

## Cash Money Cornbread

1-1/2 cups soymilk  
1-1/2 tablespoons vinegar  
1 cup cornmeal  
1 cup unbleached flour  
2 tablespoons sugar or other sweetener  
1/2 teaspoon salt  
1 teaspoon baking powder  
1 teaspoon baking soda  
2 tablespoons oil  
Preheat oven to 425 degrees.

Combine the soymilk and vinegar and set aside.

Mix the cornmeal, unbleached flour, sugar, salt, baking powder, and baking soda in a large bowl. Add the soymilk mixture and the oil. Stir until just blended. Spread the batter evenly in an oil-sprayed 9x9-inch baking dish. Bake until the top is golden brown, 25-30 minutes. Serve hot.

## Pumpkin Pie in the Sky

1 1/4 pounds soft tofu (try "silken" tofu for a creamier texture)  
1 16-ounce can pumpkin purée  
3/4 cup maple syrup  
3/4 cup sugar  
1/3 cup unbleached all-purpose flour  
1 tablespoon ground cinnamon  
1 teaspoon ground ginger  
1 teaspoon ground nutmeg  
1 9-inch unbaked pie shell  
Preheat the oven to 400° F.

Mix all ingredients. Pour the mixture into the unbaked pie shell and bake for 30 minutes. Then turn down the oven temperature to 350° F and bake for another 30 to 45 minutes, or until the filling is set.



MR. FISH

# HAPPY THANKSGIVING

a few reasons to start caring