Almond Butter (1 cup)

Ingredients

* 1 cup of whole almonds (with skin)
* A pinch of sea salt (optional)
* Coconut oil
* Raw honey (optional)

Directions

1. soak almonds in two cups of water overnight .
2. the next day , throwing water and rinse with cold water.
3. roast almonds for 6-8 minutes oven to 180 degrees.
4. let cool
5. place almonds in food processor, if it sticks removed with a spatula and continue.
6. when you have consistency of cream, add a pinch of salt and put honey.
7. store in refrigerator.

Vegan Cheese (1 small cheese)

Ingredients

* ½ cup of cashews
* 1 cup of water
* 2 tbs of coconut cream
* 2 tea spoons of agar agar
* 1 tea spoon of coconut oil
* ½ tea spoon of sea salt
* ½ tea spoon of apple vinegar
* ¼ tea spoon of garlic in powder

Directions

1. soak the cashews for six hours in two cups of water.
2. soak with clean water
3. heat a pot with 1/2 cup of water with agar agar and coconut oil .
4. cook for 6-8 minutes over low heat without boiling .
5. liquefy cashews drained with remaining 1/2 cup water, coconut cream, sea salt , garlic powder and apple cider vinegar.
6. off the fire add to the pot blender mixture and stir with whisk .
7. pour the mixture of cheese in a small bowl covered with plastic wrap and greased with melted coconut oil .
8. covering the cheese with plastic wrap and refrigerate for 12 hours.

Hummus (1 cup)

Ingredients

* 1 cup of cooked garbanzo (presoak at night)
* 3 tablespoons tahini
* 2 tablespoons olive oil
* 1 clove garlic , peeled
* 1/4 cup parsley leaves
* juice of two lemons
* sea ​​salt

Directions

1. Place all ingredients in food processor and pulse until it is smooth consistency .
2. season with salt and lemon juice if you like more creamy.
3. serve with vegetables such as carrot , pepper, cucumber , celery .

Tahini recipe

1. toast a cup of sesame in a pan over low heat for 2-3 minutes, stirring constantly to avoid burning .
2. let cool
3. place in food processor or blender with 1 tablespoon olive oil and salt sea.
4. process until smooth .

Mayo (1 cup)

Ingredients

* 2 tbs of lemon juice
* 1 large organic egg
* ½ tea spoon of chopped garlic
* ¼ tea spoon of yellow mustard
* ¾ cup of olive oil
* Sea salt

Directions

1. place in blender egg, lemon juice , garlic , mustard and mix well.
2. blender on low speed set by the opening and slowly pour the olive oil.
3. let it incorporates well
4. season with salt

Buffalo sauce (1/3 cup)

* 1/3 cup of apple vinegar
* 1 tbs of ground chile
* 1 tea spoon of paprika
* 1 tea spoon of grounded garlic
* ½ tea spoon of grounded onion
* ½ tea spoon of cayenne pepper
* ¼ tea spoon of sea salt
* ½ tea spoon of raw honey
* 1 tbs of olive oil

Directions

1. mix all the ingredients with a whisk and place in a small saucepan .
2. cook over medium heat until bubbly , about 3-4 minutes.
3. Cool and store in refrigerator

Vegan Caesar Salad (1 cup)

Ingredients

* ½ cup of lemon juice
* ¼ cup of olive oil
* 2 tbs of mustard
* 2 tbs of grounded flaxseed
* ½ cup of pecan
* 1 chopped garlic
* Sea salt

Directions

1. soak nuts overnight.
2. drain and place in blender with remaining ingredients .
3. blend until well blended.
4. Season with a little salt

Vinaigrette (1/4 cup)

ingredients

* 3 tbs of olive oil
* 3 tbs of lemon juice
* 1 tea spoon of raw honey
* ¼ tea spoon of chopped garlic
* Sea salt

Directions

1. mix the ingredients in a bowl until well incorporated.
2. season with salt .
3. if you like you can add 2 tablespoons of orange juice for a sweeter touch.

Balsamic (1/4 cup)

Ingredients

* 4 tbs of olive oil
* 2 tbs of balsamic vinegar
* 1 tea spoon of raw honey
* 1 tea spoon of mustard
* Sea salt

Directions

1. mix the ingredients in a bowl until well incorporated.
2. season with salt

Cilantro and avocado dressing (1/2 cup)

Ingredients

* ¼ of avocado
* ½ cup of cilantro
* 1 pinch of grounded cumin
* 2 tbs of olive oil
* 4 tbs of water
* The juice of 1 lemon
* Sea salt

Directions

1. Place ingredients in a blender.
2. add water to desired consistency.
3. season with salt

**Quinoa Krispies**

Portions: 9 servings

Ingredients

* ¾ cup of puffed quinoa
* 2 tbs of raw honey
* 2 tbs of melted coconut oil
* 1 tbs of almond butter

Directions

1. in a small saucepan over low heat to warm honey, coconut oil and almond cream until everything is smooth. off the fire and add the puffed quinoa mixture .
2. Empty the mixture in a small bowl with waxed paper and press down strongly with lightly oiled hands .
3. frozen for 30 minutes to cut.
4. cut into squares.

 **Granola bars without baking**

Portions: 5 servings

Ingredients

¾ cup of gluten free oats

½ cup of dates

½ cup of chopped almonds

2 tbs of raw honey

2 tbs of almond butter

½ tea spoon of vainilla

Directions

1. place the oats on a tray and bake for 10 minutes at 200 degrees or until golden.
2. in a small saucepan over low heat to warm the honey, almond butter and vanilla.
3. place the dates in a food processor .
4. put in a container the oats , dates , almonds and add the mixture of honey and almond butter.
5. Pour into a baking tray covered with wax paper and press down lightly greased hands to form a rectangle .
6. refrigerate for 20-30 minutes.
7. cut into 5-bar and store in refrigerator.

Cauliflower alfredo sauce

* Prep time
	+ 10 mins
* Cook time
	+ 20 mins
* Total time
	+ 30 mins

Makes about 3 cups of sauce

Ingredients

* 1 medium head of cauliflower (1 lb/450 g)
* 1 large yellow onion
* 2 cloves garlic
* 1 tablespoon butter (or coconut oil)
* 5 cups (1.2 L) vegetable or chicken broth
* ¾ cup (175 ml) milk (or almond milk)
* ½ teaspoon salt

Instructions

1. Cut the onion and garlic into thin slices. Melt the butter in a skillet on low heat, add onion slices and garlic and saute covered on low until the onions are golden and caramelized (about 20 minutes).
2. Bring vegetable or chicken broth to a boil. Cut the cauliflower into florets and cook in broth until tender (7-10 minutes). Reserve ½ cup of broth, drain the rest.
3. Place the tender cauliflower into a blender or food processor together with the caramelized onions, garlic, ½ cup of broth, milk and salt. Puree until smooth.
4. Store the sauce in a container with a lid (like a mason jar) and place in the fridge, if not using right away.
5. Depending on the size of you blender, you can also double the recipe.

Notes

To make this sauce entirely dairy-free coconut oil can be used in place of butter and almond milk instead of dairy milk. I have tried this dairy-free version with good results.

Ranch Dressing with Greek Yogurt

Ingredients

* ½ cup thick Greek yogurt
* 1 tsp. lemon juice
* ¼ tsp. onion powder
* ¼ tsp. celery seed
* ¼ tsp. salt
* ¼ tsp. chopped fresh herbs, optional

Instructions

1. Mix all the ingredients together in a small bowl.
2. Take a taste and adjust the seasoning if needed.
3. Use on salad or as a dip for vegetable sticks.