

ATX Vegans + Wheatsville

Cooking Show: 3/19/2019

Chefs: Charlotte Ham & Joseph Fowler

Theme: A Very Bouldin Brunch

Gluten Free Vegan Cranberry Orange Scones

Calorie Count: approximately 450 per 4 servings (7.00)

- ½ arrowroot flour
- 1 1/3 cups almond flour
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- ¼ cup applesauce
- 3 Tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 Tablespoon Orange Zest
- 1/4 cup coconut oil
- 1/3 cup dried cranberries
- 1 orange zested
- ADD glaze
- ¼ cup confectioners' sugar (gluten free or tapioca)
- 1 teaspoon orange juiced

Place all dry ingredients in a bowl adding all your wet items then fold in your dry with rubber spatula make scones to your own desired size, if you like them smaller. Increase recipe by serving count.

Vegan Pecan Chorizo for Breakfast Tacos, Breakfast Chalupas, Stuffed Avocado, Stuffed Squash

Calorie Count: approximately 200 per ¼ cup serving (\$8.00)

- 6 cups Pecans
- 1 cup sundried tomatoes rinsed if packed in oil
- 2 rough chopped tomatoes
- 2 tsp olive oil
- ½ T cumin
- 1 T chili pepper
- 2 tsp salt
- ½ bunch cilantro
- 1 garlic glove

Blend everything except the pecans in the food processor, add the pecans and lightly pulse. It is very important to pulse slowly. You want this to turn into a coarse meal and not a paste, so you get the texture of "meat" crumbles.

Vegan Ambrosia Parfait

Calorie Count: 750 approximately per ¼ cup ambrosia sauce and ½ cup fruit and TSP of nuts(\$5.00)

For the Sauce

- 7 cups of coconut milk
- 4 boxes of silken tofu
- 4 cups of Orange Juice
- 4 bananas
- 4tsp Cinnamon
- 2 TBL vanilla
- 2 TBL maple syrup, agave, or coconut syrup

Combine all these ingredients together in a blender, and blend well, until the mixture is smooth and then store in the refrigerator to thicken to thicken as straight from the blender it will be slightly thin.

Serve over bananas, diced apples, mixed berries, melon, papaya, (owner's favorite) or any fruit of your choice. Top with nuts, pumpkin seeds, granola, flax meal, hemp hearts, coconut shavings, dried cranberries or other dried fruit.

Southwestern Breakfast Taco Casserole

Calorie Count approximately 500 per 1/2 cup serving (\$15.00)

Makes 4 servings

- 5 large potatoes (unpeeled and washed)sweet potatoes work as well
- 3 poblanos
- 3 corn on the cob
- Olive oil
- Salt and pepper
- Smoked paprika
- 1 can of black beans
- 1 bag of Follow your Heart Cheddar
- Salsa of your choice
- Fresh cilantro

To prepare filling:

Step 1: roast potatoes with a drizzle of olive oil, a pinch of salt and pepper, and a tsp of smoked paprika

Step 2: roast the corn in the husk for 10-15 minutes

Step 3: shave the corn into the diced poblanos and roast with a pinch of salt and pepper and a drizzle if olive oil. Roast until poblanos are soft. Mix corn and poblanos in a bowl with the potatoes.

To make the casserole:

Layer corn tortillas in a casserole dish covering the bottom, spread the filling over the tortillas, add a layer of the cheese, add another layer of corn tortillas, add the can of black beans drained, add a layer of salsa, add another layer of tortillas, cheese and bake until cheese is melted and center is hot. Top with any of the following: pecan chorizo, avocado, green onions, cilantro, pumpkin seeds, cashew crema, or vegan sour cream.