

NATURE'S FOOD PATCH

Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703

www.naturesfoodpatch.com

Vegan Picnic 6/18 - Brad Myers,

<https://www.facebook.com/TheVegabondChef>

~Devilish Potatoes~

12 small Yukon Potatoes
3/4c Soaked Cashews
1/4c Chopped Sweet Onion
1 Lemon (juice)
2T Mustard
1T Nutritional Yeast
2t Turmeric
2t Salt
1/2t Pepper

~ Halve potatoes lengthwise, coat with Olive Oil and put face down on a tray in the oven at 400 degrees. Remove and allow to cool. Using a spoon, scoop out the center of each potato and mix all above ingredients in a food processor. Process until smooth. Scoop a spoonful of the mix into each potato. Top and serve. Topped with: Smoked Paprika, Veggie Pepper & Parsley Salt

~Chipotle Chickpea "Chicken" Salad~

Lightly Roasted Chickpeas
Bubbie's Pickles
Sweet Onion
Carrot
Celery
Sunflower Ranch
1t Chipotle
1t Cumin
1t Nutritional Yeast
1t Salt
1/2t Veggie Pepper

~Chop all veggies very fine. For first 6 ingredients adjust amounts depending on your personal preference. Mix all ingredients and mash with a potato masher to desired consistency.

~Sunflower Ranch~

1/4c Soaked Sunflower Seeds	1t Parsley
1 Lemon	1T Nutritional Yeast
2 Garlic Cloves	1t Salt
1/4c Apple Cider Vinegar	1/2t Veggie Pepper
1/4c Water	1/2t Celery Seed
1/2c Olive Oil	1t Dill
1/4c Agave	
1t Onion Powder	

~ Put all ingredients into a bullet blender and blend for a full minute.