Juice recipe: 1 gallon

6 cucumbers

2 bunches of kale

½ stalk of celery

10 carrots

2 large green apples

2 large lemons

Sweet potato pancakes:

Ingredients

1/2 cup cooked and mashed sweet potato

1/3 cup egg beaters or 2 eggs

1/4 cup peanut flour (you can use any kind of flour you want)

1/8 teaspoon baking soda and baking powder (I always use both)

1 teaspoon honey or coconut palm sugar

1/8 teaspoon ground cinnamon

1/16 teaspoon salt

optional milk (any type), to thin batter if necessary

Directions

Mix well, make sure all the sweet potato is mashed. The batter is pretty thick so I spread it out when I scoop them on the hot skillet. Cook as you would normal pancakes. They don’t “bubble” like normal pancakes, so watch that they are cook thoroughly, but not burned.

Shitake bacon:

INGREDIENTS

1 TB olive oil

1/4 tsp salt

3/4 tsp liquid smoke

1 tsp sesame oil

1/2 tsp smoked paprika (optional)

2 cups shiitake mushroom caps, sliced thinly

METHOD

Preheat oven to 350.

Combine all of the ingredients except for the sliced shiitake into a shallow glass Pyrex or bowl. Whisk to combine.

Add in the sliced shiitake, and stir gently to combine. Allow to marinate for 20 minutes to an hour.

Place the shiitake in a single layer onto the baking pan Bake for 10 minutes, flip, then bake for an additional 15 minutes\*. Increase the heat to 375, then bake for 10 minutes more. Flip, then finish for 10 more minutes. Keep an eye on them towards the end to ensure they do not burn.

Remove from the oven and place on paper towels to drain. As they drain, the edges will become crispy. Serve immediately

Dairy-free queso:

Ingredients

* 7-9 rounds of eggplant, sliced 1/4-inch thick (~half of a medium eggplant)
* Olive oil
* Sea salt
* 1.5-2 cups unsweetened original almond milk
* 2-3 Tbsp nutritional yeast (see instructions)
* 1/4 tsp finely minced fresh garlic (I used crushed garlic from Trader Joe’s)
* 1 tsp cumin
* 1 tsp chili powder
* 2 tsp cornstarch (optional for thickening | sub another thickener if desired)
* 1/4 cup chunky medium salsa, slightly drained (OR 1/4 10-ounce can of Rotel original diced tomatoes and green chilies)
* OPTIONAL: Smoked paprika and hot sauce for added color and flavor upon serving.

Instructions

1. Slice your eggplant into thin rounds just under 1/2 inch (not quite 1/4 inch), then sprinkle both sides of the flesh with a little sea salt and arrange in a colander to help draw out some of the moisture and bitterness. Let set for 10-15 minutes, then rinse with cool water and thoroughly pat dry between two clean towels.
2. Preheat oven to high broil and place an oven rack near the top of the oven. Arrange the dried eggplant rounds on a baking sheet lightly spritzed with non-stick spray and drizzle both sides of the eggplant with a little olive oil. Sprinkle with a very small amount of salt.
3. Broil on high for 4-5 minutes on each side, watching carefully as to not let them burn. Flip at the halfway point to ensure even cooking. Once the eggplant appears tender and both sides have golden brown color, remove from the oven and wrap loosely in foil to steam.
4. After a few minutes, unwrap and peel the eggplant skin away. It should come right off. If you pack your roasted eggplant into a 1-cup measuring cup, it will be almost 1 cup.
5. Place eggplant in a blender with the 1.5 cups (to start) almond milk, 2 Tbsp nutritional yeast, minced garlic, cumin, chili powder and cornstarch and blend on high until smooth and creamy. Taste and adjust seasonings as needed. I added a pinch more sea salt and a little more nutritional yeast. To thin, add more almond milk.
6. Transfer to a small saucepan and warm over medium to medium heat until slightly thickened and bubbly – about 5 minutes. The longer you go the thicker it will become.
7. NOTE: If it isn’t looking as thick as you want, thicken with a slurry of cornstarch by adding an additional 1 tsp cornstarch to a small bowl with a little almond milk and 2-3 Tbsp of the cheese mixture. Whisk to combine and then stir back into the pot. This should thicken it right up.
8. Once hot and thickened, remove from heat and stir in DRAINED salsa or Rotel. Don’t put the liquid in or it will make it runny. Pour into a serving dish and top with a little smoked paprika and hot sauce for flavor/color.
9. Serve with chips, crackers or veggies. Keep warm in a mini crockpot or over a tea light warmer if you have one. Microwaves well.
10. NOTE: When this dip sits out for a long time it loses its orange hue. It doesn't affect the flavor but it doesn't look as appetizing, so it's really best when fresh!

Refrigerate and cover leftovers. Reheats extremely well in the microwave or in a saucepan. Will keep for up to a few days, but best when fresh.

Eggplant Pizza

INGREDIENTS:

2 large eggplant, sliced 1 inch thick

24 oz [jar tomato sauce](http://www.amazon.com/gp/product/B003J5CF0G/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B003J5CF0G&linkCode=as2&tag=eago4li0c-20&linkId=65PFX2G2MWMCTT4F)

20 slices provolone cheese, mozzarella works too

3-4 oz fresh cherry tomatoes, sliced

1 cup fresh spinach

1/2 tsp [Himalayan salt](http://www.amazon.com/gp/product/B005MER0RA/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B005MER0RA&linkCode=as2&tag=eago4li0c-20&linkId=H3ADGV4OCNOJUXCE)

Pepper flakes, optional

DIRECTIONS:

Preheat your oven to 425 F. In two [baking trays](http://www.amazon.com/gp/product/B000G0KJG4/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B000G0KJG4&linkCode=as2&tag=eago4li0c-20&linkId=5XWYHKRLO2HCGNAW) arrange the sliced eggplants. Sprinkle the [Himalayan salt](http://www.amazon.com/gp/product/B005MER0RA/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B005MER0RA&linkCode=as2&tag=eago4li0c-20&linkId=H3ADGV4OCNOJUXCE) and bake for 15-20 minutes.

Remove the bake eggplant from the oven and turn your broiler on. Spread 1 tablespoon of tomato sauce over each eggplant round followed by one slice of provolone. Arrange some fresh spinach and cherry tomatoes over the cheese and broil for 3-5 minutes. Make sure you keep a close look while the eggplant is under the broiler as they can burn really fast.

Serve while still hot. I had my eggplant pizza slices in between whole grain crusty bread and it was the bomb.

Cauliflower buffalo bites

What You Need

* 2 small heads cauliflower with florets cut off — the smaller, the easier for crisping up in the oven
* 2/3 c brown rice flour OR 1 c almond flour/meal
* Approx. 1 c water (or 2/3 c light coconut milk or any unsweetened and unflavored coconut milk + 1/3 c water)
* A generous pinch each of salt (himalayan), ground pepper, and garlic and onion powder
* At least 3/4 c preferred hot sauce or pre-made “buffalo sauce” (if buying it bottled, check the ingredients and avoid any that are chemical-laden or have butter if keeping vegan)
* Optional: 1/2 tbsp Earth Balance

What You Do

Preheat oven to 450

Whisk the flour, water and spices; consistency should be on the thinner side – just think enough to lightly coat the tip of your finger if you dip it in

cover a baking pan in tin foil (optional – but prevents a messier clean up!) and lightly grease

Dip or toss the cauliflower pieces in the batter, shaking off any excess big drips and arranging on the baking sheet with the “flower” side up when possible (the pieces can be very close together, but try not to let them overlap too much to allow for more surface area cooking)

Bake for 20-25 min

While baking, pour your hot/buffalo sauce into a medium bowl. If your sauce is a little too spicy for you and you’d like to reduce some of the heat, melt the Earth Balance and mix into the hot sauce (stir in 1 tsp at a time), tasting as you go. The “butter” will also help slightly thicken the sauce; a pinch or two of flour will also do the trick without impacting heat/flavor if your sauce is very thin.

Remove the tray of cauliflower from the oven. Being careful of heat, touch a few pieces of cauliflower to make sure the batter has set and is no longer wet (if it is, bake for a few more minutes).

Using a spatula, gently scoop the cauliflower from the tray and put into the bowl of sauce. Carefully and slowly toss the cauliflower around to coat with sauce. Then put the pieces back on the tray. Alternatively, you can leave the cauliflower on the tray and use a pastry brush to coat the pieces in sauce. Make sure they’re thoroughly covered to get the most flavor out of this!

Put the tray back in the oven and bake for an additional 15-20 minutes, until the sauce has absorbed/firmed up on the cauliflower.

Switch oven setting to high broil and, keeping a watchful eye on the cauliflower, broil until a few edges of the pieces begin to brown. This broiling is an essential step in helping crisp up the cauliflower – but broiling can go from great to burnt very quickly, so stay near the oven and watch! Depending on your oven, it may be 2-6 minutes (approx.).

Remove from the oven and let cool for a few minutes – this helps slightly cool the steaming inside and set the outside.

Pile onto a plate with a side of bleu cheese or ranch (make your own or buy Follow Your Heart vegan brand) and devour while still warm!