

# *Eat, Drink & Be Vegan*

Everyday Vegan Recipes Worth Celebrating

DREENA BURTON



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EAT, DRINK & BE VEGAN

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It's summer, bananas are overripe, and you have a bounty of zucchini: What to do? Whip up a batch or two of these delicious, lightly sweet muffins for guests! (Oh, and don't let the über-healthy name discourage you—these are tender, moist, and marvelous muffins.)

# Zucchini Spelt Muffins

MAKES 9–12 MUFFINS | **WHEAT-FREE**

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*If you don't have overripe bananas, unsweetened applesauce is a great substitute. Applesauce is less sweet than bananas, so you may want to add extra cinnamon and/or another tbsp sugar.*

*Yellow squash is a good substitute if children do not like the green flecks of zucchini.*

*Add 1/3 cup walnuts or pecans to this mixture for a delicious crunch, or some raisins for a chewy bite.*

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**2 tbsp flax meal**  
**1/2 cup + 2 tbsp plain or vanilla non-dairy milk**  
**1 cup overripe banana** (see note)  
**1 cup zucchini** (or yellow squash) (see note)  
**1/4 cup maple syrup**  
**1 tsp pure vanilla extract**  
**3 tbsp canola oil**  
**2 cups spelt flour**  
**1/4 cup unrefined sugar**  
**1/4 tsp sea salt**  
**1/2–3/4 tsp cinnamon**  
**1/2 tsp nutmeg**  
**2 1/2 tsp baking powder**  
**1/2 tsp baking soda**

Preheat oven to 375°F (190°C). In a bowl, combine flax meal and non-dairy milk and set aside. Mash bananas and grate zucchini, and combine with the milk-flax meal mixture. Add syrup, vanilla, and oil and stir to combine. In a separate large bowl, combine remaining dry ingredients, sift in baking powder and baking soda, and stir until well combined. Add wet mixture to dry, gently folding until just combined (do not overmix). Fit a muffin pan with muffin liners. Spoon batter into liners. Bake for 21–25 minutes, until a toothpick inserted in center comes out clean.

This is one of those recipes that you taste and before you know it, you've eaten half the batch! The black beans and orange are an irresistible combination of flavors. Serve cool, alongside veggies, crackers, or flatbreads, or warm with a selection of breads or as a sandwich spread. Also, don't forget to try this hummus on a pizza crust (or toasted flour tortilla).

# Black Bean & Orange Hummus

MAKES 6-7 SERVINGS (ABOUT 2¼ CUPS). | **WHEAT-FREE**

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*Before juicing oranges, zest to collect the rind. I find a kitchen rasp (also called a microplane grater) is the best tool for zesting citrus.*

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- 2½ cups** cooked black beans
- ¼ cup** freshly squeezed orange juice (see note)
- 2½ tbsp** almond butter
- 1** large clove garlic, sliced
- 1 tbsp** extra virgin olive oil
- 3 tbsp** red wine vinegar
- ¾ tsp** sea salt
- ½ tsp** ground cumin
- 1 tsp** ground coriander
- ¼ cup** fresh parsley
- 1 tsp** orange zest, grated (see note)
- freshly ground black pepper** to taste
- 1-2 tbsp** fresh parsley, chopped (for garnish)

In a food processor, combine all ingredients (except parsley for garnish) and purée until smooth, scraping down sides of bowl several times. Transfer to a serving bowl and garnish with parsley.

This artichoke dip steps away from traditional recipes because it uses cooked potato—yes, potato—instead of cream cheese or mayonnaise to thicken the dip and add a creamy texture. The recipe also includes olives and fresh basil instead of the more traditional spinach. Serve hot with sliced breads or pita breads.

# Artichoke Dip with Olive & Potato

MAKES 5–6 SERVINGS.

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*To cook the potatoes, I prefer to bake them whole, in advance. Compared to boiling, baked potatoes have more flavor and do not absorb any water. Plus, there is no fuss or clean up! I usually bake more potatoes than I need for a meal and refrigerate leftovers to use in this or other recipes.*

**WHEAT-FREE OPTION:** Use kamut, spelt, or another wheat-free bread and process into crumbs using a food processor.

*Before baking, the dip may appear somewhat loose, but it thickens as it cooks and will be just right for spreading on pitas or other breads.*

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- ½ cup** (packed) **cooked red or Yukon gold potatoes**, broken or chopped (see note)
- 2 tbsp** **freshly squeezed lemon juice**
- 1 tbsp** **apple cider vinegar**
- 1** **medium-large clove garlic** (to your taste), quartered
- ¾ tsp** **dry mustard**
- ¾ tsp** **sea salt**
- 2 tbsp** **nutritional yeast**
- 2–3 pinches** **freshly ground black pepper**, to taste
- 1 cup** **plain non-dairy milk** (soy milk is best for creamy, thick texture)
- 3–3½ tbsp** **olive oil**
- 3 tbsp** **fresh parsley leaves**
- 1 can** **(14-oz/398-ml) artichoke hearts**, drained, rinsed, and liquid lightly squeezed out
- ¼ cup** (packed) **fresh basil leaves**
- ¼–⅓ cup** **pitted Kalamata or black olives, or combination of both** (Kalamatas impart a stronger flavor)
- ½ cup** **breadcrumbs** (see note)
- ½ tbsp** **olive oil**
- 1–2 pinches** **sea salt**, to taste

Preheat oven to 375°F (190°C). In a food processor, combine potato, lemon juice, vinegar, garlic, mustard, ¾ tsp salt, nutritional yeast, and pepper, and briefly pulse. Add about ¼ cup milk and purée until very smooth. Then add remaining milk, 3–3½ tbsp oil, and parsley, and purée until smooth, scraping down sides of bowl as needed. Once dip is very smooth, add artichokes, basil, and olives, and pulse to lightly incorporate ingredients (retaining some chunky consistency). Transfer to a medium-sized baking dish (I use a round 24-oz/710-ml dish). In a small bowl, combine breadcrumbs, ½ tbsp oil, and salt, then sprinkle evenly over dip. Bake uncovered for 25–30 minutes. Remove from oven and let cool for 5 minutes before serving.

What better treat than an ice cream cookie sandwich? The 5-Spice Almond Cookies used in this recipe are scrumptious with vanilla ice cream, and perfect for a summer day (or any day).

# 5-Star Ice Cream Cookie Sandwiches

MAKES 5–6 ICE CREAM SANDWICHES. | **WHEAT-FREE**

- 1 batch** **5-Spice Almond Cookies** (see next page), cooled
- 2½–3 cups** **vanilla non-dairy ice cream** (I use So Delicious Creamy Vanilla) (see note)

Allow ice cream to soften just enough to easily scoop out of the container. Scoop  $\frac{1}{3}$ – $\frac{1}{2}$  cup ice cream (depending on cookie size), and mound it on the underside (flat side) of one cookie. Gently distribute ice cream, then top with another cookie of similar size (with underside touching ice cream). Repeat process with remaining cookies and ice cream, placing finished sandwiches in a sealable container keep in the freezer until ready to serve. Allow sandwiches to thaw for a couple of minutes before serving.

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*Try any favorite cookie and non-dairy ice cream combination, such as the Chocolate Chunk Spice Cookies (page 184) with chocolate ice cream, or “Tickled Pink” Vanilla Sprinkle Cookies (page 211) with strawberry ice cream.*

*The number of ice cream sandwiches you make depends on how many cookies the batch yields.*

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5-Star Ice Cream Cookie Sandwiches (page 179)

Sunny Pineapple Yogurt Cake with Orange Glaze (page 209)  
and Warm Raspberry Sauce (page 39)





Chocolate Pumpkin Pie (page 188) with Macadamia Maple Butter Cream (page 201)