hummus Yield: ~ 2 cups
Blend well until smooth (or process in a food processor): 2 cups cooked garbanzos (chickpeas)
6 Tbsp. lemon juice
1/3 cup sesame tahini
1/3 cup garbanzo juice or water
1 tsp. onion powder
1 clove fresh or 1 tsp. garlic powder
1 Tbsp. Bragg Liquid Aminos or soy sauce
Blend thoroughly. Then stir in 1 Tbsp. dried parsley flakes for color. Excellent as a dip with baby carrots and cucumber slices and raw cauliflower, or as a spread on pita bread with lots of raw veggies. May increase water and use as a salad dressing.

Sesame Tahini Dressing Yield: ~ 2 cups
1/2 cup sesame tahini
1/4 cup lemon juice
1/2 cup water (more if needed to thin)
2 Tbsp. Bragg Liquid Aminos or soy sauce; 1/4 tsp. garlic powder
1 tsp. onion powder
Blend all ingredients well in a blender, adding more water as needed to thin to desired consistency. Refrigerate. Keeps well for a week or more. Can be frozen also.

SUPPER:

Armenian Lentil Soup Yield: 12 cups

1½ cups lentils	1 tsp. garlic powder
10 cups water	1 tsp. dill weed
½ cup raw brown rice	2 tsp. cumin
1 cup diced onion	1 – 15 oz. can diced tomatoes
2 Tbsp. lemon juice	6 – 8 cups fresh spinach
2 Tbsp. Bragg's Aminos	1 Tbsp. onion powder
1 Tbsp. chicken-style seasoning	1 Tbsp. salt

Place all ingredients in the kettle EXCEPT for the Spinach and the tomatoes.
Bring to a boil, reduce heat, and simmer for one hour (or until lentils are tender).
Add Spinach and simmer 1 minute longer. Add the tomatoes just before serving.

Eat Your Way to Awesome
Cooking Class #2, 2026

Spinach-Tofu Balls/Patties

1-10 oz. pkg. frozen chopped spinach
1/8 tsp. garlic powder
¼ cup Do-pep or gluten flour
2 tsp. chicken-like seasoning
½ cup soft breadcrumbs
1 tsp. poultry seasoning
¼ cup dried onion flakes
¼ cup chopped walnuts (opt.)
½ tsp. salt
1 cup tofu
½ tsp. onion powder

Thaw spinach. Strain and save water in case moisture is needed in the mix.

1. Combine seasonings, breadcrumbs, and gluten flour; mix well.
   (It is important to mix the gluten flour with breadcrumbs before adding to the wet ingredients; otherwise, it will clump together if moistened in its concentrated form.)
2. Add spinach and finely mashed tofu and mix with your hands. If the mix is too dry, add a bit of the spinach juice or water. Form into balls about the size of walnuts. (Using a small ice cream scoop, with a release – then roll by hand to make a nice ball) Or form patties using a large-mouth canning lid; fill the lid, then push the lid out of the ring onto your cookie sheet. (You may need to use a knife to release the lid from the patty.)
   (Instead of chopped spinach, use an equivalent amount of shredded, steamed, and drained zucchini or carrots.)
3. Place on a non-stick cookie sheet (lined with parchment paper or silicone baking mat) and bake for 30-40 minutes. at 350 deg. (makes 24)

Oven Fries

Wash potatoes (white, red, gold)
Cut into desired shapes (French fry shape, slices, dice, wedges) and place in a plastic bag. Drizzle a Tablespoon of oil into the bag and sprinkle or toss in desired seasonings. I used fine salt, onion granules, garlic granules, turmeric, and nutritional yeast powder. One could use Rosemary or any number of other combinations…be creative. Hold the bag closed and shake or massage to coat all potatoes with the mixture. Pour out onto a nonstick cookie sheet (or line a baking dish with Parchment paper) and bake at 400 degrees for 30 minutes or until done and browned a little.

If you desire to do Sweet Potatoes, do not season them at all. Just put on parchment paper and bake. Careful not to burn, as the natural sugars will cook out and turn black.

Curried Corn Bisque

1 T olive oil
1/8 tsp. cayenne pepper
16 oz. box of tofu
2 cups of water
3 tsp. vegetable broth or McKay's chicken seasoning
1 large onion, chopped
3 Cups fresh or frozen corn
1 tsp. curry powder
½ tsp. salt

Cook onion and corn for 10 min. with seasonings then blend with the tofu in batches; rinse blender with ½ cup of water and add to mixture. Heat, but do not boil; add green onions on top of each soup bowl.

Scrambled Tofu Yield: ~2 cups

½ cup chopped Onions
¼ cup chopped Green or/or Red bell pepper
¼ tsp. Garlic powder and/or 2 cloves Garlic
½ tsp Onion powder
2 tsp. Chicken style seasoning
½ cup Diced fresh tomatoes (optional topping)
½ cup sliced Mushrooms
1 lb. Firm Tofu – drained
½ tsp Salt
1/8 tsp Turmeric powder
2 Tbs. Nutritional yeast flakes (add at end)
2 Tbs. fresh chives sliced (optional topping)

Sauté fresh Onions, Red bell pepper and mushrooms in non-stick skillet or use small amount of water till soft. Drain Tofu or squeeze out water. Crumble tofu or use a potato masher in large skillet. Combine spices and mix well. Cook over medium heat, till most liquid has evaporated. May take 30min. if tofu is not drained well.

Fresh Green Salad

Cut up all greens and veggies, add olives, then add dressing

Sesame Tahini Dressing

Yield: ~ 2 cups

½ cup sesame tahini
½ cup water (more if needed to thin)
¼ tsp. garlic powder
¼ cup lemon juice
2 Tbsp. Bragg Liquid Aminos or soy sauce or white miso
1 tsp. onion powder

Blend all ingredients well in blender, adding more water as needed to thin to desired consistency. Refrigerate. Keeps well for a week or more. Can be frozen also.

Eat Your Way to Awesome
Cooking Class #1, 2026

Cream of Broccoli

6 cups raw broccoli pieces
1 medium onion, diced
½ cup red pepper, diced
1 Tbs. McKay's Chicken Seasoning
1 cup well-cooked rice or 1 large cooked potato, or ¼ cup potato flour
¾ cup cashews
½ tsp savory
1 1/2 tsp, salt

1. Place onion in a kettle with 2 cups water and seasonings. Simmer for 10 minutes and then add the broccoli and diced red pepper. Simmer 5 minutes till tender, but still bright green.
2. Meanwhile, blend cashews, potato or rice in 2 cups of water until smooth.
3. Add blended cashew mixture to cooked broccoli and serve hot.

Green Goddess Dressing

Ingredients
2 cloves fresh garlic
½ cup fresh green onions, roughly chopped
½ cup fresh parsley
2 tablespoons tahini
2 tablespoons nutritional yeast flakes
1 tablespoon miso paste, white
1/3 cup water
1/3 cup plant-based yogurt
The juice of 1 fresh lemon
Salt to taste

Prepare and place all the above ingredients into a blender and blend until smooth and creamy. Place it into a container and store it in the refrigerator for up to 1 week.

The history of Green Goddess Dressing was created by Chef Philip Roemer in 1923, who worked at the Palace Hotel in San Francisco. The recipe was designed as a tribute to the actor George Arliss and his hit play, The Green Goddess. The original recipe was made as a creamy anchovy blend with mayonnaise, sour cream, fresh herbs, and tarragon.

I have created my rendition of a creamy Green Goddess-style dressing vegan style, whole food plant-based oil free. This has become one of my favorite creamy-style dressings that can be used over more than just salad. I know you'll enjoy these delicious, fresh-blended herbs and seasonings too.

Easy Tofu-Spinach Lasagna

1. Make Cashew Pimiento Cheese Sauce (3 do - all watch)
    a. 1 cup water
    b. 1 cup raw cashews
    c. 4 oz. pimientos (include liquid if diced)
    d. 4 Tbsp. Brewer's yeast (nutritional yeast)
    1 tsp. salt
    1 tsp. onion powder
    1 tsp. garlic powder
    1/8 cup (2T) lemon juice
    Blend all ingredients in a blender until creamy and smooth.
2. Boil noodles.14 min. (2 do - all watch)
    a. One box of Lasagna noodles – place in boiling water till soft 14 min), strain and rinse with cold water. Set aside for layering.
3. Cook greens (2 do - all watch). Boil/steam 1 lb. cooked greens of choice (spinach, kale, collards, turnip) (fresh or frozen)in a small amount of water till soft. (done already)
4. Prepare tofu/cheese greens mix. (2 do all watch)
    a. Place 1 lb. of tofu in a mixing bowl, mash, and add 1 Cup of Cashew Pimiento Cheese Sauce from #1, drained cooked greens from #3, plus all the seasonings (1 Tbsp. onion powder, ½ tsp. basil, 1 tsp. salt, ½ tsp. garlic powder)
    b. Mix well and set aside for layering.

5. Layering (with each group adding their item) (noodle, tofu mix, sauce)
    a. Cover the bottom of the casserole dish with a layer of spaghetti sauce. Then add ½ cup water to the jar of spaghetti sauce, and shake well.
    b. Lay **lasagna noodles** side by side in the casserole dish.
    c. Cover the noodles with a thin layer of **spaghetti sauce**
    d. Spoon a layer of **tofu mixture** on top of noodles.
    e. Cover with another layer of **spaghetti sauce**.
    f. Lay another layer of **lasagna noodles**. This time, lay them **crosswise**.
    g. Then repeat (c,d,e,f) (**spaghetti sauce**, more **tofu mixture**, more **spaghetti sauce,** and **noodles)** till the dish is full
    h. The top layer will end with the tofu mixture, tomato sauce, and olives

6. Cover with parchment paper and aluminum foil and bake at 375°F. For 50 min to 1 hr. 10 min. Remove from oven and drizzle cashew pimiento cheese over top and return to oven uncovered for 10 min.

Sunflower-Oat Waffles

1/3 cup raw sunflower seeds
2 cups water
½-1 small apple or 1 Tbsp. Applesauce
1 ½ cups old-fashioned oats
½ cup ground flax
¼ cup cooked brown rice
½ tsp. salt
1 tsp. Vanilla
2 tsp. pumpkin pie spice (optional)
1 tsp. maple flavoring (optional)
1 Banana (optional)

Blend all ingredients in a blender until smooth. Spray the waffle iron with non-stick spray and then wipe it off well. Sprinkle sesame seeds on the batter before closing the lid of the waffle iron. Bake the waffle for 15 minutes. The batter will thicken as it sits and will need to be thinned with a little water later. Can top with applesauce and fruit like berries. Options: try Coach oats.

Berry Sauce

1 can of apple juice concentrate (no sugar added) or white grape juice
1½ cans of water
8 cups frozen blueberries or 3 berry mix.
¼ cup cornstarch
Bring juice and water to a boil. Meanwhile, dissolve cornstarch in ¼ cup of cold water. When the juice is boiling, stir in the cornstarch and continue to cook until thickened. Add frozen berries; you may need to continue cooking until the berries get hot. Ready to serve over waffles or Pancakes.