



Vegan Delights

by Elaina Love | Introduction by Joanne Ehrich

Companion Recipes for *Klassic Koalas: Vegetarian Delights Too Cute to Eat*



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San Mateo, California



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Introduction

The recipes in this book have been provided by Elaina Love, who used her expertise to devise delicious vegan alternatives for the koala- and other animal-shaped party recipes in the book *Klassic Koalas: Vegetarian Delights Too Cute to Eat*.

These unique vegan recipes are provided so that everyone can indulge their sweet tooth or appetite without worrying about animal-sourced ingredients.

In addition to the recipes found in this book, the following tasty, animal-free items are now commonly available through many online retailers: Jell-O, gelatin, jelly beans, gummi bears, marshmallows, cake icing, cookie icing, cheddar cheese, ice cream, and chocolate.

To find any vegan replacement foods online, type the exact name of food item along with the "vegan" descriptor into a search engine, and you will find a wealth of information. Good local resources are organic food stores such as Whole Foods Markets. The following three websites are excellent providers of healthy food products:

www.pangeaveg.com, www.veganesentials.com, and www.veganchef.com.

The taste of feta or gorgonzola cheese is not easily replaceable with substitutes. If you choose to continue using exotic cheeses, please consider organic,

“free-range” (not all organic animal products come from animals that were also able to move freely) cheese produced from cows that were able to enjoy fresh air and move with ease.

If you should need to use any eggs, please only buy eggs from ethically raised, free-range chickens. Most people do not know that 95% of eggs we buy in stores come from chickens that have to share a very small space with so many other chickens that they can't even spread their wings. To avoid fights, humans cut off their beaks at a young age—without anesthesia.

By buying free-range animal products whenever possible, you help contribute to a cruelty-free world. Other good Web resources for free-range organic egg and milk products are:

www.organicvalley.coop and www.horizonorganic.com.

About Elaina Love

Elaina Love is a professional raw food chef, instructor, restaurant consultant and lifestyle counselor whose unique style of creating incredible tasting raw food cuisine has her highly sought after. She is the Executive Chef and co-owner of Café Soulstice (www.cafesoulstice.com), a raw, vegan cafe in San Mateo, California. Elaina has traveled worldwide to bring raw, living foods to spas, restaurants, exotic retreats, festivals, and individuals. Elaina is also the

owner and director of PureJoyPlanet.com, which features certification courses, raw food recipe books, super foods, and kitchen and health equipment. She is the author of *Elaina's Pure Joy Kitchen* recipe book and the creator of The Amazing Nut Milk Bag. Elaina has been an Instructor at Living Light Culinary Arts Institute since 2000, where she teaches specialty raw, vegan classes on an ongoing basis.

For more information about Elaina Love, and about her other out-of-this-world recipes, and advice on healthy foods, please visit www.purejoyplanet.com.

About Klassic Koalas: Vegetarian Delights Too Cute to Eat

From cupcakes to chocolates, cookies to tea sandwiches, the delectable recipes now let you add everyone's favorite marsupial to any social event—from children's parties (think koala cookies, pancakes, or birthday cake) to grown-up gatherings (everything from pizza and bean dip to hors d'oeuvres and even pasta salad).

Imaginative and tasty, these concoctions include many easy enough to entice the timid, and a few that will challenge the artistry of anyone who likes to experiment in the kitchen. Clear instructions are accompanied by color photographs showing just how appetizing and appealing these culinary projects are. Included are tips for creating many other animal shapes, such as that of a dog, cat, monkey, zebra, elephant, frog, dolphin, chicken, and bear. There's

also a list of resources in the back where ambitious readers can find the specialty items used in preparation of a few of the recipes.

If you're stumped for a party treat, there's plenty to choose from. Try Koala Forest Pizzas, winsome delights that use black olives for noses and scallion rounds for ears. No time to cook? Try Koala-ty Bean Dip, a layered treat of guacamole, sour cream, refried beans, and cheese made in a teddy bear pan and embellished with olives, bay leaves, and tomatoes. Vegan substitutes for the sour cream and cheese are included here.

If you're longing for sweets, try Chokoala-ty Desserts, Delectable Collectible (made with marzipan in the shape of a koala), or the Van Gogh-licious Cake. To keep kids occupied, let them decorate Koala Face Cookies, or make Mushrooms on Brooms.

Thanks to Elaina Love's wonderful contributions, we now have expanded our ability to make a difference in the world and to our own health. I truly hope that you will enjoy these treats as much as I did sampling them.

*Joanne Ehrich
San Mateo, California, 2007*

Vegan Chocolate Pudding

2 cups almond milk
1/2 cup cocoa powder or carob powder
3 tablespoons psyllium husk powder
1/4 teaspoon Himalayan salt
1 teaspoon vanilla extract
1 cup agave nectar or honey

Blend everything together until smooth. Pour into pudding bowls and let set up in the refrigerator for one hour or more.

Note: Himalayan salt comes from deep under the Himalayas in salt mines. Since the mines are ancient, the minerals have been preserved. They contain over 80 known minerals that supply the body with needed nutrients.

Coconut Whipped Cream

Meat of 2-3 young coconuts (about 1 1/2 packed cups)
2 teaspoons vanilla extract (non-alcohol)
1/3 cup agave nectar
1/3 cup coconut oil
1/8 teaspoon Himalayan salt crystals

Blend all ingredients together on high until very smooth.

Note: Young coconuts can be found at 99 Ranch Markets and a variety of Asian markets. To learn to open them, you can search for the video on www.youtube.com.

Coconut oil is highly nutritious and has many amazing healing benefits which can be read about on the internet or in the book *The Healing Miracles of Coconut Oil* by Bruce Fife (available on www.purejoyplanet.com).

Mock Salmon Mousse

1 cup soaked almonds (1/2 cup before soaking overnight)
1 1/2 large juicing carrots
2 tablespoons and 2 tsp. lemon juice
1/8 medium red onion, minced
3/4 stalk celery, minced
1 teaspoon kelp powder
2 teaspoons tamari sauce
1/2 teaspoon salt

Put almonds and carrots alternatively through a Champion juicer with a large bowl underneath. Cut onion and celery into a small mince. Stir everything well and store in the refrigerator for up to five days.

Note: Tamari should be wheat free (check the label), and it can be found in most health food stores or in the healthfood aisle in most supermarkets.

Cashew Cheese Whiz

1 1/8 cups cashews
1/4 cup chopped carrot
1/2 tablespoon nutritional yeast
1/2 tablespoon light miso, or more to taste
pinch of nutmeg
1/8 teaspoon white pepper
1/2 tablespoon onion powder or more to taste
1/2 teaspoon garlic powder
1 teaspoon lemon juice

Put everything into a blender and blend until smooth.
No cooking required. This recipe will keep for about
two weeks in a squeeze bottle in your refrigerator.
Squeeze onto any food that would be good with a
melted cheese consistency.

Sunflower Refried Beans

2 cups soaked sunflower seeds (1 cup soaked for 4 hours, drained and rinsed)
1/4 cup flax, hemp, or olive oil
1 3/4 teaspoons onion powder
1 tablespoon chili powder
1 tablespoon cumin powder
2 sun-dried tomatoes
3/4 teaspoon salt
1/2 tablespoon dark miso paste
1/2 tablespoon raw tahini
1 tablespoon apple cider vinegar
3/4 cups pure water

Put all ingredients in a food processor and puree very, very well until creamy. No cooking required. Store in your refrigerator for up to five days. Eat as you would any bean dip or refried bean.

Pine Nut Sour Cream

1 1/4 cups pine nuts, soaked for 1 hour or more
1/2 cup young coconut meat or 1/2 additional
cup of pine nuts
1 teaspoon raw apple cider vinegar
1 teaspoon light miso paste
1/4 teaspoon Celtic sea salt
2 tablespoons lemon juice (about 1/2 lemon)
1/2 cup water

Blend all ingredients together in a blender until smooth and creamy. Store in a glass jar or squeeze bottle. Will keep for up to 2 weeks in the refrigerator.

Note: Miso should be refrigerated and unpasteurized and can be found in most health food stores. Highly recommendable brands are Miso Master or Westbrae.



Other books by Koala Jo Publishing:

Klassic Koalas: Vegetarian Delights Too Cute to Eat

Klassic Koalas: Ancient Aboriginal Tales in New Retellings

Klassic Koalas: Vintage Postcards and Timeless Quotes of Wisdom

Klassic Koalas: Mr. Douglas' Koalas and the Stars of Qantas

Koalas: Moving Portraits of Serenity

Koalas: Zen in Fur

For more information, visit www.koalajo.com.



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