

The
Thanksgiving
Cookbook

The
Ultimate
Holiday
Feast!

VegNews

Making Memories.

Margherita Flatbread

Friends, family and good food.

Follow Your Heart® dairy-free cheeses make it easy for you to spend more time with the ones who matter. Whenever you need a creamy, savory vegan cheese, follow your heart to our unbeatable plant-based choices.

Get this recipe & more online at: FollowYourHeart.com

Dairy Free ♥ Non-GMO ♥ Casein Free ♥ Great Taste



Appetizers, p.4



Carrot Bacon-Wrapped Dates

Entrées, p.6



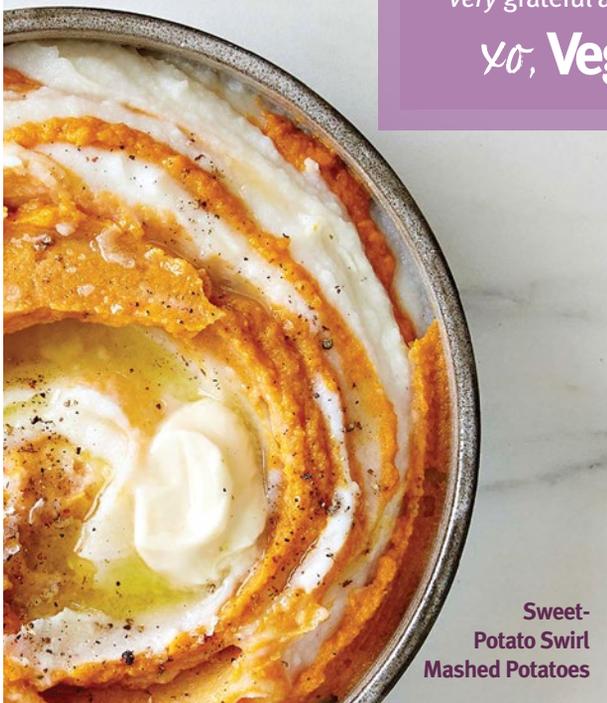
Rustic Turkey & Green Bean Tart

welcome!

From bacon-wrapped dates to turkey Wellington to pumpkin ice cream pie, our first-ever Thanksgiving cookbook is guaranteed to leave you feeling very grateful and very stuffed.

xo, **VegNews**

Sides, p.10



Sweet-Potato Swirl Mashed Potatoes

Desserts, p.13



Pumpkin Ice Cream Slab Pie

the appetizers



Cranberry Chutney Cheese Ball

BY HEATHER BELL & JENNY ENGEL

Serves 6

For the cheese ball:

- 1¹/₄ cups cashews
- 2 tablespoons refined coconut oil, melted
- 2 teaspoons sherry
- ¹/₄ cup vegan cream cheese
- 2 teaspoons light miso paste
- 1 teaspoon vegan Worcestershire sauce
- ¹/₄ plus ¹/₈ teaspoon black pepper, divided
- ¹/₄ teaspoon garlic powder
- ¹/₂ teaspoon salt
- ¹/₂ cup roughly chopped pecans

For the cranberry chutney:

- 2 teaspoons safflower oil
- ¹/₃ cup finely chopped white onion
- 1 garlic clove, finely chopped
- ¹/₄ cups fresh or frozen cranberries
- ¹/₃ cup diced Medjool dates
- ¹/₃ cup brown rice syrup
- 1 tablespoon apple cider vinegar
- ¹/₂ teaspoon salt
- ¹/₄ teaspoon black pepper
- 1 tablespoon grated ginger

Crackers, carrots, celery sticks, sliced peppers, or other raw vegetables, for serving

1. For the cheese ball, into a high-speed blender or food processor, add cashews, oil, sherry, cream cheese, miso paste, Worcestershire, ¹/₄ teaspoon pepper, garlic powder, and salt. Blend for 2 minutes or until smooth, scraping down sides frequently. Set aside.
2. For the chutney, into a 4-quart saucepan over medium-low heat, add oil, onions, and garlic. Sauté for 2 minutes. Add cranberries, dates, brown rice syrup, apple cider vinegar, salt, pepper, and ginger. Cover and simmer for 8 minutes or until sauce thickens, stirring occasionally. Remove lid and cook for 4 more minutes to thicken. Set aside to cool for 20 minutes or until slightly firm.
3. In a shallow bowl, add pecans and

toss with remaining $\frac{1}{8}$ teaspoon black pepper. Add half of cheese mixture, make an indentation with spoon, and fill with $\frac{1}{2}$ cup chutney. Cover chutney with remaining cheese mixture, then completely enclose chutney with cheese. Place any remaining pecans on outside of cheese. Wrap in plastic wrap, form into a ball, and place in refrigerator for 2 hours to overnight or until firm. To serve, unwrap and pair with crackers or crudités.

Get Sauced

For a unique twist on cranberry sauce, double the cranberry chutney recipe and serve as a side dish.

Carrot Bacon-Wrapped Dates

BY HEATHER BELL & JENNY ENGEL

Makes 18

- 3 large purple carrots
- $\frac{1}{4}$ cup plus 2 teaspoons safflower oil, divided
- 2 teaspoons maple syrup
- 2 teaspoons sherry vinegar
- $\frac{1}{2}$ teaspoon liquid smoke
- 2 teaspoons vegan Worcestershire sauce
- $\frac{3}{4}$ teaspoon smoked sea salt, divided
- 18 pitted Medjool dates

1. Using a vegetable peeler, peel carrots into long strips, beginning at top of carrot and peeling down to tip. Repeat for all carrots. In a large bowl, place strips, 2 teaspoons oil, maple syrup, sherry vinegar, liquid smoke, Worcestershire, and $\frac{1}{4}$ teaspoon smoked sea salt. Toss to coat, and marinate for 30 minutes.
2. Around each date, roll 1 carrot strip, and place on a plate. Set aside.
3. In a sauté pan over medium heat, heat remaining $\frac{1}{4}$ cup oil. Once hot, place wrapped dates in oil and cook until golden and crisp, about 2 minutes per side, rotating occasionally. Place on cooling rack and sprinkle with remaining $\frac{1}{2}$ teaspoon salt. Serve warm.

Smoky Sweet Potato Bisque with Caramel Chili Apple Topping

BY CHAD & DEREK SARNO

Serves 6

For the bisque:

- 2 tablespoons olive oil
- 2 cups diced onion
- 2 cups diced celery
- 6 garlic cloves, chopped
- 1 tablespoon chopped ginger
- 4 cups cubed, roasted sweet potatoes
- 1 tablespoon whole raw cashews, soaked overnight and drained
- 4 cups miso broth
- 1 tablespoon fresh thyme leaves
- 1 tablespoon sesame oil
- 1 teaspoon coarse salt
- 1 teaspoon black pepper
- 1 teaspoon smoked paprika
- 2 cups unsweetened soy milk
- 2 bay leaves

For the caramel chili apple topping:

- 1 tablespoon vegan butter
- 1 cup diced green apple
- 1 tablespoon brown sugar
- $\frac{1}{2}$ cup toasted and roughly chopped almonds
- 1 teaspoon chili flakes
- $\frac{1}{2}$ teaspoon coarse salt
- Fresh mint leaves, chili oil, or sesame oil, for garnish

1. Preheat oven to 375 degrees. For the bisque, into a large soup pot over medium-high heat, add oil, onions, celery, garlic, and ginger, and cook for 4 minutes. Add sweet potatoes, cashews, miso broth, thyme, sesame oil, salt, pepper, and paprika and continue to cook over medium heat. Bring to a slow simmering boil for 10 minutes, remove from heat, and allow mixture to cool.
2. Into a high-speed blender, transfer cooled soup, add soy milk, and blend until smooth. Pour soup back into pot, add bay leaves, and keep warm until serving.
3. For the caramel chili apple topping, in a sauté pan over medium-high heat, add butter, apples, and sugar. Sauté

until sugar is dissolved, being careful not to burn. Add almonds, chili flakes, and salt and sauté for another minute to coat entire mixture. Remove from heat to cool. Once cooled, add 1 to 2 tablespoons of caramel chili apple topping to each bowl of soup. Garnish with mint leaves, chili oil, or sesame oil, and serve warm.

Arugula Salad with Apples, Cranberries & Smoked Almonds

BY JULIE HASSON

Serves 4

- 8 cups arugula
- 1 large apple, peeled, cored, quartered, and thinly sliced
- $\frac{1}{3}$ cup dried cranberries
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- $\frac{1}{4}$ teaspoon agave
- $\frac{1}{4}$ teaspoon lemon zest
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 tablespoon finely minced shallots
- $\frac{1}{2}$ cup chopped smoked almonds

1. In a large bowl, combine arugula, apples, and cranberries. In a small mixing bowl, combine lemon juice, olive oil, agave, lemon zest, salt, pepper, and shallots, and whisk well.
2. Sprinkle almonds over salad, drizzle with dressing, toss to combine, and serve immediately.



Salad Swaps

- + Use chopped, toasted hazelnuts in place of the smoked almonds
- + Add sliced persimmon in addition to the apple
- + Swap dried cherries for the cranberries

the entrées



Rustic Turkey & Green Bean Tart

Rustic Turkey & Green Bean Tart

BY BRIAN PATTON

Serves 8

For the crust:

- 1½ cups all-purpose flour
- ½ cup vegan butter, cubed and chilled
- 7 tablespoons chilled, dry white wine

For the filling:

- 2 tablespoons vegan butter, divided
- 2 cups sliced leeks
- 1 tablespoon fresh rosemary
- ½ teaspoon salt, divided
- ½ cup raw cashews
- 1¼ cups chicken-style stock
- 1½ cups green beans, stems trimmed
- ¼ teaspoon white pepper
- 2 cups Turkey-Style Seitan, chopped into bite-sized cubes (see p.8)
- 2 tablespoons chopped Italian parsley
- 2 tablespoons unsweetened soy milk
- ¼ cup dried cranberries
- ⅓ cup roughly chopped, roasted almonds
- ½ teaspoon lemon zest

1. For the crust, in a food processor, add flour and butter. Pulse until a crumbly consistency is reached. Add wine, 1 tablespoon at a time while continuing to pulse, until a sticky ball forms.

2. Onto a floured surface, place dough and form into a 5-inch disc. Wrap in plastic and refrigerate for at least 30 minutes.

3. For the filling, into a small pot over medium heat, melt 1 tablespoon butter. Add leeks, rosemary, and ¼ teaspoon salt. Cook for 5 minutes or until leeks are tender. Add cashews and stock, cover, and simmer for 10 minutes.

4. In a wide skillet over high heat, melt remaining 1 tablespoon butter. Add green beans and remaining ¼ teaspoon salt, and sauté for 4 minutes or until browned and tender. Transfer to a bowl to cool.

5. Into a high-speed blender, transfer cashew-leek mixture, add white pepper, and purée until smooth to make a cashew cream.

6. Preheat oven to 425 degrees. Into a mixing bowl, add cashew cream, cubed seitan, and parsley, and mix to combine.

7. Remove dough from refrigerator, unwrap, and place on a floured surface. Roll out to a 12-inch circle, and line a large baking sheet with parchment paper. Roll dough onto rolling pin and transfer to baking sheet. Spread seitan mixture in an even circle on crust, leaving a 1-inch margin around edges.

8. Spread green beans on top of mixture in an even layer, and gently press. Fold edges of outer crust over edge of filling, pleating as you go around. Brush edges with soy milk, and place tart in oven for 30 minutes, until golden.

9. Let rest 15 minutes, then garnish with cranberries, almonds, and lemon zest. Cut into 8 slices, and serve immediately.

Time Saver

The seitan, dough, and cashew cream can all be made in advance and stored in airtight containers. Simply sauté the green beans and assemble just before baking.

Cauliflower & Potato Herb Pie

BY CHAD & DEREK SARNO

Serves 4

For the gravy:

- 3 cups large cauliflower florets
- ¼ cup garlic cloves
- 3 cups quartered Brussels sprouts
- ¼ cup vegetable oil
- ¼ cup whole raw cashews, soaked overnight and drained
- 1½ teaspoons black pepper
- 1½ teaspoons granulated onion
- 1 teaspoon salt
- 1 cup unsweetened soy milk
- ¼ cup sherry
- 1 teaspoon smoked paprika

For the filling:

- 3 cups water
- 2 cups diced Russet potatoes, peeled

1

HOW DO YOU
Follow Your Heart?

CHOOSE
FOOD YOU CAN
BE PROUD OF



We believe that quality food should taste great and we're committed to using the best ingredients we can find. Our ingredients are ethically-sourced, non-GMO, and certified organic when possible. Follow Your Heart's® plant-based products bring delicious, environmentally-conscious options to your plate.



- 2 tablespoons vegetable oil
- 1 cup roughly chopped white onion
- 2 cups chopped celery
- 1 cup quartered cremini mushrooms
- 1/2 cup julienned shiitake mushrooms
- 1 tablespoon plus 2 teaspoons chopped fresh rosemary, divided
- 1 tablespoon plus 2 teaspoons chopped fresh thyme, divided
- 1 tablespoon plus 2 teaspoons minced fresh sage, divided
- 2 fresh bay leaves
- 1 teaspoon coarse salt
- 1 1/2 teaspoons black pepper

For the breadcrumb topping:

- 1 cup toasted panko breadcrumbs
 - 2 tablespoons melted vegan butter
 - 1/4 cup chopped fresh flat leaf parsley
 - 1 teaspoon smoked paprika
 - 1 teaspoon coarse salt
1. Preheat oven to 375 degrees. Toss cauliflower, garlic, and Brussels sprouts with oil, place on a baking sheet, and roast for 25 minutes.
 2. Into a high-speed blender, add cauliflower, garlic, cashews, pepper, granulated onion, and salt, and blend on low. Add soy milk, sherry, and paprika, and blend on high for 2 to 3 minutes until smooth. Set aside.
 3. For the filling, preheat oven to 375 degrees. In a medium-sized pot, add water and bring to boil. Once boiling, add potatoes and blanch until al dente. Drain, and set aside.
 4. In a cast-iron pan over medium heat, add oil, onions, celery, and mushrooms and sauté for 2 minutes or until slightly browned, then turn off heat. In a large casserole dish, add reserved Brussels sprouts, potatoes, 1 tablespoon rosemary, 1 tablespoon thyme, 1 tablespoon sage, bay leaves, salt, and pepper, and stir well. Slowly add cauliflower gravy to cover vegetables.

5. For the breadcrumb topping, in a medium bowl, add all ingredients, toss well, and sprinkle evenly over casserole. Bake for 25 to 30 minutes until golden brown and garnish with remaining 2 teaspoons each of fresh rosemary, thyme, and sage.

Turkey-Style Seitan

BY BRIAN PATTON

Serves 8

- 1 Russet potato, peeled and cut into 1-inch cubes
- 6 garlic cloves
- 1 cup chicken-style stock, cold or at room temperature
- 2 tablespoons olive oil
- 2 cups vital wheat gluten flour
- 1 tablespoon poultry seasoning
- 4 tablespoons chickpea flour
- 1/4 cup nutritional yeast
- 1/4 teaspoon black pepper
- 1 1/4 teaspoons salt

1. Into a small pot, add potatoes and garlic, and cover with cold water. Bring to a boil then reduce to a simmer. Cook for 9 minutes or until potatoes are soft, drain, and let cool. Into a food processor, add potatoes, garlic, stock, and oil, and purée until smooth.
2. In a medium mixing bowl, add vital wheat gluten flour, poultry seasoning, chickpea flour, nutritional yeast, black pepper, and salt, and whisk to combine. With a spatula, fold potato mixture into gluten flour mixture. Once a single mass starts to form, use hands, and mix until no more dry spots remain. Cover bowl with a clean towel and let rest for 15 minutes.
3. Form dough into an oblong loaf, and loosely wrap in foil, leaving an inch of room for expansion. Twist ends and tuck excess foil under loaf.
4. Using a steamer basket, steam seitan for 1 hour. Remove from heat, and let cool completely before unwrapping foil. Slice and serve warm. If preparing Turkey-Style Seitan for Turkey Wellington, keep seitan intact.

Turkey Wellington

BY BRIAN PATTON

Serves 8

- 1/2 cup cooked porcini mushrooms
- 1 cup chopped walnuts
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 9 x 9-inch sheet vegan puff pastry, thawed
- 2 tablespoons Dijon mustard
- 1 Turkey-Style Seitan loaf
- 2 tablespoons soy milk

1. Into a food processor, add mushrooms, walnuts, salt, and pepper. Pulse until a crumbly meal is achieved. Spread mixture onto a wide shallow plate.
2. Preheat oven to 375 degrees. On a lightly floured surface, roll puff pastry to 1/4-inch thickness.
3. Rub mustard onto the Turkey-Style Seitan loaf, then roll in walnut-mushroom mixture, coating entire surface, and press firmly to set mixture in place. Immediately place seitan in center of puff pastry and fold over long sides. Trim or pinch ends to seal, if necessary, and place puff pastry-covered seitan seam-side down on a lined baking sheet.
4. Brush top and sides of puff pastry with soy milk, and cut several slits on top to allow steam to escape. Bake for 40 minutes until golden. Let rest 10 minutes before slicing, and serve warm.

Puff Magic

Most commercially made puff pastry is actually vegan, and can be found in the freezer section of many grocery stores.



Turkey Wellington

the sides

Chef's Tips

Make your stuffing the stuff of legends with these tips.

Break bread

Use any combination of bread you prefer, but opt for a sturdier bread like a baguette or boule.

Bread winner

Stale bread is ideal for stuffing since it absorbs broth better. If your bread is fresh, bake bread cubes on a sheet pan in a 250-degree oven for 30 minutes.

Advance prep

The wild rice and vegetable broth mixture can be made in advance and stored in airtight containers in the refrigerator before use.

Cranberry & Wild Rice Stuffing



Cauliflower & Wild Rice Stuffing

BY BRIAN PATTON

Serves 8

- 1 tablespoon vegan butter, plus more for greasing casserole dish
- ½ cup diced carrot
- ½ cup diced celery
- ½ cup diced onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups chicken-style stock
- 4 sprigs fresh sage
- 4 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 8 garlic cloves, smashed
- 1 teaspoon ground fennel seed
- 6 cups day-old baguette cubes (see “Chef’s Tips”)
- ½ cup cooked and cooled wild rice
- 3 cups cauliflower florets
- 2 tablespoons chopped fresh Italian parsley

1. Into a medium saucepan over medium heat, melt butter and add carrot, celery, onion, salt, and pepper. Cook for 4 minutes or until tender. Add stock, sage, thyme, rosemary, garlic, and fennel. Simmer over medium-low heat for 8 minutes. Discard garlic cloves and herb stems, and set aside.

2. Preheat oven to 375 degrees. Into a large mixing bowl, add baguette cubes, wild rice, cauliflower, parsley, and stock mixture. Mix to combine and let rest for 5 minutes to allow bread to absorb liquid.

3. Rub a thin layer of butter on inside of a casserole dish. Pour stuffing into dish and spread out evenly. Bake for 40 minutes, remove from oven, and let rest 10 minutes. Serve immediately.

Rosemary Porcini-Coffee Gravy

BY BRIAN PATTON

Makes 6 cups

- 1 ounce (about ½ cup) dried porcini mushrooms
- 6 cups chicken-style stock
- ½ cup vegan butter
- 4 garlic cloves, smashed
- 2 fresh rosemary sprigs
- ½ cup all-purpose flour
- ¾ cup brewed hot or cold coffee
- 1 teaspoon sugar

1. Into a medium pot over medium-high heat, add mushrooms and stock. Bring to a boil, then turn off heat, and allow mushrooms to steep for at least 20 minutes.

2. Using a fine mesh strainer, strain mushrooms, reserving broth and mushrooms. Once cool enough to handle, squeeze mushrooms to release as much liquid as possible, and reserve for Turkey Wellington or another recipe.

3. Into a medium saucepan over medium heat, melt butter, and add garlic and rosemary. Cook for 2 minutes, then stir in flour to make a roux. Cook roux for 2 to 3 minutes until a blonde color is achieved, then slowly stir in reserved broth, coffee, and sugar. Simmer for 8 to 10 minutes or until thickened. Remove rosemary and garlic, and discard both. Keep warm and serve with Turkey Wellington.



‘Shroom Swaps

If you’re not able to find porcini mushrooms, substitute dried shiitake mushrooms instead.

2 HOW DO YOU Follow Your Heart?

WORK FOR A BETTER WORLD

In addition to making quality vegan foods, we are committed to being a leader in sustainable business practices. We installed solar panels on our roofs, established a composting system, redesigned our packaging to use less material, and we recently became the first vegan manufacturer to earn Gold Level Zero Waste Certification.





Sweet Potato Swirl Mashed Potatoes

Swirl Swap

Substitute baked kabocha squash or pumpkin purée for the sweet potatoes.

Sweet Potato Swirl Mashed Potatoes

BY BRIAN PATTON

Serves 8

- 1 **tablespoon apple cider vinegar**
- 1½ **cups plain unsweetened almond milk at room temperature, divided**
- 4 **pounds Russet potatoes**
- 1 **pound sweet potatoes**
- 2½ **teaspoons salt, divided**
- ½ **teaspoon ground ginger**
- ½ **teaspoon allspice**
- 1 **cup melted vegan butter**
- ½ **teaspoon white pepper**

1. Preheat oven to 425 degrees. In a medium bowl, add vinegar and milk, stir, and set aside.
2. With a fork, deeply pierce Russet potatoes and sweet potatoes a few times all around, and place on a parchment-lined baking sheet. Bake 45

minutes to 1 hour, until a paring knife easily passes through center. Remove from oven and immediately cut Russet potatoes in half lengthwise to allow excess steam to escape.

3. Remove skin from sweet potatoes, and roughly chop. In a food processor, add sweet potatoes, ¼ cup almond milk mixture, ½ teaspoon salt, ginger, and allspice. Blend until puréed.

4. Over a large mixing bowl, place a halved Russet into potato ricer, cut side down. Push potato through ricer into bowl, and discard skin. Repeat with remaining potatoes.

5. Using a rubber spatula, fold butter into potatoes until incorporated. Stir in remaining 1¼ cups almond milk mixture, white pepper, and remaining 2 teaspoons salt.

6. In a serving bowl, add half of mashed potatoes and spoon half of sweet potato purée over top. Add remaining mashed potatoes, and top with remaining sweet potato purée. With a wooden spoon or spatula, stir potatoes several times in a clockwise motion to create a swirl effect, without completely mixing mashed and sweet potatoes together. Serve immediately.

Mash Up

A traditional potato masher will release too much starch into your potatoes, making them pasty. Instead, opt for a potato ricer or food mill to keep spuds light and fluffy.

Simple Smoky Gravy

BY JULIE HASSON

Makes 2 cups

- ⅓ **cup raw sunflower seeds**
- 2 **cups water**
- ⅓ **cup plain unsweetened soy milk**
- ⅓ **cup oat flour**
- ¼ **cup nutritional yeast flakes**
- ¼ **cup soy sauce**
- 1 **teaspoon granulated onion**
- 1 **teaspoon dried rubbed sage**
- ¾ **teaspoon black pepper**
- ½ **teaspoon liquid smoke**

1. In a skillet over medium-high heat, add sunflower seeds and toast for 4 minutes. Stir often, until seeds are medium-brown in color, being careful not to burn. Remove from heat and set aside.

2. Into a high-speed blender, add toasted sunflower seeds and remaining ingredients. Blend on high until mixture is completely smooth.

3. In a large saucepan, pour sunflower seed mixture. Bring to a simmer over medium heat, whisking continuously. Cook for 6 minutes or until gravy is thickened, continuing to whisk.

4. Remove saucepan from heat and serve immediately. Alternatively, refrigerate gravy and warm in saucepan over low heat for 5 to 10 minutes before serving.

Gravy Boat

For large gatherings, double the recipe for Simple Smoky Gravy and keep warm in a slow cooker until ready to serve.

the desserts



Holiday Cranberry Cheesecake

Holiday Cranberry Cheesecake

BY JACKIE SOBON

Serves 8

For the crust:

- 1½ cups vegan graham cracker crumbs (see “Cracked Up”)
- ⅓ cup cubed vegan butter
- ¼ cup sugar
- ⅛ teaspoon salt

For the cheesecake filling:

- 2 cups raw cashews
- 1 (12-ounce) package firm silken tofu
- 1 cup plain unsweetened soy yogurt
- ½ cup maple syrup
- ⅓ cup sugar
- 3 tablespoons lemon juice
- 2 tablespoons arrowroot powder
- 1 teaspoon vanilla extract
- ¼ teaspoon salt

For the cranberry topping:

- 2 cups fresh or frozen cranberries
- ¼ cup orange juice
- 3 tablespoons sugar
- ½ teaspoon orange zest
- 3 tablespoons water
- 1 teaspoon arrowroot powder

1. For the crust, preheat oven to 325 degrees and lightly grease a 9-inch springform pan. Into a food processor, place graham cracker crumbs, butter, sugar, and salt. Pulse until mixture is evenly combined and holds together when pinched. Transfer crust to springform pan and press down firmly until even across pan.
2. For the filling, into a blender, place all ingredients and purée until smooth. Pour filling over the crust in the springform pan and tap firmly to release excess air bubbles.
3. Place pan in oven and bake for 50 to 55 minutes, or until top is lightly golden. Remove from oven, and slide a thin knife around edges of cake to release. Refrigerate for 4 hours. In the last 30 minutes of chilling, prepare cranberry topping.
4. For the cranberry topping, into a small saucepan over medium heat, add cranberries, orange juice, sugar, and orange zest and bring to a boil.

Cover and adjust heat to medium-low, simmering for 10 minutes, stirring occasionally.

5. Once cranberries have softened, in a small dish, whisk together water and arrowroot powder until combined. Quickly stir arrowroot mixture into cranberry mixture and simmer until thick. Transfer to a shallow bowl or large plate to cool in refrigerator.
6. Spread cooled cranberry topping over cooled cheesecake and serve.

Cracked Up

Vegan graham crackers without honey can be hard to find. Chef Jackie likes using Kinnikinnick Smoreables Graham Style Crackers, a gluten-free brand.

Pumpkin Ice Cream Slab Pie

BY JACKIE SOBON

Serves 12

For the pumpkin ice cream:

- 2 (13.5-ounce) cans full-fat coconut milk
- 2 cups plain pumpkin purée
- 1½ cups brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- ½ teaspoon ground cloves
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 1 teaspoon xanthan gum

For the shortbread crust:

- ¼ cup ground flaxseeds
- 3 tablespoons hot water
- ¾ cup sugar
- ¾ cup vegan butter, room temperature
- ¼ cup vegan milk
- 1½ teaspoons vanilla extract
- 2½ cups all-purpose flour
- Cooking oil spray, for greasing

For the chocolate ganache:

- ¾ cup vegan chocolate chips
- ¼ cup vegan milk

1. For the pumpkin ice cream, into a blender, add all ingredients except



xanthan gum, and purée until completely smooth. Add xanthan gum to mixture and blend until thickened.

2. Pour mixture into a gallon-size plastic zip-top bag and freeze for 2 to 3 hours, pressing ice cream mixture to break up ice crystals every 30 minutes. Alternatively, use an ice cream maker according to manufacturer's instructions, working in batches if necessary.

3. For the shortbread crust, in a small bowl, combine flaxseeds and water. Let set for 5 minutes, and set aside. Using a stand or handheld mixer, beat sugar and butter at high speed for 1 minute. While mixing, add flaxseed mixture, milk, and vanilla, and beat until fluffy.
4. Sift flour and add to stand mixer at medium speed until dough is crumbly but sticks together when pressed. Form a dough ball, wrap in plastic wrap, and refrigerate for 1 hour.

5. Preheat oven to 375 degrees, and lightly grease an 8 x 11-inch baking dish. Lay a large piece of wax paper on work space and lightly flour surface and a rolling pin. Roll shortbread crust to roughly 12 x 15 inches and a ¼-inch thick. Place baking dish upside-down on rolled-out dough, carefully flip over, and gently press crust flat into dish. Trim any excess dough, and make sure crust is even in thickness.

Ice Cream Secret

A powerful thickening agent, xanthan gum makes ice cream super fluffy. It can be found at most natural food stores and online.

Pumpkin Ice Cream Slab Pie

- Pierce holes in crust with fork and bake for 25 to 30 minutes or until lightly golden. Remove from oven and cool for 30 minutes.
- For the chocolate ganache, in a small bowl, place chocolate chips and milk. Place bowl over a pot of boiling water and stir until chocolate has melted. Alternatively, microwave chips and milk for 30 seconds, and then whisk together until smooth. Reserve 3 tablespoons ganache for drizzling. Spread remaining ganache evenly over pie crust, and set in refrigerator or freezer for 5 minutes.
- To assemble, take ice cream out of freezer and break into chunks while in bag. In a food processor, pulse half of ice cream mixture until smooth. Transfer smooth ice cream to pie crust, and repeat process with remaining ice cream chunks.
- Once pie crust is filled, place reserved ganache in a small zip bag, cutting a very small hole in the corner to be used as a piping bag. Drizzle ganache over ice cream, and place pie in freezer for 30 minutes before serving. If freezing overnight, thaw 30 to 40 minutes before serving. **VN**

The Recipes

Appetizers

- Arugula Salad with Apples, Cranberries & Smoked Almonds **5**
Carrot Bacon-Wrapped Dates **5**
Cranberry Chutney Cheese Ball **4**
Smoky Sweet Potato Bisque with Caramel Chili Apple Topping **5**

Entrées

- Cauliflower & Potato Herb Pie **7**
Rustic Turkey & Green Bean Tart **7**
Turkey-Style Seitan **8**
Turkey Wellington **8**

Sides

- Cauliflower & Wild Rice Stuffing **11**
Rosemary Porcini-Coffee Gravy **11**
Simple Smoky Gravy **12**
Sweet Potato Swirl Mashed Potatoes **12**

Desserts

- Holiday Cranberry Cheesecake **14**
Pumpkin Ice Cream Slab Pie **14**

Cookbook Team

Heather Bell and Jenny Engel (sporkfoods.com) are sisters, authors of *Spork-Fed and Vegan 101*, and co-owners of *Spork Foods*.

Julie Hasson (juliehasson.com) is a cookbook author who runs gluten-free baking mix company *Julie's Original*.

Kate Lewis (kk-lewis.com) is an Ohio-based food photographer and stylist whose work has been published in several prominent cookbooks, magazines, and websites.

Brian L. Patton (thesexyvegan.com) is a chef, multimedia personality, and author of *Sexy's Best*, Vol. 3: *Vegan Filet Mignon*.

Heather Poire (sundaymorningbananapancakes.yummly.com) is the creator and photographer behind the blog *Sunday Morning Banana Pancakes*.

Chad and Derek Sarno (wickedhealthyfood.com) are professional chefs, educators, and authors of the forthcoming *Wicked Healthy Cookbook*.

Jackie Sobon (veganyackattack.com) is the author of *Vegan Bowl Attack!*, a blogger, and professional food photographer.

3 HOW DO YOU Follow Your Heart?

WHEN IN DOUBT... FOLLOW YOUR HEART





And More Memories.



Rustic Shepherd's Pie



Good food is meant to be shared.

Veganaise® is more than just an egg-free mayo. Originally conceived in 1977, and still artfully crafted in small batches, Veganaise® remains the most-loved spread among foodies, moms, and anyone seeking a tastier choice.

Get this recipe & more online at: FollowYourHeart.com

Egg Free ♥ Non-GMO ♥ Gluten Free ♥ Great Taste

