

Apple Cinnamon Mug Cake (adapted from thehungryhedgehog.com) Yield: 1 serving

Ingredients:

3 TBSP all-purpose or white wheat flour
1 TBSP brown sugar
½ tsp ground cinnamon
1/8 tsp baking powder
3 TBSP applesauce
2 TBSP chopped apple
1 TBSP milk
1/8 tsp vanilla

Directions:

- In a small mug, mix together the flour, brown sugar, cinnamon and baking powder. Add remaining ingredients and stir until just combined (do not overmix).
- Microwave on high for ~ 60 seconds.

Microwave Applesauce

from foodhero.org

Yield 4 cups

Ingredients:

6 **apples**, peeled, cored and quartered (frozen apples work well)
1/4 cup **water**
1/3 cup **sugar**
1/4 teaspoon **cinnamon**

Directions:

- Place apples and water in a 2 quart microwave safe dish.
- Cover apples with microwave-safe cover or plastic wrap and cook on high for 6 to 8 minutes or until apples are easily pierced with a fork.
- Add sugar and cinnamon.
- Use a potato masher or fork to make smooth or chunky applesauce.

Buckwheat Corncakes (adapted from Fannie Farmer)

Ingredients:

1 C cornmeal
1 C buckwheat flour
3 Tbsp sugar
1 tsp baking soda
2 tsp baking powder
1 tsp salt
1 cup sour cream or plain Greek-style yogurt
1/3 cup milk
3 eggs, beaten
4 TBSP butter, melted
1 cup corn

Directions:

- Preheat oven to 425°. Grease and flour a 9" square or round cake pan.
- In a large bowl, combine the cornmeal, flour, sugar, baking soda, baking powder and salt. Make a well in the center and quickly add in all of the wet ingredients.
- Gently stir in the corn and pour into the prepared pan.
- Reduce the oven temperature to 400° and bake for ~20 minutes.

Vegan Corn-Tomato-Potato Chowder (from Grace Davy) Yield: 6-12 servings

Instructions:

¼ cup vegetable oil
1 large onion, chopped
1 shallot, thinly sliced
1 clove garlic, minced
Seasoning suggestions: 1 tsp each: mustard seeds, cumin seed or powder, smoked paprika, turmeric, thyme, oregano, basil
4 lb potatoes, scrubbed with skins left on and roughly chopped
6-8 cups corn kernels
2 lbs roasted tomatoes or 1 28oz can whole tomatoes
~8 cups of liquid (enough to cover all of the veggies)
Salt and pepper to taste

Directions:

- In a large soup pot, heat oil over medium heat. When the oil has thinned & glistens, add onion and shallot. Saute until soft.
- Add garlic and seasonings. Mix well.
- Add potatoes to the pot and coat with seasoning mix. Scrub all the brown bits off of the bottom and mix in well.

- Turn heat down to medium and add in corn. Mix well. Once onions have cooked down and potatoes and corn are browned, add tomatoes and liquid.
- Bring to boil and immediately turn down to simmer. Simmer ~20 minutes until potatoes are soft.
- Puree for a few seconds to develop a creamy texture.