



BODACIOUS BLACK BEAN BURGER  
(Recipe located on pg 189)

## The Zucchini Burger

THIS is a summer MUST HAVE! Let's chill by the grill over some skinny girls cocktails! Shock your girls and your taste buds with this banging dish! You will want to make this dish time and time again. Yes, it's THAT GOOD!

**Serving Size: 4 to 6 patties**

**Cook Time: 60 Minutes**

### Ingredients

- 3 medium zucchinis, shredded (with box grater or shredder)
- 2 cups of chickpea flour
- 1 cup of canned garbanzo beans, smashed with fork
- 1 cup of hummus
- 2 tablespoons of sunflower oil
- 1 tablespoon of sea salt
- 1 teaspoon of onion powder
- 1 teaspoon of granulated garlic
- 1 teaspoon of dried parsley
- 1 teaspoon of chives

### How to Prepare:

1. Shred the 3 medium zucchinis with a box grater or shredder.
2. In a medium bowl, toss shredded zucchini with the sea salt and let stand for 10 minutes.
3. With a cheesecloth or a clean dish towel, place the zucchini in the middle and twist to squeeze as much water out of the zucchini as possible.
4. In a medium mixing bowl, combine shredded zucchini, mashed garbanzo beans, hummus, onion powder, granulated garlic, dried parsley and chives, thoroughly.
5. Add 1½ cup of chickpea flour and mix thoroughly, but be sure to not over mix.
6. Form in your hand 4 to 6 regular sized patties. Using the other ½ cup of chickpea flour, flour each side of the patties and set aside.
7. Pre-Heat skillet to medium heat and drizzle in sunflower oil.

8. Place each chickpea patty in the pan with enough space between each to avoid the patties sticking together and to allow the patties to brown evenly.
9. Cook for 10 minutes on each side until patties are golden brown.
10. Serve with whole wheat buns, lettuce, tomato and onion or on top of any of our salads.

You may also enjoy these patties in a lettuce wrap/cup topped with sliced tomato, red onion and avocado drizzled with BBQ sauce. In addition, add a side of vinegar cucumbers and lime infused water for a delicious lunch to enjoy!

## Coconut Curry Vegetables

This is an inexpensive dish that will help you use up leftover vegetables from your fridge or freezer. Nothing beats a budget friendly dish that will last and reheat up just perfectly for your family!

**Serving Size: 4**

**Cook Time: 30 Minutes**

### Ingredients

- 1/2 lb. of frozen broccoli
- ½ lb. of cauliflower pieces
- 3 medium carrots, peeled and cut into ¼ inch rounds
- 1-15 oz. can of diced tomatoes
- 1-14 oz. can of light coconut milk
- 1 small yellow onion, diced
- 2 tablespoons of curry powder
- 2 tablespoons of tomato paste
- 2 tablespoons of coconut oil
- 2 cloves of garlic, minced
- 1 inch of fresh ginger, grated
- Sea salt, to taste
- Handful of fresh cilantro, chopped

#### How to Prepare:

1. Peel the ginger using a vegetable peeler.
2. Grate approximately 1 inch of the ginger on a small cheese grater or shredder.
3. In a medium saucepan, heat the coconut oil and sauté the garlic, onion and ginger until soft and fragrant for approximately 3 minutes.
4. Add the curry powder and continue to sauté for an additional 2 minutes.
5. Add the tomato paste, canned diced tomatoes (with juice), and carrots to the pot.
6. Stir until the tomato paste has mixed in with the juice and created a thick sauce.
7. Add the frozen broccoli and cauliflower pieces and stir to combine. Let the pot simmer over medium heat until the broccoli and cauliflower have heated through for approximately 5-10 minutes.
8. Turn the heat down to low and add in the coconut milk.
9. Stir until the coconut milk is thoroughly blended with the tomato sauce.
10. Allow the curry to heat through over low heat for 10 minutes. Top with a handful of fresh, chopped cilantro and enjoy!

You may also add fresh or frozen English green peas and/or chickpeas to this meal. In addition, you may eat with rice noodles or a ½ cup of cooked brown rice.

#### CRUNK! BBQ TOFU

### **Crunk! BBQ TOFU**

Time to crunk it up with this soul tasting Tofu! This flavorful recipe is perfect for the summer holidays!

**Serving Size: 2**

**Cook Time: 30 Minutes**

#### Ingredients

- 1- 14 oz. block of organic tofu (firm or extra firm)
- 1 cup of diced red and green bell pepper
- ½ cup of your favorite BBQ Sauce
- 1 teaspoon of chives
- 1 teaspoon of cilantro
- Hot sauce, to taste

(Continued on page 194)



#### **How to Prepare:**

**\*\*Note:** Tofu (firm) requires preparation prior to cooking. Wrap drained tofu in paper towels and place a heavy object (such as a cast iron skillet) on top of it for 10 minutes to press the tofu and drain excess water. Be careful not to break apart the tofu by pressing excessively.

1. Pre-Heat oven to 375° degrees.
2. Sauté diced bell peppers in a small pan for 5 minutes and set aside.
3. Cut tofu into 1 inch cubes.
4. Place tofu cubes in a bowl and pour in BBQ sauce, sautéed bell peppers, cilantro, and chives.
5. Toss tofu mixture and pour into an 8x8 size baking dish, lined.
6. Bake the tofu uncovered for approximately 20-25 minutes.
7. If the tofu is still moist after 25 minutes, bake for an additional 5-10 minutes or until browned.

Serve with steamed broccoli and brown rice or Lana's Collard Greens and Mac and Cheese cups.

## **SWAGhetti & Meatballs**

We tweaked this dish from our favorite spaghetti recipe that my Mother, Louise, use to make. This is our "SWAGhetti"!! This pasta has the perfect "swag" to it and our delicious vegan meatballs!

**Serving Size: 4**

**Cook Time: 20 Minutes**

#### **Ingredients**

- 2 packages of zucchini noodles OR 2 zucchinis sliced with a spiralizer
- 1 jar of classic marinara sauce (Note: Most marinara is vegan; however, it is always a good idea to verify.)
- 1 cup of sliced mushrooms
- ½ cup of green onions
- ½ cup of green peppers
- ½ teaspoon of olive oil
- ¼ teaspoon of black pepper

- ½ cup of black olives
- 2 teaspoons of garlic powder
- ¼ teaspoon of Kosher salt (optional)

Optional: shredded vegan cheese

#### **How to Prepare:**

1. In a large saucepan, heat olive oil over medium heat and sauté sliced mushrooms, green onions, black olives and green peppers for 7-10 minutes.
2. Next, add marinara sauce, garlic powder, black pepper, sea salt and reduce to low heat and stir occasionally for approximately 5-7 minutes.
3. Pour sauce over zucchini noodles, toss together and serve!

## **Garlic Chickpeas Meatballs**

These Lil' meatballs will have you finishing your day on a good hearty note!

- 3 cups of chickpeas (canned or dry beans may be used)
- 1tsp of garlic powder
- 1tsp of paprika
- 1tsp of black pepper
- 1tsp of basil
- 1/2 cup of bread crumbs
- 1small onion diced.
- 2tsp of flax seeds
- 3tsp of water.

#### **How to prepare:**

1. Place peas in blender and mix until consistency is smooth.
2. Remove chickpeas from blender and put in bowl.
3. Add all ingredients and mix.

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SOUTHERN BACKYARD FISHHHH FRY  
(Recipe located on pg 200)

4. Take a spoonful of mixture and start making chickpea meatballs
5. Place each one on waxed paper.
6. Place in oven at 350 for 10-15 minutes.
7. Remove from oven and place meat balls in your Spaghetti and turn them over Serve immediately!

Get your swag on!

## Southern Backyard Fishhhh Fry

Nothing like an ole fish fry! This Southern tasting tofu reminds me of the days when I used to wait for my mom to finish cooking one of my favorite sea food dishes. This is a classic!

**Serving Size:** 2-4

**Cook Time:** 35 Minutes

### Ingredients

- 1-16 oz. package of firm tofu, drained and patted dry, sliced into 4-6 thin slices
- 1 cup of cornmeal
- $\frac{1}{2}$  cup of flour
- $\frac{1}{2}$  cup of club soda
- 3 tablespoons of sunflower oil
- $\frac{1}{4}$  teaspoon of paprika
- $\frac{1}{2}$  teaspoon of oregano
- $\frac{1}{4}$  teaspoon of cumin
- $\frac{1}{2}$  teaspoon of garlic powder
- $\frac{1}{2}$  teaspoon of onion powder
- $\frac{1}{4}$  teaspoon of Old Bay Seafood Seasoning

### How to Prepare:

\*\*\*\*Note: Tofu (firm) requires preparation prior to cooking. Wrap drained tofu in paper towels and place a heavy object (such as a cast iron skillet) on top of it for 10 minutes to press the tofu and drain excess water. Be careful not to break apart the tofu by pressing excessively

1. Slice the pressed tofu and pat dry.
2. In a bowl combine paprika, cumin, oregano, garlic powder, onion powder, sea salt and black pepper and season both sides of tofu thoroughly.
3. Let tofu sit in the refrigerator, covered, for 20 minutes to absorb flavor.
4. In a separate small bowl, combine the flour and club soda and mix well then set aside.
5. In a separate bowl, mix cornmeal and Old Bay Seafood Seasoning.
6. Line a pan with parchment paper or aluminum foil.
7. Dip tofu slices one at a time in the flour and club soda mixture (a thin coat) then dredge in cornmeal. Place battered tofu on the lined pan.
8. In a large skillet add sunflower oil over medium-high heat. Lay a few pieces in the pan, flipping when golden brown, repeat this process for all tofu slices.
9. Drain on paper towel and serve!

You may also enjoy this meal as a sandwich or add it to one of our salads. Need a dipping sauce? Make a tartar sauce with vegan mayo, relish, mustard, lemon juice, sea salt, pepper and garlic powder. Try it with our mac and cheese cups and Lana's Collard Greens. This recipe is so versatile that one way will simply just not do!

## Slap Yo' MOMMA Gumbo

This vegan gumbo recipe is hearty filling and warming! Just because you are vegan doesn't mean we have to miss out on the good stuff! This is the perfect dish to prepare for a non-vegan who's considering the "green side". Blow their mind!

**Serving Size:** 4

**Cook Time:** 65 Minutes

### Ingredients

- 2 cups of cooked mixed beans or lentils (Note: we recommend chickpeas, kidney beans, white beans and brown lentils.)
- 2 cups of okra, fresh or frozen, sliced (Don't like okra? Substitute okra with 1 whole zucchini, chipping 1 inch thick.)
- $2\frac{1}{2}$  -  $3\frac{1}{2}$  cups of vegetable stock

- 1 can of crushed tomatoes
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- 2 celery stalks, diced
- 10 button mushrooms, quartered
- $\frac{1}{4}$  cup of olive oil
- $\frac{1}{4}$  cup of all-purpose flour
- 3 cloves of garlic, minced
- 2 bay leaves
- 3 fresh sprigs of thyme
- $\frac{1}{2}$  teaspoon of cayenne pepper
- Sea salt and pepper, to taste
- Hot Sauce, to taste
- Cooked brown rice, to serve

#### **How to Prepare:**

1. In a small saucepan, heat the olive oil over a medium heat.
2. Sprinkle in the flour and whisk continuously until the roux reaches a toasted brown color. Do not let it burn or you will have to start over! Add a  $\frac{1}{2}$  cup of vegetable stock slowly while still whisking the roux. Place to the side. (Note: It will be very thick.)
3. In a wide, medium pot over medium heat, sauté the onions and celery and continue stirring for 5 minutes.
4. Add the green bell pepper, garlic, mushrooms and okra. Sauté, stirring frequently for 10 minutes.
5. Next, add the tomatoes, beans, thyme, cayenne pepper and bay leaves. Mix well.
6. Pour  $2\frac{1}{2}$  cups of vegetable stock and bring to a boil for 10 minutes. Lower the heat to medium-low and simmer for 30 minutes. Occasionally stirring.  
(Optional: If you like your gumbo thin, soupy, add as much of the remaining stock as you prefer thinness.)
7. Using a serving spoon, add roux to the gumbo by adding a single scoop at a time. As you whisk in the roux, you will notice the gumbo will begin to thicken. Once thickened, add sea salt, pepper and hot sauce to taste.
8. Serve gumbo over brown rice, sprinkle with chopped green onions, chives or parsley and enjoy!

## **Kountry Girl Collards**

Look Ma, NO MEAT! These mouthwatering tasty collards will stand out and win beside anybody's greens! These are bursting with flavor and the pot liquor is good enough to drink!

**Serving Size: 4-6**

**Cook Time: 1 Hour 15 Minutes**

Collards are my favorite thing to cook and eat! I have been cooking collards with this recipe since I was twelve years old! I have found the "trick" to getting that infamous taste without adding meat!

#### **Ingredients**

- 1 large bunch of collard greens, stems removed, leaves sliced thin, and cleaned to perfection.  
(Note: Removing the stems is optional.)
- 1 cup of tri-colored peppers, diced
- 2 juicy ripe roma tomatoes, diced OR  $\frac{1}{2}$  a cup- 15 oz. can of diced tomatoes
- 3 cloves of garlic, minced
- 2 quarts of vegetable stock
- 2 tablespoons of tamari (Optional: You may substitute with soy sauce.)
- 2 tablespoons of olive oil
- 1 tablespoon of white vinegar
- 1 teaspoon of smoked paprika
- $\frac{1}{4}$  teaspoon of baking soda
- Sea salt, to taste

#### **How to Prepare:**

1. In a large heavy-bottomed pot drizzle in olive oil over medium heat.
2. Add bell peppers, garlic and sauté for approximately 5 minutes. Add tomatoes and cook until soft for approximately 3 minutes.
3. Add 2 quarts of vegetable stock and add 2 tablespoons of sea salt and bring to a boil.
4. Add in the chopped collard greens and stir well.

5. Add vinegar and baking soda (Note: Baking soda is our secret to making our greens very tender).
6. Reduce the heat to low, cover and cook until tender for approximately 40 minutes to 1 hour or longer, depending on your greens texture preference.
7. When at desired tenderness, remove from heat and stir in the soy sauce and smoked paprika. Let sit for 10 minutes. Serve and enjoy!

## Mac & Please Cupcakes

*Who doesn't like a creamy Mac & Cheese?!* Well, here is our rendition of a creamy and cheesy *Mac & Cheese* recipe! We know you will love it so much that we have mastered your portion control for you to minimize over indulging!

**Serving Size:** 6-8

**Cook Time:** 30 Minutes

### Ingredients

- 2 cups of dried elbow macaroni pasta
- 2 cups of unsweetened almond milk
- $\frac{1}{2}$  stick of vegan butter (Note: We recommend Earth Balance.)
- $1\frac{1}{2}$  cup of vegan sharp cheddar
- $1\frac{1}{2}$  cup of vegan mozzarella cheese
- 1 teaspoon of black pepper
- 1 teaspoon of paprika
- 1 teaspoon of ground mustard
- 6 to 8 cupcake liners
- Sea salt, to taste

### How to Prepare:

1. Pre-Heat oven to 350° F.
2. Prepare the pasta as directed on the box. Pasta needs to remain slightly al dente and then drain.
3. Melt the butter and then add mustard, pepper and paprika.
4. On medium heat, slowly whisk in almond milk, sharp and mozzarella cheese until creamy for approximately 7-10 minutes.

5. Pour cheese sauce over cooked macaroni, blend together thoroughly, and set aside for 5 minutes.
6. Line muffin pan with cupcake liners; 6-8 liners. Using a tablespoon, spoon Mac & Cheese mixture in each cupcake liner by filling to the top.
7. Cook in the oven for approximately 15 minutes.
8. Broil the Mac and Cheese cupcakes for 1-2 minutes to brown the tops. Do not leave unattended because they will burn very quickly!

Our Mac and Cheese Cupcakes will compliment Kountry Girl Collard Greens very well!

## Kickin' Okra

Feeling a lil' adventurous in the kitchen today? Make this lil' spicy okra that will have those taste buds kicking!

**Serving Size:** 4

**Cook Time:** 15 Minutes

### Ingredients

- 5 cups of fresh okra
- 1 package of Beech mushrooms (Note: If you cannot find Beech mushrooms you may use baby portabella mushrooms.)
- 1 tablespoon of olive oil
- 1 teaspoon of sea salt
- $\frac{1}{2}$  teaspoon of red pepper flakes
- $\frac{1}{2}$  teaspoon of granulated garlic

### How to Prepare:

1. Wash okra and cut okra in half long ways. Place in a bowl and set aside.
2. Cut off the bottom from the beech mushrooms and separate with your hands into individual pieces.
3. In a medium size skillet, drizzle olive oil over medium heat. Add okra and sauté for 3 minutes.
4. Add beech mushrooms, seasonings and sauté until okra and beech mushrooms are browned and caramelized.
5. Remove from heat, serve and enjoy!

You may enjoy this dish with any of our vegan burgers or patties as a side item. Try the *Kickin' Okra* with several of our other recipes!

## Divine Green Beans

You just created heaven on earth by making these fresh cut green string beans. Let's go organic for this dish!

Serving Size: 4

Cook Time: 15-20 Minutes

### Ingredients

- 1 ½ pounds of green beans, French cut, both ends removed.
- 1 small sweet onion, sliced
- 1 1/2 cups of vegetable broth
- ½ teaspoon of sea salt
- ½ teaspoon of pepper
- ½ teaspoon of granulated garlic
- 1 4.5oz jar of minced garlic
- 1 tablespoon of olive oil

### How to Prepare:

1. Wash and clean green beans.
2. Cut off the stems of the green beans.
3. Peel onion, cut in half and thinly slice the onion. Place in bowl and set aside.
4. In a medium sauté pan over medium heat, add olive oil and sauté onions for 5 minutes.
5. Add green beans to the pan and sauté for 5 minutes.
6. Add a cup of water, mix the green beans and onions together and cover for 5 minutes.
7. Uncover, add seasonings and sauté for an additional 3 minutes and enjoy this side dish with one of our delicious entrées!

## Lady's Lasagna

Hands down this veggie filled lasagna is the best dish! And your family will love it. This no calorie counting lasagna is just what all the Ladies want!

Cook Time: 1 hour

Serving Size: 8

Cook Time: 50 minutes

### Ingredients

- 1 box of vegan lasagna noodles
- 4 bags of spinach
- 1/2 cup chopped onions
- 1 cup sliced yellow squash
- 3 cups of Classico tomato Sauce.  
(Read label to make sure no dairy is in the ingredients.)
- 1 6.7oz. jar of sundried tomato pesto
- 1 6.3oz Jar basil Barilla Pesto Sauce
- 2 cups of chopped mushrooms
- 1/2 cup of shredded carrots
- 2 bags of Daiya Classic Blend Cheese

### How to Prepare:

1. Pre-Heat oven to 350° F.
2. Cook Lasagna Noodles as directed on the package box.
3. In large skillet heat up the olive oil and begin to cook mushrooms, shredded carrots, yellow squash, and chopped onions on low heat.
4. Add spinach and sundried tomato pesto
5. Take mixture off the stove and set aside.
6. Preheat oven on 350 degrees.
7. Add tomato sauce to the cooked vegetables and stir.
8. Rinse off Lasagna noodles.
9. In a baking dish or baking pan start to layer your ingredients as follows: Vegetable mixture, noodles and sprinkle cheese. Repeat until all ingredients are gone.
10. If desired, Sprinkle remaining cheese on top of the noodles
11. Place pan in preheated oven.
12. Bake for about 50 minutes, checking frequently.
13. The tomato sauce should be bubbling when you remove the pan from the oven.
14. Top cheese layer should be lightly browned. Do not burn the top layer.
15. Let Lasagna cool and let's eat!

I-PIZZA!  
(Recipe located on pg 210)



## I-Pizza!

It's hump day and you may feel a little tired. This is a great day to get some help from the kids to prepare this veggie friendly pizza! They will be sure to drop those cell phones and help create this great tasting classic. This is also the perfect chance for you to kick up your feet and do some online shopping!

Cook Time: 25 MINUTES

Serving Size: 8

### Ingredients

- 1 Gluten Free Vegan Pizza Shell
- 1 cup of fresh mushrooms
- 1/2 teaspoon fresh garlic powder
- 1/2 teaspoon oregano
- 1 teaspoon of basil
- 1 14 ounce jar of pizza sauce
- 1 bag of spinach
- 1 cup of shredded zucchini
- 1 ripe medium tomato
- 1 cup vegan Parmesan cheese

### How to prepare:

Preheat oven 350 degree

1. Place pizza pie on lightly oiled round baking sheet
2. Gently spread pizza sauce around middle of shell
3. Sprinkle vegan cheese on top
4. Add oregano, basil, and garlic on top of cheese.
5. Top with spinach, mushrooms and fresh sliced tomato
6. If desired add another layer of cheese.
7. Place Pizza in middle of oven rack
8. Place in oven and cook for 20-25 minutes checking occasionally.



# DESERTS



GLAMMA'S SWEET POTATO PIE  
(Recipe located on pg 214)

There is nothing more haunting than the feeling of a “sweet tooth” not going away until satisfied. We have included a collection of our family favorite desserts that we bake and enjoy together during the holidays, special occasions, Sunday family dinner, and just because we have to suppress that “sweet tooth”! All of our dessert recipes have now been veganized! Yes, that’s right! Our dessert recipes are dairy-free! It does not matter what your diet regime consists of because our delectable desserts are satisfying for everyone’s cravings!

## GlamMa's Sweet Potato Pie

Sweet Potato Pie is a family dessert tradition! This recipe has been passed down by 2 generations. Of course we started years ago with the traditional SWEET pie recipe; however, with our new lifestyle, we had to re-create this timeless classic to appeal to our Vegans! Our Vegan recipe will melt in your mouth and is just as southern with a scoop of our Dairy-free vanilla ice cream.

**Serving Size:** 8

**Cook Time:** 1 Hour 45 Minutes

### Ingredients

- 2 large sweet potatoes
- 1½ teaspoon of vanilla extract
- 3 tablespoons of vegan butter
- ½ cup of agave nectar or 100% maple syrup
- ½ teaspoon of lemon juice
- 1 teaspoon of cinnamon
- ¼ teaspoon of nutmeg
- 1 prepared pie shell (Note: The pie shell brand by Marie Callendars is vegan.)

### How to Prepare:

1. Pre-Heat oven to 400° F.
2. Wash and pierce each sweet potato with a fork or knife, then wrap each potato in aluminum foil and bake for 1 hour.
3. Take out pie shell and sit aside to bring to room temperature.
4. After an hour of baking, remove sweet potatoes from the oven and cool until potatoes are able to be handled. It is okay if the potatoes are still warm.
5. Peel and place the sweet potatoes in a bowl to make the pie filling.
6. Decrease oven temperature to 350° F to bake the pie.
7. Add vanilla, vegan butter, agave nectar or 100% maple syrup, lemon juice, cinnamon and nutmeg.
8. With a hand mixer, blend all of the ingredients until well incorporated.
9. Pour mixture into pie shell and smooth out evenly.
10. Place the pie in the oven and bake for approximately 20-30 minutes.
11. Allow pie to cool completely before eating. Cool overnight for a firmer pie and enjoy!

### Granola Nut Topping

- 1¼ cup of rolled oats
- ½ cup of chopped pecans
- 2 tablespoons of melted vegan butter
- ¼ cup of honey
- ½ teaspoon of vanilla
- ½ teaspoon of cinnamon
- 3 tablespoons of dried cranberries (optional)

### How to Prepare the Granola Topping:

1. Add all ingredients into a bowl and mix until all ingredients are mixed thoroughly.
2. Pour sweet potato mixture into a small to medium size baking dish and pour granola nut topping on top and smooth out evenly.
3. Bake at 350° F for 25 minutes. Allow pie to cool completely and enjoy!

## Dairy-Free Vanilla Ice Cream

*“I scream, You scream, We all scream for ice cream!”* Our dairy-free vanilla ice cream recipe is rich, creamy and full of fresh flavor. This ice cream is sure to satisfy your cold-treat crave!

We make our dairy free ice cream with coconut milk. It is best to make our ice cream in a chilled mixing bowl. We recommend placing your glass or stainless steel mixing bowl in the freezer for approximately 15-20 minutes prior to you making this enjoyable cool treat. It is critical that you refrigerate the cans of coconut milk for a full 24hrs or more so the cream can solidify on the top of the liquid. I always leave a few cans of coconut milk in the refrigerator to use whenever I need it. We hope you enjoy making the dairy-free vanilla ice cream as much as we enjoy eating it!

**Serving Size:** 6-8

**Cook Time:** 15 Minutes to prepare...4 Hours in the freezer.

### Ingredients

- 2 cans of full-fat coconut milk (Note: Good brands to use are Savoy Coconut Cream, Thai Kitchen Coconut or Grace Coconut Milk.)
- ½ cup of agave nectar or 100% maple syrup
- 1 tablespoon of vanilla extract
- 2 tablespoons of liquid from the coconut milk
- A pinch of sea salt

### How to Prepare:

1. Open refrigerated cans of coconut milk from the bottom to drain the liquid. Hopefully, it did not all firm up. Keep 2 tablespoons of the liquid.
2. Scoop all of the coconut cream into a chilled mixing bowl.
3. Add sweetener (agave nectar or 100% maple syrup).
4. Add vanilla extract, pinch of salt and 2 tablespoons of coconut liquid
5. Mix with an electric mixer for approximately 5-8 minutes, until fluffy.
6. Pour in a small plastic or glass dish and smooth out evenly.
7. Freeze for 4 hours or overnight.

Scoop and enjoy with fresh fruit or add a scoop to enjoy with our Apple Crisp recipe!

## Red Velvet Vegan Cupcakes

Red velvet is a signature dessert especially during the holidays. We created a recipe that will continue the signature taste of red velvet by creating Red Velvet Vegan Cupcakes. For this recipe you will need to make your own non-dairy buttermilk using your favorite non-dairy milk: Soy, almond coconut or hemp milk and fresh lemon juice or vinegar.

### How to Prepare:

- ½ cup of non-dairy milk
- 1½ teaspoon of fresh lemon juice or vinegar (white or apple cider)

Mix together and set aside for 10 minutes to use for red velvet cupcake batter.

### Cupcakes

Serving Size: 6

Cook Time: 45 Minutes

### Ingredients

- 1 cup of all-purpose, organic unbleached flour
- ½ cup of organic granulated sugar
- 1½ teaspoons of cocoa powder
- ½ teaspoon of baking soda
- ¼ teaspoon of salt
- 1½ teaspoon of vanilla extract
- 3 tablespoons of olive oil
- ½ cup of non-dairy buttermilk (we made previously)
- 1½ teaspoon of red food coloring
- 1½ teaspoon of vinegar

### Icing

- 1 cup of palm shortening (Located at your local grocery store on baking isle)
  - ½ cup of 100% maple syrup
  - 1 teaspoon of vanilla extract
- (Optional: Add pecans for more of a traditional flair.)

### How to Prepare:

1. Pre-Heat oven to 350° F.
2. In a medium mixing bowl add flour, cocoa, baking soda, salt and whisk together well.
3. In a separate medium mixing bowl add sugar, buttermilk, olive oil, vinegar, vanilla and whisk vigorously until well combined.
4. Add dry whisked ingredients to the bowl with wet whisked ingredients and whisk all ingredients slowly to avoid flour going everywhere.
5. Once the ingredients are well combined, mix faster to thoroughly blend the ingredients until smooth.
6. In a 6 cupcake tin, line the pan with cupcake liners and fill each cup half way.
7. Bake in pre-heated oven for 20 minutes to avoid over baking. One suggested way to check if they are cooked all the way through is to poke cupcake with a toothpick in the center. If the toothpick comes out clean, meaning no filling on the pick, they are ready.
8. Remove cupcakes from the oven and cool for 15-30 minutes.
9. During the cupcake cooling phase be prepare to make the icing. Add all of the ingredients for the icing into a small mixing bowl.
10. With an electric hand mixer, blend for 5 minutes.
11. Apply the icing to each cupcake and enjoy!

## Real Georgia Peach Cobbler

A true Southern classic from the State of Georgia! This Vegan dessert is coming with a vengeance! We had to make a dish featuring our home state fruit. In addition to paying homage, peach cobbler is one of the best ways to enjoy the taste of fresh peaches.

Serving Size: 2 to 4

Cook Time: 1 Hour

### Ingredients

#### Filling

- 2½ cups of sliced peaches, fresh or frozen
- ½ cup of agave nectar
- 1 tablespoon of cornstarch
- ¼ teaspoon of sea salt
- 1 teaspoon of vanilla extract
- ½ teaspoon of cinnamon

#### Crust

- 1 cup of organic unbleached flour
- ½ cup of cold vegan butter
- 4 tablespoons of ice cold water
- ¼ teaspoon of sea salt

### How to Prepare:

1. Pre-Heat oven to 400° F.

We will make the crust first because it must be stored in the refrigerator for 20 minutes before covering the filling.

2. In a medium mixing bowl, add flour, salt and mix together.
3. Add cold butter in chunks and then cut the butter into the flour with a fork until it looks crumbly.
4. Add in the ice cold water one tablespoon at a time. Each time you add a tablespoon be sure to mix with the fork until well combined.
5. Clean off the fork and work the dough with your hands, in a bowl, pressing and folding until it forms into a ball. Cover bowl with plastic wrap and place in the refrigerator for 20 minutes.
6. While the dough is in the refrigerator, in a medium pot, add the fresh or frozen peaches, corn starch, agave nectar, sea salt, vanilla and cinnamon and mix thoroughly. Cook on low-medium heat for approximately 10-15 minutes.
7. Remove from the heat.
8. In a small baking dish, pour into a pan and place it to the side.
9. Flour a space on your counter top.
10. Take the dough out of the refrigerator, after 20 minutes, and place the dough on the floured counter-top.
11. Roll dough out to a quarter inch thickness and cut it into strips and place the strips over the top of the cobbler filling.
12. Bake for 20 minutes or until the crust is golden brown.

Enjoy nice and warm or allow to cool down before eating. Try it with a scoop of our vanilla dairy free ice cream on top!

## Apple Cranberry Crisp

Serving Size: 3  
Cook Time: 1 Hour 10 Minutes

### Ingredients

- Crisp
- $\frac{3}{4}$  cup of all-purpose organic unbleached flour
  - $\frac{3}{4}$  cup of old fashioned rolled oats
  - $\frac{1}{4}$  cup of chopped pecans
  - $\frac{1}{2}$  cup of organic brown sugar
  - 3 tablespoons of melted vegan butter
  - $\frac{1}{2}$  teaspoon of sea salt
  - 1 teaspoon of cinnamon

### Filling

- 3 apples (Note: A few suggestions to use: Fuji, gala, crisp, green apple or your choice.)
- $\frac{1}{4}$  cup of dried cranberries
- 1 teaspoon of cinnamon
- $\frac{1}{2}$  teaspoon of vanilla
- $\frac{1}{4}$  teaspoon of sea salt
- 1 half of a lemon
- 3 tablespoons of 100% maple syrup

### How to Prepare:

1. Pre-Heat oven to 350° F.
2. Peel apples, slice the apples and then dice the sliced apples into medium pieces.
3. With the one half of a lemon, squeeze over the diced apple pieces.
4. Add dried cranberries, cinnamon, vanilla, sea salt, and 100% maple syrup and mix together until well combined and pour in a small to medium size baking dish.
5. For the crisp topping, place flour, rolled oats, sea salt, cinnamon, brown sugar and pecans in a small bowl and mix well.
6. Drizzle melted vegan butter over mixture and mix with a fork.
7. Pour mixture over apple filling and bake for 40 minutes.
8. Cool for approximately 10-15 minutes and enjoy!

## Raw Oat Bites

Serving Size: 4 to 6  
Cook Time: 30 Minutes to 60 Minutes

### Ingredients

- $\frac{1}{2}$  cup of whole oats
- $\frac{1}{4}$  cup of nut butter (almond, peanut, cashew or sunflower)
- 3 tablespoons of 100% maple syrup
- 2 tablespoons of solid coconut oil, melted
- $\frac{1}{2}$  teaspoon of cinnamon
- A pinch of sea salt

(Optional: To add a variety of flavor to the Raw Oat Bites, try adding dark chocolate chips, dried strawberries, blueberries or raisins. You may even add chopped walnuts and crushed banana chips. Be fun, be creative and try any combination to your liking!)

### How to Prepare:

Note: For a nuttier and crisper texture, toast the oats in a small pan on the stove for approximately 3-5 minutes on medium heat. Leaving them raw, crush some of the oats with your fingers to make a mixture of whole and smaller pieces.

1. In a medium size bowl, add nut butter, 100% maple syrup, melted coconut oil, cinnamon and sea salt.
2. Mix until everything is blended and smooth.
3. Pour in oats and mix thoroughly until well combined.
4. Refrigerate in bowl for approximately 20-45 minutes.
5. Remove from the refrigerator.
6. Wash your hands with soap and lukewarm water.
7. Using a small spoon, scoop out some of the mixture. Add a little cool water on your hands and roll the small scoop of the mixture into a ball. Place the rolled ball into a plastic container. Repeat this step until mixture is gone. Store in the refrigerator and enjoy at your leisure.

## Fit Sweet Heat Nut Mix

When you have a snack attack and cannot choose between sweet and spicy, leave it to us to decide for you! We have created the perfect zesty snack. Our Fit Sweet Heat Nut Mix is the perfect balance between both flavors. Not only will it be satisfying for your taste buds, but the kids will love this zesty snack as well!

Serving Size: 4

Prep Time: 5 Minutes

### Ingredients

- $\frac{1}{4}$  cup of raisins
- $\frac{1}{4}$  cup of unsweetened dried mango, chopped
- $\frac{1}{4}$  cup of raw almonds
- $\frac{1}{4}$  cup of raw walnuts
- $\frac{1}{4}$  cup of sunflower seeds
- $\frac{1}{4}$  cup of cashews
- $\frac{1}{4}$  cup of unsalted shelled pistachios
- 1 teaspoon of cinnamon
- $\frac{1}{2}$  teaspoon of cayenne pepper
- 2-3 tablespoons of 100% maple syrup

(Optional: You may add plantain chips and coconut chips with dried unsweetened pineapple for a tropical flair.)

### How to Prepare:

1. In a medium size bowl, mix all of the ingredients together until everything is evenly coated and enjoy!

For freshness and to grab on-the-go, store in an airtight container or snack size Ziploc bags.

(Optional: You can add plantain chips and coconut chips with dried unsweetened pineapple for a tropical flair)

## Dark & Lovely Fudge Brownies

The ultimate Unbaked Brownies. Our baddie brownies are dense, fudge-like and will hit the spot, every time! You will need a food processor or blender to make the raw vegan brownies. We have included a chocolate fudge recipe to top the brownies as an option that will add to the fudgy goodness.

**Serving Size:**

**Cook Time:**

### Ingredients

#### Brownie

- 1 cup of raw walnuts (Alternate option:  $\frac{1}{2}$  cup of almonds and  $\frac{1}{2}$  cup of walnuts)
- 1 cup of medium dates, pitted
- $\frac{1}{4}$  cup of cocoa powder
- $\frac{1}{2}$  teaspoon of vanilla (optional)

#### Fudge Topping

- $\frac{1}{4}$  cup of refined coconut oil
- $\frac{1}{4}$  cup of cocoa powder
- 3 tablespoons of 100% maple syrup or agave nectar
- 2 tablespoons of crushed almonds and/or walnuts

### How to Prepare:

1. In a high powered food processor, add the nuts, cocoa powder and post until nuts are crumbly.
2. Add dates in vanilla and pulse until well blended.
3. Get a piece of parchment paper or aluminum foil and cover a small pan.
4. Pour the mixture on top of the parchment or aluminum foil.
5. Flatten the mixture with a spatula.
6. Form into a square and prepare for topping.
7. In a small sauce pot, add refined coconut oil and heat on low until melted.
8. Add in agave nectar or 100% maple syrup and mix well until completely combined.
9. Place aside to cool for 10 minutes and spread on top of brownie and sprinkle crushed nuts on top.

ONE  
POSITIVE THOUGHT IN THE MORNING  
CAN CHANGE YOUR  
**WHOLE DAY!**

#SNATCHITBACK

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# BLACK GIRLS gone VEGAN!®

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AN EASY GUIDE TO A HEALTHIER  
LIFESTYLE!

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