

McDougall Made Irresistible Recipes

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MCDOUGALL MADE IRRESISTIBLE RECIPES

"McDougall Made Irresistible" is our second kitchen-oriented DVD and is similar to "McDougall Made Easy" released in 2006. Our website is a goldmine of information. Spend time with our "Hot Topics" for answers to your medical and nutrition questions. The newsletter archives and previous McDougall books are good sources for more recipes. You can sign up for McDougall Live-in Programs, Adventure Trips, and order DVDs and books from our website, www.drmcDougall.com.

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No-Huevos Rancheros

The idea for this recipe came from the Mexican breakfast of scrambled eggs over tortillas and beans, topped with salsa. The scrambled tofu topping could also be rolled up in a burrito shell with salsa, or just eaten plain. This is fairly quick to put together if you have leftover pinto beans in your refrigerator, as I usually do.

Preparation Time: 10 minutes

Cooking time: 8 minutes

Servings: 4-6

1 cup salsa

2 cups mashed pinto beans (recipe in June 2003 newsletter)

8-10 soft corn tortillas

Tofu Scramble:

1 pound firm, water-packed tofu (not silken)

¼ cup vegetable broth

½ cup chopped green onions

1 tablespoon chopped green chilies (optional)

1 teaspoon soy sauce

¼ teaspoon turmeric

freshly ground pepper

dash sea salt (optional)

Drain tofu well, mash finely with a bean masher and set aside. Heat the mashed pinto beans in a saucepan. Place the vegetable broth in a large non-stick frying pan, add the green onions and cook, stirring frequently for 3 minutes until softened. Add tofu and the remaining ingredients. Mix well and continue to cook, stirring frequently for 5 more minutes. Set aside.

To assemble:

Heat the tortillas briefly on a dry non-stick griddle to warm and soften them. Take one tortilla and place on a plate. Spread beans on one side, cover with a second tortilla and spread beans over the top of that tortilla also. Spoon some of the tofu scramble over the tortillas and beans, then top with several spoonfuls of salsa. Repeat process for each serving.

Hints: A can of fat-free refried beans could be used in place of the home-cooked mashed beans, if desired. Or try this with mashed black beans instead of the pinto beans. Other toppings could also be added such as shredded soy or rice cheese, and/or tofu sour cream. Sprinkle with some fresh chopped cilantro, if desired. The corn tortillas that we like best for this recipe are from Mi Abuelita's Tortillas of Sacramento. Their telephone number is 877 LETS-WRAP.

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Cashew Milk

I have been making this for about 28 years now and it is still the best flavor for rich sauces and "french" toast. Make sure you use raw cashews, not roasted ones, and make sure you blend this thoroughly and then strain it to remove any pieces that did not get blended.

Preparation Time: 5 minutes

Servings: makes 2 cups

½ cup RAW cashews

2 cups water

Place the cashews in a blender jar with 1 cup of the water. Process until very smooth. Add the remaining water and blend until no large pieces remain. This may take a minute or two. Strain after processing to remove any remaining pieces. Refrigerate until ready to use.

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Veggie Benedicts

Leave off the tomato for the "vegetable haters" and this could also become one of their favorites.

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 2-4

For the sauce:

1 cup cashew milk (see recipe above)
2 tablespoons lemon juice
1 teaspoon nutritional yeast powder
½ teaspoon onion powder
1/8 teaspoon garlic powder
1/8 teaspoon salt
1/16 teaspoon turmeric
pinch of paprika
1 tablespoon cornstarch mixed with 2 tablespoons cold water

Place the cashew milk in a saucepan. Add all the remaining ingredients and mix well with a whisk. Slowly bring to a boil, stirring constantly, until thickened and smooth. Set aside. (If you need to reheat this just before serving, do it slowly while stirring with a whisk.)

For the base:

1 vine-ripened tomato
½ avocado
4 fat-free English muffin halves

Slice the tomato into 4 medium-thick slices. Peel and slice the avocado. Toast the muffin halves. Place the tomato and the avocado on the English muffin halves. Ladle about ¼ cup of the sauce over each muffin half and serve.

Hints: The sauce may be made 1 day ahead of time and slowly reheated. This saves time on a busy morning. The sauce is also great with asparagus, other vegetables or potatoes.

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Pumpkin Muffins

I bake these in silicone muffin cups, medium size. I let the muffins cool for about 10 minutes, then just pop them out of the muffin cups. No sticking ever!

Preparation Time: 20 minutes

Baking Time: 30 minutes

Servings: 12 muffins

Dry Ingredients:

1 cup whole wheat pastry flour

$\frac{3}{4}$ cup unbleached white flour

$\frac{1}{2}$ cup brown sugar

$\frac{1}{8}$ teaspoon salt

1 teaspoon baking soda

$\frac{1}{2}$ teaspoon baking powder

1 $\frac{1}{2}$ teaspoons cinnamon

1 teaspoon nutmeg

$\frac{1}{2}$ cup chopped walnuts

$\frac{1}{4}$ cup raisins

Wet Ingredients:

1 cup canned pumpkin puree

$\frac{1}{2}$ cup Wonderslim fat replacer

$\frac{1}{4}$ cup molasses

$\frac{1}{4}$ cup soy milk

2 teaspoons Ener-G egg replacer mixed in

4 tablespoons warm water

Preheat oven to 375 degrees.

Combine all dry ingredients in a large bowl and set aside. Combine all wet ingredients in a medium bowl and mix well until smooth. Pour wet ingredients over dry ingredients and mix well (do not over-mix). Spoon batter into muffin cups. It will fill 12 medium muffin cups. Bake for 30 minutes.

Hints: Use a whisk when mixing the egg replacer with the water and beat until frothy. Then add to the other wet ingredients. Ener-G egg replacer is a flour product, available in many natural food stores. It is used for leavening and binding. Test for doneness by inserting a toothpick into the center. If it comes out clean, it is done. If you don't have silicone baking pans, these may be made in any non-stick muffin tins or baking pans. Allow to cool before removing from pans. Wonderslim Fat Replacer and Ener-G egg replacer may be found online at www.healthy-eating.com.

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Quinoa Chowder

We really enjoy soups during the winter months. This is a hearty, yet simple soup, filled with delicious healthy ingredients.

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 6-8

½ cup quinoa, rinsed well
4 cups vegetable broth
2 cups water
2-4 cloves garlic, minced
1 large onion, chopped
2 ½ cups fingerling potatoes, cut into bite sized pieces
2 jalapeno peppers, seeded and minced
2 cups frozen corn kernels
4 cups sliced fresh spinach
freshly ground pepper to taste

Place the first 7 ingredients in a large soup pot. Bring to a boil, reduce heat, cover and cook for 20 minutes. Add the corn, mix well and cook an additional 15 minutes. Stir in the spinach 5 minutes before the soup is done. Add some pepper to taste, if desired.

Hints: To spice this up a bit more, let each person add some hot sauce to taste before eating. If you can't find fingerling potatoes, use Yukon Gold or red potatoes and chop them into bite sized chunks.

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Festive Dal Soup

This soup is a beautiful red and green color and it is so delicious and easy to make that it has become a lunchtime favorite in our home.

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

3 ¼ cups water
1 onion, chopped
2 cloves garlic, crushed
1 ½ teaspoons grated fresh ginger
¾ teaspoon smoked paprika
¼ teaspoon ground cumin
freshly ground black pepper
1 cup red lentils
1 15 ounce can garbanzos, drained and rinsed
1 14.5 ounce can diced tomatoes
1 tablespoon lemon juice
1 teaspoon chili paste (Sambal Oelek)
2 cups fresh chopped spinach

Place ¼ cup of the water in a large soup pot. Add the onion and garlic. Cook, stirring occasionally for 3-4 minutes, until softened. Add the ginger, paprika, cumin and several twists of freshly ground pepper. Mix in well, then add the remaining water, the lentils, garbanzos and tomatoes. Bring to a boil, reduce heat, cover and simmer for 50 minutes, until lentils are tender. Add lemon juice, chili paste and spinach. Cook for an additional 5 minutes. Season with a bit of sea salt, if desired. Serve hot.

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Potato Chowder

This is always a favorite at the McDougall Program and it is quick and easy to make as well. Buy bags of frozen, chopped hash brown potatoes (with no added oils) for really easy preparation of this delicious soup

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4-6

4 cups vegetable broth
1 onion, chopped
2 stalks celery, chopped
1 leek, white and light green part, sliced
6 cups frozen chopped hash brown potatoes
2 cups soy or rice milk
½ teaspoon sea salt (optional)
⅛ teaspoon white pepper
2 tablespoons parsley flakes
2 tablespoons dried chives
dash liquid smoke

Place ½ cup of the broth in a large soup pot with the onion, celery and leeks. Cook, stirring occasionally for 5 minutes, until softened. Add the remaining broth and the potatoes. Bring to a boil, reduce heat, cover and cook for 20 minutes. Using an immersion blender, process the soup while still in the pot. (Unless you are using a non-stick pan, then place the soup in a blender jar and process until fairly smooth. Return to pan.) Add the remaining ingredients and heat through, about 5 minutes.

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Hearty Split Pea Vegetable Soup

This is a thick soup filled with chunky vegetables and it is very comforting on a cool, rainy day. Serve by itself in a bowl, or ladle over brown rice for a satisfying meal.

Preparation Time: 15 minutes

Cooking time: 1 hour 10 minutes

Servings: 6-8

2 cups dried split peas
8 cups water
1 large onion, chopped
3 stalks celery, chopped
2 carrots, chopped
2 cups chopped fingerling potatoes
2 cloves garlic, minced
2 tablespoons parsley flakes
2 bay leaves
1 teaspoon dry mustard
½ teaspoon smoked paprika
freshly ground white pepper
1 large tomato, chopped
½ cup chopped fresh cilantro or parsley

Place the peas and water in a large soup pot. Bring to a boil, reduce heat and simmer uncovered for 20 minutes. Add the remaining ingredients, except the tomato and fresh cilantro or parsley. Mix well, bring to a boil again, reduce heat, cover and simmer for about 45 minutes, until all vegetables are tender. Add the tomato and fresh cilantro or parsley. Season with a bit of sea salt, if desired. Mix well and let rest for 5 minutes before serving.

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Tofu Dips

These are easy and delicious dips to have on hand in your refrigerator to use with raw or cooked vegetables, or try these on baked potatoes. We use these during the McDougall Program for snack time and they are one of the most requested recipes!

Preparation Time: 5 minutes

Chilling Time: 2 hours

Servings: variable, makes about 3 cups

2 12.3 ounce packages soft silken tofu

1 package seasoning mix (see hints below)

Place the tofu in a food processor and process until very smooth. Scrape the sides of the bowl occasionally. Place processed tofu into a bowl. Stir in a package of seasoning mix, cover and refrigerate at least 2 hours to allow flavors to blend.

Hints: To make this a bit creamier tasting, substitute 1 recipe of Tofu Sour Cream for one of the packages of tofu. Tofu sour cream is made by combining 1 package of soft silken tofu with 2 tablespoons lemon juice, 2 teaspoons sugar, and a dash or two of salt and processing until smooth and creamy. For a spicy dip, use Taco Seasoning Mix made by Bearitos or Hain. For a delicious French Onion Dip, use the one made by Simply Organic. Simply Organic makes a delicious Dill Dip also, as well as several others, including a Southwest Taco. Other packaged mixes may be available in your local natural food stores. Read the labels carefully for healthy ingredients with no added oils or animal products. Simply Organic Foods makes a variety of packaged organic foods. Read labels carefully to find one that are animal product free and oil free. They may be found at www.simplyorganicfoods.com.

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Artichoke Spread

This is delicious as a spread for sandwiches, as a dip for crackers or veggies, or stuffed into pita and topped with chopped tomatoes, cucumbers and sprouts.

Preparation Time: 10 minutes

Servings: Makes about 3 cups

- 2 14 ounce cans artichoke hearts in water, drained and rinsed
- 1 15 ounce can white beans, drained and rinsed
- 4 tablespoons lemon juice
- 2 cloves garlic, crushed
- 4 green onions, chopped
- 1 tablespoon soy sauce
- 1/8 teaspoon cayenne pepper

Combine all ingredients in a food processor and process until smooth.

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Walnut Dressing

This dressing is from Ann Crile Esselstyn in the book *Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn Jr. MD. She calls it Miraculous Walnut Sauce. This is a rich dressing because of the walnuts. This is simple, delicious dressing is wonderful on almost everything. Try it on steamed greens or salads.

Preparation Time: 5 minutes

Servings: makes 2 cups

1 cup walnut pieces
1 cup water
2 cloves garlic
2-4 tablespoons low sodium soy sauce

Combine all ingredients in a food processor and process until VERY smooth. Add more soy sauce according to your individual taste.

Store in a covered container in the refrigerator.

Hints: Ann says this is delicious on kale, and the best way to cook kale is to boil it in lots of water until just tender. We agree. This sauce really makes kale special!

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Peanut Dressing

This is another richer dressing because of the peanut butter. Use sparingly, a little goes a long way, but it sure does add a lot of flavor to foods. We especially like this on sweet potatoes.

Preparation Time: 5 minutes

Servings: makes 2 cups

$\frac{3}{4}$ cup rice vinegar

$\frac{1}{4}$ cup soy sauce

2 tablespoons Sambal chili paste

$\frac{3}{4}$ cup natural peanut butter

$\frac{1}{4}$ cup warm water

$\frac{1}{8}$ cup cilantro leaves

Place vinegar, soy sauce, chili paste, peanut butter and water into a blender jar. Process until very smooth. Add the cilantro leaves and process until well mixed.

Serve over lettuce, sweet potatoes, vegetables or whatever sounds good to you.

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McVeggie Burgers

Preparation Time: 30 minutes

Baking Time: 30 minutes

Servings: makes 16 burgers

20 ounces firm water-packed tofu, drained well
12.3 ounces silken tofu
10 ounce package frozen chopped spinach, thawed
½ cup water
1 large onion, chopped
½ pound mushrooms, chopped
3 cloves garlic, pressed
3 cups quick oats
2 tablespoons soy sauce
2 tablespoons vegetarian Worcestershire sauce
2 tablespoons Dijon mustard
1 teaspoon paprika
1 teaspoon lemon juice
½ teaspoon ground black pepper

Preheat oven to 350 degrees.

Place both kinds of the tofu in a food processor and process until fairly smooth, stopping several times to scrape down the bowl. Transfer processed tofu to a large bowl and set aside.

Drain the spinach well and press any excess water out with your hands. (Spinach should be very dry.) Set aside.

Place the water, onion, mushrooms and garlic in a large non-stick frying pan. Cook, stirring frequently until onion has softened and all liquid has been absorbed, about 10-12 minutes. Set aside.

Add the oats and the seasonings to the tofu mixture and mix well. Add the spinach and mix in well, using your hands. Add the onion mixture and continue to mix with your hands until all ingredients are well combined. Take a small amount and form into a ball shape (a bit larger than a golf ball), then flatten into a burger-sized patty about ¼ inch thick and place on a non-stick baking sheet. (If you do not have a good non-stick baking sheet, then *lightly* oil your baking sheet first.) Repeat this process until all the mixture is used. (It will help to lightly moisten your hands several times during this process.) Bake for 20 minutes, then flip over and bake an additional 10 minutes. Cool on racks after removing from the oven. Serve in a whole wheat bun with your favorite condiments.

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Baked Penne Florentine

This is a delicious baked pasta dish that our grandson, Jaysen, really likes. I serve it to him the way it comes out of the oven, but I like to top mine with a bit of Sriracha Hot Sauce for a little kick.

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Servings: 6-8

8 ounces uncooked penne pasta
10 ounce package frozen chopped spinach, thawed and squeezed dry
¼ cup vegetable broth
1 onion, chopped
½ cup raw cashews
1 ¾ cups water
1 15 ounce can white beans, drained and rinsed
1 tablespoon soy sauce
1 tablespoon white miso
2 teaspoons lemon juice
¼ teaspoon dry mustard
¼ teaspoon cayenne
½ cup whole wheat bread crumbs

Drop the pasta into a pot of boiling water and cook until just barely tender, about 6 minutes. Drain, place in a bowl and add the spinach. Mix very well. Set aside.

Preheat oven to 350 degrees.

Place the onion and the vegetable broth in a medium non-stick frying pan. Cook, stirring occasionally until onion has softened, about 5 minutes. Set aside.

Place the cashews in a food processor and process until finely ground. Add half of the water and blend until smooth. Add the remaining water, the cooked onion, beans, soy sauce, miso, lemon juice, mustard and cayenne. Process until very smooth. Pour this over the pasta and spinach and mix well. Transfer to a covered casserole dish. Sprinkle with bread crumbs. Cover and bake for 45 minutes. Let rest for 5 minutes before serving.

Hint: This may be prepared ahead and refrigerated until baking time. Add about 15 minutes to the baking time. Whole wheat bread crumbs may sometimes be found in a jar at your natural food store, otherwise you can easily make your own by placing a slice or two of whole wheat bread in your food processor and processing briefly until crumbly.

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Hummus

There are many variations of Hummus in most supermarkets and natural food stores. Many of them have added olive oil and most have tahini. Some people are convinced that Hummus without tahini is just not Hummus. However, I have been making no tahini Hummus for years and it is delicious, plus it is healthier for your body. If you can't stand the thought of Hummus without tahini, then add 1 tablespoon of it to this recipe, realizing that you are also adding some fat to the recipe.

Preparation Time: 5 minutes

Servings: makes 1 ½ cups

1 15 ounce can garbanzo beans, drained and rinsed
3 tablespoons lemon juice
2 cloves garlic, crushed
1-2 tablespoons water
dash sea salt

Place all ingredients in a food processor and process until very smooth. Add additional water to change the consistency of the hummus, if desired.

Hints: Add other ingredients to this basic Hummus, for flavor and variety.

1. ½ cup roasted red peppers plus ½ teaspoon ground cumin
2. ½ cup chopped parsley or cilantro
3. 1-2 teaspoons chopped jalapeno pepper

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Falafel Wraps

In the past I have always made baked falafel in pita bread, and added all the toppings separately, similar to how you would layer the toppings on a burger. My daughter, Heather, recently experimented with combining all the ingredients together in a bowl, and then wrapping it all up in a large tortilla. This is so delicious that I'm sure we will never go back to our old way of eating falafel. This combination works well either stuffed into pita or wrapped up in a tortilla. This is a richer food because of the tahini sauce. However, this may also be made with hummus instead of tahini, which would be much lower in fat content, but still delicious!

Preparation Time: 30 minutes (need baked falafel)

Cooking Time: none

Servings: 6-8

Tahini Sauce:

1 cup roasted tahini

$\frac{3}{4}$ cup water

$\frac{1}{4}$ cup fresh lemon juice

2 cloves garlic, minced

1 teaspoon Sriracha Hot Chili Sauce (optional)

dash sea salt

Combine all ingredients listed above in a food processor and process until smooth. Place in a bowl.

Add:

1 tomato, chopped

1 cup cucumber, chopped

3 chopped green onions

1 cup chopped lettuce

3 cups chunked baked falafel (see hints below)

Mix the vegetables and falafel into the tahini sauce. Stuff into pita halves, or place a line of the mixture down the center of a tortilla, roll up and eat.

Hints: The easiest way to make the baked falafel is to purchase the falafel mix sold in the bulk section of most natural food stores and also in packages in some supermarkets. The dry powder is mixed with water, allowed to rest for about 10 minutes, then formed into patties that resemble burgers. The directions tell you to fry in oil, but the falafel should be placed on a dry non-stick griddle and cooked about 5 minutes on each side, until browned. They may also be baked in a 375 degree oven for about 10 minutes on each side, until browned. The frozen Falafel Patties used on the DVD are made by Mount Olive Gourmet Foods, Inc. The Falafel Patties contain no added oil, and are made with garbanzo beans, roasted garlic, onion, parsley, salt, baking soda, jalapenos and spices. To reduce the fat content of the tahini slightly, be sure to pour off all the oil from the top of the jar before using. Other vegetables may be added to the sauce as desired. A chopped avocado is one nice addition.

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Easy Mayan Black Beans

This is one of those simple, 5 ingredient recipes that is so easy to put together, yet it has a delicious, hearty flavor. This will serve 2 people when used as a topping for baked potatoes or rolled up in a tortilla. It is also wonderful served over sliced, baked polenta and topped with some mango salsa.

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 2

- 1 15 ounce can black beans, drained and rinsed
- 1 cup fresh salsa: mild, medium, or hot
- ½ cup green onions, chopped
- ¾ cup frozen corn kernels
- ¼ cup chopped fresh cilantro (optional)

Place all the ingredients except the cilantro in a saucepan and bring to a gentle boil. Reduce heat, cover and cook for about 12 minutes, stirring occasionally. Stir in the cilantro, if desired, let rest for 1 minute and serve.

Hint: To serve over baked polenta, buy a tube of precooked polenta in the supermarket or natural food store. Be sure to check the ingredients carefully-no dairy products or oils added. Slice into ½ inch thick slices and bake at 375 degrees for 15 minutes. This may also be grilled on a non-stick griddle. These beans also make a wonderful topping for brown rice, or for a simple recipe variation, add about ¾ cup of cooked brown rice to the bean mixture about 5 minutes before the end of the cooking time. This recipe adapts well to precooking: double the recipe, cook ahead of time, refrigerate half for use within the next 2 days, freezing the remainder for later use.

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Creamy Pasta Primavera

Preparation Time: 30 minutes

Cooking time: 11-12 minutes

Servings: 6-8

2 cups vegetable broth
2 cups walnut pieces
1/3 cup packed fresh parsley
1/3 cup packed fresh cilantro
3 teaspoons lemon juice
2 teaspoons chopped fresh garlic
2 teaspoons ground chili paste
1/4 teaspoon salt (optional)
freshly ground pepper to taste
16 ounces uncooked spiral pasta
3 cups broccoli florets
1 cup red bell pepper strips
1 cup yellow bell pepper strips
1 pound mushrooms, cut into bite sized pieces
1 cup halved cherry tomatoes

Place the broth, walnuts, parsley, cilantro, lemon juice, garlic, and chili paste into a blender jar. Process for several minutes until very smooth. Add pepper to taste and optional salt. Set aside.

Bring a large pot of water to a boil. Add pasta and cook for about 5 minutes. Add broccoli and peppers to the water and cook for an additional 4-5 minutes, then add the mushrooms and cook for another 2 minutes. Remove from heat and drain. Place in a large bowl. Pour the sauce over and toss to mix. Add the tomatoes and mix again. May be served warm, at room temperature, or chilled.

Hints: The addition of ground fresh chili paste to this recipe gives just a bit of heat. Feel free to add more to taste. Chili paste can be found in the Asian section of most supermarkets. It is also called Sambal Oelek. It is not necessary to chop the parsley and cilantro before using in the recipe. Just take a small handful of each and toss it in with the other ingredients (remove the larger stems first). If you don't like cilantro, try this with just the parsley.

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Thai Green Curry Rice

This rice dish is made with a Thai green curry paste that is sold in Asian markets, natural food stores and some supermarkets. To vary this recipe, try making it with red curry paste instead of the green curry paste.

Preparation Time: 20 minutes (cooked rice needed)

Cooking Time: 12 minutes

Servings: 4

1/3 cup vegetable broth
1 onion, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
2 cloves garlic, minced
1-2 tablespoons green curry paste
2 cups chopped Napa cabbage
1 cup broccoli florets
1 cup cauliflower florets
1 cup snap peas
1 tablespoon soy sauce
4 cups cooked long grain brown rice
1 tomato, chopped
1 tablespoon chopped fresh Thai basil
1 tablespoon chopped fresh cilantro
1 cup almond milk or rice milk mixed with 1 teaspoon coconut extract

Place the broth in a large pot along with the onion, bell peppers and garlic. Cook, stirring occasionally, for 5 minutes. Stir in the curry paste. Add the cabbage, broccoli, cauliflower, peas and soy sauce. Mix well, cover and cook for about 5 minutes, until vegetables are tender. Add the remaining ingredients, mix well and cook until heated through, about 2-3 minutes.

Hint: To make this without the coconut flavor, increase the soy sauce to 1/2 cup and omit all of the almond or rice milk and coconut extract. It will be more like a Thai "fried rice". Curry pastes are quite spicy so you may want to start out with the smaller amount and add more to taste. If you can't find fresh Thai basil, just use the fresh basil found in the produce department of your supermarket. For a very colorful variation, use cooked Thai purple rice in place of the cooked brown rice. Coconut extract in rice or almond milk makes a wonderful substitution for coconut milk in recipes.

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Creamy Dessert Puddings

This recipe was created by one of our cooking instructors at the McDougall Program, Alex Bury. These are so easy and very delicious!

Preparation Time: 10 minutes

Chilling Time: optional

Servings: variable

2 12.3 ounce boxes silken tofu

1 cup lemon juice

$\frac{3}{4}$ cup agave nectar

$\frac{1}{4}$ cup soy milk

$\frac{1}{8}$ teaspoon turmeric

dash salt

Place all ingredients into a food processor and process until creamy and smooth.

Serve at once or cover and refrigerate until serving time.

Hints: Agave nectar is sold in most natural food stores. It is a natural mild sugar syrup made from the agave plant. This is delicious served over fresh cut fruit, such as mango, kiwi or strawberries. For a unique presentation, layer the fruit in individual glass serving dishes or tall wine glasses, then pour the lemon cream over the fruit.

To make a chocolate version:

Delete the lemon juice and the turmeric and add $\frac{1}{2}$ cup of Wondercocoa powder and 1 teaspoon vanilla. Wondercocoa powder may be found in many natural food stores or at www.healthy-eating.com.