

Pureganic Eggless Mix Recipes



**How to cook or bake with
Pureganic Eggless Mix instead of eggs.**

By

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of the

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Clinical Nutritionist in the Making: Moshira's Inspiring Journey

Moshira Soliman began as many of us do when it comes to food – clueless. She was a businesswoman that owned a mortgage company and tirelessly worked towards building a better life for her family. Following her second son's birth, Moshira experienced joint and body pains, prompting her to consult a doctor. They told her that there was nothing wrong and she would be fine.

Moshira continued to have increasing pains, so she decided to get a second opinion. One doctor visit turned into many over three and a half years, all with the same results. Every doctor she saw told her, "There's nothing wrong, you are just depressed." After her battle to find an answer, Moshira had a blood test that showed a high level of rheumatoid factor.

When Moshira found out that there was something wrong, she began searching for answers. Doctors began prescribing medication to help with the symptoms and pain. Moshira was desperate to find answers, so she listened and followed her doctor's advice. Little did she know that this choice would almost kill her. One of the doctors that Moshira saw accidentally prescribed her a medication based on her weight plus one hundred pounds extra.

Moshira began getting worse and not better. Once again, Moshira changed doctors to get another opinion. This new doctor examined her and found that she had been over-medicating based on this new prescription. She stopped her medication and began a new clinical trial that involved taking a new drug.

From Frustration to Inspiration: Moshira's Path to Becoming a Clinical Nutritionist

Moshira began feeling like "nothing but a lab rat" and grew tired of constantly taking medications and seeing little results. Frustrated, in pain, and tired, Moshira made a decision. She remembered her healthy grandmother, who lived to 97, saying, "If you just eat good, you will be good."

At this moment, Moshira decided to take the advice of her Grandmother and start eating food that was "healthy." Moshira's decision led her to follow her grandmother's path, becoming a symbol of wellness and vitality.

Now many years later, Moshira is a clinical nutritionist and the owner of Pureganic. She is on a mission to share her story, help others create a lifestyle of health and vitality, and most importantly, use her knowledge and experience to make the world a healthier place.

LATKES



INGREDIENTS

3 medium russet potatoes, peeled and grated
1 medium onion grated
2 tablespoons thinly sliced scallions
1 tablespoon potato starch
2 tablespoons gluten free flour
1 teaspoon baking powder
1/4 cup Pureganic Eggless Mix (mixed with 1/4 cup water, beaten or blended until smooth)
Salt and pepper to taste
1/4 cup avocado oil for frying, or as needed.

DIRECTIONS

Grate the potatoes and onions. Use the large shredding side on your hand grater. Squeeze the potatoes and onion, using a clean tea towel.
Mix the other ingredients with the potatoes and onion.
Use your fingers to evenly distribute all of the ingredients.
Use a 1/4 cup measuring cup, to form a flat, four-inch patty.
Fry the latkes until latkes sizzle immediately upon entering the oil.
Fry until each side is dark golden-brown.
Remove hot, crisp latkes from the oil and drain on paper towels.
Serve or keep warm in the oven.

FALAFEL



INGREDIENTS

For soaking:

36 oz Chickpeas
1 1/2 Tbsp salt
3 tsp baking soda
1 cup Pureganic Eggless Mix (mixed with 1 cup water, beaten or blended until smooth)
3 bunch parsley
3 bunch cilantro
3 bunch Scallion
3 garlic cloves
1 1/2 tsp Baking Soda
3 tsp Salt
3 Tbsp baharat
6 tsp baking powder
1 tsp pepper

DIRECTIONS

In a large bowl, cover chickpeas with water, stir in salt and baking soda. Let soak at room temperature overnight.

Drain the chickpeas in a colander, rinse them and drain again. In a food processor, combine half of the chickpeas, salt, 1/2 teaspoon of baking soda, the baking powder, baharat and pepper. Process, scraping the bowl as needed, until the mixture is roughly chopped, about 1 minute. Add 1 cup egg mix and continue to process until the mixture is mostly smooth.

Add the remaining chickpeas, parsley and cilantro. Pulse, occasionally scraping the bowl, until the mixture resembles very coarse sand. Transfer the mixture to a medium bowl. Cover and refrigerate for at least 1 hour or up to 3 hours.

When ready, remove the chickpea mixture from the refrigerator. Add the lemon juice and remaining 1 teaspoon baking soda to the chickpea mixture; stir until well combined and then bake or fry

SCRAMBLES



INGREDIENTS

1/2 cup Pureganic Eggless Mix (mixed with 1/2 cup water, beaten or blended until smooth)

1 Tbsp Oil of choice

1/4 tsp Pepper or to taste

Salt to taste

DIRECTIONS

Combine above ingredients together in a blender or a mixing bowl and mix until there are no lumps. Set the mixture aside.

In a 10" non-stick frying pan, add 1 tsp oil and heat pan until it is hot.

Pour mixture into the hot pan and allow it to cook until the edges start to set. Use a spatula to gently push the edges from one end of the pan to the other. Pause in between to allow uncooked batter to settle on the warm pan. Gently push the batter to form the cooked scrambles.

OMELET & VEGGIE OMELET



INGREDIENTS

1/2 cup Pureganic Eggless Mix (mixed with 1/2 cup water, beaten or blended until smooth)
1 Tbsp Oil of choice
1/4 tsp Pepper or to taste
Salt to taste

DIRECTIONS

Combine the above ingredients together in a blender or a mixing bowl and mix until there are no lumps. Set the mixture aside.

In a 10" non-stick frying pan, add 1 tsp oil and heat pan until it is hot.

Cook until the bottom is light brown or the top is no longer wet.

Carefully turn over the omelet and cook for a few minutes until done. Fold if desired.

For cheesy flavor – Add cheese or for Vegan add 1/2 tsp nutritional yeast to mixture.

For a veggie omelet - add chopped veggies of your choice to the batter after blending and before cooking (or) add sauteed veggies and/or cheese after cooking and fold.

CREPES



INGREDIENTS

(Makes 2 Crepes)

1/2 cup Pureganic Eggless Mix (mixed with 1/2 cup water, beaten or blended until smooth)

1 Tbsp Oil of choice

1/2 tsp Agave

1/4 tsp Vanilla

DIRECTIONS

Combine all the ingredients together in a blender or a mixing bowl and mix until there are no lumps.

In a crepe pan or non-stick skillet, add 1 tsp oil and heat pan until it is hot.

Pour 1/2 of batter evenly into the pan and swirl to create a thin layer. When the bottom is cooked, Carefully turn it over and cook the top.

Repeat Step 3 for the second crepe.

MAPLE FRENCH TOAST



INGREDIENTS

(Makes 4 slices)

½ cup Eggless Mix (Mix with ½ cup Milk of choice, beaten or blended until smooth)

½ tsp. ground cinnamon

¼ tsp vanilla extract

2 Tbsp. maple syrup

2 Tbsp vegan butter

4 slices bread of choice

DIRECTIONS

In a medium bowl, whisk together Eggless mix and milk until smooth. Set aside.

Using the bowl with Eggless mixture, add and whisk in cinnamon, vanilla extract and maple syrup.

Pour mixture into a shallow container large enough to dip bread in.

Heat and melt butter in pan.

Dip and coat bread on both sides in mixture and place in pan.

Fry both sides until golden brown.

Plate and serve with maple syrup.

QUESADILLA



INGREDIENTS

½ cup Eggless Mix

½ cup Water

1 Tbsp oil

Salt & pepper to taste

(optional) 2 Tbsp each of diced onion & bell pepper or veggies of choice

Thinly sliced tomato and fresh basil

½ cup shredded cheese of choice

1 large tortilla

DIRECTIONS

Mix the Eggless Mix, water and oil in a mixing bowl until smooth and set aside.

Saute the 2 Tbsp of chopped veggies in a hot 10" frying pan with oil of choice and once done spread the veggies evenly in the pan.

Add the Eggless mixture to the pan and let cook until the bottom is golden brown and the top is dry.

Add a layer of sliced tomatoes and basil on top of the Eggless mixture.

Add cheese on top of omelet.

Place tortilla on top of the omelet and using a plate over the pan, flip the omelet onto the tortilla.

Put the tortilla with the omelet on top back into the pan with the tortilla on the bottom.

Let tortilla heat until the cheese melts and the tortilla is hot but not overcooked or crisp.

Move the tortilla with the omelet to a plate. Fold or cut and enjoy.

ARNACI (ITALIAN RICE BALLS)



INGREDIENTS

3 Tbsp olive oil
Small onion finally diced
1 large garlic clove minced
1/2 tsp salt
1 cup Arborio rice
1 cup dry white wine
2 cup vegetable broth
1 cup bolognese or thick marinara sauce
1 cup shredded or cubed mozzarella

For breading:
1/2 cup seasoned flour
1 cup ready eggless mix
1 cup seasoned breadcrumbs
Avocado oil spray
2 cups marinara sauce, warmed, for serving.
Fresh basil leaves for garnish

DIRECTIONS

For the rice:

In a Dutch oven heat the olive oil & onion and cook until translucent, add garlic and salt. Cook until soft and fragrant, stirring often. Add the rice and stir until rice is translucent, stirring constantly. Add the white wine and cook, stirring often, until the wine is almost entirely absorbed. Add 1/2 cup of the broth to the pot and cook, stirring, until almost completely absorbed. Continue adding the broth mixture, 1/2 cup at a time, stirring constantly and allowing each addition to be absorbed before adding the next. Cook until the rice is tender but not mushy. Remove the pot from the heat, and then spread the rice out on a baking sheet to cool completely.

Use an ice cream scoop, scoop the cold cooked rice and make an indentation in the center with your fingers. Fill the indentation with a spoonful of Bolognese sauce and a few cubes of mozzarella cheese and top the cheese with a little more Bolognese sauce.

Close the rice around the filling, forming a ball. Repeat with the remaining rice, sauce, and cheese.

When the balls are finished store them in the fridge for a few hours to make sure they are very cold and firm.

Breading the Rice Balls:

Pre-heat oven to 400 F.

Roll and cover the rice ball in flour, then in the eggless mix, and finally roll it in the seasoned breadcrumbs until evenly coated.

Arrange the balls on well sprayed sheet pan, and spray them before you put the in the preheated oven. Cook for about 30 minutes or until golden brown.

Serve the warm marinara in a shallow bowl, and top it with arnica ball and garnish with basil leaves,