

VEGAN FLUPPY PANCAKES or WAFFLES

Ingredients for 4 servings

- 1 cup flour
- 2 tablespoons organic sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup non-dairy milk (rice preferred)
- 1 tablespoon apple cider vinegar
- 1 teaspoon vanilla
- maple syrup, to serve

Preparatio

n

- In a medium bowl, add the flour, sugar, baking powder, and salt, and stir to combine.
- In a medium bowl or liquid measuring cup, add non dairy milk, apple cider vinegar, and vanilla, and stir to combine. Pour the liquid mixture into the dry mixture and whisk until smooth.

- Let batter rest for 5 minutes.

Pour about 1/2 cup (65 grams) of batter onto a nonstick pan or griddle over medium heat. When the top begins to bubble, flip the pancake and cook until golden. Serve warm with maple syrup.

Vegan Burger

1/2 Cup Besan Flour (Chickpea Flour)
1/2 Cup Chopped Mushrooms cooked
1/2 Cup Chopped Onions cooked

Carrots, eggplants, zucchini to taste. 1 Tsp Amino Acid 1 Tsp Nutritional Yeast Liquid Smoke To Taste Spices To Taste (Coriander, Cumin, Garlic, Turmeric, Paprika) 1 Tsp Annetto Paste Diluted In The Water (To Achieve A Red Burger Tint) Or Tomato Paste. Water To Achieve Sticky Smooth Consistency

In A Skillet Lightly Oiled, Fry Onions And Mushrooms.

In A Bowl, combine Besan Flour With Cooked Onion/Mushroom, Add Water As Needed. Form Balls, Dust With

Flour Or Penko Flakes. Using Bottom Of Glass, Lined With Parchment Firmly Press Balls To Make Patties. Take A Square Of Parchment Paper, Place On Top Of Each Ball And Press Down On It With The Bottom Of A Glass To Flatten It Into A Burger Shape. Freeze Burgers For 30 Minutes. Grill Burgers For 3+ Minutes On Each Side Til Golden Brown.

Vegan Chocolate Cup Cake

Prep Time 20
mins **Cook**
Time 35 mins
Total Time 55
mins

Ingredients

- 1/2 cup unsweetened almond milk
- 1 teaspoon apple cider vinegar
- 1 cups all purpose flour
- 3/4 cup granulated sugar
- 1/2 cup cocoa powder
- 2 teaspoons baking powder
- 1 teaspoons baking soda
- 1/2 teaspoon salt
- 1/3 cup canola oil OR melted coconut oil

- 1/2 cup unsweetened applesauce
- 1 tablespoon pure vanilla extract
- 1/2 cup boiling water

Chocolate Buttercream Frosting

- 1/2 cup cocoa powder
- 3/4 cups avocado
- 3 cups powdered sugar
- 1 teaspoons pure vanilla extract
- 1/4 cup unsweetened almond milk

Chocolate Cake Instruction:

1. Preheat oven to 350 degrees F and grease your cupcake pan 2 . Measure 1/2 cup unsweetened almond milk and add the tablespoon of vinegar to it. Stir slightly and set aside to curdle.
3. In a large bowl, add the flour, sugar, cocoa powder, baking powder, baking soda and salt. Whisk well to combine.
4. Now add the oil, applesauce, vanilla and almond milk/vinegar mixture. Mix on medium speed with a hand mixer until well combined.
5. Lower the speed and carefully pour in the boiling water, continuing to mix into the cake batter until combined. The batter will seem very runny at this point that is how it should be, trust me!

Divide the batter evenly between your cake pans. Bake for 20+ minutes or until a toothpick inserted in the center comes out clean. After 10 minutes of cooling in the pan, carefully remove the cup cakes from the pans and let cool completely before frosting .

For the Chocolate Buttercream Frosting

1. Add the cocoa powder to a large bowl (I just wipe out the cake bowl and use it for the frosting). Whisk well to remove any clumps.
2. Add the softened avocado and mix with a hand mixer until creamed and well combined

Add half of the powdered sugar and half of the almond milk, and mix until combined. Add the rest of the powdered sugar and vanilla extract Mix starting on low, and turn to high. Mix until fluffy and combined.

If the frosting seems too dry, add more milk, a tablespoon or two at a time. If the frosting seems too wet and doesn't hold it's shape, add more powdered sugar until it thickens up.

5. Frost the cake using an spatula or just a butter knife.

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Bread Made
Easy

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BREAD MAKING
GUIDELINE

12 easy steps

Ingredients

1 cup warm water 2 tbsp Active dry yeast (Costco) 2 teaspoon salt 2 tablespoons+ sugar 2 tablespoon oil (Olive oil or vegetable oil) 2 1/2 cups all-purpose flour (approximately) (Baker's flour Costco) Citric acid (for sour dough taste, optional) (Amazon)

1. Pour the yeast and sugar in a large bowl

2. Pour enough warm water in the bowl and whip until all of the yeast is dissolved. Let it sit for 5 minutes.

3. Stir until everything is thoroughly combined

4. Mix in 1 1/2 cups of flour (premixed with the salt)

5. Add oil to the bowl and mix

6. Add the remaining of 1/2 cup of flour, one tablespoon at a time, until the dough **chases the spoon around the bowl**.

Once you have mixed the bread dough, add flour as needed until the dough is soft and smooth (not sticky to the touch), cover the bowl with a towel and let it rise for about 30 minutes.

7. Uncover your bowl, punch the dough and fold it a few times.

8. **Put the dough in a greased** mold or cookie sheet, shape it however you would like **your bread** to look like (loaf, braid, round, baguette...)

9. **Use a pair of scissors or a knife to score the top of your dough (diagonally with a - knife)**

10. **Cover your dough** with a towel for another

30 minutes,

11. Place a tray of water at the bottom of your oven and pre-heat your oven at 400 degrees and bake at 400 degrees.

12. Place your mold or cookie sheet in the oven. Bake for about 20 minutes or until crust reaches desired color.

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Focaccia bread. Follow the same guideline however add grilled herb, garlic etc. inside **the dough while micing** it Roll flat to fit in a pyrex mold. Brush dough with olive oil, **place olives, garlic etc. on top.** Use your finger tips to form dimples all over the dough **and bake.**

Pretzel bread. Follow the same guideline through step 6. Then follow these steps: Split dough into buns and let rise again. Meanwhile boil 9 cups of water with 1/2 cup of **baking soda.** **Drop** buns for 30 seconds in boiling water but no more because dough **could develop a metallic taste.** Get buns out, slit buns top with sharp knife. Brush some **melted butter and sprinkle coarse salt** Place in oven for about 25 minutes.

TIPS

You may or you may not need to use all the flour that is called for in this recipe. The amounts vary depending on many factors, including weather, which is why most bread recipes only give an approximate amount of flour needed.

Salt and citric acid slow down the yeast growth and this is called

retarding: the salt 'retards' the yeast. So do not worry if your dough takes more time to rise.

Brush loaves with milk before baking to produce a dark, shiny crust.

Brush loaves with egg white before baking to produce a shiny crust.

Brush loaves with an egg wash before baking to produce a shiny and golden crust.

Spraying loaves with water while they bake will produce a crispy crust.

Brush loaves with butter immediately after baking to produce a soft crust.