



## Dr. Bronner's Magic "All One" Coconut Oil Recipes

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### Vegan Lasagna

3 Tablespoons Dr. Bronner's Organic White or Whole Kernel Unrefined Coconut Oil	1 (16 ounce) package no-boil lasagna noodles
1 large chopped onion	2 pounds firm tofu
4 or 5 cloves minced garlic to taste	2 tablespoons minced garlic
4 (14.5 ounce) cans stewed tomatoes	1/4 cup chopped fresh basil
1/3 cup tomato paste	1/4 cup chopped parsley
1/2 cup chopped fresh basil	1/2 teaspoon salt
1/2 cup chopped parsley	ground black pepper to taste
1 teaspoon salt	3 (10 ounce) packages frozen chopped spinach, thawed and drained
1 teaspoon ground black pepper	1 pound sliced mushrooms

### **DIRECTIONS:**

1. Make the sauce: In a large, heavy saucepan, over medium heat, heat the coconut oil. Place the onions in the saucepan and sauté them in 2 Tablespoons of Doctor Bronner's Coconut Oil until they are soft, about 5 minutes. Add the garlic; cook 5 minutes more.
2. Place the tomatoes, tomato paste, basil and parsley in the saucepan. Stir well, turn the heat to low and let the sauce simmer covered for 1 hour. Add the salt and pepper.
3. While the sauce is cooking. Sauté sliced mushrooms in the remaining 1 Tablespoons of Dr. Bronner's Coconut Oil, then drain.
4. Preheat the oven to 400 degrees F (200 degrees C).
5. Place the tofu blocks in a large bowl. Add the garlic, basil and parsley. Add the salt and pepper, and mash all the ingredients together by with a potato masher. Mix well.
6. Assemble the lasagna: Spread 1 cup of the tomato sauce in the bottom of a 9x13 inch casserole pan. Arrange a single layer of lasagna noodles, sprinkle one-third of the tofu mixture over the noodles. Distribute the spinach evenly over the tofu. Next ladle 1 1/2 cups tomato sauce over the tofu, and top it with another layer of the noodles. Then sprinkle another 1/3 of the tofu mixture over the noodles, top the tofu with 1 1/2 cups tomato sauce, and place a final layer of noodles over the tomato sauce. Finally, top the noodles with the final 1/3 of the tofu, and spread the remaining tomato sauce over everything, then top off with marinated mushrooms.
7. Cover the pan with foil and bake the lasagna for 30 minutes. Serve hot and enjoy.



### **Dr. Bronner's Magic All-One! VEGAN No-Bake Cookies**

2 cups sugar

1/3 cup almond milk

¼ teaspoon salt

¼ cup Earth Balance

½ cup Dr Bronner's Coconut Oil

1 cup crunchy peanut butter

2 tsps. vanilla

3 cups of one minute oatmeal

Combine sugar, almond milk, salt, Earth Balance and Dr. Bronner's Coconut Oil over medium heat and mix well. Bring to a boil for about two minutes. Stir mixture to blend. Remove from heat. Stir in peanut butter and vanilla. Add 1-minute oatmeal and mix well.

Stir 2-3 minutes until the liquids has been absorbed by the oatmeal.

Drop by tablespoonfuls onto well greased baking sheet(s). Let cool.

### **Dr. Bronner's Magic All-One! VEGAN Coco-choco Cookies**

3/4 cup Dr. Bronner's Organic White Kernel Unrefined Coconut Oil softened

1/4 cup Earth Balance softened

1 cup sugar

1/2 cup brown sugar

1/2 cup applesauce



- 1 tablespoon pure vanilla extract
- 2 cups of Trader Joe's white whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 tablespoons of unsweetened cocoa powder
- About 12 ounces of vegan chocolate chips
- 1 cup walnuts (if desired)

**Directions:**

Preheat oven to 375 degrees Fahrenheit.

Beat together first six ingredients until dough looks creamy and smooth.

In a separate bowl, mix the dry ingredients, excluding the chocolate chips.

Add dry ingredients and mix just until blended.

Add chocolate chips and walnuts. Mix until nuts and chocolate chips are incorporated.

Drop by tablespoons onto ungreased baking sheet.

Bake for about 10 minutes at 375.

Let cool on baking sheet.

Enjoy!

**Rice:**

This is fabulous for any stir fry or shish kabobs. I make this recipe in my rice cooker, but the ratios would be the same on the stove top.

Combine the following the pan of the rice cooker:

- 2 c. brown rice
- 4 c. water
- 1 tsp. salt
- 1 Tbsp. Coconut oil



Option: To make an even more tropical tasting rice, add 1 c. flaked coconut and 1 c. crushed pineapple to the rice after it's done cooking.

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### **Fried Rice:**

2 Tbsp. Coconut oil  
1 tsp. crushed garlic  
1 tsp. fresh ginger, minced OR ¼ tsp. ginger powder  
4 c. cooked brown rice  
¼ c. soy sauce  
2 eggs, beaten  
2 c. mixed vegetables, cooked  
2 c. chopped, cooked chicken, shrimp, or tofu (optional)  
Salt to taste

Melt the coconut oil in a large sauté pan or wok. Add the garlic and ginger and sauté til fragrant. Add the rice and stir fry about 5 minutes. Push the rice to the side and add the egg, scrambling it as it cooks. Mix the egg in with the rice. Add the vegetables and chicken, shrimp, or tofu, if desired. Stir fry until hot. Salt to taste.

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### **Black Bean Soup:**

1 Tbsp. coconut oil  
Garlic  
1 c. chopped onions, leeks, kale or chard stems, or combo of similar veggies  
4 c. cooked Black beans (2 cans or ½ lb of dried beans, cooked)  
3 c. vegetable broth  
1 c. chopped greens (kale, chard, mustard greens, etc.)  
½ c. diced carrots  
½ c. diced celery  
1 Bay leaf  
1 tsp. Salt  
½ Tbsp. ground Cumin  
¼ tsp. Cayenne pepper

#### **Optional Garnishes:**

Chopped green onions, diced avocado, sour cream, hot sauce, chopped cilantro, lime juice

Melt the coconut oil in a medium sauce pan. Add the garlic and heat til fragrant. Saute the onions, etc. until translucent. Add the rest of the ingredients and simmer for about 1 hour. If desired, mash the soup slightly with a potato masher. Serve with garnishes



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### **Fried Tofu:**

2 packages Firm tofu

2 Tbsp. coconut oil

An assortment of stir fry vegetables – either a frozen bag, or broccoli, carrots, chopped greens, baby corn, etc.

Your favorite stir fry sauce

Prepared brown rice

Drain the tofu and press for about an hour. (I wrap mine in paper towels, sandwich it between two plates and put something moderately heavy on top.)

After an hour, cut the tofu into rectangles, about 1"x1"x1/2", or to your liking. Melt the coconut oil over high heat in a fry pan or wok. Add the tofu and let it brown on one side. Do not stir it around, or it will just break apart. After about 3-5 minutes, flip the tofu over and let the other side brown. Once both sides are brown, remove the tofu from the pan and put on a paper towel to drain. Add the vegetables to the pan, with more coconut oil if necessary. Stir fry this hot and fast for about 5 minutes. Add the tofu back into the pan. Add any sauce and toss to coat and heat. Serve over rice.

### **Hummus:** (all these amounts are approximate – I toss it all in and taste test)

3 c. cooked garbanzo beans (or two cans) – reserve liquid

½ c. bean stock (from the liquid in the cans)

3 Tbsp. tahini

2 Tbsp. fresh lemon juice

2 tsp. cumin (I really like cumin – use a bit less if you'd like)

1-2 cloves garlic

½ tsp. salt

2 tsp. coconut oil, melted

Blend all the ingredients in a food processor until smooth. Let it chill for a couple hours to blend and mellow.



### **Apple Crisp:**

5 cups sliced, peeled apples

2 to 4 Tbsp. granulated sugar, based on the sweetness of the apples

1/2 cup regular rolled oats

1/2 cup packed brown sugar

1/4 cup all-purpose flour

1/4 tsp. ground cinnamon

1/4 cup coconut oil

1/4 cup chopped nuts or coconut

#### Directions

Place fruit in an ungreased 2-quart square baking dish. Stir in the granulated sugar.

For topping, in a mixing bowl combine oats; brown sugar; flour; and cinnamon. With a pastry blender, cut in coconut oil until mixture resembles coarse crumbs. Stir in nuts or coconut. Sprinkle topping over apples.

Bake in a 375 degree F oven for 30 to 35 minutes or until apples are tender and topping is golden. If desired, serve warm with ice cream or light cream.