

Lenten Applesauce Cake

2 cups flour	1 tsp baking powder
1 cups sugar	½ cup margarine, melted (or vegetable oil)
1 tsp cinnamon	1-lb can applesauce
½ tsp nutmeg	1 cup nuts
¼ tsp ground cloves	1 cup raisins (optional)
1 tsp baking soda	

Preheat oven to 350 °F. Sift dry ingredients together. Add wet ingredients, nuts and raisins. Mix well. Pout into a greased and floured 9x9x2 baking pan. Bake at 350 °F for 45-50 min. Recipe can be doubled using a larger baking pan.

Pear Date Streusel Bars

Makes 3 dozen bars

1 can (16-oz) pear halves in extra-light syrup, drained and juice reserved	¾ cup packed brown sugar
8 ounces chopped dates	½ t baking soda
1 cup flour	¼ t salt
1 cup quick-cooking oats	½ cup margarine powdered sugar (optional)

1. Finely chop pears. Heat pears, reserved pear juice and dates to boiling over med-high heat. Reduce heat, cook uncovered, stirring occasionally, until thickened. Cool slightly.
2. Preheat oven to 350 °F. Mix dry ingredients in large bowl. Cut in margarine until mixture resembles fine crumbs. Reserve 1 cup crumbly mixture for topping. Press remaining mixture in bottom of greased 13x9x2 baking pan. Bake for 15 minutes.
3. Carefully spread date mixture over crust. Sprinkle with remaining crumbly mixture; press lightly. Bake about 30 minutes or until light golden brown. Cool completely. Sprinkle with powdered sugar. Cut into 2x 1 ½-inch bars.

Lenten Orange Cake

1 cup refined sugar	1/2 tsp baking soda
1 cup vegetable oil	1 cup chopped walnuts
1 cup orange juice	2 1/4 cups all purpose flour
1 tsp baking powder	

Preheat oven to 375 °F. Mix sugar, oil and juice at medium speed of electric mixer until well blended. Add baking powder, soda, and blend well. Mix in flour until blended; and add nuts. Pour into a lightly greased 9 x 14 pan. Bake one hour, or until toothpick comes out clean.

Chocolate Lenten Cake

3 cups flour	1 tbs vinegar
2 cups sugar	2 cups water
1/2 cup cocoa	2 tsp vanilla
2 tsp soda	2/3 cup oil
1/2 tsp salt	

Pre-heat oven to 350 °F. Mix together dry ingredients in mixing bowl. Add oil, vanilla, vinegar, and cold water and beat together until smooth. Pour into lightly greased 9 x 13 pan and bake in preheated 350 °F oven for 40 to 45 minutes. (Batter will seem thinner than normal) Bake 1 hour until toothpick comes out clean. When cooled optionally sprinkle with powdered sugar.

Lenten Carrot Cake

2/3 cup brown sugar	1/4 tsp. Salt
1/2 c. granulated sugar	2 1/2 tsp. baking powder
1/2 cup warm water	1 tsp. baking soda
1/2 cup pineapple juice	1 tsp. Cinnamon
2/3 cup oil	1 tsp. Vanilla
2 cup grated carrots	1 cup coconut, flaked
3/4 cup drained pineapple	2/3 cup chopped nuts
2 1/2 cup flour	

Combine water, juice, sugars and oil. Stir in grated carrots and pineapple. Add sifted dry ingredients, nuts, coconut and vanilla. Mix until blended. Spread into a lightly oiled and floured 13"x9" pan. Cover with aluminum foil. Bake at 350 °F for 30 minutes. Remove foil and finish baking 15 to 20 minutes longer or until tested done.

Apple Cake

6 apples peeled, cored and sliced	1 tsp. vanilla
1 1/2 cups sugar	3 cups flour
1 cup veg. oil	1 tsp. baking soda
2 tsp. Cinnamon	1 tsp. salt

Heat apples and sugar until sugar is melted. Pour oil and vanilla over apples (off heat) and mix well). In a separate bowl, mix flour, baking soda, salt, and cinnamon. Add apple mixture to dry ingredients. Mix thoroughly. Pour into a greased cake pan. Bake at 350 °F for 40 minutes.

Cinnamon Swirl Bread

Makes 2 loaves

2 ½ cup warm water (>105 °F)
2 pkgs yeast
2 tsp honey
1 T salt

6 ½ - 7 cups flour
Cinnamon Sugar
Walnuts, chopped finely
(optional)

Warm mixing bowl. Place water and yeast in bowl; add honey to activate yeast. Add 6-cups flour and salt. (Add more flour as needed) Using dough hook, process on low-speed for 2 minutes or until dough comes away from sides of bowl. Dough will be sticky. Place into greased bowl; cover with a towel and let rise no less than 1 hour. Punch down and divide into 2. Roll into a 12x15-in rectangle. Sprinkle with cinnamon sugar and nuts (optional). Roll dough long side like a jelly-roll. Tuck in ends. Place on baking sheet and cover with towel. Let rise another hour. Preheat oven to 450 °F. Bake bread for 20 min. Can wrap in saran wrap and freeze.

Amber's Chocolate Cookies

1 ½ cups flour
½ cup cocoa
1 tbsp finely ground coffee

¾ cup powdered sugar
2 sticks margarine
1 tbsp vanilla

Preheat oven to 350 °F. In a bowl, sift flour, cocoa and coffee. In a mixing bowl, cream margarine, sugar and vanilla until fluffy. Slowly add the flour mixture until well blended. Roll dough into balls and place on greased cookie sheet. Press down dough balls with a spoon or fork to flatten. Bake at 350 °F, for 10-15 minutes, until firm.

While cookies are cooling, melt non-dairy chocolate chips in microwave. Glaze cookies with melted chocolate. Makes about 2 dozen

Darice's Cookies

1/2 tsp. Maple or almond
extract
1-1/2 c. flour
3/4 tsp. baking powder
1/4 tsp. Salt

1 stick unsalted Fleishman's
margarine
1/6 cup sugar
1/6 cup honey
1 heaping Tbsp. applesauce
2 Tbsp. Brandy

Preheat oven to 325. Sift flour, baking powder and salt into small bowl. Beat margarine, sugar, and honey in larger bowl until light. Beat in applesauce, brandy, and extract. Add dry ingredients and beat just until smooth dough forms.

Roll out dough on lightly floured surface to 1/8" thick. Cut out cookies. If desired, coat one side with sugar. Place sugar side up on ungreased baking sheet. Bake cookies until bottom and edges are golden, approx. 12-15 minutes. Transfer to rack to cool. Makes about 2 dozen

Outpost Natural Foods Vegan Banana-Walnut Muffins

4 ripe bananas	3 cups whole-wheat flour
1/3 cup vanilla soy beverage	1 cup unbleached flour
1 cup honey	1 tablespoon baking soda
2/3 cup canola oil	1 1/2 teaspoons baking powder
1 tablespoon vanilla extract	1 cup chopped walnuts

Preheat oven to 325 degrees. Put bananas in blender and process until smooth. Add soy beverage, honey, oil and vanilla; process until smooth. In large bowl, whisk together remaining ingredients except nuts. Add banana mixture and stir until mixture is just incorporated. Scoop batter into paper-lined muffin cups, filling them to rim. Sprinkle tops with walnuts. Bake in preheated oven 15 to 20 minutes or until toothpick inserted into center comes out clean. Makes about 20.

Tropical Dump Cake

1 - 21 ounce can cherry pie filling	1/4 cup margarine, cut into small pieces
1 - 20 oz can crushed pineapple in juice	1/2 cup margarine, melted
1 - 18 oz. box yellow cake mix	1 cup flaked coconut
	1 cup chopped pecans, optional

Grease 9 X 13 X 2-inch baking pan. Dump into pan and spread or smooth in this order; cherry pie filling, undrained pineapple, dry cake mix. Arrange pieces of margarine (1/4 cup) on top. Pour 1/2 cup margarine over cake mix. Top with 1 cup flaked coconut and 1 cup chopped pecans. Do not stir. Bake at 350° for about 1 hour.

“Buttercream” Icing

1/2 c. margarine
1/2 tsp. vanilla or other flavoring
1/4 tsp. salt
4 tbsp. water
1 lb. powdered sugar, sifted

Mix shortening, flavoring, and salt thoroughly together. Add powdered sugar and water and mix with an electric mixer at top speed to whipped cream consistency, 5 minutes. Keep sealed and in the refrigerator. Add more water as needed. This is decorator quality icing from a cake decorating class.

Note: for *chocolate icing* add cocoa powder until you reach desired flavor.

Pumpkin Gingerbread

1/2 c. Lenten shortening	2 1/4 c. flour
1/2 c. sugar	1 tsp. soda
1/2 c. mild molasses	1 tsp. salt
1 c. water	1 tsp. ginger
1 tsp. vinegar	1 tsp. cinnamon
1/2 c. pumpkin (canned)	

Cream shortening and sugar. Blend in molasses, water (in which you blend in the vinegar), and pumpkin. Sift the dry ingredients together. Combine both mixtures and beat until smooth. Pour into a 12 inch square pan, greased, and bake for 30 to 35 minutes in a 350 degree oven. Glaze or serve with a lemon sauce. from COOKS.COM

Cherry Delight

1 c. flour	<i>Second Part:</i>
1 c. water	1 (No. 2) can cherries
Pinch of salt	(including juice)
1/2 c. sugar	1 1/2 c. sugar
1 tsp. baking powder	1 tbsp. Lenten butter
1 tsp. Crisco	

Mix a batter of first part and put into a greased baking dish. Mix second part and pour over the batter in baking dish. Bake in a moderate oven 30 minutes. Batter will bake through cherries and be on top. from COOKS.COM

Lenten Walnut Cake

4 c. flour	1 tsp. double-acting baking
1 tbsp. ground cloves	soda
3 tsp. baking powder	1/2 c. cognac
1 c. raisins	1 tbsp. grated lemon peel
1 c. oil	1 1/2 c. chopped walnuts
1 1/2 c. sugar	Confectioners' sugar
2 c. water	Ground cinnamon

Preheat oven to 350 degrees. Sift the flour into a bowl with cloves and the baking powder. Sprinkle a little of the flour mixture over the raisins. Add the oil to the flour and rub between the palms of your hands until well blended. Make a well in the center of the flour-oil mixture. Add the sugar, water, and baking soda dissolved in the cognac. Mix lightly.

Add the lemon peel, raisins, and nuts. Mix well. Grease a 9x12 inch pan and pour in the batter. Bake for about 1 hour. Remove and sprinkle with confectioners' sugar and cinnamon. Cut into squares and serve cold. from COOKS.COM

Cranberry Spice Cake

1/2 c. Lente shortening	1 c. jellied or whole cranberry sauce
1 c. sugar	1/4 tsp. salt
1/4 c. water	1 tsp. soda
1 c. raisins	1 tsp. baking powder
1/2 c. chopped nuts	1/2 tsp. cinnamon
1 3/4 c. sifted flour	1/2 tsp. cloves

Cream together shortening and sugar. Add water, raisins, nuts, and stir. Sift together flour, salt, soda, baking powder, and spices. Add to creamed mixture alternately with the cranberry sauce and blend. Turn into greased 10 inch tube pan. Bake for 1 hour in a 350 degree oven. Turn out on rack to cool. Glaze with a mixture of powdered sugar and a little reserved cranberry sauce, a few drops of water. Printed from COOKS.COM

Banana Bread

6 very ripe bananas	1 tsp baking powder
1 cup sugar	1/2 tsp baking soda
2 cups flour	1 tsp vanilla

Preheat oven to 350 °F. Mash bananas and sugar together. In a separate bowl mix dry ingredients. Stir in the banana mixture and vanilla. Pour into greased nonstick loaf pan and bake 1 hour. Cool slightly and remove from pan; allow to cool completely before slicing. Serves 8

Almond Butter Cookies

1/4 cup canola oil	1 cup whole wheat pastry flour (sifted before measuring)
1 cup almond butter	1/4 tsp. salt
1/4 cup maple syrup	
1/2 tsp. pure vanilla extract	

Preheat oven to 300 degrees F. Lightly grease a baking sheet (or use a nonstick one). Mix together almond butter and oil, beat until smooth. Mix in maple syrup and vanilla extract. Stir together flour and salt. Add to almond butter mixture and mix until just combined. Cover and refrigerate for 10 minutes.

Roll dough into 3/4-inch balls. Place on baking sheet and flatten with a fork. Bake in preheated oven for 25 minutes, until bottoms are lightly browned. Cool a couple of minutes on the baking sheet, then transfer to a cooling rack.

Variation: try with other nut butters.

Crispy Crunchy Granola Munchies

1/3 cup honey	1/4 cup hulled green pumpkin seeds
4 tablespoons Lenten butter	1/4 cup sunflower seeds
3 cups old-fashioned oats	1/2 teaspoon salt
1 cup mixed nuts, including slivered almonds and coarsely chopped pecans and walnuts	1/2 cup raisins or golden raisins (or a combination of both)
1/2 cup sweetened coconut flakes	1/4 cup dried cranberries or blueberries
	1/4 cup dried banana chips

Make sure the oven rack is in the center position and preheat the oven to 325°F. Combine the honey and butter in a small saucepan. Heat on low heat and stir until melted. Remove from the heat. Combine the oats, mixed nuts, coconut, pumpkin seeds, sunflower seeds, and salt in a large bowl. Stir with a large wooden spoon to mix well. Be very careful when stirring the hot nut mixture! Pour the honey butter over the oat mixture and stir until well combined.

Spread the granola evenly in a thin layer on a baking sheet. Bake, stirring every 5 minutes with a wooden spoon to prevent the granola from sticking or burning, until fragrant and golden brown, about 20 minutes. (Do not overcook—the granola will crisp as it cools.)

Using oven mitts or pot holders, remove the baking sheet from the oven and place on a wire rack to cool. When completely cooled, transfer the granola to a large mixing bowl and stir in the dried fruit.

Transfer to an airtight container and store at room temperature for up to 1 week.
Yield: 6 generous cups