

**Candied Sweet Potatoes** <http://www.deepsouthdish.com/2013/11/southern-candied-yams-sweet-potatoes.html#axzz2zEKAD0vL> **350 degrees**

1 ½ lbs raw sweet potatoes, about 2 large, cooked  
¼ c each: brown sugar; vegan butter (1/2 of 1 stick)  
¼ tea each: salt; ground cinnamon  
3T each: water; granulated sugar or splenda  
1/8 tea each: ground ginger; nutmeg; black pepper

Slice sweet potatoes into ½" rounds, sprinkle with pepper, stack into a 1-1/2 quart or 8 x 8 inch baking dish, cover and bake. Once baked (like 400 degrees for 50-60 minutes), peel and cut cooked sweet potatoes into chunks and return chunks to baking dish. Place water and sugars into a saucepan and bring to a boil, stirring regularly, for about 3 minutes, or until sugars are well dissolved. Add the spices and butter; stir in until butter is completely melted. Pour mixture over the sweet potatoes and gently toss to coat. Bake, covered, for 15-35 minutes until warm, basting several times using a spoon or a bulb baster, to avoid breaking up the sweet potatoes. Remove and baste again before serving.

**Mac and Cheze**

1 1/4 c soymilk  
¼ c ww pastry flour  
1 1/2 tea salt  
1/3 c nutritional yeast  
½ tea each: Hungarian paprika; sugar; onion powder; garlic powder  
2 ¼ tea prepared mustard  
2 1/3 c dry noodles, cooked

In medium to large saucepan, combine all dry ingredients like flour, nutritional yeast and spices. Whisk in soy milk. Heat on medium heat until bubbling and thick. Remove from heat and add mustard. Mix into cooked noodles

**Crabless Baked Rangoon**

**400 degrees**

12.3 oz pkg Mori-Nu tofu (firm)  
¼ tea soy sauce  
1 T (heaping) Splenda  
1/8 tea each: garlic powder; onion powder; ginger  
½ tea Worcestershire sauce  
dash pepper

Blend all ingredients in a Bullet or blender until tofu is smooth and creamy. Fill vegan won ton or can use lumpia wrappers cut to size. Spray with oil and place on cookie sheet. Bake for 5 minutes until wrapper is golden and crisp and flip and cook another 5 minutes until both sides are golden and crisp. If you have wrappers left over, put a heaping teaspoon of jelly in one, roll and smooch the jelly lengthwise. Bake the same way.

**pet-de-soeur** <http://sweets.seriousseats.com/2009/11/pet-de-soeur-french-pastries-nuns-farts-canada-montreal-em-cafe.html> 350°F

Take some leftover pie crust dough, rolled out, spread it with vegan butter and a sprinkling of brown sugar and cinnamon, roll it up tight, slice into pinwheel rounds, and bake at 350°F for about 20 minutes. "The farts are done!" Yeah, that should get people running into the kitchen.