

*The* ***Creamy***  
**VEGAN**

\* *Dreamy Recipes for the Conscious Eater*

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*This dreamy  
creamy treat is  
heaven to vegans  
who've been  
pining for Baileys  
Irish Cream.*

## CARIBBEAN

# **Mudslide**

### INGREDIENTS: COCKTAIL

1 oz. Vegan Baileys Irish Creme  
1 oz. Kahlua  
1 oz. Malibu Rum  
2-3 ice cubes

### INGREDIENTS: VEGAN BAILEYS IRISH CREAM

1 can light coconut milk  
2 tablespoons vanilla non-dairy creamer  
 $\frac{3}{4}$  cup whiskey  
2 tablespoons vegan chocolate syrup  
2 tablespoons brown sugar

*IN A SAUCE PAN combine all ingredients for Vegan Bailey's Irish Creme. Whisk until creamy (about 2-3 minutes). Do not boil. Place in an air-tight jar or beverage container and refrigerate for at least 1 hour before using.*

*Prepare glass with swirls of chocolate syrup.*

*Combine Vegan Bailey's Irish Creme, Kahlua, Malibu Rum, and ice in a cocktail shaker until mixed and cold. Pour into prepared glass and serve. Yield: 1 drink*

### **Variations**

*Try 1 scoop of vanilla soy ice cream and blend to make a frozen vegan mudslide or add 1 shot of espresso for a quick pick-me-up*



*DID YOU KNOW  
that American milk  
is banned in Europe  
because American  
dairy farmers inject  
rBGH, a known  
carcinogen, into  
their dairy cows  
to increase milk  
production.*

# GRANNY'S SOUTHERN **Ambrosia Salad**

## INGREDIENTS: SALAD

1 cup chopped fresh pineapple  
1 cup sliced fresh apples  
1 cup orange slices  
1 cup strawberries, sliced  
1 cup grapes  
½ cup shredded coconut  
1 tbsp cornstarch  
⅓ cup lemon juice  
3 tbsp sugar  
3 tbsp orange juice  
½ cup tofu whip  
2 tsp grated orange rind  
1 tsp poppy seeds (optional)

## INGREDIENTS: TOFU WHIP

1 pound soft (silken) tofu  
1 tbsp vanilla extract  
¼ cup sugar  
¼ cup soy milk

*IN A LARGE BOWL toss the fruit and coconut until well blended. Refrigerate for at least 3 hours.*

*Prepare tofu whip by combining the tofu, vanilla and sugar in a blender or a food processor and process until smooth. With the machine running, gradually add the soy milk through the feeder cap. Refrigerate (it will keep for a week, but can also be frozen).*

*Combine the cornstarch with the lemon juice in a medium saucepan and stir until well blended. Place the saucepan over medium heat and add the sugar and orange juice. Cook, stirring constantly, until the mixture thickens, about 5 to 10 minutes. Remove the saucepan from the stove and allow to cool thoroughly.*

*Mix the tofu whip and lemon juice sauce with the remaining ingredients. Cover and chill until serving time. Yield: 4-6 servings*



**DID YOU KNOW**  
*traditional whipped cream contains 13g of fat per serving while soy based whipped cream only contains 2g? You might as well throw some more soy whip on top of your ambrosia salad to make it extra-creamy.*

*So cream-tastic even Granny wouldn't notice the lack of dairy in this classic fruit ensemble.*

*Don't be fooled.  
This vegan  
belly bomb will  
make you wish  
you could resist  
getting seconds.*

## GNOCCHI WITH GARLIC ***Cream Sauce***

### INGREDIENTS: GNOCCHI

2 large baking potatoes  
1 cup unbleached flour  
2 tablespoons dried basil  
2 tablespoons dried oregano  
1 teaspoon salt  
½ teaspoon garlic powder

### INGREDIENTS: CREAM SAUCE

1½ cups unsweetened nondairy milk  
1½ cups nutritional yeast  
1 cup olive oil  
1 cup water  
½ cup tamari or soy sauce  
¼ (12-ounce) block of firm (not silken) tofu  
1 tablespoon garlic powder  
1 tablespoon paprika  
1 tablespoon vegesal or sea salt  
1 dollop mustard (optional)

*PREHEAT the oven to 400 degrees. Scrub the potatoes and poke all over with a fork. Place on a baking sheet and bake for 1 hour. Remove the potatoes, peel the skin off, and mash in a bowl. In another bowl, add the flour and seasonings, mix, and make a well in the center. Add the potatoes and slowly mix together to form a smooth dough. Add more flour if needed.*

*Dust a work surface with more flour, take sections of the dough, and roll out into a ½ inch thick rope. Cut the rope into ¾ inch long pieces. Take each piece and pinch the ends to form an oval ball, and roll with the tines of a fork to get a striped design on one side.*

*In batches, drop the gnocchi into heavily salted boiling water and scoop out with a slotted spoon after they rise to the surface. Keep warm in a bowl in the oven.*

*Blend "cream" sauce ingredients until smooth and cook in a saucepan until hot. Pour over gnocchi, toss, and serve. Yield: 2 servings*



**DID YOU KNOW**  
*Dairy products may play a major role in the development of allergies, asthma, sleep difficulties, and migraine headaches. It's a myth that you need dairy to enjoy dreamy & creamy entrees, so why not skip the milk and enjoy the soy?*