**A Plant Based | Easy | High in Protein Picnic**

**RECIPES FOR AT LEAST 8 PEOPLE**

**Gourmet salad**

**Ingredients**

* 5 oz baby romaine, green and red leafs
* 5 large tomatoes, cubed
* 2 large Cucumbers, cubed
* 2 yellow sweet peppers, diced
* 8 oz dry cranberries
* 2 can of chickpeas, drained
* 5 oz croutons
* Cooked quinoa (recipe below)
* Smoked scrambled tofu (recipe below)
* Sweet potato cubes (recipe below)
* Olive oil, to taste
* Sea salt, to taste
* Balsamic glaze, to taste

**Instruction**

Add the cubed tomatoes, cucumbers, bell pepper, quinoa, cranberries, chickpeas, croutons, some olive oil and some salt in a large bowl and gentle stir together. On the side add the sweet potatoes and the crumbled tofu and add some balsamic glaze on the top of your salad.

**Quinoa**

**Ingredients**

* 2 cups Quinoa
* 4 cups water

**Instructions**

Boil for 5 minutes and put on low heat for about 10 minutes stirring occasionally to make sure that it doesn’t burn. Cool it down in a large plate.

**Smoked scrambled tofu**

**Ingredients**

* 16 oz firm tofu
* 2 tbsp soy sauce
* 1 tbsp liquid smoke
* 1 tbsp paprika
* 3 tbsp olive oil

**Instructions**

Crush the tofu with a fork or your hands so that it looks scrambled. Add the soy sauce, liquid smoke, paprika, and stir well together with a spoon or your clean hands. In a large pan, heat the olive oil and add your tofu scramble mix. Fry for 20 min stirring occasionally (until brown but not burned).

**Sweet potato cubes**

**Ingredients**

* 4 medium size sweet potatoes
* 2 tbsp olive oil
* ½ tsp salt

**Instructions**

Peel and cube the sweet potatoes. Place on a large baking pan. Add the olive oil and the salt and coat well. Place in preheated oven at 350 degrees for 20 minutes flipping halfway, or in an air fryer at 350 degrees for 15 minutes flipping halfway.

Let it cool down.

**Honey butter Vegan Fried Chicken**

**Ingredients**

* 1 16 oz medium firm tofu
* 4 tbsp flaxseed meal
* 12 tbsp water
* 1 cup vegan Chicken broth (see recipe below)
* 2 cups flour
* 2 tbsp nutritional yeast
* 2 tsp salt
* 2 tsp onion powder
* 2 tsp garlic powder
* 1 tsp black pepper
* 1 cup plain corn flakes (not frosted and non GMO)
* 1 Olive oil or coconut oil cooking spray

**Instructions**

Freeze medium firm tofu twice in its unopened package. Just place the whole package of medium firm tofu (packed in water) in the freezer. Freeze, then thaw, and freeze, and thaw again. Open the package, and press the water out.

 (The ice that forms in the tofu creates pockets so when it thaws). Then when marinating the tofu, it can absorb much more flavour than before. If done properly, it is totally safe to freeze and thaw the tofu twice. You can find details from the USDA website: www.usda.gov).

Make a flax egg by mixing 4 tbsp of flaxseed meal to 12 tbsp water, and let it sit for 10 minutes.

Gently cut small pieces of tofu with your hand.

Put the pieces of tofu in the vegan chicken broth and let it sit for a few minutes.

Season your flour with the nutritional yeast, the onion and garlic powder, the black pepper and the salt.

Gently drain the tofu piece in an absorbing cloth, delicately coat them with flour, and shake the excess off. If it falls apart it’s ok, just try to put the pieces back together and they will stick together during the cooking.

Add the corn flakes to the rest of the flour and crush them a little.

Dump the tofu piece in the flax egg so that it is covered well.

Roll them into the crunchy seasoned flour and place them in an air fryer basket or a baking sheet.

Spray on a good amount of oil on them.

Bake at 425 degrees for 30 minutes, flipping the pieces halfway. Or 20 min at 400 in an air fryer flipping halfway.

While the honey butter sauce (recipe below) is still hot, add the cooked vegan fried chicken pieces, coat well. Immediately, add the pieces to a rack so that the pieces don’t become soggy, and add some pumpkin seeds at the top to decorate.

**Honey butter sauce**

**Ingredients**

* 4 tablespoons non-dairy butter
* 3 garlic cloves, minced
* 5 tablespoons brown sugar
* 1 tablespoon soy sauce
* 1 tablespoon lemon juice
* 1 tablespoon vegan honey (see recipe below) or agave or maple syrup
* 1/4 cup pumpkin seeds

**Instructions**

Melt the butter in a pan over medium heat, add garlic and cook until slightly brown. Then add the sugar, soy sauce, vinegar or lemon juice and vegan honey (or agave syrup, or maple syrup). Cook on low fire until it starts to thicken and turn off the fire.

**Vegan honey**

**Ingredients**

* 2 cups apple juice (not from concentrate)
* 1 cup sugar
* 1 tsp lemon juice

**Instructions**

In a pot, combine the apple juice, lemon juice, and sugar. Bring to a rolling boil on high heat, then immediately turn down to medium heat. Be careful that it doesn’t boil over.

Let simmer until the liquid thickens.And remove from the heat.

**Quick vegan chicken broth**

**Ingredients**

* 1 ½ cups nutritional yeast flakes
* 1 ½ tablespoons salt
* 1 tbsp tablespoon onion powder
* 1 tbsp tablespoon paprika
* 2 tsp teaspoons garlic powder
* 1 tsp dried parsley flakes
* ½ tsp turmeric
* ½ tsp dried thyme
* ¼ tsp dried marjoram
* ¼ tsp ground dill

**Instructions**

Mix all the ingredients together. And place at room temperature in an airtight container. Place 1 tablespoon of this mix into a saucepan. Whisk in 2 cups water and mix well.

**Bonus recipe: BBQ Sauce**

**Ingredients**

* 1 cup tomato paste
* 1/2 cup water
* 3 tbsp agave syrup or maple syrup, or honey
* 3 tsp molasses
* 4 tsp apple cider vinegar
* 2 1/2 tsp liquid smoke vegan
* 1 tsp cayenne pepper
* 1 1/2 sea salt
* 1 tsp garlic powder

**Instructions**

Add everything in a bowl and simply mix everything together.

You can serve it as it is or warm it up with your favorite food!

**Granola**

**Ingredients**

* 1/3 cup agave syrup
* 1/3 cup peanut butter
* 1 tbsp cinnamon
* 2 cups rolled oat
* Dry bananas
* Dry shredded coconut
* Carob chips or dairy free chocolate chips

**Instructions**

Mix all together well.

Grease a large pan with some oil.

Add the granola mix

Bake for 16 min at 325 degrees in preheated oven, flipping halfway.

Or 8 minutes at 300 degrees in an air fryer

**Bonus recipe: Vegan Yogurt**

**Ingredients**

* 2 cans full-fat coconut milk
* 1 tablespoon agar agar flakes (not powder)
* 1 tablespoon maple syrup or agave syrup
* 1 teaspoon probiotic powder

**Instructions**

Sterilize all your equipment in boiling water to prevent any bacteria to form on the yogurt.

Boil the coconut milk and agar agar flakes, stirring often to dissolve the agar agar flakes. Once the milk is really starting to boil (you can also take the temperature with a cooking thermometer, it should show 180ºF), remove the pot from the heat and stir well

Add the maple or agave syrup and stir well. When the mixture has cooled down a little (to 110-115ºF, or you can use your clean finger to check, it should be warm but not too hot to the point it would hurt your finger), add in the probiotic powder and stir well.

Place the mixture in a jar seal it with a lid and wrap it in a towel to keep it insulated. Place it in a warm place such as an oven with only the light on. Make sure that the temperature doesn't go over 115ºF because it could kill the good bacteria. Let it ferment for 18-24 hours.

Thank you for your participation. We pray that this cooking class is a blessing to you.

*You will be able to find these recipes, other plant based*

*recipes, cooking tips, Bible health principles on*

***thebiblediet.co***