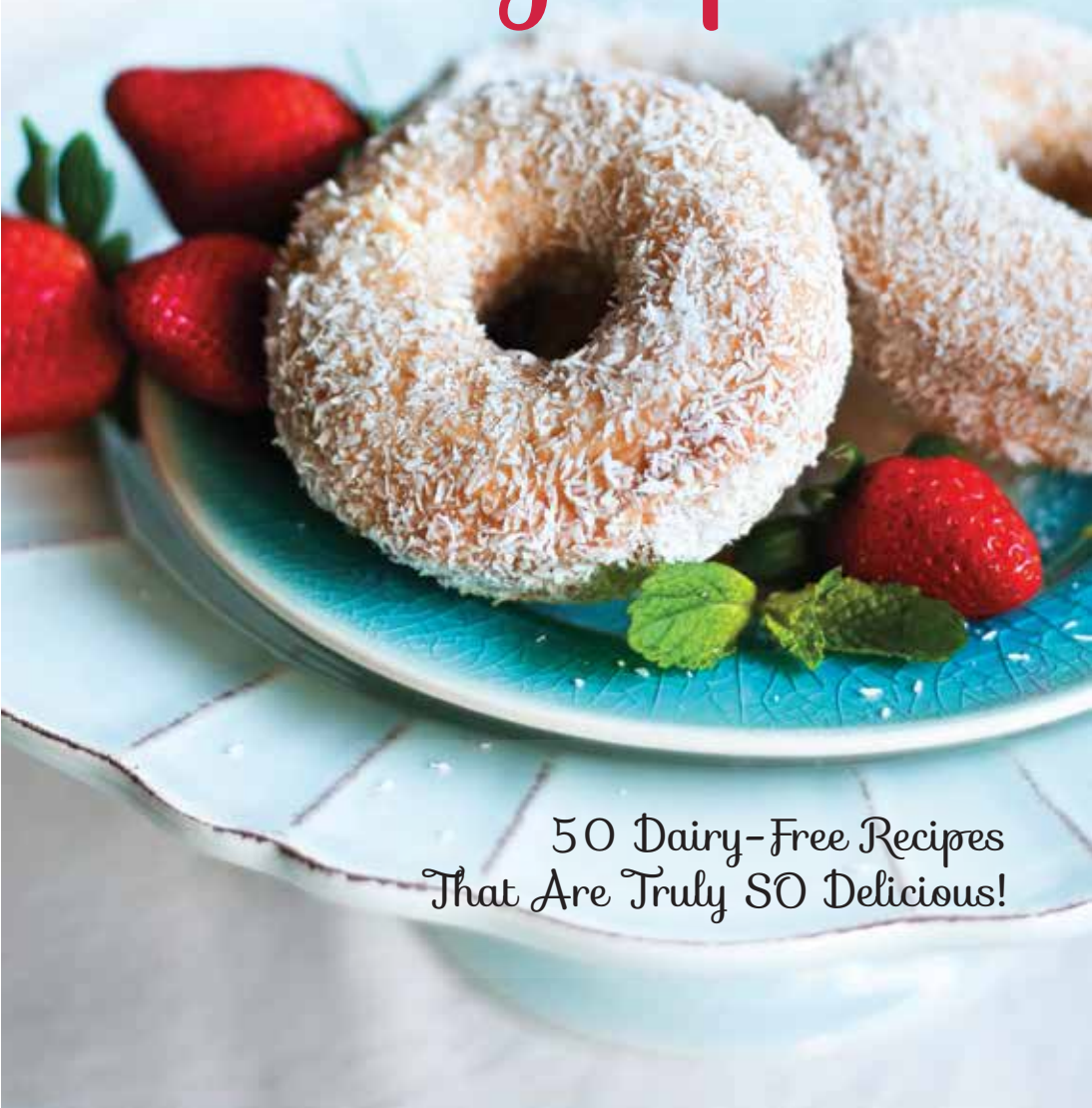




SO Delightful



50 Dairy-Free Recipes
That Are Truly SO Delicious!



SO Delightful

50 Dairy-Free Recipes That Are
Truly SO Delicious!



We're committed to being kinder and gentler to our planet, and we're passionate about creating dairy-free options that are so pure and delicious you'll want to enjoy them during every part of your day. While our beverages, creamers, cultured products, and frozen desserts are delectable all on their own, you'll find that they also work perfectly as dairy-free alternatives in all of your favorite recipes.

Want to make the perfect dairy-free smoothie or creamy soup? Choose our coconut or almond milk! In the mood for waffles, "buttermilk" pancakes, or tzatziki sauce? So Delicious Dairy Free cultured products to the rescue! You can substitute our products 1-for-1 in any recipe that calls for dairy.

Join us now, and explore just a few of the mouth-watering recipes you can make with our products. We think they're SO delightful and deliciously satisfying, we had to share them with you. Once you experience So Delicious Dairy Free, it won't be long before it takes over your morning cereal and coffee, your mid-day smoothie, and your after-dinner treat. And when it comes to creating show-stopping breakfast dishes, soups, salad dressings, appetizers, entrées, baked goods, puddings, pies, and more, the possibilities are truly endless. Get ready to be delighted. You're SO gonna love this!

SO Delicious, SO Delightful!





We would like to express our most heartfelt love and appreciation to all of our wonderful recipe contributors for sharing their culinary creativity and SO much dairy-free deliciousness:



Claire Berman
Candice Clifford
Gail Davis
Janet DeGras
Jenny Engel and Heather Goldberg
Martí Miller Hall
Julie Hasson
Kathy Hester
Richa Hingle
Kristin Hoffman
Rika Huang and Donald Dexter
Hannah Kaminsky
Elizabeth Kaplan
Noelle Kelly
Lee Khatchadourian-Reese
Ella Leché
Leah Lizarondo
Danielle Rouse
Allison Rivers Samson
Jackie Sobon
Gretchen Tseng
Amie Valpone
Laura Wright



And a huge thank you to our amazing book designer, Ella Leché of Lifeologia, whose amazing artistry helped bring together many of our favorite recipes so beautifully within the pages of this book.



Symbols throughout this book:

 VEGAN

 GLUTEN FREE

 SOY FREE

Printed in the USA on elemental chlorine-free paper made with post-consumer recycled content.



Breakfast

- Dirty Chai Pancakes 2
- Pumpkin Coffee Cake Oatmeal 4
- Slow-Cooker Pear Rose Cardamom Oatmeal 5
- White Oat Bread Loaf 6
- Fruit-Filled Pancakes 8
- Lavender Overnight Oats 9
- Chai, Blueberry, and Raspberry Waffles 10
- Cherry Amaretto Pancakes 12
- Glazed Cinnamon Pecan Scones 13
- Pomegranate and Lime Parfaits 14
- Strawberry-Chocolate Chip Crêpes 16
- Pumpkin Spice Pancakes 18
- Sweet Corn and Apple Porridge 19
- Blueberry Peach Chia Parfait 20
- Brunchy Muffins 22

Lunch & Dinner

- Sweet Cilantro Pasta Salad 24
- White Pizza with Mushrooms, Sun-dried Tomatoes & Broccoli 26
- Curried Chickpea Fries 28
- Farm Stand Corn Chowder 30
- Lemon Coconut Eggplant Fries 31
- Bombay to Bangkok Vegetable Curry 32
- Kale and Tempeh Tikka Masala 34
- Baked Macaroni and Cheese 36
- Coconut Pad Thai 38
- Festive Coconut Wild Rice 39
- Carrot-Orange Ginger Soup 40
- Spicy Tomato Alfredo Pasta 42
- Orange Gingerbread Pasta 43
- “Sausage” Mushroom Stroganoff 44
- Rosemary Vegetable Pot Pie 46
- Summer Vegetable Quiche 48
- Shepherd’s Pie 50
- Sweet Potato Turnovers 51

Desserts

- Mini Pomegranate Cupcakes 52
- Strawberry Shortcake Push-Pops 54
- Coconut Vanilla Donuts 56
- Triple Chocolate Pudding 58
- Pumpkin Pie 59
- Rose Water Panna Cotta 60
- Marzipan Tea Cake 62
- Chai Latte Rice Pudding 64
- Chocolate Mousse Cups 65
- Glazed Pumpkin Chocolate Chip Muffins 66
- Spiced Carrot Cake 68
- Orange-Infused Pumpkin Cheesecake 72

Smoothies & Drinks

- Mocha Frappe 74
- Creamy Fig Smoothie 76
- Cranberry Coconut Smoothie 77
- Piña Colada Shake 78
- Persimmon Ginger Smoothie 79





Dirty Chai Pancakes with Cranberry and Vanilla Compote



Ingredients:

For the Compote:

- 1 cup fresh or frozen cranberries
- 1/3 cup water
- 1/4 cup maple syrup
- 2 teaspoons vanilla extract

For the Pancakes:

- 1 1/3 cups So Delicious® Dairy Free Unsweetened Coconut Milk
- 2 teaspoons apple cider vinegar
- 3/4 cup whole spelt flour
- 1/2 cup light spelt flour
- 2 teaspoons baking powder

- 1 teaspoon baking soda
- Pinch of fine sea salt
- 1 teaspoon coffee extract
- or 1 tablespoon finely ground coffee
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground nutmeg
- Pinch of ground cloves
- 2 tablespoons maple syrup
- 1 tablespoon melted coconut oil
+ extra for cooking pancakes
- 1 teaspoon vanilla extract

Directions:

1. Make the compote: place the cranberries, water and maple syrup in a small saucepan over medium heat. Bring the mixture to a boil, stirring frequently. Add water as needed to keep the sauce moist. Mash the cranberries up here and there with the back of a wooden spoon to get a saucy consistency. Once you have a slightly wet, jammy texture, add the vanilla extract. Stir the compote one more time and remove from heat. Set aside.
2. Combine the milk and apple cider vinegar in a liquid measuring cup. Stir lightly and set aside to curdle for at least 5 minutes.
3. In a large bowl, combine the flours, baking powder, baking soda, salt, ground coffee, cinnamon, ground ginger, cardamom, nutmeg and cloves. Stir to combine. Add the curdled non-dairy milk, maple syrup, coconut oil and vanilla extract. Stir gently to combine, taking care not to over mix.



4. Heat a large nonstick skillet over medium heat. Brush the pan with melted coconut oil. Drop 1/3 cup measures of the pancake batter into the pan. Allow the first side to cook for 1 to 1 1/2 minutes, or until bubbles pop on the surface and the edges appear dry and lightly browned. Flip the pancakes over and cook for another minute. Remove pancakes and keep warm. Repeat with remaining batter.

5. Serve pancakes with cranberry compote spooned over the top and extra maple syrup, if you like.

by Laura Wright TheFirstMess.com





Breakfast



Pumpkin Coffee Cake Oatmeal

serves 2-3



Ingredients:

Oatmeal:

- ½ cup gluten-free-certified steel-cut oats
- 1¾ cup So Delicious® Dairy Free Vanilla Almond Plus Almond Milk
- ½ cup pumpkin (canned or fresh)
- ½ teaspoon cinnamon

Coffee Cake Topping:

- 3 tablespoons brown sugar (or other sweetener of choice)
- 3 tablespoons pecans or walnuts, chopped
- ½ teaspoon cinnamon



Slow-cooker Instructions

1. Mix toppings in a small container and cover until the morning.
2. Spray your crockpot with some oil to help with clean up later (optional).
3. Add all the ingredients except the toppings.
4. Cook on low overnight (7 to 9 hours).

In the morning:

1. Stir your oatmeal well. It may seem watery at the top, but if stirred it should be a more uniform consistency. Ladle into individual serving bowls, and top with coffee cake topping.

**This recipe uses a smaller slow cooker (1½ to 2 quarts)

Stove-top Instructions

1. Add the almond milk to a pot, turn heat to high and just bring to a boil. Turn heat down to medium low and add pumpkin, oats and cinnamon. Cook for about 30 to 40 minutes, and make sure to stir often so it doesn't stick to the bottom of the pan.
2. While the oatmeal is cooking, mix together the coffee cake topping ingredients in a small bowl.
3. When the oatmeal is ready, ladle into bowls and top liberally with the mixed topping.

by Kathy Hest Healthy Slow Cooking galthyslowcooking.com

Slow-Cooker Pear Rose Cardamom Oatmeal

serves 2-3



Ingredients:

- ½ cup gluten-free steel-cut oats
- 2 cups So Delicious® Dairy Free Unsweetened Coconut Milk
- 1 small pear, chopped
- ½ teaspoon vanilla
- ½ teaspoon rosewater
- ½ teaspoon almond extract
- ¼ teaspoon cardamom
- ¼ teaspoon cinnamon
- Sweetener of choice, to taste

Directions:

1. The night before: Spray your crockpot with some oil to help with clean up later. Add all the ingredients except the sweetener. Cook on low overnight (7 to 9 hours).

2. In the morning: Stir your oatmeal well and add sweetener. It may seem watery at the top but if stirred it should be a more uniform consistency.

Note: This recipe uses a smaller slow cooker (1½ to 2 quarts)

by Kathy HesteHealthy Slow Cookingalthyslowcooking.com





White Oat Bread Loaf



White Oat Bread Loaf (cont'd)



makes one mini loaf



Ingredients:

¼ cup warm water
1 teaspoon active dry yeast
2 teaspoons raw sugar, divided
6 tablespoons gluten-free oats,
ground (¼ cup + 2 tablespoons)
¼ cup brown rice flour
¼ cup potato starch
1 tablespoon tapioca starch
½ teaspoon salt

2 teaspoons oil
1½ tablespoons So Delicious® Dairy Free
Plain Cultured Coconut Milk
1 teaspoon agave syrup

After first rise:

1 to 1½ tablespoons potato starch (or half
potato starch and half ground oats)

Directions:

1. Add yeast and 1 teaspoon sugar to water. Mix well and let sit for 8 to 10 minutes to allow it to become frothy.
2. In a medium bowl, whisk all the dry ingredients well. In a separate large bowl, lightly whisk the oil, cultured coconut milk, agave and remaining teaspoon of sugar until well combined.
3. Add the dry ingredients and the cultured coconut milk mix to the yeast mix and whisk to combine well. The dough will be more of a stiff batter.
4. Cover with a damp tea towel, and let rise for 1.5 hours or until doubled. The oats will make the dough less battery after the first rise, but it will still be sticky.
5. Add some potato starch to make it less sticky and dump the sticky dough into parchment-lined mini (5.75 by 2.75 inch) bread loaf pan. Even out using a spatula.
6. Spray top with water, and then with oil or dust with oat flour.
7. Prepare a steaming pan, warm the water, switch off and place the bread pan in the steamer. Cover and let rise until doubled, about 20 minutes.
8. Meanwhile, preheat the oven to 395°F. Take the pan out of the steamer and immediately place in oven. Bake at 395°F for 12 to 17 minutes until edges are just slightly brown. Do not overbrown, as bread will be overly crusty.
9. Let bread cool outside the pan for 15 minutes before slicing. If the crust feels hard after cooling completely, warm the slices in a toaster for half a minute and they will spring back.





V

GF

SF

Fruit-Filled Pancakes



serves 4



Ingredients:

- 1 cup all-purpose gluten-free flour
- 3 tablespoons evaporated cane juice
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1–1½ tablespoons canola oil
- 1 ripe banana (mashed)
- 1¼ cups So Delicious® Dairy Free Original Almond Plus Almond Milk
- 1 teaspoon vanilla
- Fresh raspberries
- Fresh blueberries

Directions:

1. Whisk together the flour, evaporated cane juice, baking soda, baking powder, and cinnamon until well blended. Add canola oil, mashed banana, almond milk, and vanilla. Batter will be thick.
2. Heat pan on low. Spray pan with cooking spray. Pour ¼ cup of batter into pan. Place the desired amount of berries on pancake and cook on both sides until golden brown.
3. Serve warm with maple syrup.

by Candice Clifford | embraceglutenfree.com

Lavender Overnight Oats

makes 1 serving



Ingredients:



- 1/3 cup gluten-free old-fashioned rolled oats
- 1 cup So Delicious® Dairy Free Sugar Free Vanilla Coconut Milk (or favorite flavor)
- 1 tablespoon raisins, dried cherries, cranberries, or goji berries
- 1 tablespoon chia seeds
- 1 teaspoon organic culinary lavender
- 1/2 ripe banana, mashed, for added sweetness
(If using unsweetened coconut milk, add 2–3 drops of vanilla stevia, too)

Directions:

1. Place all ingredients into a jar with a tight-fitting lid and shake.
2. Refrigerate overnight.
3. In the morning, top with your favorite toppings: fresh fruit, chopped nuts, or nut butter.

By Gail Davis Hungry Vegan hungryvegan.blogspot.com



Chai, Blueberry, and Raspberry Waffles





Chai, Blueberry, & Raspberry Waffles



Ingredients:

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 3 tablespoons sugar
- 6 oz So Delicious® Dairy Free Raspberry Greek Style Cultured Coconut Milk
- ¾ cup So Delicious® Dairy Free Original Coconut Milk
- ½ cup plus 4 tablespoons chai
- 5 tablespoons water
- ½ cup coconut oil
- Spray oil for the waffle iron
- Fresh blueberries



Directions:

1. Mix all the dry ingredients together well with a whisk. In another bowl, whisk the wet ingredients together. Combine wet and dry. Leave in the fridge for a few hours.
2. When ready to cook, gently fold fresh blueberries into the batter.
3. Preheat waffle iron. Spray both surfaces of your waffle iron with cooking spray. Pour ½ cup batter onto the bottom surface and close the lid.
4. Cook until the waffle iron's indicator light shows that cooking is complete, or until no more steam comes out. The finished waffle should be golden brown and crispy.
5. Repeat steps 2, 3 and 4 for as many waffles as you wish to make. There is no need to respray your waffle iron after the initial batch.

by Rika Huang and Donald Deegan | veganmiam.com





Cherry Amaretto Pancakes



makes 4-5 small pancakes

Ingredients:



- 3 tablespoons plus 1 teaspoon sorghum flour
- 2 tablespoons almond flour
- 2 tablespoons tapioca starch
- 1 tablespoon white sugar
- 1/8 teaspoon salt
- 3/4 teaspoon baking powder
- 3/4 teaspoon powdered egg replacer + 1 tablespoon water
- 2 1/2 tablespoons So Delicious® Dairy Free Vanilla Almond Plus Almond Milk
- 1 1/2 teaspoon vegan butter, melted
- 1/2 teaspoon vanilla
- 2 teaspoons amaretto syrup (can substitute 1/2 tsp almond extract)
- 1/3 cup cherries, chopped into small pieces
- Maple syrup, amaretto syrup, and extra cherries for topping

Directions:

1. Measure out the flours and mix them together with the salt and baking powder.
2. In a separate bowl, beat the egg replacer with the tablespoon of water until frothy. Then add the almond milk, melted vegan butter, vanilla, and amaretto syrup and mix together.
3. Add the liquid ingredients to the dry ones and stir to combine. Add in the chopped cherries.
4. Meanwhile, spray a skillet with nonstick cooking spray and preheat on medium heat. When the skillet is preheated, add about 1 1/2 to 2 tbsp worth of batter for each pancake (the batter will spread in the pan). Cook for about 2 to 3 minutes on each side until done all the way through.
5. Serve hot topped with maple syrup, amaretto syrup, and the extra cherries mixed together.



by Claire Berma | This Gluten-free Life | thisglutenfreelife.com

Glazed Cinnamon Pecan Scones

makes 12
mini scones



Ingredients:

- 1 ½ cups gluten-free oat flour
- ¾ cup tapioca flour
- 6 tablespoons sugar
- 2 tablespoons ground cinnamon
- 1 tablespoon baking powder
- 1½ teaspoons xanthan gum
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 6 tablespoons unflavored coconut butter
- ½ cup chopped pecans, toasted

- 6 tablespoons So Delicious® Dairy Free Original Coconut Milk Creamer
- 3 tablespoons So Delicious® Dairy Free Plain Cultured Coconut Milk

Glaze

- 6 tablespoons powdered sugar
- 2 teaspoons ground cinnamon
- 1 tablespoon So Delicious® Dairy Free Unsweetened Coconut Milk



Directions:

1. Line a baking sheet with parchment paper. Heat the oven to 375°F.
2. In a food processor, pulse together flours, sugar, cinnamon, baking powder, xanthan gum, baking soda and salt. Then add the coconut butter and pulse until the mixture resembles cornmeal.
3. In a small bowl, whisk together the creamer and cultured coconut milk and add into the food processor. Add the pecans and pulse to form a slightly sticky dough. If it's too sticky, add a tiny bit of oat flour; it should still stick to your hands somewhat.
4. Turn the dough onto the parchment-paper-lined baking sheet and knead once or twice to bring together, then press into three, 1-inch-thick squares and cut an X into the dough to make four triangles out of each. Arrange on the pan with a couple of inches between each triangle. Bake for 12 minutes.
5. Combine glaze ingredients and set aside. After scones are baked, drizzle with glaze and allow glaze to harden as scones cool.



Allison Rivers Samson | [Allison's Gourmet](http://Allison'sGourmet.com) | Allisonsgourmet.com



Pomegranate and Lime Parfaits

serves 4



Ingredients:

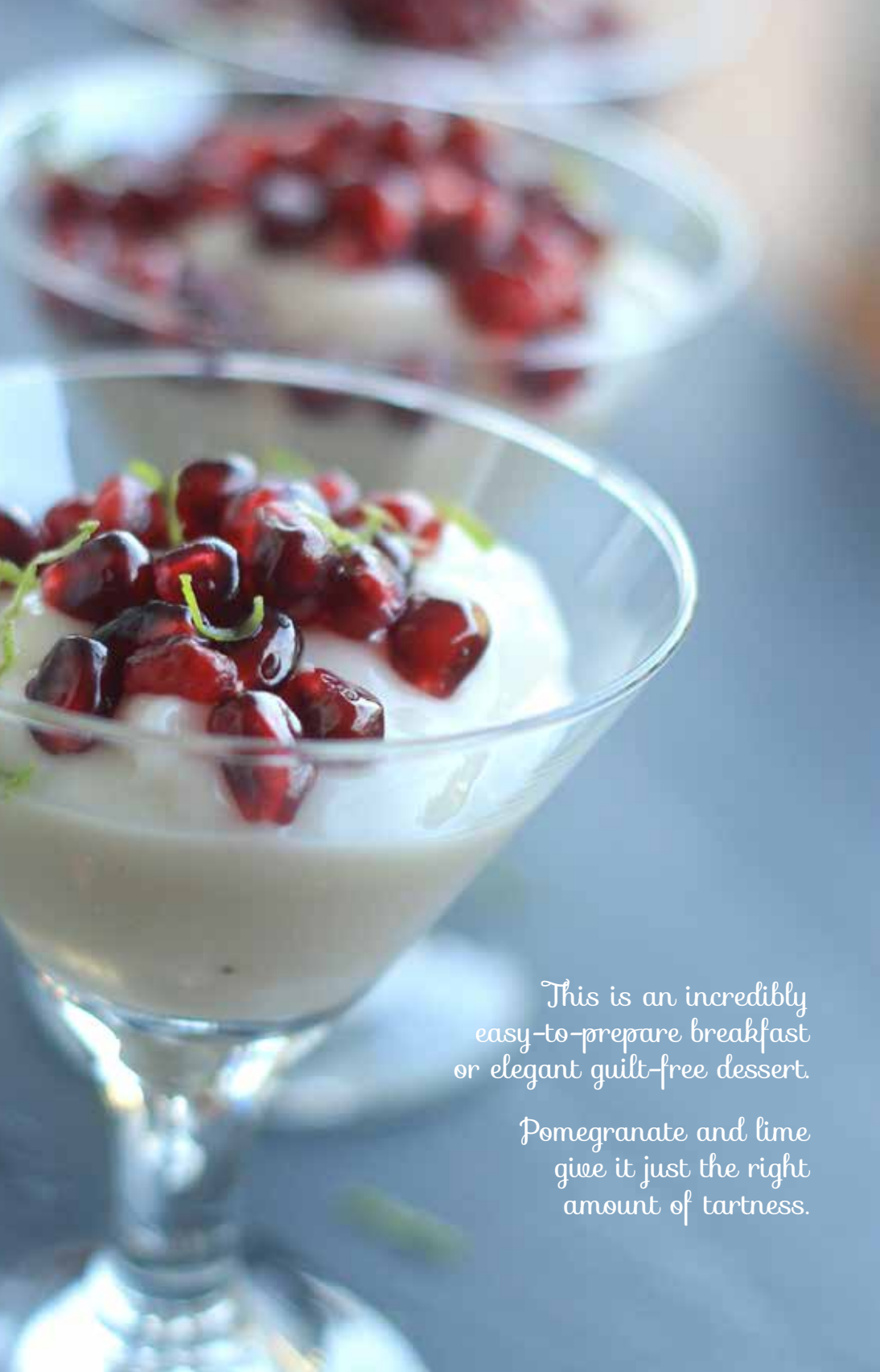
- 1 pomegranate
- 1 lime
- 1 16-oz container So Delicious® Dairy Free Vanilla Cultured Coconut Milk

Directions:

1. Cut the top and the bottom off of the pomegranate. Take your knife and score around the outside of the fruit about 6 to 8 times, depending on how large it is.
2. Place in a large bowl of water. Gently break the fruit apart into large chunks. Keeping the fruit in the bowl to avoid getting juice everywhere, gently break the seed casings away from the membrane. The seeds will sink, the inedible casings will float.
3. Skim the membrane/pulp out of the water and discard. Strain the seeds and set aside.
4. Zest and juice the lime, set aside.
5. Combine the cultured coconut milk with the lime juice.
6. Divide cultured coconut milk equally between 4 cups.
7. Top with pomegranate seeds and lime zest. Serve chilled.

by Kristin HoffmaBaker Bettie | bakerbettie.com





*This is an incredibly
easy-to-prepare breakfast
or elegant guilt-free dessert.*

*Pomegranate and lime
give it just the right
amount of tartness.*



Strawberry-Chocolate Chip Crêpes



Ingredients:

- ½ cup gluten-free flour blend
- ¼ cup cornstarch
- ¼ cup gluten-free pancake mix
- 2 teaspoons baking soda
- ¼ teaspoon salt
- 1 packet stevia
- Powdered sugar (optional)
- Strawberries, sliced
- Dark chocolate chips
- ½ cup So Delicious® Dairy Free Original Coconut Milk Creamer
- ½ cup water, room temperature
- 1 tablespoon vegan butter
- 2 tablespoons apple cider vinegar
- 1¼–1½ cups water



Strawberry-Chocolate Chip Crêpes (cont'd)



makes approx. 12-14 crêpes



Directions:

1. Pour the dry ingredients into a mixing bowl and whisk to incorporate. Sift the ingredients to avoid lumps.
2. In a small saucepan over medium heat combine the creamer, $\frac{1}{2}$ cup of water, and vegan butter. When the sauce just barely comes to a boil, remove from heat and pour it into the dry ingredients.
3. Mix quickly and vigorously. Batter will be very thick and akin to a biscuit batter.
4. Add $1\frac{1}{4}$ cups water to the batter and whisk until smooth.
5. Add the apple cider vinegar and whisk together (the batter will begin to bubble). The batter should be a very smooth consistency and thin, but will have a few small lumps (unless you sifted the dry ingredients). If the batter is not thin enough, add the extra $\frac{1}{4}$ cup of water (for a total of $1\frac{1}{2}$ cups of water).
6. Allow the batter to rest for 30 minutes or overnight in the fridge.
7. When you are ready to cook the crêpes, heat an 8-inch nonstick skillet over low-medium heat.
8. When the pan is up to temperature, brush a light coating of butter on it, remove it from the burner, and pour in approximately $\frac{1}{4}$ cup of batter. While the pan is still off of the heat, swirl the batter around the pan to evenly coat.
9. Place the pan back on the heat and allow the crêpe to cook slowly (be patient). When the edges have browned and pulled away from the sides, the crêpe is ready to be flipped.
10. Lightly grease your spatula and flip the crêpe. Cook for another minute or so on the other side. Continue this process until you have used all of the batter.
11. Keep the crêpes warm in a tortilla server or warmer. Lightly butter the bottom to avoid sticking.
12. When ready to serve the crêpes, sprinkle chocolate chips onto half of the warm crêpe, fold it in half, and in half again. Top with sliced strawberries and a light dusting of powdered sugar.



option

Pumpkin Spice Pancakes



makes 8-10 pancakes

Ingredients:

- 1 ½ cups all-purpose flour or all-purpose gluten-free flour blend
- 3 tablespoons natural cane sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- ¾ cup pumpkin purée
- ½ very ripe banana, mashed
- 1 cup So Delicious® Dairy Free Pumpkin Spice Coconut Milk
- ½ teaspoon vanilla extract
- 1 tablespoon vegetable oil + extra vegetable oil or coconut oil for pan
- ½ cup chopped walnuts or pecans (optional)



Directions:

1. Whisk dry ingredients together in a medium bowl and set aside. In a separate bowl, whisk together wet ingredients.
2. Add the wet ingredients to the dry ingredients until just combined. If using nuts, fold them into the batter. Let sit a couple of minutes while your skillet is heating up.
3. Lightly oil a large skillet with vegetable or coconut oil and preheat over medium heat. Pour batter in ¼-cup measurements into the pan. Cook 2 to 3 minutes or until edges are firm. Flip and cook other side 1 to 2 minutes until golden brown. Serve warm with pure maple syrup.

by Gail DavisHungry Veg@hungryvegan.blogspot.com

Sweet Corn and Apple Porridge



serves 2-4



Ingredients:

- 4 cups fresh corn (5 small ears), divided
- 2 large apples, small dice
- 1 cup apple juice
- 1 cup So Delicious® Dairy Free Vanilla Coconut Milk
- 1 teaspoon cinnamon (optional)
- ½ cup gluten-free oats (optional)
- Stevia to taste (optional)

Directions:

1. Pour the apple juice and coconut milk into a high-speed blender. Add 2 cups corn and half of the diced apples to the blender. Blend for 1 minute until very smooth.
2. Pour the mixture into a bowl and add the remaining corn and diced apple. Mix to incorporate. Add cinnamon and gluten-free oats, if desired.
3. Place in a medium saucepan and heat gently on medium-low heat until porridge is warm or refrigerate for 1 hour or more and serve chilled.

by Gretchen Tsen & Meggie Grettie | veggiegrettie.com





Blueberry Peach Chia Parfait



makes 1 serving

Ingredients:

- 3 tablespoons chia seeds
- ¾ cup So Delicious® Dairy Free Unsweetened Coconut Milk
- 2 teaspoons maple syrup
- ¼ teaspoon vanilla extract
- Pinch of salt
- 1 medium peach, sliced thinly* (equal to roughly ½ cup)
- ½ cup blueberries
- Hulled hemp seeds for sprinkling (optional)

*Feel free to substitute mango, papaya, banana, or other fruit when fresh peaches are not in season.

Directions:

1. Stir together the chia seeds, milk, maple syrup, vanilla extract and pinch of salt in a cup or bowl. Place in the refrigerator for anywhere from 1.5 hours to overnight (which is recommended and easiest).
2. After the chia seeds have had time to soak up the liquid and become gel-like, stir them once more.
3. In a tall, skinny glass, start making your parfait by spooning roughly ¼ of the chia seed mixture into the bottom. Place a couple of peach slices on top, then 2 tablespoons blueberries on top of that, followed by a couple of slices of peach (to block the pudding from seeping down as much).
4. Repeat until you have used all of your ingredients. If you have chosen to add hemp seeds, sprinkle a little on top of each chia layer. Serve chilled.



by Jackie Sobon Vegan Yack Attack veganyackattack.com



*This nutrition-
packed parfait is
a delicious way
to start the day!*





V

Brunchy Muffins with Almond Cream Curry Sauce



series 1



These brunchy muffins are a great hearty egg and dairy-free variation on the traditional English Muffin. So Good!

by Janet Degra Mosaic Kitchen mosaickitchen.com

Brunchy Muffins

Ingredients:

- 1½ cups fresh or frozen vegetable blend*
- 1 teaspoon olive oil
- 1 vegan English muffin
- ¼ cup Almond Cream Curry Sauce (see below)
- 1 tablespoon slivered almonds

*Use your favorite blend—we used carrots, beets, onions, green beans, and celery. The vegetables will shrink considerably upon cooking, so don't skimp on the amount!

Directions:

1. Chop the vegetables into bite-size pieces, toss with olive oil, then stir-fry in a skillet until tender-crisp (or roast at 350°F for an hour).
2. While the vegetables are cooking, prepare the Almond Cream Curry Sauce (below).
3. When ready to serve, split and toast the English muffin. Spoon the hot cooked vegetables over each muffin half, top with the warm Almond Cream Curry Sauce, and sprinkle with the slivered almonds.



Almond Cream Curry Sauce

Ingredients:

- ½ cup creamy almond butter
- 1 cup So Delicious® Dairy Free Original Almond Plus Almond Milk
- 2 teaspoons curry powder
- ½–1 teaspoon dried red pepper flakes, to taste
- 1 tablespoon lemon juice

Directions:

1. Measure all ingredients directly into a blender or food processor and process until smooth. It will appear to be too thin, but will thicken considerably after warming.
2. When ready to serve, pour into a microwave-safe container and heat at a medium setting for about 1 minute, stirring after 30 seconds, until hot. Alternatively, warm the sauce in a small saucepan until hot but not boiling. Refrigerate leftovers in a covered container.



Sweet Cilantro Pasta Salad



serves 4

Ingredients:

- 12 ounces gluten-free pasta
- 1/3 cup So Delicious® Dairy Free Plain Cultured Coconut Milk
- 1/2 teaspoon fresh orange zest
- 1/3 cup fresh orange juice
- 1 tablespoon olive oil
- 1 pound black seedless grapes
- 1/4 cup finely chopped fresh cilantro, plus more for topping
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

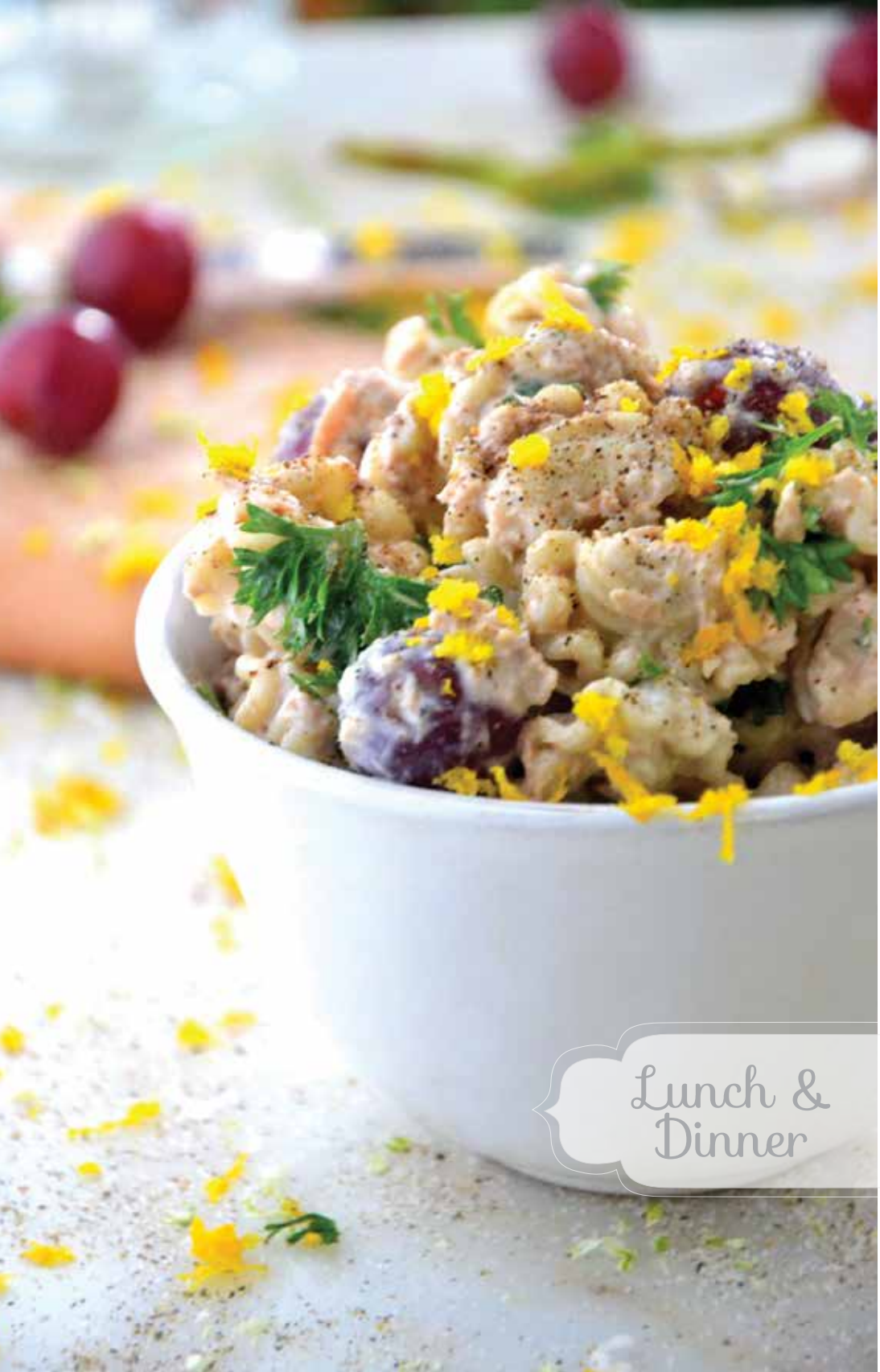
Directions:

1. Cook pasta according to package directions. Drain and set aside to cool for 5 minutes.
2. In a large bowl, combine all remaining ingredients and gently toss with pasta to combine. Serve chilled.



by Amie Valponi | The Healthy Apple | thehealthyapple.com





Lunch &
Dinner



White Pizza with Mushrooms, Sun-dried Tomatoes & Broccoli



Ingredients:

For the Crust:

- 1½ teaspoons active dry yeast
- 2 tablespoons sugar
- 1 teaspoon ground coriander
- 1 cup warm water
- 2 cups unbleached all-purpose flour
- 1 teaspoon salt
- 4 tablespoons olive oil, divided

For the Coconut White Sauce:

- ¾ cup So Delicious® Dairy Free Original Coconut Milk

1 tablespoon flour

2 heads garlic

½ teaspoon salt

Ground pepper, to taste

1 tablespoon olive oil

½ tsp red pepper flakes

Toppings:

- ½ cup sun dried tomatoes
- 1¼ cup broccoli heads, chopped
- ½ cup mushrooms, sliced
- Vegan parmesan for sprinkling

White Pizza with Mushrooms, Sun-dried Tomatoes, and Broccoli (cont'd)

serves 3-4



Directions:

1. Mix together the dry active yeast, sugar and ground coriander in a large bowl. Add 1 cup of warm water to the bowl, and set aside for a few minutes until it foams. Toss in the salt and 2 tablespoons olive oil, and slowly sift in about 2 cups flour until it sticks together into a loose dough.
2. Lightly flour a cutting board and turn the dough out onto it. Knead for about a minute, then set the ball in a large bowl greased with 2 tablespoons olive oil. Turn the dough over to cover in oil, then let sit in a warm place until it doubles in size, about 45 minutes.
3. Meanwhile, roast the garlic: Chop the tops off to make them easier to extract later. Lay them in aluminum foil and cover with a little olive oil. Roast at 375°F for about 30 to 45 minutes, until light golden brown.
4. When they are cool enough to handle, pop the cloves out with your fingers. Place cooked garlic cloves, coconut milk, salt and pepper in a blender and purée until smooth. Set aside.
5. Heat oil in a small saucepan over low heat, add red pepper flakes, and heat for about 30 seconds. Add flour and cook for 1 to 2 minutes. Stir constantly and do not let flour mixture brown or color. Add milk mixture, a little at a time, whisking constantly to avoid lumps. Bring to a simmer, stirring frequently, until mixture has thickened.
6. Once the dough has risen, preheat the oven to 475°F. Sprinkle a large baking pan with cornmeal or flour. Gently remove the dough from the bowl and place onto the pan – it will deflate a little. Lightly flour the dough again if needed and press out to a large oval or circle, slightly thicker around the edges.
7. Lightly pour the sauce over the crust, then add the mushrooms, tomatoes and broccoli, pressing down gently.
8. Bake for 10 to 12 minutes or until lightly brown around the edges and the sauce is starting to bubble. Sprinkle with vegan parmesan.



by Noelle Kelly An Opera Singer in the Kitchen [kitchenskitchen.com](http://www.kitchenskitchen.com)



Curried Chickpea Fries with Red Chili Mayo Dip



serves 4

Ingredients:

3 cups chickpea flour
3 cups So Delicious® Dairy Free Unsweetened Coconut Milk
1–2 cups water (approximate; start with 1)
2 teaspoons salt
3 teaspoons pepper
¼ cup extra virgin olive oil
2 tablespoons curry powder or 1 tablespoon Thai red curry paste
Olive oil or coconut oil for frying

For the Chili Mayo:

½ cup vegan mayonnaise
1–2 tablespoons red chili sauce
3 cloves garlic, pressed or very finely chopped
Dash of salt and pepper

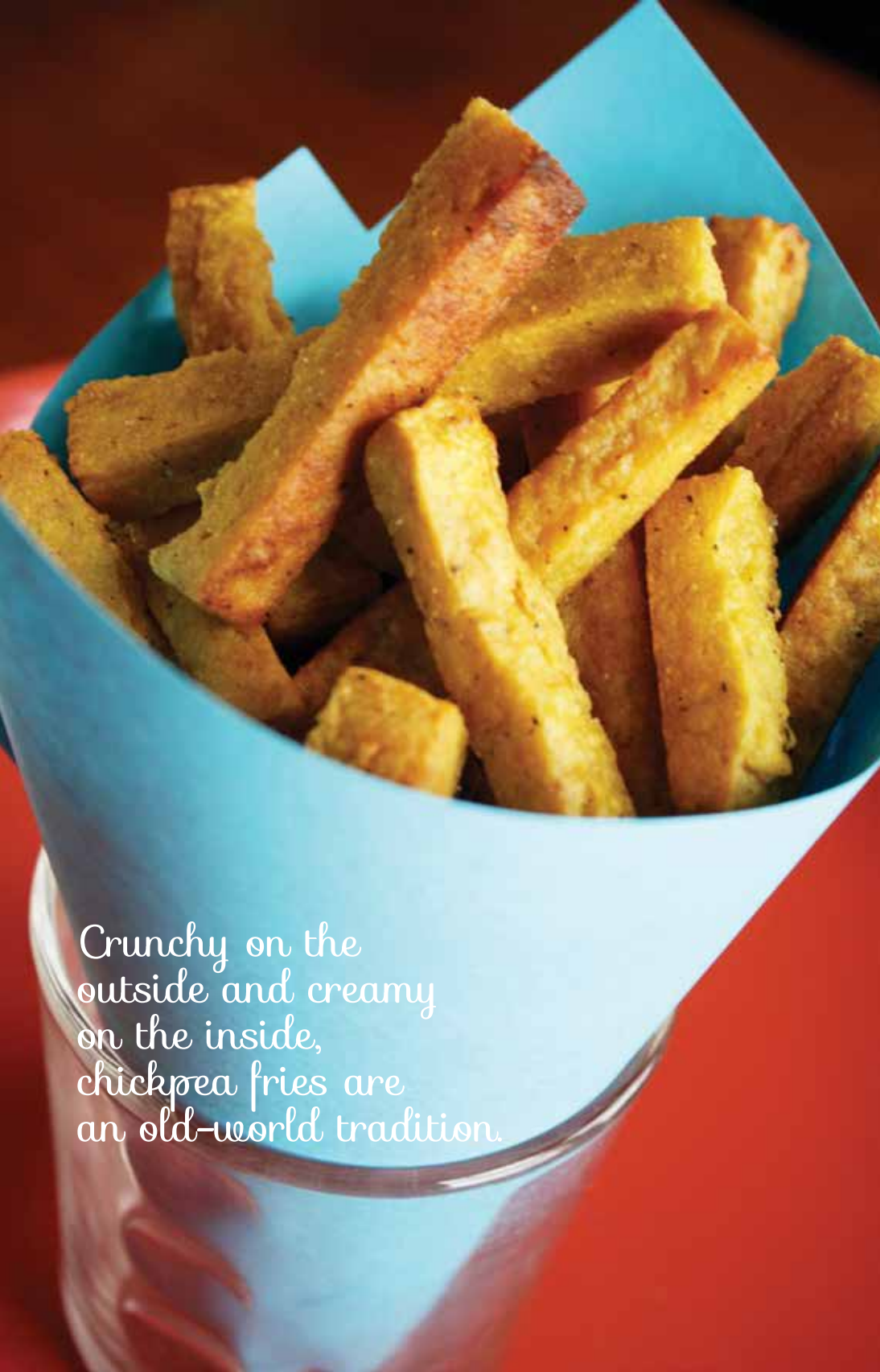
Directions:

1. Simmer the coconut milk and 1 cup of water in a pot along with the salt, pepper, curry powder, and olive oil.
2. Slowly add the chickpea flour in a stream, whisking to remove lumps. Be careful not to let it boil.
3. The batter thickens quickly; once it is thicker than pancake batter, remove it from heat. If it becomes too dry, add more of the water and then whisk to incorporate.
4. Spread batter onto an oiled 13 x 18 inch pan. Cover with wax paper or plastic wrap and chill for at least 3 hours or overnight (recommended).
5. When firm, cut into desired shapes and fry.
6. Sprinkle with salt while warm.
7. Prepare chili mayo by mixing mayonnaise, chili sauce, garlic, salt, and pepper together. Serve together while fries are hot.



by Leah LizarondBrazen Kitchenbrazenkitchen.com





Crunchy on the
outside and creamy
on the inside,
chickpea fries are
an old-world tradition.



Farm Stand Corn Chowder



Ingredients:

serves 4



- 2 tablespoons olive oil
- 5 garlic cloves, chopped
- 1 small onion, chopped
- 1 large tomato, chopped
- 3 ears corn, kernels separated (do not discard the cobs)
- 1 ear corn, cut into 4 sections
- 3 small red potatoes, large dice
- 4 cups chopped kale
- 7–8 cups water
- ½ cup So Delicious® Dairy Free Original Coconut Milk Creamer
- Salt and pepper to taste
- Sliced tomatoes for garnish

Directions:

1. Heat oil over medium heat in a stock pot. When hot but not smoking, add garlic, onion and tomato. Sauté until onions are soft.
2. Add corn kernels, cobs, sections of corn, potatoes and water. Let boil and reduce heat to a simmer until the potatoes are cooked through.
3. Take the cobs and the 4 corn sections out of the pot. Discard the cob and set the corn sections aside.
4. Place half the soup in a blender in small batches, and carefully purée until smooth. (Alternately, pour half the soup into another pot and purée using an immersion blender.) Return the purée to the stock pot.
5. Add the chopped kale and coconut milk creamer. Stir to incorporate. Season with salt and pepper to taste. To serve, place in four bowls and top with a section of corn on the cob and sliced tomatoes.

by Leah Lizaron | Brazen Kitchen | brazenkitchen.com

Lemon Coconut Eggplant Fries



serves 4



Ingredients:

- 1 large eggplant
- 2 tablespoons extra virgin olive oil
- ¼ cup So Delicious® Dairy Free Unsweetened Coconut Milk
- Juice of 1 fresh lemon
- ¼ cup unsweetened coconut flakes
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground white pepper

Directions:

1. Preheat oven to 375°F. Prepare a baking dish with nonstick baking spray.
2. Slice eggplant in half; then lay the flat portion of the eggplant flat on the surface and slice each half into 8 fry-like shapes using a sharp knife.
3. In a large bowl, whisk remaining ingredients. Add eggplant fries; gently toss to coat.
4. Place coated eggplant fries on prepared baking dish; bake for 20 minutes or until golden brown.
5. Remove from oven; set aside to cool for 3 minutes. Serve with a side of salsa or guacamole.

by Amie Valpore | TheHealthyApple.com





Bombay to Bangkok Vegetable Curry



serves 4-6

Ingredients:

¼ cup dry shredded coconut (unsweetened)
2 tablespoons coconut oil
½ cup chopped onion
4 cloves minced garlic
2 thumb-size pieces fresh ginger, thinly sliced into matchstick-like pieces
½–1 teaspoon curry powder (depending on heat of curry spice)
1¾ cups vegetable stock
6 kaffir lime leaves
1–3 teaspoons Thai chili sauce (based on heat preference)
3 tablespoons gluten-free tamari
2 tablespoons natural cane sugar
1 sweet potato or yam, peeled and cut into ½-inch cubes

1 cup cauliflower, cut into florets
2 large carrots, sliced
1 red bell pepper, deseeded and sliced into thin strips
¾ package firm tofu or 12 oz tempeh, cut into triangular pieces ½-inch thick
1 cup frozen peas
1–1½ cups So Delicious® Dairy Free Original or Unsweetened Coconut Milk
¼ teaspoon coconut extract
Juice of ½ lime

Optional ingredients:

Eggplant, chopped into bite-size pieces
Green beans

Bombay to Bangkok

Vegetable Curry (cont'd)



Directions:

1. Place shredded coconut in a dry wok or large frying pan over medium heat. Stir continuously until the coconut turns a light golden brown. Pour coconut into a small bowl as soon as it is toasted, to prevent burning.
2. Replace the wok or frying pan on the stove. Heat coconut oil over medium heat until melted, then add onion, garlic, ginger and curry powder. Stir-fry 1 to 2 minutes, or until onion begins to soften.
3. Turn up the heat to high. Add the stock, plus the lime leaves, chili sauce, tamari, sugar, and most of the toasted coconut (reserve 1 to 1½ tablespoons). Stir everything together.
4. Add the sweet potato or yam, cauliflower, carrots, and eggplant (if using). Allow to reach a boil, then reduce heat to medium. Allow to simmer for 2 to 3 minutes.
5. Add the red pepper and tofu or tempeh, stirring to incorporate. Cover and allow to simmer for 15 minutes, until sweet potato and eggplant are fully cooked.
6. Add the peas and green beans (if using), and cook another 2 to 3 minutes, or until peas have softened but are still bright green. Don't worry if the curry seems too thick with vegetables at this point. Simply stir them in the best way you can. The curry will thin out.
7. Turn heat down to low and add the coconut milk and extract, stirring well. Add up to 1½ cups coconut milk, depending on how much sauce you want with your curry.
8. Stir in lime juice. Remove from heat and taste for saltiness and spice, adding more tamari or chili sauce (or fresh-cut chilies) if desired.
9. To serve, scoop the curry onto individual plates or into serving bowls. Top with a sprinkling of the reserved toasted coconut. Serve with jasmine or basmati rice.



by Gail DavisHungry Veg@hungryvegan.blogspot.com



Kale and Tempeh Tikka Masala



serves 2

Ingredients:

For the Tempeh Marinade:
 4 oz tempeh, cut into small cubes
 (about ¾ cup)
 ½ cup water
 ½ teaspoon garam masala
 ½ teaspoon salt
 ¼ teaspoon chili powder or cayenne
 ½ teaspoon paprika
 1 teaspoon So Delicious® Dairy Free Plain
 Greek Style Cultured Coconut Milk
 or 2 teaspoons So Delicious® Dairy Free
 Plain Traditional Cultured Coconut Milk

For the Curry:
 2 teaspoons organic canola oil
 ½ teaspoon garam masala or to taste
 ¼ teaspoon paprika or Kashmiri mirch
 1 teaspoon coriander powder
 Generous pinch of asafetida (hing)

1 teaspoon dried fenugreek leaves (methi)
 ¼ teaspoon turmeric powder
 ½ medium onion, chopped small
 (⅓ cup)
 ½ cup finely chopped kale leaves or
 greens of choice
 3 medium tomatoes chopped
 1 inch fresh ginger
 5-6 garlic cloves
 1 green chili or to taste
 ½ teaspoon salt
 ½ teaspoon raw sugar
 2 tablespoons So Delicious® Dairy Free
 Plain Greek Style or Traditional
 Cultured Coconut Milk
 3-5 tablespoons So Delicious®
 Dairy Free Unsweetened
 Almond Plus Almond Milk
 Fresh cilantro, chopped (optional)



Directions:

1. Mix together all of the marinade ingredients and add tempeh. Pour into a pan and cook over low heat, partially covered, for 15 to 20 minutes or until all the liquid is absorbed by the tempeh.
2. Once the tempeh is dry, add a teaspoon of oil and toss over medium heat for 2 to 3 minutes, until the edges of the tempeh become golden. Remove from heat and set aside.
3. To make the curry, add 2 teaspoons of oil to a deep pan and heat on medium. Add the onion and cook for 7 to 8 minutes, stirring occasionally until onions are golden and translucent.
4. Add the spices (turmeric, coriander, hing, garam masala, paprika and fenugreek leaves) and mix well. Add kale, mix and cook for another minute.



5. Blend the tomatoes, ginger, garlic, and chili into a smooth purée.
6. Add the purée to the onion mixture and cook on medium-low heat for 15 to 20 minutes, stirring occasionally, until the mix thickens, comes together, and leaves oil on the sides of the pan.
7. Add the crisp tempeh, cultured coconut milk, salt and sugar, and mix well. Taste and adjust spices.
8. Add almond milk to get the curry consistency you like. Mix well and bring to a boil over low heat.
9. Remove from heat, spoon into serving bowls, top with fresh chopped cilantro (if desired), and serve with Indian flat bread or basmati rice.

by Richa Hingl@egan Richaveganricha.com





Baked Macaroni and Cheese with a Spelt Bread Crumb Topping



serves 4-6

Ingredients:

For the Pasta:

6-8 cups water for boiling, salted
12 ounces quinoa or spelt elbow
macaroni

For the Cheese Sauce:

1/3 cup vegan buttery spread
1/3 cup unbleached all-purpose flour
2 1/2 cups So Delicious® Dairy Free
Original Almond Plus Almond Milk
2/3 cup nutritional yeast flakes
1/2 teaspoon sea salt
1/2 teaspoon finely ground black pepper
2 cloves garlic, finely chopped

1 tablespoon light miso paste

1/4 cup fresh lemon juice
2 teaspoons mustard, stone ground

For the Bread Crumb Topping:

2 slices organic spelt bread,
roughly chopped
2 teaspoons neutral-tasting high-heat oil
1/2 teaspoon garlic powder
1/4 teaspoon sea salt
1/2 teaspoon finely ground black pepper
1/2 teaspoon dried oregano
1 teaspoon agave nectar
1 teaspoon fresh lemon juice

Directions:

1. Bring salted water to a boil in a large (6-quart) pot. Add macaroni and cook as directed on package, about 7 to 9 minutes.
2. For the sauce: Heat a medium (4-quart) pot over medium heat. Add butter and flour. Whisk together to form a paste, creating a roux. Add almond milk, nutritional yeast, sea salt, black pepper, garlic, miso, lemon juice and mustard. Cook for about 7 minutes, stirring constantly, until sauce is thick and creamy.
3. For the bread crumbs: Preheat oven to 350°F. Place bread on a baking sheet. Drizzle with oil and sprinkle with garlic powder, sea salt, black pepper, oregano, agave and lemon juice. Toss to coat and bake for about 7 to 9 minutes or until crisp.
4. Pulse bread mixture in a food processor until bread crumb consistency is reached, and set aside.
5. Once macaroni is finished cooking, drain and add to pot with sauce. Mix thoroughly to coat. Place mixture in a greased 8 x 8 inch baking dish, or 6 personal ramekins or cocottes, and top with home made bread crumbs.
6. Bake for about 30 to 35 minutes, or until bubbles appear in center of dish. Serve warm from the oven.



by Jenny Engel and Heather Goldberg sporkfoods.com



*A favorite classic dish,
now dairy-free and even more
delicious!*





Coconut Pad Thai

serves 2

Ingredients:

- 1 package Thai rice noodles
- 3-4 cloves garlic, minced
- 2 tablespoons coconut oil
- 1 teaspoon red pepper flakes
- 1 shallot, minced
- 1 teaspoon agave nectar
- 2 tablespoons gluten-free tamari
- 3 scallions, finely chopped
- 2 cups bean sprouts
- ½ cup salted peanuts, toasted
- 2 limes

For the Peanut Sauce:

- ⅓ cup So Delicious® Dairy Free Unsweetened Coconut Milk
- ¼ cup Thai red curry paste
- 1 cup creamy peanut butter
- ⅓ teaspoon sea salt
- ⅓ cup sugar
- ½ cup water

Directions:

1. Place the rice noodles in a large bowl, cover with warm water and soak for approximately 20 minutes, until they are limp and white.

2. Heat oil in a large wok over medium-high heat. Add garlic and cook for 1 minute.

3. Drain the noodles and add to the wok.

4. For peanut sauce, combine all ingredients in a heavy pot; bring to a boil; whisk ingredients every few minutes. Reduce to a simmer for 5 minutes on low heat. Remove from heat, mix with Thai noodles in a large serving bowl; gently toss to coat.

5. Add red pepper flakes, shallots, agave, and tamari; mix well to combine. Top with scallions and bean sprouts. Sprinkle with toasted peanuts; serve with a slice of lime.



by Amie Valpoen | [The Healthy Apple](http://TheHealthyApple.com) | thehealthyapple.com

Festive Coconut Wild Rice with Cranberries and Pears



series 6



Ingredients:

- 1 cup wild rice
- 1 cup long-grain brown rice
- 3¾ cups So Delicious® Dairy Free Original Coconut Milk
- 1 cup dried cranberries
- 1 pear, diced
- ½ cup chopped pecans (optional)

Directions:

1. Rinse wild rice in cold water and drain thoroughly.
2. Place wild rice and brown rice together in a large saucepan with the coconut milk, and bring to a boil. Reduce heat and simmer until rice is tender and milk is absorbed, about 45 minutes.
3. Transfer to a large bowl and fold in cranberries, pear, and nuts (if using). Serve immediately as a side dish to your favorite entrée.

by Gail DavisHungryVegan hungryvegan.blogspot.com



Carrot-Orange Ginger Soup



*Hearty, flavorful, warming,
and satisfying...*



makes 8 servings

Ingredients:

- 1 yellow onion, chopped
 - 2 tablespoons coconut oil
 - 7 large carrots, peeled and cut into ¼ -inch slices
 - 1 tablespoon fresh ginger, minced
 - 4 cups homemade or store-bought vegetable stock
 - 1 cup So Delicious® Dairy Free Original Coconut Milk
 - ½ cup freshly squeezed juice from two oranges
 - 1 tablespoon grated orange zest
 - 1 teaspoon sea salt
 - 1 teaspoon freshly ground pepper
- Garnish: toasted coconut (optional)



Directions:

1. Sauté the onion in coconut oil until translucent in a large, heavy bottomed stock pan. Add the sliced carrots and ginger. Sauté over low heat for 4 to 5 minutes or until carrots are tender. Stir in 3 cups vegetable stock. Bring to boil, reduce heat, and simmer, covered, for 20 minutes.
2. Warm the coconut milk in a saucepan. Add warm coconut milk, remaining 1 cup stock, orange juice, and orange zest to the carrots. Stir to combine and simmer on low for 2 minutes.
3. Use an immersion blender to purée the soup or purée in small batches in a blender. Return puréed soup to stock pan over low heat. Stir in salt and pepper. Ladle soup into heated soup bowls. Top with toasted coconut if desired.

by Elizabeth Kapla | The Pure Pantry | thepurepantry.com





Spicy Tomato Alfredo Pasta



serves 4-6

Ingredients:

½ cup cilantro, chopped
1 4-ounce can green chiles, chopped
12 ounces Ro*tel Original Tomatoes
1 10-ounce can black beans (optional)
12 ounces brown rice penne pasta,
or favorite gluten-free pasta

For the sauce:

1 cup raw cashews
¾ cup So Delicious® Dairy Free
Unsweetened Coconut Milk
¼ cup sun-dried tomatoes (about 6 pieces)
1 teaspoon cumin
1 teaspoon paprika

½ cup nutritional yeast
3 garlic cloves
2 tablespoons lemon juice
2 tablespoons miso paste
1 teaspoon sea salt
½ teaspoon cayenne pepper*
2 teaspoons Ancho chile powder,
or regular chili powder*

*This amount of spice is perfect
for those who like it very spicy!
If you prefer a bit less heat, reduce
the cayenne pepper to ¼ or
⅛ teaspoon.

Directions:



1. Cook pasta according to package directions. While water is boiling, prepare the sauce.
2. Add all the sauce ingredients to a high-powered blender and blend until smooth.
3. Drain pasta, and then place the pasta back in the pot. Add the sauce, the green chiles, the can of Ro*tel and cilantro. Heat on low until the sauce has heated through to prevent the pasta from sticking to the bottom of the pot. Serve with a big green salad.

by Noelle Kelly An Opera Singer in the Kitchen kitchensingerskitchen.com



Orange Gingerbread Pasta with Dried Cranberries

serves 4



Ingredients:



- 1 pound gluten-free pasta
- ½ cup So Delicious® Dairy Free Unsweetened Almond Plus Almond Milk
- ¼ cup dried cranberries
- 1 tablespoon pine nuts, toasted
- ¼ cup finely chopped fresh parsley
- 1 teaspoon finely ground cinnamon
- 1 teaspoon minced fresh ginger
- 1 teaspoon finely ground cloves
- ¼ teaspoon fresh lemon zest
- 1 tablespoon fresh orange zest
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground white pepper

Directions:

1. Cook pasta according to package directions. Remove from heat, drain, and transfer to a large bowl.
2. Add remaining ingredients to pasta; gently toss to combine. Serve hot.

by Amie Valpone The Healthy Apple thehealthyapple.com





“Sausage” Mushroom Stroganoff



serves 10

Ingredients:

2 tablespoons olive oil
 2 cups white onions, chopped
 1 pound vegan sausage, crumbled
 4 garlic cloves, minced
 2 tablespoons fresh thyme
 2 tablespoons vegan Worcestershire sauce
 ½ cup red wine
 4 oz fresh oyster mushrooms, chopped
 4 oz fresh shiitake mushrooms, chopped

2 cups water
 1 vegetable bouillon cube
 3 tablespoons all-purpose flour
 1½ cups So Delicious® Dairy Free Plain Greek Style Cultured Coconut Milk
 2 cups So Delicious® Dairy Free Unsweetened Coconut Milk
 ½ teaspoon salt
 1 teaspoon ground black pepper
 1 pound gluten-free pasta

Directions:

1. In a large saucepan, heat olive oil over medium heat. Add the onions and the vegan sausage. With a wooden spoon, break up the sausage into ½-inch crumbles. Cook for 10 minutes until browned and then add the minced garlic, thyme, and Worcestershire sauce and cook for another 5 minutes.



2. Add the red wine and the chopped mushrooms and simmer for 3 minutes.

3. In a medium saucepan, heat the water and dissolve the bouillon cube and flour. Stir in the cultured coconut milk and the unsweetened coconut milk and then pour the entire mixture into the pan with the sausage/mushroom mixture. Increase heat to medium-high and let the sauce boil for 5 minutes or until mixture starts thickening.



4. Add the salt and pepper and cook for another 10 to 15 minutes under medium-low heat for flavors to come together.

5. Meanwhile, boil 1 pound of pasta and cook according to the package directions.

6. After the pasta has cooked, mix the mushroom-sausage sauce with the noodles and serve.

by Noelle Kelly An Opera Singer in the Kitchen [kitchenskitchen.com](http://www.kitchenskitchen.com)







Rosemary Vegetable Pot Pie

serves 4-6

Ingredients:

For the Crust:

- 3 tablespoons flaxseed meal
- ¼ cup + 2 tablespoons warm water
- 1 cup gluten-free flour mix
- 1 cup almond flour
- ¼ tsp Herbamare
- ¼ cup vegan butter
- Water

For the Filling:

- 4 cups chopped fingerling potatoes
- 2 cups chopped baby carrots
- 1 cup frozen peas, defrosted
- 2-3 sprigs fresh rosemary, with leaves removed from the stems
- ½ tsp dried thyme
- Salt to taste
- Small splash olive oil

For the Sauce:

- 2 tablespoons vegan butter
- ½ finely chopped onion
- 1 celery stalk, diced
- ¼ cup gluten-free flour mix
- 1 cup vegetable stock
- 1-2 cups So Delicious® Dairy Free Unsweetened Coconut Milk
- 1 cup frozen baby peas, thawed
- 1 7-oz pkg baked savory tofu, chopped into ¼-½" cubes
- Salt and pepper to taste
- Additional So Delicious® Dairy Free Unsweetened Coconut Milk for brushing tops of pies

Rosemary Veggie Pot Pie (cont'd)



Directions:

1. Have ready mini-pan pie molds tray and cutter. Preheat the oven to 375° F.
2. To make the crust, begin by combining the flaxseed meal and warm water in a small bowl to make a flax "egg." Set the bowl aside to allow it to gel.
3. Combine the gluten free flour mix, almond flour, and Herbamare in a mixing bowl.
4. Once well mixed, cut in the coconut spread with a pastry cutter. Once the coconut spread is completely cut into the flour mix, add in the flax gel and mix until the dough forms a ball that easily stays together. If your dough is too dry add some water.
5. Place the dough in a bag and put it into the fridge to rest and cool.
6. In a large bowl, toss the chopped potatoes and carrots with the olive oil, rosemary, thyme, and some salt. Spread on a baking sheet and bake at 375°F for 30 to 45 minutes until tender.
7. When there is about 10 minutes of roasting time remaining, melt the butter in a medium stockpot over medium heat. Sauté the chopped onion and celery until softened, then add the flour. Cook for 2 to 3 minutes until it starts to brown.
8. Slowly stir in the vegetable stock and milk, and cook, stirring often, until thickened. For a thinner sauce, add more milk ¼ cup at a time. Season with salt and pepper to taste.
9. Remove the vegetables from the oven and add them to the gravy along with the peas and chopped pressed tofu; mix well. Cover and turn off the heat until you are ready to fill the pies.
10. Remove the dough from the refrigerator and roll out half of it to about ⅛ of an inch thick. Using the pie mold cutter, prepared the bottom half of each pie. Repeat with the remaining pie dough and prepare the top pie shells for each mold. If you have enough pie crust and filling left, you can use a small bread pan and make a pot pie casserole.
11. Brush the tops of the pies with some of the unsweetened coconut milk and place them in the preheated oven for 15 to 25 minutes. The individual pies cooked in 15 minutes and if you are also making a small casserole, let it bake for 10 minutes more.



by Gretchen Tsen | veggieregrettie.com

Summer Vegetable Quiche



by Marti Miller Hall of n-sproutzofu-n-sproutz.blogspot.com

Summer Vegetable Quiche



makes 6–8 servings

Ingredients:

2 cups chopped broccoli, spinach, kale, sliced zucchini, or any combination of green vegetables you'd like
 ½ cup chopped green onion
 ½ cup mushrooms, sliced (optional)
 ½ red bell pepper, chopped (optional)
 1½ cups shredded vegan cheese
 2 thinly sliced Roma tomatoes
 1 cup complete baking or pancake mix
 1 cup So Delicious® Dairy Free Unsweetened Almond Plus Almond Milk
 1 12-oz box silken tofu
 3 tablespoons nutritional yeast
 ½ teaspoon salt
 ¼ teaspoon pepper
 ¼ teaspoon Indian black salt (kala namak optional, but gives it an “eggy” flavor) —



Directions:

1. Preheat oven to 400°F. Grease a deep-dish pie plate.
2. Heat 1 inch salted water to boiling in medium saucepan. Add broccoli or other green vegetables, cover and cook for just about two minutes. Remove from heat and drain.
3. Gently stir together cooked green vegetables, onion, mushrooms, peppers and cheese in pie plate. Layer tomato slices over vegetables.
4. Blend remaining ingredients in a food processor or blender until smooth. Pour over vegetables in pie plate.
5. Bake 45 to 55 minutes or until golden brown and knife insert in center comes out clean. Cool 10 minutes or chill overnight.



Shepherd's Pie

makes 6 servings

Ingredients:

- | | |
|---|--|
| 3½ cups yellow potatoes, cooked and mashed | ½ teaspoon dried marjoram |
| ¼ cup non-hydrogenated margarine | ½ teaspoon celery seed |
| 1½ teaspoons salt, divided | ½ teaspoon dried thyme |
| ¼ cup So Delicious® Dairy Free Unsweetened Coconut Milk | ¼ teaspoon paprika |
| ¼ cup olive oil | ¼ teaspoon freshly ground black pepper |
| ¾ cup chopped onions | ¾ cup vegetable broth |
| 1 cup sliced mushrooms | 2 cups cooked French lentils, drained well |
| ½ cup diced carrots | 1 tablespoon minced fresh parsley |
| ¼ cup diced celery | 1½ teaspoons vegan Worcestershire sauce |
| ½ teaspoon minced garlic | 4 teaspoons wheat-free tamari |
| 2 tablespoons barley flour | ½ cup frozen peas |

Directions:

1. Preheat oven to 350°F. In a large bowl, combine mashed potatoes with margarine, 1 teaspoon salt, and coconut milk. Set aside.
2. In a large sauté pan over medium heat, add oil and onions. Sauté for 2 minutes. Add mushrooms, carrots, and celery. Cook for 2 minutes. Add garlic and sauté for 1 minute. Add flour and stir until absorbed. Stir in marjoram, celery seed, thyme, paprika, remaining salt, and pepper. Cook for 1 minute and then stir in broth. Continue to stir frequently until the mixture comes to a slow boil. Stir in lentils, parsley, Worcestershire, tamari, and peas, then remove from heat.
3. Transfer mixture to a deep pie dish or a 9 x 13 inch casserole. Spread the reserved mashed potatoes on top of the vegetable mixture in the dish. Use the tips of a fork to rake across the top of the mashed potatoes, making a rough surface to facilitate a brown, crispy top. Bake for 40 minutes or until potatoes are browned. Serve hot.



by Allison Rivers Samson | allisonsgourmet.com

Sweet Potato Turnovers



makes 27 turnovers



Ingredients:



- 3 sheets frozen puff pastry, thawed, according to package directions
- 3 or 4 small to medium sweet potatoes or yams, cubed and boiled until fork tender
- 1 head roasted garlic
- ½ cup + 2 tablespoons So Delicious® Dairy Free Unsweetened Coconut Milk
- ¼ cup vegan butter
- 3 tablespoons fresh thyme, chopped
- 1 tablespoon maple syrup
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F.
2. Place the cooked sweet potatoes in a bowl and add the ½ cup coconut milk and butter. Beat with a hand mixer until smooth. Add the roasted garlic, thyme, salt and pepper and beat to incorporate.
3. In a small bowl whisk together the remaining 2 tablespoons of coconut milk, the maple syrup, and olive oil. Place one sheet of puff pastry on a cutting board and cut into 9 equal size squares. Add about a teaspoon of the potato mixture in the center of each square. Brush the perimeter of each square with the coconut milk, maple syrup and olive oil mixture. Fold the puff pastry over the mixture forming a triangle shape. Using a fork, crimp the edges in order to ensure no filling escapes during baking.
4. Brush the tops of each of the turnovers with some more of the coconut milk, maple syrup, and olive oil mixture. Place on a lightly greased baking sheet and bake for about 15 minutes at 400° or until golden brown.

by Lee Khatchadourian-Recipe Vegan Version theveganversion.com





Mini Pomegranate Cupcakes



makes 36 mini cupcakes

Ingredients:

For the Cupcake Batter:

1 cup So Delicious® Dairy Free
Vanilla Coconut Milk

1 teaspoon apple cider vinegar
½ cup sugar
⅓ cup oil

1 teaspoon vanilla extract
½ cup pomegranate juice
1½ cups all-purpose flour
¾ teaspoon baking soda
½ + ⅛ teaspoon baking powder
¼ teaspoon salt

½ cup shredded coconut
¾ cup pomegranate arils
(peeled pomegranate)
½ cup pomegranate arils
(for decorations)

For the Pomegranate Icing:

¼ cup pomegranate juice
2½ cups powdered sugar
10 tablespoons non-hydrogenated
vegan shortening
1 teaspoon vanilla extract

Directions:

1. Preheat oven to 350°F. Grease a mini muffin/cupcake pan with non-stick spray.
2. In a medium bowl, mix coconut milk and apple cider vinegar and let sit for 3 to 5 minutes until it curdles. Add sugar, oil, vanilla extract and pomegranate juice and mix well.
3. In a small bowl, mix dry ingredients (flour, baking soda and powder, salt, and coconut). Slowly add dry ingredients to wet ingredients and fold batter well. Add the pomegranate arils and fold into batter. Pour batter into tins and bake for 12 minutes.
4. Remove from oven and let cool for 5 minutes. Remove from pan and fill with the remaining batter and bake at the same temperature.
5. Meanwhile, prepare the frosting: In a medium bowl, add pomegranate juice and sift in the powdered sugar. Add the vanilla extract and the shortening to mixture and with an immersion blender, blend ingredients until well incorporated. Use a mixer if an immersion blender is not available.
6. Place frosting into a piping bag with decorative tip and frost cupcakes after they are cooled. Decorate with 1 to 2 arils.



by Noelle Kelly An Opera Singer in the Kitchen [kitchenskitchen.com](http://www.kitchenskitchen.com)



Desserts



V

GF

SF



Strawberry Shortcake Push-Pops

makes 12 pops

Ingredients:



- 1 cup raw sunflower seed meal
(You can grind raw seeds in magic bullet)
- ¼ cup tapioca flour
- ⅔ cup coconut flour
- ½ cup coconut sugar
- 1 teaspoon ground vanilla bean
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon sea salt
- 1 tablespoon ground chia seeds
- ¼ cup of warm water
- ½ cup coconut oil, liquefied
- ¼ cup So Delicious® Dairy Free Original Coconut Milk
- 1 tablespoon lemon juice
- 1 16-oz container plus ¼ cup So Delicious® Dairy Free Vanilla Cultured Coconut Milk
- 2 pounds strawberries

Strawberry Shortcake Push-Pops (cont'd)



Directions:

1. Preheat oven to 325°F. and prepare a baking sheet or 8-inch square pan.
2. Prepare a chia "egg" by whisking the chia seeds into the warm water. Set aside.
3. In a medium bowl, whisk together the sunflower seed, tapioca and coconut flour, coconut sugar, vanilla, baking powder, baking soda and sea salt. Make sure the baking soda and powder are evenly distributed
4. In a measuring cup pour 1/4 cup of coconut milk and whisk in the 1 tablespoon of lemon juice.
5. In a large bowl, combine all wet ingredients including the coconut oil, chia "egg," the milk/lemon juice mixture, and 1/4 cup of cultured coconut milk.
6. Add the dry ingredients to the wet ingredients and combine with a wooden spoon to make a moist dough. Using a spatula, press all of the dough evenly into an 8-inch square pan.
7. Bake for 30 to 40 minutes until golden brown, moist in the middle, and a toothpick comes out clean.

Cake Push-Pop

1. Use an empty coconut milk container laid on its side with holes punched into it or a piece of hard craft foam to keep the pops upright.
2. Thinly slice most of the strawberries lengthwise to expose the inner white colour. Chop up the 2 red outer pieces.
3. For the top decoration, slice smaller strawberries in half leaving the greens on, (if desired).
4. Using an empty push-pop container, cut out 6 to 7 circles from the 8-inch pan (this will make the tops of the pop.) The rest of the shortcake will be crumbled into the bottom of the pop.
5. For each push-pop: crumble a layer of shortcake into the bottom of the assembled pop container. Add a thin layer of cultured coconut milk.
6. Add the thinly sliced strawberries around the edge of the pop and drop in a few of the chopped strawberry pieces. Add more cultured coconut milk to fill in around the strawberries. Press in the top circle piece of shortcake.
7. Add a dollop of cultured coconut milk on top and set half a strawberry on top. If you want to use a lid on your push-pop, be conscious of the size of your layered ingredients so that the lid will fit securely.

by Danielle Rouss fresh4five.com



Coconut Vanilla Donuts



makes 6-8 donuts

Ingredients:

¾ cup rice flour
 ¼ cup garbanzo flour
 ¼ cup potato starch
 ¼ cup arrowroot powder
 1½ teaspoons baking powder
 ¼ teaspoon baking soda
 ½ teaspoon xanthan gum
 ¼ teaspoon salt
 ½ cup So Delicious® Dairy Free
 Vanilla Coconut Milk

1 cup organic raw cane sugar
 ⅓ cup coconut oil + extra for greasing
 ½ cup unsweetened apple sauce
 1 teaspoon vanilla extract
 ½ cup unsweetened coconut flakes

Coconut Flake Coating

½ cup powdered sugar
 1-2 tablespoons hot water
 ½-1 cup unsweetened coconut flakes

Directions:

1. Grease a 6-donut pan with coconut oil and preheat oven to 350°F.
2. Sift together all the flour ingredients: rice, garbanzo, potato starch, arrowroot, baking powder, baking soda, xanthan gum and salt. Whisk together in a bowl and set aside.
3. In a medium pot, add in milk and coconut oil and allow to warm over low heat until the coconut oil melts (do not allow to boil). Mix gently with a wooden spoon while it's warming. Once the coconut oil is melted, remove from heat and add in the sugar. Stir together to allow the sugar to dissolve completely. Add in apple sauce and vanilla extract and stir to combine.
4. Pour in the liquid mixture into the dry ingredients and mix gently to combine together well. (If clumps still develop, you may use an immersion blender and mix the batter for a few minutes until you see a very smooth consistency in the batter.)
5. Add in coconut flakes and mix with a wooden spoon to combine. Pour into pre-greased donut pan, fill about halfway to allow for rising of the batter.



6. Bake for 15 minutes at 350°F. Remove from the oven and allow to cool 15 to 30 minutes. Gently scrape the sides of each well and flip the pan over to remove. You can use a toothpick to help the donuts lift out of the pan.
7. To coat the donuts in coconut flakes: Make a glaze by adding the powdered sugar into a small bowl and adding in 1 tablespoon at a time of hot water. Mix well to combine. Coat the donuts thinly with the glaze and drop onto a plate with coconut flakes to coat all over.

by Ella Lech @Lifeologia | lifeologia.com

Coconut Vanilla Donuts



One bite and you'll fall in love
with these delightful little donuts!



Triple Chocolate Pudding

makes 3-4 servings



Ingredients:

- 3 tablespoons natural cane sugar
- 2 tablespoons cornstarch
- 1/8 teaspoon salt
- 2 cups So Delicious® Dairy Free Chocolate Coconut Milk
- 1 tablespoon cocoa powder
- 1/4 cup dark chocolate chips
- 1/2 teaspoon vanilla

Directions:

1. In a medium bowl, whisk together sugar, cornstarch, and salt until well combined. Set aside.
2. In a small saucepan over medium heat, combine coconut milk, cocoa powder and chocolate chips until chips have melted into the milk, whisking continuously.
3. Once chips have melted, pour in the dry ingredients and continue whisking until pudding begins to boil.
4. Turn down heat, and stir until pudding thickens and coats the back of a spoon.
5. Remove from heat, stir in vanilla, and pour into individual serving cups. Serve warm or chilled. Pudding thickens as it cools.

by Gail Davis HungryVeganHungryVegan.blogspot.com

Pumpkin Pie



makes 8 servings



Ingredients:



- 1 unbaked pie crust
- 1 15-oz can pumpkin purée
- 1 cup So Delicious® Dairy Free Unsweetened Coconut Milk
- ¾ cup raw turbinado sugar
- 3 tablespoons cornstarch
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt
- ¼ teaspoon ground allspice
- Dairy-free whipped topping and powdered sugar

Directions:

1. Preheat the oven to 350°F. Place pie crust in an 8-inch pie pan.
2. Combine pumpkin, milk, sugar, cornstarch, cinnamon, ginger, salt and allspice in a powerful blender or food processor and blend until smooth.
3. Pour mixture into pie shell and bake for 60 to 70 minutes.
4. Remove from the oven and place on a cooling rack until completely cooled.
5. Cover in plastic wrap and refrigerate for at least four hours (overnight is better) before serving.
6. Garnish with dairy-free whipped topping and powdered sugar and serve.

by Lee Khatchadourian-Recipe Vegan Version theveganversion.com





Rose Water Panna Cotta



makes 6 servings



Ingredients:

For the Hibiscus Sauce:

- 2 cups cold water
- 3 hibiscus tea bags
- ½ cup granulated sugar
- 1 teaspoon orange zest
- 2 tablespoons cornstarch

For the Almond Brittle:

- 1 cup granulated sugar
- 2 tablespoons water
- 2 tablespoons light agave
- ⅛ teaspoon ground cinnamon
- Pinch of salt
- 1 cup sliced, toasted almonds

For the Panna Cotta:

- 2 teaspoons agar agar powder
- ⅔ cup So Delicious® Dairy Free Original Coconut Milk
- 6 tablespoons granulated sugar
- ⅔ cup vegan sour cream
- 2 6-oz containers So Delicious® Dairy Free Greek Style Cultured Coconut Milk
- 2 teaspoons rose water
- ½ teaspoon vanilla extract

To Serve:

- Pomegranate Arils, Orange Supremes,
- Fresh Mint Leaves

Rose Water Panna Cotta (cont'd)



Directions:

1. Lightly grease six 3½-inch fluted mini tart or brioche molds and place them on a sheet pan for easier maneuvering. Set aside.

2. In a small saucepan, vigorously whisk together the agar, coconut milk, and sugar until there are no lumps remaining. Set the pan over medium-low heat, and gently whisk until the mixture begins to bubble and thicken. Take the pan off the stove to stir in both the sour cream and cultured coconut milk, mixing until smooth, and then return it to the heat very briefly. Cook the mixture just until bubbles begin to slowly break on the surface, whisking the whole time. Add in the rose water and vanilla, whisk to incorporate, and quickly transfer the contents of the saucepan to your prepared molds. Gently tap each one on the counter to knock out any air bubbles before smoothing out the tops with a spatula. Let cool completely at room temperature before thoroughly chilling.

3. For the hibiscus sauce, plunk the tea bags into the water in a small saucepan. Place it on the stove over medium heat, and bring to a boil. Immediately turn off the heat and cover, allowing the tea to steep for 20 to 30 minutes. Once deeply rose red in hue, remove the tea bags and allow the excess liquid to drip out, but do not squeeze them. This will cloud the mixture. Separately, stir together the sugar, orange zest, and cornstarch until thoroughly combined, and add these dry goods into the saucepan. Return it to the heat, and cook, stirring occasionally, until the sugar is dissolved and the liquid bubbling and fully thickened. Let cool before chilling in the fridge.

4. To make the almond brittle, begin by combining the sugar, water, agave nectar, cinnamon, and salt in a medium saucepan over moderate heat. Resist the urge to stir, and gently swirl the pan to mix the contents instead. Bring the mixture up to a boil, and continue to cool until the sugar caramelizes and turns a pale amber color. Meanwhile, set out a silpat or piece of parchment paper nearby where the brittle can come to rest. Once the sugar syrup has reached the right shade of golden brown, quickly stir in the sliced almonds to coat them evenly in the mixture, and waste no time in pouring everything onto your prepared silpat or parchment. Smooth out the brittle into as thin a layer as possible. Let cool completely before breaking it into pieces.

5. To serve, spoon about ¼ - ⅓ cup of the hibiscus sauce onto the plate, and turn out one panna cotta on top. Wedge a piece of the almond brittle into the crest of the panna cotta, fan out three citrus segments alongside, and sprinkle pomegranate arils on top. Finish it all off with a few mint leaves to garnish. Repeat for the remaining plates.





Marzipan Tea Cake



Marzipan Tea Cake

makes 8-10 servings



option

Ingredients:

- | | |
|---|--|
| 2 tablespoons vegan butter or coconut oil, melted | 2 cups all-purpose flour |
| 2 tablespoons canola oil | $\frac{2}{3}$ cup almond meal |
| $\frac{1}{2}$ cup dark brown sugar, packed | 1 teaspoon baking powder |
| $\frac{1}{3}$ cup granulated sugar | $\frac{1}{2}$ teaspoon baking soda |
| $\frac{2}{3}$ cup So Delicious® Dairy Free Original Almond Plus Almond Milk | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{3}$ cup orange juice | 4 ounces marzipan |
| 1 teaspoon apple cider vinegar | $\frac{1}{2}$ teaspoon vanilla extract |
| | $\frac{1}{4}$ teaspoon almond extract |
| | $\frac{1}{4}$ cup amaretto or rum (optional) |

Directions:

1. Preheat oven to 350°F, and lightly grease and flour an 8 x 4-inch loaf pan. In a medium bowl, whisk together the melted butter or coconut oil, canola oil, both sugars, almond milk, orange juice, and vinegar, until thoroughly combined. Let sit for about 5 minutes for the “milk” to curdle, making it similar to buttermilk. This will help give your cake a better rise, and also keep the crumb a bit moister.
2. In a separate bowl, mix together the flour, almond meal, baking powder, baking soda, and salt. Chop up the marzipan into small, raisin-sized cubes, and toss them into the bowl until they’re evenly coated with flour. It’s important to make sure that the pieces aren’t sticking together, or else you may end up with big clumps of marzipan baked onto the bottom of your loaf. You may want to go through the mixture lightly with your hands to pull apart any clumps.
3. Pour the mixture of wet ingredients into the bowl of dry, followed by both extracts. Using a wide spatula, fold the two together, stirring as few times as possible, until the batter is mostly smooth. Pour the batter into prepared loaf pan, and smooth out the top lightly with a spatula.
4. Bake for 40 to 50 minutes, until golden brown on top and a toothpick inserted into the center of the cake comes out clean. While still hot out of the oven, pour the amaretto or rum all over the top, if using, so it can soak in and redistribute throughout the cake nicely. Let cool in the pan. Best if aged for one to seven days at room temperature, wrapped tightly in plastic.





Chai Latte Rice Pudding



serves 3-4

Ingredients:



- 2½ cups So Delicious® Dairy Free Vanilla Almond Plus Almond Milk
- ½ cup white basmati rice
- ½ teaspoon salt
- 2 teaspoons vanilla
- 5 tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cardamom
- ⅛ teaspoon ground pepper
- ⅓ cup chopped cashews (optional)
- ¼ cup raisins (optional)

Directions:

1. Place the rice, almond milk, and salt in a small saucepan. Bring to a light boil, then reduce heat and simmer 15 to 17 minutes, or until most of the almond milk has been absorbed.
2. Add the vanilla, brown sugar, cinnamon, cloves, cardamom, and pepper and stir to mix well. Continue to cook for another 2 to 4 minutes until you reach the desired consistency.
3. Remove from heat and serve sprinkled with chopped salted cashews. Serve warm or cold.

by Claire Bernier This Gluten-free Life glutenfreelife.com

Chocolate Mousse Cups



makes 16 servings



Ingredients:

- 1 4-oz package extra firm tofu, drained
- 1 cup semisweet chocolate chips
- 2 cups So Delicious® Dairy Free Coconut Milk (chocolate or vanilla)
- 6 tablespoons cacao powder
- 6 packets stevia
- Chocolate cups for serving

Directions:

1. Melt the chocolate over a double boiler. While it is melting, blend the remaining ingredients in a high-speed blender until very smooth. Make sure to stop a few times and scrape down the sides. Once the chocolate has melted, add it to the rest of the ingredients in the blender and blend until smooth, scraping down the sides as needed. The mixture will now be warm and the consistency of pudding.

2. You could serve the dessert now as a warm pudding. Or you can serve it as mousse by placing the pudding into a glass container and keeping it in the fridge for several hours to overnight to give it time to firm up.

3. Prior to piping, whip the mousse with a handheld mixer to whip air into it. Pipe the mousse into chocolate cups and serve.

by Gretchen Tseng | veggiegrettie.com





V

GF

Glazed Pumpkin Chocolate Chip Muffins



Rich with the warm autumnal flavors of fall, you will instantly want to curl up in front of a fire with a mug of hot tea.

by Julie Hasson juliehasson.com

Glazed Pumpkin Chocolate Chip Muffins

makes 12 muffins



Ingredients:

¾ cup sweet sorghum flour
¾ cup superfine brown rice flour
½ cup potato starch
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1 teaspoon ground ginger
1 teaspoon freshly ground nutmeg
¾ teaspoon xanthan gum
¼ teaspoon fine sea salt
½ cup granulated sugar, plus
another 2 tablespoons for topping
½ cup lightly packed light brown
sugar
½ cup canola oil
1 cup canned pumpkin
(not pumpkin pie)
2 tablespoons ground golden
flax meal
1¼ cup So Delicious® Dairy Free
Pumpkin Spice Coconut Milk,
Coconut Nog, or Original Coconut
Milk Beverage
½ cup non-dairy semi-sweet
chocolate chips
Ground cinnamon

For the Glaze:

1 cup powdered sugar
3 tablespoons So Delicious® Dairy
Free Pumpkin Spice Coconut Milk,
Coconut Nog, or Original Coconut
Milk Beverage
½ teaspoon ground nutmeg,
optional

Directions:

1. Preheat oven to 350°F and line a standard 12-well muffin tin with 12 paper liners.
2. In a small bowl, whisk together the sorghum flour, brown rice flour, potato starch, baking powder, baking soda, cinnamon, allspice, ginger, nutmeg, xanthan gum and salt. Whisk briskly so that everything is well mixed.
3. In the bowl of a stand mixer, combine the oil, sugars, pumpkin and flax. Beat until smooth and emulsified. Add in half of the milk, beating just until smooth. Add all of the reserved flour mixture, and beat just until it starts to mix, and then add the rest of the milk, beating until the batter is smooth. Stir in the chocolate chips.
4. In a small bowl, mix together the 2 table - spoons sugar and a few sprinkles of cinnamon and set aside.
5. Scoop the batter into the prepared muffin tin, filling them just a little bit beyond the top, like a rounded dome. They might look too full, but it's okay. Sprinkle the top of each muffin with cinnamon sugar and bake in a preheated oven for 35 minutes, or until the tops are puffed up with a nice cracked top, they're nicely browned, and a tester inserted into the center comes out clean.
6. Let the muffins cool in the tin for 5 to 10 minutes before removing to a rack to cool completely.
7. To make the glaze, combine the powdered sugar and milk in a bowl. Using a hand blender (or alternately a stand mixer with the whisk attachment or a bowl and a metal whisk), beat together until the icing is smooth with no lumps. Once the muffins are cool, drizzle the glaze over the tops, or dip the whole muffin top in the glaze. Set aside on a rack for the glaze to harden.



Spiced Carrot Cake
with Caramel Cream Cheese Frosting



.....
serves 12-14

Spiced Carrot Cake

with Caramel Cream Cheese Frosting



Ingredients:

Cake Ingredients (Dry):

- 1 ½ cups gluten-free flour mix
- ¾ cup blanched almond flour
- ½ cup coconut flour
- ¾ cup organic sucanat
- 1 ½ teaspoons xanthan gum
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 teaspoon pumpkin pie spice
- 1 teaspoon Celtic sea salt
- 2 cups chopped walnuts
- 2 cups shredded/grated carrots

Cake Ingredients (Wet)

- 1 can (14 oz.) organic crushed pineapple, drained
- 1 cup maple syrup
- ¾ cup grapeseed oil
- ¾ cup applesauce
- ½ cup So Delicious® Dairy Free Original Almond Plus Almond Milk
- ¼ cup apple cider vinegar
- The equivalent of 2 eggs made with a boxed egg replacer product

Cake Directions:

1. Preheat oven to 375°F.
2. Pour all of the dry ingredients (except for the walnuts and shredded carrots) in a mixing bowl. Whisk the dry ingredients together to ensure that they have been evenly distributed.
3. Pour all of the wet ingredients into a separate large mixing bowl and whisk together.
4. Using either a hand mixer or stand mixer, slowly pour the dry ingredients into the wet and mix well. You may need to stop a few times in order to scrape down the sides with a rubber spatula.
5. Once well combined, fold the nuts and shredded carrots into the batter.
6. Evenly distribute the cake batter between two 8-inch round cake pans that have been lightly greased and floured.
7. Bake for 30 to 35 minutes rotating once. The cakes will be done when a toothpick inserted in the middle comes out clean.
8. Allow the cakes to cool for 5 to 7 minutes after coming out of the oven. Once slightly cooled, gently run a knife around the edges of the cakes and then invert them onto a cooling rack to cool completely.



recipe continues on the next



Caramel Cream Cheese Frosting

Ingredients:



- ½ cup organic brown sugar
- ½ cup turbinado raw cane sugar
- ¼ cup vegan butter
- ¼ cup brown rice syrup
- ½ teaspoon salt
- 2 tablespoons So Delicious® Dairy Free Original Coconut Milk Creamer
- ¾ teaspoon baking soda
- 3 8-oz containers vegan cream cheese

Directions:

1. Place the brown sugar, raw cane sugar, butter, brown rice syrup, and salt into a micro wave-safe glass bowl. Put the bowl in the microwave for 1½ minutes. Take the bowl out and stir to ensure everything is melted and well incorporated.
2. Return the bowl to the microwave for 2½ more minutes until it is bubbling vigorously (but not overflowing).
3. Remove the bowl from the microwave and add 2 tablespoons creamer and ¾ teaspoon baking soda. Whisk together (it will bubble and change color).
4. Allow the caramel to cool to room temperature, stirring occasionally. To hasten the cooling, you may whisk the caramel over an ice bath being careful not to allow any water from the ice bath into the caramel.
5. Once the caramel has cooled, pour it into a mixing bowl and using either a handheld mixer or stand mixer (using the whisk attachment), beat in 8 ounces of cream cheese. Beat the mixture until it is completely smooth and all of the raw cane sugar has dissolved.
6. Remove ⅓ cup of the caramel cream mixture to reserve it for decorating the finished cake.
7. Add the remaining 16 ounces of cream cheese to the caramel cream cheese in the mixing bowl and mix until completely smooth.
8. Place the frosting in the refrigerator for at least 30 minutes to firm up a bit.



Decorating the Cake :



2 carrot cake layers
Caramel Cream Cheese Frosting
Reserved $\frac{1}{3}$ cup caramel cream
Chopped walnuts and walnut halves

1. Place one layer of the cake on a cake pedestal or plate and wedge 4 pieces of parchment paper under each corner (making sure to overlap them). Frost the top of the cake and place the remaining carrot cake layer on top. Frost the top and sides of the cake making sure to cover all areas of the cake.
2. Cover the sides of the frosted cake with the chopped walnuts.
3. Place the reserved caramel cream into a sandwich bag and snip a small hole in one of the bottom corners with scissors. Beginning in the center of the cake, draw a spiral with the caramel cream working in circles until you have reached the outer edge of the cake.
4. Using a toothpick, gently place the toothpick in the center of the cake (only press down into the frosting about 1 mm) and gingerly drag the toothpick out to the edge of the cake in a straight line. Wipe the excess off the toothpick and rotate the cake $\frac{1}{4}$ - $\frac{1}{2}$ " and continue making radius lines until you have done so around the entire cake. The cake should now look like it has a caramel spider web on top.
5. Rim the top of the cake with walnut halves and refrigerate until 30 minutes prior to serving.

by Gretchen Tsen | veggieregrettie.com



Orange-Infused Pumpkin Cheesecake



Orange-Infused Pumpkin Cheesecake

serves 8-10



Ingredients:

For the Crust:

- 1 cup almonds
- ½ cup pecans
- ½ packed cup medjool dates, pitted, (about 6 large)
- 1 teaspoon cinnamon
- 1 teaspoon ginger powder
- ¼ teaspoon ground cloves
- 1 cup puffed quinoa or rice cereal
- Zest of ½ orange
- 1 teaspoon vanilla extract

For the Filling:

- 1 cup So Delicious® Dairy Free Original Coconut Milk
- 2 tablespoons agar flakes or powder
- 1 cup organic brown sugar
- 1 cup cashews, soaked for 1 hour
- 1 package regular-firm tofu, brought to room temperature
- ¼ cup maple syrup
- 1 tablespoon potato starch
- Juice of ½ orange
- 1 teaspoon orange zest
- 1 cup pumpkin purée, fresh or canned (fresh pumpkin purée will give you a more subtle pumpkin taste whereas the canned will have a more concentrated pumpkin flavor)



Directions:

Start with stovetop ingredients as this mixture needs to cool before adding it to the rest of the batter.

To make the crust:

1. In a food processor, pulse almonds and pecans until crumbs form.
2. Add in the other ingredients except for the puffed cereal. Mix some more checking with your fingers if the mixture sticks together, if not add 1 teaspoon water, pulse more and check again.

3. Add in puffed cereal and mix in for a few seconds, scooping down the sides to blend in well.

4. Press into an 8-inch diameter spring-form pan lined with parchment paper.

For the filling:

On the stovetop:

1. In a small saucepan, heat the coconut milk with brown sugar and agar mixed in well.

2. Slowly bring to a boil while continuously whisking until sugar is dissolved and agar flakes also dissolve slightly.

3. Remove from heat once it comes to a boil and leave aside to cool to a lukewarm/slightly cooled mixture.

In a food processor:

1. Pulse cashews, tofu, and all other ingredients.

2. Slowly add in the liquid mixture, a few tablespoons at a time and pulsing in between.

3. Pour over the crust.

4. Bake in a preheated oven at 350°F for 45 minutes. Let cool completely and refrigerate for at least 4 hours before serving. Best overnight.

by Ella Lech@Lifeologia | lifeologia.com





Mocha Frappe



makes 1 serving

Ingredients:

- 2/3 cup hazelnut roasted coffee or herbal caffè, chilled
- 1/3 cup So Delicious® Dairy Free Original Coconut Milk Creamer
- 1 scoop So Delicious® Dairy Free Mocha Almond Fudge Coconut Milk Frozen Dessert
- 1/4 teaspoon vanilla extract or 2 drops vanilla stevia liquid
- 1 tablespoon cocoa powder
- Dairy-free whipped topping
- Grated chocolate

Directions:

1. Place first five ingredients in a blender and blend until smooth.
2. Pour into a tall glass and top with dairy-free whipped cream and grated chocolate.



by Gail DavisHungry Vegarhungryvegan.blogspot.





Smoothies
& Drinks



Creamy Fig Smoothie

makes 1 serving



Ingredients:

- 10 fresh Black Mission figs
- 1 6-oz container So Delicious® Dairy Free Vanilla Greek-Style Cultured Coconut Milk
- ½ cup So Delicious® Dairy Free Vanilla Coconut Milk
- ¼ cup water
- 1 tablespoon flax seed oil (optional)
- 1 teaspoon ground cinnamon
- ½–¾ cup ice

The figs are naturally sweetened, but feel free to add stevia or any other sweetener, if desired.

Directions:

1. Blend all the ingredients in a high-powered blender and pour into a tall glass.



by Noelle Kelly An Opera Singer in the Kitchen [kitchensinger.com](http://www.kitchensinger.com)

Cranberry Coconut Smoothie

V

GF

SF

makes 1 serving



Ingredients:

- ¼ cup dried cranberries
- 10 fresh cherries
- 1 cup fresh blueberries
- ½ ripe avocado
- 1 large, ripe banana
- 2 tablespoons ground flax seeds
- 1 6-oz container So Delicious® Dairy Free Vanilla Greek-Style Cultured Coconut Milk
- ½ cup So Delicious® Dairy Free Unsweetened Coconut Milk (or more, for desired consistency)
- 2 fresh basil leaves
- 1 teaspoon chia seeds
- 2 tablespoons coconut flakes
- 1 teaspoon agave nectar
- 5 raw cashews
- Dash of cinnamon



Directions:

1. Combine all ingredients in a blender; pulse until smooth. Pour into serving glass; serve chilled.

by Amie Valpoth | thehealthyapple.com





Piña Colada Shake

makes 2 servings

Ingredients:

- 2 cups So Delicious® Dairy Free Original Coconut Milk
- 2 large scoops So Delicious® Dairy Free Coconut Milk Frozen Dessert, **Coconut flavor**
- 1 cup fresh or frozen pineapple chunks
- 2 ripe bananas
- 2 medjool dates



Directions:

1. Blend all together, and serve immediately in two tall glasses.



by Gail DavjsHungry Vegarhungryvegan.blogspot.com

Persimmon Ginger Smoothie

makes 1 serving



option

Ingredients:

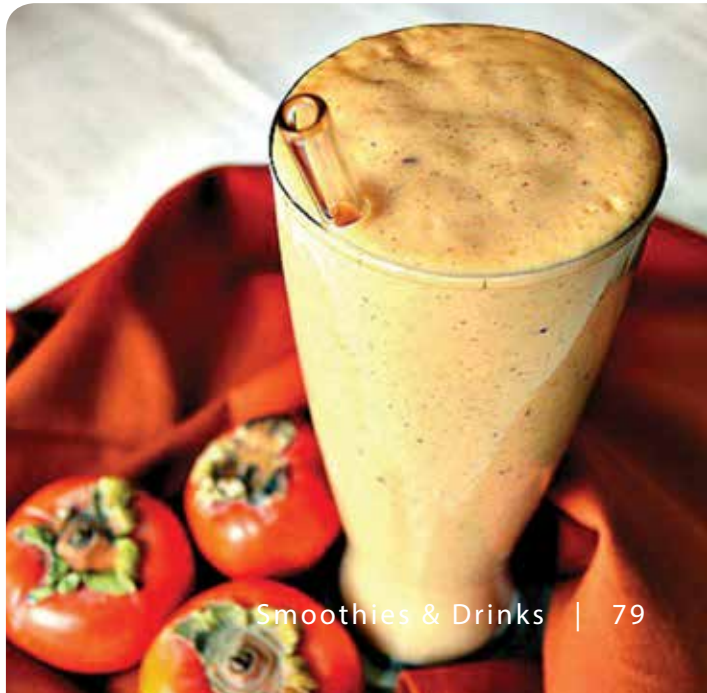
- 2 very ripe Hachiya persimmons, seeded and peel discarded
- ¾ cup So Delicious® Dairy Free Original or Vanilla Coconut Milk
- ¼ cup water
- ½ cup ice
- 1 2-inch piece fresh ginger, peeled and cut into ½" pieces
- 1 teaspoon cinnamon, ground
- 1 tablespoon agave nectar, or to taste
- 1 tablespoons flax seed oil (optional)
- 1 scoop dairy-free protein powder (optional)

Variation: Add 2 cups fresh spinach for a tasty green smoothie

Directions:

1. Slowly scoop out persimmon flesh from fruit into a bowl. Using your hands, remove the black seeds from the fruit if you see any.
2. Place fruit in blender and add the rest of the ingredients. Blend well, until creamy and smooth.

by Noelle Kelly, An Opera Singer in the Kitchen | [thesherkitchen.com](http://www.thesherkitchen.com)



So Delicious® Dairy Free Almond Plus Almond Milk

Baked Macaroni and Cheese with a Spelt Bread Crumb Topping (original), 36
Brunchy Muffins w/Almond Creamy Curry Sauce (original), 22
Chai Latte Rice Pudding (vanilla), 64
Cherry Amaretto Pancakes (vanilla), 12
Fruited Pancakes (original), 8
Kale and Tempeh Tikka Masala (unsweetened), 34
Marzipan Tea Cake (original), 62
Orange Gingerbread Pasta with Dried Cranberries (unsweetened), 43
Pumpkin Coffee Cake Oatmeal (vanilla), 4
Spiced Carrot Cake with Caramel Cream Cheese Frosting (original), 68
Summer Vegetable Quiche (unsweetened), 49

So Delicious® Dairy Free Coconut Milk

Blueberry Peach Chia Parfait (unsweetened), 20
Bombay to Bangkok Vegetable Curry (original or unsweetened), 32
Chai, Blueberry, & Raspberry Waffles, (original), 10
Carrot-Orange Ginger Soup (original), 40
Chocolate Mousse Cups (vanilla or chocolate), 65
Coconut Pad Thai (unsweetened), 38
Coconut Vanilla Donuts (vanilla), 56
Cranberry Coconut Milk Smoothie (unsweetened), 77
Creamy Fig Smoothie (vanilla), 76
Curried Chickpea Fries with Red Chili Mayo Dip (unsweetened), 28
Dirty Chai Pancakes (unsweetened), 2
Festive Coconut Wild Rice with Cranberries and Pears (original), 39
Glazed Cinnamon Pecan Scones (unsweetened), 13
Glazed Pumpkin Chocolate Chip Muffins (original), 66
Lavender Overnight Oats (sugar-free vanilla), 9
Lemon Coconut Eggplant Fries (unsweetened), 31
Mini Pomegranate Cupcakes (vanilla), 52
Orange-Infused Pumpkin Cheesecake (original), 72
Persimmon Ginger Smoothie (original or vanilla), 79
Piña Colada Shake (original), 78
Pumpkin Pie (unsweetened), 59
Rosemary Veggie Pot Pie (unsweetened), 46
Rose Water Panna Cotta (original), 60
"Sausage" Mushroom Stroganoff (unsweetened), 44
Shepherd's Pie (unsweetened), 50
Slow-Cooker Pear Rose Cardamom Oatmeal (unsweetened), 5



Spicy Tomato Alfredo Pasta (unsweetened), 42
Strawberry Shortcake Push-Pops (original), 54
Sweet Corn and Apple Porridge (vanilla), 19
Sweet Potato Turnovers (unsweetened), 51
Triple Chocolate Pudding (chocolate), 58
White Pizza with Sun-dried Tomatoes & Broccoli (original), 26

So Delicious® Dairy Free Seasonal Coconut Milk Beverages

Glazed Pumpkin Chocolate Chip Muffins (pumpkin spice, nog), 66
Pumpkin Spice Pancakes (pumpkin spice), 18

So Delicious® Dairy Free Coconut Milk Creamer

Farm Stand Corn Chowder (original), 30
Glazed Cinnamon Pecan Scones (original), 13
Strawberry-Chocolate Chip Crêpes (original), 16
Mocha Frappe (original), 74
Spiced Carrot Cake with Caramel Cream Cheese Frosting (original), 68

So Delicious® Dairy Free Cultured Coconut Milk

Glazed Cinnamon Pecan Scones (plain), 13
Kale and Tempeh Tikka Masala (plain), 34
Pomegranate and Lime Parfaits (vanilla), 14
Strawberry Shortcake Push-Pops (vanilla), 54
Sweet Cilantro Pasta Salad (plain), 24
White Oat Bread Loaf (plain), 6

So Delicious® Dairy Free Greek Style Cultured Coconut Milk

Chai, Blueberry & Raspberry Waffles (raspberry), 10
Cranberry Coconut Milk Smoothie (vanilla), 77
Creamy Fig Smoothie (vanilla), 76
Kale and Tempeh Tikka Masala (plain), 34
Rose Water Panna Cotta (plain), 60
"Sausage" Mushroom Stroganoff (plain), 44

So Delicious® Dairy Free Frozen Desserts

Mocha Frappe (mocha almond fudge), 74
Piña Colada Shake (coconut), 78



SO
DELICIOUS
DAIRY FREE

COCONUT MILK

VANILLA BEAN



[facebook.com/ sodeliciousdairyfree](https://facebook.com/sodeliciousdairyfree)



pinterest.com/sodelicious



twitter.com/so_delicious

So Delicious ® Dairy Free

[SoDeliciousDairyFree.com](https://SodeliciousDairyFree.com)

info@sodeliciousdairyfree.com