

FREELY VEGAN FESTIVE FALL RECIPES



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RECIPES

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CIDER DONUTS



CIDER DONUTS

INGREDIENTS

- I Freely Vegan Donut Mix
- 1/2 tsp Apple Pie Spice
- · I cup Apple Cider or Apple Juice
- · 5 TBS Vegan Butter (we use Earth Balance Spread)
- 7/8 cup Plant Milk (we use soy or another high protein milk)
- 1 tsp Distilled Vinegar
- · 2 TBS Unsweetened Applesauce
- 1 cup Granulated Sugar
- · 2 TBS Cinnamon
- · 4 TBS Vegan Butter



- 1. Pour the 1 cup of apple cider into a small saucepan and heat until simmering. Cook until the cider has reduced to 1/3 cup, then set it aside to cool.
- 2. Preheat your oven to 350 degrees.
- 3. Spray 2 regular sized 6-well donut pans with non-stick spray and set aside.
- 4. Open the donut mix and add the Apple Pie Spice to the bag. Set aside.
- 5. Melt the 5 TBS of butter in a glass or plastic mixing bowl.
- 6. Add the milk, vinegar, applesauce, and the cooled reduced cider to the butter. Whisk to combine.
- 7. Add the donut mix to the liquid and whisk to combine. Let stand for 10 minutes, then stir the batter.
- 8. Spoon the batter evenly into your prepared donut pans (12 wells total), and bake for 15 to 17 minutes. The tops should bounce back when lightly pressed when they are done. Cool in the pans for three minutes, then turn the donuts out onto a wire rack to finish cooling.
- 9. Add sugar and cinnamon to a gallon-sized bag. Melt the 4 TBS of butter. Brush each donut lightly all over with melted butter, then shake it in the bag with the cinnamon sugar. Repeat until all 12 donuts are coated.
- 10. Cider donuts are best served fresh, but also freeze very well. Just store them in a freezer bag and defrost one at room temperature whenever you like.



PUMPKIN CHOCOLATE CHIP MUFFINS

INGREDIENTS

- · | Freely Vegan Muffin Mix
- · 2 TBS Sugar
- 1 1/2 tsp Pumpkin Pie Spice
- 1/2 tsp Baking Soda
- · 3/4 cup chocolate chips
- · 6 TBS (84 g) Vegan Butter (we use Earth Balance spread)
- · 1 1/2 cups (360 g) Canned Pumpkin
- · 2 tsp Distilled Vinegar
- 5/8 cup (150 g) Plant Milk (we use soy or another high protein milk)



- 1. Preheat your oven to 450 degrees. Then, line your muffin tin(s) with paper liners. (You can make 6 jumbo muffins, 12 regular muffins, or 36 mini muffins.)
- 2. Open the bag of muffin mix, then add the sugar, spice, and baking soda to the bag. Give it a stir to mix together.
- 3. Add the butter to a medium-sized bowl and microwave until the butter is melted.
- 4. Add the pumpkin, vinegar and milk to the melted butter and whisk to combine.
- 5. Add the dry mixture to the liquid ingredients and whisk well to combine. Let stand for 15 minutes.
- 6. Stir the batter well to release the built up air bubbles, then stir in the chocolate chips.
- 7. Divide the batter evenly into your prepared tin(s). They will be guite full but that's okay!
- 8. Bake all muffin sizes for five minutes at 450 degrees, then reduce the oven temp and bake as follows: mini 13 to 15 minutes more at 400 degrees; regular 18 to 20 minutes at 400 degrees; or jumbo 28 to 30 minutes at 375 degrees.
- 9. Cool in the muffin tins for several minutes, then remove to a rack to finish cooling.



PUMPKIN SPICED HOT COCOA

INGREDIENTS

- · 1 1/8 cups Plant Milk (we prefer soy or oat)
- · 3 TBS Freely Vegan Hot Cocoa Mix
- 1/4 tsp Pumpkin Pie Spice
- · Vegan Whipped Cream or Marshmallows (optional)



- 1. Add the cocoa mix and pumpkin pie spice to a large mug and stir them together. This really helps the spices to be incorporated into your cocoa and not just float on top!
- 2. Heat your milk to piping hot.
- 3. Add about 1/4 cup of the milk to your mug and stir to completely dissolve the cocoa mix and spice.
- 4. Add the rest of your milk and mix to combine.
- 5. Top with vegan whipped cream and sprinkle lightly with additional pumpkin pie spice, or top with some vegan marshmallows!
- 6. Enjoy!



PUMPKIN PANCAKES



PUMPKIN PANCAKES

INGREDIENTS

- · | Freely Vegan Pancake Mix
- · 1 TBS Pumpkin Pie Spice
- · 3 TBS Sugar
- · 3 TBS (packed) Brown Sugar
- · 2 1/4 cups Plant Milk

(we use soy or another high protein milk)

- · 1/3 cup Pumpkin Purée
- 2 TBS Distilled Vinegar
- 1/2 tsp Vanilla Extract
- · 1 TBS Oil



- 1. Add the pancake mix, spice, and sugars to a mixing bowl. Whisk to combine.
- 2. Make a well in the dry ingredients. Add the milk, pumpkin, vinegar, vanilla, and oil, then whisk together.
- 3. Let your batter stand for 20 minutes and do not stir it again. This is very important!
- 4. Heat a pan or griddle to medium heat (about 350 degrees). Spray lightly with non-stick spray. Use a 1/3 cup measure to scoop out batter and pour onto your pan. Cook for about three minutes, flip pancake, and cook for three more minutes on the second side. Adjust the heat if needed for subsequent pancakes so that three minutes on each side perfectly browns your pancake while cooking the middle all the way through. Continue until all your pancakes are done. This recipe makes about 15 five-inch pancakes.
- 5. Serve with vegan butter and maple syrup and enjoy!
- 6. These pancakes freeze very well. Just store them in a freezer bag and defrost/heat on 50% power in your microwave whenever you like.



APPLE QUICK BREAD

INGREDIENTS

- · | Freely Vegan Muffin Mix
- · 1/2 cup (packed) Light Brown Sugar
- · 1 1/2 tsp Cinnamon
- · 5 TBS Vegan Butter (we use Earth Balance Spread)
- 1 TBS Distilled Vinegar
- · Plant Milk (we use soy or another high protein milk)
- I cup Chopped Apple (peeled first then cut into 1/3" pieces)
- 1 1/8 cups Powdered Sugar
- 1 1/2 TBS Plant Milk
- 1/4 tsp Vanilla Extract



- 1. Preheat your oven to 375 degrees.
- 2. Spray an 8.5" x 4.5" loaf pan lightly with non-stick spray, then make a sling with parchment paper that hangs over both long sides of the pan. Set aside.
- 3. Mix the brown sugar and cinnamon together and set aside.
- 4. Add the vinegar to a liquid measuring cup, then add milk until you have 1 1/4 cups of vegan buttermilk. Prepare the muffin mix according to the package directions. After the batter stands, stir in the chopped apple.
- 5. Add 2/3 of the batter to your prepared loaf pan and spread it out evenly.
- 6. Sprinkle 2/3 of the cinnamon sugar over the batter, then add the rest of the batter followed by the rest of the cinnamon sugar.
- 7. Use a table knife to make a zigzag from one end of the loaf pan to the other. (Be sure your knife is going deep enough to reach the bottom of the pan). Turn the pan around and repeat zigzag.
- 8. Place your pan in the middle of your oven. Immediately reduce the temperature to 350 degrees, and bake for 70 minutes.
- 9. Cool the bread in the pan for 30 minutes, then lift it out of the pan with the parchment sling. Set on rack and remove parchment, then cool fully before icing.
- 10. Whisk the powdered sugar, milk, and vanilla together to make the icing, then drizzle over your cooled bread. Let the icing harden, then slice and serve.



CARROT CUPCAKES

INGREDIENTS

- · | Freely Vegan Yellow Cake Mix
- · 2 tsp Apple Pie Spice
- · 2 1/8 cups (510 g) Plant Milk (we use soy or another high protein milk)
- · 2 TBS (30 g) Distilled Vinegar
- · 3/4 cup + 1 TBS (184 g) Vegan Butter (we use Earth Balance Spread)
- 1/4 cup (60 g) Unsweetened Applesauce
- · 4 cups (360 g) Grated Carrot
- · 1 cup (60 g) Unsweetened Shredded Coconut
- 1 cup (120 g) drained & pressed Crushed Pineapple
- 1/2 cup (60 g) Chopped Walnuts or Pecans
- 1/2 cup (70 g) Raisins



- 1. Preheat your oven to 375 degrees.
- 2. Line your cupcake pans (recipe makes 30 cupcakes) with paper liners.
- 3. Drain and press out as much juice as you can from the crushed pineapple before measuring it.
- 4. Add the spice to the cake mix, then follow the directions on the package, except reduce the amount of milk to $2\,1/8\,$ cups.
- 5. After the batter stands for 10 minutes, stir in the carrots, coconut, pineapple, nuts, and raisins.
- 6. Spoon the batter evenly into your prepared cupcake pans (30 wells total). You can bake these in batches if need be. Place pan in the oven and immediately reduce the temperature to 350 degrees. Bake for 30 to 36 minutes. The tops should bounce back when lightly pressed when they are done. Cool in the pans for three minutes, then remove to a wire rack to finish cooling.
- 7. If you prefer to use round cake pans, prep the pans and follow the baking times given on the package directions.
- 8. Let the cupcakes (or cake layers) cool completely before frosting with Vanilla Buttercream.



ORANGE CHOCOLATE CHEESECAKE MUFFINS



ORANGE CHOCOLATE CHEESECAKE MUFFINS

INGREDIENTS

Muffin Ingredients

- Freely Vegan Chocolate Muffin Mix
- · 1/3 cup (75 g) Vegetable Oil (we use canola oil)
- · 2 tsp (10 g) Distilled Vinegar
- · 1 tsp (5 g) Orange Extract
- · 1 1/4 cups (300 g) Plant Milk

(we use soy or another high protein milk)

- 1/4 cup (60 g) Unsweetened Applesauce
- · 3/4 cup (130 g) Vegan Chocolate Chips (we use 1/2 white & 1/2 semi-sweet)

Cheesecake Filling & Swirl

- · 6 oz Vegan Cream Cheese (Tofutti or Go Veggie)
- · 1/4 cup (30 g) Powdered Sugar
- 1 tsp Vanilla Extract
- · 1 can Mandarin Oranges



- 1. Preheat your oven to 450 degrees and line 12 regular or 6 jumbo muffin cups with paper liners. Drain the mandarin oranges, then break wedges into small pieces and press with paper towels. Measure out 1/2 cup of the drained orange pieces.
- 2. Combine the cream cheese, powdered sugar, and vanilla in a small mixing bowl. Gently fold the 1/2 cup of orange pieces into the cream cheese mixture.
- 3. Place 1/4 of the cheesecake mixture into a smaller bowl and set aside. Put the rest in the fridge to chill
- 4. Prepare the muffin mix according to the package directions, except reduce the vinegar to 2 tsp and add 1 tsp orange extract. Let stand for 10 minutes, then stir in the chocolate chips.
- 5. Evenly fill your muffin cups half way with the batter, then add a dollop of the chilled cheesecake mixture to the top of the batter in each muffin cup. Use all of it and make your dollops equal in size.
- 6. Add the remaining muffin batter to cover the dollops. The cups will be quite full.
- 7. Divide the reserved cheesecake mixture among the muffin cups. Gently swirl some batter through the top dollop.
- 8. For both muffin sizes, bake for five minutes at 450 degrees then reduce the heat to 375 degrees. For regular muffins, bake for an additional 20 minutes. For jumbo muffins, bake for an additional 28 minutes.
- 9. Let the muffins cool in the pan for ten minutes before removing them to a rack to finish cooling.



PUMPKIN SPICED SNICKERDOODLES

INGREDIENTS

Cookie Ingredients

- · I Freely Vegan Sugar Cookie Mix
- 1 1/2 tsp Pumpkin Pie Spice
- 1/4 tsp Baking Soda
- · 2 packed TBS (28 g) Light Brown Sugar
- 1 cup (226 g) Vegan Butter (we use Earth Balance Spread)
- · 2 TBS (30 g) Unsweetened Applesauce
- · 3/8 cup (90 g) Plant Milk (we use soy or another high protein milk)

Spiced Sugar

- · 1/3 cup Sugar
- 2 tsp Pumpkin Pie Spice



- 1. Add half of the cookie mix, the pumpkin pie spice, baking soda, and brown sugar to a medium sized mixing bowl. Whisk to combine.
- 2. Add the butter and the applesauce, then beat on medium-low speed for 1 to 1 1/2 minutes, just until the mixture comes together and starts to form a dough.
- 3. Beat in the milk, then add the rest of the cookie mix and beat on low speed until just incorporated.
- 4. Cover your dough and chill in the fridge for at least 30 minutes. (If you want to freeze your dough to bake later, wait until after the 30 minutes chilling time, then wrap the dough in plastic wrap and place in a freezer bag. Defrost the dough in the fridge before shaping as noted below.)
- 5. Preheat your oven to 375 degrees Fahrenheit while your cookie dough is chilling.
- 6. Shape your dough into 48 equally-sized balls. Mix the sugar and pumpkin pie spice together to make spiced sugar. Roll each dough ball in the spiced sugar and place on waxed paper.
- 7. Line a cookie sheet with parchment paper. Place the spiced sugar cookie balls on the parchment paper about three inches apart. (We bake 16 at a time on a half-sheet pan.)
- $8.\$ Bake for 10 13 minutes, then place your pan on a cooling rack. Allow to cool fully on the baking sheet before serving.



CHOCOLATE ORANGE MARBLE POUNDCAKE

INGREDIENTS

- 1/4 cup Dark Cocoa Powder (we use Hershey's)
- 1/4 cup (packed) Brown Sugar
- · 1/4 cup Water
- 1/2 tsp Vanilla Extract
- · 1 tsp Vegan Butter
- · | Freely Vegan Muffin Mix
- · 2 TBS Sugar
- · 6 TBS (84 g) Vegan Butter (we use Earth Balance Spread)
- · 2 TBS Unsweetened Applesauce
- 1 TBS Distilled Vinegar
- · Plant Milk (we use soy or another high protein milk)
- · 2 tsp Orange Zest
- 1/2 tsp Orange Extract



- 1. Mix the brown sugar and cocoa together in a small saucepan, then mix in the water and vanilla. Bring to a simmer, remove from heat, and stir in 1 tsp butter. Set aside to cool.
- 2. Preheat your oven to 375 degrees.
- 3. Spray an 8.5" x 4.5" loaf pan lightly with non-stick spray, then make a sling with parchment paper that hangs over both long sides of the pan. Set aside.
- 4. Add the vinegar to a liquid measuring cup, then add milk until you have 1 1/4 cups of vegan buttermilk.
- 5. Add half of the muffin mix, sugar, 6 TBS butter, and applesauce to a mixing bowl. Beat on low speed until the mixture comes together. Mix in half of the buttermilk, then half of the remaining muffin mix until smooth. Mix in the rest of the buttermilk and then the rest of the muffin mix. Beat on medium speed for one minute.
- 6. Remove 1 1/3 cups of batter to a smaller bowl and stir the cooled cocoa mixture into it. Add the orange extract and zest to the remaining plain batter. (We also add orange color.)
- 7. Allow batters to rest for 15 minutes, then stir both. Alternate large dollops of chocolate and orange batters in a checkerboard pattern to fill your loaf pan. Use a table knife to make a zigzag from one end of the loaf pan to the other. (Be sure your knife is going deep enough to reach the bottom of the pan). Turn the pan around and repeat the zigzag.
- 8. Place your pan in the middle of your oven. Immediately reduce the temperature to 350 degrees, and bake for 70 minutes.
- 9. Cool the bread in the pan for 30 minutes, then lift it out of the pan with the parchment sling. Set on rack and remove parchment, then cool fully before slicing.





PUMPKIN SCONES

INGREDIENTS

Scone Ingredients

- · | Freely Vegan Biscuit Mix
- 2 tsp Pumpkin Pie Spice
- 1/8 tsp Salt
- 3/8 cup Sugar

- 1/4 cup (packed) Brown Sugar
 1 stick (8 TBS) Vegan Butter (we use Country Crock Olive)
 1/2 cup Canned Pumpkin
 1/3 cup Plant Milk (we use soy or another high protein milk)
- · 2 tsp Distilled Vinegar
- 1 1/2 tsp Vanilla Extract
- 1/2 cup Chopped Walnuts
- · 2/3 cup Craisins (cut in half if from whole berries)

- 11/2 cup Powdered Sugar
- 1/2 tsp Vanilla Extract2 TBS Plant Milk

- 1. Place your walnuts and craisins in the freezer.
- 2. Line a large baking sheet with parchment paper, then add a piece of waxed paper on top of the parchment.
- 3. Whisk the pumpkin, sugars, vinegar, milk, and vanilla together and place the bowl in the freezer.
- 4. Add the biscuit mix to a mixing bowl, mix pumpkin spice and salt into the mix. Then, cut your stick of butter into 8 pieces and toss them in the mix. Use a sturdy fork to cut the butter into the mix until you only have pea-sized pieces of butter left. Put the bowl in the freezer for 15 minutes. (See photos of how to make, shape, and cut scones at this link.)
- 5. Get the bowls from the freezer. Scrape all of the pumpkin mixture into the biscuit mix, then gently fold together. Put the bowl back in the freezer for another 15 minutes.
- 6. Scrape the dough onto the waxed paper on your pan. Cover with more waxed paper and press the dough into a 1/2" thick rectangle. Remove the top piece of waxed paper and press the frozen craisins and walnuts into the top of the douah.
- 7. Using the waxed paper to lift the dough, do a letter fold.
- 8. Repeat the shaping from steps 6 & 7, then fold the dough in half. Finally, divide the dough in half, then press each piece into a 6 inch circle on fresh waxed paper. Place the dough circles in the freezer for 30 minutes. Preheat your oven to 450 degrees while you wait.
- 9. Slide the dough on the waxed paper onto your table. Cut each circle into 6 equal wedges with a sharp knife. Slide your knife under a wedge to loosen it, then transfer it to the parchment on your pan. Repeat with remainina wedaes.
- 10. Place your pan in the oven and immediately reduce the temperature to 400 degrees. Bake for 20-24 minutes until they are dark golden brown.
- 11. Use a spatula to transfer the baked scones to a cooling rack. Cool completely, then mix the icing ingredients together and drizzle icing over each scone.





CHOCOLATE ORANGE CUPCAKES

INGREDIENTS

Cupcake Ingredients

- · | Freely Vegan Chocolate Cake Mix
- · 3/4 cup + 1 TBS (184 g) Vegan Butter (we use Earth Balance Spread)
- · 1/2 cup (120 g) Unsweetened Applesauce
- · 2 TBS (30 g) Distilled Vinegar
- · 2 1/2 cups (600 g) Plant Milk (we use soy or another high protein milk)
- 1 tsp Orange Extract
- · 1 cup (140 g) Chopped Candied Orange Peel
- · 1 cup (170 g) Vegan Chocolate Chips

For Decorating

- · 1 batch Orange Buttercream
- · Halloween Sprinkles (optional)



- 1. Prepare 24 chocolate cupcakes according to the directions on the cake mix, except add the orange extract to the buttermilk, and fold in the candied orange peel and chocolate chips before filling the cupcake liners. Cool cupcakes completely before frosting.
- 2. Make a batch of orange buttercream.
- 3. Pipe orange buttercream onto six of the cupcakes, then add Halloween sprinkles (if desired) to the top of the buttercream on the six piped cupcakes. (Working in batches makes sure the buttercream stays soft enough for the sprinkles to stick). Repeat until all the cupcakes are decorated.
- 4. Serve immediately, or store in an airtight container for up to 8 hours.
- 5. If you need to make these further ahead than 8 hours, freeze the decorated cupcakes uncovered on a baking sheet, then cover loosely and store frozen for up to one week. Defrost at room temperature.



WITCH'S HAT CHOCOLATE COOKIES

INGREDIENTS

- · | Freely Vegan Chocolate Cookie Mix
- · 3/4 cup (170 g) Vegan Butter (we use Earth Balance Spread)
- · 2 TBS (30 g) Unsweetened Applesauce
- · 3/8 cup (90 g) Plant Milk (we use soy or another high protein milk)
- · Halloween Sprinkles (or colored sugar)
- · 48 Vegan Chocolate Kisses
- Colored Vegan Candy Melts



- 1. Add half of the cookie mix, the butter, and the applesauce to a medium-sized mixing bowl. Beat on medium-low speed for 1 to 1 1/2 minutes, just until the mixture comes together and starts to form a dough.
- 2. Beat in the milk, then add the rest of the cookie mix and beat on low speed just until the mix is incorporated.
- 3. Cover your dough and chill in the fridge for at least two hours. (If you want to freeze your dough to bake later, wait until after the two hour chilling time, then wrap the dough in plastic wrap and place in a freezer bag. Defrost the dough in the fridge before shaping as noted below.)
- 4. Shape your dough into 48 equally-sized balls. Place the balls on a baking tray that is lined with waxed paper.
- 5. Chill the cookie balls in the fridge for 30 minutes.
- 6. Preheat your oven to 375 degrees Fahrenheit while your cookie balls are chilling.
- 7. Line a cookie sheet with parchment paper. Place chilled cookie balls on the parchment paper about three inches apart. (We bake 12 at a time on a half-sheet pan.)
- 8. Bake for 11-13 minutes, then place your pan on a cooling rack. Immediately press a candy melt in the middle of each cookie. Return pan to oven for 30 seconds, then add a kiss in the middle of each candy melt. Then add sprinkles around the visible part of the candy melt. Allow to cool fully on the baking sheet before serving.



PUMPKIN CHOCOLATE CHIP COOKIES



PUMPKIN CHOCOLATE CHIP COOKIES

INGREDIENTS

- · | Freely Vegan Brown Sugar Cookie Mix
- · 2 tsp Pumpkin Pie Spice
- · 1/3 cup (packed) Brown Sugar
- 1 cup (226 g) Vegan Butter (we use Earth Balance Spread)
- · 3/4 cup (180 g) Canned Pumpkin
- 10 oz Vegan Chocolate Chips



- 1. Add half of the cookie mix, spice, brown sugar and the butter to a mixing bowl. Beat on medium-low speed for 1 to 1 1/2 minutes, just until the mixture comes together and starts to form a dough.
- 2. Add the pumpkin and beat on low speed until evenly blended.
- 3. Add the rest of the cookie mix and beat on low speed until all of the mix is incorporated. Stir in the chocolate chips.
- 4. Cover your dough and chill in the fridge for at least 30 minutes. (If you want to freeze your dough to bake later, wait until after the 30 minutes chilling time, then wrap the dough in plastic wrap and place in a freezer bag. Defrost the dough in the fridge before shaping as noted below.)
- 5. Preheat your oven to 375 degrees Fahrenheit while your dough is chilling.
- 6. Shape your dough into 36 equally-sized balls and place the rolled balls on waxed paper.
- 7. Line a cookie sheet with parchment paper. Place the cookie balls on the parchment paper about three inches apart. (We bake 12 at a time on a half-sheet pan.)
- 8. Bake for 12 to 14 minutes, then place your pan on a cooling rack. Cool on the pan for 5 minutes, then transfer to rack to finish cooling.
- 9. Store in an airtight container for up to two days or freeze in a ziplock bag.



LENTIL VEGETABLE SOUP

INGREDIENTS

- · 2 TBS Vegan Butter
- 1 TBS Minced Garlic
- 1/4 tsp Crushed Red Pepper
- · 11/2 cups Chopped Onion
- · 1 1/2 cups Chopped Carrot
- · I cup Chopped Celery
- · 8 oz package Button Mushrooms, coarsely chopped
- · 2 TBS Magical Seasoning Blend
- · 5/8 tsp Curry Powder
- 1/2 tsp Cumin
- 1/8 tsp Cardamom
- 1/8 tsp Thyme
- 1 tsp Sugar
- 1 28 oz can Petite Diced Tomatoes
- · 6 cups Water
- · 2 TBS Magical Broth Powder
- 1/4 cup Tamari or Soy Sauce



- · 1 Bay Leaf
- · 8 oz (1 cup) Red Lentils
- 10 oz Fresh or Frozen Chopped Spinach
- · 3 TBS Lemon Juice

- 1. Prepare your vegetables and defrost and drain your spinach if you're using frozen.
- 2. Add the butter, crushed red pepper, and garlic to a large soup pot. Cook for a minute or two until fragrant.
- 3. Add the vegetables and Magical Seasoning Blend to the pot and cook for 10 to 12 minutes over medium heat. Stir in the curry powder through sugar and cook for 3 more minutes.
- 4. Stir in the can of tomatoes, Magical Broth Powder, water, and tamari. Cover the pot and bring to a boil over medium heat.
- 5. Rinse the lentils well, then stir them into the boiling soup. Drop in the Bay leaf, then cover the pot, reduce the heat, and simmer for 25 minutes, stirring every 10 minutes.
- 6. Find and remove the bay leaf, then remove 3 cups of the soup to a metal bowl and blend with an immersion blender. Return the blend to the pot and mix it in.
- 7. Add the spinach, stir well, and simmer uncovered for about 20 minutes, until the lentils are tender.
- 8. Turn off the heat, stir in the lemon juice, then let the soup stand for 30 minutes before serving.



Biscuit Ingredients

- · | Freely Vegan Biscuit Mix
- 1 1/2 tsp Garlic Powder
- 1/8 tsp Cayenne Pepper
- 1/2 cup (112 g) Vegan Butter
- 1 TBS (15 g) Distilled Vinegar
- 1 cup (240 g) Plant Milk

(we use soy or another high protein milk)

· 3.5 oz Grated Vegan Cheddar Cheese

Topping Ingredients

- · 3 TBS (42) Vegan Butter, melted
- 1/2 tsp Garlic Powder
- 1 tsp Dried Parsley

- 1. Preheat your oven to 450 degrees.
- 2. Melt the butter for the biscuits, then put in the fridge to cool.
- 3. Stir the vinegar into the milk to make vegan buttermilk. Place in the freezer to chill.
- 4. Combine the biscuit mix, garlic powder, and cayenne in a mixing bowl. Place in the freezer and set a timer for 30 minutes.
- 5. When the timer rings, get your ingredients out of the freezer and fridge. Make a well in the dry mixture, then scrape the buttermilk into the well, including all the icy bits that have frozen to the cup.
- 6. Drizzle the cooled melted butter into the buttermilk.
- 7. Gently fold everything together, just until all of the dry mix is incorporated. Stir in the grated cheese.
- 8. Let the dough rest for 10 minutes, then drop or scoop the dough into 8 equal mounds on a parchment-lined baking sheet. Put the pan into the freezer for 10 minutes before baking.
- 9. Bake for 23 to 26 minutes until the tops are golden brown. Let cool for 5 minutes. Combine topping ingredients and brush onto warm biscuits.





OUR FAVORITE VEGAN CHILI & JALAPEÑO CORN MUFFINS



OUR FAVORITE VEGAN CHILI

INGREDIENTS

- · 3 15 oz cans Beans
- (1 Pinto, 1 Black, & 1 Kidney) not drained!
- · 1 cup Chunky Salsa
- 1 28 oz can Petite Diced Tomatoes
- 1 1/2 TBS Molasses
- · 1 tsp Brown Sugar
- · 2 tsp Cocoa Powder (unsweetened)
- 1 cup Hot Water
- 12 oz Vegan Chorizo (we use Trader Joe's)
- · 8 oz Vegan Ground "Beef" (we use Beyond Burger)
- · 1 TBS Oil
- · 2 tsp Minced Garlic
- · 11/2 cups Chopped Onion
- 1 1/2 cups Grated Carrot
- · I cup Chopped Celery
- · 1 cup Chopped Green Pepper
- I TBS <u>Magical Seasoning Blend</u>
- 2 TBS <u>Magical Taco Seasoning</u>



- 1. Mix the molasses, brown sugar, cocoa, and water together. Set aside.
- 2. Cook the chorizo crumbles in a large pot for a few minutes, then remove to a bowl. In the same pot, break up the vegan burger into chunks. Brown the chunks, then remove and set aside with the chorizo.
- 3. Add the oil, garlic, vegetables, and Magical Seasoning Blend to the pot and cook for 10 minutes over medium heat, then stir in the Magical Taco Seasoning and cook for 3 more minutes.
- 4. Stir the molasses mixture, then mix it into the vegetables in the pot. Simmer for 3 minutes.
- 5. Add the beans (including liquid), salsa, and tomatoes to the pot. Stir well, bring to a boil, reduce heat, and simmer for one hour, stirring every 10 to 15 minutes.
- 6. Stir in the reserved chorizo and burger chunks, then simmer for an additional 15 minutes before serving.

- · | Freely Vegan Cornbread Mix
- 1/2 cup Vegan Butter (we use Earth Balance Spread)
- · 2 TBS Distilled Vinegar
- · 2 cups Plant Milk

(we use soy or another high protein milk)

- · 1 cup Vegan Cheese Shreds
- · 1/2 cup Chopped Red Bell Pepper
- 1/2 cup Chopped Jalapeño Pepper (seeded if you don't want too much heat)
- 12 Jalapeño Slices for muffin tops
- · Additional Vegan Cheese Shreds for topping



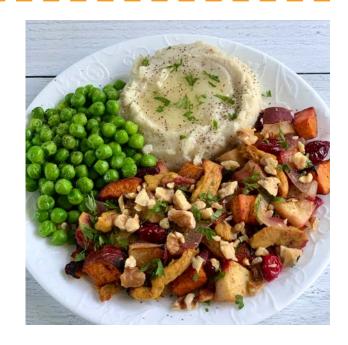
- 1. Preheat your oven to 450 degrees.
- 2. Butter a regular-size 12-well muffin tin and set aside.
- 3. Add the vinegar to the milk to make vegan buttermilk.
- 4. Prepare the cornbread mix according to the package directions.
- 5. After the batter stands, stir in the 1 cup of cheese shreds, chopped bell pepper, and chopped jalapeño.
- 6. Divide the batter evenly in the 12 muffin wells. Add a slice of jalapeño and a little bit of cheese shreds to the top of each one. If you prefer to bake a pan of cornbread instead of muffins, follow the pan and baking directions on the package.
- 7. Bake at 450 for five minutes, then reduce the temperature to 400 and bake for an additional 19 to 22 minutes. (Use the time on the package for a pan of cornbread.)
- 8. Cool the muffins in the pan for 3 minutes, then remove to a rack to cool to warm before serving.
- 9. Serve warm with butter and enjoy!
- 10. Freeze any leftover muffins in a ziplock bag. Defrost/heat at 50% power in your microwave.



HARVEST ROASTED DINNER

INGREDIENTS

- · 3 cups Seasoned Vegan Chick'n Pieces (we use this soy curls recipe)
- 1 large or 2 medium Sweet Potatoes
- · 3 Granny Smith Apples
- · 1 large Yellow Onion
- 1 large Red Onion
- 1 1/2 cups Fresh or Frozen Cranberries
- · 2 TBS Vegan Butter
- 4 tsp <u>Magical Seasoning Blend</u>
- 1 tsp Poultry Seasoning
- 1/8 tsp Ground Ginger
- · 1 tsp Orange Zest
- 1 tsp Dijon Mustard
- 1 1/2 TBS Maple Syrup
- · 2 TBS Lemon Juice
- 1/2 cup Chopped Walnuts or Pecans



- 1. Preheat your oven to 350 degrees. Spray a rimmed 1/2 sheet baking pan with non-stick spray, set aside.
- 2. Melt the vegan butter in a small glass mixing bowl. Add the Magical Seasoning Blend through lemon iuice and whisk to combine.
- 3. Place the chick'n pieces and 2 TBS of the marinade in a ziplock bag, press out the air and seal the bag. Set aside.
- 4. Toast the nuts on a small pan for about 5 minutes until they are fragrant and lightly browned. Set aside. Turn your oven up to 400 degrees.
- 5. Cut the sweet potato (peel on) into one inch chunks and place on the pan. Slice the onions into 1/2 inch wide slices and add to the pan with the sweet potato. Stir the remaining marinade, then pour it over the vegetables and toss to coat evenly. Place the pan in the oven for 20 minutes.
- 6. Peel and core the apples, then cut them into one inch chunks. After the first 20 minutes of roasting, toss them with the onions and sweet potato. Roast another 20 minutes.
- 7. Stir in the chick'n pieces and cranberries, then roast for a final 20 minutes. Let the dinner stand for 15 minutes, then serve with toasted nuts on top. We like to serve <u>mashed potatoes</u> and buttered peas on the side!



BUTTERBEER ICE CREAM FLOATS



BUTTERBEER ICE CREAM

INGREDIENTS

- · | Freely Vegan Vanilla Ice Cream Mix
- 1/4 cup (packed) Brown Sugar
- · 3 TBS Vegan Butter
- 1 1/2 tsp Vanilla Extract
- 3/4 tsp Rum Extract
- 1/2 tsp Apple Cider Vinegar
- 16 oz carton Silk Whipping Cream
- 1 1/2 cups Water



- 1. Add the brown sugar and butter to a small saucepan and stir over low heat to melt the butter. Remove the pan from the heat, and whisk in the vanilla, rum extract, vinegar, and 2 TBS of the whipping cream.
- 2. Return pan to the heat, bring to a low boil, and cook for 4 minutes. Stir occasionally.
- 3. Remove pan from heat, then gradually whisk in the rest of the whipping cream. Be sure to get all of it out of the container. (Add some of the measured water to the cream container and shake it up to get any cream stuck to the sides.)
- 4. Whisk in the water, then whisk in the ice cream mix.
- 5. Return the pan to medium heat and bring to a boil while whisking continuously.
- 6. Cool to warm, stirring occasionally to prevent a skin forming on top.
- 7. Transfer to a container with a lid, and chill for at least four hours.
- 8. Freeze the mixture according to the directions on your ice cream machine. (Be sure to freeze the canister long enough and cold enough before starting, or your ice cream will not set up.)
- 9. Transfer your ice cream to a freezer container with a lid, and chill for several hours to fully harden.
- 10. To make a butterbeer float, add a scoop of butterbeer ice cream to the bottom of a chilled mug, add cream soda (best) or root beer to cover the scoop, then add another scoop and enough additional soda to fill the mug. Top with vegan whipped cream and a cherry, serve, and enjoy!



PUMPKIN SPICED CHOCOLATE ICE CREAM

INGREDIENTS

- I Freely Vegan Chocolate Ice Cream Mix
- 1 tsp Pumpkin Pie Spice
- · 16 oz carton Silk Whipping Cream
- 1 1/2 cups Water



- 1. Pour the ice cream mix into a small saucepan, then whisk in the pumpkin pie spice. This really helps the spices to be incorporated into your ice cream mix and not just float on top when you add the liquid!
- 2. Whisk in the whipping cream. Be sure to get all of it out of the container. (Add some of the measured water to the cream container and shake it up to get any cream stuck to the sides.)
- 3. Whisk in the water, then place the pan over medium heat and bring to a boil while whisking continuously.
- 4. Cool to warm, stirring occasionally to prevent a skin forming on top.
- 5. Transfer to a container with a lid, and chill for at least four hours.
- 6. Freeze the mixture according to the directions on your ice cream machine. (Be sure to freeze the canister long enough and cold enough before starting, or your ice cream will not set up.)
- 7. Transfer your ice cream to a freezer container with a lid, and chill for several hours to fully harden.
- 8. You can also make this recipe with our Vanilla Ice Cream Mix! Follow the same directions, except also add 1 tsp of vanilla extract with the water.



APPLE SPICE OATMEAL CREAM PIES

INGREDIENTS

- · | Freely Vegan Oatmeal Cookie Mix
- 3/4 tsp Apple Pie Spice
- 3/4 cup (170 g) Vegan Butter (we use Earth Balance Spread)
- · 2 TBS Unsweetened Applesauce
- · 3/8 cup Plant Milk

(we use soy or another high protein milk)

- 2/3 cup Finely Diced Apples (peeled before dicing)
- 1 cup Chopped Walnuts
- 1/2 to 2/3 batch Vanilla Buttercream



- 1. Add the spice to the cookie mix, then make the oatmeal cookie dough according to the package directions.
- 2. Stir in the apples and walnuts, cover, and chill for at least 2 hours.
- 3. Preheat your oven to 375 degrees.
- 4. Line a half sheet baking pan with parchment, and scoop out twelve 1 1/2 inch balls of dough onto the sheet, about three inches apart. Bake for 14 to 16 minutes until the tops of the cookies are lightly browned and the edges are golden brown. Cool on the pan for five minutes, then remove to a rack to finish cooling. Repeat with remaining dough. You should have 36 cookies.
- 5. Turn 18 of the cooled cookies over so the bottoms are facing up. Pipe a generous amount of buttercream onto each of these, leaving a 1/4 to 1/2 inch border around the edges.
- 6. Top with remaining cookies and squish the sandwiches together until the buttercream has come to the edge of the cookies. Serve and enjoy!
- 7. Wrap leftover cookies individually in plastic wrap, then place the wrapped cookies in a ziplock bag in the freezer. Defrost at room temperature.



PUMPKIN CHEESECAKE BROWNIES



PUMPKIN CHEESECAKE BROWNIES

INGREDIENTS

Brownie Ingredients

- · | Freely Vegan Brownie Mix
- · 1/2 cup (112 g) Vegetable Oil (we use canola)
- · 3/4 cup (180 g) Very Hot Water

Cheesecake Swirl

- · 3/4 cup Powdered Sugar
- 1 tsp Pumpkin Pie Spice
- · 1 cup Canned Pumpkin
- 1 tsp Vanilla
- · Pinch Salt



- 1. Preheat your oven to 350 degrees and line a $9" \times 13"$ pan with parchment paper with the paper overhanging the long sides of the pan.
- 2. Combine the cream cheese, powdered sugar, and spice in a small mixing bowl. Add the pumpkin, vanilla, and salt, and mix again. Place in the fridge.
- 3. Prepare the brownie mix according to the package directions, except only pour 3/4 of the batter into your lined pan.
- 4. Spread the pumpkin mixture evenly over the brownie layer.
- 5. Dollop the remaining brownie batter over the pumpkin layer.
- 6. Use a butter knife to swirl the top brownie dollops and pumpkin layer together in a pretty pattern.
- 7. Bake at 350 degrees for 42 to 45 minutes.
- 8. Cool in the pan for 1 1/2 hours, then chill uncovered for 2 more hours.
- 9. Use the parchment paper to lift and slide the brownies out of the pan. Slice and serve.
- 10. Store in a covered container in the fridge for up to four days. Or, freeze for several months. Defrost at room temperature before serving.



MASHED POTATOES

INGREDIENTS

- · 3.5 lbs (nine medium) Russet Potatoes
- · 1 TBS Salt
- · Water to Cover
- · 3 TBS (42 g) Vegan Butter (we use Earth Balance)
- 1 cup (240 g) Unsweetened Soy or Oat Milk
- 1/2 tsp Salt
- 1/4 tsp Black Pepper



- 1. Peel your potatoes, then cut them into one inch pieces. Add them to a large saucepan and sprinkle the TBS of salt on top. (This is just to make the water salty and very little will end up in the potatoes.)
- 2. Add enough water to cover the potatoes by an inch, then cover the pan and put it over medium-high heat. Bring the water to a boil.
- 3. Reduce the heat and simmer covered for 10 to 15 minutes until your potatoes are tender. (You should be able to pierce the potatoes easily with a fork with no resistance but they shouldn't be falling apart.)
- 4. Drain the potatoes in a colander, then add them back to the pan and cook for several minutes over low heat to dry them out.
- 5. Add the vegan butter to the milk and heat together until the butter is mostly melted.
- 6. Add the potatoes to a large mixing bowl and start mixing them on medium low speed to break them up. Add the salt and pepper and mix in. Gradually mix in the warm milk and butter mixture until the potatoes are the right consistency. Add additional milk a little at a time, if needed.
- 7. Mix on medium speed for two minutes to whip the potatoes until they are light and fluffy.



APPLE PIE SPICE & PUMPKIN PIE SPICE

APPLE PIE SPICE INGREDIENTS

- · 2 TBS + 2 tsp Cinnamon
- · 5/8 tsp Cardamom
- · 5/8 tsp Ginger
- · 5/8 tsp Nutmeg
- · 1/8 tsp Allspice

PUMPKIN PIE SPICE INGREDIENTS

- · 2 1/2 TBS Cinnamon
- · 2 3/4 tsp Ginger
- 1/2 tsp Cardamom
- · 3/8 tsp Nutmeg
- · 1/8 tsp Allspice
- · 1/8 tsp Cloves

DIRECTIONS (BOTH)

- 1. Whisk all of the spices together in a small bowl.
- 2. Store in an airtight container.





- · 3 Navel Oranges
- 1 1/2 cups Water
- · 3 1/2 cups Sugar
- · Additional Water



- 1. Wash and dry the oranges.
- 2. Use a paring knife to cut through the orange skin creating six wedges on the skin of each orange.
- 3. Peel off these wedges, then carefully slice any excess pith (white part) off of each wedge. You want enough to hold the peel together but no more than that.
- 4. Cut each wedge into 1/4 inch wide slices, then place all the slices into a saucepan. Cover with water, bring to a boil, and boil for five minutes.
- 5. Strain the orange slices and discard the water. Repeat this boiling and draining step two more times. This repeated boiling removes most of the bitterness from the pith.
- 6. Add the sugar and 1 1/2 cups water to your saucepan and heat to dissolve the sugar. Add the prepared orange slices and stir. Bring to a boil, reduce the heat, and simmer for one hour and 15 minutes, stirring occasionally.
- 7. Use a fork to remove the candied orange slices to a rack. Save the orange syrup if you wish to use it in other recipes.
- 8. Optional: dip each candied slice in granulated sugar after they have dried on the rack for one hour and place on a clean rack.
- 9. Dry the plain or sugared candied orange slices on the rack for six hours or overnight. They will harden on the outside as they dry.
- 10. Store in an airtight container.



- · 5 2/3 cups (1.5 lbs) Powdered Sugar
- · scant 1/8 tsp Salt
- 3 sticks (340 g) Vegan Butter (we use Country Crock sticks)
- · 3/8 cup (90g) Plant Milk (we use soy or another high protein milk)
- · 2 tsp Vanilla Extract



- 1. Country Crock plant butter sticks make the best buttercream, so we recommend using them for this recipe. You can sub another brand of vegan butter sticks but the results won't be quite as good.
- 2. Cut the butter sticks into 8 pieces each, then add them to a large mixing bowl. Beat on medium speed until smooth. Scrape down the bowl and beaters.
- 3. Add the powdered sugar, salt, milk and vanilla to the bowl in that order. Beat on low speed until all the powdered sugar is incorporated. If your buttercream is too thin, add 1/8 cup of powdered sugar and mix again. Repeat if needed. If your buttercream is too thick, add 1/2 tsp of plant milk and mix again. Repeat if needed. Scrape down the bowl and beaters again.
- 4. Beat on high speed for 1 1/2 to two minutes until light and fluffy. Frost your cookies or cupcakes.
- 5. To store, cover tightly with plastic wrap, pressing the plastic right onto the frosting. It will keep on the counter for an hour or two as long as your room is no warmer than about 72 degrees. Refrigerate if it will be longer before you use it or if your room is warmer. You can also freeze the buttercream in a ziplock bag and defrost before using. If your buttercream has been chilled, you will need to beat it up again on medium to high speed for a minute to get it fluffy and easy to spread.

- · 5 2/3 cups (1.5 lbs) Powdered Sugar
- 1/8 tsp Salt
- 3 sticks (340 g) Vegan Butter (we use Country Crock sticks)
- 4 TBS orange juice
- · 3/4 tsp Vanilla Extract
- 1 1/2 tsp Orange Extract
- 1 1/2 TBS Orange Zest
- · Orange Food Coloring



- 1. Country Crock plant butter sticks make the best buttercream, so we recommend using them for this recipe. You can sub another brand of vegan butter sticks but the results won't be quite as good.
- 2. Cut the butter sticks into 8 pieces each, then add them to a large mixing bowl. Beat on medium speed until smooth. Scrape down the bowl and beaters.
- 3. Add the powdered sugar, salt, orange juice, vanilla, orange zest, & orange extract to the bowl in that order. Beat on low speed until all the powdered sugar is incorporated. If your buttercream is too thin, add 1/8 cup of powdered sugar and mix again. Repeat if needed. If your buttercream is too thick, add 1/2 tsp of orange juice and mix again. Repeat if needed. Tint with orange food coloring if desired. Scrape down the bowl and beaters again.
- 4. Beat on high speed for 1 1/2 to two minutes until light and fluffy. Frost your cookies or cupcakes.
- 5. To store, cover tightly with plastic wrap, pressing the plastic right onto the frosting. It will keep on the counter for an hour or two as long as your room is no warmer than about 72 degrees. Refrigerate if it will be longer before you use it or if your room is warmer. You can also freeze the buttercream in a ziplock bag and defrost before using. If your buttercream has been chilled, you will need to beat it up again on medium to high speed for a minute to get it fluffy and easy to spread.



VEGAN CHOCOLATE KISSES

INGREDIENTS

Equipment

- 3 Silicone Chocolate Kisses Molds
- · Ziplock Baggie (quart size)

Ingredients

- · 8 oz Vegan Semi-Sweet Chocolate Chips
- · 4 oz Vegan White Chocolate Chips



- 1. We use these molds for kisses. You get about 75 kisses from 12 oz of chocolate!
- 2. Add the chocolate chips to a glass bowl. Heat in the microwave on 50% power for 1 minute. Stir, then heat at 50% power for 45 seconds. Stir, then continue to heat on 50% power for 30 second increments until the chocolate is nearly all melted, stirring between each time heating. Stir gently to fully melt all the chocolate. You want it evenly blended but do not want to introduce any bubbles.
- 3. Transfer the melted chocolate to the ziplock bag. Press out the air and seal the bag.
- 4. Cut off a tiny bit from one corner of the bag. You want a large enough hole in the bag to be able to pipe easily, but not so large that you cannot easily control the flow of chocolate.
- 5. Hold the bag sideways over one of the molds. Tip the end of the bag over one well and gently squeeze the bag to fill almost nearly full. Repeat until all three molds are filled. Check after filling a few wells to see if the amount you are piping is correct. Too little and your well won't be fully filled. Too much and the chocolate will be mounded up higher than the top of the mold.
- 6. Pick up each filled mold and hold it several inches above the table. Drop it onto the table. Repeat several times with each mold. This helps to get the chocolate into the tips of the mold. Even with this step, not all of the tips will fill evenly, but your kisses will still look good when they partially melt on top of your cookies!
- 7. Let the chocolate harden fully before removing the kisses from the molds.



VEGAN CANDY MELTS

INGREDIENTS

- 9 oz (1 1/2 cups) Vegan White Chocolate Chips (we use the Walmart brand)
- · Gel Food Colorina



- 1. Add the white chocolate chips to a small glass bowl.
- 2. Heat in the microwave on 50% power for one minute. It is very important to set for 50% power each time to prevent scorching your chocolate!
- 3. You won't see any melting yet, but stir anyway and heat for another minute at 50% power. You should see a bit of melting beginning now.
- 4. Stir again and heat for 45 seconds at 50% power.
- 5. Stir again and heat for 30 seconds at 50% power. The chips should be mostly melted now.
- 6. Stir again and heat for 30 seconds at 50% power. You should have complete melting now. If not, continue with 15 second intervals until the chips are melted.
- 7. Divide your melted chocolate into three little bowls and tint each with with 2 to 3 drops of gel color, stirring to mix evenly. (Do not use regular food coloring as the water content will make your chocolate seize up.)
- 8. Use a teaspoon to spread out small dollops of each color of melted chocolate into waxed paper. You should get about 18 of each color (54 total candy melts).
- 9. Let harden completely before removing your melts and storing them in an airtight container.



TIPS & TECHNIQUES

- •If a link is given to another recipe, be sure to click it and look at the steps. Some shaping techniques cannot be adequately conveyed with words alone.
- •Not all vegan butters are the same. They differ in fat and water content which affects how your cookies will bake. We use <u>Earth Balance Spread</u> in the tub and <u>Country Crock sticks</u> for the butter in this ebook. You can use another brand, but be sure it is also a spread or stick as directed and that it contains 10 or 11 grams of fat per 1 TBS (14 g), or your recipe may not turn out properly.
- •Not all plant milks are the same. We recommend Silk Original Soymilk, Ripple, Bolthouse, or any other high-protein plant milk with at least 8 g of protein per cup.
- •Not all vegan cream cheese is the same. We have tested the cream cheese recipes in this ebook with both Tofutti and Go Veggie brands. Others do not always work properly when baked.
- •We recommend using a silver-colored half-sheet pan (18 x 12 inches) for baking cookies and scones. These pans bake very evenly and the rim keeps your cookies from accidentally sliding off like they can with a flat cookie sheet. They are inexpensive and readily available.
- •You must line your baking pans, even if you are using non-stick pans. Line your baking pan with parchment paper for the best results . You can use a Silpat instead, but it doesn't work as well for cookies. You can find parchment paper at any grocery store.
- •Fill your muffin tins equally and shape your cookie dough into equal sized dough balls. If you have some that are smaller and some larger, they will not bake evenly.
- •Preheat your oven for at least 20 minutes. Most ovens take this long to fully come up to the set temperature, but will beep saying they are ready long before they really are.
- •Follow the recommended chilling times in each recipe. Baking too soon will result in your cookies or scones spreading out too much.
- ·Let your cookies cool fully on the baking sheet. If you only have one pan and want to bake more cookies, wait at least ten minutes before transferring your cookies from the pan to a cooling rack. Also, be sure that your pan has completely cooled before using it again. (Never put cookie dough on a warm pan because it will make your cookies spread out too much.)