no added sugar Banana bread

(makes one loaf)

# Ingredients

*dry:*

* 2 cups flour (spelt, ww pastry, etc)
* 2 tsp baking powder
* 1 tsp baking soda
* pinch of salt
* cinnamon (optional)
* raisins (optional)

*wet:*

* 4 bananas
* 4 dates (or more for more sweetness)
* 1 tbsp flax + 3 tbsp water
* 1 tbsp apple cider vinegar
* 2 tsp vanilla
* ~1/4 cup water/milk, add more or less to get desired consistency

# Directions

Preheat oven to 350°F.

Mix flax and water and set aside while you prepare the other ingredients (at least 5 minutes). Mash/blend bananas. In a big bowl, combine all dry ingredients. In a separate bowl combine all wet ingredients, and then pour wet into dry. Add more water if too dry, or more flour if too wet. Bake for about 50-60 minutes, checking with a toothpick until the toothpick comes out clean. Let cool for about 10 minutes before eating.

rawnola

(makes one big serving or two normal sized, depending on your hunger)

# ingredients

## *base:*

* 5-6 medjool dates
* 1 cup oats

## *add-ins:*

* buckwheat
* shredded coconut
* cacao nibs
* cocoa powder
* peanut flour
* matcha
* cinnamon
* anything you want really☺

# directions

Add oats in a food processor and blend into oat flour, then add dates and any other add-ins you want. If not sticky enough you can add another date or even a splash of water!

somen salad dressing

(enough for one head of iceberg lettuce)

# INGREDIENTS

* 5 tbsp rice vinegar
* 3 tbsp sugar
* 3 tbsp soy sauce
* ½ tsp salt
* ¼ tsp pepper
* 1 tsp sesame oil
* 2 tbsp salad oil

# directions

Mix everything except the oils in a jar and shake well till the sugar and salt dissolve, then add oils. Serve over cold somen salad, or any Asian-style salad, or even use it in stir fries!

miso marinade

ingredients

* 3 tbsp miso
* 2 tbsp soy sauce
* 2 tbsp rice vinegar
* 2 tbsp sake
* 1 tsp sriracha
* 1 tbsp maple syrup
* one block of tofu
* one package of tempeh (or another block of tofu if you don’t have tempeh)

# directions

Mix all marinade ingredients together in a big bowl, or put into a big ziplock bag (this makes it easier to flip). Cut up tofu and tempeh into strips or blocks, and soak in tempeh for at least an hour on each side. After marinating, bake the tofu and tempeh on parchment paper in an oven preheated to 375°F. Bake for about 20 minutes on each side, checking occasionally to make sure they’re not burning.

chickpea sauce

ingredients

* 3 cups cooked chickpeas
* 1-2 small sweet potatoes
* 1 carrot
* ¼ onion
* garlic
* ¼ cup nutritional yeast
* ~1/2 cup plant-based milk
* pepper, salt, paprika, turmeric, oregano, etc…

directions

Steam/boil sweet potatoes, carrots, and onions. Blend the chickpeas in a food processor first, then add the rest of the ingredients. Add more liquid if you want the sauce to be thinner. Serve over pasta, noodles, rice, quinoa…or mix into your veggies too!