

Homemade Cranberry Sauce

Ingredients:

- 2 bags of fresh cranberries (they are usually 12 ounce bags)
- ¾ cup pineapple juice or orange juice (I recommend pineapple!)
- ½ cup of applesauce (no sugar added)
- ½ cup of water
- juice and zest of one orange
- 3-4 Tablespoons of honey or to taste (optional)
- 1 cinnamon stick, 3 cloves, and raisins to your taste.

Instructions:

1. Put cranberries, pineapple juice, applesauce and water in a sauce pan, cinnamon, cloves and bring to a boil.
2. Keep on medium heat, stirring constantly until the cranberries start to explode (about 10-15 minutes).
3. Reduce to a simmer and pour the juice and zest over the cranberry mixture.
4. Simmer 10-15 minutes and remove from heat, and add the raisins.
5. Cool completely and store in fridge at least 4 hours but preferably overnight before serving.
6. NOTE: This is not as sweet as store versions! Taste at the end of cooking. It is naturally sweet from the fruit juice and applesauce but you can add more honey or stevia to taste if needed.

Serves 8.

Special K Loaf

Ingredients:

- 1-14 oz. pkg. firm tofu, drained and mashed
- 1 C. chopped walnuts
- 1 large onion, chopped
- 5 C. Special K cereal
- Sea salt to taste or Chik'nish seasoning
- ¼ C. olive oil
- ½ C soy or almond milk
- 7 ½ tsp. Ener-G egg replacer (found at Sprouts or Whole Foods)
- 7 Tbsp. Water

Instructions:

1. Mix the egg replacer with 7 Tbsp. water.
2. Combine all ingredients and mix well.
3. Spread evenly in prepared baking dish (9x13).
4. Bake covered at 350 deg. for 40mins.
5. Serve with vegetarian gravy and vegetables of your choice.

NOTES:
