

## **Cooking with Bruce and Mindy**

### **Whole Food Plant Based**

### **September 19, 2020**

We are so excited to be sharing a meal with you on Saturday September 19. Below is your shopping list and prep directions if you want to follow along and cook with us. Not only are we showing you how to cook we will also be sharing valuable information on the how and why or leaning more toward a plant-based diet so come with all your questions as we are eager to assist in any way we can.

Please read through this menu as there are some pre prep items for you to do as we only have one hour together

And we would love for you to join our One Day to Wellness Family. Our home study One Day to Wellness is now available on [onedaytowellness.com](http://onedaytowellness.com). Use the code Homestudy at check out for a huge discount.

Bruce is also leading a FREE lecture Cannabis Fundamentals September 30. Sign up here <https://www.eventbrite.com/e/cannabis-fundamentals-tickets-116265548385>

Lastly our new books are out on Amazon – *The Plant Powered Penis* - Mindy / *A Plant Powered Approach to Prostate Cancer* – Bruce and Mindy

See you then -Mindy and Bruce

#### **MENU**

Black Bean Quinoa Burgers  
Potato crisps  
Pesto  
Cashew Cheese  
Whole Wheat Bread  
Chickpea cookies  
Chocolate Mousse

#### **Shopping List**

Pre make the bread, chickpea cookies and chocolate mousse (recipes below)

#### **Black Bean Burger with Quinoa**

1/2 cup uncooked quinoa  
1 chopped onion  
6 chopped mushrooms sautéed in a small amount of white wine or water or veg broth with

3 garlic cloves minced  
1 1/2 cups cooked black beans  
3 tablespoons ground flax seed  
1 teaspoon hot chili flakes  
Pepper to taste

### **Instructions:**

1. Preheat oven to 350 F.
2. Cook quinoa for 10 minutes in 1 1/2 cups water.
3. Cook onion, mushrooms, and garlic with small amount of white wine or water or veg broth in sauce pan for 3-5 minutes.
4. Mix in 1/2 beans and 1/2 quinoa—cook for 5 minutes.
5. Process this in food processor.
6. Then add all remaining ingredients and shape into patties.
7. Cook at 350 F for 20-30 minutes. Finish on stove for a crispy burger

### **Garnish – CASHEW CREAM**

1 1/2 cups cashews soaked  
1/3 cup nutritional yeast  
1/4 cup lemon juice

1 teaspoon garlic powder  
1 teaspoon onion powder  
1/4 cup nutritional yeast as topping  
Parsley or avocado for garnish

### **OIL FREE / CHEESE FREE PESTO**

1 large pack fresh basil—at least 1 cup 1-3 cloves garlic  
1/4 to 1/2 cup pine nuts  
Juice from one lemon

1/4 teaspoon Bragg Liquid Aminos

1/2 to 3/4 cup nutritional yeast  
1/4 cup tofu or avocado (optional)

Other Garnishes - Kozliks mustard, avocado, onion, tomato, lettuce, sprouts, cabbage, apple, kim chi

### **Potato Crisps**

3 cups small creamer potatoes

Create a mixture of balsamic vinegar, kozlik mustard, onion powder and garlic powder, rosemary leaves, basil, smoked paprika. Mix cut potatoes into the liquid until all is coated. Place potatoes on parchment paper and cook in oven at 375 for 20-40 minutes checking at 20 minutes and turning.

### **Whole Wheat Bread Recipe**

4 cups whole wheat flour  
2 cups warm water  
1 pack quick-rise yeast  
1 tablespoon maple sugar (optional)

#### **Instructions:**

1. Preheat oven to 400 F.
2. Mix together all ingredients together until you have a dense dough
3. Pour into two parchment paper lined loaf pans.
4. Let rise 1-2 hours.
5. Bake 40 minutes.

### **Chickpea Cookie Dough**

#### **DOUGH**

1 can chickpeas, drained  
1/2 cup nut butter of choice  
1/4 cup oat or other plant milk 1/2 cup date sugar  
2 tsp vanilla  
1/8 tsp baking powder

#### **ADD INS**

1/2 cup vegan chocolate chips  
Or  
1/2 teaspoon each clove, nutmeg, cinnamon 1/2 cup currants or raisins  
Or  
1/2 cup uncooked old-fashioned oatmeal  
1/4 cup walnuts  
1/2 cup raisins

#### **Instructions:**

1. Preheat the oven to 350 degrees.
2. Combine all cookie dough ingredients except Extras in a bowl or high-speed blender until no more whole chickpeas remain.
3. Add chocolate chips and stir.
4. Scoop 1-inch-thick balls onto a cookie sheet lined with parchment paper or use non-stick cookie sheet. Flatten with the back of a spoon and place in the oven.
5. Bake for 15-20 minutes.
6. Remove from oven and let cool.

### **Chocolate Mousse**

1 package silken tofu  
2 cups date paste (1 cup water and 1 cup dates blended together to form a paste)  
1/4 cup cacao powder  
1 teaspoon vanilla

Mix all in a food processor and chill in fridge