

## Recipes from Cathy's Kitchen

### Tofu Cheezcake

500 mg. firm tofu (not Silken) crumbled, smashed or pieces  
½ Cup margarine or oil  
½ to ¾ Cup honey  
Juice of 1 lemon (2 Tbs+)  
2 tsp Vanilla  
Salt  
½ Cup (or less) soy milk - just enough to allow blender to operate easily  
Blend till smooth.  
Pour into chilled crust.  
Place in freezer until firm enough to slice (not frozen).  
Return to freezer until ready to serve.  
Allow to sit at room temp for 5 to 10 minutes.  
Add topping and enjoy.  
(Great with or without fruit topping)

### Topping

With corn flour, thicken juice (about 1 cup) from one tin of fruit, over medium heat, stirring constantly. As juice thickens, add in chopped fruit, and stir in. Remove from heat and allow to cool.

### Crust #1

2 cups granola (no dried fruit), chopped to make fine crumbs  
Enough soy milk, oil or margarine to moisten (not wet)  
Spray pan and push down granola to form crust.  
(Save leftover crumbs to sprinkle on top.)  
Freeze until firm and fill.

### Crust #2

1½ Cups flake cereal (bran, wheat, etc.)  
1½ Cups dates  
1 Cup quick oats  
¼ Cup chopped almonds  
Cup water, juice or soy milk  
Dash of salt  
In blender, whiz water (juice or soy milk) with dates to make a paste.  
In mixing bowl, combine the rest of ingredients.  
Add date mixture and stir thoroughly.  
Spray pan and press into pan to form crust.

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Bake at 375 for 10 - 15 minutes.  
Allow to cool completely before adding filling.

### **Crust #3**

1 Cup dates  
¼ Cup water  
½ Cup coconut  
1 tsp grated lemon or orange rind  
¾ Cup walnuts, chopped  
In blender, combine dates and water to make thick paste.  
Add coconut and citrus rind, continue to blend.  
Spoon into pie pan. (Don't make too thick.)  
Sprinkle chopped walnuts over crust & press down.  
Freeze and fill.

### **Favorite Burger**

Blenderize until nearly smooth:  
½ cup cooked garbanzos (chickpeas)  
½ cup water (or garb juice)  
½ onion chopped  
½ tsp salt  
½ tsp sage  
½ tsp basil  
½ tsp garlic pwdr  
1 tsp+ Braggs or soy sauce  
Then add slowly  
1 cup rolled oats  
If mixture is not too wet, oats will bog down the blending process. If that happens, stop immediately. If oats blend well, add another 1 or 2 Tbs.  
Pour mixture into bowl & allow to rest for 10 minutes.  
Form 3 or 4 patties (depending on desired size). Slowly pan fry in olive oil until brown  
OR  
Bake 350 for 30 min or until brown.

### **Better 'N Burgers**

Mix together:  
1 C fine fresh bread crumbs  
¾ C quick oats  
2 Tbs gluten flour  
½ tsp paprika  
¼ tsp thyme  
¼ tsp marjoram  
1 tsp salt

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Mix in well, with hands:

½ clove garlic, cut very fine

2 Tbs tomato sauce

1 C finely chopped onions

1 C grated potatoes

add ¾ C water (approx) or just enough to form nice patties.

Don't leave too stiff, but the more water, the less chewey the patty will be.

Brown in olive oil, or in oven.

Serve on buns with lettuce, onion & tomato slice.

### **Lentil Burgers**

1 cup dry lentils

1 onion

2 cloves garlic

½ tsp. chili power

1 tsp. liquid smoke (optional)

1 tablespoon tamari

½ pkg. tofu

½ cup whole wheat flour

Wash and cover lentils ½" with water.

Add chopped onion, garlic, chili powder.

Cook till tender and add Tamari and liquid smoke.

While lentils are cooking, in a blender, chop ½ pkg. tofu and add ½ cup whole-wheat flour.

When lentils are tender, mix with tofu/flour mixture.

This should be real thick and easy to spoon onto a hot griddle in the shape of a burger.

You may want to add 1 T. of Olive oil on the griddle.

Cook on each side.