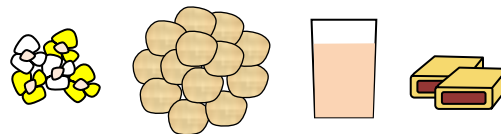


MaxVegan Treats



Click for [Recipe Basics](#) instructions and the [MV Pantry](#) shopping checklist.

Abbreviations: MV = MaxVegan; t / tsp = teaspoon; T = Tablespoon; oz = ounce; C = Cup

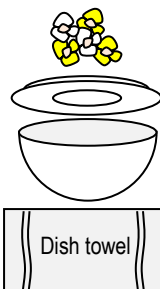
Recommendations: Date Lady [date sugar](#); Now Foods [erythritol](#); Bragg Aminos [soy sauce](#); Mori-Nu [silken tofu](#)

MaxVegan Popcorn Snack (8/16/16).....1	MaxVegan Kale Chips (7/28/17).....2	MaxVegan Cashew Cream (12/31/17).....3
MV Cacao-Date Sugar Mix (1/4/18).....1	MaxVegan Lemonade (8/16/16).....2	MV BROW Drops (2/26/17).....3
MaxVegan Chocolate Snack (6/6/17).....1	MaxVegan Orange Julius (6/6/17).....2	MaxVegan Fruit Newtons (6/6/17).....4
MaxVegan Apple Snack (6/6/17).....1	MaxVegan Sludgie (1/4/18).....2	MaxVegan Cake (7/20/18).....4
MaxVegan Trail Mix (2/26/17).....1	MaxVegan Ice Cream (12/31/17).....3	MaxVegan Frosting (2/11/18).....4
MaxVegan Potato Chips (7/28/17).....2	MaxVegan Pudding (6/12/17).....3	MV Banana Bread (7/20/18).....5

MaxVegan Popcorn Snack (8/16/16)

Popcorn is a low-calorie, healthy, whole-grain food when made without oil or salt.

2	1
Desired toppings	Organic popcorn



- Cover ~1/2 of the bottom of a microwave-safe bowl with popcorn kernels.
- Cover bowl with slightly oversized plate.
- Microwave for ~3 minutes at full power. Listen closely for popping sounds to peak then diminish. Adjust cooking time to maximize popping without burning kernels..
- Use a damp dish towel to remove and hold (very hot) bowl and plate. Add toppings & eat.

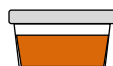
Toppings: nutritional yeast, maple syrup, seasonings, nuts...

Caution: If adding nuts, first transfer popped kernels to a second bowl, discarding unpopped kernels that can crack teeth.

MV Cacao-Date Sugar Mix (1/4/18)

This healthy mix satisfies chocolate cravings without cocoa-butter fat or refined sugar.

C	2	1
1/2 C	1 C organic date sugar	1/2 C cacao powder



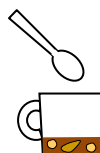
Mix [cacao powder](#) with date sugar in a sealable storage container.

- Use in MV Chocolate Snack, MV Milk...
- 1T of mix = ~60 calories

MaxVegan Chocolate Snack (6/6/17)

More MV Milk = thinner paste. Can also use **cocoa/carob** powder.

3	2	1
Desired nuts or filling	1/2 T sweet MV Milk	1 T Cacao/Date-Sugar Mix

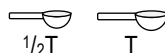


* Premake sweet MV Milk (or use water) and MV Cacao-Date Sugar Mix

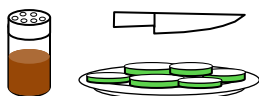
- Place mix and milk in a microwave-safe mug. Swirl but don't stir—powder repels cold liquid.
- Microwave ~30 seconds.
- Stir into paste, add nuts and/or filling.
- Eat as is or use as topping for MV Ice Cream.

Nuts: peanuts, almonds, cashews, walnuts...

Fillings: oatmeal, raisins, banana, strawberry...



MaxVegan Apple Snack (6/6/17)



2	1
cinnamon powder	1 organic apple



Anti-inflammatory Seasoning Option

* Sprinkle 1/4 of slices with ginger powder, 1/4 with turmeric powder + black pepper (enhances turmeric potency), and 1/2 with cinnamon powder.

* Alternately eat ginger and turmeric/pepper slices (bitter is better!).

* End with cinnamon slices (sweeter taste for the "treat" part).

* This is a great way to add a daily apple to your diet along with antioxidant-rich cinnamon.

* [Ceylon cinnamon](#) is recommended over Chinese (cassia), Saigon, or Indonesian cinnamons, which have coumarin that can be liver-toxic at high doses. You can buy it in bulk online and transfer it to a shaker [spice jar](#).

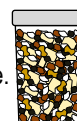
- Slice apple into ~1/4" or thinner chips.
- Sprinkle slices with cinnamon and/or desired seasonings. Eat immediately.

MaxVegan Trail Mix (2/26/17)

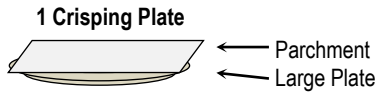
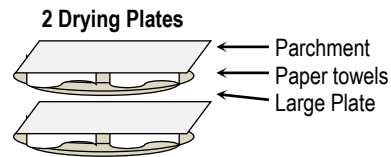
C	3	2	1
1/2 C	1/2 C organic raisins	1 C organic almonds	1 C organic walnuts



- Mix items in large bowl.
- Transfer to zip lock bags for travel or into sealed container for home use.
- Sprinkle on salad fixings.
- Keep refrigerated or freeze for future use.



MaxVegan Potato Chips (7/28/17)

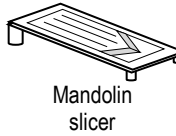
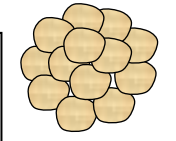


Save parchment for MV VegMeats and paper towels for future cleanups.

2	Desired seasonings	1	Medium potato
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smoked paprika russet, nutritional yeast red, white, garlic powder yukon gold, onion powder sweet, yam...

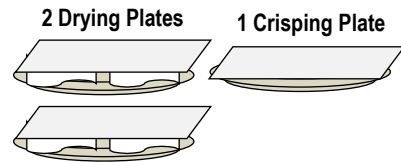
To restore crispness to soft chips: Microwave ~30 seconds on plain plate.



- * Prepare Drying & Crisping Plates: Precut ~6"x10" parchment pieces (prevent sticking)—fold & crease with thumbnail to fit plates. Use 2 or more paper towels to absorb moisture.
- Mandolin-slice potato on thinnest setting.
 - Slightly overlap chips on Drying Plate.
 - Sprinkle with optional seasonings.
 - Microwave ~3 minutes, watching closely. Remove browning chips as they'll burn.
 - Break dried chips apart onto Crisping Plate.
 - Microwave ~2 minutes (avoid burning).
 - Repeat with dry plates & towels (~4 batches).
- Eat as is or with desired MV Topping.

MaxVegan Kale Chips (7/28/17)

Any leafy green (lettuce, beet, chard, etc.) will work in place of kale.



2	Nutritional yeast	1	1 bunch kale
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- * Prepare Drying & Crisping Plates per instructions in MV Potato Chips.
- Wash then pull or cut kale leaves from stems (save stems for MV Roasted Veggies).
 - Shake off excess water, place damp leaves in bowl, toss & sprinkle with nutritional yeast.
 - Place coated leaves on Drying Plate.
 - Microwave ~2 minutes.
 - Transfer leaves to Crisping Plate.
 - Microwave ~1 minute until leaves crisp.
 - Repeat with dry plates & towels (~3 batches).
- Eat as is.

MaxVegan Lemonade (8/16/16)

3	1 C filtered water	2	2 T lemon juice	1	2 T non-gmo erythritol
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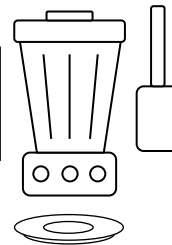


- Mix items 1-2 in tall glass.
 - Microwave ~30 seconds to dissolve erythritol.
 - Add cold water, stir; add ice if desired.
- Use more or less erythritol for desired taste.
- Drink immediately or refrigerate.

MaxVegan Orange Julius (6/6/17)

Option: Add crushed ice before blending.

2	Sweet MV Milk to cover	1	1 sliced orange
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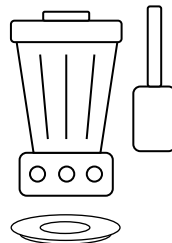
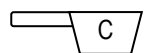


- * Premake sweet MV Milk.
- Peel & slice a cold, refrigerated orange. Remove any seeds.
 - Put in blender & add enough MV Milk to cover orange slices.
 - Blend at high speed until frothy.
- Drink immediately or refrigerate.

MaxVegan Sludgie (1/4/18)

Unlike a smoothie, a sludgie forces you to drink at about the same rate you'd eat the whole fruits, preventing sugar spikes.

3	1/2 C sweet MV Milk	2	~6 pitted dates	1	~1 C frozen banana
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- * Premake sweet MV Milk.
* Prefreeze banana or add a few ice cubes.
* Remove date pits if needed.
- Add items, including any fruit/veggie options, to blender and blend thoroughly.
- Use more MV Milk to thin if desired.
- Drink immediately or refrigerate.

Fruit Options: Add apples, strawberries, watermelon...

Veggie Options: Add kale, carrots, beets....

MaxVegan Ice Cream (9/24/18)

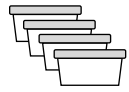
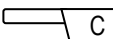
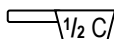
5	~2 C crushed ice	4	~1/2 C frozen banana	3	1/4 C filtered water	2	1/2 C date sugar or erythritol	1	1/4 C raw cashews
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Flavor Options

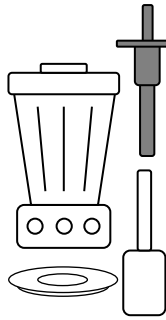
- * Vanilla: +1 tsp vanilla extract
- * Chocolate: +2T cacao/cocoa/carob
- * Fruit: +1/2 C frozen strawberry, peach...
- * PB: +1/4 C peanut butter

Topping Options

- * Warm MV Chocolate Snack
- * Crushed almonds, cashews, peanuts...



Cups or Storage Containers
(glass or BPA-free plastic)



- * Vitamix or blender with tamper works best.
- * Earplugs recommended for grinding noise.

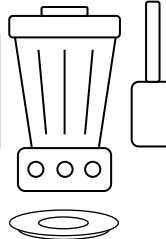
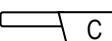
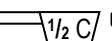
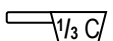
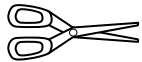
- Place items in blender.
- Add any desired flavor options.
- Blend until creamy using tamper to push mix down (while running) or spatula (while off).
- Add desired toppings.

- Makes four ~1/2 cup servings.
- Eat immediately. The consistency is similar to soft-serve and melts quickly.
- For firmer results, chill in freezer before serving or freeze until later, then thaw ~15 seconds in microwave before eating.



MaxVegan Pudding (6/12/17)

5	1 tsp vanilla extract	4	1/2 C mashed banana	3	1/3 C cacao powder	2	2/3 C date sugar or erythritol	1	1 1/2 C silken tofu
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- * Mori-Nu silken tofu is sold in 12.3 oz (~1 1/2 C) aseptic (sterile), non-refrigerated boxes.
- * Cocoa (roasted cacao) or carob powder may be used in place of cacao.

- Add items in order. Blend until smooth.
- Chill in refrigerator if desired.
- Yields ~2 cups. Keep refrigerated.



Vanilla Pudding: Omit cacao. Optionally add 2T tapioca powder.

Strawberry Pudding: Replace cacao with 1C mashed strawberries.

Banana Pudding: Replace cacao with 1/2 C mashed banana.

PB Flavoring: Add 2T peanut butter.

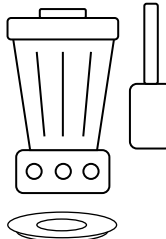
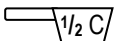
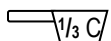
Pops: Freeze in popsicle molds (or small bowls). Before eating, thaw ~10 seconds in microwave to restore creaminess.

MaxVegan Cashew Cream (12/31/17)

Chocolate Option

Add 3T MV Choc Snack
Cacao-Date Sugar Mix.

3	2/3 C filtered water	2	1/2 C pitted dates	1	1 C raw cashews
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- * If don't have a power blender, presoak cashews & dates for ~1 hour, then pour off excess water.
- * 8 pitted dates = ~1/2 cup.

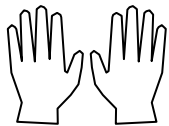
- Blend items until creamy.
- Yields ~1 1/2 cup. Keep refrigerated.
- Use on MV Pancakes/Waffles...



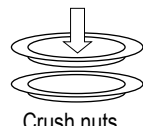
MV BROW Drops (2/26/17)

Banana
Raisin
Oatmeal
Walnut

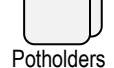
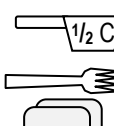
4	1/2 C crushed walnuts	3	1/2 C organic raisins	2	1 C mashed banana	1	2 C regular oatmeal
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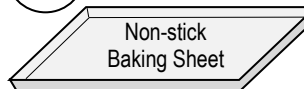
Food-grade gloves



Crush nuts
between plates



Potholders



Non-stick
Baking Sheet



- * Pre-mash ~2 bananas with fork in small bowl.
- * Pre-crush walnuts between plates.

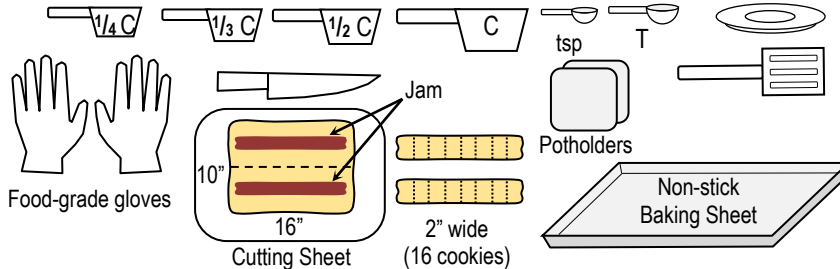
- Preheat oven to Bake 350°.
- Mix oatmeal and banana in large bowl. Let stand a few minutes so they bind together.
- Add raisins & crushed walnuts.
- Use gloves to knead thoroughly.
- Squeeze & roll 3-4" lengths of dough in hands, then bend & shape into ~10 eyebrow shapes.
- Bake ~15-20 minutes.

- Eat or refrigerate/freezer for later use.
- If frozen, reheat ~30 sec in microwave.

BROW Bars: On a cutting sheet, press mixture into a ~1/2" thick rectangle. Transfer to baking sheet, bake ~30 minutes, cool and cut into "energy" bars.

MaxVegan Fruit Newtons (6/6/17)

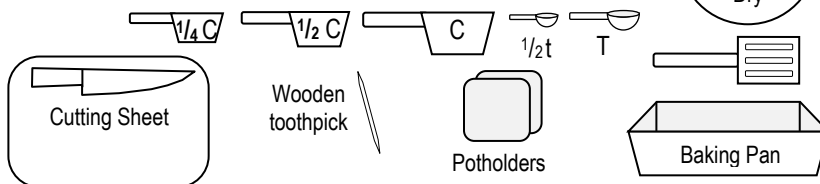
	9 ~1 C MV Jam	8 1/4 C filtered water	7 1 tsp vanilla extract	6 1 T white vinegar
5 1/3 C MV Apple Sauce	4 1 tsp soy sauce	3 1 tsp baking soda	2 1/2 C date sugar or erythritol	1 2 C whole-grain pastry flour



- * Premake MV Apple Sauce.
- * Premake MV Jam (with fig or any desired fruit).
- Preheat oven to Bake 350°.
- Mix items 1-3 in dry bowl.
- Mix items 4-8 in wet bowl.
- Form hole in center of dry mix; gradually stir in wet items. Use gloves to knead thoroughly.
- Spread dough ~10" x 16" on cutting sheet.
- Cut dough in half lengthwise & separate.
- Spread jam lengthwise along centers of strips.
- Fold dough to center & pat overlapped edges.
- Place in baking sheet, joined-edges down.
- Bake ~15 minutes.
- Remove and let cool.
- Cut each strip into eight ~2" wide cookies.
- Eat or refrigerate/freeze for later use.

MaxVegan Cake (7/20/18)

10 3 C filtered water	9 1 T vanilla extract	8 1 T soy sauce	7 3 T white vinegar	6 1/2 C maple syrup
5 ~3/4 C silken tofu	4 1 T baking soda	3 1/2 C cacao powder	2 1 1/2 C date sugar or erythritol	1 3 C whole-grain pastry flour



- * Half a box of Mori-Nu silken tofu is ~3/4 cup.
- * Cocoa (roasted cacao) or carob powder may be used in place of cacao.
- Preheat oven to Bake 350°.
- Mix dry items 1-4 in bowl.
- Blend wet items 5-10 in blender.
- Form hole in center of dry items & gradually stir in wet items. Mix thoroughly.
- Pour batter into ~13 x 9" non-stick baking pan.
- Bake ~45 minutes. To test for doneness, insert toothpick in cake until it comes out clean.
- Remove and let cool.
- Flip cake onto cutting sheet or serving plate.
- Frost with MV Frosting if desired & cut into pieces (or return to pan, frost, and cut into pieces with plastic spatula). Serve with MV Ice Cream.

White cake: Omit cacao. Use 2 1/2 C water.

Layer Cake: Cut finished cake in half and stack. Or split batter between two smaller square or circular baking pans before baking.

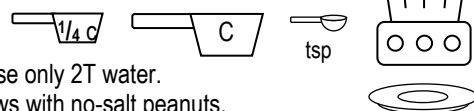
Cupcakes: Pour batter into ~24 (flour-dusted to minimize sticking) paper baking cups in cupcake tins.

Brownies: Use 1 1/2 C water for a thicker batter. Spread in shallow pan. Smooth with wet spoon. Bake ~30 minutes.

Nut Topping: Crush desired nuts (almonds, walnuts, cashews, peanuts...) between two plates and sprinkle on frosting.

MaxVegan Frosting (2/11/18)

5 1 tsp vanilla extract	4 1/4 C filtered water	3 3/4 C maple syrup	2 1/4 C cacao powder	1 2 C raw cashews
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White frosting: Omit cacao. Use only 2T water.

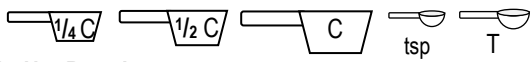
Peanut flavor: Replace cashews with no-salt peanuts.

- * Cocoa (roasted cacao) or carob powder may be used in place of cacao.
- * If don't have a power blender, presoak cashews for ~1 hour, then pour off excess water.
- Add items in order. Blend until smooth.
- Yields ~2 cups. Keep refrigerated.
- Use on MV Cake, Cupcakes, Brownies...

MV Banana Bread (7/20/18)

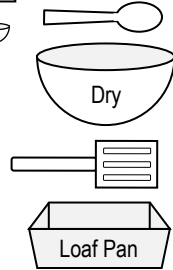
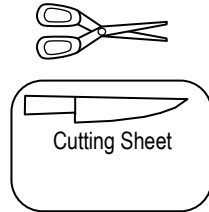
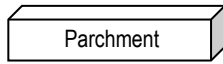


	9	1/4 C filtered water	8	1 tsp vanilla extract	7	1 tsp apple cider vinegar	6	1 T soy sauce	
5	~3/4 C silken tofu	4	2 C very ripe bananas	3	1 tsp baking soda	2	3/4 C date sugar or erythritol	1	1 1/2 C whole-grain pastry flour



Banana-Raisin-Nut Bread

- Add 1/4 cup raisins
- Add 1/4 C crushed walnuts



- * Half a box of Mori-Nu silken tofu is ~3/4 cup.
- * For maximum flavor, place ~4 medium bananas in a closed paper bag until very ripe.
- Preheat oven to Bake 350°.
- Mix dry items 1-3 in bowl.
- Blend wet items 4-9 in blender.
- Form hole in center of dry items & gradually stir in wet items. Mix thoroughly.
- Line loaf pan with parchment paper.
- Pour batter into loaf pan.
- Bake ~45 minutes. To test for doneness, cut across center. Should be moist but not wet.
- Remove and let cool.
- Lift sides of parchment or flip bread onto cutting sheet or serving plate.
- Slice into ~1/2-inch pieces.
- Refrigerate or freeze leftovers.