

StartNew Eight-Week Recipes

Click an item in blue to go to recipe

Week One

[CROCK POT MILLET](#)
[OVERNIGHT APPLE OATS](#)
[PINEAPPLE BREAKFAST BARS](#)
[CREAMY RICE CEREAL](#)
[MILLET CRUMBLE](#)
[MAPLE NUT GRANOLA](#)

Week Two

[CHILI WITH CORN](#)
[CHIX-STYLE NOODLE SOUP](#)
[LENTIL STEW](#)
[TWO-MINUTE KETCHUP](#)
[WHOLE WHEAT BREAD](#)
[SUN BURGERS](#)
[LIGHT CARAWAY RYE BREAD](#)
[GREEN SPINACH BREAD](#)
[TOFU MAYO](#)

Week Three

[HOLIDAY NUT LOAF](#)
[SCALLOPED POTATOES](#)
[TAPIOCA PUDDING](#)
[ORANGE, GREEN AND YELLER SALAD](#)
[SOY SAUCE CONCENTRATE](#)
[SESAME SPRINKLE](#)

Week Four

[STOVE TOP OATMEAL](#)
[OVERNIGHT OATMEAL](#)
[FRUIT TOPPING \(makes 6 cups\)](#)
[WHIPPED TOPPING](#)
[GRANOLA BARS](#)
[SCRAMBLED TOFU](#)
[COUNTRY STYLE SEASONING](#)

Week Five

[HONEY PEANUT BUTTER BARS](#)
[BAKED ENCHILADA CASSEROLE](#)
[7-LAYER STEW CASSEROLE](#)
[CASHEW CHEEZE SAUCE](#)
[CAROB BANANA DATE COOKIES](#)

Week Six

[PIZZA CRUST](#)
[BURGUR/CHEEZE DIP](#)
[SIMPLE PIZZA SAUCE](#)
[BULGUR BURGER](#)
[FIBER BARS](#)
[MELTY CHEEZE](#)
[CREAM CHEESE SPREAD](#)
[MOCKZARELLA CHEEZE](#)
[COUNTRY STYLE GRAVY](#)
[CASHEW, WALNUT, OR PECAN LOAF](#)
[SILKY CAROB PUDDING](#)
[MOVING FIBER BALLS](#)

Week Seven

[NEATBALLS](#)
[FRUIT SALAD DRESSING](#)
[SWEET AND SOUR TOMATO SAUCE](#)
[FRUIT SALAD](#)
[OAT PIE CRUST](#)
[PUMPKIN PIE FILLING](#)

Week Eight

[CUBAN BLACK BEANS](#)
[FLUFFY BROWN RICE](#)
[UNCHEEZIE SAUCE](#)
[TOFU SOUR CREAM](#)
[RANCH STYLE DRESSING](#)
[KETCHUP](#)

StartNew Eight-Week Recipes

Week One Recipes:

CROCK POT MILLET *(Makes 20 one-half cup servings)*

1-1/2 cups Dry Millet
1 cup Chopped Dates
1 tsp. Real Salt
6 cups Water
2 Tbl Maple Syrup
1 tsp Vanilla
1/2 cup Raisins, chopped apricots, or Craisins
2 tsp Coriander
(Variation: Add 1/2 cup each chopped walnuts and apples.)

Blend together:

2/3 cup Almonds
1 cup Water

Add mixture in pot and cook on low overnight. Stir before serving.

OVERNIGHT APPLE OATS *(Makes 24 one-half cup servings)*

4 cups Rolled Oats
6 cups Water
2 cups Apple juice
2 cups Apples, diced
1 tsp Vanilla
1 cup Nuts, chopped

Place all ingredients except for vanilla and nuts in a slow cooker. Cook on high for 3-4 hours or on low 7-9 hours. For best results do not remove cover during cooking process.

When cereal is done, stir in vanilla and nuts. May be necessary to stir a little bit to thicken cereal.

PINEAPPLE BREAKFAST BARS *(Makes 12-16 bars)*

1 20oz can Pineapple Chunks (In pineapple juice)
1/2 cup Almonds
1/4 cup Raisins
2 Tbl Oil
1/2 tsp Salt
1/2 tsp Vanilla (no alcohol)
1-1/2 cup Quick Cooking Oats
1/2 cup Coconut, unsweetened
1/2 cup Whole Wheat Flour

Thoroughly drain juice from pineapple and set aside.

Place pineapple chunks in blender and blend until smooth. Scrape blender into a small dish. Set aside.

In blender, place almonds, 1/2 cup of reserved pineapple juice, raisins, oil, salt and vanilla. Blend until smooth. May need to occasionally turn off blender and scrape sides.

In a mixing bowl combine oats, coconut and flour. Pour blended almond mixture over dry ingredients and mix with hands or fork.

Press half of mixture into bottom of an 8" x 8" well-oiled baking dish. Bake at 350 degrees for 10 minutes.

Remove from oven and spread pineapple puree over top of crust. Crumble remaining oat mixture over top of pineapple. Bake for an additional 20 to 30 minutes at 350 degrees or until lightly browned.

Remove from oven and allow to cool before cutting into bars.

[Back](#)

CREAMY RICE CEREAL *(Makes 12 one-half cup servings)*

1 cup Coconut milk or soy milk

1 Banana

1/2 cup Raisins

1 20 oz can Crushed pineapple

1/2 tsp Coconut extract

4 cups Cooked Rice

Blend together the coconut or soy milk, banana and coconut extract.

Place rice in a casserole dish that has been lightly coated with oil. Fold in crushed pineapple and raisins. Stir in blended milk and juice.

Bake at 350 degrees about 20 minutes.

MILLET CRUMBLE *(Makes 10 one-half cup servings)*

1 cup millet

4 cups water

3 cups pineapple juice

1 Tbl vanilla

1 tsp salt

4 cups granola

4 cups sliced bananas

1 can sliced peaches (unsweetened)

Cook millet with water in pot or rice steamer.

Place 2 cups of granola in bottom of glass dish. Layer slices of bananas on top.

Blend 1-1/2 cups of hot millet with 1-1/2 cups of pineapple juice, 1-1/2 tsp vanilla, and 1/2 tsp salt. Pour on top of bananas. Repeat. Top with remaining 2 cups of granola.

May decorate top with peach slices and/or other fruit.

MAPLE NUT GRANOLA *(Makes 24 one-half cup servings)*

Put in Blender:

1 cup Water

1/2 cup Honey

1 Tbl Molasses

1 Tbl Vanilla

1-1/2 tsp Maple Flavoring

1 tsp Salt

2 cups Dates, pieces or diced

1 cup Nuts (walnuts, Brazil, peanuts or almonds)

Blend for about 1 minute until smooth

Mix in large bowl

13 cups Oatmeal (Regular)

1 cup Coconut

2 cups Nuts (walnuts, Brazil, peanuts or almonds

Coarsely chopped

Add blended mixture to the oatmeal mixture and gently mix with hands. If mixture is too sticky and clings to your hands, add a little Quick Oatmeal. If mixture is too wet it will not be tender.

Place mixture onto two large sheet pans that have sides, taking care not to pack or pat it down tightly.

Place pans in oven at 175 degrees for about 8 hours ^ no need to stir if it is baked slowly.

[Back](#)

Week Two Recipes

CHILI WITH CORN *(Makes 12 one-half cup servings)*

1/2 cup Onion, diced
1/2 Pepper, green or red
1-2 cloves Garlic, crushed (or 1/2 tsp. Garlic powder)
1 tsp Cumin
2 tsp Onion Powder
1/2 tsp Salt
1/2 tsp Basil
1/2 tsp Oregano
1/2 tsp Paprika
2 cups Black Beans (or 1-15oz. can)
1-1/2 cup Corn, frozen or fresh
14 oz Diced Tomatoes in juice
2 Tbl Molasses

Put onion, peppers and seasonings in kettle and add about 1/2 cup water. Simmer until onion is tender. Add remaining ingredients and heat to serving temperature.

CHIX-STYLE NOODLE SOUP *(Makes 20 one-half cup servings)*

8 cups Water
1 large Onion, diced
2 large Carrots, sliced thin
2 stalks Celery, chunked
1 Tbl. Parsley flakes
4 Tbl Chicken-like Seasoning
1-1/2 tsp Salt
1 tsp Vegetable oil or margarine
Place all ingredients into 5 quart kettle and bring to a boil. Boil 5 minutes.
Add:
4 oz Soy Curls
1 pkg Whole Grain Noodles

WHOLE WHEAT BREAD *(Makes 1 large loaf)*

1-1/2 cups Warm Water
2 Tbl. Applesauce
2 Tbl. Honey
1 tsp Salt
2 tsp Active Dry Yeast
3 cups Whole Wheat Bread Flour
1 Tbl. Gluten Flour

BREAD MACHINE:

Place all ingredients in container according to manufacturer's directions.

STAND MIXER WITH DOUGH HOOK OR BY HAND:

Place in mixer bowl: Warm water, applesauce, honey and yeast.

Add:

Whole Wheat flour, gluten flour and salt. Mix until dough comes to a ball and cleans the sides of the bowl. Make into loaf and put in oiled loaf pan. Bake 350 degrees for approximately 30 minutes.

**Dough conditioner - 1 or 2 crushed vitamin C tabs

[Back](#)

StartNew Eight-Week Recipes

LENTIL STEW (*Makes 30 one-half cup servings*)

4 cups Potatoes, cubed

2 cups Carrots, sliced

Set aside

Combine in a large saucepan and cook 45 minutes.

8 cups Water

1 lb Lentils (or 2-1/2 cups)

1 cup Onion, chopped fine

1/2 cup Celery, chopped

1-2 clove Garlic, chopped fine

1 Bay leaf (remove after cooking)

Add:

1 Tbl Parsley

1-1/4 tsp Garlic Salt

1 tsp Onion Salt

1/2 tsp Salt

1 Tbl Bragg's Liquid Aminos

14 oz. can Tomatoes

3 tbl Tomato Paste

Combine seasoned lentil and vegetable mixture.

TWO-MINUTE KETCHUP (*Makes 1 1/2 cups*)

6 oz can tomato paste

1/2 cup water

2 Tbl honey

2 Tbl lemon juice

1 Tbl olive oil

1/8 tsp oregano

1 tsp onion powder

1/4 tsp garlic

1/2 tsp salt

Stir all together in bowl. Keeps well in fridge.

SUN BURGERS (*Makes 20 servings*)

5-1/2 cups quick oats

5-1/2 cups water

2 cups chopped onion

1 cup raw sunflower seeds

1/3 cup yeast flakes

1/3 cup sesame seeds

1/4 cup soy sauce

1 tsp basil

1 tsp garlic

1 tsp onion powder

1/2 tsp oregano

1/2 tsp thyme

Put all ingredients in a large pot except quick oats. Stir together and boil for 5 minutes. Turn off burner and add quick oats. Stir well. Let sit for 20 minutes. Form into patties and bake on oiled sheet pan at 350 degrees for 40 minutes, turning over after 20 minutes. Serve burgers on buns with favorite

toppings. These freeze well. [Back](#)

StartNew Eight-Week Recipes

LIGHT CARAWAY RYE BREAD

Makes 1 1/2 pound loaf

1 cup Warm Water
1-1/2 Tbl Olive Oil
1/3 cup Flax Seed Gel or 1/3 cup Apple Sauce
1 1/2 tsp Sucanat or Date Sugar
2 cups Bread Flour
1 cup Rye Flour
3 Tbl Gluten Flour
1 Tbl Caraway Seeds
1 tsp Salt
1 1/2 tsp Dry Yeast

GREEN SPINACH BREAD *(For Bread Baking Machine)*

1/4 cup Water (more water may be added if needed)
2 Tbl Olive Oil
1/4 tsp Sucanat or Date Sugar
1 1/4 tsp Salt
1/3 cup Flax Seed Gel or 1/3 cup Apple Sauce
1 pkg 10 oz Frozen Spinach Defrosted w/Liquid
1 Tbl Caraway Seeds
1 Tbl Gluten Flour
2 2/3 cups Bread Flour
1/2 cup Rye Flour
1/4 tsp Ginger
2 1/4 tsp Yeast
Mix in order given.

TOFU MAYO *(Makes 2+ cups)*

10 oz box of silken tofu
1 cup water
1 tsp salt
1 tsp onion powder
1/4 tsp garlic powder
1/4 cup olive oil
2 Tbl lemon juice

Blend first five ingredients until smooth. Add oil and blend one more minute. Stop blender and stir in lemon juice with spatula. Chill and serve.

[Back](#)

Week Three Recipes

HOLIDAY NUT LOAF *(Makes 8-10 servings)*

1 cup Tofu and 1/2 cup water
3 cloves Garlic, minced (or 1 tsp garlic powder)
1 Tbl. Bragg's Aminos
1/4 cup Gluten Flour or cornstarch
1-1/2 tsp. Salt
1 Tbl. Onion Powder
1 tsp. Sage or Italian Seasoning
3-4 cups Soft, whole grain bread crumbs
2 cups Pecan Meal or Finely Ground Walnuts,
2 cups Finely chopped onions

Blend tofu with water, garlic and seasonings.

Combine remaining ingredients in a mixing bowl. Add blended tofu and mix well.

Place mix in lightly oiled or non-stick loaf pan.

Cover with foil and bake at 350 degrees for 1 hour. Remove foil and bake uncovered for 30 minutes.

Remove from oven and let cool for about 5 minutes to give it a chance to set up before removing from the pan.

SCALLOPED POTATOES *(Makes 12 one-half cup servings)*

6 cups Sliced Potatoes
1 med. Onion, sliced in rings
1/2 cup Cashews, blended with 1-1/2 cup water
1/2 Tbl Onion Powder
1/2 tsp Garlic Powder
1 tsp Salt

Steam potatoes until tender, sauté onions in olive oil or water in fry pan until transparent. Place in an 8" oiled casserole dish.

Combine cashew blend with seasonings and pour over potatoes, pressing them firmly into the cashew blend. Sprinkle with paprika if desired.

Bake uncovered at 400 degrees for 45 minutes.

TAPIOCA PUDDING *(Makes 5-6 one-half cup servings)*

1 13.5 oz can Coconut Milk
1/2 cup Soy or Nut milk
1/4 tsp Salt
1/4 cup Honey
1/4 cup Minute Tapioca

Cook in saucepan over medium heat, stirring constantly until mixture comes to a full boil.

Remove from heat. When mixture has cooled, stir in:

1 tsp Vanilla (no alcohol)

May be topped with fruit and whipped cream.

ORANGE, GREEN AND YELLER SALAD *(Makes 6 one-half cup servings)*

1 cup coarsely grated cabbage
1 cup coarsely grated carrot
1 cup crushed pineapple
1/3 cup soy or tofu mayo (opt)

Mix together and serve chilled. May add 1/2 cup chopped walnuts and /or raisins. [Back](#)

StartNew Eight-Week Recipes

SOY SAUCE CONCENTRATE (*Makes 2 cups*)

6 Tbl cup sesame seeds

1 cup yeast flakes

1/4 cup coffee substitute (Cafix, Roma or Postum)

2/3 cup lemon juice

3 Tbl salt

Toast sesame seeds in dry skillet until slightly browned and begin to crackle (3-5 minutes). Grind seeds into a powder in blender. Add remaining dry ingredients and blend until smooth, then blend in lemon juice. Store thick sauce in refrigerator.

Add to recipes as is or add equal amount of water to sauce for table use. Will keep several months without added water.

SESAME SPRINKLE (*Makes 2 cups*)

1 cup sesame seeds

2 tsp salt

1 cup yeast flakes

2 tsp onion powder

1/2 tsp garlic powder

2 Tbl country style seasoning

2 Tbl lemon juice

In dry skillet, toast sesame seeds until slightly browned, and beginning to crackle (3-5 minutes).

Remove from heat and blend on high until finely ground. Pour into bowl and add remaining ingredients. Mix together well with hands. Keep refrigerated. Delicious on salads, vegetables, or pasta.

[Back](#)

Week Four Recipes

STOVE TOP OATMEAL (*makes 10 cups – 15-20 servings*)

5 cups Oatmeal

12 cups Water

Pinch of salt

Bring water to a boil and add oatmeal.

Simmer 20-25 minutes

OVERNIGHT OATMEAL (*makes 10 cups – 15-20 servings*)

5 cups Rolled Oats

15 cups Water

Place oats and water in a slow cooker. Cook on high for 3-4 hours or on low for 7-9 hours.

(For best results do not lift lid during cooking)

When cereal is done, remove lid and stir well to thicken.

FRUIT TOPPING (**makes 6 cups**)

4 cups Diced apples, blueberries, strawberries or any fresh frozen berries

12 oz Apple or White Grape frozen concentrate

1 cup Water

1/3 cup Corn Starch

Place fruit, juice and water in a saucepan. Place over high heat until mixture begins to boil.

Remove from heat and stir in dissolved starch. Return to heat and stir until it just begins to boil and becomes thick.

WHIPPED TOPPING

1 cup Water

2 tsp Agar powder

1/2 cup Cashews

1/3 cup Honey or (1/2 cup organic cane juice crystals)

1/2 tsp Salt

1 tsp Vanilla

1/2 tsp Coconut extract

1 can Coconut milk

Stir together water and agar powder. Bring to a boil, stirring constantly. Reduce heat and simmer for 1-2 minutes. Place remaining ingredients in blender along with hot agar mixture. Blend on high until smooth, adding water as needed to make 3-1/2 to 4 cups total. Pour into container and refrigerate. Before using, place mixture into blender and blend until creamy. It should be the consistency of Cool Whip but not having the air. (Try not to add more liquid. The mixture will eventually go through the blades and become creamy if you carefully push it towards the blades with a rubber spatula.)

[Back](#)

GRANOLA BARS

Place in 2 quart kettle and simmer for 10 minutes:

1 cup Brown Rice Syrup

1/3 cup Honey

2 tsp Vanilla

1 tsp Coconut Extract

Combine in large bowl:

3 Tbl Peanut Butter (natural)

4 cups Granola

4 cups Puffed Rice or Rice Krispies

1/2 cup Sesame Seeds

1/2 cup Pumpkin Seeds

1/2 cup Sunflower Seeds

1/2 cup Unsweetened Coconut

1 cup Dry Roasted Peanuts (unsalted)

1-1/2 cup Raisins, dried cranberries or cherries.

Add hot syrup and mix to coat evenly

Spread onto a lined or oiled 12" X 17" sheet pan that has sides. Press lightly with wet hands. Bake 350 10-15 minutes or until lightly browned.

Remove and cool for 20 minutes. With oiled knife cut into squares while still slightly soft.

Store in plastic bags when cool.

SCRAMBLED TOFU

1# firm tofu

1/2 cup chopped onion

2 Tbl water

2 Tbl olive oil

1 tsp parsley

1/2 tsp onion powder

1/2 tsp garlic

1/4 tsp salt

2 tsp yeast flakes

1 Tbl + 1 tsp Country Style Seasoning

Saute onions in water and oil. Rinse tofu in cold water, mash and add to onions along with rest of ingredients. Continue to sauté for five more minutes.

May add bell peppers, mushrooms, and/or other veggies with onions to make western omelet.

COUNTRY STYLE SEASONING

1 1/3 cups yeast flakes

3 Tbl salt

1 Tbl paprika

1 Tbl onion powder

2 tsp garlic

1 tsp dried parsley

1 tsp basil

1/2 tsp tumeric

1/2 celery seed

Blend all ingredients in blender on medium speed. Store in glass jar. [Back](#)



StartNew Eight-Week Recipes

ed popcorn sprayed with olive oil or water. Also delicious of cooked veggies, pasta, potatoes.

Week Five Recipes

HONEY PEANUT BUTTER BARS

(9" X 13" pan - 20 servings)

- 1 cup Honey
- 1-1/2 cup Peanut Butter (natural without sweetener or hydrogenated oils)
- 2 tsp Vanilla (non alcohol)
- 6 cups Crispy Rice Cereal

Place honey and peanut butter in a large saucepan and bring to a boil over medium heat, stirring often. Remove from the heat; quickly stir in vanilla and crispy rice cereal.

Press mixture into a lightly oiled 9" x 13" baking dish.

Chill until firm. Cut into small squares

BAKED ENCHILADA CASSEROLE

(5-6 servings)

- 2 16 oz Pinto or Kidney Beans, drained
- 1 cup Bulgur burger, browned
- 1 large Onion, chopped
- 1/2-1 cup Thick & Chunky Salsa (Meijer Restaurant Style Brand)
- 12 Corn tortillas, cut in 1" squares
- 1-2 cups Un-Cheezie Cheese Sauce

Mix beans, onion, salsa and Burger, mix well.

Spray 8 X 11 inch pan with 2" sides.

Sprinkle 1 Tbl water on bottom of pan.

Layer pan with half the tortilla pieces, half the bean mix, and half the cheese. Repeat layers.

Bake at 350 degrees for 45 minutes. Serve with chopped tomatoes, lettuce, guacamole and sour cream of choice.

7-LAYER STEW CASSEROLE

(5-6 servings)

Layer in casserole dish:

- 4 med Potatoes, sliced and cooked
- 1/4 cup Brown rice (cooked)
- 1 Sliced onion
- 1 tsp Salt
- 1-1/2 cups Frozen carrots & peas or mixed vegetables.
- 2 cups Burger (browned w/onion)

Mix:

- 1 29 oz Tomato sauce mixed with
- 3/4 cup Soy milk
- 1 cup Water
- 2 Tbl Honey

Pour over layers in pan and bake at 400 degrees for one hour.

[Back](#)



StartNew Eight-Week Recipes

CASHEW CHEEZE SAUCE

3/4 cup raw cashews
1 cup water
2 Tbl sesame seed
3 Tbl yeast flakes
1 tsp onion powder
1/2 tsp garlic
1 tsp salt
2 Tbl lemon juice
1/4 cup pimento (or 1/3 cup)
Blend all together for 2 minutes or until smooth.

CAROB BANANA DATE COOKIES

1 cup mashed banana
1 cup chopped dates
2 cups quick oats
1/2 cup ground flax seed
1/4 cup chopped walnuts
1/4 cup carob powder (opt)
1/2 tsp cafix or roma coffee (opt)
2 Tbl olive oil
1 tsp vanilla
1/2 tsp salt
Mix ingredients and let sit for 5 minutes. Spoon onto oiled cookie sheet. Flatten with fork. Bake at 350 degrees for 25 minutes. May omit carob and cafix for different taste.

[Back](#)

Week Six Recipes

PIZZA CRUST

(makes 2 crusts)

- 1 1/2 cups Warm Water
- 2 Tbl. Applesauce
- 2 Tbl. Honey
- 1 tsp Salt
- 2 tsp Active Dry Yeast
- 3 cups Whole Wheat Bread Flour
- 1 Tbl. Gluten Flour
- 1 Tbl. Dough Conditioner (optional)

For dough conditioner, you may crush up a vitamin 3 tablet until it is fine and put it in with the flour. Place in mixer bowl: Warm water, applesauce, honey and yeast.

Add:

Whole Wheat flour, gluten flour, dough conditioner and salt. Mix until dough comes to a ball and cleans the sides of the bowl.

Divide dough in 2 balls. Spread each ball on oiled pizza pan or cookie sheet. Prick with a fork. Let set 5 minutes. Bake 400 degrees 15 minutes.

BURGUR/CHEEZE DIP

- 2 cups Bulgur Burger
- 1 can Mild Chili Beans (Mejier brand is best)
- 1 cup Diced Onion
- 1 cup Salsa

Chili powder or taco seasoning to taste.

Mix in saucepan and cook on low until onion is soft. Cool thoroughly.

Mix with equal amounts of Traci's cheese sauce.

Serve warm or room temperature.

BULGUR BURGER

(makes 3 cups)

- 1 cup Bulgur Wheat
- 1 1/2 cups Water
- 1/2 cup Ground Walnuts or Pecan meal
- 1 Tbl Dried Onion Flakes
- 1 clove Garlic (or 1/2 tsp garlic powder)
- 1 Tbl Nutritional Yeast Flakes
- 1/2 tsp Salt
- 1 Tbl. Bragg' Liquid Aminos or Soy Sauce Powder or Soy Sauce Concentrate
- 1 Tbl Beef-like Seasoning
- 1 8 oz Tomato Sauce

Mix all ingredients together in a saucepan and bring to a boil. Reduce heat, cover, and simmer until thick. Remove from heat and let sit covered for 10 minutes.

Use as is, or place in a skillet over medium-high heat and brown, stirring now and then. If desired add about 1 cup diced onion.

*This can be made in large batches and frozen. I put it in 1 quart zip bags and stack in freezer so they are ready to use when I need them [Back](#)



StartNew Eight-Week Recipes

FIBER BARS

(makes 1 batch)

- 1-1/2 cup Dry Roasted Peanuts
- 3/4 cup Sunflower Seeds
- 3/4 cup Walnuts
- 1/3 cup Carob Powder (optional)
- 1-1/2 cup Granola (or 1/2 cup Grape Nuts)
- 1-1/2 cup Flaxseed Meal
- 3 cups Rice Krispies
- 3/4 tsp Salt
- 3/4 cup Honey
- 1 Tbl Vanilla
- 1/3 cup Water

Place peanuts, sunflower seeds, walnuts and carob powder in a food processor and mix with steel blade for 1 minute, or until a fine powder. Add granola (or Grape-Nuts) and blend briefly to make a coarse meal.

Place nut mixture in a mixing bowl and stir in flaxseed meal and Rice Krispies. Add honey, vanilla and water. Mix well with hands.

Press into a 9 X 13 baking pan that has been lightly oiled. Score/cut into 24 squares. Bake 15 minutes at 350 degrees.

SIMPLE PIZZA SAUCE

(makes 2 cups - 1 pizza)

- 1 - 29 oz can Crushed Tomatoes
- 1/4 tsp Dried Oregano
- 1/4 tsp Garlic Powder
- 1/8 tsp Salt

Stir all ingredients together. Put on pizza crust.

CASHEW, WALNUT, OR PECAN LOAF

- 1 cup chopped onions
- 3/4 cup chopped celery
- 1/2 cup water
- 2 cups cooked brown rice
- 1 cup cashew pieces, chopped walnuts or pecans
- 1-1/2 cups soy or nut milk
- 2 tsp soy sauce powder
- 1 tsp salt
- 1/4 cup fresh chopped parsley (or 1 Tbl dried)
- 1 Tbl yeast flakes
- 1 Tbl onion powder
- 1/2 tsp thyme
- 1/2 tsp celery seed
- 1/2 tsp sage
- 2 cups whole grain bread crumbs

Sauté onion and celery in water. Mix together with rest of ingredients. Pat into oiled baking dish. Bake at 350 degrees for 45 minutes.

[Back](#)



StartNew Eight-Week Recipes

MELTY CHEEZE (Makes 2 ½ cups)

1 cup water (A)
1/2 cup raw cashew pieces
1/2 cup quick oats
1/2 cup pimento
1/4 cup yeast flakes
2 tsp salt
1 tsp onion powder
1/4 tsp garlic powder
1 Tbl lemon juice
1-1/2 cups water (B)

Blend all ingredients except water (B) on high speed until smooth. Add water (B) to mixture and blend briefly. Pour into sauce pan. Cook until thick and shiny, stirring with wisk constantly. Use melty cheese in macaroni, over veggies, pizza, and tacos.

CREAM CHEESE SPREAD

1 can Coconut milk
1 cup Raw cashews
1 Tbl Yeast Flakes
1 Tbl Lemon juice
1 tsp Honey or 1/2 Tbl sugar
1-1/2 tsp Salt

Place in blender and blend for 1 min until smooth.

Bring to a boil on stove, stirring constantly.

Chill

Fruit Flavored: Add 1/2 cup jam

French Onion: Add 1 Tbl dried onion flakes, 1 tsp onion powder, 1/4 tsp garlic powder, 1 tsp beef-like seasoning.

Dill & Chives: 1/4 tsp dill weed, 2 tsp chives, 1 tsp onion powder, 1/8 tsp garlic powder.

MOCKZARELLA CHEEZE

(You can slice)

1-1/2 cups Cashews

1-1/2 cups Water

Blend until creamy and smooth

Add:

1/4 cup Onion flakes

1 tsp Salt

1 tsp Onion Salt

1/4 tsp Garlic Salt

Blend.

Dissolve in saucepan:

1/2 cup Water

1/3 cup Agar powder.

This will be thick but will dissolve when heated slowly. Stir constantly until it almost comes to a boil and becomes clear.

Add to blender mixture. Blend quickly.

Pour into oiled, oblong container with lid. Cover and refrigerate. It takes several hours to set.

[Back](#)

StartNew Eight-Week Recipes



and thawed for use.

COUNTRY STYLE GRAVY

- 2-1/2 Water
- 1/2 Cashew pieces
- 1 Tbl onion powder
- 1/4 tsp garlic powder
- 1/2 tsp salt
- 1 Tbl soy sauce powder
- 1-1/2 tsp country style seasoning
- 1-1/2 tsp yeast flakes
- 2 Tbl cornstarch

Blend on high until creamy. Pour into sauce pan and cook on med-high until thick, stirring constantly. Serve over entrée roasts, burgers, or mashed potatoes.

SILKY CAROB PUDDING

- 4 cups vanilla Soy Silk
- 1/3 cup corn starch
- 1/2-2/3 cup Cane Juice Crystals
- 1/4 cup carob powder
- 1 tsp cafix or roma coffee
- 1/2 tsp salt
- 1 tsp vanilla

Mix 3-1/2 cups milk, Sugar, salt and vanilla in sauce pan and bring to a boil. Mix 1/2 cup milk and cornstarch until smooth and stir into boiling mixture, and cook until clear. Chill and serve. May omit carob and cafix and increase vanilla to 2 tsp for Silky Vanilla Pudding.

MOVING FIBER BALLS

- 1 cup dry chopped fruit (pineapple, apricots, dates, or peaches...)
 - 1/2 cup chopped walnuts
 - 1/2 cup ground flax seed
 - 1/2 cup fruit juice concentrate
- Mix ingredients together and form into balls.

[Back](#)

Week Seven Recipes

NEATBALLS

(2 dozen or more, depending on the size)

Place in large mixing bowl:

2 cups Soft W.W. bread crumbs

1/4 cup Finely chopped walnuts

1/2 cup Quick Oats

1/2 cup Finely diced onions (or 1/4 cup diced onion flakes.

1/2 tsp Garlic powder

1 tsp Onion powder

1/2 tsp Vege-Sal or Salt

1 tsp Italian seasoning

2 tsp Chicken-like seasoning

Blend in blender:

16 oz brick Tofu

1/2 cup Water

2 Tbl Bragg liquid aminos

Add to the bread crumb mixture in the bowl and mix well. This will be wet.

Use small scoop and put mounds on a nonstick or oiled cookie sheet. If desired, flatten balls into small patties.

Bake at 350 degrees for 30 minutes or until golden brown on top and bottom.

FRUIT SALAD DRESSING

1/4 cup Noyonnaise

1 cup Whipped Topping

This can be adjusted according to the amount of fruit that you have in the salad and the sweetness of the fruit. This is for 6-8 cups of ripe fruit.

SWEET AND SOUR TOMATO SAUCE

2 cups Pineapple juice

2 14 oz can Diced or stewed tomatoes

1 6oz Tomato paste

1-2 Tbl Honey

1 Onion, chopped

1 Green pepper chopped

3 cloves Garlic, minced

1 tsp Basil

1+ tsp Salt (or to taste)

1 Tbl Onion powder

3 Tbl Cornstarch

Place all ingredients in blender and blend for a few seconds – just enough to chop the onion and pepper, but not puree.

Pour into a saucepan and bring to a boil; reduce heat and simmer for about 10 minutes.

*We have found it best to not put the neatballs in the sauce as they tend to get mushy.

[Back](#)



StartNew Eight-Week Recipes

FRUIT SALAD

Any combination of fruit:

Bananas, oranges, (fruits canned in fruit juice), strawberries, raspberries, blueberries, nuts, unsweetened coconut, apples, raisins, dates, pears, peaches, pineapple

OAT PIE CRUST

3 Tbl olive oil

1/4 cup water

1 Tbl sesame seeds

1/2 cup whole wheat flour

1/2 cup quick oats

1/2 tsp salt

Mix all ingredients together in bowl. Press together into a ball and roll out between two pieces of plastic wrap on dampened countertop. Remove the top piece of plastic and placing hand under bottom plastic, flip onto a pie plate. Mole into place and peel off plastic. Flute edge. Fill with pumpkin pie filling and bake at 350 degrees for 1 hour.

(Option: May prick bottom with a fork and bake empty shell at 350 degrees for 15-20 minutes or until done. Fill with pre-cooked fruit or cream filling of your choice.)

PUMPKIN PIE FILLING

Blend and pour into bowl:

1 cup boiling water

1/2 cup dates

Blend and add to bowl:

3/4 cup boiling water

1/2 cup cashews

Then add: 1# can (2 cups) pumpkin

1/3 cup honey

1/2 tsp salt

1-1/2 tsp coriander

1/2 tsp cardamom

1/2 tsp anise

1 tsp vanilla

1/4 cup cornstarch

Pour into unbaked piecrust and bake at 350 degrees for 1 hour.

[Back](#)

Week Eight Recipes

CUBAN BLACK BEANS (*makes 8 cups*)

2-1/2 cups Dry Black Beans
7 cups Water
1 cup Diced Green/Red Pepper
2 cups Chopped Onion
1 tsp Onion Powder
1 Tbl Garlic Powder
1/2 tsp Basil
2 tsp Salt
1-1/2 tsp Cumin

Sort black beans and soak in 10 cups of water overnight – or bring to a boil, turn off heat and let sit one hour. Drain off water and put fresh water on them.

Add remaining ingredients and bring to a boil, then simmer on low heat for about 1-1/2 hours or until tender.

UNCHEEZIE SAUCE (*makes 3 cups*)

Place in blender:

1 cup Cashews
2 Tbl Sesame seeds or 1 Tbl Tahini
4 Tbl (heaping) Yeast Flakes (or more)
1 tsp Onion powder
1 tsp Garlic powder
1/4 cup Lemon juice
1-1/2 tsp Salt
1/8 tsp Celery seed (optional)
1/4 cup Pimentos (or more)
1/4 cup Olive oil
3/4 cup Water

Blend for 2 minutes. Refrigerate. If this gets too thick as it sits, add more water.

TOFU SOUR CREAM

(*makes 2 cups*)

1/2 cup Raw cashews, washed
1/2 cup Water
3/4 tsp Salt
1/2 tsp Onion Salt
1/4 tsp Onion Powder
1/4 tsp Garlic Powder
1/2tsp Garlic Salt

Blend til creamy.

Add:

1 12.3 oz Mori-Nu firm tofu
2-1/2 Tbl Fresh lemon juice.

Blend til creamy. Refrigerate.

** May have to add more lemon juice.

[Back](#)

FLUFFY BROWN RICE (*makes 3 cups*)

2 cups Water

1 cup Rice

1 tsp Salt

Bring water to boil

Add salt and rice

Cover and cook on low for approx. 40 minutes

When done cooking, remove lid and fluff rice with a fork.

RANCH STYLE DRESSING

(*makes 1 1/2 cups*)

DRESSING MIX:

1/4 cup Onion powder

2 tsp Garlic powder

1 Tbl Celery salt or Veg-E-Sal

2 Tbl Dried Parsley Flakes

1 Tbl Poppy seeds

1 Tbl Dill weed

2 tsp Sweet Basil

1-1/2 tsp Salt

1 Tbl Sugar

Mix together and store in air-tight container (1 cup).

TO MAKE DRESSING:

1/2 cup Vegenaise

1/2 cup Sour Cream

1 Tbl Lemon juice

1/4 cup Milk

1 round Tbl Dressing Mix (above)

Mix well.

KETCHUP

(**MAKES 4 CUPS**)

Place in food processor:

2 cups Crushed or fresh diced tomatoes

1/4 cup Tomato paste

1/2 cup Red bell pepper

1/4 cup Onion, chopped

2 Tbl OJ concentrate

1/2 tsp Celery seed

2 Carrots, cut in chunks

4-6 Tbl Lemon juice, to taste

Process until smooth and well blended.

(May eat as is or proceed to next step)

Transfer mixture to saucepan, add bay leaf and simmer uncovered over medium low heat stirring constantly to desired consistency. Add more O.J. or lemon juice to taste. If you prefer sweeter taste add honey.

[Back](#)