

Vegan Cooking Class Recipes Session 66 (*May, 2019*)

- **Walnut-Chickpea Tacos** (*page 1*)
- **Banana Pudding with Vanilla Wafers** (*page2*)

Walnut-Chickpea Tacos with Chipotle Aioli

Taco Meat

- 1 c. canned or cooked chickpeas, drained**
- 1 cup whole raw walnuts**
- 2 Tbsp. soy sauce**
- 1 Tbsp. ground cumin**
- 2 tsp. chili powder**
- 2 tsp. garlic powder**

Aioli

- ¼ c. + 2 Tbsp. vegan mayonnaise**
- 2 Tbsp. fresh lime juice**
- ½ tsp. chipotle chili powder**

Toppings

- 3 c. green cabbage, shredded**
- 10 cherry tomatoes, halved**
- ½ avocado, chopped**
- ½ c. cilantro, chopped**

10 corn tortillas

1. Place all the taco meat ingredients into a food processor and pulse several times until the mixture resembles taco meat. Don't over-process it. Transfer to a microwave bowl.
2. Whisk together the aioli ingredients in a small bowl and set aside.
3. Prep veggies. Microwave the taco meat for about 1 minute or until warm. Warm tortillas.
4. To assemble the tacos, place shredded cabbage on one taco, followed by taco meat and the remaining toppings.
5. Drizzle with the aioli. Repeat with remaining tacos and serve.

Source: *Pure & Beautiful Vegan Cooking* by Kathleen Henry

Note: For making your own tortillas, the best we have found is Organic White Corn Masa, available at the online Azure Standard co-op. They deliver near the end of each month at Amanda's Drop on Missouri Flat Road. Five pounds cost \$8.80 delivered. We get bulk organic oats, wheat and many other items at excellent prices from them. Go to www.AzureStandard.com to browse their huge selection.

Vanilla Wafers (*gluten-free*)

1 Tbsp. flax meal mixed into 3 Tbsp. water

1 c. oat flour

½ c. almond flour

1 tsp. baking powder

¼ tsp. salt

½ c. almond butter

1/3 c. maple syrup

1½ tsp. vanilla

1. Turn on oven to 350 F.
2. Soak flax meal in water.
3. Mix the dry ingredients in one bowl and the wet ingredients in another.
4. Mix the flax mixture into the wet ingredients.
5. Line a cookie sheet with parchment paper.
6. Add the bowl of dry ingredients into the bowl of mixed wet ingredients and mix well.
7. Spoon out mounds of dough onto the cookie sheet. Then, with slightly wet hands, flatten them to about ¼ inch thick.
8. Bake for about 10 minutes, or until they just begin to brown on the edges.
9. Let cool before removing from cookie sheet. They will firm up as they cool.

Borrowed from vegiekins chocolate chip cookie recipe, found at:

<https://vegiekinsblog.com/2018/11/23/easy-chocolate-chip-cookies>

Vanilla Pudding (*Vegan*)

2½ c. almond milk, divided

3 Tbsp. Cornstarch

1 Tbsp. Tapioca starch

½ c. non-refined sugar (light colored for whiter pudding)

1 tsp. vanilla

Mix the cornstarch and tapioca into ½ c. of the milk and let soak for a bit.

Heat the remaining 2 c. of almond milk in a pan until it simmers.

Now stir in the sugar and vanilla into the hot milk, and then the starch mixture.

Bring the mixture to a simmer again, stirring often to keep it from sticking at the bottom. Simmer for about 5 minutes until the pudding thickens up.

Banana Pudding Dessert

Layer the vanilla wafers with the vanilla pudding and finish with a layer of sliced bananas on top just before serving.

By Diana Adams