

Lavash Pinwheel Sandwiches

1 package of Lavash flat bread
Vegan Mayo or cream cheese
1 head of butter lettuce or baby greens
1-2 packages Tofurky Deli Slices

Place each flat bread on a cutting board. Spread the vegan mayo or softened cream cheese over the bread making sure to apply it all the way to the edges.

Layer the Tofurky deli meat over the mayo or cream cheese then add a layer of lettuce.

Begin rolling from the edge nearest you, fold it over and roll firmly. Place the roll seam side down. Slice it into 1½ inch thick slices then arrange on a plate.

Grilled Chick'n Caesar Salad Wrap

1 16 oz block tofu, broken in pieces then sliced
High Heat Oil (Avocado Oil Spray or Canola)
Santa Maria Seasoning
2 Organic Hearts of Romaine, cut into 1" strips
1/2 bunch cilantro, stems removed (optional)
1 avocado, sliced
1 cup vegan croutons
1/4 cup vegan parmesan cheese
Follow Your Heart Vegan Caesar salad dressing
Lavash Flatbread

Use a dense protein-rich tofu for grilling. Remove the block from the packaging and break it into large chunks, slice the chunks into rough-cut pieces to resemble sliced chicken.

Lightly oil and heat a barbecue or flat grill to medium high. Coat the chick'n pieces evenly with avocado oil spray or a high heat oil. Place them on the grill for 2-3 minutes on each side until they begin to brown. Reduce the heat and sprinkle on a generous amount of the seasoning. Continue grilling an additional one-two minutes then transfer to a plate to cool.

Prepare the lettuce slicing 1' strips crosswise though the stem, reserve in a large salad bowl. Add the optional cilantro leaves.

Add the grilled chicken and croutons to the salad. Top with enough dressing to coat it evenly and toss well. Gently fold in the avocado slices then sprinkle on a generous amount of vegan parmesan and freshly ground black pepper.

Place a generous portion of salad on one half of a flatbread. Fold the edge nearest you over the salad and firmly tuck and roll. Cut the roll in half at an angle and serve.



Brownies

1/2 cups vegan butter
1/2 cup soft tofu, packed
1 cup sugar
1 teaspoon vanilla
1/3 cup cocoa powder
1/2 cup flour
1/2 teaspoon salt



Preheat the oven to 350 degrees. Grease and flour a 8-inch square pan.

Combine the vegan butter, tofu and sugar in the jar of a blender. Blend on high until smooth and creamy.

Measure the cocoa powder, flour, salt and baking powder in a medium mixing bowl, stir to blend then fold in the creamed mixture.

Spread the batter evenly in the prepared baking pan. Bake in a preheated oven 25-30 minutes. Test for doneness with a toothpick. Remove from the oven and cool before frosting.

Chocolate Frosting

1/2 cup non-dairy butter
1/2 cup non-hydrogenated vegetable shortening
4 cups organic powdered sugar
1/2 cup cocoa powder
1 teaspoons pure vanilla extract
3-5 tablespoons non-dairy milk
Pinch of sea salt

Place all the ingredients in a medium mixing bowl and beat until smooth, if the frosting is too stiff add a little bit of additional non-dairy milk until you reach a creamy consistency.