Cheesecake recipe: This recipe is cool bc you can change the quantity of it accordingly.

Please add 1/2 c. fresh pineapple, 1 T. Rum and 1 T. light brown sugar per person

[Easy Vegan Cheesecake | Minimalist Baker Recipes](https://minimalistbaker.com/7-ingredient-vegan-cheesecakes/)

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Lettuce Wraps:

1 head for two people boston bib lettuce

2 handfuls of arugula

2 T.  Tahini

4 T. coconut oil, refined

1/2 T. honey

1 t. chili flakes

1 whole fresh lemon or 2 whole limes ( juice )

hand full of cilantro and mint

salt and pepper

Protein:

1, 6 ounce chicken breast or 6 ounces cauliflower ( cauliflower is a substitute if they don't like meat )

4 T. nutritional yeast

2 T. smoked paprika

1 cup fresh mushrooms, like portabella

2 T. coconut oil , refined

salt and pepper

Lime Slaw

1 limes, juiced

1 orange or grapefruit juiced

1 T. coconut oil

1 T. brown sugar

1 t. hot sauce

3 T. sesame seeds untoasted

1/4 c. fresh pineapple

3 cloves of garlic, minced

1 medium sized zucchini per person

2 cup red or green cabbage, sliced ( please get whole cabbages and I will cut them down for each person ) thanks

Gazpacho

( will be premade, students will do some knife cuts of cucumber, tomatoes and peppers into the cooled soup with the cooked shrimp  )

INGREDIANTS FOR 4

1/2 # cocktail shrimp, pre cooked tail on

2 pounds vine-ripened tomatoes

1 cup cucumber,

1/2 cup chopped red bell pepper

1/2 cup chopped red onion

1 small jalapeno

1 medium garlic clove

1/4 cup extra-virgin olive oi

l1 lime, juiced

1/2 bunch cilantro

2 T. balsamic vinegar

2 T Worcestershire sauce

2 T. Sherry vinegar

1/2 teaspoon toasted, ground cumin

1 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

Cracker for gazpacho  for 2

1 1/2 cups all purpose flour

2 teaspoons fresh herbs of choice (I used thyme, oregano, parsley or cilantro ) the more herby the better

1 teaspoon freshly ground black pepper (more or less to taste – as written, it will be pretty peppery)

1 teaspoon salt

1 teaspoon sugar

2 tablespoons olive oil

1/2 cup cold water

1/4 c. flour for working on counter top

ELOTE POTATO SALAD

MAKES FOR 2

2-3 large idaho potatoes

2 fresh ears of sweet corn

1 cup mayo

2 stalks of fresh celery

2 T. vinegar ( pickle juice will work ) any vinegar

1/2 c. sour cream

2 fresh limes

1 whole white onion

1/4 c. pumpkin seeds

2 T. olive oil

1 whole smoked chipotle pepper

salt and pepper

GARNISH :

1/4 c. cotija cheese ( or another crumbly soft mexican cheese )

3 small, corn tortias

1/4 c. fresh cilantro