



## Cookbooks/Recipes from February's Community Meal

*GF = Gluten free*

### **Plant-powered Families by Dreena Burton**

Red Lentil Hummus

Sweetballs

### **The China Study Cookbook by LeAnne Campbell**

Ceviche Beans

Coconut Curry Rice

Pumpkin Gnocchi with Vegetable Sauce

### **O M Gee Good! Instant Pot Meals, Jill McKeever**

Black bean hash

### **The PlantPower Way Rich Roll + Julie Piatt**

Grilled veggie salad with dijon, honey dressing

### **Homemade Vegan Pantry by Miyoko Schinner**

Oil-free Melty Pepperjack Cheese (made into quesadillas- instructions below)

Quesadilla:

2 tortillas (oil-free, whole grain, vegan)

¼ cup shredded cheese from Vegan Pantry cookbook

Put cheese between the two tortillas and cook on a non-stick skillet over medium heat for two minutes before flipping over and heating for another two minutes.

**ON line-**

Chickpea Avocado Salad

<https://www.forksoverknives.com/recipes/chickpea-avocado-salad-2/>

Apple Grapefruit Pomegranate Salad

<https://www.forksoverknives.com/recipes/apple-grapefruit-pomegranate-salad/>



## Cherry Date Nut Balls

<http://blog.fatfreevegan.com/2006/05/cherry-date-nut-balls.html>

## Black Bean Brownies

### Ingredients:

- 15 ounces no-salt black beans, drained and rinsed
- 2 whole, ripe bananas
- 1/4 cup maple syrup
- 1/4 cup Erythritol
- 1/4 cup unsweetened cacao. I prefer the KIVA brand.
- 1/2 Tbl. cinnamon
- 1 tsp. vanilla extract
- 1/2 cup regular or non-dairy chocolate chips
- 1/2 cup chopped walnuts (optional)
- 1/2 cup instant oats or oat flour (made in a food processor from raw oats)

### Method:

1. Preheat oven to 350 degrees F. Lightly coat an 8×6" pan with cooking spray.
2. Combine all ingredients, except oats, in a food processor. Blend until smooth.
3. Stir in the oat flour / oats until blended well. Fold in chocolate chips and nuts. Pour batter into the pan. Bake 30-35 minutes or until a toothpick comes out clean.