

# FAT FREE, WHOLE FOODS COOKBOOK SNEAK PEAK

15 OIL AND CHOLESTEROL FREE VEGAN RECIPES THAT ARE HEALTHY AND AWESOME!

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## Awesome Fat Free Banana Bread

Makes 1 loaf

I don't like to throw words such as "awesome" around too lightly, but this banana bread is so delicious and moist you'll never believe its fat free or whole wheat!

### Ingredients:

¼ cup fat free soy milk or other non-dairy milk  
¼ tsp lemon juice  
4-5 browning bananas (spotted is best)  
½ cup dark brown sugar  
½ cup raw sugar  
1 tsp cinnamon  
½ tsp nutmeg  
2 cups whole wheat flour  
1 tsp baking soda  
½ tsp baking powder  
1 tsp vanilla extract  
2 tbsp pure maple syrup  
¼ tsp almond extract - optional  
1 tsp cherry extract - optional  
Foil

### Optional Topping:

Rolled oats  
Brown sugar  
Cinnamon

### Directions:

Preheat 350 F

1. Whisk the soymilk and lemon juice until foamy and bubbly.
2. Place bananas, both sugars, vanilla, maple and optional extracts in a food processor and blend until smooth and creamy - a few banana pieces or chunks are okay.  
  
\* If you don't have a processor, you can also cream the bananas and sugar together using a spatula and a little elbow grease. Add the vanilla, maple and optional extracts in once the bananas and sugar have been combined.
3. In a large bowl, whisk cinnamon, nutmeg, flour, baking soda and baking powder together.
4. Rewhisk soy milk mixture until foamy and bubbly again.
5. Transfer banana mixture into flour mixture and stir until just combined.
6. Pour combined mixture into a greased or non-stick standard bread pan.
7. Grab a large piece of foil and make a large tent over the bread pan.
8. If using the optional topping, sprinkle oats, cinnamon and brown sugar on top (more the better!).
9. Bake the bread 50 minutes to 1 hour (perhaps longer, depending on your oven and tent size).
10. Carefully check the bread after 50 minutes. Slowly pull the rack out just a bit and open the foil. Touch the center of the bread gently to see if it's firm or wet. If its firm, stick a fork or tooth pick in the center and see if it comes out clean. If so, it is done. If the center is still wet to the touch bake at least another 5 minutes and check again. Repeat as needed - but be careful! Banging the bread pan on the rack will ruin it.

**Tips:** Be sure not to overfill your bread pan. Leave at least 1c, for the bread to rise. Also leave room in your tent for the bread to rise.

**Notes:** You can make muffins or mini-loaves using this recipe, just be sure to reduce the cook time.

## Corn doggies

Before I was a health conscious vegan, I loved buying frozen vegetarian corndogs. When the Internet failed to provide me with a recipe for a *baked* corndog, I decided to come up with my own. This recipe is sure to please your party guests or kids!

**Note:** This recipe makes enough batter to coat about 6 standard sized veggie dogs. You may need to make a double batch if your veggie dogs are large or you're planning to make the entire pack's worth.

### Ingredients:

6 fat free vegan hotdogs  
2/3 cup yellow cornmeal  
1/3 cup whole wheat pastry flour  
1 tsp baking powder  
½ tsp salt  
¼ tsp paprika  
¼ tsp dry mustard  
1/8 tsp garlic powder  
1/8 tsp onion flakes  
¼ tsp pepper  
1 tsp ener-g-egg replacer  
Up to 2/3 cup fat free soymilk or other non-dairy  
1 tbsps raw sugar

### Directions:

Preheat 450F

1. Mix cornmeal, flour, baking powder, salt, spices, pepper, egg replacer, 1/3 cup soymilk and sugar together in a medium bowl.
2. Slowly add additional soymilk until mixture is wet and can be worked with but not soupy or so dry that it's really doughy.
3. Stir well for about 30 seconds.
4. Grease cookie sheet or use parchment paper.
5. Follow directions below for mini or traditional corn doggies.
6. Place on greased baking sheet or baking sheet covered with parchment.
7. Bake 10-15 minutes.

### For Mini Corn doggies:

1. Cut 'hot dogs' into 3 equal pieces.
2. Dip dog pieces into cornmeal mixture.
3. Place on cookie sheet.
4. Gently rub the cornmeal mix around to fill in the gaps where your fingers were.

### For Traditional Corn doggies:

1. Insert a wooden stick into dogs
2. Pour batter into a shallow pie dish or use a plate.
3. Roll dogs in the batter until lightly covered.
4. Place on cookie sheet.

## Mondo Chickpea Tacos

Makes 6 to 8 tacos

I love my chickpea tacos. My only complaint is that they seem to fly off the table so fast I'm left wanting more. Thus, I set out to make a bigger version of the taco and ended up with these 'mondo' tacos. You'll love them, I promise.

### Ingredients:

1 tomato, seeded and diced  
2 cups arugula or lettuce  
1 pkg taco shells (blue corn shells recommended)  
1 pkg whole wheat tortillas  
15oz can vegetarian fat free refried beans  
Salsa of choice  
guacamole - optional

15oz can chickpeas, drained and rinsed  
1 tbsp tamari or soy sauce  
1-2 tsp lemon or lime juice  
1 tbsp chili powder  
¼ tsp garlic powder  
¼ tsp onion powder  
1/8 tsp cayenne pepper  
¼ tsp marjoram or oregano  
½ tsp paprika  
1 ½ tsp ground cumin  
1 tsp salt  
1 tsp black pepper

**Note:** ½ packet of premixed taco seasoning can be substituted for the dry seasonings

### Directions:

Preheat 400F

1. Toss chickpeas with spices until coated.
2. Place onto a greased cookie sheet in a thin layer so no chickpeas overlap.
3. Bake 20-25 minutes, until slightly crisp.
4. Meanwhile, mix refried beans with salsa until a somewhat loose consistency forms. I suggest starting with ¼ cup of salsa.
5. Spoon salsa-bean mix on the tortillas in a thin layer. Imagine placing tomato sauce on pizza dough.
6. Spoon a small amount of salsa or guacamole on the bottom of the hard taco shells.
7. Spoon chickpeas on top of salsa or guacamole, top with arugula or lettuce and tomatoes.
8. Gently wrap the tortilla around the hard shell - using the beans as a "glue."

## The Best Low Fat Chocolate Chip Cookies You'll Ever Eat

Makes 12-16 cookies

There is no way to make fat free chocolate chip cookies unless there are some magical vegan chocolate chips I haven't met yet... However, these cookies are moist, soft, a little chewy and ridiculously addictive fresh out of the oven.

### Ingredients:

1/3 cup unsweetened applesauce  
½ cup brown sugar  
¼ cup raw sugar - optional  
1 tsp vanilla  
¼ cup fat free soy milk or other non-dairy  
1 cup whole wheat pastry flour  
1 tsp baking powder  
¼ tsp sea salt  
A few dashes ground cinnamon  
¾ cup vegan chocolate chips  
2 tsp cornstarch  
2 tsp whole flax seeds - optional

### Directions:

Preheat 350 F

1. Mix applesauce and sugar together in a medium bowl.
2. Add in vanilla and soymilk.
3. In another bowl, sift flour, baking powder, salt, cinnamon and flax seeds.
4. Pour applesauce-sugar mixture into the flour, but do not mix.
5. Add chocolate chips.
6. Stir until just combined.
7. Droop spoonfuls on a greased cookie sheet. (1-2 tbsp of batter).
8. Bake for 10 minutes for a soft and light cookie. You might not think they are done after 10 minutes, but they are. Bake for 12-15 minutes for a harder cookie.

**Note:** For a DOUBLE CHOCOLATE COOKIE, add 2 tbsp cocoa and subtract 2 tbsp of flour.

## Low Fat Fudgey Brownies

9 brownies, 9x9 pan

15 brownies, 9x13 pan

These moist, rich and chewy brownies might be made with whole wheat and soy yogurt, but no one will believe you they're vegan or low fat!

### Ingredients:

2 cups whole wheat pastry flour

1 cup brown sugar

1 cup raw sugar

¾ cup unsweetened cocoa

1 tsp baking powder

1 tsp salt

1 cup water

¼ cup chocolate soymilk

1 cup soy yogurt\*

1 tsp vanilla

½ cup chopped nuts – optional

½ cup vegan chocolate chips – optional

**Note:** Feel free to use flavored soy yogurts such as strawberry, vanilla or raspberry to add a fun spin on a traditional treat.

### Directions:

Preheat 350 F

1. Sift flour into a large bowl.
2. Mix in both sugars, cocoa, baking powder and salt and stir until combined.
3. Add in water, soymilk and yogurt.
4. Stir until the mixture is wet and fully combined.
5. Pour batter into a greased pan and smooth batter out evenly.
6. Bake 25–35 minutes or until the top is no longer shiny and the center is not wet. (I recommend checking with a toothpick).
7. Allow to cool for 10–15 minutes before cutting.

## Mexican Nacho Dip

Makes approximately 2 cups

In my pre-vegan college days, I was known to eat nachos at 2 a.m. while watching Shrek. It was kind of my thing. While I don't tend to stay up that late anymore and I've watched Shrek enough times to recite it word-for-word, my nacho cravings never went away. While this isn't a nacho recipe per se, it reminds me of all those cheesy and rich Mexican dips you find at parties, except this one is made from beans and doesn't have any fat or cholesterol.

### Ingredients:

15oz can cannellini beans, drained and rinsed

1 red bell pepper, seeded and top removed

1 tbsp chili powder

1 tbsp onion flakes

1 ½ tsp cumin

¼ tsp salt

¼ tsp black pepper

Dash of garlic powder

Dash of paprika

Juice of ½ lime

1/3 cup nutritional yeast

2/3 cup or less salsa

½ cup cooked black beans

½ jalapeno, seeded

Tomato, green onions and lettuce – optional

### Directions:

Preheat oven 350F

1. Add all ingredients except black beans in a food processor.
2. Blend until smooth and transfer to a greased glass dish.
3. Gently stir in black beans.
4. Bake 35–40 minutes or until dip is thoroughly warm.
5. Optional, garnish with green onions, chopped tomato and lettuce.

**Note:** For a spicy dip, add red pepper flakes, chipotle powder or cayenne powder as desired.

### **Crispy Chickenless Nuggets**

*makes 12-15 nuggets*

These faux nuggets are so crispy you'll never believe they're not deep-fried. Be sure to serve the nuggets with your favorite dipping sauce such as ketchup, mustard, agave, BBQ or plum sauce.

#### Ingredients:

½ cup fat free soy milk or other non-dairy milk  
½ tsp lemon juice  
1 15oz can chickpeas, rinsed and drained  
½ cup textured vegetable protein\*  
½ cup vital wheat gluten  
1 generous tbsp Dijon or yellow mustard  
1 generous tbsp agave nectar  
1 tsp tamari or soy sauce  
A few dashes of garlic powder  
A pinch ground thyme  
¼ cup water  
2 cups corn flakes  
¾ tsp poultry spice – optional

**Note:** For a less "meaty" bite, substitute ¼ cup whole wheat bread crumbs for ¼ cup of the textured vegetable protein.

#### Directions:

Preheat oven 350F

1. Whisk the soymilk and lemon juice together until its foamy with bubbles.
2. In a medium bowl, mash chickpeas with a fork or potato masher. You don't want pureed chickpeas but you want to mash them so no whole or half chickpeas are left.
3. Add in the textured vegetable protein, crumbs if using, gluten, mustard, spices, agave and tamari.
4. Add in the water and knead a few times.
5. Mold the mixture into a ball.
6. Pour corn flakes into a wide bowl and mash until crumbly.
7. Rewhisk soymilk mixture until foamy again and pour into a wide bowl.
8. Break off bouncy ball sized pieces of the chickpea mix.
9. Flatten the mixture in the palms of your hand so it looks like a nugget.
10. Lightly coat the nugget with soymilk mixture on both sides.
11. Press the nugget into flakes on both sides so the nuggets are covered. For a thicker breading, you may repeat steps 10 & 11.
12. Place nuggets on a greased cookie sheet.
13. Bake for 10 minutes, flip nuggets over and bake for another 10 minutes.

## Spinach Quiche with Polenta Crust

*Makes one 9" Quiche, serves 2-3*

I love a good vegan quiche but I hate how long it takes to make a crust and how unhealthy crusts and quiches tend to be. This quiche is not only fat free, it's made from beans instead of tofu and the crust takes about 30 seconds to make!

### Ingredients:

15oz can cannelli or navy beans  
1 shallot  
1-2 tbsp lemon juice  
1 pinch dry thyme  
1 pinch dry tarragon  
1 cup of tightly packed baby spinach, rinsed  
10 fresh basil leaves  
¼ tsp salt  
1/8 tsp black pepper  
¼ cup fat free soy milk or other non-dairy  
1 cup sliced brown mushrooms  
½ cup vegetable broth  
½ cup yellow corn meal  
½ cup water  
a pinch of salt  
a few dashes of black pepper  
2 tsp agave nectar or raw sugar  
1 tomato, seeded and diced

### Directions:

Preheat 350 F

1. In a food processor, combine beans, shallot, lemon, thyme, tarragon, spinach, basil, salt and pepper.
2. With the motor running, add soymilk.
3. Once the mixture is smooth and creamy, turn motor off and set aside.
4. Meanwhile, add mushrooms and broth to a saucepan or skillet over high heat.
5. Once the broth starts boiling, reduce to medium heat.
6. Cook until the broth cooks off and the mushrooms are tender and light brown.
7. Meanwhile, heat water in the microwave for 2 minutes.
8. In a small bowl, immediately combine hot water with the cornmeal, salt, pepper and agave. Mix until combined.
9. Pour cornmeal batter into a greased 9" pie dish and smooth around with a spatula until the bottom of the dish is covered with a thin layer of the mixture.
10. Gently spoon the spinach mixture on top of corn meal base and top with mushrooms and tomato.
11. Bake 30 to 35 minutes, until crust is firm and quiche is thoroughly warm.

## Raw-Kin Tacos Del Verano

*Makes 8 tacos*

I had the hardest time coming up with a name for these tacos, so I asked my blog readers to come up with a name. There were so many great suggestions I ended up lumping three proposed names together. We call them 'summer tacos' because they can be eaten room temp or chilled - making them a great summer meal. They're also delicious when warmed and you can cook the veggies if you want too, but I prefer eating them 'raw' so I don't have to heat up my kitchen.

### Ingredients:

1 medium zucchini  
1 small lime  
1 cup cooked kidney beans  
1 ½ tsp chili powder  
½ tsp cumin  
¼ tsp onion powder  
1/8 tsp oregano  
1/8 tsp salt  
Black pepper as desired  
1 cup sweet corn  
8 taco shells

### Directions:

1. Cut zucchini into 1/4" rounds.
2. Cut rounds vertically and horizontally into 4 triangular shaped pieces.
3. Place zucchini in a shallow bowl with lime juice, spices and corn.
4. Toss around so zucchini and corn become evenly coated with juice and spices.
5. Allow to sit for 5 minutes so zucchini and corn can absorb flavorings.
6. Meanwhile, warm taco shells per directions on the box (if desired).
7. Spoon filling into shells and enjoy.

## Tangy BBQ Sandwich

*Makes 4 sandwiches*

This sandwich has a consistency similar to a sloppy Joe and comes together almost instantly. I often bring it to potlucks, BBQ's and parties and it's always a huge hit, even with Omni's!

### Ingredients:

1 green bell pepper, seeded and diced  
1 small onion, diced  
1 garlic clove, minced  
½ cup of water  
1 cup textured vegetable protein  
½ cup HOT water  
3oz BBQ sauce

### Suggested Toppings:

Tomato Slices  
Arugula  
Sprouts  
Avocado  
Corn

### Directions:

1. Add pepper and onions plus ¼ cup of water into a saucepan or skillet over high heat.
2. Once water starts boiling reduce to medium and cook until most of the water has absorbed. Add garlic and remaining water.
3. Cook until water has absorbed, onions are translucent and peppers are tender.
4. Heat water in microwave for 2 minutes or on stove top until boiling. It needs to be HOT.
5. Meanwhile, place textured vegetable protein in a medium saucepan.
6. Pour hot water on textured vegetable protein and set aside for 5 minutes.
7. Add BBQ sauce, peppers, onions and garlic to textured vegetable protein and stir until completely combined.
8. Spoon mixture onto toasted whole wheat buns and add toppings.

**Note:** The BBQ reheats nicely and doesn't dry out. I recommend heating it in the microwave for about 30 seconds. Also, many of my testers commented it became even more flavorful the next day; so if you plan to serve it at a party, perhaps make it a day or two in advance.

## Creamy Tomato Basil Soup

*Makes 5 cups*

I came across a creamy tomato soup recipe in a friend's French cookbook. What got my attention was a notation at the bottom from the Chef. He told his readers they couldn't omit the oil or substitute the heavy cream without sacrificing taste. I disagree! This delicious soup proves you can have a wonderful creamy soup without the fat and cholesterol!

### Ingredients:

28oz can whole peeled tomatoes  
2 tbsp raw sugar  
1 cup packed fresh basil, chopped  
4 tsp garlic powder  
3 tbsp onion powder  
Salt and pepper to taste  
2 cups fat free soy milk or other non-dairy milk  
2 tbsp cornstarch mixed into 3 tbsp water

### Directions:

1. Combine tomatoes, sugar, basil, garlic and onion in a medium or large pot.
2. Bring to a boil and then simmer on low, covered, for 20 minutes.
3. Transfer soup in two batches to your blender (carefully!) and blend until smooth and return to the pot over medium heat.
4. Add in soymilk and the cornstarch mixture.
5. Allow to thicken, stirring occasionally.
6. Salt and pepper to taste.
7. Allow the soup to sit for 15 minutes so the flavors can merge; keep it on low heat if you plan to serve it warm.

**Note:** You can also enjoy this soup chilled.



## Skinny Bran Muffins

Makes 6 muffins

Okay so eating these muffins won't necessarily make you skinny, but they're fiber-packed and super healthy.

### Ingredients:

½ cup bran  
¾ cup whole wheat flour or spelt flour  
½ tsp baking soda  
½ tsp baking powder  
¼ cup dried fruit of choice  
6 tbsp fat free soy milk or other non-dairy  
¼ cup raw agave or pure maple syrup  
2 tbsp unsweetened applesauce  
2 tsp ground flax mixed into 1 tbsp water  
¼ cup chopped nuts – optional  
1-2 tbsp brown sugar – optional topping

### Directions:

Preheat 350F

1. Mix bran, flour, baking soda and baking powder in a large bowl.
2. Mix in the dried fruit, making sure the fruit doesn't clump together.
3. In another bowl, mix in the soymilk, agave, applesauce and flax mixture together.
4. Pour the wet mixture into dry mixture and add nuts if using.
5. Mix until just combined.
6. Spoon batter into greased muffin tins and sprinkle with brown sugar if using.
7. Bake 15-20 minutes.
8. Stick a toothpick in to make sure they're done

**Note:** for a double recipe, use 1 ½ tbsp ground flax mixed into 3 tbsp water or use any other "egg" substitute for the equivalent of 1 egg.

## Potato Curry Quesadilla

Makes 4 quesadillas

In recent years, it's become 'popular' to blend cuisines. This recipe was first my attempt at merging a main Indian flavor with a traditional Mexican food. You'll be pleasantly surprised to see how well they come together.

### Ingredients:

1 approx. 6" brown potato  
1 ¼ tsp mild curry powder  
2-4 tbsp fat free soy milk or other non-dairy milk  
Salt and pepper to taste  
1 cup tightly packed fresh spinach  
4 whole wheat tortillas

### Directions:

1. Dice potato.
2. Place into a medium pot full of water and bring to a boil, covered.
3. Boil on high for 8-10 minutes, until potatoes are tender.
4. Drain.
5. Using hand mixer or food processor, combine potatoes, 2 tbsp soy milk and curry.
6. Blend until smooth and creamy. Add additional soymilk if desired or if needed.
7. Salt and pepper to taste.
8. Spread potato mix on ½ of tortilla, top with spinach and fold over into a quesadilla.

## Mojito Cupcakes

*Makes 6 cupcakes*

I used to love a fresh mojito on a hot summer day. I'd even wager to say it was the frozen mojito that got me through law school! After I developed an allergy to alcohol, I needed a new way to enjoy the complimentary tastes of lime and mint, so I made cupcakes. They seriously rock!

### Ingredients – Cupcakes:

½ cup fat free soymilk  
¼ tsp lemon juice  
¾ cup whole wheat pastry flour  
¼ cup raw sugar  
1 tsp baking powder  
1 tsp ener-g-egg replacer  
A pinch sea salt  
Zest of 1 small lime  
Juice of 1/2 lime  
2 heaping tbsp applesauce  
1/4 cup chopped mint or 1 tsp mint extract  
1 tbsp rum or extract – optional

### Directions:

Preheat 350F

1. Whisk soymilk and lemon juice until foamy and bubbly.
2. In a large bowl, sift flour, salt and ener-g-egg replacer.
3. Mix zest, sugar, juice, applesauce and extract if using in another bowl.
4. Pour wet mixture into dry mixture but do not mix. Add fresh mint here if using.
5. Rewhisk soymilk and add into mixture and mix until just combined.
6. Grease muffin tin or spray paper cups with your oil spray can.
7. Spoon mixture gently in cups.
8. Bake 10–12 minutes.
9. Meanwhile, make icing (recipe follows).
10. The cupcakes will be spring to the touch when cooked. Insert a toothpick and see if it comes out clean. If so, they're done.
11. Remove from tin and transfer to a cooling rack.
12. Once cool, top with icing and garnish.

### Ingredients – Mojito Icing

Confectioners or powdered sugar  
Fat free or low fat vegan cream cheese  
Juice & zest of 1/2 lime  
1 tsp rum or rum extract – optional  
Garnish with a mint leaf and lime twist

### Directions:

1. Using a hand mixer, mix a spoonful of tofutti cream cheese with the juice, zest and rum extract if using.
2. Add ½ cup of sugar and whip.
3. Add more sugar for a sweeter and thicker consistency or more tofutti for a thicker consistency.
4. Garnish with a lime twist or mint leaf.

## Rockin' Oatmeal Cookies

Makes 12-14 cookies

I love oatmeal cookies so when I set out to make a fat free, vegan cookbook, I knew I had to include a recipe for oatmeal cookies. Yummy!

### Ingredients:

6 tbsp unsweetened applesauce  
¼ cup pure maple syrup  
½ cup raw sugar  
1 tsp ground flax seeds mixed into 3 tsp water  
2 tbsp fat free soy milk or other non-dairy  
½ tsp vanilla extract  
1 ½ cup rolled oats (NOT instant!)  
½ cup whole wheat pastry flour\*  
¼ tsp baking soda  
A few dashes ground cinnamon  
Handful of raisins or cranberries – optional

### Directions:

Preheat 350 F

1. Mix applesauce, sugar, maple, flax mixture, soymilk and vanilla together in a medium bowl.
2. In a large bowl, mix oats, flour, baking soda and cinnamon.
3. Pour wet mixture into dry mixture, add optional raisins or cranberries and gently stir until just combined.
4. If not using raisin, add 1 tbsp of flour.
5. Bake 10-15 minutes, until springy to the touch (careful – they can be hot!)

**Note:** for a peanut butter oatmeal cookie, substitute 2 tbsp of smooth peanut butter for 2 tbsp of the applesauce.

**Tips:** for a firmer cookie, add 1-2 tsp cornstarch with the dry ingredients and add more ground flax seeds for a chewier cookie.

## Toaster Oven French Toast

Serves 1

It's so easy you'll eat it weekly! This is also a great recipe for college students or people who frequently travel.

### Ingredients:

2 slices of sprouted wheat bread  
Raw agave  
Ground cinnamon  
Pure maple syrup

### Directions – Toaster Oven (best):

1. Drizzle agave back and forth over bread generously.
2. Use the back of a spoon to smooth the agave into a thin layer that covers the entire slice of bread. Imagine spreading a thin layer of jam or nut butter.
3. Sprinkle a generous amount of ground cinnamon on the bread as the agave is soaking in.
4. Allow the bread to sit for a minute.
5. Place the slices into your toaster oven and toast as desired. I recommend using the light or medium setting.
6. Remove toasted bread and drizzle with pure maple syrup.

### Directions – Toaster:

1. Toast slices of bread as desired but don't toast it to a crisp.
2. Follow steps 1-4 above.
3. Drizzle with pure maple syrup and serve.

**Note:** I have found sprouted bread works EXCEPTIONALLY well with this recipe, but feel free to use multi-grain or whole wheat.