

Marla Rose, Vegan Street & Vegan Mania

ITALIAN MAGIC SPRINKLES



Category: Pastas and Pizza
Diet: Vegan
Cuisine: American

A little parm-y, a little nutty, the **Italian-Style Magic Sprinkles** are tasty sprinkled on anything but especially pasta or lasagna. This can be stored in an airtight container in the refrigerator for up to three weeks.

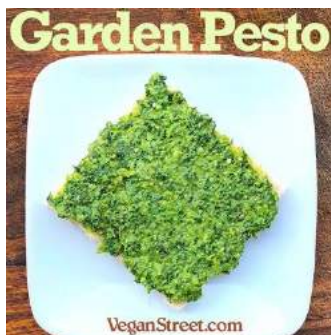
Ingredients:

1 cup walnuts	1 teaspoon garlic granules
½ cup ground almonds	1 teaspoon fennel seed
1 cup nutritional yeast	1 teaspoon rosemary
1 tablespoon chickpea miso or any light miso	½ teaspoon onion powder
2 teaspoons dried basil	¼ teaspoon cayenne powder (optional)
1 teaspoon dried oregano	Salt and pepper to taste

Directions:

In a food processor, tap the walnuts, ground almonds and nutritional yeast on pulse until uniformly mixed with a little texture. Add the other ingredients and pulse together until fully mixed. Sprinkle as you like - on pastas, salads, casseroles, popcorn and more - and store in the fridge in a covered container.

GARDEN PESTO



Category: Sauces, Spreads & Dips
Diet: Vegan
Cuisine: Italian

Ingredients

2 packed cups fresh basil, removed from stems	½ cup chives
2 packed cups spinach, regular or baby	½ cup Italian parsley
	½ cup toasted pine nuts

2 tablespoons minced garlic
2 tablespoons fresh lemon juice
2 tablespoons nutritional yeast
Salt and pepper to taste

1 tablespoon chickpea miso
Olive oil, optional

Directions:

Combine everything in a food processor and process until smooth. Add salt and pepper to taste.

FUDGY RAW FROSTED BROWNIES



Category: Sauces, Spreads & Dips

Diet: Vegan

Cuisine: Italian

Ingredients:

1 ½ cups pecans, unsalted
1 cup raw almonds (I used slivered)
2 ½ cups plump and soft Medjool dates, seeded
½ tablespoon pure vanilla extract
½ cup cacao powder
⅓ cup pure maple syrup
Pinch of salt

Directions:

Pulse the pecans and almonds together until they are fine crumbs in a food processor. Add the rest of the ingredients and process until as smooth as possible. Press into an 8-X-8-inch baking pan, lined with parchment paper.

FROSTING

Ingredients:

½ cup nut butter (I used almond but peanut butter or cashew would be creamier)
1 teaspoon pure vanilla extract
⅓ cup cacao powder
¼ cup pure maple syrup
2 tablespoons non-dairy milk
Pinch of salt

Directions:

In a medium bowl, combine the nut butter, vanilla, cacao, maple syrup, non-dairy milk and pinch of salt until smooth. Spread over the top of the brownies and put in the fridge for a couple of hours. Slice and serve.