

# Anna's Best Tasting Broccoli Casserole

2 cups cooked wild rice  
2 stalks fresh broccoli  
2 red bell peppers  
One 8-ounce container mushrooms

## No Nut Cheese Sauce

One 13.5-ounce can coconut cream  
One 16-ounce jar medium picante sauce  
 $\frac{1}{3}$  cup nutritional yeast  
1 tablespoon garlic powder

Blend all sauce ingredients in blender until smooth.

In a big bowl add: wild rice, chopped broccoli, diced red bell peppers, sliced mushrooms, and No Nut Cheese Sauce.

Stir until all are mixed together.

Pour into a 9" x 13" pan and cover with foil.

Bake at 375°F for 40 to 45 minutes until broccoli is soft.



# Anna's Peanut Butter and Jelly Bars

9 - 10 dates, pitted (depending on size, soaked in hot water for 30 minutes and drained)

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

1 cup rolled oats (raw, not cooked)

1 teaspoon vanilla extract

1 10-ounce jar fruit spread

$\frac{1}{2}$  cup crunchy peanut butter

Add to food processor:

Walnuts, dates, oats, and vanilla extract.

Pulse a few times until it starts to stick together, but is still a little chunky.

Line an 8" x 8" baking pan with parchment paper.

Press  $\frac{3}{4}$  of the date mixture into the pan.

Spread peanut butter on top.

Next, spread  $\frac{3}{4}$  of the jar of fruit spread.

Use the rest of the date mixture and crumble it on top of the fruit spread.

Bake at 350°F for about 30 minutes.

