



Makes 20
Ready In: 50 minutes

INGREDIENTS:

- 2 russet potatoes, grated
- 1 large zucchini, grated
- ½ yellow onion, grated
- ½ cup oat flour
- 1 teaspoon baking powder
- ½ teaspoon freshly ground black pepper

Potato Pancakes

Here's my plant-based version of potato pancakes, a recipe that traditionally consists of shallow-fried grated potato, flour, and egg. My recipe here is free of the ingredients that damage our arteries. As a plant lover, I prefer dairy-free toppings, such as the traditional applesauce, or nontraditional choices like salsa, guacamole, or hummus.

From Plant-Based Katie

This healthy Potato Pancakes recipe and other kid-friendly ideas are also available in our convenient iPhone app and newly released Android app.

By Katie Mae

- 1 Preheat oven to 425 degrees. Cover two sheet pans with parchment paper.
- 2 Spread half of the grated vegetables on a clean kitchen towel, then roll and wring the towel to draw out the excess moisture. Transfer to a large mixing bowl. Repeat with the remaining vegetables.
- 3 In a small bowl, combine the oat flour, baking powder, and pepper. Add to the vegetable bowl, and mix well, using your hands to evenly distribute the flour and baking powder.
- 4 Scoop about ¼ cup of potato mixture, and hand-shape it into a semi-tight ball. Flatten with your palms, and place the pancake onto the prepared pan. Repeat with the remaining mix, spacing the pancakes about 2 inches apart.
- 5 Bake for 12 minutes. Flip and bake for another 12 minutes, or to your desired level of crispness. Serve at once. Top with the condiment of your choice.

Very good! Make exactly as directed.



Serves 8
Preparation Time: 15 minutes
Cook Time: 25 minutes

INGREDIENTS:

1¾ cups pumpkin puree (a little over ½ of a 15-ounce can)

1 cup unsweetened plant-based milk

½ cup 100% maple syrup

2 teaspoons pure vanilla extract

2 tablespoons cornstarch

½ teaspoon salt

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

¼ teaspoon ground nutmeg

¼ teaspoon ground allspice

½ teaspoon ground cloves

8 slices stale whole wheat bread, cut into 1-inch cubes (about 6 cups)

½ cup golden raisins

Serve with Vanilla Bean Whip

Makes 2 cups
Preparation Time: 15-20 minutes

INGREDIENTS:

One 12-ounce package extra firm silken tofu, drained

½ cup cashews, soaked overnight and drained

½ cup 100% pure maple syrup

2 tablespoons fresh lemon juice

Pinch salt

1 vanilla bean

Pumpkin Bread Pudding

This seasonal dessert mimics the flavor of a pumpkin pie and transforms it into a comforting pumpkin bread pudding topped with a vanilla whip. Let's paint you a picture here: chewy bread in a decadent, creamy pumpkin custard that sits front and center on the Thanksgiving table. Want to put it over the top? Serve with Vanilla Bean Whip.

From *Forks Over Knives — The Cookbook*

By Isa Chandra Moskowitz

- 1 Preheat the oven to 350°F. Have ready an 8 x 8-inch nonstick or silicone baking pan.
- 2 In a large bowl, whisk together the pumpkin puree, plant-based milk, maple syrup, and vanilla. Add the cornstarch, salt, cinnamon, ginger, nutmeg, allspice, and cloves and whisk well. Stir in the bread cubes and raisins, and toss to coat completely.
- 3 Transfer the mixture to the prepared pan. Bake for 25 minutes, or until the top is golden brown and firm to the touch. Serve warm.

Find this recipe and more in the [Forks Over Knives Recipe App](#).

Vanilla Bean Whip

This is a light and fluffy cream with lots of vanilla flavor, and you'll want to top everything with this whip. Cobblers, cakes, your cat—everything! If you don't have a vanilla bean handy, then use 2 teaspoons of pure vanilla extract instead. But definitely seek out some vanilla beans—you don't want to miss out on their pure vanilla flavor. This whip isn't quite as firm as traditional nondairy whipped topping, but you should definitely be able to scoop it out.

From *Forks Over Knives — The Cookbook*

By Isa Chandra Moskowitz

- 1 Combine the tofu, cashews, maple syrup, lemon juice, and salt in a blender. Puree until smooth. Scrape down the sides of the blender to incorporate all the ingredients.
- 2 Slice the vanilla bean in half lengthwise with a sharp knife and scrape the seeds into the blender. Blend the mixture until very smooth.
- 3 Transfer the mixture to a bowl and cover with plastic wrap. Chill for several hours in the refrigerator, or until firm.

Find this recipe and more in the [Forks Over Knives Recipe App](#).