

# 50 VEGAN RECIPES



**My Vegan Dreams Blog**

<http://myvegandreams.com>

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**About Me:** My name is Megan Alpha and as of 2015 I am a 17 year old Vegan who has committed to the Vegan lifestyle.

I made the decision to go Vegan back in August of 2014 when my mom and I were on a family vacation in New Hampshire. We had just gotten done eating dinner and something weird occurred to me. People were devouring their meals and commenting openly about how amazing the lobster tasted, the fish, the beef and for some reason I became disgusted.

That night my mom and I started to research how lobsters were caught and killed which horrified me. I had no idea their entire body was made up of nerves and they could feel everything. I thought to myself how selfish I was for killing a living being just to satisfy my taste buds. That led me to see videos on the process of how chickens, cows, lambs, fish, pigs, ducks, buffalo, calves and the egg industry made it to our dinner plates. I was horrified. I realized at that very moment I could no longer participate in such cruelty to animals.

I went VEGAN cold turkey with my mother. I will admit it did take a month or so to really educate myself on what is vegan and what is not when it comes to prepared meals and eating out. Now being Vegan is easy for me. It's not only about what I put in my body but what I also put on my body.

It's not about being Vegan for me, it's a lifestyle.

My goal and mission is to inspire and educate young and old on how to become Vegan and how to deal with the issues that arise from being Vegan. Such as what to eat when one goes out, how to deal with unsporting family members, how to respond to questions people ask about being Vegan and much much more...

I want to be a voice for our animals who don't have a voice. It's my dream that one day the majority of our society will once realize that Vegan is the way to go. It's good for you, the environment and most of all the animals. Ultimately I want to educate as many people as I can around the world.

I hope you enjoy this FREE collection of 50 recipes and if I can be of any help to you feel free to reach out to me on my fan page, <http://facebook.com/myvegandreams>.



# 10 Breakfast Recipes

# SOUTHWEST SCRAMBLE WITH GREENS (TOFU)

## Ingredients

- 1 tbsp. olive oil
- 6 small red potatoes, quartered
- 4 scallions, chopped
- ¼ red onion, minced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 block extra-firm tofu, drained
- 1 tbsp. nutritional yeast
- ½ tsp. oregano
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. black salt
- ½ tsp. turmeric
- ½ tsp. garlic powder
- ¼ cup water
- 1 large or 2 small plum tomatoes, diced
- 2 tbsp. fresh cilantro, chopped
- 4-6 cups kale or turnip greens
- Kosher salt and black pepper to taste
- 1 garlic clove, minced
- 1/8 tsp. ground nutmeg
- 1 avocado, peeled and sliced
- Juice of ½ lime

## Preparation

1. Put the quartered potatoes in a small pot and cover them with cool water. Cover and parboil the potatoes, about 5-7 minutes. Alternatively, you could place the potatoes in a bowl and microwave them for 4-5 minutes on high.
2. Heat the oil in a large sauté pan on medium high. Transfer the parboiled potatoes into the sauté pan and cook until browned, turning them halfway through. When the potatoes are browned, add the scallions, onions, and peppers to the pan and cook, stirring, until softened and tender, about 5 minutes. Crumble tofu into pan and let it cook until slightly browned, about 5 minutes.
3. While the tofu is cooking, prepare the spice mixture. Add the spices to the pan, mixing it well into the tofu and vegetables. The tofu should be yellow from the turmeric. Add the water to the pan and mix. The water helps incorporate the spices throughout the scramble and moistens the tofu. Turn off the heat. Add the tomatoes to the scramble and mix in the cilantro. Transfer the tofu scramble to a bowl.

4. Prepare the greens in the same pan. If the pan is dry, you can add a bit more oil. Over medium heat, add the greens, garlic, salt, pepper and nutmeg. Mix well and add a few spoons of water. Cover the pan and cook until just wilted and bright green. Remove from the heat.
5. Arrange a layer of greens on the plates. Layer the tofu scramble on top of the greens. Top with the sliced avocado and lime juice. Enjoy!

## PROTEIN OAT BOWL (NO COOK)

### Ingredients

- Oats
- 1 c plus 2-3 TBSP non-dairy milk of choice
- 1 scoop chocolate vegan protein powder of your choice
- 1 TBSP organic chia seeds
- 1/3 oats, gluten free
- 1-2 TBSP peanut butter
- 1/2- 1 banana, sliced
- 1 TBSP sweet cacao nibs, optional

### Instructions

In a container mix together oats, chia seeds, and 1 cup of milk, cover and refrigerator overnight. In the morning add the chocolate protein and additional milk as needed to desired consistency, I usually add about 2 tablespoons. Top with peanut butter, sliced bananas, and optional cacao nibs.

# BREAKFAST BURRITOS

## Ingredients

- 2 lbs. mixed baby potatoes, cubed
- drizzle of olive oil
- sprinkling of seasoning salt
- dash of ground black pepper
- 1 Tbsp. olive oil
- 3 garlic cloves, minced
- 1 lb. firm tofu, drained and pressed
- 2 tsp. ground cumin
- 1 tsp. dried thyme
- 1 tsp. kosher salt
- ½ tsp. ground turmeric
- 2 Tbsp. water
- heaping ¼ cup nutritional yeast
- 6 frozen vegan breakfast burrito patties, thawed
- 6 burrito sized flour tortillas
- dollop of vegan mayonnaise
- 8 oz. package of vegan shredded cheese
- dollop of salsa
- sprinkling of cilantro, chopped

## Preparation

1. First, remove the breakfast patties so they can thaw out.
2. Preheat the oven to 400 F.
3. Wash, dry, and cube the potatoes. Spread them evenly on a rimmed baking sheet and coat with a drizzle of olive oil. Sprinkle with a seasoning salt and a dash of ground black pepper. Stir well to coat evenly and bake at 400 F for about 40 minutes, until fork tender.
4. In a large rimmed frying pan, heat 1 Tbsp. olive oil over medium-low. Add the minced garlic and sauté for a few minutes until fragrant.
5. Next, coat the pan with a nonstick cooking spray and crumble in the tofu with your hands. Sauté for about 5 minutes over medium heat.
6. Meanwhile, whisk together the cumin through and including the water in a small bowl. Add to the tofu and continue to cook for another 10 minutes, scraping up bits that stick to the pan with a metal spatula.
7. Then, stir in the nutritional yeast.
8. Once the tofu is done, transfer to a serving bowl.

9. Add the breakfast patties to the frying pan and break apart into small pieces with a metal spatula. Cook over medium heat for about 5-8 minutes, until browned.
10. Add the tofu back to the pan to warm and combine if you like.
11. Warm the tortillas in the microwave for about 30 seconds.
12. To assemble, place a dollop of mayo in the middle of the tortilla, followed by a pile of potatoes, then some breakfast patty and tofu scramble, a bit of cheese, followed by salsa and cilantro. Fold in the left and right sides first, and then roll away from you to form a burrito! Serve warm with additional salsa if you like.

## CREAMY PUMPKIN ACAI BOWL

### Ingredients

- 1/2 avocado
- 1 cup vegan milk, such as almond milk or coconut milk, etc...
- 2 tablespoon acai
- 1 tablespoon lucuma powder or 1/2 banana (or both if you like it sweeter)
- 1 pinch cinnamon

### Toppings

- roasted pumpkin
- fresh tahini
- cacao nibs
- raw pistachios
- mulberries for a touch of extra sweetness.

### Preparation

1. Blend everything in your high speed blender (except toppings)
2. Top up with the above toppings or the one of your choice.



# MAPLE GINGER PANCAKES

## Ingredients

- 1 cup flour
- 1 Tbsp. baking powder
- 1/2 tsp. kosher salt
- 1/4 tsp. ground ginger
- 1/4 tsp. pumpkin pie spice
- 1/3 cup maple syrup
- 3/4 cup water
- 1/4 cup + 1 Tbsp. crystallized ginger slices, minced (plus a little extra for garnish)

## Preparation

1. In a medium bowl whisk together the first five ingredients.
2. Make a little hole within the flour mixture and add in the syrup and the water. Stir gently a few times, then add in the chopped ginger and stir until *just* combined. There might be sprays of flour and that's okay. Do not overmix.
3. Over low, heat a large frying pan. Coat with a nonstick cooking spray. Once the pan is heated, pour in 1/4 cup of the batter. Allow to cook until it starts to form bubbles, then coat the top of the pancake with the nonstick cooking spray and flip. Allow to cook until browned and cooked through.
4. Repeat with the remainder of the batter. This will make about seven medium pancakes.
5. Serve warm and topped with a slathering of vegan butter, a splash of maple syrup and garnished with chopped candied ginger.

# CHOCOLATE CHIP, APRICOT, AND ORANGE SCONES

## Ingredients

- 2 1/2 cups white whole wheat flour
- 4 tsp. baking powder
- 1/2 tsp. salt
- zest from one orange
- 1 tbsp. egg replacer + 3 tbsp. water (whisk until frothy, then set aside for a minute or two)
- 1/4 cup vegan butter
- 4 oz. unsweetened applesauce
- 1/4 cup pure maple syrup
- 1/4-1/2 cup soy milk
- 1/2 cup vegan chocolate chips or chocolate chunks
- 1/2 cup dried apricots, chopped
- ~2 tbsp. soy milk, for brushing tops of scones
- Demerara sugar, for sprinkling, if desired

## Preparation

1. Line a baking sheet with parchment paper and preheat the oven to 425F.
2. In a large bowl, whisk together the flour, baking soda, salt and orange zest. Add the butter in chunks and blend until the mixture is the consistency of coarse meal.
3. In a small bowl, whisk together the egg replacer, applesauce, maple syrup and soy milk, then pour into the dry ingredients - adding more soy milk if necessary. Just before the dough is thoroughly combined, stir in the chocolate chips and dried apricots.
4. Scoop the batter into a ball and place on a floured surface (or directly onto the lined baking pan). Pat dough into a circle that is about 1/2" thick. Move the circle onto the baking sheet and cut into 8-12 pieces. Separate the triangles a little bit, then brush the tops with soy milk and sprinkle with sugar.
5. Bake for 15-20 minutes or until tops are a nice, rich brown. Let the scones cool for a minute before putting on wire cooling racks. Eat while still warm!

# CINNAMON APPLE 'TOAST'

## Ingredients

- 1 cup walnuts, soaked overnight
- 5 dates, soaked for ~15 minutes
- 1 apple, cored
- 1 small sweet potato, peeled and cut into small pieces (about 1 cup)
- 1/2 cup unsweetened apple juice
- 1/2 of a banana
- 1 1/2 tsp. cinnamon
- 1/4 tsp. cardamom
- pinch salt, optional
- 1 cup flaxseed meal
- 1/4 cup flaxseeds
- 1/4 cup raw sunflower seeds
- 1/4 cup raw hulled hemp seeds

## Preparation

1. In a food processor, process the walnuts through the salt until nearly smooth. You'll need to scrape down the bowl of the processor a few times.
2. In a large bowl, combine the flaxseed meal, flaxseeds, sunflower seeds, and hemp seeds. Pour in the walnut mixture and stir until thoroughly combined. Spread the mixture onto a Teflex dehydrator sheet to just a hair under 1/2" thick and neaten up the edges. Gently score the dough into desired shapes. Place in the dehydrator and dehydrate at 145F for 30 minutes, then turn down the temperature to 115F and continue to dehydrate the "toast" until is dry and very crispy, about 20-24 hours.
3. **Tip:** about 2 hours in, I carefully flip the "toast" by placing a mesh sheet + dehydrator tray on top of it, and then I gently remove the Teflex sheet. This speeds up the dehydrating process.
4. Break the "toast" into pieces and store in an air-tight container. To serve, top with fruit-sweetened jam, natural almond or peanut butter - or your favorite toast toppings.
5. For crackers, spread the batter to about 1/4" - you'll need two trays and the drying time will be less.

# POMEGRANATE QUINOA PORRIDGE

## Ingredients

- 1 1/2 cup quinoa flakes
- 3 cups milk almond milk
- 2 1/2 teaspoons cinnamon (add more if needed)
- 1 teaspoon vanilla extract
- 10 organic prunes, pitted and cut into 1/4's
- 1 pomegranate pulp
- 1/4 cup desiccated coconut
- stewed apples (2 apples granny smith, 1/2 cup purified water)
- coconut flakes to garnish

## Preparation

1. Place quinoa and almond milk into saucepan, and stir on medium to low heat for approximately 7 minutes, until smooth consistency
2. Add cinnamon, desiccated coconut and vanilla extract ( add more if needed) and taste
3. Pit prunes and cut into quarters, add to porridge stir in well
4. Serve into individual bowls
5. Add scoop of stewed apple (see recipe below), pomegranates (use the juice from pomegranate), prunes and coconut flakes
6. Ready to eat!

## *Stewed apples*

1. Peel, core, slice apples and place into saucepan with water
2. Cook apples on a medium heat, until soft
3. Remove from heat, drain and mash apples
4. Ready to serve!

# MEXICAN-SPICED TOFU SCRAMBLE

## Ingredients

- 2 packages of extra-firm tofu, drained and pressed
- 1 tbsp. safflower oil
- 3 scallions, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ½ tsp. Mexican chile powder
- ½ tsp. paprika
- ½ tsp. dried oregano
- ½ tsp. garlic powder
- 1 tsp. black salt
- 1/2 tsp. turmeric
- 2 tbsp. nutritional yeast (optional)
- 2 tbsp. ground flaxseed (optional)
- 1 cup water
- 1-4 oz. can green chiles
- 1-15 oz. can black beans, drained and rinsed
- 2 tbsp. fresh cilantro, chopped

## Preparation

1. Heat a large, deep skillet over medium heat. Add the oil, then cook the scallions, bell pepper and garlic for about 3 minutes until softened. Break the tofu into large chunks and add to the pan. Toss it so it's covered with the aromatics and then let it sit so it browns a little before flipping it. When it browns after about 5 minutes, toss the tofu to let it brown on all sides.
2. While the tofu is browning, make the spice mix in a small bowl or cup. Increase or decrease the amounts based on how spicy you like your food. Nutritional yeast and flaxseed are optional but healthy additions if you have them. Add the spice mix to the pan and toss the tofu to evenly distribute the spices. Add 1 cup of water to the pan and stir. This helps the spices distribute evenly and moistens the scramble. The water will cook out.
3. Mix the green chiles and the black beans into the tofu scramble. Let cook about 5 minutes until all the ingredients are heated through. Stir in the cilantro. Serve while hot.

# CHEWY HOMEMADE GRANOLA BARS (GLUTEN FREE)

## Ingredients

- 1 - 2 tsp. coconut oil, for greasing pan or cooking spray
- ½ cup cashews, raw & unsalted
- 4 cups Gluten Free Extra Thick Rolled Oats
- ½ cup dried cranberries
- ½ tsp. cinnamon
- ½ cup semi-sweet chocolate chips (soy, dairy & gluten free)
- 3 Tbsp. flaxseed meal
- 1 cup peanut butter
- 1/3 cup brown rice syrup
- ½ cup brown sugar
- 1 vanilla bean or 1 tsp. pure vanilla extract
- 1 ripe banana, mashed

## Preparation

1. Preheat oven to 350 degrees F.
2. Spread raw cashews on a baking sheet and bake for 8 minutes. Allow to cool.
3. Meanwhile lightly grease a square brownie pan or 9×13 inch pan with coconut oil; alternatively you can use cooking spray.
4. When the cashews are cooled, chop into smaller pieces.
5. In a large mixing bowl combine the dry ingredients - cashew pieces, oats, cranberries, cinnamon, chocolate chips, and flaxseed meal, stir and set aside.
6. Using a paring knife carefully slice the vanilla bean in half lengthwise. Using the back of the knife, gently run it along the inside of the vanilla bean scraping the seeds out. Repeat for the other half of the vanilla bean. Alternatively you can use 1 tsp. pure vanilla extract.
7. In a medium saucepan over low heat add vanilla bean seeds, peanut butter, brown rice syrup, brown sugar, and mashed banana. Stir for a few minutes until melted and mixed together.
8. Add the peanut butter syrup mixture to the large mixing bowl with oats. Stir until everything is evenly coated.
9. Place granola into the pan. Press down firmly with the back of a spoon or the back of a measuring cup.
10. Refrigerate granola for 50 minutes, and then freeze for 10 minutes before removing from pan and/or cutting.
11. Keep granola bars stored in the fridge in an airtight container for up to 1 week.

# 10 Lunch Recipes

# MEXICAN AVOCADO SALAD

## Ingredients:

- 24 cherry tomatoes, quartered
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons red wine vinegar
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ medium yellow or white onion, finely chopped
- 1 jalapeño, seeded and finely chopped
- 2 tablespoons chopped fresh cilantro
- ¼ medium head iceberg lettuce, cut into ½-inch ribbons
- 2 ripe Hass avocados, seeded, peeled, and chopped

## Directions:

1. Combine tomatoes, oil, vinegar, salt, and pepper in a medium bowl; let stand at room temperature for 1 hour. Add onion, jalapeño and cilantro; toss well.
2. Arrange lettuce on a platter and top with avocado. Spoon tomato mixture on top and serve.



# CRAZY DELICIOUS RAW PAD THAI

## Ingredients

- 2 large zucchini
- ¼ red cabbage, thinly sliced
- ¼ cup fresh mint leaves, chopped
- 1 spring onion, sliced
- ½ avocado, peeled and sliced
- 12 raw almonds
- 2 tbsp sesame seeds

## Dressing

- ¼ cup peanut butter (100% natural with no added salt or sugar)
- 1 tbsp tahini
- 1 lemon, juiced
- 2 tbsp tamari / salt-reduced soy sauce
- ½ chopped green chili (or more if you like the hot stuff!)

## Preparation

1. Assemble dressing ingredients in a jar. Pop the lid on and shake really well to combine. I like mine nice and creamy but you can add a touch of filtered water if it looks too thick.
2. Using a mandoline or vegetable peeler, remove one outer strip of skin from each zucchini and discard. Peel again, in long strips and periodically rotating the zucchini, to create 'ribbons' from all around the core. Discard the core or use it in another recipe (or juice it!).
3. Combine zucchini ribbons, cabbage and dressing in a large mixing bowl and mix well.
4. Divide zucchini mixture between two plates or bowls.
5. Top with remaining ingredients and enjoy!

## KALE & WILD RICE STIR FLY

### Ingredients

- 1 tsp extra virgin olive oil or coconut oil
- ¼ onion, diced
- 3 carrots, cut into ½ inch slices
- 2 cups assorted mushrooms
- 1 bunch kale, chopped into bite sized pieces
- 1 tbsp lemon juice
- 1 tsp chili flakes, more if desired
- 1 tablespoon Braggs Liquid Aminos or Braggs Soy
- 1 cup wild rice, cooked

### Instructions

1. In a large sauté pan, heat oil over medium heat. Add in onion and cook until translucent, about 3-5 minutes.
2. Add in carrots and sauté another 3 minutes. Add in mushrooms and cook 2 minutes. Add in kale, lemon juice, chili flakes and Braggs. Cook until kale is slightly wilted.
3. Serve over wild rice.
4. Extra tip: Can top with fresh chopped avocado and red pepper flakes

# EXTRA CREAMY MAC AND CHEESE

## Ingredients

- 1 russet potato, peeled and cut into bite-sized pieces (1 1/2 cups/ 240g)
- 1 cup carrot, cut into 1/2 inch rounds (130g)
- 1/4 yellow onion, diced (1/2 cup/ 65g)
- 2 cups water (470ml)
- 1/2 cup Earth Balance spread (72g)
- 1/2 cup nutritional yeast (40g)
- 1/2 teaspoon turmeric
- 1 teaspoon salt (6g)
- 3 tablespoons coconut milk (45ml)
- 3 turns fresh black pepper
- 1 box (8 oz. / 227g) gluten free pasta (Garden Pagodas quinoa pasta by Ancient Harvest is my fave), or regular elbows.
- Parsley for garnish

## Preparation

### Cheese Sauce

1. Place potato, carrot and onion in a pan, cover with 2 cups of water and simmer for 20 minutes with the lid on.
2. After 20 minutes, turn off heat and add Earth Balance spread, nutritional yeast, turmeric and salt. Stir to combine until melted.
3. Pour mixture into a blender and blend until creamy and smooth, about a minute on medium. You may need to scrape the sides down from the blender a couple of times for everything to get incorporated.
4. Add coconut milk to the blender and continue to blend until mixture is creamy throughout.
5. Leave in the blender for now.

### Pasta

1. Cook pasta according to the directions on the box.
2. Strain pasta and rinse with cold water to stop from cooking. Return to pan.
3. Turn heat on very low and pour cheese sauce over pasta.
4. Add black pepper and stir to combine.

5. Turn off heat and serve.
6. Garnish with parsley.

# GRILLED BUFFALO TOFU PO' BOY WITH APPLE SLAW

## Ingredients

- ½ cup vegetable broth
- ¼ cup hot sauce, plus more for serving
- 1 tablespoon vegan butter
- 1 (14 to 16-ounces) package tofu, pressed overnight, and cut into ½-inch slices
- 4 cups shredded cabbage
- 2 medium apples, grated
- 1 medium shallot, grated
- 6 tablespoons vegan mayonnaise, plus more for spreading
- 1 tablespoon apple cider vinegar
- Salt and black pepper
- 4 (6-inch) hoagie rolls or gluten-free wraps
- 8 slices tomato

## Preparation

1. Combine the broth, hot sauce and butter in a medium saucepan. Bring the sauce to a boil, add the tofu slices and reduce to a simmer. Simmer the tofu for 10 minutes. Remove the pan from the heat and set aside for 10 minutes to marinate.
2. Combine the cabbage, apple, shallot, mayo and vinegar in a large bowl. Season with salt and black pepper and mix well.
3. Heat a large grill pan over medium heat. Drain the tofu, reserving the marinade. Grill the tofu until heated through and grill marks appear, about 5 minutes per side. Baste the tofu with the reserved marinade, as needed.
4. Toast the hoagie rolls or warm the wraps. To assemble the sandwiches, spread a few teaspoons of mayo on the rolls or wraps. Add 2 slices of tomato and two slices of grilled tofu to each sandwich. Top with more hot sauce, if desired, and add slaw, to taste. Serve.

# MEXICAN BLACK BEAN SOUP

## Ingredients

- 2 tbsp extra virgin olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 cup organic corn
- 1 can black beans
- 2 Tbsp chili powder
- ½ Tbsp paprika
- ½ Tbsp crushed red pepper flakes
- ½ Tbsp dried oregano
- ½ Tbsp black pepper
- Himalayan rock salt, to taste
- 4 cups vegetable broth
- 2 Tbsp nutritional yeast
- 1 lime juiced
- 1 avocado, diced
- Cilantro for a garnish
- Organic corn chips \*optional

## Preparation

1. Heat olive oil in a large pot at medium heat. Sauté onions until translucent, roughly 5 minutes.
2. Add garlic, carrots, celery, peppers and corn and sauté until soft, roughly 5 minutes.
3. Add black beans, spices, salt to taste and veggie broth. Bring to a boil and then lower and simmer for 20 to 30 minutes. Finally stir in the nutritional yeast and lime juice.
4. Serve hot topped with cilantro, avocado and crumbled organic corn chips.

# CRAB CAKES WITH SWEET BALSAMIC MAYO

## Ingredients

- 3 cups cooked Garbanzo beans (see note if you want to pressure cook your own)
- 1 1/2 cup gluten free crackers, ground up (I used Sesmark Gluten Free Rice Thins)
- 2 green onions, finely chopped (use entire onion)
- 1/2 cup red bell pepper, diced
- 3 tablespoons red onion, diced
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon Wasabi mustard
- 1 tablespoon fresh lemon juice
- 1/4 cup ground flax seeds
- 1 teaspoon garlic powder
- 1 teaspoon dulse flakes or powder
- 1 teaspoon salt
- 10 turns freshly ground Black pepper
- 1/2 cup Grapeseed oil

## Preparation

1. Place the crackers in a food processor and process until they are ground up, resembling flour. Measure out 1/3 of a cup and set aside (if you end up with more than 1/3 of a cup, store the remainder in a container for another time).
2. Place the garbanzo beans in the food processor and pulse several times until the beans are processed but not smooth like paste. Even if you have a few whole beans, that is okay.
3. In a large bowl, place the garbanzo beans, processed crackers, green onions, red bell pepper, red onion, parsley, mustard, lemon juice, ground flax seeds, garlic powder, dulse, salt and black pepper.
4. Stir ingredients together. The mixture will be on the dry side - this is a good sign. If it's easier, mix everything together with your hands (that's how I do it).
5. Form the mixture into 6 equal patties. Make them fat and round (you will be pressing them out a little in the next step).
6. Heat the oil in a large enough pan to hold all 6 (if you do not have a large enough pan, you will need to fry them in two batches).
7. When the oil is hot (I mean hot, not warm. To test if the oil is hot enough, put a small amount of water on your fingertips and flick the water in the oil. If it sizzles, you're ready to go).
8. Place the Crab Cakes in the oil and allow to cook until the underside gets brown, about 5 minutes. Flip and cook until crab cake is brown on the other side.
9. Make the mayo below and serve on your favorite gluten free bread / bun. Alternatively, you can serve this on top of mixed greens and topped with the mayo.

10.

## CRISPY TOFU NUGGETS

### Ingredients

#### *For the Tofu Nuggets*

- ½ cup all-purpose flour (65 g)
- 1 teaspoon raw cane sugar
- 1 teaspoon sea salt
- 2¾ cups unsweetened cornflakes (100 g)
- 14 ounces tofu (400 g)
- 2 cups vegetable oil (500 mL)

#### *For the Curry Ketchup*

- Juice from ½ lemon
- ⅔ cup tomato paste (140 g)
- 2 tablespoons agave syrup
- 1 teaspoon curry powder
- 2 tablespoons olive oil
- Sea salt
- Freshly ground black pepper

### Preparation

#### *For the Tofu Nuggets*

1. Stir the flour together with the raw cane sugar, sea salt, and 6 tablespoons (90 mL) water until the batter is smooth.
2. Finely crumble the cornflakes.
3. Cut the tofu into slices that are just under ½ inch (1 cm), and then use a knife to shape the tofu into nuggets.
4. Dip the nuggets in the batter and then coat them with the cornflakes.
5. Heat the vegetable oil in a deep fryer or a small saucepan. (You'll know the oil is hot enough if you dip a wooden toothpick into the oil and small bubbles float up to the top around the toothpick.)
6. Fry the nuggets for approx. 3 minutes.
7. Transfer to a plate lined with paper towels to absorb any excess oil.

#### *For the Curry Ketchup*

1. Mix all of the ingredients with 3 tablespoons water.
2. Serve with the nuggets.



# BLACK BEAN VEGAN WRAPS

## Ingredients

- 1 1/2 half cup of beans (sprouted and cooked)
- 1 carrot
- 2 tomatoes
- 1 avocado
- One cob of corn
- kale
- two or three sticks of celery
- 2 persimmons
- coriander

## *Dressing:*

- 1 hachiya persimmon (or half a mango)
- Juice of 1 lemon
- 3 tablespoons olive oil
- 1/4 cup water
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon of salt

## Preparation

1. Sprout and cook the black beans.
2. Chop the ingredients and mix them in a bowl with the black beans.
3. Blend the ingredients for the dressing and pour into the salad. Serve a spoonful in a lettuce leaf that you can easily roll into a wrap. I recommend iceberg or romaine lettuce.

# SOUTHWESTERN VEGAN GRILLED CHEESE SANDWICH

## Ingredients

- 1 small sweet potato, sliced thinly
- 1/2 cup sweet bell peppers, sliced
- 1 cup beans - Kidney or Black
- 1/2 cup salsa
- 4 slices bread
- 1 - 2 tablespoons dairy-free margarine
- Vegan Jalapeño Garlic Havarti Wedge

## Preparation

1. Coat a skillet with vegetable spray and cook the sweet potatoes and sweet bell peppers over medium heat until tender. This usually takes 5 - 10 minutes at most. That's one thing I love about sweet potatoes, they're just ready to be cooked! Place the potatoes and peppers on a plate and set aside to cool.
2. In a bowl, combine the beans and the salsa and mash with a fork. You can follow your preference as to whether you mash the beans into a paste (like refried beans) or leave it with some of the beans whole.
3. Place the same skillet you used for the sweet potatoes over medium heat. While you're waiting for the skillet to warm up, slather margarine onto one side of each slice of bread. Place two slices of bread with buttered side down in the skillet. top with one or two thin slices of Daiya cheese, grilled sweet potatoes, mashed beans, and then one or two thin slices of cheese. Top that with the second piece of prepared bread, this time the buttered side up.
4. Let the bread cook until toasted to your preference. I like to lift up the bottom corner every now and then to make sure it's toasted just right. Once the bottom bread is toasted just so, use a spatula to turn the sandwich (carefully...so you don't lose any good filling) and toast the other side of the sandwich.
5. As the bread is toasting, the heat should also melt the cheese. If not, you can place the sandwich in the microwave and heat for a few seconds at a time until you get everything just right.

# 10 Dinner Recipes

# COUNTRY 'MEATLOAF' WITH GRAVY

## Ingredients

### Country 'Meatloaf'

- 3 tbsp. olive oil
- 1 large onion, diced
- 2 large carrots, diced
- 2 cups celery, diced
- 8 cloves garlic, minced
- 2 tsp. dried thyme
- 2 tsp. dried basil
- 2 tsp. dried parsley
- 2 (8 oz.) packages tempeh
- 1/2 cup soy sauce or Braggs
- 1/2 cup vegetable broth
- 1 cup cooked brown rice, warm
- 1/2 cup bread crumbs
- Sea salt and freshly ground black pepper

### Golden Gravy

- 2 tbsp. canola oil
- 1 large onion, roughly chopped
- 1/4 cup nutritional yeast flakes
- 1/2 cup flour
- 2 cups water
- 3 tbsp. soy sauce
- 1 tsp. dried thyme
- 1 tsp. garlic powder
- Sea salt and freshly ground black pepper

## Preparation

1. Preheat oven to 350° F. Lightly grease a 10x5x3 inch loaf pan.
2. Heat oil over medium-high heat in a large deep-sided skillet or dutch oven and sauté onion, carrots and celery until soft, about 15 minutes. Stir in garlic, thyme, basil and parsley. Let cook a few more minutes. Crumble the tempeh into the skillet and add soy sauce and broth. Reduce heat to medium and cook for about 5 minutes, stirring often. Transfer the mixture to a large bowl.
3. Add warm brown rice and bread crumbs to the bowl and mix thoroughly with a large spoon. The more you mix it and mash it, the better it will hold together when you bake it. Season with salt and pepper.

4. Transfer the mixture into the prepared loaf pan and pack it down very firmly using the back of a spoon. Cover the top of the pan with foil. Bake for 45 minutes, covered, then remove foil, and bake for an additional 15 to 20 minutes. Remove from oven and let rest for 5 minutes before unmolding. Run a knife around the edges of the cooked loaf to loosen, then flip onto a serving plate to unmold. Slice and serve.
5. **For the gravy:** In a medium saucepan, heat oil over medium-high heat and sauté onion until soft. Add nutritional yeast and flour, and stir for about 1 minute. Add water, soy sauce, thyme and garlic powder. Continue to cook, whisking continuously, until mixture is very thick. Transfer gravy to a blender and purée until smooth. Adjust seasonings, and add salt and pepper to taste.

### Notes

Recipe can be halved to serve 3 to 4 people. If halving, bake in an 8-by-4-by-3-inch loaf pan for 30 minutes covered, then 15 more minutes uncovered.

# ZUCCHINI PASTA WITH PESTO SAUCE

## Ingredients

- 2 medium zucchini (make noodles with a mandoline or Spiralizer)
- 1/2 teaspoon salt

## For Pesto

- 1/4 cup cashews (soaked)
- 1/4 cup pine nuts (soaked)
- 1/2 cup spinach
- 1/2 cup peas (fresh or frozen )
- 1/4 cup broccoli
- 1/4 cup basil leaves
- 1/2 avocado
- 2 tablespoons olive oil
- 2 tablespoons nutritional yeast
- 1/2 teaspoon salt
- Pinch black pepper
- 1/2 cup water

## Preparation

1. Place zucchini noodles in a strainer over a bowl. Add 1/2 teaspoon of salt and let it set while preparing the pesto sauce.
2. Blend all the ingredients for the pesto sauce.
3. Drain excess water from zucchini noodles and place them in a bowl or plate.
4. Pour the sauce on top and garnish with some basil leaves and pine nuts.

# TEMPEH FISH N CHIPS W/ TARTAR SAUCE

## Ingredients

### For the Tempeh “Fish”

- 2 packages of tempeh
- 2 cups chickpea flour
- 1 Tbs. baking powder
- 1 Tbs. garlic powder
- 1 Tbs. chile powder
- 2 tsp. Old Bay seasoning
- ¼ cup cider vinegar
- 12 oz. seltzer
- 1 cup corn starch
- 1 Tbs. kelp flakes
- Safflower oil for frying

### For the Chips

- 4 large russet potatoes cut into wedges
- Cooking oil spray
- Salt and pepper to taste
- ½ tsp. garlic powder
- ½ tsp. paprika

### For the Tartar Sauce

- 1 cup Vegan mayonnaise
- 2 Tbs. unsweetened pickle relish
- 1 tsp. lemon zest
- Juice of half a lemon

## Instructions

### For the Tempeh “Fish”

1. Split the tempeh in half so that you have two thin rectangles. The way I do this is to lay the tempeh on a cutting board, hold the top steady with the palm of your hand and with a knife, slice through it like you are splitting open a bagel.

2. If you like your tempeh less chewy, steam it for a few minutes to soften it. Cut each piece of tempeh into 4 pieces so you will have 16 pieces in total.
3. In a bowl, add the flour, baking powder, garlic powder, chile powder, and Old Bay seasoning. Mix well. Add in the vinegar and slowly mix in the seltzer until the batter is the desired consistency (like pancake batter). In another bowl, mix the corn starch and the kelp flakes.
4. Heat 2 inches of oil in a large skillet. Dredge the tempeh pieces into the corn starch-kelp mixture, shake off the excess, and then coat with the batter. If you want an extra crunchy, thicker battered covering, re-dredge the tempeh a second time. Fry the tempeh in the skillet in batches, turning once, until golden brown. Place the pieces on paper towels to drain and sprinkle with salt.
5. Serve while hot with chips and tartar sauce on the side. Add lemon wedges for garnish, if desired.

#### For the Chips

1. Preheat oven to 425°F with a baking sheet in the oven.
2. Pull the hot sheet pan out of the oven and put potato wedges on it in a single layer.
3. Spray with cooking spray, sprinkle the spices onto the potatoes and put them back into the oven.
4. Bake the potatoes, turning occasionally, until golden brown and tender, about 40 minutes.

#### For the Tartar Sauce

1. In a bowl, mix the Vegan mayonnaise with the unsweetened pickle relish. Add some lemon zest and the juice of half a lemon. Mix well.
2. Refrigerate until ready to serve.



# VEGAN MUSHROOM STROGANOFF

## Ingredients

- 8 oz. uncooked ribbon noodles (230g)
- 1 tablespoon olive oil (15ml)
- 1 yellow onion, chopped (140g)
- 3 tablespoons whole wheat flour, divided (20g)
- 2 cups beefless beef broth or veggie broth (0.5 liters) 1 tablespoon soy sauce (15ml)
- 1 teaspoon lemon juice (5ml) 1 teaspoon tomato paste (6g)
- 1 1/2 pounds mushrooms (half portobello and half button mushrooms), cut into large 2-inch chunks (740g)
- 1/2 teaspoon dried thyme 1/2 teaspoon dried sage 1/2 teaspoon salt (3g)
- 1 tablespoon white wine vinegar (15ml) 1/4 cup vegan sour cream - optional (55g) 10 turns of fresh ground, black pepper 1/4 cup flat-leaf parsley, minced (6g)

## Instructions

1. Cook the noodles per the direction on the package. Under cook them a bit because they will be cooked again once incorporated into the sauce.
2. Drain, and set aside.
3. In a large saucepan, add the olive oil and sauté the onions for three minutes on medium heat.
4. Add the flour and cook for 30 seconds, stirring constantly.
5. Gradually add the broth, soy sauce, lemon juice and tomato paste, while stirring at the same time. Stir until mixture becomes thick and bubbly, about a minute.
6. Add the mushrooms, thyme, sage and salt. Stir to combine.
7. Cook for 5 minutes, stirring frequently until mushrooms have shrunk in size.
8. Add the vinegar and simmer for 4 more minutes.
9. Add the noodles, sour cream, 1 tablespoon of flour, black pepper and parsley and cook on low for an additional 5 minutes.
10. Garnish with parsley.

# THE VEGAN EGGPLANT CRUNCHBURGER

## Ingredients

### *For the Horseradish Mustard Mayo*

- 1/4 cup vegan mayonnaise
- 2 Tbs. Dijon mustard
- 2 Tbs. prepared horseradish
- A pinch of dried tarragon
- Kosher salt and black pepper to taste

### *For the eggplant burgers*

- 1 large or 2 medium eggplants, peeled and cubed
- 2 Tbs. extra-virgin olive oil, divided
- 1 shallot, finely minced
- 1 cup vegan cheese shreds, any flavor
- 1 clove garlic, minced or grated
- ½ tsp. Kosher salt
- ¼ tsp. black pepper
- 1 Tbs. fresh parsley, chopped
- 1 cup gluten-free bread crumbs

### *For the toppings*

- 1 cup vegan cheese, either slices or shreds (as long as it melts)
- 4 gluten-free buns
- 4 slices beefsteak tomato
- 4 leaves romaine lettuce
- 4 slices red onion
- Horseradish Mustard Mayonnaise (recipe above)
- 4 handfuls of potato chips

## Preparation

### *For the Horseradish Mustard Mayo*

1. Whisk together the mayonnaise, mustard, and horseradish in a small bowl and season with salt and pepper.
2. Cover and refrigerate for at least 30 minutes to allow the flavors to meld.
3. The sauce can be prepared 1 day in advance and kept covered in the refrigerator.

### *To make the Eggplant Burgers*

1. In a large skillet, heat 1 Tbs. of the oil over medium-high heat. Add the eggplant cubes and sauté until they are browned and very soft, about 10-12 minutes. Make sure they are super-soft because they need to be mashed. You could also roast the eggplant to make it soft.

2. Transfer the eggplant to a large bowl. Mash the eggplant up until there are no whole pieces left. I use a potato masher to do this. Once you have a big bowl of mush, add the shallot, cheese, garlic, salt, pepper and parsley. Mix it into the eggplant. Add the bread crumbs. Don't add them all at once; you want to feel the mix and see whether you need a whole cup. I add  $\frac{1}{2}$  cup of bread crumbs and mix it.
3. The best way to mix it is wet your hands and use one hand (keep the other hand clean) to gently mix the crumbs into the eggplant. You will probably need more crumbs so add another  $\frac{1}{4}$  cup and mix it again. You want the consistency to feel firm, like it will hold up as a burger. If it feels too moist, add the last  $\frac{1}{4}$  cup of bread crumbs. Usually, I end up using the whole cup of crumbs.
4. Put the eggplant mixture into the fridge for about 30 minutes. Take the bowl out of the fridge and with your hand, divide the mixture into 4 parts. To form the burgers, I use a 3  $\frac{1}{2}$  inch cookie cutter. I spray it with a bit of cooking oil spray and then pack the eggplant mixture into the cookie cutter. Pat it down, let it sit for about 20 seconds and then gently lift the cookie cutter off. Let your perfect burger sit for a few minutes undisturbed while you make the other 3 burgers.
5. In the same skillet that you sautéed the eggplant in (but cleaned), heat the other Tbs. of oil over medium-high heat and add the burgers to the pan. Let cook until slightly browned on one side and (this is very important), you can lift the burger with a spatula without breaking it. I use 2 spatulas to gently turn the burgers. Flip them and let them cook on the other side. When the 2nd side gets golden brown, flip them back over and let the first side cook until golden brown.

### *To make the Vegan Crunchburgers*

1. Top the burgers with either 2 slices or  $\frac{1}{4}$  cup of vegan cheese. Add about a Tbs. of water to the pan and cover it. This will create steam and allow the cheese to melt and get ooey-goey.
2. If you want your buns toasty, put on some pants. If you want your burger buns toasty, preheat the broiler while you are cooking the burgers. Split the buns and put the halves, cut side up, on a baking sheet and cook them until they are lightly golden brown, about 30 seconds. Don't burn them!!
3. Place the burgers on the bun bottoms and, if desired, top with tomato, lettuce, onion, and a dollop of horseradish mustard mayonnaise. Pile on the potato chips, top with the bun tops, and serve immediately. Make sure you have tons of napkins because it's going to be messy.

# BALSAMIC BBQ SEITAN AND TEMPEH RIBS

## Ingredients

### *For the spice rub*

- 1/4 cup raw turbinado sugar
- 2 Tbs. smoked paprika
- 1 tsp. cayenne pepper
- 3 garlic cloves, minced
- 2 tsp. dried oregano
- 1 Tbs. Kosher salt
- 1 1/2 tsp. ground black pepper
- 1/4 cup fresh parsley, minced

### *For the Balsamic BBQ Sauce*

- 1/2 cup apple cider vinegar
- 3/4 cup balsamic vinegar
- 3/4 cup maple syrup
- 1 1/2 cups ketchup
- 1 red onion, minced
- 1 garlic clove, minced
- 1 serrano chile, seeded and minced

### *For the Seitan Ribs*

- 2 cups vital wheat gluten
- 3 Tbs. Mexican chile powder
- 3 Tbs. dried onion powder
- 3 Tbs. dried garlic powder
- 1/4 cup nutritional yeast
- 1/2 tsp. ground black pepper
- 2 cups water
- 1/4 cup tahini
- 1/4 cup low-sodium soy sauce
- 2 tsp. liquid smoke

## Preparation

1. In a small bowl, combine the ingredients for the spice rub. Mix well and set aside.
2. In a small saucepan over medium heat, combine the apple cider vinegar, balsamic vinegar, maple syrup, ketchup, red onion, garlic and chile. Stir and let simmer, uncovered, for about an hour. Increase the heat to medium-high and cook for 15 more minutes until the sauce thickens. Stir it often. If it seems too thick, add some water.
3. Preheat the oven to 350 degrees. In a large bowl, combine the dry ingredients for the seitan and mix well. In a smaller bowl, combine the wet ingredients. Add the wet

ingredients to the dry and mix until just combined. Knead the dough lightly until everything is combined and the dough feels elastic.

4. Grease or spray a baking dish. Add the dough to the baking dish, flattening it and stretching it out to fit the dish. Cut the dough into 8 strips and then in half to make 16 thick ribs. (Note: if you want the ribs thin, this is enough dough to fill 2 baking sheets. If you want them thick, it is enough for one).
5. Top the dough with the spice rub and massage it in a bit. Bake the seitan for 40 to 60 minutes or until the seitan has a sturdy texture to it (thinner ribs will cook faster). Remove the dish from the oven. Recut the strips and carefully remove them from the baking dish.
6. Increase the oven temperature to 400 degrees. Slather the ribs with BBQ sauce and lay them on a baking sheet. Put the ribs back in the oven for just about 10 minutes so the sauce can get a bit charred. Alternatively, you can cook the sauce-covered ribs on a grill or in a grill pan.

### *For the Tempeh Ribs*

1. Slice a package of tempeh into 6 or 8 rectangles, depending how wide you want the "ribs" to be. If you want them to be thinner, slice the tempeh in half like a bagel first. I like my tempeh thin so I do this extra cut all the time. Steam the tempeh for 15 minutes until it softens a bit.
2. Coat the tempeh with the spice rub. Cook the tempeh ribs in the oven or in a skillet until browned on both sides. This should take about 8 minutes per side. Brush the BBQ sauce on the tempeh and cook for another few minutes until slightly charred.

# GREEN BEAN CASSEROLE

## Ingredients

- 1 large onion, diced
- 3 T olive oil
- ¼ c flour
- 2 c water
- 1 tsp salt
- ½ tsp garlic powder
- 2 bags frozen green beans (10 ounces each)
- 1 can fried onions, or make your own

## Preparation

1. Preheat oven to 350.
2. Heat olive oil in a shallow pan. Add onion and stir occasionally while the onions soften and turn translucent. This takes a good 20 minutes, don't rush it because it gives so much flavor! Once onion is well cooked, add flour and stir well to cook flour. It will be a dry mixture. Add salt and garlic powder. Add water. Let simmer for a few minutes and allow mixture to thicken. Remove from heat.
3. Pour green beans into a square baking dish and add 2/3 can of onions. Add all of the gravy and stir well to combine. Place in oven and cook for 30 minutes, gravy mixture will be bubbly. Top with remaining fried onions and cook for 5-10 minutes more. Serve immediately!

# Socca PIZZA [VEGAN]

## Ingredients

### Socca Base

- 1 cup chickpea (garbanzo bean) flour - I used Bob's Red Mill Garbanzo Fava Flour
- 1 cup cold, filtered water
- 1 tsp minced garlic
- ½ tsp sea salt
- 2 tbsp coconut oil (for greasing)

### Toppings

- Tomato paste
- Dried Italian herbs (oregano, basil, thyme, rosemary, etc)
- Mushrooms
- Red onion
- Capsicum/bell pepper
- Sun-dried tomatoes
- Kalamata olives
- Vegan Cheese (Vegusto, etc) - optional

### To Serve

- Fresh basil leaves, chopped

## Preparation

1. Pre-heat oven to 350F (or slightly higher if your oven is not fan-forced).
2. In a large mixing bowl, whisk together garbanzo bean flour and water until there are no lumps remaining. Stir in garlic and sea salt. Allow to rest for about 10 minutes to thicken slightly.
3. Grease 4 small, shallow dishes/tins with coconut oil.
4. Pour mixture into dishes and bake for about 25 minutes or until golden brown.
5. Remove dishes from oven, top with your favourite toppings and vegan cheese (optional) and return to the oven for another 10 minutes or so.
6. Remove dishes from oven and allow to sit for a few minutes before removing pizzas from the dishes.
7. Top pizzas with fresh basil leaves and enjoy!

# SWEET POTATO TOFU PIZZA

## Ingredients

- 1 whole wheat pizza crust
- 2 medium sweet potatoes
- 1/4 cup plus 2 tablespoons plain almond milk
- 1 tablespoon vegan butter, softened
- 1 teaspoon sea salt
- 1 teaspoon fresh ground black pepper
- 1/2 cup red onion, diced
- 1 clove of garlic, diced
- 1/2 cup celery, diced
- 1/2 cup yellow bell pepper, diced
- 1 tablespoon coconut oil
- 1/2 block of extra firm tofu, drained and pressed (learn how to make tofu by following this recipe)
- 1 teaspoon turmeric
- 1 1/2 cups fresh spinach leaves
- 1/2 tablespoon extra virgin olive oil

## Preparation

1. Preheat your oven to 425 degrees Fahrenheit.
2. Bake the sweet potato in the microwave until done.
3. Remove the potato from the microwave and peel and discard of the skin. You can also opt to leave the skin on (I haven't tried this but it would probably be delicious).
4. In a small bowl, use a hand mixer on low-medium speed to mix together the sweet potato, almond milk, vegan butter, 1/2 teaspoon of sea salt and 1/2 teaspoon of ground black pepper.
5. Spread the mashed potato mixture on top of the pizza dough, stopping approximately 1/2" from the edges.
6. Heat the coconut oil over medium heat in a skillet.
7. Add in the red onion, garlic, celery, bell pepper, and remaining salt and pepper.
8. Cook the veggies until the celery softens, roughly 5 minutes. Stir frequently.
9. Crumble the tofu into small pieces and add it to the skillet.
10. Stir in the turmeric.
11. Cook the tofu and veggies for 10 minutes, stirring every couple of minutes.
12. Add in the spinach leaves and cook until the leaves wilt, approximately 3-5 minutes.
13. Pour the tofu mixture on top of the pizza and spread it out evenly.
14. Brush the edges of the pizza crust with the olive oil.
15. Bake the pizza in the oven for 12-15 minutes.



16. Remove from the oven, slice it up and serve it warm.

# TACOS SIN CARNE

## Ingredients

### *“Meat”*

- 1 cup dried textured vegetable protein (tvp)
- 1/2 yellow onion
- 1 cup diced or crushed tomatoes, optional

### *Seasoning*

- 2 Tbsp chili powder
- 1/2 t garlic powder
- 1/2 t onion powder
- 1/2 t cayenne pepper
- 1/2 t oregano
- 1 t paprika
- 1 Tbsp cumin
- salt and pepper to taste

### *The rest*

- lettuce
- tomatoes
- salsa
- any other toppings you love
- taco shells or tortillas

## Preparation

1. To do this place 1 part TVP in bowl and cover with 1 part boiling water. Place lid on bowl and let sit for five minutes.
2. While the TVP is re-hydrating, heat up 1 TBSP oil in a pan.
3. Once hot add onion and saute, stirring often, until lightly brown.
4. Once onions are ready add chili , garlic, and onion powder, cayenne, oregano, paprika, and cumin. Stir to coat onion.
5. Add tomatoes. I just use whatever is in my pantry, usually diced tomatoes, and add to taste. The tomatoes add juiciness and flavor but could be omitted all together, in which case add a little extra water when adding tvp to onion mixture.
6. Add tvp and stir until combined. Let sit simmer for 5 minutes for flavors to soak in.
7. Prepare your toppings.

# PASTA WITH FRESH TOMATO SAUCE

## Ingredients

- 2 to 2 1/2 pounds fresh ripe tomatoes
- 3 garlic cloves, crushed or minced
- 2 to 3 tablespoons extra-virgin olive oil
- 1/3 cup kalamata olives, halved and pitted (optional)
- 1/2 cup chopped fresh basil leaves
- Salt and freshly ground black pepper
- 12 ounces rotini or other bite-sized pasta

## Preparation

1. Coarsely chop the tomatoes and place them in a large bowl.
2. Add the garlic, oil, olives (if using), and basil.
3. Season with salt and pepper to taste. Stir gently to combine.
4. Cover and set aside at room temperature for 20 to 30 minutes to allow flavors to blend, stirring occasionally.
5. Cook the pasta in a large pot of boiling salted water, stirring occasionally, until it is al dente.
6. Drain the pasta and transfer to a shallow serving bowl.
7. Add the reserved sauce and toss gently to combine – the hot pasta will slightly warm the sauce.
8. Serve warm or at room temperature.

# 10 Dessert Recipes

# CHAI SPICE CHOCOLATE CHIP COOKIES – 2 dozen

## Ingredients

- 2 tbsp Ground Flaxseed
- 6 tbsp Warm Water
- 2 1/4 cups All-Purpose Flour
- 1 tsp Baking Soda
- 1 cup of Vegan Butter Substitute
- 1 1/2 cups Brown Sugar
- 1 tsp Cardamom
- 1 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 1/2 tsp Ground Cloves
- 1/4 tsp Ground Nutmeg
- 1/4 tsp Allspice
- 1/8 tsp Ground Black Pepper
- 1 1/3 cup Semi-Sweet Chocolate Chips

## Instructions

1. Preheat oven to 375°F.
2. Stir the flaxseed and water together. Set aside and allow mixture to become gelatinous.
3. Stir together the flour and baking soda. Set aside.
4. Combine the butter substitute, sugar, and spices. Beat together until light and fluffy.
5. Add the flaxseed mixture to the margarine mixture and beat for about 2 minutes.
6. Beat in flour mixture until just combined.
7. Stir in chocolate chips.
8. Drop rounded tablespoons of dough onto ungreased baking sheets and bake for 10 - 11 minutes.
9. Allow to cool on baking sheets for 2 minutes, before transferring to cooling rack.

# PUMPKIN CREAM CHEESE PIE

## Ingredients

### For the Gingersnap Cookie Crust

- 2 cups gluten-free gingersnap cookies, crushed
- 2 Tbs. sugar
- 6 Tbs. vegan butter, melted

### For the Pumpkin Pie Spice Blend

- (Makes 5 Tbs.)
- 3 Tbs. ground cinnamon
- 2 tsp. ground ginger
- 2 tsp. ground nutmeg
- 1 1/2 tsp. allspice
- 1 1/2 tsp. ground cloves

### For the Pumpkin Cream Cheese Pie

- 8 oz. vegan cream cheese, softened
- 1 to 15 oz. can pumpkin
- 1/4 cup brown sugar
- 2 tsp. pumpkin pie spice
- 2 tsp. vanilla extract
- 1 cup vegan whipped cream
- Extra whipped cream for topping

### For the Vanilla-Coconut Whipped Cream

- 3 cans of full-fat coconut milk, unshaken and left in fridge overnight (I used Thai Kitchen)
- 3 teaspoons vanilla
- 1 teaspoon sugar

## Instructions

### For the Gingersnap Cookie Crust

1. Preheat the oven to 350 degrees. Put the cookies into a resealable bag. Think of someone who irritates you and crush them into crumbs by whacking them with a rolling pin. Then roll the pin over the bag until you have small crumbs. Transfer the

cookie crumbles to a bowl. Add the sugar and the melted butter and mix well until it feels sticky.

2. Cover the bottom of a pie plate with the crumbles. Press them firmly into the plate with the back of a spoon or a potato masher. Bake for 10 minutes until the crust is just browned a bit. Remove from the oven and let cool completely before filling.

For the Pumpkin Pie Spice Blend and Pumpkin Cream Cheese Pie

3. Combine all ingredients except the whipped cream. Beat with the mixer until smooth. Gently fold in the whipped cream. Spoon the mixture into the pie shell and smooth it out.
4. Cover and refrigerate for at least one hour or until it has set up firmly. It will set up best if given several hours or even overnight. Decorate with gingersnap cookies and/or whipped cream, if desired. Serve with a dollop of whipped cream.

For Coconut Whip Cream

5. Gently open the cans, and scrape just the white solid portion out of the first can, avoiding the liquid at the bottom, into a large bowl.
6. For the second can you can pour the entire thing into the bowl, liquid and all. Add in the vanilla and sugar and beat with an electric mixer until fluffy! Note: If you want a stiffer cream, use 3 cans, only using the solid portions.

# OAT BITES

## Ingredients

- 1/3 cup raw oats
- 1 date
- 1 tsp almond butter, sunflower seed butter or nut butter of your choice
- Cinnamon to taste
- Melted dark chocolate (vegan)

## Instructions

1. Combine ingredients in a food processor and pulse until a smooth paste is created.
2. Roll into little balls.
3. Drizzle dark chocolate syrup over them.
4. Enjoy as is or store in refrigerator to eat later.



# CHOCOLATE CHIP ZUCCHINI MUFFINS – Makes 12 muffins

## Ingredients

- 2 cups gluten-free flour
- 1/3 cup coconut sugar
- 1 tsp baking powder
- 1 tsp baking soda
- pinch of salt
- 3/4 cup applesauce
- 1/2 cup mashed banana
- 1/2 cup coconut milk
- 1 tsp vanilla
- 1 cup shredded zucchini
- 1/2 cup vegan chocolate chips, chunks or cacao nibs

## Instructions

1. Preheat the oven to 350 degrees F.
2. In a large bowl, mix the flour, coconut sugar, baking powder, baking soda and salt.
3. In a separate bowl, mix the bananas, coconut milk, applesauce, vanilla and zucchini. Stir the wet ingredients into the dry ingredients and make sure that everything is incorporated.
4. Fold in the chocolate chips.
5. Evenly divide the batter into a 12-cup muffin tin (either grease it with coconut oil and dust it with flour, or use muffin liners). Bake for 25 minutes, or until the tops are firm and a toothpick inserted comes out clean.
6. Let the muffins cool completely on a wire rack.

# PUMPKIN OATMEAL COOKIES

## Ingredients

- 1 cup softened virgin coconut oil (or unsalted butter substitute)
- 1 cup pumpkin puree
- 1 1/2 cups coconut sugar, maple sugar, or brown sugar
- 1/4 cup ground flax seeds
- 1 tablespoon vanilla extract
- 3 cups oat flour
- 1 cup rolled oats
- 3/4 teaspoon baking soda
- 3/4 teaspoon sea salt
- 3 to 4 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg

## Instructions

In a large bowl beat together, using an electric mixer, the coconut oil, pumpkin, sugar, flax seeds, and vanilla extract. Add the remaining ingredients and beat together again.

Preheat your oven to 350 degrees. While your oven is preheating let your cookie dough rest on the counter for 20 minutes. The oat flour will absorb some of the liquid during this time which helps the cookies hold their shape.

Drop by the spoonful onto an ungreased cookie sheet. Bake for 12 to 15 minutes or until slightly golden around the edges. Remove cookies and place them onto a wire rack to cool. Cookies are best after they have cooled.

# PEPPERMINT MOCHA CRUMB CAKE [VEGAN]

## Ingredients

- 1 cup nondairy milk (like Earth Balance® Organic Unsweetened Soymilk)
- 1/3 cup Earth Balance® Olive Oil MindfulMayo® Dressing and Sandwich Spread
- 1/3 cup brewed coffee
- 1 tablespoon white distilled vinegar
- 1 cup unbleached all-purpose flour or whole wheat pastry flour
- 2 tbsp stevia
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 cup cocoa powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 3/4 cup unbleached all-purpose flour or whole wheat pastry flour
- 1/4 cup brown sugar
- 3/4 cup crushed peppermint candy
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/3 cup Earth Balance® Organic Coconut Spread, melted

## Preparation

1. Preheat the oven to 350 degrees. Lightly grease a 9-inch baking dish/cake pan.
2. To make the cake, whisk the milk, Mindful Mayo, coffee and vinegar together in a bowl and set aside. In a large bowl, mix together the flour, stevia, cocoa powder, baking powder, baking soda, cinnamon, and salt. Add the milk mixture and stir until just combined. Pour into the prepared baking dish.
3. To make the crumble, in a small bowl, combine the flour, sugar, cinnamon, ginger, salt, and peppermint. Add the melted coconut spread and use your hands to thoroughly work it into the dry ingredients. Spoon on top of the batter, covering the entire area.
4. Bake for 35 to 40 minutes, or until a toothpick inserted into the middle comes out clean. Let it cool slightly, and serve warm or at room temperature.

# GLUTEN-FREE OATMEAL CRANBERRY CHOCOLATE CHIP COOKIES [VEGAN]

## Ingredients

- 1 Tbsp. ground flaxseed meal
- 3 Tbsp. water
- 1 ½ cups gluten-free old fashioned oats
- 1 ½ cups gluten-free all-purpose flour (I used Bob's Red Mill GF All Purpose Baking Flour)
- 1 tsp. baking soda
- ½ tsp. sea salt
- 2/3 cup vegan butter substitute (I used Earth Balance Organic Whipped Buttery Spread)
- ¾ cup brown sugar
- 4 oz. (113g) package sweetened dried cranberries (I used Newman's Own Organics Dried Cranberries)
- 2/3 cup semi-sweet dairy-free chocolate chips

## Preparation

1. Preheat oven to 375°F.
2. Line a baking sheet with a silpat to prevent sticking, if desired.
3. In a small bowl make a flaxseed egg by combining flaxseed meal and water, stir and set aside.
4. In a medium bowl, add dry ingredients: gluten-free oats, gluten-free flour, baking soda and salt. Whisk to sift and set aside.
5. In a large mixing bowl add vegan butter substitute and brown sugar and beat until fluffy.
6. Mix in flaxseed egg until combined.
7. Slowly mix in dry ingredients until combined.
8. Stir in dried cranberries and non-dairy chocolate chips.
9. Drop spoonfuls of cookie dough onto cookie sheet.
10. Bake approximately 10-12 minutes.

# POPPED QUINOA CHOCOLATE CRISPY CAKES [VEGAN]

## Ingredients

- ½ cup coconut oil
- ½ cup raw cacao powder
- ½ cup liquid sweetener of choice (I use maple or rice syrup)
- 1 cup popped/puffed quinoa (puffed rice/buckwheat/oats would work too)

## Preparation

1. In a large mixing bowl stir together the coconut oil, cacao powder and sweetener.
2. Add the popped quinoa and mix everything together until the quinoa is completely covered by the chocolate mixture.
3. Divide the mixture between 6 cupcake cases then place them on a tray or plate and leave them to set in the fridge for an hour or two.

# FRESH BLUEBERRY SHORTCAKE [VEGAN, GLUTEN-FREE, SOY-FREE]

## Ingredients

### Shortcakes:

- 1 1/2 cups [Bob's Red Mill Gluten-free flour blend](#)
- 1 Tbsp cornstarch
- 1 Tbsp flaxmeal
- 1/4 tsp salt
- 2 tsp baking powder
- 2 Tbsp coconut oil
- 1/4 cup sugar
- 1 Tbsp vanilla extract
- 1 cup water

### Blueberries:

- 2 pints fresh blueberries
- 1-2 Tbsp maple syrup

### Coconut Cream:

- 2 cans full fat coconut milk (chilled overnight in fridge)
- 2 Tbsp maple syrup
- 1 Tbsp vanilla extract

## Preparation

1. Preheat oven to 350 degrees, line a muffin tin with paper cupcake liners and set aside.
2. Mix dry ingredients, gluten-free flour through baking powder in a large mixing bowl.
3. In a small saucepan, melt coconut oil, stir in sugar, vanilla extract and water.
4. Add wet ingredients to dry ingredients and whisk together.
5. Pour batter into cupcake liners, filling halfway full. Bake for 15 minutes or until golden brown and they pass the toothpick test. Remove from oven and let them cool completely on a wire rack while you make the blueberries and cream.
6. Toss the blueberries with the maple syrup in a medium sized bowl.
7. Open the chilled cans of coconut milk and pour off the liquid, reserving the thick cream. Place cream in a separate bowl and add the maple syrup and vanilla. Whisk together well.
8. Remove shortcakes from paper liners and gently cut in half forming a top and bottom. Spoon each bottom generously with coconut cream, blueberries, and more coconut cream. Cover with shortcake top and enjoy!

# RASPBERRY APPLE CRISP [VEGAN]

## Ingredients

- 3 apples, peeled, cored, and chopped
- 1 cup fresh or frozen raspberries (pat dry if needed)
- 2 tablespoons sugar
- 2 tablespoons whole wheat flour
- 1/2 teaspoon cinnamon

## Topping

- 1/2 cup oats
- 1/2 cup sliced almonds
- 1/4 cup brown sugar
- 2 tablespoons coconut oil
- 1 teaspoon vanilla

## Preparation

1. Preheat oven to 325°F.
2. Mix together first five ingredients and place into an 8 x 8 baking dish.
3. In small bowl, mix topping ingredients until crumbly. Sprinkle topping over the apple and raspberry mixture.
4. Bake for about 30 minutes until apples are soft and topping is golden brown.

# **5 Juice Recipes**



## Juices are all made in a juicer

### **CRANBERRY APPLE DETOX JUICE**

- 1.5 cups cranberries
- 1 apple
- 3 celery stalks
- 3 leaves of romaine lettuce
- 1/2 thumb of ginger
- 1/2 lemon, peeled

### **BLUEBERRY POMEGRANATE JUICE**

- 1 cup blueberries
- 1 1/2 cups red grapes
- 3 stalks celery
- 1 cup pomegranate seeds

### **BEET GINGER JUICE**

- 2 beets
- 2 pears
- 1 knob ginger
- 1 cucumber

### **WATERMELON CHERRY JUICE**

- 2 cups watermelon
- 1 cup tart cherries, pitted
- 1 orange

### **TOMATO BASIL JUICE**

- 2 vine-ripened tomatoes
- 1 large handful spinach
- 1 lemon or lime

- 4 springs basil

# **5 Smoothie Recipes**

## CACAO NIBS CHERRY SMOOTHIE

### Ingredients

- 1 cup fresh or frozen cherries (pitted)
- 1 frozen banana
- 2/3 to 1 cup of your favorite non-dairy milk
- 1 pinch cinnamon

### Toppings

- Cacao nibs
- Fresh pitted cherries

### Preparation

1. Blend everything in your high speed blender
2. Top up with cacao nibs and fresh cherries

## CHAI-CHOCOLATE GREEN SMOOTHIE

### Ingredients

- 1 1/2 cups strongly brewed chai tea, chilled
- 2 tbsp. raw cacao powder
- 4-6 dates, chopped
- 2 bananas, chopped and frozen
- 1 avocado
- 1/4" slice fresh ginger
- 3-4 leaves of kale
- cacao nibs, for garnish, optional

### Preparation

1. Combine all of the ingredients (except the cacao nibs) in a blender.
2. Stop blender and stir occasionally if necessary.
3. Process until smooth and creamy.
4. Top with cacao nibs, if using, and serve immediately.

## BLUEBERRY AÇAÍ SUPER SMOOTHIE

### Ingredients

- 1 cup unsweetened almond milk
- 1 cup fresh squeezed orange juice
- ½ cup fresh blueberries
- ½ cup frozen blueberries
- ½ cup frozen pineapple
- ½ cup fresh apple, chopped
- 1 (3.5) oz packet unsweetened frozen acai
- Handful of fresh baby spinach
- 1 tbsp flaxseed

### Preparation

1. Combine all ingredients in a blender. Puree until smooth and serve. It's Nutrient-rich and delish. Enjoy.

## SUPER GREEN SMOOTHIE

### Ingredients

- 2 large handfuls spinach
- 1 teaspoon spirulina
- 1 teaspoon wheat grass powder
- 1 teaspoon maca powder
- 1 teaspoon acai berry powder
- frozen mixed berries
- filtered water

### Preparation

1. Place all ingredients in vitamix blend ingredients until a smooth consistency.
2. It's ready to serve.

# COCOA-COCONUT-MINT SMOOTHIE

## Ingredients

- 1 cup water
- 6 oz. unsweetened coconut yogurt
- 1 avocado, pitted and peeled
- 1/2 cup dates, soaked and drained
- 2 tbsp. raw cacao powder
- 1/2 cup fresh mint leaves (plus additional for garnish, if desired)
- 2 coconut-chocolate tea bags
- ~2 cups water (to make approximately 16 tea ice cubes)
- cacao nibs, for garnish
- large flake unsweetened coconut, for garnish

## Preparation

1. Place two tea bags in 2 cups of boiling water and steep overnight in the refrigerator. Remove the teabags and pour the tea into an ice cube tray. Freeze for several hours.
2. In a blender, combine the water, yogurt, avocado, dates, cacao powder, mint, and tea ice cubes and process until smooth and thick. Pour into glasses and top with additional mint leaves, coconut flakes and cacao nibs.