

Sandwich Spreads

Carrot – Peanut Spread

2 cups grated carrots (coarse, not fine grated)
½ cup chopped salted peanuts
Vegenaise to moisten (1/3 cup ?)

Mix and spread on whole wheat bread. Makes a tasty, crunchy sandwich that even my grandkids like!

Spanish:

1 small onion, chopped
1 green pepper, chopped
1 dill pickle, chopped
1 cup grated vegan cheese
Salt to taste if desired

Mix and spread on whole wheat bread.

Cream Cheese Roll-ups

Add to ½ c vegan cream cheese of your choice:

French Onion Spread

1 tblsp dried onion flakes
1 tsp onion powder
¼ tsp garlic powder
1 tsp Beef-Like seasoning

Dill and Chive Spread

¼ tsp dill weed
1 tsp chopped fresh or dried chives
1 tsp onion powder
1/8 tsp garlic powder

Add chopped olives to either of the above spreads. Spread generously onto whole wheat tortillas. Roll them up and cut into 1" pieces.

Pimento Cheese Spread

Blend into 1 cup cream cheese:
¼ cup pimentos
1 tsp onion powder
¼ tsp garlic powder

