



Holiday Roast with French Onion Veggies

- 1 8-oz bag soy curls (rehydrated in water for 10 mins., drained and shredded in food processor)
- 2 flax eggs (mix 2 tablespoons flax seed meal in 6 tablespoons of water, let sit for 5 minutes, add to recipe)
- ¾ cup bread crumbs
- 1 tablespoon McCormick onion powder with white and green onions with parsley
- 1 teaspoon celery salt
- ½ cup no chicken broth

Add to bowl and stir all together.

Form into a roast shape with your hands

Place in a glass baking pan (I used extra large pan with room for lots of veggies)

French Onion Soup Seasoning

Add to bowl and stir -

½ cup dried minced onions,

1 teaspoon garlic powder,

1 teaspoon McCormick onion powder with white, green onions with parsley

¼ teaspoon Trader Joe's onion salt

Dice small heirloom carrots and potatoes

Add to gallon size ziplock baggie with seasonings and ½ cup no chicken veggie broth

Shake baggie until veggies are well coated

Add veggies to pan along side of roast

Sprinkle raw pecans on top of veggies

Cover with foil and bake at 375°F for 60 minutes

Remove foil and bake for another 15 minutes

Wait about 5 minutes before slicing so it holds together.



Anna's Special Pecan Pie

- 1 pre made pie crust (or make your own)
- 1 cup raw cashews (soaked in warm water and drained)
- 1 cup canned coconut cream
- $\frac{3}{4}$ cup pitted chopped dates
- $\frac{1}{2}$ cup maple syrup
- 2 tsp vanilla extract
- 1 8-oz bag raw pecans

Break some of the pecans into pieces and cover the bottom of the pie crust

Add to blender cashews, coconut cream, dates, maple syrup, and vanilla. Blend well until creamy

Pour filling on top of pecans into pie crust. Arrange rest of whole pecans on top of filling to look pretty

Bake in oven at 375°F for about 50-55 minutes. Enjoy!!