

# LiveNaturally

YOUR HEALTHY LIFE STARTS HERE

VeganFusion

VEGAN

# DELIGHTS

21 PLANT-BASED RECIPES FROM DRINKS AND  
DESSERTS TO BREAKFASTS AND DINNERS



BLUEBERRY BLISS CHEESECAKE BARS  
BY MEGHAN SHOOKMAN  
PG. 16

# CONTENTS

LIVENATURALLYMAGAZINE.COM

---

2

## BREAKFAST

Zucchini Almond Butter Quick Bread

Healthy Oat-Turmeric-Chia Donuts

---

Vegan Pumpkin-Black Bean Quesadillas

Grilled Chili Tofu with Corn-Mango Relish

Warm Weather Spicy Southwest Salad

Deli Style Green Lentil & Shitake Pate

Mango Coconut Sticky Rice with Mango  
Lime Sauce and Walnut Cinnamon Crunch

Coconut Kale Polenta with Sun-dried  
Tomato Tapenade

---

Veggie-Flax Burgers

Sweet Potato Black Bean Enchiladas

Vegan Fettucine Carbonara

Pea Pesto Pasta with Basil & Mint

Almond Alfredo

---

Chocolate Pot de Crème

Blueberry Bliss Cheesecake

Chocolate Peanut Butter Cream Pie

Missy's Oatmeal Chocolate Chip Cookies

Oatmeal Cookie Bliss Balls

Chocolate Cherry Coconut Bites

---

22

## BEVERAGES

Fruity Mulled Kombucha

Power Haus Hot Chocolate Drink

# INTRODUCTION

In 2018, **Live Naturally Magazine** and **Mark Reinfeld** of Vegan Fusion teamed up to host a Vegan Recipe Contest. The rules were simple: participants could submit up to three original vegan, plant-based recipes that did not contain meat, fish, poultry or any animal products, such as dairy or eggs. Recipes would use 10 ingredients or fewer and incorporate a product or more from Kroger's Simple Truth line. The result: more than 500 submissions from across the U.S. In this ebook, we are pleased to share the top 21 recipes.

## ABOUT MARK REINFELD



Chef Mark Reinfeld is an award-winning plant-based chef and author of eight cookbooks, including his latest, *The Ultimate Age-Defying Plan*. His first cookbook, *Vegan Fusion World Cuisine*, has won nine national awards including Best Vegetarian Cookbook in the USA. He is a 2017 inductee into the Vegetarian Hall of Fame and recipient of *vegan.com*'s Recipe of the Year Award. Using his 25 years of experience in vegan recipe and menu development as well as profes-

sional chef training, he offers consulting services for such clients as Google, Whole Foods, Danone and Kroger, among others.

Through Mark's company, Vegan Fusion, he offers vegan culinary workshops, international retreats, a plant-based chef certification program and an online vegan teacher training. Vegan Fusion's mission is to promote the benefits of a plant-based lifestyle for the preservation of human health and the environment, and to create a more peaceful world.

Mark created The Doctor and The Chef wellness community with his wife, Ashley Boudet, who is a clinically trained naturopathic doctor. Their mission is to help others succeed on a plant-based lifestyle.

Visit [veganfusion.com](http://veganfusion.com) and [doctorandchef.com](http://doctorandchef.com) to learn more about these offerings, get free recipes, and sign up for the newsletter for updates and special offers.



## Zucchini Almond Butter Quick Bread

This is an excellent way to enjoy a baked good while still getting a dose of vegetables. This bread is very versatile, and different nut butters such as peanut or cashew may be substituted or combined depending on your preference or what you have in your pantry.

BY MARIE BRENNAN

---

PREP TIME: 15 MINUTES | COOK TIME: 40-45 MINUTES

MAKES 1 LOAF, SERVES 10

---

**1 large zucchini, grated**

**1 cup Simple Truth Smooth Almond Butter**

**⅓ cup Simple Truth Organic Coconut Sugar**

**5 tablespoons water**

**2 tablespoons Simple Truth Organic Whole Ground Flaxseed Meal**

**1 tablespoon vanilla extract**

**½ teaspoon sea salt**

**½ cup Simple Truth Organic 72% Cacao Dark Chocolate Chunks**

**½ teaspoon baking soda**

**1 teaspoon Simple Truth Organic Unfiltered Raw Apple Cider Vinegar**

---

### DIRECTIONS

1. Preheat oven to 375°. Grease a glass bread loaf pan.
2. Using a 1 cup measurement tool, press out as much water from zucchini as you can. You should be left with approximately 1 cup of zucchini. Set aside zucchini and discard water.
3. In a medium mixing bowl and using an electric mixer, combine almond butter, coconut sugar, water, flaxseed meal, vanilla and salt together until smooth.
4. Stir in zucchini, chocolate chunks and baking soda. Stir in apple cider vinegar.
5. Add batter to loaf pan and bake 40-45 minutes, until loaf smells fragrant and an inserted toothpick comes out clean.





## Healthy Oat Turmeric Chia Donuts

This recipe was created for National Donut Day, to cherish veganism and still have guilt-free donuts.

BY YASHASWITA BHOIR

---

PREP TIME: 10 MINUTES | COOK TIME: 18-20 MINUTES  
MAKES 9-10 DONUTS

---

**1/3 cup Simple Truth  
Cinnamon Applesauce**  
**1/4 cup Simple Truth Dark  
Color Maple Syrup**  
**2 tablespoons flax egg**  
**1 teaspoon lemon zest**  
**1 teaspoon vanilla extract**  
**1/8 cup chia seeds**  
**1/2 teaspoon turmeric**  
**1/2 teaspoon cinnamon**  
**1 teaspoon baking powder**  
**1/2 teaspoon baking soda**  
**1/8 teaspoon sea salt**  
**1 1/2 cups oats flour**

### DIRECTIONS

1. Preheat oven to 350°. Grease a donut pan.
2. In a bowl, whisk together applesauce and maple syrup.
3. Add in flax egg, and whisk until frothy. Sprinkle lemon zest as per your taste. Also add vanilla extract.
4. Next, add in all dry ingredients, except oats flour; mix well.
5. Next, fold in flour gently and try not to overmix batter.
6. Leave batter to stand for 5 minutes, and then pipe on to greased pan.
7. Bake 15-17 minutes. Insert toothpick to test if donuts are done.



## Vegan Pumpkin Black Bean Quesadillas

With a hint of sweet heat, this is a savory, vitamin-packed, plant-based appetizer or kid-friendly main meal perfect for the fall season.

BY KIMBERLY TYSON

PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES

MAKES 4 8-INCH QUESADILLAS

1 teaspoon Simple Truth Organic  
Italian Extra-Virgin Olive Oil

1 garlic clove, minced

1 teaspoon Simple Truth Organic  
Cumin

½ teaspoon Simple Truth  
Organic Chili Powder

1 teaspoon fine sea salt

1 can (15-ounce) Simple Truth  
Solid Packed Pumpkin

1 can (15-ounce) Simple Truth  
Organic Black Beans, drained  
and rinsed

¾ cup Kroger Simple Truth  
Organic Super Sweet Whole  
Corn Kernels, drained

1 cup vegan cheddar shreds  
(try Daiya)

8 Simple Truth 8-inch  
Wheat Flour Tortillas

Optional garnishes: cilantro or  
flat-leaf parsley, salsa, vegan  
sour cream

### DIRECTIONS

1. In a medium saucepan, heat oil on medium-high heat. Add garlic. Sauté about a minute, or until garlic is golden. Add canned pumpkin. Stir in cumin, chili powder, and salt. Cook 3 minutes, or until pumpkin is heated through. Add a splash of water if needed to avoid sticking. Remove from heat.

2. To assemble quesadillas, divide seasoned pumpkin and spread evenly onto 4 tortillas. Evenly distribute ¼ cup of drained black beans onto each tortilla. Evenly distribute 2 tablespoons

of corn onto each tortilla. Sprinkle ¼ cup of vegan cheddar shreds onto each tortilla. Place a tortilla over the filling.

3. Spray large pan with cooking spray. Heat to medium-high. One at a time, cook quesadillas on both sides, until each side is golden brown and cheddar shreds have melted.

4. Cut quesadillas into quarters and serve topped with optional garnishes.



## Grilled Chili Tofu with Corn-Mango Relish

A quick and easy appetizer or light entrée,  
with a blend of sweet, spicy and tangy flavors.

BY DALJEET SINGH

---

PREP TIME: 15 MINUTES | COOKING TIME: 8-10 MINUTES | SERVES 4

---

**14 ounces Simple Truth  
Firm Tofu**

**2 teaspoons salt, divided**

**2 teaspoons Simple  
Truth Chili Powder**

**4 tablespoons vegetable  
oil, divided**

**3 teaspoons fresh lime  
juice**

**1 cup fresh corn kernels,  
lightly roasted**

**1 cup semi-ripe mango,  
peeled and diced**

**¾ cup red onion,  
chopped**

**½ cup jalapeno peppers,  
seeded and chopped**

**¼ cup fresh cilantro  
leaves, coarsely chopped**

### DIRECTIONS

1. Drain and rinse tofu; place on a plate and pat dry with a paper towel. Cut tofu block into four equal pieces; set aside on plate.
2. Combine 1 teaspoon salt with chili powder in a small bowl; mix well. Rub this mixture on both sides of tofu pieces.
3. For relish, whisk 2 tablespoons oil with lime juice and 1 teaspoon salt in a medium-sized bowl. Add corn, mango, red onion, jalapeno and cilantro. Toss, and set aside.
4. Preheat a grill to medium-high heat. (If a grill is not available, use a grill pan over a stove.) Oil racks with remaining oil. Place tofu pieces on rack, and cook, with grill lid (or grill pan lid) down, for 2 minutes. Rotate about 90 degrees, and cook, with lid down (or on pan), for another 2 minutes. Turn pieces over, and cook the other side the same way for 4 minutes.
5. Remove from grill or pan, and place tofu on four serving plates. Divide relish into four equal parts, and serve over tofu.



## Warm Weather Spicy Southwest Salad

A chilled watermelon topping is paired with a spicy corn mixture on this flavorful salad.

BY MARGEE BERRY

---

PREP TIME:  
15 MINUTES + 2 HOURS  
FOR FREEZING

COOK TIME: 5 MINUTES  
SERVES 6

---

**1 cup peeled, cubed  
seedless watermelon**

**1 tablespoon  
fresh lime juice**

**1 teaspoon Simple  
Truth Organic Chipotle  
Pepper Hot Sauce**

**½ teaspoon fine  
lime zest**

**2 teaspoons Simple Truth  
Unfiltered Extra Virgin  
Olive Oil**

**1½ cups Simple Truth  
Organic Frozen Corn Kernels**

**2 tablespoons finely  
chopped jalapeno**

**½ teaspoon Simple Truth  
Organic Ground Cumin**

**1 package (10-ounce) Simple Truth  
Organic Grape Tomatoes, halved**

**3 tablespoons chopped fresh cilantro**

---

### DIRECTIONS

**1.** Whirl watermelon, lime juice, hot sauce and lime zest in food processor until smooth; transfer mixture into an 8-inch glass baking dish, cover dish with plastic wrap. Freeze watermelon mixture, stirring a few times until frozen, about 2 hours.

**2.** Scrape entire mixture with fork until fluffy.

**3.** Heat oil in a medium skillet over medium-high heat, add corn and jalapeno, then sauté 3 minutes. Stir in cumin, sauté 30 seconds more; remove skillet from heat to cool.

**4.** To serve, divide tomato halves and corn mixture onto each of 6 salad plates. Next, sprinkle 2 tablespoons watermelon mixture on top and garnish with cilantro.





## Deli Style Green Lentil & Shitake Pate

A perfect spread for crackers or filling for hearty sandwiches, this savory healthy vegan pate is fit for a deli tray, and even a favorite of carnivores.

BY JUDITH BERMAN YAMADA

PREP TIME: 30 MINUTES | COOK TIME: 20 MINUTES | MAKES 8 SERVINGS

**3 tablespoons extra virgin olive oil**

**1½ cups coarsely chopped shitake mushroom caps**

**½ cup coarsely chopped scallion or spring onion (white parts only)**

**½ teaspoon freshly ground black pepper**

**½ teaspoon ground cumin**

**¼ teaspoon dry red chili flakes**

**¾ teaspoon Herbs de Provence**

**1½ cups cooked Simple Truth Organic Green Lentils, warm or at room temperature**

**3 tablespoons vegan soy sauce**

**2 teaspoons fresh lemon juice**

### DIRECTIONS

1. Heat oil in a 12-inch frying pan. When oil begins rippling in pan, add chopped mushroom caps. Cook on medium-high heat until mushrooms lose most moisture and begin browning; you want that sear on the mushrooms.

2. Lower heat as needed, and add chopped scallions; sauté until scallions are softened and lightly browned in spots, 15-20 minutes.

3. Sprinkle black pepper, cumin and chili flakes over the vegetables, and crumble Herbs de Provence over all; stir through, cooking an additional minute. Remove from heat.

4. Season lentils with vegan soy sauce and lemon juice, and combine with vegetable mixture. Puree

entire mixture in a food processor or heavy-duty blender in batches, until mixture is a slightly coarse puree. Stir well.

5. Refrigerate in covered container at least 1 hour, or up to 8 hours.

6. Stir again before serving. Mound mixture in an attractive serving bowl and garnish as desired. Serve with vegan crackers or crudités as an appetizer or in a hearty sandwich with vegan mayonnaise and vine-ripened tomatoes or homemade pickles.





## Mango Coconut Sticky Rice with Mango Lime Sauce and Walnut Crunch

Sweet and fruity rice with a bright, citrus creamy  
sauce and a nutty crunch topping.

BY ELIZABETH KOSEYAN

---

PREP TIME: 10 MINUTES | COOK TIME: APPROX. 1 HOUR | MAKES 6 SERVINGS

---

### CRUNCH

3 tablespoons Simple Truth  
Organic Walnut Pieces, chopped  
2 tablespoons oats, uncooked  
2 teaspoons Simple Truth Organic  
Blue Agave Light Golden Syrup  
2 teaspoons Simple Truth  
Organic Sugar  
1½ teaspoons Simple Truth  
Organic Madagascar Vanilla  
Extract  
½ teaspoon ground cinnamon  
½ teaspoon lime zest

### SAUCE

¼ cup Simple Truth Organic  
Coconut Milk

¼ cup Simple Truth Organic  
Frozen Mango Chunks, pureed  
2 teaspoons Simple Truth  
Organic Sugar  
¼ teaspoon Simple Truth  
Organic Madagascar Vanilla  
Extract  
⅛ teaspoon lime zest

### RICE

3 cups Simple Truth Organic  
Coconut Milk  
¼ cup Simple Truth Organic  
Sugar  
¾ cup Simple Truth Organic  
Frozen Mango Chunks, chopped  
finely  
1 cup short grain rice

---

## DIRECTIONS

1. To make crunch topping, preheat oven to 300°.
2. Add all crunch ingredients into a small bowl; stir until coated.
3. Place on a foil-lined baking sheet and bake until golden and crisp, about 10-15 minutes. Remove from oven and let cool.
4. For sauce, in a small saucepan over low heat, add milk, mango and sugar. Stir occasionally until mixture is warm and sugar has dissolved, about 10 minutes. Remove from heat and stir in vanilla and lime zest. Cover and set aside.
5. For rice, in a medium saucepan over medium-low heat, add milk, sugar and finely chopped mango. Stir occasionally until sugar dissolves and comes to a simmer, about 5-7 minutes.
6. Reduce heat to low and add rice. Cover and cook until liquid is absorbed by rice, about 40-45 minutes. Divide rice among 6 ramekins.
7. To serve, invert warm rice onto a small plate. Spoon sauce around rice and sprinkle with crunch topping.

# Coconut Kale Polenta with Sundried Tomato Tapenade

A colorful, Mediterranean-inspired entrée.

BY ELIZABETH ARRAJ

PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES

SERVES 5

1 can of Simple Truth Organic Coconut Milk  
2 cups curly kale, chopped  
2 cups water  
1 teaspoon curry powder  
1 cup polenta  
½ cup nutritional yeast  
2 garlic cloves, minced

1 cup sundried tomatoes  
1 cup walnuts  
1 tablespoon dried basil  
¼ cup olive oil  
1 cup water

**GARNISH:**  
Kalamata and green olives, sliced in half;  
roasted red bell peppers; micro greens; capers

## DIRECTIONS

1. Preheat oven to 350°.
2. Put coconut milk, kale, water and curry powder in a blender and blend until smooth, transfer to large pot.
3. Bring liquid to a gentle boil and add polenta. Carefully whisk continuously, about 15 minutes. Add nutritional yeast and garlic. Transfer to a parchment-lined 9x13 baking pan. Bake 15 minutes.
4. To create your tapenade in a food processor, combine sundried tomatoes, walnuts and dried basil. Add olive oil and water slowly as you pulse the other ingredients together to make a thick paste.
5. Prepare your garnish; slice your olives in half and gather the rest of your items.
6. You can plate your dish two different ways: You can opt to not bake the polenta and scoop warm polenta into a shallow bowl: put a ¼ cup sundried tapenade in the center of the polenta, garnish with olives, capers, roasted bell peppers and micro greens. Or you can bake polenta in the oven at 350° for 15 minutes, cool polenta down and using a 3" circular cookie cutter, cut out round polenta discs and place in center of a plate. Then put a ¼ cup sundried tapenade in the center of the polenta and add all garnish ingredients.





## Veggie-Flax Burgers

This meatless, dairy-free recipe has protein, fiber and the benefits of healthy fats. Try it with lettuce, diced tomato and avocado.

BY CYNTHIA BELLINI

PREP TIME: 30 MINUTES | COOK TIME: 10 MINUTES | SERVES 4

1 (6.5-ounce) jar artichoke hearts, drained and quartered

1 teaspoon garlic, chopped

¼ cup green onions, chopped

3 tablespoons fresh parsley, chopped, or 2 teaspoons dried

¾ cup Simple Truth Garbanzo Beans, drained and rinsed

¾ cup Simple Truth Kidney or Black Beans, drained and rinsed

3 tablespoons ground flaxseed, regular or golden

2 tablespoons roasted tahini, or other nut butter

4 generous twists of freshly ground black pepper

½ cup cooked brown rice or millet

### DIRECTIONS

1. Place all ingredients except rice or millet in a food processor; pulse about eight times, until blended. Scrape down sides, and pulse another six times. Do not overprocess. Transfer to a bowl, and gently stir in cooked rice or millet.

2. Divide mixture into four portions, and form into ½-inch-thick patties.

3. Heat a large, nonstick frying pan over medium heat, and coat with cooking spray. Fry burgers until bottoms are brown, about 5 minutes. Spray tops of burgers with cooking spray, and flip. Cook until brown, about 5 minutes. Serve on buns, with lettuce, diced tomato and sliced avocado, if desired.





## Sweet Potato Black Bean Enchiladas

This main meal is the real deal. It will steal the show and have everyone begging for leftovers....if there are any. The name explains it all.

BY LINDSEY HINTZ

PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES | MAKES 4 HEARTY SERVINGS

### ENCHILADA SAUCE

2¼ cups Simple Truth Organic Vegetable Broth

½ cup Simple Truth Organic Tomato Paste

2½ tablespoons chili powder

2 teaspoons ground cumin

1 lime, juiced

### FILLING

1 large sweet potato (about 1 pound), chopped into ½-inch pieces

½ yellow onion, chopped

1 teaspoon chili powder

2 cloves garlic, minced

1 can (15-ounce) Simple Truth Organic Black Beans

1 pack whole-wheat tortillas (about 8)

Optional: sliced avocado and chopped, fresh cilantro; serve with brown basmati rice

### DIRECTIONS

1. Put all ingredients for enchilada sauce in a medium saucepan, except for lime, and bring to a simmer. Whisk ingredients and let simmer 10-15 minutes to allow time for sauce to thicken. Add lime juice and turn off heat.
2. Steam chopped sweet potato in metal steamer basket until tender, about 10-15 minutes.
3. While sweet potato steams, sauté onion and garlic in a large skillet over medium heat. Make sure to add some water to skillet so nothing burns. No oil is necessary, just keep adding small amounts of water.
4. Add chili powder, cumin, garlic and black beans. Cook for several minutes, then add in sweet potato. Mash sweet

potato while stirring so there aren't huge chunks. Mix until all ingredients are combined.

5. Next, turn on oven to 375°.

6. Use a 9 x 13-inch baking dish and cover bottom with about 1½ cups of enchilada sauce. Dip one side of a tortilla in some of the sauce, fill it with a couple spoonfuls of filling and then roll it up and set it seam-side down in the dish. Keep going until you run out of space or out of filling.

7. Cover enchiladas with remaining sauce and bake 13-15 minutes. Let cool slightly before serving. Feel free to top with sliced avocado and chopped cilantro. Serve with a side of brown basmati rice.



## Vegan Fettucine Carbonara

A vegan version of a classic creamy pasta dish with “bacon” and peas.

BY JENNIFER KILCOMONS

---

PREP TIME: 5 MINUTES | COOK TIME: 20 MINUTES | MAKES 4 SERVINGS

---

<b>1 box vegan fettuccine noodles</b>	<b>2 tablespoons vegan butter</b>
<b>2 cups shiitake mushrooms</b>	<b>2 tablespoons all-purpose flour</b>
<b>1 teaspoon smoked paprika</b>	<b>2 cups Simple Truth Organic Unsweetened Almond Milk (warm or at room temperature)</b>
<b>1 tablespoon Simple Truth Organic Italian Extra Virgin Olive Oil</b>	<b>¼ cup Simple Truth Organic Frozen Green Peas</b>
<b>½ teaspoon salt, divided</b>	
<b>½ teaspoon freshly cracked black pepper, divided</b>	

---

### DIRECTIONS

1. Preheat oven to 350°.
2. Cook pasta according to package directions.
3. While pasta cooks, chop shiitake mushrooms into small pieces and spread on a baking dish. Sprinkle smoked paprika on mushrooms along with ¼ teaspoon of salt, ¼ teaspoon pepper and drizzle with olive oil. Mix well and bake for 10-15 minutes, checking on often not to burn. They should be crispy and dark red in color.
4. In a large to medium sauté pan, heat vegan butter on medium, then whisk in flour. Cook 2-3 minutes, then whisk in almond milk. Whisk constantly until there are no lumps. Season with ¼ teaspoon salt and ¼ teaspoon pepper and heat until sauce thickens.
5. Once sauce has thickened, stir in frozen peas.
6. When pasta is ready, strain then add directly to sauce. Top with the shiitake bacon and mix gently to combine.



## Pea Pesto Pasta with Basil & Mint

Tasty and refreshing pesto pasta dish made with peas, basil and mint for a fun twist on a traditional dish. This easy-to-prepare pasta makes a great plant-based entree or side dish.

BY DANIELLE COLE

---

PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES | SERVES 4

---

### PESTO

**1½ cups frozen Simple Truth Organic Green Peas, thawed**

**⅓ cup fresh basil**

**¼ cup fresh mint**

**Juice of 1 lemon, about 2 tablespoons**

**2 tablespoons nutritional yeast**

**3 tablespoons hemp seeds**

**1 large or 2 small garlic cloves, finely chopped**

**¼ teaspoon salt**

**1–2 tablespoons water or Simple Truth Organic Italian Extra Virgin Olive Oil, to thin**

**8 ounces Simple Truth Organic Spaghetti Whole Wheat (or substitute Simple Truth Organic Gluten Free Spaghetti for a gluten-free option)**

**Extra peas and chopped basil and mint, for serving (optional)**

**Thinly sliced radish, for serving (optional)**

### DIRECTIONS

1. Bring 2 quarts of salted water to a rapid boil.
2. While waiting for water to boil, add pesto ingredients to a food processor or high-speed blender; start with 1 tablespoon of water or olive oil and increase if needed. Blend until a thick but creamy pesto is achieved.
3. Once water is boiling, add spaghetti and return to a boil. Cook uncovered 9–11 minutes, stirring occasionally.
4. Drain pasta, and reserve some of the water. Return drained pasta to pot.
5. Combine drained spaghetti and pesto sauce in pot. Toss pasta to ensure even coating. Add some of the reserved pasta water if a thinner pesto sauce is desired.
6. To serve, divide pasta among four bowls and add extra peas, chopped basil and mint, and sliced radishes, if using. Enjoy!





#### TIP

Add some grilled tofu, broccoli or roasted brussels sprouts to your Alfredo.

## Almond Alfredo

A take on the traditional pasta, but with almonds and cashews in place of heavy cream or butter, for a delicious vegan option. BY EMMA RYAN

PREP TIME: 10 MINUTES | COOKING TIME: 5 MINUTES | SERVES 4

1 box Simple Truth  
pasta noodles

$\frac{3}{4}$  cup Simple Truth  
Almonds

$\frac{3}{4}$  cup Simple Truth  
Cashews

1 cup water

$\frac{1}{4}$  cup nutritional  
yeast

1 tablespoon garlic,  
minced

1 tablespoon dried  
parsley

1 lemon, juiced

2 teaspoons salt

1 teaspoon fresh-  
ground black pepper

#### DIRECTIONS

1. Cook pasta according to box directions.
2. As noodles cook, make sauce. Add all remaining ingredients into a high-speed blender. Blend on high, until smooth and creamy. Store in an airtight container in fridge, or serve immediately with pasta.





## Chocolate Pot de Crème

With its rich chocolatey creaminess, you wouldn't believe this dessert is purely plant-based and full of good-for-you essential fatty acids. So luscious, it wows vegans and non-vegans alike.

BY LISA VIDIGAL

---

PREP TIME: 25 MINUTES | COOK TIME: 35 MINUTES + CHILL TIME  
MAKES 6 SERVINGS

---

**1 can (13.5-ounce) Simple Truth Organic Coconut Milk**

**½ cup Simple Truth Organic Soy Milk**

**4 ounces Simple Truth Organic 72% Dark Chocolate Chunks**

**½ cup extra-firm silken tofu**

**4½ tablespoons Simple Truth Organic Sugar**

**¼ teaspoon salt**

**Garnishes: ½ cup chopped Simple Truth Roasted Almonds (optional) for serving**

**Coconut nondairy whipped dessert topping (optional) for serving**

---

### DIRECTIONS

1. Preheat oven 300°.
2. In a heavy saucepan, bring coconut milk and soy milk to boil. Remove from heat; whisk in chocolate chunks until smooth.
3. In a food processor (or blender), combine tofu, sugar and salt together until smooth. Then, while processing, slowly pour hot chocolate mixture into tofu mixture.
4. Place 6 small (4-ounce) ramekins or small cups/bowls into a large roasting pan and divide chocolate mixture among them. Put pan in a rack in

center of heated oven and add hot tap water to the pan until the water reaches halfway up the sides of the ramekins.

5. Bake until edges are lightly set but center jiggles when gently moved, about 35 minutes. Remove ramekins carefully and place on a wire rack to fully cool. Refrigerate at least 3 hours until set.

6. To serve, top chilled pots de crème with a dollop of whipped dessert topping and/or a sprinkle of chopped almonds, to taste, if desired. Can be made a day or two ahead of serving; keep chilled.



## Blueberry Bliss Cheesecake Bars

Creamy layers of blueberry and vanilla “cheesecake” atop a naturally sweet crust of medjool dates, pecans and slightly salty roasted almonds. Topped with fresh blueberries and coconut shreds for a blissful dessert on hot summer days.

BY MEGHAN SHOOKMAN

---

PREP TIME: 20 MINUTES | COOKING/FREEZING TIME: 4.5 HRS | MAKES 10 BARS

---

**1 cup coconut milk from 2 cans  
Simple Truth Coconut Milk, divided**

**1½ cups pitted medjool dates**

**1 cup Simple Truth Sea Salt  
Roasted Almonds**

**1 cup toasted pecan pieces**

**1 cup raw cashews; soaked  
overnight and drained, divided**

**4 tablespoons Simple Truth  
Maple Syrup, divided**

**1 teaspoon Simple Truth  
Madagascar Vanilla Extract,  
divided**

**1 cup desiccated coconut  
shreds, divided**

**½ cup Simple Truth Frozen  
Blueberries**

### DIRECTIONS

1. Place 1 can of coconut milk in the fridge the night before making the cheesecake.
2. To make crust, add dates, almonds and pecans to a food processor; pulse until ingredients clump together in a crust-like consistency. Transfer to an 8x8-inch loaf pan, and press until uniform and flat. Place in freezer.
3. To make vanilla layer, add ½ cup of soaked cashews to food processor. Pulse until a smooth paste is formed. Add ½ cup coconut milk (from can placed in the fridge; scoop the cream from the top, and use the liquid), 2 tablespoons maple syrup, ½ teaspoon vanilla and ½ cup desiccated coconut. Process another 15–20 seconds.
4. Pull loaf pan from freezer, and layer vanilla cheesecake on top of crust.

Return pan to freezer; allow 2 hours for vanilla layer to set.

5. To make blueberry layer, add ½ cup soaked cashews to food processor. Pulse until a smooth paste is formed. Add ½ cup coconut milk (from can placed in the fridge; scoop the cream from the top, and use the liquid), 2 tablespoons maple syrup, ½ teaspoon vanilla, ½ cup of desiccated coconut and ½ cup frozen blueberries. Pulse again another 15–20 seconds.
6. Pull pan out of freezer, and layer blueberry cheesecake on top of frozen vanilla layer. Garnish top with additional blueberries and coconut shreds, if desired. Allow to freeze 2 hours.
7. Remove from freezer, and allow to thaw 20–30 minutes. Slice into bars.







## Chocolate Peanut Butter Cream Pie

This creamy no-bake pie is the perfect combination of chocolate and peanut butter. The almond flour crust adds an extra layer of nutty flavor.

BY JEN PLAGGEMARS

PREP TIME: 20 MINUTES | FREEZE TIME: 2 HOURS | SERVES 8

### FILLING

12 oz. silken tofu, drained

1 cup vegan dark chocolate chips (such as Enjoy Life), melted

½ cup Simple Truth No-Stir Creamy Peanut Butter

2 tablespoons Simple Truth Grade-A Amber Maple Syrup

2 tablespoons unsweetened cocoa powder

½ cup coconut cream topping

¼ cup vegan dark chocolate chips (optional)

### CRUST

2 cups Simple Truth Almond Flour

2 tablespoons Simple Truth Coconut Oil, melted

1 cup pitted medjool dates

½ cup unsweetened shredded coconut

### DIRECTIONS

1. Combine crust ingredients in a food processor. Press into a pie plate and place in the fridge to set.
2. Place filling ingredients in a blender and process until very smooth. Pour into crust and freeze for at least 2 hours, or until set.
3. Top pie with chocolate chips, then cut and serve. Store in the fridge for up to 3 days.





## Missy's Oatmeal Chocolate Chip Cookies

Yummy, crunchy chocolate-chip oatmeal cookies...that are vegan!

BY MELANIE CORDES

---

PREP TIME: 15-20 MINUTES | COOK TIME: 20 MINUTES | MAKES 14 COOKIES

---

**2¼ cups rolled oats, divided**

**3 tablespoons coconut  
palm sugar**

**4 tablespoons Simple Truth  
Dark Color Maple Syrup**

**4 tablespoons unsweetened  
applesauce**

**2 tablespoons tahini  
(can substitute almond butter)**

**½ teaspoon baking soda**

**¼ teaspoon salt**

**1 teaspoon vanilla**

**½ cup vegan chocolate chips**

**½ cup walnuts, coarsely chopped**

---

### DIRECTIONS

**1.** Preheat oven to 300°. Spread 1½ cups of oats on a cookie sheet and lightly toast 5 minutes, or until very slightly tan. Cool and put aside. Turn oven up to 350°.

**2.** Grind remaining oats (¾ cup) and, in a medium-sized bowl, combine with baking soda and salt. When cooled, add toasted oats to this mixture.

**3.** Blend (I like to use a mini blender) coconut sugar, maple syrup, applesauce, tahini and vanilla until well mixed. Add to oat mixture and stir just until mixed. Add chocolate chips and walnuts and mix until just combined.

**4.** Chill dough 15 minutes, then drop by rounded tablespoons onto a parchment-lined baking sheet. Bake 20 minutes. Remove from oven and transfer to a cooling rack.



## Oatmeal Cookie Bliss Balls

These energy bites taste like oatmeal cookies but are better for you. They are no-bake and can be stored in the freezer for several months.

BY RACHAEL HUTCHINGS

---

PREP TIME: 25 MINUTES | FREEZE TIME: 1 HOUR | MAKES 24 BLISS BALLS

---

**1 cup + 2 tablespoons  
rolled oats**

**¼ cup Simple Truth Whole  
Ground Flaxseed Meal**

**3 tablespoons unsweetened  
shredded coconut**

**¼ teaspoon fine grain sea salt**

**½ cup Simple Truth Smooth  
Almond Butter**

**½ cup Simple Truth Grade-A  
Dark Color Maple Syrup**

**¼ cup mini dairy-free  
chocolate chips**

**3 tablespoons chopped Simple  
Truth Sea Salt Dry Roasted  
Macadamia Nuts**

---

### DIRECTIONS

1. In a large bowl, mix rolled oats, flaxseed meal, shredded coconut and sea salt together.
2. Add almond butter and maple syrup, and stir until well combined.
3. Stir in chocolate chips and chopped macadamia nuts. Let dough sit for 5 minutes. (This will help dough stick together better.)

4. Roll 1 ¼-inch balls of dough and place them on a baking sheet covered with parchment paper or a silicone baking mat.
5. When you have finished rolling all of the dough into balls, place baking sheet in the freezer for 1 hour to let balls set. Keep bliss balls in an airtight container in the refrigerator or the freezer.





## Chocolate Cherry Coconut Bites

A satisfying treat in a small package, these layered gluten-free dessert bites have it all: chocolate, cherries, coconut and almonds.

BY JULIE ROTZ

PREP TIME: 15 MINUTES | COOK TIME: 30 MINUTES | MAKES 12 BITES

**1 cup plus 3 tablespoons Simple Truth Organic Coconut Flour**

**½ cup plus 1 tablespoon Simple Truth Smooth Almond Butter**

**½ cup Simple Truth Organic Chocolate Almond Milk, cold**

**1 10-ounce package Simple Truth Organic Frozen Dark Sweet Cherries, chopped**

**1 tablespoon Simple Truth Organic Coconut Sugar**

**½ teaspoon almond extract**

**¼ cup Simple Truth Organic Unsweetened Coconut Chips**

**¼ cup Simple Truth Sliced Almonds**

**½ teaspoon Simple Truth Organic Ground Saigon Cinnamon**

**¼ cup Simple Truth Organic 72% Cacao Dark Chocolate Chunks**

### DIRECTIONS

1. Preheat oven to 350°. Line a 12-count muffin pan with paper baking cups.
2. To make base crust, measure 1 cup coconut flour into a medium mixing bowl. Cut 1/2 cup of almond butter into flour with a pastry blender (or use a fork). The mixture will be in small chunks.
3. Stir in chocolate almond milk until a firm dough forms. Divide dough equally into muffin cups; about 1-2 tablespoons per cup. Press dough firmly into each cup.
4. Bake 10 minutes, then let cool slightly.
5. While base crust is in the oven, chop cherries into 1/2-inch chunks. (The cherries are easiest to cut when still frozen). Place cherries in a medium bowl.
6. Stir in coconut sugar, 3 tablespoons of coconut flour and almond extract. Set aside to thicken for a few minutes while making crumble topping.
7. Combine coconut chips with sliced almonds in a small bowl.
8. Cut 1 tablespoon almond butter into coconut/almond mixture until it clumps together. Stir in chocolate chunks.
9. To assemble, spoon cherry filling onto baked base crust, dividing equally. Sprinkle crumble topping over cherry filling. Bake 20 minutes. Let cool 10 minutes, then remove from pan. Allow to cool. Store in a covered container in the refrigerator.





## Fruity Mulled Kombucha

This is a healthy and tasty alternative to traditional apple cider and an interesting new way to enjoy a probiotic drink.

BY DEBORAH BIGGS

---

PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES

MAKES 4 8-OUNCE SERVINGS

---

**2 (15.2-ounce) bottles  
Simple Truth Organic  
Raspberry Hibiscus  
Kombucha**

**3 tablespoons Simple Truth  
Organic Coconut Sugar**

**¼ teaspoon ground  
pumpkin pie spice**

**8 small cinnamon sticks,  
divided**

**1 teaspoon +  
12 whole cloves, divided**

**1 teaspoon whole allspice  
berries**

**½ teaspoon whole black  
peppercorns**

**1 (1-inch) piece fresh ginger,  
unpeeled**

**1½ medium organic oranges,  
medium-thinly sliced and  
divided**

**1 small to medium organic  
pink apple, cored and cut  
into large chunks**

### DIRECTIONS

1. In a medium to large non-reactive saucepan, combine kombucha, coconut sugar, pumpkin pie spice, 4 cinnamon sticks, 1 teaspoon cloves, allspice, peppercorns, ginger, 1 sliced orange and apple. Bring to a simmer over medium heat, stirring well once or twice. Cover tightly, reduce heat to medium-low, and simmer 10 minutes.
2. Cut 2 remaining orange slices in half, forming 4 half-moon shapes. Stud each orange half with 3 whole cloves each.
3. Strain away solids from kombucha, discarding solids.
4. Pour hot kombucha into 8- to 12-ounce mugs. Float a cinnamon stick and a clove-studded orange half in each mug to garnish.



## Power Haus Hot Chocolate Drink

A warm and comforting drink that enlivens with each sip.

BY CYNTHIA HOWLEY

---

PREP AND COOK TIME: 10 MINUTES

MAKES 1 16-OUNCE SERVING

---

**1 can (16-ounce) Simple Truth Organic Coconut Milk**

**1 tablespoon Simple Truth Organic Almond Butter**

**1 teaspoon Simple Truth Organic Madagascar  
Vanilla Extract**

**2 tablespoons cacao powder**

**½ tablespoon maca powder**

**¼ teaspoon Simple Truth Organic Ground Saigon  
Cinnamon**

**1 tablespoon Simple Truth Organic Grade-A Dark  
Amber Maple Syrup**

**⅛ teaspoon (small pinch) sea salt**

**Pinch of Simple Truth Organic Cayenne red  
pepper, optional**

**CocoWhip for a decadent topping, optional**

---

### DIRECTIONS

1. In a medium saucepan, warm coconut milk.
2. Add almond butter and stir constantly until it's completely incorporated.
3. Stir in all remaining ingredients and combine well. Careful not to boil too hard, as it can "break" (separate) the coconut milk.

4. Remove from heat when the right temperature for you to enjoy in your favorite mug.
5. Add CocoWhip, if using.



# ABOUT LIVE NATURALLY

A celebration of the natural and organic lifestyle, *Live Naturally* magazine has one simple goal: to help you live a healthy, vibrant and balanced lifestyle ... every day. *Live Naturally*, along with our sister publication *Optimum Wellness* in Colorado, is a complementary quarterly magazine distributed exclusively through Kroger and many of its banner stores nationwide. Look for a free copy and use our recipes, coupons and product spotlights the next time you shop.

*Embrace your wellness with Live Naturally.*

THANKS TO THE FOLLOWING SPONSORS FOR  
DONATING PRIZES TO OUR VEGAN RECIPE CONTEST:

---



VeganFusion

