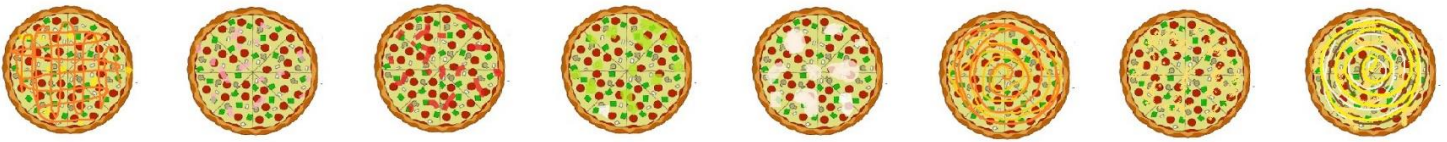


*The Hampton's Vegan*  
2018

# PLANT-BASED

## PIZZA AND ITALIAN FOOD GUIDE





Welcome to your official Plant-Based Pizza Guide, aka “Pizza Packet”, to help transition your business into a vegan friendly establishment for thousands of locals to enjoy. We have created a local guide of vegan friendly restaurants that lead the way as prosperous examples of how to do vegan pizza and Italian food right!

You will notice separate menus, visual graphics of vegan options, and contact info for each restaurant. We also are supplying you with recipes from well-known vegan websites and recipes from famous Plant-based chefs and nutritionists. Lastly, you will find a buyer’s guide to REALLY awesome vegan wholesalers who are well known for tasty dairy and meat alternatives.

Why did you receive this pizza packet? Because the community LOVES your food and locals who don’t eat dairy or meat really want to taste what you have to offer. Setting up a separate vegan menu or adding some vegan alternatives to your existing menu is easier than you may think, and we are here to answer all questions.

The word Vegan or plant-based can be confusing at times, so the quick break down is explained below. As for Gluten-free, we like to include all kinds of diets, but most vegans and plant-based people do still consume gluten. Heck- give us all the wheat and white flour! Just, no cheese, please! However, having gluten-free options is always a win-win when supporting a vast audience of pizza and pasta lovers.

Veganism is simply an ethical choice to not consume any animal products such as dairy, meat, eggs, gelatin, or honey. Vegans believe in respecting all living creatures as well as our environment and health. Whereas Plant-based folks do not consume any animal products, but practice this diet solely for health purposes. The Plant-based diet usually revolves around whole foods and no processed ingredients. So, a tomato arugula pie or spiralized veggie noodles with marinara is ideal for a plant-based diet. Whereas, non-dairy cheese alternatives and BBQ seitan toppings, glazed in a garlic vegan butter sauce with a side of knots are applauded by all the Vegans. Don’t forget, a lot of these vegan options can be homemade, but buying dairy free mozzarella has its benefits.

Lastly, The Hamptons Vegan™ would love to entertain and connect you to the massive, ever-growing, vegan community on Long Island. We are growing rapidly and always looking for a vegan meetup and restaurant event, especially out east due to SO MUCH demand. If you couldn’t tell, we are HUGE foodies. So, tap into this niche and growing movement, and get ready to see your consumer base soar to new heights. Compassionate cheers to that!



**3 Brothers  
Pizza Cafe**  
*The First Vegan pizza and Italian food on  
Long Island!! Now with a separate ALL  
VEGAN RESTAURANT in Copiague!*





## Little Nook Café

Started selling vegan options in West Sayville upon request, now a vegan hotspot with a vegan menu and awesome dessert choices too!



Culiraw™ →  
Delicious Raw Desserts





**FREE DELIVERY**  
\$15 MINIMUM

SERVICING PARTS OF LEVITTOWN, WANTAGH, EAST MEADOW,  
SEAFORD, BETHPAGE, BELLMORE, N. MASSAPEQUA

**516-731-4500**

303 WANTAGH AVENUE  
LEVITTOWN, N.Y. 11796

**HOURS OF OPERATION**

SUNDAY 11:00 AM - 9:00 PM  
MON/TUES 3:00 PM - 9:00 PM  
WED/THURS 3:00 PM - 10:00 PM  
FRI/SAT 10:30 AM - 12:00 AM

FROM 10:00 PM  
TO CLOSE

**LATE NIGHT DEALS**

\$2.00 REGULAR SLICES  
\$2.00 OFF ANY PIE

**HAVING A PIZZA PARTY?**  
(PRICING APPLIES TO ALL PIES)

- 4 PIES - \$1.00 OFF EACH PIE + 24 FREE KNOTS
- 5 PIES - \$1.50 OFF EACH PIE + 24 FREE KNOTS
- 6 PIES - \$2.00 OFF EACH PIE + 24 FREE KNOTS
- 7 PIES - \$2.50 OFF EACH PIE + 36 FREE KNOTS
- 8 PIES - \$3.00 OFF EACH PIE + 36 FREE KNOTS

NO COUPON NEEDED  
JUST ASK!

**VEGAN OPTIONS**  
VIEW OUR MENU AT:  
[WWW.THATPIZZAPLACEINLEVITTOWN.COM](http://WWW.THATPIZZAPLACEINLEVITTOWN.COM)

**That Pizza Place**

in Levittown

Leading the way in creative masterpieces  
and known for their killer calzones!

[WWW.THATPIZZAPLACEINLEVITTOWN.COM](http://WWW.THATPIZZAPLACEINLEVITTOWN.COM)



**VEGAN OPTIONS AVAILABLE**



VEGAN ITEMS WITH ASTERISK ARE NOW COOKED IN A SHARED FRYER

**VEGAN WINGS**

THREE \$7.95

SIX \$14.95

VEGAN FLAVORS: MILD, MEDIUM, HOT, BBQ, TERIYAKI

CHICKEN TENDERS (5)	\$6.95	OLD BAY FRENCH FRIES	\$3.50
TATER TOTS	\$3.95	ADD CHEESE \$1.50	
CHICKEN CUTLET	\$8.95	EGGPLANT	\$8.25
MEATBALL	\$8.95	THE ALEX	\$8.95
CHICKEN CLUB	\$8.25	CHICKEN CUTLET, MEATBALL, GARLIC BUTTER SPREAD	
CHICKEN CUTLET, LETTUCE, TOMATO, MAYO		CHICKEN ROLL	\$6.50
CHEESE CALZONE (BAKED OR DEEP FRIED)	\$6.50	BUFFALO CHICKEN ROLL	\$6.50
ADD STANDARD TOPPING \$1.00		EGGPLANT ROLL	\$6.50
ADD PREMIUM TOPPING \$2.00		ALA VODKA	\$9.95
		MARINARA	\$9.95
		MEATBALL	\$11.95
		BUTTER	\$7.95
		GARLIC & OIL	\$8.95
		MEAT SAUCE	\$12.95

PASTA CHOICE: PENNE, SPAGHETTI, LINGUINE, RIGATONE  
WHOLE WHEAT PENNE AVAILABLE UPON REQUEST

CHICKEN CUTLET PARMIGIANA	\$15.95
CHICKEN ALA VODKA	\$15.95
EGGPLANT PARMIGIANA	\$10.95
EGGPLANT ROLLATINI	\$12.95

ALL ENTREES ARE SERVED WITH A SIDE OF PASTA OR A SMALL GARDEN SALAD  
(CHICKEN ALA VODKA: PASTA OPTION ONLY)

VEGAN MAYO	CUP: \$3.00	PINT: \$5.50
VEGAN RANCH	CUP: \$3.00	PINT: \$5.50
VEGAN MAC & CHEESE	PINT: \$6.00	
VEGAN RICOTTA CHEESE	PINT: \$6.00	
VEGAN ALA VODKA SAUCE	PINT: \$4.25	QUART: \$8.00

\* 24 HOUR ADVANCED NOTICE REQUIRED FOR VEGAN RICOTTA CHEESE AND VODKA SAUCE

VISIT OUR **WEBSITE** FOR MORE **VEGAN** OPTIONS  
INCLUDING PIZZA SLICES, BAKED ITEMS, DESSERTS, SIDES AND MORE

# Pazzo Ristorante

(631) 929-3939 | 62-78 R25A, Wading River, NY (11792)

## Vegan Options

All items made with vegan-friendly ingredients

### Appetizers

Tofu sticks **\$7.99**

Knots (1 for **\$.45**, 6 for **\$2.50**, 12 for **\$4.50**)

Salad (w/ grilled vegetables & vegan cheese) & choice of dressing (Vegan ranch, Caesar, or Blue Cheese dressing) **\$9.99** | add grilled tofu for **\$2.99**

### Meals

Calzone **\$10.99**

Eggplant stromboli **\$9.99**

Black bean sliders (w/ vegan cheese, lettuce and tomato on knots) **\$11.99**

Vegan panini (w/ vegan cheese, pesto, grilled veggies, mixed greens & balsamic) **\$10.99**

BBQ tofu panini (w/ vegan cheese, bbq tofu & mixed greens) **\$11.99**

Eggplant parmigiana dinner **\$16.99**

Vegan tofu parmigiana dinner **\$16.99**

Pasta (w/ marinara sauce) **\$7.99** | (w/ pink tomato sauce) **\$10.99** | (w/ black bean

meatballs) **\$16.99** | (w/ grilled vegetables) **\$16.99**

### Pizza

Traditional (w/ pesto and vegetables) **\$23.99** | **\$17.99** (woodfire)

Eggplant parmigiana **\$23.99** | **\$17.99** (woodfire)

Buffalo tofu **\$23.99** | **\$17.99** (woodfire)

BBQ Tofu **\$23.99** | **\$17.99** (woodfire)

"Regular" style (w/ sweet sauce & shredded vegan cheese) **\$19.99** | **\$15.99** (woodfire)

### Dessert

Raspberry sorbet **\$6.50**



***Closest Pizza to the Hamptons and North Fork! Trendsetters with a great buffalo tofu topping and their famous garden pesto pizza.***



*The Hamptons Vegan*  
**Pazzo Vegan Night**  
Over 50 excited friends attended event and did take out!



**Dan, of Frankie's East Side Pizza in Farmingdale, wants to assist you too!**

**FRANKIE'S EAST SIDE PIZZA**  
**VEGAN MENU**

**APPETIZER**

Vegan Drum Sticks (4pc) \$12

**VEGAN PIZZA**

10in.- \$12.00 • 12in.- \$14.00 • 16in.- \$19.00 • 18in.- \$24.00

**TOPPINGS:**

Mushroom Broccoli Hot Pepper  
 Garlic Spinach Pepper Onion

**Vegan Drunken Grandma**

(Choice of Coconut or Almond Milk)

Small (4 slices)	Large (8 slices)	X-Large (12 slices)
\$16.00	\$24.00	\$30.00

**VEGAN PASTA**

Penne or Spaghetti: Ala' Vodka (coconut milk)	\$17.00
Penne or Spaghetti: Ala' Vodka (almond milk)	\$17.00
Penne or Spaghetti: Garlic & Oil	\$12.00
Penne or Spaghetti: Broccoli or Spinach, Garlic & Oil	\$14.00

Add DAIYA CHEESE +\$2.00

**VEGAN RAVIOLI**

Cheese (Almond Milk, Ricotta, and Marinara)	\$16.00
Grilled Vegetable Marinara (6pc)	\$15.00
Eggplant, Zucchini, and Squash (6pc)	\$16.00
Spinach (8pc)	\$13.50
Butternut Squash <b>NEW</b>	\$16.00
Butter Roasted Pumpkin <b>NEW</b>	\$16.00



*Pioneering with new ingredients and flavors to his existing Italian menu, Dan Romano aims to please and be apart of the vegan community. Between a radio show, vegan pizza Facebook group, almost always in house cooking up a storm, and countless other endeavors, Dan is seriously the man. Need advice on how he started and continues to wow the vegan community?*

*This is the guy you can count on.*

**Frankie's East Side Gourmet Italian Restaurant**

**313 Main Street Farmingdale**

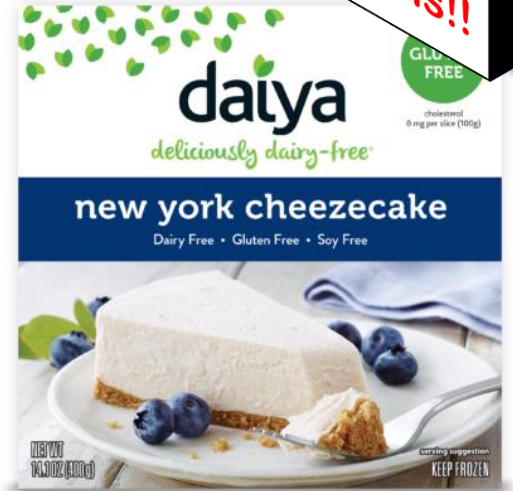
**516 756 2753**

**<https://www.frankieseastsidepizza.com/>**





**SO MANY options!!**



<https://daiyafoods.com/food-service/request/>

**LET DAIYA BE YOUR SECRET INGREDIENT**

Let's look at the facts. One in every four consumers is a dairy avoider. Of those, 60% also follow a gluten-free diet. This group is willing to pay a premium for dairy-free, plant-based options (like, \$286 million annually). So, as more and more people pursue a dairy-free, gluten-free or soy-free lifestyle, everyone benefits from Daiya's delicious alternative.

**ADD DAIYA TO YOUR MENU**



# BULK & FOOD SERVICE

The Follow Your Heart® line of products are available in food service and bulk sizes and make the perfect ingredients for any deli counter or manufactured product. Quality ingredients that are vegan, gluten free, and verified Non-GMO are hand-crafted together to create a complete selection of ingredient staples.

**Made in our solar-powered facility!**

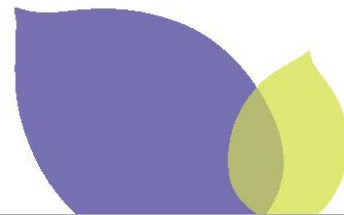


*100% Plant-Based!*

- ♥ Great Taste
- ♥ Non-GMO
- ♥ Cholesterol Free
- ♥ Preservative Free
- ♥ 100% Vegan
- ♥ Kosher \*Select Products
- ♥ Organic \*Select Products
- ♥ Gluten Free



\*These Follow Your Heart® products require refrigeration.



Sustainable foods for a healthier world.

**VEGENAISE®**

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
Original Vegenaise	1 gal.	•	•	•	657527
Original Vegenaise	1/5 gal.	•	•	•	658032
Reduced Fat Vegenaise	4/1 gal.	•	•	•	657533
Reduced Fat Vegenaise	1/5 gal.	•	•	•	658036
Grapeseed Oil Vegenaise	4/1 gal.	•	•	•	657529
Grapeseed Oil Vegenaise	1/5 gal.	•	•	•	658033
Organic Vegenaise	4/1 gal.	•	•	•	657530
Organic Vegenaise	1/5 gal.	•	•	•	658034
Soy-Free Vegenaise	4/1 gal.	•	•	•	657530
Soy-Free Vegenaise	1/5 gal.	•	•	•	658034

Sample Sheet

**SALAD DRESSINGS**

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
High Omega Vegan Ranch	6/32 oz.	•	•	•	666558
High Omega Vegan Ranch	4/1 gal.	•	•	•	657537
High Omega Vegan Bleu Cheese	6/32 oz.	•	•	•	666559
High Omega Vegan Bleu Cheese	4/1 gal.	•	•	•	657538
Vegan Thousand Island	6/32 oz.	•	•	•	666560
Vegan Thousand Island	4/1 gal.	•	•	•	657539
Organic Vegan Miso Ginger	6/32 oz.	•	•	•	666561
Organic Vegan Miso Ginger	4/1 gal.	•	•	•	657563
Organic Vegan Caesar	6/32 oz.	•	•	•	666560
Organic Vegan Caesar	4/1 gal.	•	•	•	657564
Organic Balsamic Vinaigrette	6/32 oz.	•	•	•	666561
Organic Balsamic Vinaigrette	4/1 gal.	•	•	•	657561
Organic Italian Vinaigrette	6/32 oz.	•	•	•	666562
Organic Italian Vinaigrette	4/1 gal.	•	•	•	657562
Organic Vegan Coleslaw	4/1 gal.	•	•	•	657565
Reduced Fat Vegan Ranch	6/32 oz.	•	•	•	666563
Reduced Fat Vegan Ranch	4/1 gal.	•	•	•	657566
Vegan Lemon Herb	6/32 oz.	•	•	•	666564
Vegan Lemon Herb	4/1 gal.	•	•	•	657567
Vegan Honey Mustard	6/32 oz.	•	•	•	666557
Vegan Honey Mustard	4/1 gal.	•	•	•	657531
Vegan Creamy Garlic	6/32 oz.	•	•	•	666565
Vegan Creamy Garlic	4/1 gal.	•	•	•	657568

**VEGAN CHEESE**

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
*VG Mozzarella Cheese Block	4/4 lbs.	•	•	•	657555
*VG Mozzarella Cheese Shreds	4/4 lbs.	•	•	•	657556
*VG Cheddar Cheese Block	4/4 lbs.	•	•	•	657557
*VG Cheddar Cheese Shreds	4/4 lbs.	•	•	•	657559
*VG Monterey Jack Cheese Shreds	4/4 lbs.	•	•	•	657540

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
VG Mozzarella Shreds	3/5 lbs.	•	•	•	647390
VG Cheddar Shreds	3/5 lbs.	•	•	•	657522
VG Pizzeria Shreds	3/5 lbs.	•	•	•	657525

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
Soy-Free American Style Slices	14/2.2 lbs.	•	•	•	657535
Soy-Free American Style Blocks	5/5 lbs.	•	•	•	657566
Soy-Free Mozzarella Style Slices	14/2.2 lbs.	•	•	•	657536
Soy-Free Mozzarella Style Blocks	5/5 lbs.	•	•	•	657567

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
Dairy Free Parmesan Grated Shaker	8/5 oz.	•	•	•	657577
Dairy Free Parmesan Bulk Shreds	3/5 lbs.	•	•	•	657524

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
*Vegan Gourmet Cream Cheese	4/32 oz.	•	•	•	657560

**GLUTEN-FREE TORTILLAS**

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
Classic Tortillas	6/12 oz.	•	•	•	669994
Chia & Flaxseed	6/12 oz.	•	•	•	669995

**VEGAN EGG.**

Product	Sizes Available	Kosher	Soy-Free	Organic	DOT
VeganEgg Bulk Tub	4/2 lbs.	•	•	•	661658
VeganEgg Bulk Bag	1/20 lbs.	•	•	•	661658

\*Made with organic ingredients (>70%)



Follow Your Heart®/Earth Island™ P.O. Box 9400 Canoga Park, CA 91309  
 Phone (818) 725-2820 Toll Free (888) 394-3949 Fax (818) 725-2812

Info@FollowYourHeart.com  
 FollowYourHeart.com



US 10/17

**Paul F. Spinale**  
 National Sales Manager – Food Service



Earth Island®  
 d: 508-878-5067  
 f: 818-725-2812  
 pspinale@followyourheart.com  
 www.followyourheart.com



Sustainable Foods for a Healthier World

Learn about our company! [Follow Your Heart](#)



## Blocks

Product Code	Description	UOM	Unit Price	Case Price	SRP Unit	# of Cases
7286001906	Violife jl Provolone 7.05oz	13	\$2.85	\$38.97	\$4.08	129
7286101906	Violife jl Herbs 7.05oz	13	\$2.95	\$38.47	\$4.09	129
7286501906	Violife jl Gouda 7.05oz	13	\$2.95	\$38.47	\$4.09	129
7276753606	Violife jl Gouda 7.05oz	13	\$2.95	\$38.47	\$4.09	129
7276301906	Violife jl Provolone 7.05oz	13	\$2.96	\$38.47	\$4.09	129
7286001910	Violife jl Provolone 14.10oz	7	\$5.57	\$38.99	\$4.49	129
7276753610	Violife jl Gouda 14.10oz	7	\$5.57	\$38.99	\$4.49	129
7286401910	Violife jl Smoked 14.10oz	7	\$5.57	\$38.99	\$4.49	129
7286701910	Violife jl Hot Pepper 14.10oz	7	\$5.57	\$38.99	\$4.49	129
7276375410	Violife jl Mozzarella 14.10oz	7	\$5.57	\$38.99	\$4.49	129

## Wedges

Product Code	Description	UOM	Unit Price	Case Price	SRP Unit	# of Cases
7286151906	Violife jl Parmesan 5.29oz	11	\$3.95	\$43.44	\$5.49	756
7286151906	Violife jl Blue Cheese 5.29oz	12	\$3.30	\$39.60	\$4.49	129

## Creamy

Product Code	Description	UOM	Unit Price	Case Price	SRP Unit	# of Cases
7981757006	Violife Creamy	8	\$3.55	\$28.40	\$4.99	727
7981957206	Violife Creamy Hot Pepper	8	\$3.55	\$28.40	\$4.99	283
7982257406	Violife Creamy Herbs	8	\$3.55	\$28.40	\$4.99	425
7982357006	Violife Creamy Gorgonzola	8	\$3.55	\$28.40	\$4.99	442

## Food Service

Product Code	Description	UOM	Unit Price	Case Price	SRP Unit	# of Cases
7872039612	Violife Parmesan	20	\$9.95	\$199.00	FS	12
7989501943	Violife Blue Cheese	7	\$6.55	\$45.85	FS	7
7775853922	Violife Cheddar Slices 2.2 Ins	12	\$6.50	\$78.00	FS	3
7574165638	Violife Mozzarella 5.5 lbs Brick	5	\$4.00	\$20.00	FS	24
7072075553	Violife MegaParmesan 9.61 lbs	2	\$7.25	\$14.50	FS	15
14012	Violife Shredded Mozzarella	\$13.50	\$54.00	\$54.00	FS	11
7170235381	Violife Provolone Brick 27.5 lbs	27.5 lbs	\$118.85	\$118.85	FS	20
7174165681	Violife jl Mozzarella Brick	27.5 lbs	\$107.25	\$107.25	FS	78
7175901981	Violife jl Smoked Provolone	27.5 lbs	\$118.85	\$118.85	FS	13

Not for individual sale

- If you want to place an order. An email must be generated to your distributors attention with the following information:
    - (1) Product Code (2) Qty (3) Brief Description
    - Here's an example
    - 7981757006 Qty 4 Creamy original
  - All orders have to be received by Friday at 5 pm EST in order to be shipped the following week.
- (Q) What if I don't sell all my inventory?**  
**(A) Violife guarantees you will sell through your inventory prior to the best by dates of products shipped or you will be given a credit.**
- Charles Friday  
North America Account Manager  
Violife America  
[charles@violifeamerica.com](mailto:charles@violifeamerica.com)  
208-995-7777

Plant-based

&

Vegan

**RECIPES**



*Created for the Engine 2 Diet, by Rip Esselstyn. This lasagna recipe that replaces cheese and beef with vegetables and the whole grain noodles. It's less than half the calories of traditional lasagna! For more plant based recipes purchase your copy of The Engine 2 Diet.*

Serves 10-12

**Ingredients:**

**1 onion, chopped**

**1 small head of garlic, all cloves chopped or pressed**

**8 oz mushrooms, sliced**

**1 head broccoli, chopped**

**2 carrots, chopped**

**2 red bell peppers, seeded and chopped**

**1 can corn, rinsed and drained**

**1 package firm tofu**

**1/2 tsp cayenne pepper**

**1 tsp oregano**

**1 tsp basil**

**1 tsp rosemary**

**2 jars pasta sauce**

**2 boxes whole grain lasagna noodles**

**16 oz frozen spinach, thawed and drained**

**2 sweet potatoes, cooked and mashed**

**6 roma tomatoes, sliced thin**

**1 cup raw cashews, ground**

**Directions**

Preheat oven to 400 ° F. Saute the onion and garlic on high heat for 3 minutes in a wok or nonstick pan. Add the mushrooms and cook until the onions are limp and the mushrooms give up their liquid. Remove them to a large bowl with a slotted spoon. Reserve the mushroom liquid in the pan. Saute the broccoli and carrots for 5 minutes and add to the mushroom bowl. Saute the peppers and corn until just beginning to soften. Add them to them to the vegetable bowl. Drain the tofu by wrapping in paper towels. Break it up directly in the towel and mix into the vegetable bowl. Add spices to the vegetable bowl and combine.

Cover the bottom of a 9x13 inch casserole with a layer of sauce. Add a layer of noodles. Cover the noodles with sauce. This way the noodles cook in the oven, saving time and energy. Spread the vegetable mixture over the sauced noodles. Cover with a layer of noodles and another dressing of sauce. Add the spinach to the second layer of sauced noodles. Cover the spinach with the mashed sweet potatoes. Add another layer of sauce, the final layer of noodles, and a last topping of sauce. Cover the lasagna with thinly sliced roma tomatoes. Cover with foil and bake in the oven for 45 minutes. Remove the foil, sprinkle with the cashews, and return to the over for 15 minutes. Let sit for 15 minutes before serving.



## POTATO GNOCCHI

*SERVES 3-4*

### INGREDIENTS

4 – 5 medium sized potatoes

1/2 teaspoon salt, plus extra to add to boiling water

2 tablespoons olive oil

Approximately 1 cup plain flour

Water for boiling

### PREPARATION

- Wash the potatoes but leave in the skins, and place in a large pan of water, Bring to the boil and cook for 30 minutes or so, until a knife can be inserted easily and the skins are starting to flake away a bit.
- Drain potatoes and leave to steam and cool slightly in a colander. Leave until the potatoes have dried out and are cool enough to handle, but not cold.
- Scoop out the insides of the potatoes into a large mixing bowl, discarding the skins, add the olive oil and salt and mash until smooth and lump free.
- Prepare a large pan of salted water, cover with a lid and start to bring to the boil while you prepare the gnocchi.
- Now its time to add the flour to the potatoes. Stir in bit by bit until it kind of forms a soft potato-y dough, just enough so you can pick a bit up with floured hands and roll. (you may need a little more if your potatoes are particularly wet)
- One handful at a time place some dough on a floured surface and roll between your hands to form a long thin log like a rope, about .78 inches in width, (see above photo for guidance).
- Next slice the gnocchi log into approximately 1 inch pieces. Place on a floured plate, take another handful of gnocchi and repeat until all the dough is used up. (At this point you could freeze the gnocchi on trays, then transfer to sealed bags and cook as directed above when needed)
- Once the water is at a fast boil, add gnocchi, not all of it at once but in batches, just enough to cover the bottom of the pan. After about 3 minutes the gnocchi will rise to the top, this means it is cooked, remove with a slotted spoon and place in a large dish with a little olive oil. Bring water back to boil, add more gnocchi and repeat this step until all the gnocchi is cooked.
- Serve straight away and eat as desired with your favorite sauces. Serve with marinara sauce and basil pesto, either straight on top as you would serve pasta, or baked together in the oven for 15 minutes

## **The Hamptons Vegan™ Perfect Parmesan**

*A vegan parmesan made with simple ingredients that accentuates any dish yearning for a little cheesy flavor.*

Course	<a href="#">condiments</a>
Cuisine	<a href="#">vegan</a>
Prep Time	5 minutes or less
Servings	cup

### INGREDIENTS

- 1 cup [raw cashews](#)
- 1/4 cup [nutritional yeast](#)
- 1 teaspoon [salt](#)
- 1 teaspoon [garlic powder](#) optional



### INSTRUCTIONS

1. Place all ingredients in blender or food processor. Blend/pulse for about 30 seconds or more until grated cheese consistency. Don't blend too long to avoid turning to nut butter.

### RECIPE NOTES:

*Do not soak cashews. Always use dry ingredients for this recipe.*

**>>>Also check out our ricotta, nacho cheese sauce, bruschetta, pesto sauce, and lasagna recipes!<<<**

**THIS PIZZA PACKET WAS BROUGHT TO YOU BY YOUR LOCAL  
VEGAN FOODIE AND THE HAMPTONS VEGAN™**



*For plant-based recipes, local vegan friendly events, news and promotions, check us out at:*

[WWW.TheHamptonsVegan.com](http://WWW.TheHamptonsVegan.com)

IG @TheHamptonsVegan

FB [www.Facebook.com/TheHamptonsVegan](http://www.Facebook.com/TheHamptonsVegan)

FB community group: [www.facebook.com/groups/east-end-vegans](http://www.facebook.com/groups/east-end-vegans)

Contact us at [TheHamptonsVegan@gmail.com](mailto:TheHamptonsVegan@gmail.com)

Cell: 631-566-5907