

ONE BITE

VEGAN MAGAZINE

Celebrate! 4th of July desserts

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Reviewed:

Vegan BBQ
Cookbook

Is Palm Oil Vegan?

Vegan Summer Picnic Recipes

Miraculous Miso !

Are you a fan of the salty tang that's miso? Just when you thought you'd seen everything you could do with this nifty little ingredient, the vegan food blogisphere goes and blows your mind with the most creative ways to incorporate miso into sweet and savory recipes.

We've collected seven of the most inspired recipes we could find. Prepare to be amazed!

Vegan Peanut Butter Miso Caramel Corn

By Amy Lyons

Makes: 8 cups

Ingredients:

- 1/3 cup maple syrup
- 1/3 cup peanut butter
- 1/3 cup raw coconut butter
- 1/2 tsp sea salt
- 1 Tbsp white miso
- 1 tsp pure vanilla extract
- 8 cups plain organic popped corn

Instructions:

1. In a glass measuring cup (or bowl) whisk together the maple syrup, peanut butter, coconut butter, sea salt, miso and vanilla until well blended.





2. Pour over the popcorn in a large bowl and mix well.
3. Spread out onto a lined sheet pan, and place in the freezer until it is hard. Enjoy!



About the author...

Amy Lyons was first exposed to cooking and baking when she was a small child in her grandmother's kitchen. She always wanted to help and get in on the action...especially when cookies were involved! She graduated from Bethel University with a degree in studio art, but now her real passion is food. She has always been a creative person, but it wasn't until freshmen year at college that she began experimenting with cooking and venturing outside the box, creating her own recipes. [Check out her website.](#)



www.fragrantvanilla.com

Roasted Yam and Chickpea Salad

By Amy Lyons

Serves 2

Coconut Bacon:

- 1 1/2 cups large flaked coconut
- 2 Tbsp tamari
- 2 Tbsp liquid smoke
- 1 Tbsp maple syrup

Yams:

- 1 large yam, diced
- olive oil
- sea salt

Dressing:

- 1/4 cup almond butter
- 1/4 cup filtered water (or as needed)
- 1 small garlic clove, minced
- 2 tsp white miso
- sea salt to taste

Salad:

- 1 cup cooked black beans
- 1 red bell pepper, diced
- 4 cups arugula leaves

Instructions:

1. To make the coconut bacon, preheat the oven to 350F degrees, and line a sheet pan with parchment.

2. Toss the large flake coconut with the tamari, liquid smoke and maple syrup and spread out on the pan. Place in the oven and bake for about 12-15 minutes (depending on your oven), keeping a close eye at the end and checking it in the final minutes because it burns fast. Remove from the oven and let cool.

3. Raise the temperature of the oven to 400F degrees. Toss the yams with just enough olive oil to coat and sprinkle with sea salt, then spread out onto the pan. Roast for about 20-

30 minutes until softened and browning at the edges. Once the yams have finished cooking let them cool to room temperature.

4. Meanwhile, to make the dressing, combine all ingredients in a bowl, and whisk together until smooth (or, I like to use an immersion blender in a tall glass measuring cup if you have that).

5. To assemble the salad, scatter the arugula on the bottom of the plates, then top with the beans, yams, bell pepper and some of the coconut bacon. Drizzle with the dressing and serve!

*If you want a large batch of dressing like I keep in my refrigerator:

Miso Almond Dressing:

- 1 cup almond butter
- 1 cup filtered water (or as needed)
- 3 small garlic cloves, minced
- 2 Tbsp white miso
- 1/4 tsp sea salt or to taste

Blend in a blender or food processor until smooth (or whisk together if you don't have one). Keeps for 2 weeks in the refrigerator.



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