

Bonus Recipe Collection



The Harvest Cook.com

Sugar-free Desserts



Easy Pie Crust

Ingredients:

- 1 c. unbleached white flour (or white whole wheat)
- 1 c. red or white whole wheat flour
- 1 tsp. Salt
- ½ c. oil
- ½ c. very cold water

Directions:

Sift dry ingredients together.

Beat oil and cold water with a fork or whip until emulsified:

Pour over flour all at once, tossing lightly to mix.

Form into a ball, handling as little as possible.

Divide in half and roll out each half to make one pie crust.

For single baked crust, prick bottom and bake at 375° F. for 10-12 min. or till just golden.

Nutty Pie Crust~No Oil

Ingredients:

½ c. whole wheat pastry flour
¼ c. rolled oats
½ c. raw cashews
3 Tbs. macaroon coconut
⅓ tsp. salt
½ c. or a bit less, coconut milk or water
Pinch of Sucanat

Directions:

Process all ingredients, except water, in blender until very fine. Place in a mixing bowl and add just enough water or coconut milk to make a manageable dough ball.

Roll out between plastic wrap.

Carefully remove wrap from top and with the help of bottom plastic, place into pie dish.

Remove plastic and trim edges.

Bake at 350°F (180°C) until lightly browned.

Double the recipe if you wish to use unbaked top crust also.

Frozen Persimmon Pie

Ingredients:

- 3 c. **granola** (p.16)
- 3 Tbs. fruit juice
- 6 very ripe persimmons (The large Japanese varieties that ripen very soft and gooey work best.)
- 3 ripe, speckled bananas

Directions:

Grind the granola in the blender or a food processor.
Mix in the juice.
Place it in the bottom of a pie plate and press down evenly with a spoon.
Peel persimmons and place half of the pulp over the layer of granola.
Cut bananas and arrange over the persimmons.
Layer the rest of the persimmon pulp on top.
Freeze.
Serve frozen.

TIP: Will slice best if taken out of freezer 5 or 6 minutes before slicing. Decorate each slice with a sprig of mint.

Fresh Strawberry Pie

Ingredients:

1 pre-baked pie shell
6 cups of fresh, hulled and halved strawberries
6 oz. frozen apple juice concentrate
¼ cup water
¼ cup tapioca starch dissolved in ¼ cup cold water
OR ⅓ cup instant tapioca granules
1 recipe of **Creamy Tofu Whip** (p. 103)

Directions:

Wash the strawberries well and prepare.
Bring the apple juice and water to a boil.
Add the tapioca starch mixture or granules slowly while stirring with a whisk continuously.
Continue to stir with whisk until mixture boils again and becomes translucent (about 1 minute of boiling should do it).
If using granules, boil until granules have dissolved and thickened the liquid.
Add to the sliced strawberries and stir well to coat.
Pour into prepared pie crust, cover with plastic wrap, and chill overnight.
Serve cold.
May top with **Creamy Tofu Whip** or small scoop of vegan ice cream.

Variation: Mix in 1-2 cups of raspberries and blueberries mixed together, in place of that amount of the strawberries.

Grandma's Apple Pie Filling

Ingredients:

1 Pie Crust recipe (p. 87 or 88)
6 cups apples, peeled and sliced
¾ c. frozen apple juice concentrate or ⅓ c. Sucanat
½ tsp. vanilla
1 Tbs. lemon juice
½ tsp. coriander
1 Tbs. cornstarch or flour
Pinch of salt

Directions:

Heat apples in juice for 2-3 minutes.
Add the rest of ingredients.
Pour into unbaked pie shell.
Cover with unbaked pie crust.
Trim the edges with a sharp knife and press together with a fork.
Pierce crust in the middle to permit the steam to escape.
Bake at 400°F (200°C) for 10 minutes.
Lower heat to 350°F (180°C) and bake for 45 minutes more.

Makes 1 pie

Rainbow Fruit Salad

Ingredients:

1 cup sliced strawberries
1 cup blueberries
1 cup sliced kiwi fruit or green grapes
1 cup diced apples
¼ cup frozen apple-raspberry juice concentrate or pineapple juice.
¼ cup unsweetened shredded coconut
Mint leaves for garnish

Directions:

Place all the prepared fruit in a bowl and coat with the juice.
Serve in pretty dishes and sprinkle the coconut on top.
Garnish with a fresh mint leaf.

Serves 4

Fruit Popsicles

Directions:

Freeze 100% fruit juice in juice pop molds with a popsicle stick. Makes a great cool dessert on a hot day.

Here are some fun combinations:

- Apple/raspberry juices
- Pineapple juice with little banana chunks
- Orange/lime juices
- Grape/apple juices

Fruit Crisp

Filling:

Ingredients:

6 c. sliced fresh, frozen or canned fruit (no added sugar) – berries, peaches, apples
1 ½ c. crushed pineapple (canned in juice) – optional
1 12-oz can frozen apple juice concentrate, (minus ¼ cup used in topping below)
2 T. organic corn starch dissolved in ¼ cup of water (or juice from canned fruit)

Topping:

Ingredients:

½ c. nut meal (ground walnuts, almonds, or pecans)
2 c. rolled oats (quick or regular)
½ c. whole wheat flour
½ tsp. salt
1 T. light olive oil (flavor is milder than extra virgin)
1 t. vanilla
¼ cup frozen apple juice concentrate, thawed

Directions:

Bring apple juice concentrate for filling to a boil.
Stir in the cornstarch mixture, stirring constantly till clear (about 1 min.).
Toss fruit with cornstarch mixture to coat it. Set it aside.
Mix all dry ingredients for topping together and stir till thoroughly mixed.
Mix topping liquids together and then stir thoroughly or mix with hands through dry ingredients.
Place fruit mixture in a medium-sized baking dish. Spread topping over fruit and bake at 350° F. until browned (about 40-50 min.). Serve hot or cold.
Makes 8 servings.

Soft Serve Fruit Ice Cream

Ingredients:

2 Frozen very ripe bananas
1 cup frozen mango cubes
2 Tbs. frozen orange juice concentrate
1 cup of non-dairy milk
1 tsp. vanilla

Directions:

Place $\frac{1}{2}$ of the milk in a powerful blender and add the fruit. Add just enough liquid to keep the fruit moving until blended smooth, using the tamper to keep the fruit moving into the blades. Stop blending as soon as the mixture is smooth.

Creamy Tofu Whip

Ingredients:

- 1 c. water or coconut milk
- 2 tsp. agar powder (not flakes or granules)
- ½ c. raw cashews
- ¼ c. honey
- ¼ c. maple syrup
- 1 ½ c. silken tofu
- 2 tsp. vanilla
- ¼ tsp. salt or less
- 1 tsp. mild flavored oil (optional)

Directions:

Bring water and agar to a boil stirring constantly over low heat until dissolved.

Place agar mixture in blender and add other ingredients.

Blend on high until smooth.

Chill.

Whip with electric beater till foamy.

Chill and use as a topping for desserts.

Makes 4 cups

Variation: This may be frozen in ice cube trays and blended when ready to use as a freeze.

Attacking Insulin Resistance with Food

Lucia's Oat Groat Delight

Ingredients

1 cup oat groats rinsed
2 Tbs. raisins
2 dates
1 whole apple coarsely grated
1 tsp. Ceylon cinnamon
½ tsp. coriander ground
4 cups water
¼ tsp. salt
1 Tbs. vanilla extract (not imitation)

Instructions

Preheat oven to 350°F.
Place rinsed oat groats in casserole dish.
Add all other ingredients and stir to mix.
Cover tightly with lid or tin foil.
Bake for 2 hours, covered. Most of the liquid will be absorbed by then, but it should not be dry.
Serve warm. May be refrigerated and rewarmed to eat. Chilling will thicken it, so you may need a bit of unsweetened non-dairy milk or water to thin it a bit.

Topping Suggestions

Fresh or raw berries of any kind.
A few raw or lightly toasted nuts.
Some freshly ground flax, chia, or sesame seeds (or a mix).
A few sunflower or pumpkin seeds.

Not So Southern Collard Greens

Ingredients:

1 bunch of collard
2 cloves of garlic, crushed
1 Tbs. oil
Sprinkle of salt

Directions:

Wash the greens thoroughly. Chop the leaves coarsely. Place the oil in a large pan on medium high heat. Add the crushed garlic. As soon as the garlic starts to sizzle, add the chopped greens and stir vigorously. Add small amounts of water as needed to avoid

burning or sticking. Keep stirring every minute or so as the greens wilt. Once it has all wilted down, make sure there is still a bit of liquid in the pan, sprinkle lightly with salt and cover pan with lid. Turn heat down to low, and allow to simmer until the collards are tender. Check intermittently to make sure there is still a little liquid in the pan. Drizzle with lemon juice and serve.

Tri-color Coleslaw

Ingredients:

2 cups green cabbage, sliced very thin (I use a [Mandolin](#))
2 cups red cabbage, sliced very thin
2 cups carrot, grated or sliced into longer, narrow strips

Directions:

Toss thoroughly to mix the vegetables. Then toss lightly with following creamy dressing:

½ c. [soy mayonnaise](#)
1/2 tsp. celery salt
1 tsp. Lucia's Seasoned vegetable salt
Garnish with thinly sliced scallion tops and enjoy!

Lucia's Tofu Mayo

Ingredients

1 12 oz Tofu Mori Nu, extra firm
½ cup cashews raw and rinsed
1 tsp. onion dry granulated
½ tsp. garlic dry granulated
¼ cup [lemon juice](#)
1 tsp. [salt](#)

Instructions

Place all ingredients in blender and blend until smooth.
May serve immediately or chill and serve.
Keeps in refrigerator for about a week.

Lucia's Lemony-grette Dressing

Ingredients

⅓ cup [Oil Substitute \(1 Tbs. arrowroot powder mixed with 1 cup of water and boiled to thicken.\)](#)
2 Tbs [lemon juice](#)
1 tsp. [Italian Seasoning](#)
1 tsp [Salt](#)
1 tsp. [Braggs Aminos](#)

Instructions

Whisk all ingredients together thoroughly. Use chilled.

Optional Additions – add one or more of the following:

- 1 tsp. garlic granulated
- 1 tsp. Just Date Syrup
- ½ tsp. Sumac powder

Another Variation:

Omit the salt and use Japanese Umeboshi Plum Vinager (not a vinager, actually a plum pickle juice).

Add a dash of sumac powder or Dulse granules.

Quick Stir Fry

Ingredients:

1 cup soy curls
2 cups water
2 tsp. vegan chicken style seasoning
1 Tbs. light olive oil
1 onion, cut thinly
2 cloves garlic, crushed
2 carrots, peeled and cut diagonally in very thin slices
1 stalk celery, sliced thinly on the diagonal
2 cups green cabbage, sliced into thin shreds
2 tsp. Braggs Aminos
1 tsp. chicken style seasoning, or to taste
Juice of a fresh lemon

Directions:

1. Soak soy curls in water and 2 tsp. of vegan chicken style seasoning. Prepare all the other ingredients before starting to cook.
2. Place oil in a non-stick pan over medium-high heat. Brown the drained and softened soy curls.
3. Add Onion and stir constantly while adding ingredients. When onions are slightly softened, add garlic and keep veggies moving.
4. In 30 seconds or so, add the carrots and celery.
5. Add 1 or 2 tsp. of water if needed to keep pan from burning as veggies are cooking. When carrots have just started to soften, add the cabbage and continue stirring until cabbage wilts.
6. Season with Braggs and chicken style seasoning. Drizzle with lemon juice just before eating.

Good over brown rice or whole grain noodles or just on their own!