

Two 14-ounce packages of firm tofu

¾ cup Vegenaïse or Cashew Aioli (page 240)

3 tablespoons finely diced green onions

¼ cup grated carrot

3 tablespoons finely chopped parsley

3 tablespoons finely chopped cilantro

3 tablespoons nutritional yeast

1 tablespoon Dijon mustard

1½ tablespoons curry powder

½ teaspoon sea salt

½ teaspoon black pepper

6 whole-grain tortillas (alternatives: sprouted or gluten-free)

1½ cups watercress or baby arugula

1 tomato, thinly sliced

CURRIED NADA-EGG

with WATERCRESS

Wraps

If you're transitioning to a plant-powered diet, our excellent eggless salad will squelch any cravings you might have for this classic salad-sammie combo. Watercress greens are bursting with beneficial nutrients, including vitamins A and C, beta-carotene, calcium, and folate. And did you know that it grows mostly in spring-fed streams? Cool!

- 1** Crumble tofu with your hands in a bowl.
- 2** Add Vegenaïse, green onions, carrot, parsley, cilantro, nutritional yeast, Dijon mustard, curry powder, salt, and pepper, and mix thoroughly.
- 3** Place generous amount of tofu salad in the center of each wrap. Top with watercress and sliced tomatoes.
- 4** Tuck in the sides of the wraps and roll firmly. Slice in half, and serve.

WRAPPING UP LEFTOVERS

Want a quick meal? Wrap it! Wraps are like hugs for your veggies. Just remember to keep your favorite whole-grain or gluten-free varieties handy. Store a bunch in the freezer and heat them in a skillet or warm in the oven when needed. Wraps are also a fantastic way to repurpose your leftovers. Waste not; want not. Brush your wrap with tasty spreads like Green Chile Guacamole (page 231), tahini, Hummus Two Ways (page 243), your favorite dressing, or even a dab of Vegenaïse. Top with greens du jour, wrap 'em up, and voilà!

1 SF KF Q

R *without the wrap*

Serves 6

2 cups Cashew Cream Cheese
(page 237)

6 whole-wheat or gluten-free
wraps

¼ cup capers or caper berries,
strained and rinsed

½ cup sun-dried tomatoes,
julienned (if sun-dried toma-
toes are too hard, soak them in
hot water for a couple minutes
to soften)

1½ cups baby arugula or baby
spinach

Mediterranean Wrap *with* **CASHEW CREAM CHEESE**

The Mediterranean flair of these wraps comes from sun-dried tomatoes and capers—pickled flower buds of the caper bush, also known as little treasure troves of salty goodness.

- 1 Place a small scoop of approximately ⅓ cup Cashew Cream Cheese at the center of each wrap and spread evenly.
- 2 Top with capers, sun-dried tomatoes, and baby arugula.
- 3 Tuck in the sides of each wrap and roll firmly. Slice in half and serve.

1 SF KF Q

GF *if using gluten-free bread*

Serves 4

½ cup raw almond or
cashew butter

1 cup fresh berries

1 banana, thinly sliced

8 pieces whole-grain or
gluten-free bread

¼ cup date paste (see tip on
page 105)

Sprinkling of cinnamon

FRUIT *and* ALMOND Sandwiches

Check out this tasty upgrade on a childhood lunchbox favorite. Using fresh berries and date paste keeps unwanted refined sugar out of your kid's sandwich, while adding fiber and antioxidants to fight classroom germ fests.

- 1 Spread the nut butter, berries, and sliced banana on one slice of bread.
- 2 Spread the date paste and a sprinkling of cinnamon on another slice.
- 3 Press together and cut in half. Repeat for remaining sandwiches.

Cashew

CREAM CHEESE

1 GF R SF KF

Makes 2 cups

2 cups raw cashews, soaked for a few hours or overnight in water, to soften

½ cup water

2 tablespoons lemon juice

1 tablespoon nutritional yeast

1 tablespoon onion powder

1½ tablespoons finely diced chives

¼ cup finely minced parsley

1½ tablespoons finely minced shallots or red onion

½ teaspoon sea salt

Freshly ground black pepper, to taste

Say hello to a smooth, savory, dairy-free alternative to cream cheese. After trying this cheese-tastic delight, you'll forget about your old standbys.

- 1 Blend the soaked cashews with water and lemon juice in high-speed blender, until smooth. Pause often to scrape sides of blender and fold ingredients to ensure a creamy texture.
- 2 Transfer the mixture to a bowl and add the nutritional yeast, onion powder, chives, parsley, shallots, salt, and pepper, mixing thoroughly.

tip CHEESY CHAMPIONS: CULTURING & FLAVOR TIPS

Add a tangy zing to the Cashew Cream Cheese by culturing it. Use 1½ teaspoons of powdered probiotic instead of lemon juice. Probiotic powder can be found in most health-food shops, typically refrigerated in the supplement section. Blend the cashews, water, and probiotic until smooth. Pour in a bowl, cover with a piece of cheesecloth, and allow the mixture to sit on the counter overnight to culture. Next, add flair by mixing in extras like your favorite fresh herbs and spices. Surprise your taste buds by replacing the herbs and onions with diced olives and tarragon for a superb olive cream cheese.

note FROM CHAD

This cheese recipe is one of my go-to staples for classes and catering events. It's a phenomenal dairy-free alternative to cream cheese.

Aztec SPIRIT

1 GF R SF Q

Serves 2

3 cups brazil nut or nondairy milk of choice

$\frac{1}{3}$ cup cacao powder

1 vanilla bean, scraped or $\frac{3}{4}$ teaspoon vanilla extract

2 shots of espresso or very strong coffee (optional)

2 tablespoons agave or maple syrup (or stevia, to taste)

3 kale leaves, stripped from the stem

Pinch of cayenne

This chocolatey, fiery superdrink disguises kale in pure deliciousness. If you don't have an espresso machine, brew some superstrong coffee instead (even in the CSK, java's okay once in a while). Cayenne is a known aphrodisiac, so share this smoothie with someone you love. Ooh la la!

1 In high-speed blender, blend all ingredients until smooth.

STELLAR STEVIA

Stevia is new to America's sweetie scene, although this herb has been used for ages in South America and other parts of the world. The fact that stevia does not spike your blood glucose level is one reason this sugar substitute is a healthy alternative. You can decrease the amount of higher-GI fruits and sweeteners by adding stevia to your smoothies and treats. It's 300 times sweeter than white sugar, so sprinkle conservatively and experiment with recipes to find the tastiest amount. You'll find stevia (SweetLeaf is a popular brand) in most grocery stores. It comes in powder and liquid form.

Basic NUT/SEED MILK

1 GF R SF KF Q

*Yields 3+ cups of
nondairy milk*

1 cup raw nuts/seeds of
your choice, soaked 10 to 12
hours in water

3 cups filtered water

note FROM CHAD

*Try making homemade
pecan milk with a touch
of cinnamon, vanilla, and
cocoa powder for a
delicious treat.*

Almond milk is a megahit in the Crazy Sexy Kitchen, especially since it's a fantastic source of protein and contains antioxidant vitamin E, which nourishes your glowing skin. Nut/seed milk is a versatile vixen—pour it over diced fruit and granola, use it as the base of your smoothies, or substitute your freshly made nut/seed nectar for moo juice in any recipe.

- 1 In blender, blend all ingredients until smooth.
- 2 Pour milk mixture into nut milk bag (check out Nut Milk Bag in The Tools on page 59) or cheesecloth. Place bowl or pitcher underneath to catch the “milk.”
- 3 Squeeze the bag or cheesecloth to pull out remaining liquid from the pulp.

NUT PULP = NUT FLOUR

Nut flour is a gluten-free alternative to traditional grain flours. Simply crumble the nut pulp in a thin layer on a dehydrator sheet and dehydrate for 4 to 6 hours, or until crisp. Then, blend the dehydrated nut pulp in a food processor or blender. If you prefer a superfine texture, sift the flour after blending.