



Choosing food over medicine...
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Wellness Advocates Appreciation Class

Vegan Caesar Dressing

1 12 oz. package soft Silken Tofu
2 TBSP nutritional yeast
¼ cup vegan fat free mayo
3 cloves garlic, peeled
1 TBSP miso paste
2 TBSP Dijon mustard
juice of 1 medium lemon
1/3 cup white balsamic vinegar
½ tsp salt and pepper, each

Use greens of choice.
A good example:
Kale
Romaine
Red cabbage
Grape Tomatoes
Nutritional Yeast
Pepitas (roasted pumpkin seeds)
Millet and Flax croutons – Sami's bakery

Blend until smooth.

White Bean Chili

Two 15-ounce cans cannellini beans, drained
2 cups vegetable stock
1 celery stalk, diced
1 onion, diced
4 garlic cloves, minced
1 red bell pepper, seeded and diced
1 cup frozen corn
1 ½ cups canned white hominy, drained
½ tsp ground cumin
½ tsp ground coriander
1 tsp chili powder
2 TBSP nutritional yeast flakes
2 tsp lime juice
¼ cup tomatoes with green chiles
¾ tsp sea salt
¼ tsp black pepper
2 TBSP fresh cilantro, chopped

Place half of the cannellini in a blender with 1 cup of vegetable stock and blend until smooth and creamy.
In a large pot, sauté the celery, onion, garlic, bell pepper, jalapeño, and ¼ vegetable stock.
To the pot of vegetables, add the remaining ½ cup vegetable stock, the remaining half of beans, the creamy bean mixture, and the remaining ingredients. Cook over medium heat for 15-20 minutes or until vegetables are tender and broth is creamy.

Mexican Rice

4 cups Uncle Bens Brown Rice
1 small onion, chopped
1 small red bell pepper, chopped
6 garlic cloves, crushed
1 tsp oregano
¼ tsp cumin
½ tsp turmeric
4 ½ cups vegetable broth
2 cups frozen corn, thawed
½ tsp Herbamare or to taste
cilantro - optional

Sauté the onion and pepper in 1 TBSP water and cook for 1 minute. Add the rest of the ingredients and cook covered at medium heat for 30 minutes. Add thawed corn and stir well. May add cilantro to taste.

Vegan Alfredo Sauce

1 cup raw cashews
3 boiling water
2 tsp fresh lemon juice
2 garlic cloves
4 TBSP nutritional yeast
Salt and Pepper to taste (or about 1 tsp Herbamare)

Process cashews in a blender until ground (about 1 minute). Carefully add the water and blend for two minutes. Add the rest of the ingredients until well mixed. Add to pasta and veggies or favorite recipe

Cherry Chocolate Mousse

1 cup non-dairy chocolate chips
1 Mori-Nu Firm Silken Tofu
¾ cup non-dairy milk (Almond or Rice)
1 T maple syrup
1 cup dark sweet cherries

Warm milk and add chocolate chips until they melt. Blend with rest of the ingredients, except the cherries in a blender. Add cherries and mix well. Cool in a refrigerator for at least 3 hours.