

## Chewy Pumpkin Granola Bars

Thaw. Serve.

<http://veggieconverter.com/2012/08/chewy-pumpkin-cranberry-granola-bars-vegan-wholefood-cutco.html>



## Pumpkin Gingerbread Berry Muffins

Thaw. Serve. Heat in microwave 15 seconds if desired.

<http://veggieconverter.com/2012/08/pumpkin-gingerbread-berry-muffins-vegetarian-wholefood-oamc.html>



## Mango Lassi Pops

Thaw. Serve. Heat in microwave 15 seconds if desired.

<http://veggieconverter.com/2012/08/mango-lassi-pops-vegetarian-wholefood-oamc.html>



## Black Bean Falafel

Thaw. Reheat falafel balls in microwave for 1-2 minutes. Add to sandwiches

<http://veggieconverter.com/2012/08/southwestern-falafel-sandwich.html>



## Quinoa with Artichokes

Thaw. Reheat in microwave 1-2 minutes and serve.

<http://veggieconverter.com/2012/08/quinoa-with-artichokes-asparagus-and-kale.html>



## Margarita Pizza

Thaw. Bake pizza for 10 minutes at 425.

<http://veggieconverter.com/2012/08/grilled-margarita-pizza.html>



## Tomato Corn Kale Stir-Fry

Thaw. Heat filling 1-2 minutes in microwave as-is or use as quesadilla or burrito filling.

<http://veggieconverter.com/2012/08/sweet-corn-saute-vegan-wholefood-oamc.html>



## Nutburgers

Thaw. Heat in microwave for 1-2 minutes or in oven at 350 for 5-10 minutes.

<http://veggieconverter.com/2012/08/nutburgers-vegan-wholefood-oamc.html>



Instructions:



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