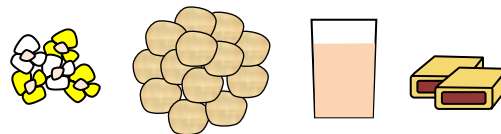


MaxVegan Treats



Recipe Basics: www.maxlearning.net/HEALth/MaxVeganRecipeBasics.pdf

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

Recommendations: If don't have [erythritol](#), use an equal amount of [date sugar](#). For soy sauce, try [Bragg's Aminos](#).

| | | |
|--|--|--|
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MaxVegan Popcorn Snack (8/16/16)

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

| | |
|------------------|-----------------|
| 2 | 1 |
| Desired toppings | Organic popcorn |



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.

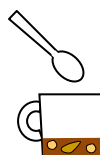
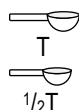
- Cover ~1/2 of the bottom of a microwave-safe bowl with popcorn kernels.
- Cover bowl with slightly oversized plate.
- Microwave for ~3 minutes at full power. Listen closely for popping sounds to peak then diminish. If smell burning, stop immediately. Reduce time on next batch. If lots of unpopped kernels, increase time on next batch.
- Use a damp dish towel to remove and hold (very hot) bowl and plate.
- Add desired toppings. Eat while warm.

MaxVegan Chocolate Snack (6/6/17)

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

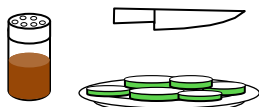
| | | |
|-------------------------|---------------------|--------------------------|
| 3 | 2 | 1 |
| Desired nuts or filling | 1/2 T sweet MV Milk | 1 T Cacao/Date-Sugar mix |

Cacao: less processed, more antioxidants than cocoa.
Date Sugar: dried/ground-up dates (a whole food).
Nuts: peanuts, almonds, cashews, walnuts...
Fillings: oatmeal, raisins, diced banana / strawberry...



- * **Premake Cacao/Date-Sugar Mix:** In any size container, mix 1 part [cacao powder](#) with 2 parts [date sugar](#). This healthy mix satisfies daily chocolate cravings without cocoa-butter fat or white sugar. 1T of mix = ~60 calories.
- * **Premake sweet MaxVegan Milk** (or use water).
- 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.

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.

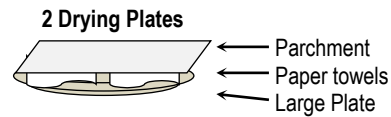
MaxVegan Trail Mix (2/26/17)

| | | |
|-----------------------|---------------------|---------------------|
| 3 | 2 | 1 |
| 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)

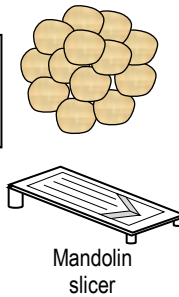


Save parchment for MV VegMeats and paper towels for future cleanups.

| | | | |
|----------|--------------------|----------|---------------|
| 2 | Desired seasonings | 1 | Medium potato |
|----------|--------------------|----------|---------------|

smoked paprika russet, nutritional yeast red, white, garlic powder yukon gold, onion powder sweet, yam...

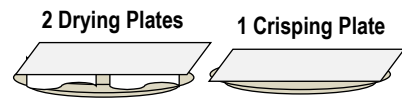
To restore crispness to soft chips: Microwave ~30 seconds on plain plate.



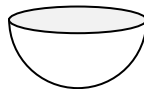
- * Prepare Drying & Crisping Plates: Precut ~6"x10" parchment pieces (prevent sticking)—fold & crease with thumbnail to fit plates. Use 2 or more paper towels to absorb moisture.
- Mandolin-slice potato on thinnest setting.
 - Slightly overlap chips on Drying Plate.
 - Sprinkle with optional seasonings.
 - 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 |
|----------|-------------------|----------|--------------|



- * 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 |
|----------|--------------------|----------|-----------------|----------|------------------------|

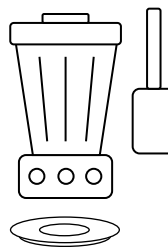


- Mix items 1-2 in tall glass.
 - Microwave ~30 seconds to dissolve erythritol.
 - Add cold water, stir; add ice if desired.
- Use more or less erythritol for desired taste.
- Drink immediately or refrigerate.

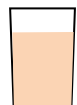
MaxVegan Orange Julius (6/6/17)

Option: Add crushed ice before blending.

| | | | |
|----------|------------------------|----------|-----------------|
| 2 | Sweet MV Milk to cover | 1 | 1 sliced orange |
|----------|------------------------|----------|-----------------|

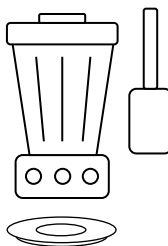


- * Premake sweet MV Milk.
- Peel & slice a cold, refrigerated orange. Remove any seeds.
 - Put in blender & add enough MV Milk to cover orange slices.
 - Blend at high speed until frothy.
- Drink immediately or refrigerate.



MaxVegan Smoothie (6/6/17)

| | | | | | |
|----------|-------------------|----------|-----------------|----------|--------------------|
| 3 | 1 C sweet MV Milk | 2 | ~6 pitted dates | 1 | ~1 C frozen banana |
|----------|-------------------|----------|-----------------|----------|--------------------|



- * Premake sweet MV Milk.
* Prefreeze banana, or add a few ice cubes.
* Remove date pits if needed.
- Add items to blender and blend thoroughly.
- Use more or less MV Milk for desired thinness or thickness.
- Drink immediately or refrigerate.



Fruit Options: For variety, add other fruits like strawberries, blueberries, apples....

Veggie Options: For maximum nutrition, add veggies like kale, carrots, beets....

MaxVegan Ice Cream (6/16/17)

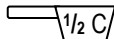
| | | | | | | | | | |
|---|------------------------|---|----------------------------|---|----------------------------|---|--------------------------------------|---|-------------------------|
| 5 | ~2 C crushed ice | 4 | ~1/2 C frozen banana | 3 | 1/4 C filtered water | 2 | 1/2 C date sugar or erythritol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

Flavor Options

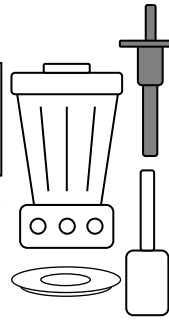
- * 1/2 C frozen strawberry, peach...
- * 1/4 C peanut butter
- * 2T cacao (or cocoa or carob powder)

Topping Options

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



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



* Requires Vitamix or high-speed blender.

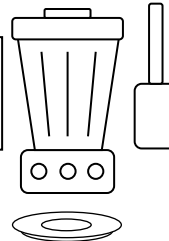
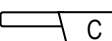
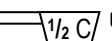
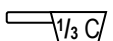
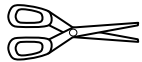
- Place items in blender.
- Add any desired flavor options.
- Blend until creamy using Vitamix tamping rod to push mixture down (while running) or spatula (while off).
- Add desired toppings.



- 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 ~30 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 |
|---|-----------------------------|---|---------------------------|---|--------------------------|---|--------------------------------------|---|---------------------------|



* 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.

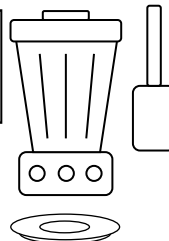
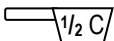
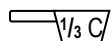
Banana Pudding: Replace cacao with 1/2 C mashed banana.

PB Flavoring: Add 2T peanut butter to desired pudding.

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

MaxVegan Cashew Cream (6/6/17)

| | | | | | |
|---|----------------------------|---|--------------------------|---|-----------------------|
| 3 | 2/3 C filtered water | 2 | 1/2 C pitted dates | 1 | 1 C raw cashews |
|---|----------------------------|---|--------------------------|---|-----------------------|



* 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...

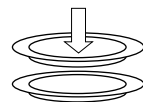


MV BROW Drops (2/26/17)

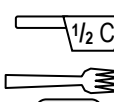
| | | | | | | | | |
|---------|---|-----------------------------|---|-----------------------------|---|-------------------------|---|---------------------------|
| Banana | 4 | 1/2 C crushed walnuts | 3 | 1/2 C organic raisins | 2 | 1 C mashed banana | 1 | 2 C regular oatmeal |
| Raisin | | | | | | | | |
| Oatmeal | | | | | | | | |
| Walnut | | | | | | | | |



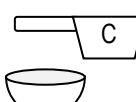
Food-grade gloves



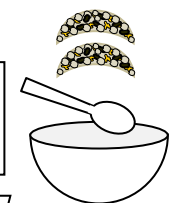
Crush nuts
between plates



Potholders



Non-stick
Baking Sheet



* Pre-mash ~2 bananas with fork in small bowl.

* Pre-crush walnuts between plates.

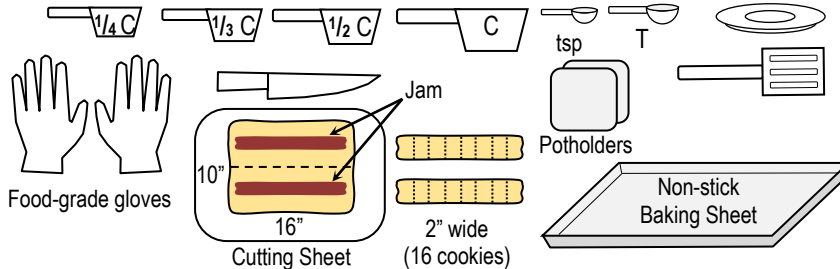
- Preheat oven to Bake 350°.
- Mix oatmeal and banana in large bowl. Let stand a few minutes so they bind together.
- Add raisins & crushed walnuts.
- Use gloves to knead thoroughly.
- Squeeze & roll 3-4" lengths of dough in hands, then bend & shape into ~10 eyebrow shapes.
- Bake ~15-20 minutes.
- Eat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

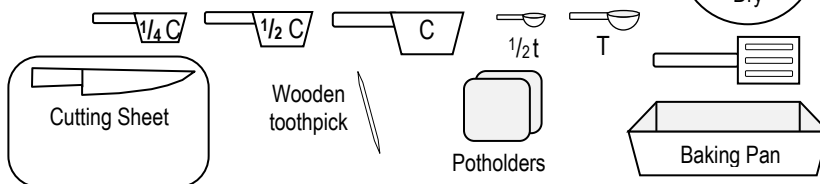
| | | | | | | | | | |
|---|----------------------------|-------------------|-----------------------|----------------------------|-------------------------|-----------------------------|--------------------------------------|-------------------------|------------------------------------|
| | 9 | ~1 C 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 (6/6/17)

| | | | | | | | | | | |
|---|-----------------------------|--------------------------|-----------------------|---------------------------|--------------------------|---------------------|--|-------------------------|------------------------------------|-------------------------|
| | 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 mashed avocado | 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 | |



- * The secret of this moist, no-SOS cake is using blended avocado in place of vegetable oil.
- * 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.

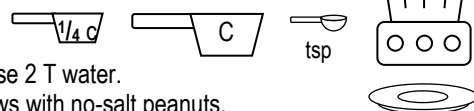
Cupcakes: Pour batter into ~24 (flour-dusted to minimize sticking) paper baking cups in cupcake tins.

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 (6/6/17)

| | | | | | | | | | |
|---|-----------------------------|---|----------------------------|---|-------------------------|---|--------------------------|---|-----------------------|
| 5 | 1 tsp vanilla extract | 4 | 1/4 C filtered water | 3 | 3/4 C maple syrup | 2 | 1/4 C cacao powder | 1 | 1 C raw cashews |
|---|-----------------------------|---|----------------------------|---|-------------------------|---|--------------------------|---|-----------------------|



White frosting: Omit cacao. Use 2 T 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 ~1 1/2 cups. Keep refrigerated.
- Use on MV Cake, Cupcakes, Brownies...