

Vegan Passover Meal Ideas

INTRODUCTION

Making food on Passover without meat, fish, butter eggs, or margarine seems like a daunting task.

A few years ago, as a long time vegetarian, I made a resolution that on Passover I would try to maintain my goals of eating actual food the way I do during the rest of the year. This means a minimum of processed food, hydrogenated fat, unpronounceable additives & colors and all the insidious synonyms for sugar. It meant not buying the Passover margarine or even the Pesach vegetable oil (actually cottonseed oil, which is high in saturated fat and is the most likely to contain pesticides). In fact, the three most unhealthy oils named in [this Bon Appetit article](#) are the most common fats used in Passover food and box mixes. Those Passover box mixes might seem easy -and some are- but they are full of ingredients that I would never buy during the rest of the year! Add this to all the chocolate, candy, potato chips, and “cereal” and you have a nutritional nightmare on your hands. All this is so ironic, because on Passover we are so much more conscious of what we eat and why.

The recipes below are a start. Please add your own favorites, preferably things you have tried but your family and friends enjoy too. These recipes should be delicious, kosher for Passover (your choice about kitniyot**) and free of eggs, dairy, meat, or fish. I figure since I'm spending so much more time in the kitchen anyway, I might as well try to make food that tastes good, and that is actually good for you!

Now go to town!

-Joanna

**A note about kitniyot (legumes, sesame seeds, corn and peas): they are NOT chametz but many Ashkenazi Jews do not eat them. Quinoa is a superfood that is permissible to consume on Pesach for Ashkenazim, and all the recipes in this little doc do not use kitniyot. However, if you Ashkenazi vegan Jews have the urge to cook up some beans and rice over Pesach, no need to be a Sephardi poser – just do it, guilt free. Read this great article about kitniyot on Pesach written by a rabbinic authority - look [here](#).

2016 update - more articles on Kitniyot for Ashkenazim on Pesach, now officially sanctioned by the RA Committee on Laws and Standards (CJLS)

Link to official CJLS Teshuva [here](#), articles about it [here](#) and [here](#).

SOUPS & SALADS

Pureed veggie soups

Carrot-ginger soup (saute leeks, celery, peeled chopped carrots, a peeled chopped apple, potatoes, hunks of fresh ginger, add water, salt and pepper to taste, and simmer til veggies are soft. Puree.)

Squash soup (same as above, sub squash for the carrots, add garlic instead of ginger)

Leek-Potato soup (omit apples, carrots, ginger, and increase the amount of leeks. Can stick in some broccoli or zucchini, nobody will notice the difference and it will be deeelicious!)

Tomato-Quinoa soup – use your favorite Tomato-basil or tomato-rice soup recipe and add quinoa for hearty yumminess.

Sephardi vegetable soup: chunk or dice vegetables of your choice (I happened to have zucchini, carrots, potatoes and celery) and sauté in olive or coconut oil with diced onions and garlic. Add dried cumin, paprika/smoked paprika and black pepper. Add water to cover vegetables and a can of chopped tomatoes. Simmer until all veggies are soft and potatoes have released their starch. Salt to taste. Squeeze some lemon and add some fresh baby spinach leaves at the end for color and zing.

VEGETABLES, SIMPLE OR DRESSED UP

(I usually do a huge veggie platter for everyone during the “Karpas” part of the seder with different dips such as guacamole or cashew-y herb dip....see below for cashew cheese recipe)

Roasted: toss veggies (cauliflower, beets, asparagus, eggplant, zucchini, peppers, mushrooms, potatoes, brussel sprouts, sweet potatoes, eggplant, butternut or acorn squash) in olive oil, sprinkle with salt, and roast at 425 until caramelized and tender.

Steamed: artichokes are a favorite Passover treat. You can clear out the choke and fill with Matzah farfel sauteed with onions, garlic, fresh herbs, chopped mushrooms and/or tomatoes, then put into the oven to crisp.

Try steaming broccoli, green beans (if those are ok for Pesach in your family), or zucchini as well.

Baked oven fries using regular or sweet potatoes. Sprinkle with garlic powder, salt, and smoked paprika at the end.

APPETIZER: CHOPPED "LIVER" SPREAD

Source: No Cholesterol Passover Recipes by Debra Wasserman and Charles Stahler provided by Vegetarian Resource Group (VRG.org).

3 Tbsp. oil

1/2 lb. mushrooms, chopped

1 small onion, chopped

1 cup chopped walnuts

Pepper and salt, to taste

1 Tbsp. water

Sauté the mushrooms and onion for 8 minutes. Pour into blender or food processor, adding walnuts, seasonings, and water. Blend until smooth. Serve on matzo as a spread.

Makes 1 cup

Mushroom Pate (Chopped “Liver” Take 2)

From Sauce Magazine

Makes 2 cups

INGREDIENTS

½ cup unsalted raw cashew halves

4 Tbsp. unsalted butter

2 oz. shallots, peeled and sliced

1½ lbs. crimini mushrooms, sliced

1 tsp. kosher salt

¼ tsp. freshly ground black pepper

2 tsp. minced garlic

⅓ cup dry sherry

1 tsp. fresh lemon juice

½ tsp. white truffle oil

1 paper-thin lemon slice, for garnish

PREPARATION

- Toast the cashew halves in a dry skillet over medium-high heat, stirring constantly, for 2 to 3 minutes, until they begin to brown. Transfer the cashews to the bowl of a food processor and pulse until the nuts are coarsely chopped.
 - Melt the butter in a large, heavy skillet over medium-high heat. Add the shallots and cook 1 to 2 minutes, or until lightly brown. Add the mushrooms, salt and pepper. Cook, stirring often, until the mushrooms are soft and brown and the liquids have released and evaporated, about 5 to 7 minutes. Add the garlic and stir 30 seconds. Add the sherry and cook 1 minute longer, or until the liquid has evaporated. Remove the mixture from heat and allow it to cool to room temperature.
 - Add the mushrooms, lemon juice and truffle oil to the cashews in the food processor bowl. Run the food processor until the mixture is creamy, stopping to scrape the sides as necessary. Taste and adjust seasonings.
 - Cut a piece of plastic wrap large enough to line the bottom and sides of a two-cup ramekin or pâté mold and with at least 4 extra inches of plastic wrap hanging over the sides. Center the lemon slice in the bottom of the lined ramekin or mold. Spoon the pâté mixture into the dish, being careful not to disturb the lemon garnish. Fold the extra wrap over the top, pressing down to remove any air pockets. Refrigerate pâté overnight.
 - Serve chilled (with matzah). Pâté will keep, wrapped and refrigerated, up to three days.
- See more at: <http://www.saucemagazine.com/recipe/1183#sthash.oV5e1fJ.dpuf>

Spring Quinoa Salad with Parsley-Walnut Pesto (Eli Marguiles)

Yield: 4 to 6 servings

For the pesto:

2 cups parsley, washed, with large stems removed

1 clove garlic

1/2 cup walnuts

1 teaspoon salt
1/4 cup olive oil
1 teaspoon fresh lemon juice

For the salad:

1 cup quinoa, rinsed
2 cups water or stock
1/2 teaspoon salt
1 small red onion, diced (approximately 1/2 cup)
2 to 3 ribs celery, diced (approximately 1/2 cup)
1/2 cup dried cranberries, preferably no-sugar-added
1/2 cup parsley leaves, chopped
2 teaspoons olive oil
2 teaspoons fresh lemon juice

Salt

Freshly ground black pepper

1. Make the pesto. Place 2 cups parsley, garlic, walnuts and 1 teaspoon salt in a food processor; process until smooth. Scrape down the sides. With the motor on, drizzle in 1/4 cup olive oil through the feed tube. Add 1 teaspoon lemon juice. If desired, add more salt. Set aside or scrape into a bowl, cover tightly with plastic wrap and refrigerate up to 1 week.
2. Make the salad. Combine rinsed quinoa, water and 1/2 teaspoon salt in a medium saucepan. Bring the water to a boil, reduce the heat to low, cover and cook for 12 minutes or until the grains of quinoa are translucent (the germ will be opaque). If there is any extra water, drain. Let cool.
3. In a large bowl, combine cooled quinoa and 1/2 cup pesto, setting aside any extra pesto for another use. Add onion, celery, cranberries, chopped parsley, 2 teaspoons olive oil and 2 teaspoons lemon juice. Add more pesto if desired, and salt and pepper to taste. Mix well. Serve at room temperature.

Matzah Pizza

I make a big vat of homemade marinara for the week of Pesach and use it for matzah pizzas and matzah lasagna all week.

Artichoke hearts, sliced israeli olives, garlic, red peppers, fresh basil, mushrooms, onions are all good, and even some cashew cheese for decadence.

Basic Raw Cashew Cheese

- 2 cups raw cashews soaked in filtered water for 2 - 4 hours (soaking is optional)
 - 1/4 cup - 1/2 cup filtered water as needed for desired consistency
 - 1/4 cup freshly squeezed lemon juice
 - 1 tsp sea salt
 - 1 tsp granulated garlic (optional)
 - 1 Tbsp freshly chopped flat leaf parsley (optional)
1. Place the cashews, 1/2 of the water, 1/2 of the lemon juice, and sea salt in the food processor and pulse until roughly blended.

2. Gradually add in more lemon juice and salt to taste.

The more water you add, the creamier and thinner the cheese will become...more like a dip. Add less water for a thicker, more rustic cheese.

*** I found kosher for passover sundried tomatoes one year (the dry kind, not in oil). I soaked a few in water to soften them and added some chopped basil, garlic powder, onion powder and voila! sundried tomato & basil dip. You really can add anything to this basic recipe and it will turn out yummy.

SIDE DISHES THAT STAND UP TO MEATY MAIN DISHES

Quinoa

Caramelize some thinly chopped onions and put some pine nuts in the oven to toast. Chop some fresh parsley and mint, and garnish the top of hot quinoa.

Butternut Squash “Lasagna” w/ kale pesto & cashew cheese - from Tori Avey - more Pesach Vegan recipes from her [here](#).

Squash (noodle replacement!)

- 1 medium-large butternut squash
- 2 tsp olive oil

Kale Pesto:

- 4 cups kale, ripped (no stems)
- 1-2 cloves garlic
- 2 tsp nutritional yeast
- 1/3 cup+ olive oil
- dash of salt
- dash of pepper

Cashew Cheese:

- 2 cups cashews (soaked in water for at least 2 hours & drained)
- 1/2 cup water
- 1/2 tsp garlic powder
- 1 tsp salt
- Juice of 1 lemon
- 1 tsp nutritional yeast (Part of the original recipe, I don't use 'nooch' on Pesach)

DIRECTIONS:

1. Make the cashew cheese first, submerge 2 cups of cashews in water and let sit for at least 2 hours to soften up. Drain cashews and add all cheese ingredients to a blender, mix until smooth and set aside.
2. Make the pesto next, mix all ingredients in a food processor, add more olive oil as necessary (I add maybe 1-2 tsp more). Set aside.
3. Pre-heat the oven to 450f degrees and line a baking sheet with parchment paper. Peel a butternut squash, and cut the bulb off and set aside. Half the top part and then cut into (approx. 1/4 inch thick) half-moon shaped slices. You should have enough for about 3 layers of the lasagna using an 8 inch dish.
4. Toss the butternut squash slices with 2 tsp olive oil and season with salt and pepper, arrange slices in a single layer on the baking sheet and roast for 20 minutes until tender.
5. Let squash cool for 10 minutes until you can handle the slices, reduce the heat to 350f degrees.
6. Lightly grease a glass dish or casserole dish and start by arranging the squash slices slightly overlapping. Next, add dollops of pesto all around, then the same for the cashew cheese. Add your 2nd layer and continue until you're done, you may have a little pesto or cheese leftover depending on how much you use.
7. Bake lasagna for approx. 25-30 minutes and serve!

Sweet Potato Quinoa Cakes

Makes 10 cakes (5 servings)

Ingredients

- 2 medium baked sweet potatoes (skins discarded)

- 2 cups cooked quinoa
- 2 scallions, chopped
- 2 garlic cloves, minced
- 1/2 tsp. sea salt
- 1/2 tsp. crushed red pepper
- 1 tsp. cumin
- 1/4 cup olive oil

Directions

Preheat oven to 350 degrees Fahrenheit. Prepare a baking sheet by lining with parchment paper, then set aside.

Place prepared sweet potatoes in a large bowl and use a fork to mash potatoes against sides of bowl until only small chunks of potato appear. Stir in quinoa, scallions, garlic, salt, red pepper and cumin, stirring to thoroughly combine ingredients.

Using wet hands, begin shaping quinoa mixture into palm-sized patties, placing on prepared baking sheet. Repeat until mixture is gone.

Pour olive oil into a small bowl and use a silicone brush to lightly coat the top of each patty with oil. Bake for 10-15 minutes, until golden brown.

WINTER SQUASH WITH APRICOT STUFFING

Ingredients:

- Vegetable oil spray
- 2 cups uncooked matzah farfel or 4 whole matzah, crumbled
- 1 cup chopped red onion
- 1/2 cup chopped celery (complete with leaves if possible)
- 1 garlic clove -- minced
- 1 1/2 cups vegetable stock
- 1/2 cup chopped dried apricots
- 1/4 cup chopped cashews (optional)
- 2 Tablespoons chopped fresh parsley
- 2 teaspoons ground black pepper
- 3 acorn squash (butternut, cut in half and deseeded, or small winter squash)

The house will smell wonderful while you are baking this dish. Use a selection of winter squashes to create variations.

Preheat oven to 375 degrees.

In a large pot, such as a Dutch oven, spray oil and allow to heat. Add farfel, onion, celery, and garlic and saute for 6 minutes, or until very soft. Add stock, apricots, and cashews (optional) and simmer for 12 minutes, or until mixture is thickened. Stir in parsley and pepper.

Place squash, cut side down on a baking sheet or shallow casserole. Add water to cover 1 inch of the squash. Spray squash skin lightly with vegetable oil. Bake for 20 minutes, until halfway cooked (still fairly tough). (This can be done in a microwave also, cooking on HIGH for 10-12 minutes.)

Remove squash from oven, turn upright and allow to cool for 5 minutes. Fill each squash half with stuffing. Bake for 50 minutes, or until squash is soft (easily pierced with a knife).

Serve an entire half for an entree portion or one quarter for an appetizer portion.

Submitted by Nancy Berkoff, R.D.

SWEET POTATO KUGEL

(From No Cholesterol Passover Recipes, by Debra Wasserman)

Serves 12.

Ingredients:

- 6 small sweet potatoes, peeled and grated
- 3 apples, peeled and grated
- 1 cup raisins
- 1 cup matzo meal
- 2 tsp cinnamon
- 1 cup fruit juice or water

Preheat oven to 375 degrees. Mix ingredients together. Press into large baking dish. Bake 45 minutes at 375 degrees until crisp on top. Serves 12.

Calories per serving: 156

Fat: less than 1 gram

Protein: 2 grams

Carbohydrates: 38 grams

PASSOVER BROCCOLI KNISHES

(From the Wisconsin Jewish Chronicle)

Servings: 6

- 1 cup mashed potatoes
- 1/3 cup matzo meal
- 2 TB potato starch
- 1/2 small onion, finely chopped
- 2 egg whites *note
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1 cup steamed broccoli, finely chopped
- A few drops of oil (optional)

*note - Or use 1/4 cup Passover egg substitute

Preheat oven to 375 degrees F.

In bowl, combine all ingredients except broccoli and oil. Stir well, then knead until thoroughly combined and the texture of dough. Divide into 6 portions. Flatten each portion into a 4" round, pressing down with waxed paper to flatten. Put 1/6 of the broccoli mixture into each circle, fold over and press edges to seal.

Spray a cooking sheet with oil, or use a teflon sheet. Arrange knishes on a single layer and place on bottom rack of oven. Bake 15 minutes on each side. Serve hot.

Submitted by Gail Ashkanazi-Hankin

AUNT CHARLOTTE'S CARROT TZIMMES

For the carrots:

1 lb. baby carrots or chopped or sliced large carrots

1/4 cup sugar

For the pudding:

1/2 cup matzo cake meal

1/8 tsp. pepper

1 tsp. paprika

1/4 tsp. salt, heaping

1 tsp. sugar

1 small onion, grated

1/4 cup oil

1/2 cup water

Put the carrots in a small, oven-safe dutch oven or casserole dish. Sprinkle 1/4 cup sugar over the carrots, cover, and set aside for 3-4 hours on the counter or in the fridge overnight. Heat the covered dish on the stovetop over low heat for 15 minutes, until the carrots are slightly soft and there is some liquid in the bottom of the dish. While the carrots are cooking, mix the dry ingredients for the pudding in a separate bowl. Add the onion, oil, and water and mix well. Spread the pudding on top of the carrots, cover, and cook on the stovetop over medium-low heat, until the pudding sets. Bake, covered, at 350°F, until the pudding becomes brown around the edges, approximately 45 minutes to 1 hour.

Makes 5 servings

APPLE AND DATE MOUSSE

1 1/2 lbs. apples, cored and diced

1-1 1/2 Tbsp. lemon juice

1 tsp. lemon zest

3 Tbsp. maple syrup

1/2 lb. fresh dates, pitted

1 tsp. sesame seeds

Lemon balm, mint, or lemon geranium leaves, to garnish

Cook the apples with the lemon juice, zest, and maple syrup until the fruit is soft. Add a little water if the mixture becomes dry. Let cool. In a blender, blend the dates and apples together until they are light and fluffy. Stir in the sesame seeds. Spoon the mousse into 4 dessert glasses and chill.

Garnish with fresh lemon balm, mint, or lemon geranium leaves.

Makes 4 servings

EGGPLANT CASSEROLE

Source: No Cholesterol Passover Recipes by Debra Wasserman and Charles Stahler provided by Vegetarian Resource Group (VRG.org).

1 large onion, chopped

3 Tbsp. oil (or a mixture of oil and water to reduce fat)

1 medium eggplant, peeled and cubed

1/4 cup diced green pepper

11 oz. tomato-mushroom sauce

1 tsp. salt

1/2 tsp. pepper

2 large tomatoes, diced

1 1/2 cups matzo farfel

Sauté the onions in oil until tender. Combine onions, eggplant, green pepper, tomato-mushroom sauce, and seasoning. Cook, covered, for 15 minutes or until eggplant is tender. Stir in tomatoes. In a 2-quart baking dish, arrange in alternate layers the vegetables and matzo farfel. Begin and end with the vegetables. Bake at 350°F (uncovered) for 25 minutes.

Makes 6-8 servings

Matzah Stuffed Peppers

4 medium to large bell peppers

1 cup mushrooms, cut into slices

1 medium onion, chopped into small pieces

1 cup celery, chopped into small pieces

½ cup carrots, peeled and chopped into small pieces

2 tbs fresh parsley, chopped

2 tsp fresh thyme, chopped

6 pieces of your favorite matzo , broken into 1 inch pieces

3 ⅔ cups of vegetable broth

1. in medium pot saute onions in olive oil

2. when onions start to turn clear add carrots and celery

3. after 10-15 minutes add mushrooms

4. add matzo turn heat down to medium-low

5. add broth let simmer for 10-15

6. add thyme and parsley

7. preheat oven at 350

8. cut off tops of peppers as close to the top as possible while keeping a cap intact, remove seeds

8. fill peppers with stuffing, put top back on and wrap in foil

10. place on baking sheet and roast for 10-15 minutes until the peppers are soft.

if any stuffing is left over you can wrap in foil and roast it along side with peppers

BAKED STUFFED ZUCCHINI

2 zucchinis, cut in half lengthwise

1 small onion, finely chopped

4 Tbsp. tomato sauce

1/2 tsp. parsley

1 clove garlic, chopped

2 Tbsp. matzo meal

Scoop out the pulp of the zucchini halves. Heat the pulp, onion, tomato sauce, parsley, and garlic in a pan for 5 minutes. Add the matzo meal to the mixture and mix well. Restuff the zucchini with the mixture. Place in a baking dish with a little water on the bottom. Bake at 450°F for 30 minutes until the zucchini shells are soft.

SPINACH, LEEK, AND POTATO MATZO GRATIN

By [Nava Atlas](#) · On Mar 11, 2011

This closely resembles the layered matzo casseroles, called minas, which are commonly served at Sephardic Seders.

Serves: 8 to 10

- 8 medium potatoes
- 1 cup raw cashews
- 1 medium ripe avocado, pitted, peeled, and cut into large chunks
- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 2 large or 3 medium leeks, white and palest green parts only, chopped and well rinsed
- 10 to 12 ounces baby spinach, rinsed
- 2 tablespoons minced fresh dill, or 1 teaspoon dried
- 1/4 cup matzo meal or quinoa flakes
- Salt and freshly ground pepper to taste
- 6 matzos
- 1/3 cup pine nuts for topping, optional

Cook, bake, or microwave the potatoes in their skins until just tender. When cool enough to handle, peel and cut into 1/4-inch-thick slices.

Cover the cashews with 1 cup of boiling water in a heatproof bowl and let stand for at least 15 minutes. Drain the cashews, then combine with the avocado and lemon juice in a food processor. Process until smoothly pureed; drizzle enough water through the feed tube while the processor is running to give the mixture a thick, creamy texture.

Preheat the oven to 350° F.

Heat the oil in a large skillet. Add the leeks and sauté over medium-low heat until golden. Add the spinach in batches, covering and cooking until wilted to make room for all of it. Stir in the cashew cream, dill, and matzo meal. Season with salt and pepper.

Break each matzo in half, and place in a shallow container. Cover with room-temperature water in a shallow container until slightly pliable (don't let them get mushy!), about 2 minutes; drain. Lightly oil a 9- by 13-inch casserole dish.

Layer the casserole as follows: line the bottom with a layer of matzos, using two matzos per layer. Follow with a layer of potato slices, half of the spinach mixture, half of the optional cheese, and another layer of matzos. Repeat, ending with a layer of matzo.

Bake for 30 to 40 minutes, or until top is golden with spots of brown. Let stand for 10 minutes, then cut into squares to serve.

BREAKFAST FOODS

Pretty good vegan matzah brei

Serves one hungry person or 2 "enh...I could eat" people

One ripe banana

1/2 c. Almond milk

1 tsp potato starch

1 tsp baking soda

3 T water

Sprinkle of cinnamon

1/2 tsp vanilla

3 matzah boards, whole wheat or a combination

Cooking spray

Preheat a medium nonstick pan on medium-high while you combine the matzah brei. Mash the banana in a bowl until very smooth. Add almond milk and stir. Dissolve the potato starch and baking soda in the water and mix in. Sprinkle cinnamon and add vanilla.

Run the matzoh under warm water to soften and break into pieces in the bowl with the banana mixture. Use a fork to combine and moisten the matzah completely in the banana mixture.

Cover the hot pan with cooking spray and spread the matzah brei mixture around the pan. LET IT GO for a while before noodging it. You want the caramelization to happen first. You are going for that happy medium of crispy and gooey so let it go as long as you want (it usually takes about 7 minutes total on my stovetop). Enjoy with a dollop of pesadiche maple-ish syrup and/or fresh blueberries.

Cashew-Almond Yogurt

Makes one jug – about six servings

- 1/2 cup almonds

- 1/2 cup cashews

- 2-3 cups water

- 1 cup medjool dates

- 1 teaspoon of cinnamon (optional)

Place the nuts into a bowl and cover them with water. Then leave them to soak for about four hours, at which point drain the water and place them into a food processor.

Blend the drained nuts with the dates, cinnamon and 2 cups of fresh water for about 10-15 minutes, this will depend on the strength of your processor but you need to blend until a totally smooth, slightly runny yogurt forms. If for some reason it's not turning totally smooth then try putting the whole thing into a smoothie blender and blending it with a little extra water.

Once it's ready pour it into your bowl, top it with deliciousness and enjoy! Then put the rest of the yogurt into an airtight container and store it in the fridge.

QUINOA makes a filling and yummy breakfast if you're not sick of it from dinner the night before :-)

You can COOK QUINOA in almond milk, add dried fruit, cinnamon and nutmeg and have a hot Pesach breakfast. Also, you can TOAST QUINOA with cinnamon and maple syrup on parchment paper for a crunchy breakfast cereal or snack.

INDULGENCES

Raw Carrot Cake (Rebecca and Irad Carmi)

Ingredients:

For the Crust:

- 2 cups finely ground raw almonds
- ½ t. salt
- ½ cup finely chopped Medjool dates
- 1/3 cup maple syrup
- ½ cup raw sunflower seeds

For the Filling:

- 1 lb. carrots, finely chopped
- 1 16-ounce bag frozen pineapple, thawed
- 1/3 cup finely ground raw cashews

For the Frosting:

- 1 1/3 cups finely ground raw macadamia nuts
- 2 cups finely chopped Medjool dates
- 1/4 cup maple syrup
- ¼ cup fresh lemon juice

Preparation:

1. Line the bottom of a 9" spring-form pan with parchment paper.
2. Make the crust. In a food processor, blend the almonds, salt, dates, and maple syrup until creamy. Mix in the sunflower seeds and press into the prepared pan. Place the pan in the freezer for at least 30 minutes before adding the filling.
3. Make the filling. In a food processor, blend the carrots, pineapple and cashews until just combined. Spread the mixture on top of the crust layer and place in the refrigerator for 15 minutes.
4. Make the frosting. In a blender or food processor, blend the ground macadamia nuts, dates, lemon juice and maple syrup until creamy. Spread over the filling and chill in the refrigerator for 30 minutes before serving. Serve cold.

Tips: Make sure the almonds, macadamia nuts and cashews are finely ground first, before other ingredients are added. The crust and frosting are quite sticky, and take some patience to spread.

Deeeelicious Fruit Tart

INGREDIENTS FOR CRUST:

1 cup dates
1/3 cup walnuts
1/3 cup cashews
1/3 cup almonds
1 tsp. vanilla extract

INGREDIENTS FOR FILLING:

2 to 3 bananas, sliced lengthwise
4 ounces strawberries, blended into puree
4 ounces strawberries, sliced
4 ounces raspberries
1 can mandarin oranges, drained

INSTRUCTIONS:

Blend crust ingredients together in a food processor to achieve a sticky consistency.
Press blended crust ingredients into a pie pan.
Lay the bananas on top of the crust and press along the sides.
Place strawberry slices on top of the bananas.
Pour strawberry puree over the strawberries and bananas, and press into the gaps.
Place berries and mandarin oranges on top of the pie.
Cover and refrigerate for one hour or longer before serving.

Chocolate Truffle Pie

A vegan, kosher for Passover dessert that is beyond delicious

By Mayim Bialik

This chocolate truffle pie is ridiculously rich and decadent. If you didn't know better, you'd be hard pressed to tell that this dessert is both kosher for Passover and vegan. Talk about a perfect ending to the Passover seder (or any meal, really).

Ingredients

1/4 cup almond meal--or just finely grind almonds in a processor to 1/4 cup worth!
1/4 cup matzo cake meal
1/4 teaspoon salt
1 lb plus 1 oz bittersweet chocolate, chopped (do NOT exceed 61% cacao which I know you all want to!?)
6 tablespoon plus 1 tablespoon (separate) unsalted pareve margarine
3 large vegan "eggs" where 1 egg = 2 tbsp water + 1 tbsp oil + 2 tsp baking powder (best cheap egg replacer for Pesach ever!)
3/4 cup sugar
1 tablespoon vanilla extract

1 tablespoon finely grated orange peel

Sliced almonds, lightly toasted

Directions

Preheat oven to 350F. Coat 9" glass pie dish with margarine. Whisk almond meal, matzo cake meal, and salt together in a bowl.

Combine 1 lb chocolate and 6 tablespoons margarine in microwave-safe bowl. Microwave in 20-30 sec intervals until smooth, stirring often. Set aside to cool.

Beat "eggs" with sugar and vanilla about 2 min. Beat in orange peel, then chocolate mixture. At low speed, beat in dry ingredients. Transfer to pie dish, place on rimmed baking sheet because it will drip a bit!

Place sheet with pie in oven and bake until cracked on top and tester comes out with most crumbs attached, 45-50 min. Cool to room temp; center will fall, this is NORMAL! Don't freak out.

Combine 1 ounce chopped chocolate and 1 tablespoon margarine in microwave safe bowl in 15 second increments until glaze is smooth, stirring often. Drizzle over pie! Sprinkle with almonds.

CAN BE MADE 1 DAY AHEAD, CHILL UNTIL COLD, TENT WITH FOIL AND CHILL!

I highly recommend to eat this with strawberries tossed with a little sugar (2 Tablespoons per 1 1/4 lbs hulled strawberries works nice). Add 1 teaspoons of orange zest if you're feeling frisky. And you will be after tasting this!!!

Chocolate Date-Nut Truffles

Yield: About 20 truffles

2 cups pitted dates

1 cup almonds or pistachios

1 cup unsweetened shredded coconut

1 teaspoon ground cinnamon, plus more for dusting

1/4 cup cocoa powder

Salt

1/2 bar good pareve Passover chocolate, broken into chunks (NOT chocolate chips)

1. Cover dates with water in a bowl and let sit for 5 minutes to soften. (Otherwise they will be too stiff to puree in the food processor.)

2. Drain dates and add to the bowl of a food processor. Add almonds and coconut, then chocolate. Process until incorporated.

3. Add cinnamon and a pinch of salt. Pulse again to combine.

4. Shape the date mixture into 1-inch balls, using your hands or a small cookie scoop. Set on a tray and dust all of the truffles with cocoa powder.

5. Refrigerate for at least 1 hour to firm truffles. Truffles can be covered and refrigerated up to 1 week.

ALMOND DATE TRUFFLES take two

- 20 Medjool dates, seeded and halved
- 1/3 cup raw almond butter
- 1/3 cup unsweetened shredded coconut
- 1/3 cup plus 1 Tbsp. natural cocoa powder

- 1/2 tsp. sea salt
- 1 tsp. cinnamon
- 1/3 cup toasted almonds, well chopped

Put the dates and vanilla in a food processor and run until a chunky paste forms. Add the almond butter and pulse a few more times. Add the coconut, cocoa powder, salt and cinnamon and pulse a few more times. The mixture should be a tad crumbly, but press between your fingers and stick together. If it seems too wet to hold in a ball, add more coconut, if too dry, add a touch more almond butter or a splash of water. Roll a heaping Tbsp. of the mixture between your palms to form a ball. Repeat with remaining mixture. Put your chopped almonds on a plate and roll each truffle in the almonds (apply a bit of pressure to get them to adhere). Place the plate in the fridge to chill for at least an hour. Makes 18. Truffles will keep covered in the fridge for a couple weeks.

Avocado Pudding

2 ripe avocados

2 Tbs coconut oil (spectrum unrefined virgin coconut oil with OU is kosher for passover)

1/3 cup maple syrup

2/3 cup cocoa powder (or carob if you like)

1 tsp vanilla extract

1/2 to 1 cup almond milk (if keeping strict kosher you may have to make your own)

<http://oukosher.org/passover/guidelines/food-items/almond-milk/>

1. in a blender or food processor add: oil, syrup, vanilla, 1/2 c almond milk, cocoa powder, avocados.
2. blend for 2-5 min until smooth
3. add more milk until it is a consistency you like
4. put into bowl and chill before serving

optional: add chopped nuts and / or fresh berries Yum!