



## Oh She Glows

# Going the Distance Vegan Endurance Lunch

### On The Menu:

- Delicious homemade Chili with Walnut Burger Crumbles
- Herbed Garlic Knots with Parmesan Cheese
- Stacked Caesar Salad with Crispy Eggplant Bacon and Caesar Dressing
- Energy Truffles: Chocolate Peanut Butter, Brownie Bliss, and Pecan Pie
- Spiced Apple Chips
- Raspberry Vanilla Fruit Leather & Pumpkin Apple spice fruit leather
- Cake In A Jar (Butternut Squash Apple Streusel, Triple Layer Pumpkin Cheesecake, and Smore)
- Pumpkin Spice Lattes

### Delicious homemade Chili with Walnut Burger Crumbles

Adapted from [All Recipes](#).

### Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 3/4 tablespoon salt
- 3 stalks celery, chopped
- 2 green bell peppers, chopped
- 4 cloves garlic, chopped
- 2 walnut burgers, crumbled (see here, optional)
- 2.5 (28 ounce) cans crushed tomatoes
- 1/4 cup chili powder
- 1 tablespoon ground black pepper
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can black beans
- 1 (15 ounce) can whole kernel corn

**Directions:** Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, garlic. When vegetables are heated through, mix in the walnut burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes. Mix the tomatoes into the pot. Season the chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 1-1.5 hour. Stir in the corn, and continue cooking 5 minutes before serving.

### Herbed Garlic Knots with Parmesan Cheese

Adapted from [Garlic Pumpkin Knots](#).

#### Ingredients:

- 1/2 cup very warm water
- 2 tsp instant dry yeast
- 1 tablespoon maple syrup
- 1 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 1 tsp dried herbs (I used mixed basil, oregano, thyme, parsley)
- 1 & 1/2 cups unbleached bread flour, more if needed

#### **Herbed garlic spread w/ Parmesan cheese:**

- 2-3 tbsp [Earth Balance](#), melted
- 2-3 garlic cloves, minced
- 1 tsp dried parsley
- 2 tsp [vegan parmesan cheese](#)

**Directions:** In a large bowl, mix together your dry ingredients (flour, salt, yeast, dried herbs). In a smaller bowl, mix together the wet ingredients (syrup, olive oil). Once those are mixed quickly add in your very warm water and mix well. Pour into the dry ingredients and stir well. When the mixture becomes too dry to stir, place the dough onto a floured surface and knead it for 2-3 minutes until it comes together into a ball. When the dough is no longer tacky to touch (but not dried out), place it into an oiled bowl with olive oil and gently cover the dough in oil. Cover the bowl with plastic wrap or a damp towel and let it rise for 2 hours.

After 1 and a half hours, grab your pizza stone if you have one, and preheat it in the oven at 450F. If you don't have a pizza stone, grab a baking sheet and line it with a non-stick mat or

parchment. If you are using a pizza stone, grab a Peel and sprinkle on cornmeal. After 2 hours, take your dough, punch out the air, and lay it on a floured surface. Gently press it out so that it forms a small rectangle and then take a pizza roller and cut strips approx. 1/2-3/4" width by 6-8 inches in length. You can make them any size you want though! I had to play around with it for a bit to see what I liked. Grab a strip and make it into a knot. Take the end lying underneath the knot and bring it over the top, tucking it into the center. Take the end lying over the knot and tuck it underneath and into the center.

Place the knots onto the Peel OR onto the baking sheet. Once you have all your knots made, place into the oven at 450F for about 11-12 minutes until slightly golden on the top. Spread on the herbed garlic spread with a pastry brush or add all ingredients into a bowl and toss. Serve immediately.

### Stacked Caesar Salad with Crispy Eggplant Bacon and Caesar Dressing

#### Ingredients:

- Romaine lettuce, cut into 1.5 inch strips, crosswise
- Grape or cherry tomatoes
- Eggplant bacon (optional) ([see here](#)) note: I didn't care for this recipe.
- Easy homemade croutons ([see here](#))
- Caesar Dressing (see: Eat, Drink, & Be Vegan cookbook)

### Energy Truffles: Chocolate Peanut Butter, Brownie Bliss, and Pecan Pie

#### **Brownie Bliss Truffles**

Adapted from [Dreena Burton](#).

#### Ingredients:

- 1/2 cup almonds
- 1/4 + 2 tbsp cashews
- 1 cup pitted dates, packed
- 2.5 tbsp cocoa powder
- 1/2 tsp pure vanilla extract
- 1/4 tsp sea salt
- 1/4 tsp almond extract

**Directions:** In a food processor, process the cashews and almonds until fine. Add in the roughly chopped and pitted dates and process until crumbly. Now add in the cocoa powder, followed by the vanilla & almond extract, and sea salt. Process until crumbly. Do not process long enough for the mixture to get too sticky (like nut butter). You want to work the mixture a bit in your hands to warm it up so you can form a ball with it. If you process it for too long, it will become oily. Form balls or squares and dip in chocolate if desired (see below)! ☺ Makes about 12-15 balls.

## **Chocolate Peanut Butter Truffles**

### Ingredients:

- 1 cup cashews
- ½ cup almonds
- ½ cup pitted dates, packed
- ½ cup peanut butter
- ¼ cup icing sugar
- 2 pinches sea salt
- ½ tsp pure vanilla extract

**Directions:** In a food processor, process the cashews and almonds until fine. Add in icing sugar. Now, add in the roughly chopped and pitted dates and process until crumbly. Now add in the peanut butter, followed by the vanilla extract. Process until crumbly. Do not process long enough for the mixture to get too sticky (like nut butter). You want to work the mixture a bit in your hands to warm it up so you can form a ball with it. If you process it for too long, it will become oily. Form balls or squares and dip in chocolate! ☺ Makes about 12-15 balls.

### **Chocolate coating:**

### Ingredients:

- ½ cup-¾ cup chocolate chips
- 1-2 tbsp coconut oil

Directions: Melt the chocolate chips and coconut oil for 30-50 seconds, stirring every 15 seconds so you don't burn the chips. Dip or roll the PB balls into the melted chocolate. You can also dip the other flavours in as well!

## **Pecan Pie Truffles**

### Ingredients:

- 1 cup pecans
- 1/2 cup almonds
- ¼ cup oats

- ½ cup pitted dates, packed
- ½ tsp pure vanilla extract
- ¼ tsp almond extract (optional)
- ¼ tsp sea salt
- 3-4 tbsp icing sugar
- ¼ tsp ground nutmeg
- ½ tsp ground ginger
- ¾ tsp ground cinnamon

**Directions:** In a food processor, process the pecans and almonds until fine. Now add in the oats, followed by the vanilla & almond extract, icing sugar, and sea salt. Add in the roughly chopped and pitted dates and process until crumbly. Process until crumbly. Do not process long enough for the mixture to get too sticky (like nut butter). You want to work the mixture a bit in your hands to warm it up so you can form a ball with it. If you process it for too long, it will become oily. Form balls or squares and dip in chocolate if desired (see above)! ☺ Makes about 12-15 balls.

## Spiced Apple Chips

From : <http://ohsheglows.com/2010/10/21/spiced-apple-pie-chips/>

### Ingredients:

- 3 Granny Smith apples
- Lemon juice from 1/2 lemon
- 2 tbsp sugar
- 2 tsp cinnamon
- Sprinkle of sea salt (optional)

**Directions:** Line a baking sheet with parchment or line a dehydrator sheet with parchment. If using an oven and not a dehydrator, preheat oven to 150F. In a small bowl mix together the cinnamon and sugar. Set aside. Slice granny smith apples into very thin slices approx 1/8-1/4 of an inch in width. Leave skin on. You may use a mandoline if you have one. One apples are sliced place them into a medium sized bowl and squeeze fresh lemon juice over top. Line up the slices on the baking sheet, making sure they do not overlap. Grab the sugar mixture and sprinkle over top of each slice. Now take a tiny pinch of sea salt and sprinkle very lightly over top. You may skip this step but I like a bit of salt to bring out the sweetness of the apple, however it might not be for everyone. Place into the oven or dehydrator at 150F. I dried the apples in a dehydrator at 150F for approximately 3.5-4 hours. Flip the apple slices every half hour to ensure even cooking. I am not sure how long an oven would take, but you can play around with it, checking them often when you flip them every half hour. They are ready when they are curled up a bit at the sides and a bit crisp yet still chewy. You can cook them to suit your needs!

## **Pumpkin Spice Lattes**

Adapted from <http://www.thekitchn.com/thekitchn/beverage/diy-pumpkin-spice-latte-096277>

Ingredients:

- 2 cups almond milk
- 2 tbsp canned pumpkin
- 1-2 tbsp sugar, to taste (I used 2 but I think it could be cut down)
- 1.25 tbsp pure vanilla extract
- ½ tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp nutmeg
- ¼ cup freshly brewed espresso OR ½ cup strong coffee (I used 2/3 cup very strong French Coffee and it was amazing!)

**Directions:** In a saucepan combine milk, pumpkin and sugar and cook on medium heat, stirring, until steaming. Remove from heat, stir in vanilla and spice, transfer to a blender and process for 15 seconds until foamy. If you don't have a blender, don't worry- just whisk the mixture really well with a wire whisk. Stir in espresso or coffee. Add on cinnamon or whip cream on top if desired. Serves 2.

## **Raspberry Vanilla Fruit Leather**

See <http://www.roostblog.com/roost/raspberry-vanilla-fruit-leather-a-winner.html>

## **Pumpkin Apple spice fruit leather**

I was not 100% happy with this recipe (the fruit leather cracked a bit) so I will not be posting the recipe yet.

## **Cake In A Jar Parfaits**

Recipes coming soon!!