

Ingredients Lists
Tuesday, September 22, 2020
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1. Oatmeal Raisin Breakfast Scones

1 cup whole-wheat flour
3 tbsp. agave nectar
1 1/2 tsp. baking powder
1/2 tsp. ground cinnamon
1/3 cup applesauce
1 cup quick-cooking rolled oats
1 tbsp. powdered egg replacer
1/4 cup water
1/4 cup nonfat soymilk
3/4 cup raisins

2. No-Tuna recipe

3 cups cooked chickpeas (1-28oz can)
2 to 3 tbsp red onion (or to taste)
2 to 3 celery stalks (approx. 1/2 cup)
2 to 3 pickles (approx. 1/4 cup)
2 tbsp nori seaweed flakes*
1 tsp sea salt (or to taste)
1/2 tsp freshly ground black pepper
1/2 cup vegan mayonnaise

Notes

For this recipe, you will need one 28-ounce can of chickpeas (also called garbanzo beans) or two smaller cans. Alternatively, you can cook your own, which is even better. If using canned, drain and place into a large bowl.

*NOTE: If you do not have nori flakes, you can grind up one or two sheets of nori (seaweed) in a spice grinder.

Also keep a potato masher handy if you have one. If not, you can use a large metal serving spoon.

Vegan Mayonnaise

- 10 OZ Tofu I like firm Tofu best, but you can use silken tofu if preferred.
- 1 tbsp Lemon Juice
- 1 tsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 1 tbsp honey
- 1 tsp Sea Salt
- 1/8 tsp White Pepper
- 2 tbsp Soy Milk Note: If using silken tofu you probably won't need the extra soy milk :-)

Servings: Serves (Approx) Units: MetricUS Imperial

Instructions

For this recipe all you need is an appropriately sized blender or food processor.