



40 VEGAN RECIPES BY VEGOVVOYCE





SLOW-COOKER WHOLE GRAIN PORRIDGE

BREAKFAST

YIELD: 8 PERSON

TOTAL TIME: 10 MIN



[Watch recipe video](#)

INGREDIENTS

- 1 C. STEEL-CUT OATS
- 1/2 C. RED QUINOA
- 1/2 C. BROWN RICE
- 1/2 C. PEARLED BARLEY
- 4 C. ALMOND MILK
- 3/4 TSP. KOSHER SALT
- 7 1/2 C. WATER
- 2 TBSP. VEGAN BUTTER

INSTRUCTIONS

- Stir together steel cut oats, red quinoa, brown rice, and pearled barley, milk, salt, and water in greased, 6-quart slow-cooker insert.
- Cover and cook until grains are tender, on high for 3 to 4 hours or on low for 7 to 8 hours. Stir in butter. Serve with desired toppings.



VEGAN BREAKFAST BARS – GLUTEN FREE OATMEAL BARS

BREAKFAST

YIELD: 16 BARS

TOTAL TIME: 35 MIN



[Watch recipe video](#)

INGREDIENTS

- **¾ CUP GLUTEN-FREE ROLLED OATS**
- **¼ CUP GLUTEN FREE OAT FLOUR**
- **1/3 CUP UNSWEETENED COCONUT FLAKES**
- **½ TEASPOON GROUND CINNAMON**
- **¼ TEASPOON BAKING POWDER**
- **¼ TEASPOON BAKING SODA**
- **¼ TEASPOON SALT**
- **2 FLAX EGGS (2 TABLESPOONS GROUND FLAXSEED + 6 TABLESPOONS WATER, WHISKED TOGETHER, SET FOR 15 MINS)**
- **2 TABLESPOONS MELTED COCONUT OIL**
- **¼ CUP + 2 TABLESPOONS NATURAL, UNSALTED NUT BUTTER***
- **¼ CUP COCONUT SUGAR**
- **½ TEASPOON PURE VANILLA EXTRACT**
- **2/3 CUP YOUR FAVORITE ADD-INS (CHOCOLATE CHIPS, CHOPPED NUTS, CHOPPED FRUIT)**

INSTRUCTIONS

- Preheat oven to 350°F. Line an 8-inch square baking pan with parchment paper or greased foil. Set aside.
- In a large bowl, whisk together all of the dry ingredients: oats, oat flour, coconut, cinnamon, baking powder, baking soda and salt.
- In a medium bowl, whisk together all of the wet ingredients: flax eggs, coconut oil, nut or seed butter, coconut sugar and vanilla. Whisk until smooth.
- Pour the wet mixture over the dry mixture. Use a rubber spatula to stir and fold the ingredients together until well combined. Fold in add-ins.
- Transfer into prepared baking pan. Using a rubber spatula, spread into an even and tightly packed layer. Optionally, press toppings into the dough.
- Bake for 20-30 minutes. Mine took 25 minutes.
- Place on a cooling rack for 1 hour, or until completely cool. Lift breakfast bars out of the baking pan. Slice into 16 bars. Enjoy! Storing notes below.



CINNAMON ROLL GRANOLA BARS

BREAKFAST

YIELD: 9 BARS

TOTAL TIME: 45 MIN

INGREDIENTS

- 2 3/4 CUPS (275G) OLD FASHIONED OATS (NOT QUICK OATS, 3/4 CUP (75G) WILL BE GROUND INTO ABOUT 1/2 CUP FLOUR)
- 1/2 CUP (60G) PECANS, GROUND INTO A FLOUR
- 1/2 CUP (64G) SLICED ALMONDS
- 2 TABLESPOONS CINNAMON (YES, 2 FULL TABLESPOONS, THIS IS WHAT MAKES THEM TASTE LIKE A CINNAMON ROLL!)
- 1/2 TEASPOON GROUND ALLSPICE
- 1/2 TEASPOON SALT
- 3/4 CUP (240G) PURE MAPLE SYRUP
- 3 TABLESPOONS (48G) ROASTED CREAMY ALMOND BUTTER
- 1 TABLESPOON (15G) VANILLA EXTRACT
- OPTIONAL SUGAR GLAZE (DEFINITELY RECOMMENDED!)
- 2 TEASPOONS ALMOND MILK
- 3 TABLESPOONS (24G) WHITE POWDERED SUGAR FOR A TRADITIONAL DRIZZLE & FLAVOR OR FOR A HEALTHIER SUGAR OPTION, SUB WITH 2 1/2 TABLESPOONS (30G) COCONUT PALM SUGAR
- 1/8 TEASPOON CINNAMON

INSTRUCTIONS

- Preheat the oven to 350°F (177°C). Line an 8X8 square pan with parchment paper going in both directions, for easy removal.
- Make the oat flour by processing 3/4 cup (75g) of the oats (reserve the remaining 2 cups) into a fine powder in a food processor. Let it run for a couple of minutes to get it super fine. Make sure to measure out 1/2 cup only (64g) after processing. If there is any extra, use it in a smoothie or another recipe.
- Grind or chop the pecans as well into tiny pieces. Combine all the dry ingredients (oats, 1/2 cup oat flour, pecans, almonds, cinnamon, allspice, salt) into a large bowl and stir well.
- In a small pot, combine the maple syrup and almond butter and turn to medium-low. Once simmering, whisk continually for about a minute, that's it. Remove from the heat. Now whisk in the vanilla.
- Pour the wet ingredients into the dry ingredients and quickly stir until well mixed. It will be thick and sticky. Spread evenly into the pan, place a large piece of parchment paper over the mixture and smooth the top out evenly and into the corners, making sure it's smooth and flat across. Smooth along the edges with your fingertips. This is important so the bars hold together. Bake for 30-32 minutes until slightly firm and golden brown around the edges.
- They will still be a little soft upon removing them from the oven, but will firm up while cooling. Let them cool for exactly 45 minutes BEFORE cutting, or they will fall apart! Cut into 9 bars with a VERY sharp knife very carefully while they are still in the pan. Then Cool for another 15 minutes and then you can lift the bars out with the parchment paper. They should be nice and crispy and chewy after cooling.
- If making the coconut sugar glaze, add the milk to a small cup and slightly warm in the microwave for 15 seconds. Whisk in the sugar and cinnamon for about 30 seconds. Drizzle over bars once they have cooled. Keep in mind, the coconut sugar option will melt and blend into the bars and not show up like the white sugar glaze. If making the powdered sugar for a drizzle effect, mix the milk, sugar and cinnamon in a small bowl and use a small whisk to mix until completely smooth and lump free. Use a spoon to drizzle over the COOLED bars.



VEGAN-STYLE MIGAS

BREAKFAST

YIELD: 3-4 SERVINGS

TOTAL TIME: 25 MIN



[Watch recipe video](#)

INGREDIENTS

- 1 BLOCK (450 G) OF FIRM TOFU, DRAINED FROM WATER AND CRUMBLED
- 1 (450G) BLOCK OF EXTRA FIRM TOFU, DRAINED
- 1 TBSP SOY SAUCE
- 1 HEAPING TBSP TAHINI
- 1 TSP GARLIC POWDER
- 1/2 TSP ONION POWDER
- PINCH OF TURMERIC
- 2 TBSP UNSWEETENED ALMOND MILK
- 1 TBSP NUTRITIONAL YEAST
- SALT AND PEPPER TO TASTE
- 1-2 TBSP OF OLIVE OIL
- 6-8 TORTILLAS, RIPPED INTO BITE SIZE PIECES
- 1/2 SMALL SPANISH OR YELLOW ONION, DICED
- 1 SERRANO PEPPER, TOP REMOVED AND DICED (REMOVE SEEDS IF DESIRED)
- 1-2 ROMA TOMATOES, DESEEDED AND DICED
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

- To a medium bowl, add your crumbled tofu and the remaining vegan scramble mix together in a bowl and mix well to combine. Set this mixture aside.
- Heat up a pan to medium heat along with some oil and add your ripped tortillas into the pan. Allow to sit and stir occasionally until the tortillas start to get golden and crispy. This should take about 5 minutes. Once cooked, remove from the pan and place in a paper towel covered bowl.
- To the same pan add in your onions and peppers and saute until onions are translucent. Then stir in your tomatoes and cook until the tomatoes are softened and most of the moisture is removed.
- Stir in your tortillas and tofu scramble and cook and mix until the tofu scramble is warmed through then serve immediately.

TIPS

- Make sure your tomatoes aren't watery. Personally, I'll deseed my tomatoes before chopping to avoid extra moisture in the dish. This will help keep the tortillas from getting soggy or mushy.
- Your tortillas should be crispy. Look for that nice golden color and feel free to test the crunch before placing in a paper towel.
- Use corn tortillas or flour tortillas. I used corn tortillas for this, but feel free to also rip apart a flour tortillas for this recipe. The most important thing is honestly the crispy texture. So as long as you cook them to crispy, you should be good.
- Make this a truly delicious and more filling experience by pairing your migas with some refried beans, avocado, extra warm tortillas, pico de gallo, fresh salsas and hot sauce. I definitely recommend the hot sauce if you love that extra spice.



VEGAN QUESADILLAS WITH MUSHROOM BACON BREAKFAST

YIELD: 4 SERVINGS

TOTAL TIME: 1 HR 30 MINS

INGREDIENTS

- 2 CUPS (~225G) SHREDDED VEGAN CHEESE OF CHOICE
- 8 LARGE FLOUR TORTILLAS (CAN USE GLUTEN-FREE TORTILLAS)
- COOKING OIL OF CHOICE FOR COOKING QUESADILLAS
- FOR SERVING: AVOCADO-TOMATO SALSA (RECIPE BELOW OR SALSA OF CHOICE AND/OR VEGAN SOUR CREAM)
- 8 OUNCES (~225G) OF KING OYSTER MUSHROOMS OR SHIITAKE MUSHROOM CAPS
- 2 TABLESPOONS TAMARI OR SOY SAUCE (I USE REDUCED-SODIUM TAMARI)
- 1 TABLESPOON OLIVE OIL, PLUS MORE FOR BRUSHING THE PAN
- 1/2 TABLESPOON TOASTED SESAME OIL
- 1/2 TEASPOON LIQUID SMOKE (OPTIONAL BUT ADDS THAT NICE SMOKY FLAVOR)
- 1/2 TABLESPOON PURE MAPLE SYRUP
- 1/2 TEASPOON SMOKED PAPRIKA (USE MORE IF NOT USING LIQUID SMOKE)
- 1 (14-OUNCE OR ~400G) BLOCK OF EXTRA FIRM TOFU
- 1/2 TEASPOON KALA NAMAK (ALSO KNOWN AS HIMALAYAN BLACK SALT (OR JUST USE SEA SALT))
- FRESHLY CRACKED BLACK PEPPER TO TASTE
- 1/2 TEASPOON GROUND TURMERIC
- 1/2 TEASPOON PAPRIKA
- 3 TABLESPOONS NUTRITIONAL YEAST
- 1/4 CUP (60ML) UNSWEETENED PLAIN NONDAIRY MILK
- 1 TABLESPOON OLIVE OIL
- 1/2 PINT CHERRY TOMATOES (~150G), QUARTERED
- 1/2 SMALL RED ONION, CHOPPED
- 1/4 CUP CHOPPED CILANTRO (~15G)
- 1 JALAPEÑO, DICED
- 1 LIME, JUICED

INSTRUCTIONS

- First, make the Mushroom Bacon.
- While the mushrooms are marinating or are in the oven, make the Tofu Scramble.
- Assemble the quesadillas. Spread an even layer of the vegan cheese (1/2 cup) onto one of the eight tortillas. Arrange 1/4 of the tofu scramble on top (about 1/3 cup) and 1/4 of the mushroom bacon on top. Place another tortilla on top to cover.
- Lightly grease a large skillet with a bit of oil and place over medium heat. Once the skillet is hot, add the prepared quesadilla to the skillet. Place a smaller skillet on top of the quesadilla so that it presses down on the quesadilla, resulting in a nice crispy exterior. Cook the quesadillas for 2-3 minutes or until nicely browned on one side, then flip and cook another 1-2 minutes, or until both sides are crispy and nicely browned. Repeat with the remaining sauce, filling, and tortillas.
- Serve the quesadillas with the Avocado-Tomato Salsa or salsa of your choice and vegan sour cream, if desired.

Mushroom Bacon Directions

- Adjust oven rack to center position and preheat oven to 350°F./175°C. Fit a cooling rack onto a rimmed baking sheet and then line it with a sheet of parchment paper (or aluminum foil). Brush the parchment paper with a bit of olive oil.
- Slice the mushrooms. If using King Oyster mushrooms, slice lengthwise into 1/8th- to 1/6th-inch slices. If using shiitake mushrooms, slice lengthwise into 1/4-inch thin slices.
- Combine the tamari, 1 tablespoon olive oil, sesame oil, liquid smoke, maple syrup, and smoked paprika in a shallow dish and whisk to combine.
- Add the sliced mushrooms, and stir gently to combine. Marinate the mushrooms at room temperature for at least 20 minutes, or up to 60 minutes.

- **Arrange the mushrooms in a single layer on the baking sheet.**
- **Bake the mushrooms for 20 minutes. Flip mushroom slices carefully with a thin spatula and continue baking until they are well-browned and chewy but crisp, about 20 minutes longer.**
- **Remove from the oven and transfer the mushrooms to a paper towel-lined plate to drain any excess oil.**

Tofu Scramble Directions

- **Press the tofu: place the block tofu on a cutting board lined with paper towels. Cover the tofu with paper towels and then place a heavy cookbook or skillet on top of the tofu block. Press for at least 10 minutes, or up to 30 minutes.**
- **Crumble the pressed tofu with a fork or your hands into large chunks.**
- **Mix together the kala namak (or sea salt), black pepper, turmeric, paprika, and nutritional yeast in a small bowl. Pour in the almond milk and whisk to combine.**
- **Heat a large skillet over medium-high heat. Once hot, add the olive oil. Then add the crumbled tofu and break it apart as needed with a wooden spoon or spatula. Add the spice mixture and stir until well combined. Cook for 5 to 7 minutes until the tofu is lightly browned.**

Avocado-Tomato Salsa Directions

- **In a bowl, combine all of the ingredients except for the avocado and stir to combine. Then add in the avocado and gently toss to combine, taking care not to mash the avocado. Taste, and add more salt or lime juice as needed.**

VEGAN CARIBBEAN BREAKFAST

BREAKFAST

YIELD: 3 SERVINGS

TOTAL TIME: 30 MINS



[Watch recipe video](#)



INGREDIENTS

- 9 OZ BLOCK OF EXTRA FIRM TOFU (280G) SCRAMBLED INTO PIECES
- 2 TABLESPOON NUTRITIONAL YEAST (30G)
- 1 TEASPOON ONION POWDER (5G)
- 1 TEASPOON GARLIC GRANULES (5G)
- ½ TEASPOON TURMERIC (2.5G)
- ¼ CUP ALMOND MILK (60ML)
- ½ TEASPOON KALA NAMAK BLACK SALT (5G) FINE
- BLACK PEPPER AND CHOPPED CHIVES TO GARNISH
- 1 SMALL ONION CHOPPED
- 3 GARLIC CLOVES MINCED
- 1 MEDIUM TOMATO CHOPPED
- 2 CUPS LEAFY GREENS (80G) TIGHTLY PACKED, I USED A COMBINATION OF CALLALOO/KALE
- ¼ CUP WARM WATER (60ML)
- 1 TEASPOON THYME (5G) DRIED OR STEMS REMOVED
- 2 TEASPOON ALL PURPOSE SEASONING (10G)
- BLACK PEPPER AND PINK SALT TO TASTE
- 1-2 PLANTAIN FOR BAKING
- 1-2 AVOCADOES (PEAR) SLICED, OPTIONAL
- 1/2 TEASPOON KOSHER SALT
- 2 SMALL RIPE AVOCADOS, OR 1 LARGE RIPE AVOCADO, DICED

INSTRUCTIONS

To make the scrambled tofu

- On heat medium, use a non stick frying pan or skillet, add the tofu then shake the pan a few times to evenly distribute.
- Stir in the nutritional yeast, turmeric, garlic and onion powder/granules.
- Pour in the almond milk and reduce the heat and continue to cook for 2-3 minutes, shaking the pan a few times during the given time.
- Once the tofu scramble has cooked fold in your black salt.
- Garnish with black pepper and chives before serving.

For the sautéed greens

- Add the olive oil to the skillet on medium heat.
- Add the onion and garlic then sauté until soft and translucent.
- Add the tomatoes and continue to stir for about one minute before adding the leafy greens.
- Add the warm water to the pan then reduce the heat to low, cover the pan with the lid.
- Allow the greens to steam for about 5 minutes
- Once steamed, season with the all purpose seasoning, black pepper and pink salt to taste.

VEGAN BREAKFAST BOWL



BREAKFAST

YIELD: 2 SERVINGS

TOTAL TIME: 35 MINS



[Watch recipe video](#)

INGREDIENTS

- OLIVE OIL
- A BUNCH OF CHERRY TOMATOES ON THE VINE
- 250 G / 9 OZ COOKED AND COOLED SMALL POTATOES, HALVED
- SALT TO TASTE
- BLACK PEPPER, TO TASTE
- 100 G / 3.5 OZ BABY SPINACH
- 1 LARGE SHALLOT, FINELY DICED
- 1 GARLIC CLOVE, FINELY DICED
- 300 G / 10.5 OZ SILKEN FIRM TOFU (I USE CLEARSPRING)
- ¼ TSP TURMERIC, ADJUST TO TASTE
- ¼ TSP BLACK SALT (HAS EGGY TASTE), ADJUST TO TASTE
- ½ RIPE AVOCADO, CUT IN HALF

INSTRUCTIONS

- Brush tomatoes with a little oil (keeping them on the vine if you can) and place them on a small baking tray. Stick them under a grill / broiler for 5-10 minutes, until their skins burst and the tops char a little. Season and set aside.
- Heat up 2 tsp of olive oil on a small frying pan. Place cold potatoes, cut side down on the hot oil and allow them to fry gently until nicely browned. Season with salt and pepper.
- Place spinach on another pan with a splash of water. Allow the spinach to wilt using gentle heat. Move it around the pan with a pair of tongs. Season and lift wilted spinach out of the pan, draining any excess water away.
- Heat up a tablespoon of oil in a pan (I reused the one I used to wilt the spinach) and fry diced shallot and garlic on a very gentle heat.
- Once shallot is translucent and garlic fragrant (but not browned), add the drained tofu. Smash it a little with the back of a spoon. Season with turmeric, black salt (it will give it eggy taste) and pepper.
- Divide all the elements (including the avocado) between two bowls and drizzle with extra olive oil if needed.

OAT FLOUR WAFFLES (VEGAN + GLUTEN FREE)

BREAKFAST

YIELD: 2 WAFFLES

TOTAL TIME: 15 MINS



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INGREDIENTS

- **2/3 CUP NON DAIRY MILK (160ML)**
- **1/2 TSP APPLE CIDER VINEGAR (7G)**
- **1 TBSP MAPLE SYRUP (20G)**
- **2 TSP TAHINI (10G), OPTIONAL**
- **1 TBSP VANILLA EXTRACT (15G)**
- **3/4 CUP + 1 TBSP OAT FLOUR (100G)**
- **2 TBSP CORN STARCH (14G)**
- **2 TSP BAKING POWDER (10G)**
- **1/8 TSP OF SALT**
-

OPTIONAL ADD-INS:

- **1 TSP ALMOND EXTRACT (5G // HIGHLY RECOMMEND)**
- **1 TSP CINNAMON (5G)**
- **1 HEAPING TBSP CHOCOLATE CHIPS (20G)**
- **1/4 CUP BLUEBERRIES**



INSTRUCTIONS

- Pre-heat waffle iron on medium high.
- Add non dairy milk, apple cider vinegar, maple syrup, tahini and vanilla into a bowl and whisk to combine. Add in the oat flour, corn starch, baking powder and salt and stir until just combined.
- Splash your waffle iron with water or place a small amount of batter onto the waffle iron, it should sizzle immediately. If it doesn't, let the waffle iron heat for a few minutes longer- this is the key to crispy waffles! Pour half the batter onto the waffle iron and close the top. You should instantly see steam releasing out of the iron. Once there is no more steam coming out of the waffle iron the waffle should be fully cooked. Lift the top up and remove from the waffle iron and repeat.
- If making more than 2 waffles, place the waffles in a 200 F pre-heated oven to keep them warm and crispy. If freezing, place on a wire rack and let them cool completely before placing in the freezer.
- Serve with maple syrup and your favourite toppings!



VEGAN APPLE CINNAMON FRENCH TOAST CASSEROLE

BREAKFAST

YIELD: 8 SERVINGS

TOTAL TIME: 1 HR 50 MINS



[Watch recipe video](#)

INGREDIENTS

- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL OR NEUTRAL COOKING OIL OF CHOICE
- 4 MEDIUM APPLES, SLICED (I RECOMMEND A CRISP VARIETY, SUCH AS FUJI, BRAEBURN, GRANNY SMITH, JONAGOLD, OR GALA)*
- 3 TABLESPOONS PURE MAPLE SYRUP
- 1 TEASPOON GROUND CINNAMON
- 1 LARGE LOAF FRENCH BREAD (ABOUT 16 OUNCES), SLICED (NOT TOO THICK OR THIN) OR TORN INTO PIECES**
- 2 CUPS OAT MILK (OR OTHER CREAMY PLANT-BASED MILK)
- 8 OUNCES SILKEN SOFT TOFU
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL (OPTIONAL BUT ADDS A NICE RICH BODY)
- 2/3 CUP COCONUT SUGAR OR BROWN SUGAR
- 2 1/2 TEASPOONS GROUND CINNAMON
- 1/2 TEASPOON FRESHLY GRATED OR GROUND NUTMEG
- 1 TEASPOON GROUND GINGER
- 1/4 TEASPOON FINE SEA SALT
- 2 TEASPOONS PURE VANILLA EXTRACT
- 1 TEASPOON ALUMINUM-FREE BAKING POWDER
- 1 TABLESPOON ARROWROOT POWDER (OR CORNSTARCH)
- 1/2 CUP ROLLED OATS
- 1/3 CUP CHOPPED PECANS
- 2 TABLESPOONS COCONUT SUGAR OR BROWN SUGAR
- 1/2 TEASPOON GROUND CINNAMON
- A PINCH OF SEA SALT
- 3 TABLESPOONS SUNFLOWER OIL, GRAPESEED OIL, OR OTHER NEUTRAL-FLAVORED OIL
- NON-DAIRY YOGURT OR WHIPPED TOPPING (OPTIONAL)

INSTRUCTIONS

- **Make the Apple Filling.** Heat the oil in a large skillet over medium-low heat. Add the apple slices, maple syrup, and cinnamon, and mix to evenly coat. Cook for 10 minutes, until apples are soft but not falling apart. If you are using a good nonstick skillet, you can skip the oil, but be sure to stir frequently.
- Lightly grease a large rectangular baking pan (about a 13x9-inch pan) with oil or nonstick cooking spray.
- **Make the French Toast.** Arrange the slices of French bread in the greased baking dish so the tops are facing up.
- In a blender, combine the oat milk, tofu, coconut sugar, cinnamon, nutmeg, ginger, salt, baking powder, and arrowroot powder (or cornstarch). Blend on high speed until the mixture is completely smooth and no lumps remain.
- Pour the oat milk mixture evenly over the bread, making sure to moisten each piece completely. Pour the apple filling on top of the soaked bread and stir to combine, or carefully layer the apples between the slices of bread, as shown in the photos.
- **Make the crisp topping.** Mix all of the ingredients together in a bowl using a spatula or your fingertips. Sprinkle the crisp topping evenly over the French Toast.
- **Cover the casserole with aluminum foil and refrigerate for at least 30 minutes, or overnight.**
- **Preheat the oven to 350°F.** Remove the baking dish from the refrigerator and bake, covered, for 20 minutes. Uncover and bake another 20-30 minutes, until the crisp topping is golden browned and the casserole is completely cooked through.

HOMEMADE VEGAN YOGURT (CULTURED AND CREAMY)

BREAKFAST

YIELD: 4 SERVINGS

TOTAL TIME: 10 MINS



[Watch recipe video](#)

INGREDIENTS

- 2 CUPS CASHEWS, SOAKED OVERNIGHT
- 2 TEASPOONS APPLE CIDER VINEGAR
- PINCH SEA SALT
- 1 ½ CUPS CLEAN FILTERED WATER
- 3 PROBIOTIC CAPSULES, ROUGHLY 2 GRAMS OF PROBIOTIC POWDER, OR ½ TEASPOON (I USED JUSTTHRIVE CAPSULES)

INSTRUCTIONS

- First, rinse off your soaked cashews completely. In a high powered blender, add the cashews, apple cider vinegar, filtered water, and the sea salt. Blend until completely smooth and clean. I blended for about 3 minutes on high.

- Pour the contents into a very clean and dry glass bowl or tall jar. Open your probiotic capsules and pour the powdered contents inside the cashew yogurt mixture. Using a wooden or silicone spoon, stir the probiotic powder into the mixture and stir/mix into it for about 2 minutes, until fully incorporated.
- Cover the bowl/jar with some cheesecloth or even a clean dry paper towel and secure with a rubber band. Place in a warm, dry place. If you live in a tropical country, you can leave it on your counter top. If you don't, place it in your oven with the oven OFF and the oven light on (do not place right after cooking something, this will be too hot). Leave the yogurt undisturbed as much as possible for 24-48 hours. You should begin to smell a slight yogurt-y smell after about 24 hours. I recommend leaving it for the full 48 hours.
- The yogurt should be much thicker now. Stir to combine fully. If you hear a carbonated sound that is normal, it's a part of the fermenting process.
- Cover the jar/bowl or transfer to a new clean jar/bowl and cover and place in your fridge. It should also thicken up in the fridge and you can start using it now! It'll last in your week for at least two weeks.
- If you want your yogurt any thinner, strain/drain it in cheesecloth or paper towel or a fine mesh colander for about 30 minutes to strain off any extra liquid. If you want greek yogurt, see the notes below.
- Enjoy with any combination of you want including yogurt, maple syrup, vanilla extract and fruits!

VEGAN PUMPKIN MAC 'N' CHEESE

LUNCH

YIELD: 4 SERVINGS

TOTAL TIME: 1 HR 30 MINS



[Watch recipe video](#)

INGREDIENTS

- 1 (2-3 LB) SUGAR OR PIE PUMPKIN (OR SUB 2 CUPS (450 G) CANNED PUMPKIN PUREE*)
- 1 TBSP AVOCADO OR COCONUT OIL (OPTIONAL)
- 2 CLOVES GARLIC*
- 2 TBSP ARROWROOT STARCH
- 1-1 1/4 CUP UNSWEETENED PLAIN ALMOND OR RICE MILK (START WITH LOWER END OF RANGE)
- 1/2 TSP SEA SALT
- 2-3 TBSP CHOPPED SAGE OR THYME (I USED HALF THYME, HALF SAGE)
- 4-5 TBSP NUTRITIONAL YEAST
- 3-4 TBSP VEGAN PARMESAN CHEESE
- 1/4 TSP PUMPKIN PIE SPICE
- 1/4 TSP RED PEPPER FLAKE OR CAYENNE PEPPER (OPTIONAL)
- 10 OUNCES GLUTEN-FREE PASTA (I LOVE BIONATURAE PASTAS AND TRADER JOE'S GLUTEN-FREE FUSILLI)
- VEGAN PARMESAN CHEESE (OPTIONAL)
- FRESH SAGE SAUTÉED IN OIL OVER MEDIUM HEAT FOR 1 MINUTE OR UNTIL JUST SLIGHTLY BROWNED (OPTIONAL)
- PINE NUTS (OPTIONAL)



INSTRUCTIONS

- If baking your pumpkin, preheat oven to 350 degrees F (176 C) and line a baking sheet with parchment paper. Otherwise, if using canned pumpkin puree, skip to step 4.
- Using a sharp knife, cut the tops off your pumpkin and then cut pumpkin in half. Use a sharp spoon or ice cream scoop to scrape out all the seeds and strings. (Save the seeds for roasting!)
- Optional: Brush the flesh with a neutral, high heat oil, such as avocado. And place flesh down on the baking sheet.
- Bake for 45-50 minutes or until a fork easily pierces the skin. In the last 20 minutes of roasting, add the two cloves of garlic still in skin to the baking sheet to slightly brown and soften. Then remove pan from the oven and let the pumpkin cool. Also peel garlic cloves and set aside.
- If serving with pasta, start boiling water and cooking pasta at this time. Once pasta is cooked, drain and set aside. Optional: I like to drizzle mine with a little olive or avocado oil and a sprinkle of sea salt and vegan parmesan cheese for extra flavor.
- To make the sauce, add 2 cups (as recipe is written // adjust if altering batch size) baked pumpkin (or pumpkin puree) to a high-speed blender along with peeled roasted garlic, arrowroot starch, dairy-free milk (starting with amount at lower end of range), sea salt, sage or thyme (I used both), nutritional yeast, vegan parmesan cheese, pumpkin pie spice, and red pepper flake (optional).
- Blend on high until creamy and smooth. Then taste and adjust flavor as needed. Add more salt for saltiness, nutritional yeast for cheesiness, sage or thyme for herbiness, vegan parmesan cheese for depth of flavor, pumpkin pie spice for pumpkin flavor and warmth, or red pepper flake for spice (optional).
- To heat/thicken the sauce, pour into a rimmed skillet and heat over medium-low heat, whisking frequently until sauce is hot and slightly thickened – 3-5 minutes. If it gets too thick, thin with a bit more dairy-free milk.
- To serve, add cooked pasta to the sauce and toss to combine. Serve as is or (optional) sprinkle with 2 Tbsp (10 g // as recipe is written // adjust if altering batch size) vegan parmesan cheese and broil on medium for 1-3 minutes, watching very carefully until barely browned.
- Enjoy hot and garnish with pine nuts or sautéed sage if desired. Cool leftovers and store in the refrigerator up to 3-4 days.

VEGAN GYROS WITH MUSHROOMS AND TZATZIKI

LUNCH

YIELD: 3 SERVINGS

TOTAL TIME: 35 MINS



[Watch recipe video](#)

INGREDIENTS

- 12 OZ (340.2 G) SLICED MUSHROOMS , WHITE, OR A MIX OF CREAMINI, WHITE, BELLA (SEE NOTES FOR OTHER OPTIONS)
- 1/2 CUP (80 G) SLICED ONION
- 2 TBSP VEGAN WORCESTERSHIRE SAUCE , SEE NOTES FOR SUBS
- 4 TSP (3 TSP) SHAWARMA SPICE BLEND , SEE NOTES FOR RECIPE
- 1 TSP SUGAR OR OTHER SWEETENER
- OPTIONAL ADDINS: 2 CLOVES OF GARLIC MINCED , SALT IF NEEDED
- 7 OZ (0.5) FIRM TOFU , DRAINED
- 1/2 TSP (0.5 TSP) GARLIC POWDER OR 1 CLOVES OF GARLIC
- 1 TABLESPOON LEMON JUICE
- 1 TEASPOON WHITE VINEGAR
- 1/4 TEASPOON (0.25 TEASPOON) SALT
- 1/8 TEASPOON (0.13 TEASPOON) BLACK PEPPER
- 1 TEASPOON DRIED DILL OR 1 TBSP FRESH
- 1/2 (0.5) ENGLISH CUCUMBER , PEELED AND CUBED
- SLICED ONION, CUCUMBER, TOMATO
- CHOPPED LETTUCE OR GREENS, PICKLES
- 3 PITA BREADS

INSTRUCTIONS

- **Mushroom Gyro filling:** Add everything to a saucepan, cover and cook over medium heat. Add 1/4 cup water to deglaze after 5 mins. Cover and Cook for another 6 to 8 mins or until mushrooms are tender to preference.
- **Make your tzatziki:** Process the tofu through black pepper in a food processor until smooth. Add a tbsp of water if needed. Add dill and cucumber and pulse until cucumber is evenly chopped. taste and adjust salt, tang. (If using a blender, blend tofu through black pepper until smooth, transfer to a bowl and mix in grated cucumber and dill).
- **Slice onions, cucumber and tomatoes if using. Chop up some greens or lettuce.** Warm the pita bread on a gas stove (directly on the gas or skillet), or grill
- **Assemble:** Add greens if using, add the mushrooms, cucumber, onion, tomato and a generous helping of tzatziki. Serve immediately.
- **To store:** Store the filling, toppings and tzatziki separately. Refrigerate for upto 3 days. Reheat the filling, warm the pita bread, assemble and serve.

TIPS

- **Shawarma spice blend:** Mix 1.5 tsp cumin powder, 1.5 tsp coriander powder, 1 tsp paprika, 1/3 to 1/2 tsp ground black pepper, 1.5 tsp garlic powder, 1/4-1/2 tsp ground cinnamon, 1/2 tsp ground cardamom, 1/8 tsp each ground cloves, nutmeg, allspice
- **To make this Gluten-free, use my gluten-free flatbreads instead of pita bread**
- **To make the tzatziki soy-free:** Use 1 cup soaked cashews. You will need a bit more salt, tang and flavor.
- **To make the mushrooms soyfree:** Use a mix of 1 tbsp coconut aminos, 2 tsp balsamic vinegar, 1 tbsp brown sugar, 1/2 tsp garlic powder, 1/4 tsp onion powder and 1 tsp tomato paste/ketchup.



ROASTED BROCCOLI PASTA SALAD WITH HEMP PESTO

LUNCH

YIELD: 8 SERVINGS

TOTAL TIME: 50 MINS



[Watch recipe video](#)

INGREDIENTS

- 2 SMALL HEADS ORGANIC BROCCOLI, CHOPPED (~7 CUPS CHOPPED)
- 1-2 TBSP OLIVE OIL
- 1/4 TSP EACH SEA SALT AND BLACK PEPPER
- 2 TSP SALT (FOR SALTING WATER)
- 1 ½ CUPS (DRY) GLUTEN-FREE PASTA (WE LIKE TRADER JOE'S BROWN RICE QUINOA FUSILLI)
- 2 (HEAPING) CUPS PACKED BASIL
- 4 CLOVES GARLIC, SKINS REMOVED (4 CLOVES YIELD ~2 TBSP)
- 1/4 CUP HEMP SEEDS (OR PINE NUTS)
- 2 TBSP LEMON JUICE
- 3-4 TBSP NUTRITIONAL YEAST
- 1/4 TSP SEA SALT (PLUS MORE TO TASTE)
- 3-4 TBSP OLIVE OIL (IF AVOIDING OIL, SUB WATER)
- 2/3 CUP SUN-DRIED TOMATOES (IF IN OIL, PAT DRY // WE LIKE TRADER JOE'S BRAND)
- 1/2 CUP MACADAMIA NUT CHEESE (OPTIONAL)
- 1 SPRINKLE RED PEPPER FLAKE (OPTIONAL)

INSTRUCTIONS

- Heat oven to 400 degrees F (204 C). Line a baking sheet with parchment paper. Add broccoli and toss with oil, salt, and pepper. Once oven is preheated, add broccoli and cook for 15 minutes or until lightly golden browned.
- In the meantime, bring a small pot of water to a boil and add salt (to season the water and the pasta). Once boiling, add the pasta, stir, and cook according to package instructions or until al dente. Drain and set aside.
- In the meantime, prepare pesto. Add basil, garlic, hemp seeds, lemon juice, nutritional yeast, and sea salt to a food processor and mix to combine. Then stream in olive oil a little at a time until a creamy paste is achieved. Scrape down sides as needed. Taste and adjust flavor as needed, adding more salt to taste, nutritional yeast for cheesiness, hemp seeds or basil to thicken, garlic for kick, or lemon juice for acidity. Cover with lid and set aside.
- Once broccoli is roasted, cool slightly then add to a large serving / mixing bowl. Then add cooked drained pasta, sun-dried tomatoes, little spoonfuls of macadamia nut cheese (optional), and red pepper flake (optional). Top with pesto and toss gently to combine (being careful to not break the pasta).
- Enjoy immediately or refrigerate up to 3-4 days (not freezer friendly). Enjoy chilled or at room temperature.



GOBI ALOO WRAP

LUNCH

YIELD: 2 SERVINGS

TOTAL TIME: 27 MINS

INGREDIENTS

- 1/2 CUP (3.39 OZ) RED/PINK/ORANGE LENTILS
- 1 CUP (8.82 OZ) WATER
- 1/2 MEDIUM TOMATO CHOPPED
- 1/2 TEASPOON SALT
- 1/2 TEASPOON GARLIC POWDER
- 1/2 TEASPOON CUMIN POWDER
- 1/4 TEASPOON CAYENNE
- 1 TEASPOON SRIRACHA SAUCE OR TO TASTE
- 1 X RECIPE GOBI ALOO MUTTER CAULIFLOWER POTATO AND PEAS STIR FRY
- PICKLED RED ONION
- CILANTRO
- SALT + PEPPER
- MEDIUM OR LARGE TORTILLAS

INSTRUCTIONS

- **For the Lentil hummus:**
- Add a teaspoon of oil in a deep pan and heat on medium. Toast washed lentils in oil for 2 minutes. Add water, salt, spices, sriracha and tomato. Mix well. Partially cover and cook at low-medium heat. (13-15 minutes). Mix and mash after 15 minutes and use.
- **Wrap:**
- Warm the tortilla. Spread a layer of lentil hummus. Add some more lentils at the 2/3 point of the tortilla.
- Top with Cauliflower Potato and Peas stir fry.
- Top with pickled onions, salt and pepper and cilantro.
- Wrap, cut and serve with cilantro chutney or Sriracha/hot sauce.

TIPS

- These can be made gluten-free with gluten-free tortillas. To make these grain-free, you could also forego the tortilla wraps by serving this all up in a bowl. Lettuce wraps would be another great low cal alternative.
- You could also use the filling to make vegan tacos. Put all fillings in separate bowls and let everyone assemble their tacos themselves.
- Feel free to add other crunchy veggies like red bell pepper, celery, carrots, kale, or lettuce.



VEGAN TUNA SUSHI BOWL

LUNCH

YIELD: 2 SERVINGS

TOTAL TIME: 30 MINS



[Watch recipe video](#)

INGREDIENTS

- 3 ROMA TOMATOES
- 2 TBSP SOY SAUCE 30 ML
- 1 TBSP FRESH GRATED GINGER 15 G
- 1 TBSP TOASTED SESAME OIL 15 ML
- 1 TBSP SRIRACHA 15 G
- 1 TSP LIME JUICE 5 ML
- 1 CUP UNCOOKED SUSHI RICE 240 G
- 2 TBSP RICE VINEGAR 30 ML
- 1 TBSP SUGAR
- ½ TSP SALT
- 1 AVOCADO
- ½ CUCUMBER
- 2 CARROTS
- NORI, PICKLED GINGER, WASABI, FRIED ONIONS
- 2 TBSP MAYONNAISE VEGAN OR TRADITIONAL
- 2 TSP SRIRACHA

INSTRUCTIONS

- **Prep Tomatoes:** Score a small “X” in the bottom of each tomato. Drop into a pot of boiling water, removing after just 10 seconds, when skin begins to peel away. Immediately plunge tomatoes into a bowl of very cold water. The skin should come right off! Cut in half, remove seeds and insides, and cut into bite-sized pieces. Transfer to a bowl.
- **Marinade:** Stir together soy, ginger, sesame oil, sriracha, and lime juice, then drizzle over the tomato. Toss to coat, and let marinate for at least 30 minutes.
- **Rice:** Meanwhile, prepare your sushi rice. Add 1 cup cold water to the rice and set over high heat until water boils. Reduce heat to a gentle simmer and let cook for 15 minutes, covered. Remove from heat and let rest while you prepare the rest of the recipe. Stir together rice vinegar, sugar, and salt. Right before serving, stir this into the rice.
- **Assemble:** Chop or thinly slice your fillings. Stir together mayonnaise and sriracha. Spoon rice into each serving bowl, topping with fillings and tomato tuna.



VEGAN MEATLOAF SANDWICH

LUNCH

YIELD: 1 SANDWICH

TOTAL TIME: 15 MINS

INGREDIENTS

- 1 TEASPOON OLIVE OIL
- 1 THICK SLICE LEFTOVER LENTIL LOAF
- 2 SLICES BREAD
- 1 TEASPOON VEGAN MAYONNAISE
- 1 SLICE RED ONION
- 1-2 SLICES VEGAN CHEESE
- 1 TABLESPOON CRANBERRY SAUCE

INSTRUCTIONS

- Heat oil in a skillet on medium-high, add a slice of lentil loaf and cook on both sides until heated through.
- Spread vegan mayonnaise on one slice of bread. Top with a slice of red onion, followed by a slice of lentil loaf.
- Top with a slice of vegan cheese, next spread a layer of cranberry sauce. Place the other slice of bread on top.
- You can grill the sandwich by spreading vegan butter on tops and bottoms of sandwiches and brown in a skillet over medium-low heat.

JALAPEÑO POPPER CHICKPEA SALAD SANDWICH LUNCH

YIELD: 2 SERVINGS

TOTAL TIME: 35 MINS



[Watch recipe video](#)

INGREDIENTS

- 1/2 CUP (118.29 G) SILKEN OR FIRM TOFU OR 1/4 CUP RAW CASHEWS SOAKED IN HOT WATER FOR 15 MINS FOR SOYFREE
- 1 TSP LEMON JUICE
- 1/4 TSP SALT
- 1/4 TSP GARLIC POWDER
- 1 TBSP NUTRITIONAL YEAST OR 1/2 TSP PREPARED MUSTARD
- 4 SLICES PICKLED JALAPENO
- 2-3 TBSP WATER
- 15 OZ (453.59 G) CAN OF CHICKPEAS OR 1.5 CUPS COOKED
- 1/4 CUP (25.25 G) CHOPPED CELERY
- 1/4 CUP (37.25 G) CHOPPED RED BELL PEPPER
- 2 TBSP CHOPPED GREEN ONION
- 1/4 TSP BLACK PEPPER
- 2 TBSP CHOPPED FRESH JALAPENO (REMOVE SEEDS TO REDUCE HEAT IF NEEDED)
- 4 BREAD SLICES (USE GLUTENFREE BREAD FOR GF OR SERVE IN A BOWL WITH CRUNCHY GREENS AND VEGGIES)
- GREENS LIKE SPINACH CUCUMBER, OR OTHER FRESH VEGGIES
- SLICED JALAPENO OR PICKLED JALAPENO

INSTRUCTIONS

- Blend all the dip ingredients until smooth in a blender. Add a tbsp water if needed.
- Mash the cooked chickpeas in a bowl until mostly mashed with a few whole ones left.
- Add in the rest of the chickpea salad ingredients including the tofu dip and mix really well. Chill for 15 mins
- Taste and adjust salt and flavor as needed. Add something sweet like dried cranberries or raisins if you like or toasted cashews.
- To assemble, prepare sandwich bread or wrap. Add a good helping of chickpea sandwich mix. Top with pickled jalapeños.

TIPS

- THE CHICKPEA SALAD WILL STORE IN THE REFRIGERATOR FOR UP TO 4 DAY
- FEEL FREE TO ADD SOMETHING SWEET LIKE DRIED CRANBERRIES OR RAISINS IF YOU LIKE.
- FOR SOME CRUNCH, ADD TOASTED PECANS OR CASHEWS.
- THE FLAVOR OF THIS CHICKPEAS SALAD DEVELOPS AS IT SITS, SO CHILL IT FOR SOME TIME BEFORE SERVING.
- FOR A LOWER-CARB VERSION ENJOY THIS SALAD IN A LETTUCE WRAP, OR STUFFED INSIDE A HOLLOWED-OUT TOMATO, OR ROLLED UP IN A LOW CARB TORTILLA.
- NOT A FAN OF TOFU? USE 1/4 CUP OF SOAKED CASHEW NUTS INSTEAD.
- NUTRITION DOES NOT INCLUDE BREAD

BUTTERNUT SQUASH QUINOA SALAD

LUNCH

YIELD: 7 CUPS

TOTAL TIME: 45 MINS



[Watch recipe video](#)



INGREDIENTS

- 1/2 SMALL RED ONION DICED (ABOUT 1/4 CUP)
- 1 SMALL 2-POUND BUTTERNUT SQUASH PEELED, SEEDED, AND CUT INTO 3/4-INCH CHUNKS (ABOUT 3 1/2 CUPS)
- 2 TEASPOONS EXTRA-VIRGIN OLIVE OIL
- 1/2 TABLESPOON MAPLE SYRUP
- 1 TEASPOON KOSHER SALT
- 1/2 TEASPOON BLACK PEPPER
- 1 1/2 CUPS REDUCED-SODIUM CHICKEN STOCK OR VEGETABLE STOCK OR WATER
- 3/4 CUP UNCOOKED QUINOA
- 1/2 CUP REDUCED-SUGAR DRIED CRANBERRIES
- 1/2 CUP TOASTED PEPITAS PUMPKIN SEEDS, OR ROUGHLY CHOPPED TOASTED WALNUTS OR PECANS
- 2 TABLESPOONS CHOPPED FRESH THYME OR 1/4 CUP CHOPPED FRESH PARSLEY
- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 1 1/2 TABLESPOONS APPLE CIDER VINEGAR OR WHITE WINE VINEGAR
- 2 TEASPOONS DIJON MUSTARD
- 1 TEASPOON MAPLE SYRUP
- 1/2 TEASPOON KOSHER SALT
- 1/4 TEASPOON BLACK PEPPER

INSTRUCTIONS

- Place a rack in the center of your oven and preheat the oven to 400 degrees F. Place the red onion in a small bowl and cover with water. Set aside. (This keeps the onion's flavor but helps soften its harsh bite...and endless onion aftertaste.)
- Place the butternut squash in the center of a large rimmed baking sheet. Drizzle with olive oil and maple syrup, then sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper. Toss to evenly coat, then spread the squash into a single layer. Bake for 15 to 20 minutes, turning once, until tender. Remove from the oven and set aside.
- While the squash is baking, bring the broth (or water) and quinoa to a boil in a medium pan. If you are using water, add 1/4 teaspoon kosher salt. Once boiling, reduce the heat to a simmer, cover, and let cook 15 minutes, until the water is absorbed. Remove from the heat and let stand with the lid on for 5 minutes. Fluff with a fork, then transfer to a large serving bowl.
- In a small bowl or large measuring cup (or a mason jar with a tight-fitting lid), combine the dressing ingredients: olive oil, vinegar, mustard, maple syrup, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Drizzle enough of the dressing over the warm quinoa to moisten it, then stir to combine.
- Scrape the roasted butternut squash and any pan juices into the bowl with the quinoa. Add the cranberries, pepitas, and thyme. Drain the red onion then add it to the bowl. Toss to combine, adding more dressing as desired. (I like to reserve a little of the dressing for adding to leftovers.) Serve warm or at room temperature.

BUFFALO CHICKPEA PIZZA



LUNCH

YIELD: 8 SERVINGS

TOTAL TIME: 50 MINS



[Watch recipe video](#)

INGREDIENTS

- 1 RECIPE EASY PIZZA DOUGH
• OR MY WHITE GARLIC CRUST
• OR ANY OF MY GLUTEN FREE CRUSTS
- 3 TBSP HOT SAUCE
- 1.5 TBSP SRIRACHA HOT SAUCE
- 2 TSP EXTRA VIRGIN OLIVE OIL
- 15 OZ (425.24 G) CAN CHICKPEAS OR 1.5 CUPS COOKED CHICKPEAS
- 1/2 CUP (118.29 G) GROUND CASHEW
- 3/4 CUP (187.5 ML) ALMOND MILK
- 2 TBSP FLOUR OR 1 TBSP ARROWROOT STARCH
- 2/3 TSP (0.67 TSP) SALT
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- A VERY GENEROUS DASH OF BLACK PEPPER
- 2/3 (0.67) OF THE WHITE SAUCE FROM ABOVE
- 4 CLOVES OF ROASTED GARLIC OR 1 TSP GARLIC POWDER
- 1/4 TSP (0.25 TSP) ONION POWDER
- 1/2 TSP (0.5 TSP) ITALIAN HERB BLEND
- 1 TBSP NUTRITIONAL YEAST FLAKES
- 1 TSP APPLE CIDER VINEGAR
- 1/3 (0.33) OF THE WHITE SAUCE FROM ABOVE
- 1/2 TSP (0.5 TSP) RANCH SEASONING
- 1/2 TSP (0.5 TSP) CELERY SEEDS
- 1/2 TSP (0.5 TSP) APPLE CIDER VINEGAR

INSTRUCTIONS

- **Make the pizza dough according to recipe. Use double the pizza dough recipe to make 2 pizzas.**
- **Make the Buffalo chickpeas:** Mix everything under buffalo chickpeas. Mash a few chickpeas and let sit and marinate while you prep the sauce.
- **Make the White sauce:** Blend all the ingredients under white sauce base until well combined into a smooth sauce.
- **Make the White Garlic sauce:** Take about a 2/3 part of the white sauce from above and add garlic sauce ingredients. Mix well. Taste and adjust and mix or blend.
- **Make the Celery Ranch:** Add the ranch seasoning, celery and vinegar and mix and keep ready.
- **Shape the pizza dough to a 10 inch rounds with thick edges so the sauce does not flow off the pizza during baking.** Brush olive oil on it. Drizzle enough garlic sauce on the dough to coat. Add spinach or greens or other veggies of choice.
- **Layer buffalo chickpeas on the greens.** Drizzle some buffalo sauce from the marinade.
- **Drizzle a generous amount of celery ranch.** Add vegan mozzarella cheese shreds (optional).
- **Bake at pre-heated 425 degrees F / 220°c for 14 minutes.** Broil for a minute to crisp.
- **Drizzle any leftover garlic sauce or celery ranch before serving.**



SMASHED CHICKPEA AVOCADO SALAD SANDWICH WITH CRANBERRIES + LEMON

LUNCH

YIELD: 2 SERVINGS

TOTAL TIME: 10 MINS



[Watch recipe video](#)

INGREDIENTS

- 1 - 15 OZ CAN CHICKPEAS, RINSED AND DRAINED
- 1 LARGE RIPE AVOCADO
- 2 TEASPOON FRESHLY SQUEEZED LEMON JUICE
- 1/4 CUP DRIED CRANBERRIES
- FRESHLY GROUND SALT & PEPPER, TO TASTE
- OPTIONAL: 4 SLICES OF YOUR FAVORITE WHOLE GRAIN BREAD (OR GLUTEN FREE)
- TOPPINGS: ARUGULA, RED ONION, OR SPINACH

INSTRUCTIONS

- In a medium bowl, smash chickpeas with a fork. Add in avocado and use fork to smash again until avocado is smooth, yet still contains a few chunky pieces.
- Stir in lemon juice and cranberries. Season with salt and pepper to taste. Place in refrigerator until ready to serve (best within 1-2 days).
- When ready to serve, toast bread then spread 1/2 chickpea avocado salad over 1 slice. Top with arugula, red onion or spinach, if desired. Add other toasted slice on top, then cut in half and enjoy!

TIPS

- The nutrition information does not include bread since you could put this on any type of bread or eat it on lettuce instead.
- To decrease the sugar in this recipe, reduce the amount of cranberries used to 1/4 cup.

FRIDGE CLEAN-OUT NABE WITH MUSHROOM DASHI



DINNER

YIELD: 1-2 SERVINGS

TOTAL TIME: 45 MINS

INGREDIENTS

- 4 DRIED SHIITAKE MUSHROOMS
- 1 4X3" PIECE DRIED KOMBU
- 2 OZ. DRIED UDON OR SOBA NOODLES
- KOSHER SALT
- 1 TBSP. MIRIN (SWEET JAPANESE RICE WINE)
- 1 TBSP. SOY SAUCE
- 1 2-OZ. PIECE BUTTERNUT SQUASH, PEELED, HALVED, SEEDS REMOVED, SLICED $\frac{1}{2}$ " THICK
- 2 SMALL HAKUREI OR BABY TURNIPS, TRIMMED, CUT INTO QUARTERS
- A BIG HANDFUL OF GREENS (SUCH AS BABY BOK CHOY, KALE, OR SWISS CHARD), THINLY SLICED
- 4 OZ. FIRM OR EXTRA-FIRM TOFU, PATTED DRY, CUT INTO $\frac{1}{2}$ "-THICK PIECES
- 1 SCALLION, WHITE AND PALE GREEN PARTS THINLY SLICED INTO 2"-LONG PIECES, DARK GREEN PARTS THINLY SLICED ON A DIAGONAL
- TOASTED SESAME OIL AND SHICHIMI TOGARASHI (FOR SERVING)

INSTRUCTIONS

- **MUSHROOM DASHI**
- Combine mushrooms, kombu, and 2½ cups cold water in a 1-qt. jar or small bowl. Cover and chill until dashi takes on a light golden hue, at least 8 hours or overnight.
- Strain dashi into a clean jar or bowl. Squeeze mushrooms to release excess liquid into jar, then remove and discard the woody stems; thinly slice mushroom caps and reserve. Discard kombu.
- **Do Ahead:** Dashi can be made 2 days ahead; cover and chill. Cover and chill rehydrated mushrooms separately.
- **NOODLES AND ASSEMBLY**
- Cook noodles in a medium saucepan of boiling salted water according to package directions. Drain in a colander, shaking off excess water, and set aside.
- Pour dashi into a 1.5–2-qt. donabe or small saucepan and stir in mirin and soy sauce; season with salt. Bring to a simmer over medium heat. Add squash and turnips, cover, and cook until vegetables are almost completely tender, 5–7 minutes. Uncover; add greens, tofu, white and pale green parts of scallions, and reserved mushrooms. Cover and cook until greens are wilted, tofu is warmed through, and squash and turnips are tender, about 2 minutes.
- Add reserved noodles to donabe and top with scallion greens. Drizzle with oil and sprinkle with shichimi togarashi.

FRANKIES! (AKA BOMBAY BURRITOS)



DINNER

YIELD: 4 SERVINGS

TOTAL TIME: 1 HR



[Watch recipe video](#)

INGREDIENTS

- 16 OUNCES BABY POTATOES – QUARTERED
- 1 TABLESPOON GHEE, OLIVE OIL OR COCONUT OIL, MORE TO TASTE
- 3/4 TEASPOON KOSHER SALT
- 2-3 TEASPOONS YELLOW CURRY POWDER (SEE NOTES)
- 1 TEASPOON GRANULATED ONION OR GRANULATED GARLIC POWDER (YOU COULD ALSO INCORPORATE SAUTÉED ONION AND GARLIC INTO THE POTATOES FOR MORE FLAVOR- SEE NOTES)
- 1 HEAD CAULIFLOWER- CUT INTO SMALL FLORETS
- 1 CAN CHICKPEAS, RINSED AND DRAINED WELL
- 1-2 TABLESPOONS OLIVE OIL
- 1 1/2 TEASPOONS KOSHER SALT
- 1 TABLESPOON CORIANDER
- 1 TABLESPOON CUMIN
- GENEROUS PINCH CHILI FLAKES
- 1 TEASPOON WHOLE FENNEL SEED (OPTIONAL, OR USE CUMIN SEED OR CORIANDER SEED)
- 1 TEASPOON WHOLE CORIANDER SEED (OPTIONAL)
- 4 X EXTRA-LARGE, WHOLE WHEAT TORTILLAS – OR FEEL FREE TO USE GF WRAPS OR TORTILLAS, OR GF BOWLS USING THE MASHED POTATOES AND EXTRA SPINACH AND THE BASE.
- 2 HANDFULS BABY SPINACH
- FEW TABLESPOONS CILANTRO MINT CHUTNEY (IMPERATIVE!!!!)
- FEW TABLESPOONS QUICK PICKLED ONIONS

INSTRUCTIONS

- Preheat oven to 425F
- START POTATOES: Cut potatoes and place them in a medium pot, covered with water and simmer until very tender, about 15-20 minutes. At the same time...
- ROAST VEGGIES: Cut the cauliflower into small florets and place them on a parchment-lined sheet pan (to one side). Add the drained chickpeas to the other side. Drizzle both with olive oil. Sprinkle cauliflower and chickpeas with the spices and salt, tossing to coat well. Place in the oven and roast for 20-25 minutes tossing halfway through) or until cauliflower is tender.
- SAUCE: Make the flavorful Cilantro Mint Chutney and quick pickled red onions and place both in jars (of course, you could make these both ahead). They take about 5-10 minutes each. Please don't leave out the mint chutney- it's imperative!!!
- CURRIED POTATOES: Once the potatoes are very tender, drain but save about 1 cup of the hot water. Place the potatoes back in the pot and mash with some of the hot water (start with $\frac{1}{4}$ - $\frac{1}{2}$ cup) salt, spices and ghee (or oil) and mash the potatoes to combine until smooth. You want a fairly loose, spreadable mash so add more hot water if necessary. Scrape down the sides. Stir well. Taste. You want this to taste flavorful and slightly salty as the tortilla will mute some of the salt and flavor. Feel free to add more ghee or oil as you please for extra richness. Cover and keep warm.
- When the roasted veggies are done, ASSEMBLE: Warm the tortillas either in the oven, over a gas flame or over a grill, until soft and pliable. Spread generously with the curried potatoes, then top with chickpeas, cauliflower making sure to get some of the whole spices that will have dropped to the bottom of the pan. Add a handful of spinach leaves, a few teaspoons of cilantro mint chutney and some pickled onions and roll up like a burrito. Keep warm in the oven until ready to serve, or serve immediately! You can also refrigerate and reheat for meals on the go.

COCONUT RICE BOWLS



DINNER

YIELD: 6 SERVINGS

TOTAL TIME: 40 MINS



[Watch recipe video](#)

INGREDIENTS

- 2 CUPS RICE, (JASMINE IS NICE BUT OTHER WHITE RICE IS FINE.)
- 1 CAN COCONUT MILK, ABOUT 400ML OR 13.5 OZ
- 1 3/4 CUPS WATER
- 2 TEASPOONS YELLOW CURRY POWDER
- 1 TEASPOON SEA SALT (LESS IF USING TABLE SALT)
- 1 TEASPOONS GINGER, MINCED OR GRATED
- 2 TABLESPOONS SRIRACHA (OR SAMBAL OLEK) ADJUST TO TASTE- START WITH LESS IF YOU LIKE LESS SPICE.
- 1-2 TABLESPOONS BRAGGS LIQUID AMINOS OR LITE SOY SAUCE (USE HALF FISH SAUCE AND HALF BRAGGS IF DESIRED)
- 2 TEASPOONS COCONUT SUGAR (OR OTHER SWEETENER)
- 2 TABLESPOONS COCONUT OIL
- 16 OZ TOFU
- 4 GARLIC CLOVES, ROUGHLY CHOPPED
- 2 TEASPOONS LEMONGRASS, MINCED
- 1 TEASPOON FRESH GINGER, MINCED OR GRATED
- 1 POUND ASPARAGUS, CUT INTO 1 INCH JULIENNE PIECES (OR USE GREEN BEANS, BROCCOLI, SNAP PEAS, BELL PEPPER, CARROTS)
- 2 GREEN ONIONS, CHOPPED
- 1/2 CUP PEAS (FROZEN IS FINE JUST GIVE A QUICK RINSE UNDER COOL WATER TO THAW QUICKLY)
- JUICE OF A LIME, ABOUT 2-3 TABLESPOONS
- 1/4 CUP FRESH CILANTRO
- 1/4 CUP FRESH MINT
- 1/2 CUP TOASTED COCONUT FLAKES (UNSWEETENED)

INSTRUCTIONS

- **Cook the Rice:** In a pot with a lid, add rice, coconut milk, water, curry powder, salt, and 1 teaspoon ginger. With the lid on, bring to a simmer. And cook for 20 minutes. Turn heat off and let sit with lid on until ready to serve.
- **Make the Sauce:** Whisk together sriracha, braggs or soy sauce, and coconut sugar.
- **Sear Tofu (or cook chicken, fish or shrimp if using):** Pat tofu dry and cut into thick strips. Heat pan (we like cast iron) to medium-high. Add 1 tablespoon coconut oil and a sprinkle of salt and pepper. Add tofu and sear for about 3 minutes without moving tofu around, flip over and sear for another 3 minutes. Set tofu aside.
- **Sauté Veggies:** In the same pan, add 1 tablespoon coconut oil sauté asparagus (or other vegetables) for about 1 minute. Add garlic, lemongrass, ginger and stir over medium heat for about 3-4 minutes, until asparagus is tender. Add green onions and 1 tablespoon of water scraping the pan to loosen all the stuck bits. Cook for another minute more.
- **Combine:** Add tofu, sauce, and peas, and lime juice stirring to combine. Remove from the heat. Taste for saltiness adding more braggs or soy sauce if needed.
- **Serve:** Place rice in the bowls with a scoop of the sautéed tofu and veggies. Liberally sprinkle mint, cilantro and coconut flakes on top.

TIPS

- **Variations on Coconut Rice Bowls** Rice: brown or white jasmine, brown or white basmati, or other grain like quinoa (follow cooking directions on package using coconut milk as part of the liquid required and the remaining with water.)
- The nutritional information includes everything except the protein addition.

CRISPY BBQ TOFU SANDWICH WITH SLAW



DINNER

YIELD: 2 SERVINGS

TOTAL TIME: 30 MINS



[Watch recipe video](#)

INGREDIENTS

- 1 BLOCK TOFU- ORGANIC, EXTRA FIRM, DRAINED
- 2 TABLESPOONS OLIVE OIL OR COCONUT OIL
- 1/4 TEASPOON SALT
- 1/4 TEASPOON PEPPER
- 1/4 CUP BBQ SAUCE (AIM FOR ONE WITHOUT HIGH FRUCTOSE CORN SYRUP, OR MAKE YOUR OWN)
- 1 TEASPOON CHILI PASTE OR SRIRACHA
- 2 SOFT BUNS, (LIKE BRIOCHE BUNS) TOASTED
- AVOCADO- OPTIONAL, MESSY BUT GOOD.
- 4 OUNCES SHREDDED CABBAGE- ABOUT 3 CUPS PACKED
- 1/4 CUP CILANTRO, CHOPPED
- 1/4 CUP RED ONION, THINLY SLICED
- 3-4 TABLESPOONS VEGAN MAYO (OR REGULAR MAYO) OR MAKE YOUR OWN
- 1 TABLESPOON VINEGAR- APPLE CIDER OR WHITE, MORE TO TASTE
- 1/4 TEASPOON SALT

INSTRUCTIONS

- Drain the block of tofu, pat dry, and cut into one-inch-thick slabs. Trim if needed to fit the bun. You can get 2, maybe 3 out of one block. Pat dry again.
- Heat a skillet over medium-high heat. Add oil, and sprinkle the salt and pepper over the oil. Once the pepper is fragrant, carefully add the tofu. Sear until crispy and deeply golden- do not move it around in the pan, let it develop a crust, so it will release itself. Lower heat if splattering- this will take about 12 minutes.
- Mix the BBQ sauce and red chili paste in a small bowl and set aside.
- Place the shredded cabbage in a medium bowl, add onions and cilantro, mayo, vinegar, and salt, and toss to combine well. Taste. It should be creamy, tangy and flavorful. Feel free to add more vinegar, salt or mayo to attain this. All mayos are different!
- Toast the buns and slice the avocado.
- Once the tofu is nice and crispy, lower the heat to low, and add the bbq sauce mixture, coating the tofu well. I use all the sauce. Let it caramelize just slightly in the pan, and turn the heat off.
- Assemble the Sandwich. Spread more mayo on the bottom bun if you like, add the hot tofu, and top with cool slaw and a few slices of avocado.

WHOLE ROASTED CAULIFLOWER WITH TAHINI SAUCE



DINNER

YIELD: 4 SERVINGS
TOTAL TIME: 1 HR 40 MINS



[Watch recipe video](#)

INGREDIENTS

- **1 WHOLE CAULIFLOWER (LARGE IS BEST!)**
- **2 TABLESPOONS OLIVE OIL, DIVIDED**
- **1/2 TEASPOON SALT**
- **1 TABLESPOON ZAATAR SPICE (OR TRY DUKKAH!) (OR TRY A MIX OF CORIANDER, CUMIN AND OPTIONAL SUMAC)**
- **1 CUP WATER**
- **1 BATCH TAHINI SAUCE (GO TO THE RECIPE)**
- **GARNISH WITH FRESH HERBS – PARSLEY, DILL AND OR MINT, SPRINKLE WITH OPTIONAL ALEPPO CHILI FLAKES, DRIZZLE WITH THIS OPTIONAL TAHINI SAUCE!**

INSTRUCTIONS

- Preheat oven to 425F.
- Trim the cauliflower – either cutting off the stem (easier) to create a flat base, or leaving it intact, trimming and slicing the bottom so it stands up straight (like a tree trunk).
- Place it in an ovenproof skillet or dutch oven. Drizzle 1 tablespoon oil all over the cauliflower, sprinkle with salt and Zaatar spice. Pour 1/2 cup of water into the bottom of the pan.
- Bake. Cover tightly with the lid or foil and bake for 25-45 minutes– depending on size – or until just tender when pierced with a knife. Smaller cauliflower heads may only take 25 minutes, larger ones can take up to 60.
- Uncover. Very carefully take the lid or foil off, minding the hot steam (it will burn!). Drizzle with a little more olive oil, place back in the oven for 30 minutes, perhaps rotating halfway through. At this point it should be deeply golden, but if not, continue roasting until it is... please no pale cauliflowers here!!!
- Make this Tahini Sauce!
- Remove from the oven and sprinkle more zaatar if you like, fresh herbs, optional aleppo chili flakes, and either drizzle the tahini sauce over the whole thing right in the pan, or cut it up, like a cake, into wedges and serve the tahini sauce on the side. Enjoy!

TIPS

- **Consistency:** start with $\frac{1}{4}$ cup warm water, and add more to desired consistency. For a tahini “dressing” add more water or a couple of tablespoons of olive oil. Or feel free to keep it thick like a spread. Also, keep in mind, different brands of tahini paste are thicker than others.



CHIPOTLE PORTOBELLO TACOS

DINNER

YIELD: 2-3 SERVINGS

TOTAL TIME: 30 MINS



[Watch recipe video](#)

INGREDIENTS

- 2 EXTRA LARGE PORTOBELLO MUSHROOMS
- 1 RED BELL PEPPER
- 1/2 AN ONION – OPTIONAL
- 1 TABLESPOON OIL
- 2 TABLESPOONS CANNED CHIPOTLE IN ADOBO SAUCE (SAUCE ONLY)
- 1 MINCED GARLIC CLOVE (OR 1/2 TEASPOON GRANULATED GARLIC)
- 1/2 TEASPOON CUMIN
- 1/2 TEASPOON CORIANDER
- SALT TO TASTE
- 4 TORTILLAS, WARMED
- 1 CAN REFRIED BLACK BEANS, WARMED
- OPTIONAL GARNISHES: CILANTRO, PICKLED ONIONS, VEGAN CILANTRO CREMA OR GUACAMOLE OR SLICED AVOCADO.

INSTRUCTIONS

- Preheat oven to 425F
- Slice the portobellos into ½-inch thick wedges and slice the bell pepper into ½ thick strips. If adding onion, cut into ½-inch thick rings or half moons.
- Place all on a sheet-pan lined sheet pan & Mix marinade ingredients together in a small bowl.
- Brush both sides of the mushrooms liberally with the marinade, then remaining red bell pepper and onion lightly. Sprinkle portobellos with salt. Roast for 20 minutes or until portobellos is fork-tender.
- While this is roasting, heat the beans and prep any additional garnishes. Pickled onions and Vegan cilantro Crema both take about 10 minutes to make. Or simply use avocado slices.
- When ready to serve, warm the tortillas (over a gas flame on the stove, or in a toaster oven) and spread them generously with the refried black beans. Divide chipotle portobellos and peppers (and onions if used)among the tortillas. Top with Cilantro Crema, Poblano Salsa, or avocado, fresh cilantro, and optional pickled onions.

CHINESE EGGPLANT WITH SPICY SZECHUAN SAUCE



DINNER

YIELD: 4 SERVINGS

TOTAL TIME: 45 MINS



[Watch recipe video](#)

INGREDIENTS

- 1 1/2 LBS JAPANESE EGGPLANT (ABOUT 4 X 10 INCH EGGPLANTS)
- 2 TEASPOONS SALT
- BOWL OF WATER
- 2 TABLESPOONS CORNSTARCH
- 2-4 TABLESPOONS PEANUT OIL (OR WOK OIL)
- 4 CLOVES GARLIC, ROUGH CHOPPED
- 2 TEASPOONS GINGER, FINELY MINCED
- 5-10 DRIED RED CHILIES
- 1 TEASPOON SZECHUAN PEPPERCORNS (OR SUB REGULAR PEPPERCORNS)
- 1/4 CUP SOY SAUCE OR LOW SODIUM SOY SAUCE
- 1 TABLESPOON GARLIC CHILI PASTE (OR SUB 1 TEASPOON CHILI FLAKES)
- 1 TABLESPOON SESAME OIL
- 1 TABLESPOON RICE VINEGAR
- 1 TABLESPOON CHINESE COOKING WINE (OR MIRIN)
- 3 TABLESPOONS SUGAR, BROWN SUGAR, COCONUT SUGAR, MAPLE SYRUP OR ALTERNATIVE
- 1/2 TEASPOON FIVE SPICE
- GARNISH WITH SCALLIONS AND ROASTED PEANUTS OR THIS PEANUT CHILI CRUNCH

INSTRUCTIONS

- Cut eggplant into 1/2 inch thick half-moons or into bite-sized pieces (see photos). Place in a big bowl covered with water and stir in 2 teaspoons salt. Cover with a plate and let stand 20-30 minutes.
- In the meantime, chop the garlic and ginger and make the Szechuan Sauce.
- To make the Szechuan Sauce: Toast the Szechuan peppercorns in a dry skillet over medium heat for 1-2 minutes. Crush. Place these along with the remaining ingredients (soy, chili paste, sesame oil, rice vinegar, Chinese cooking wine, sugar, and five spice) in a small bowl and whisk. Set by the stove.
- Drain and rinse the eggplant and pat dry with a towel. Toss with the corn starch.
- Working in 2 batches, heat 1 -2 tablespoons oil in an extra-large skillet over medium heat. Add half the eggplant spreading them out. You want to get both sides nice and golden, and the insides cooked through -so take your time here and dont rush this step. Let one side brown then turn them over using tongs. This will take about 10 minutes for each batch. (If in a hurry sometimes I'll use 2 pans.) Set the eggplant aside.
- Add 1 more tablespoon oil to the skillet, and over medium heat, add the garlic and ginger, stirring for 2 minutes. Turn the fan on, add the dried chilis and stir one minute. Pour the Szechuan sauce into the pan and bring to a simmer for 20 seconds. Add the eggplant back into the skillet, tossing gently for about 1 minute. If it seems dry add a tablespoon of water to loosen.
- Place in a serving dish and top with scallions and optional peanuts.
- Serve with rice, cauliflower rice, black rice or rice noodles.

COCONUT MILLET BOWL WITH BERBERE SPICED SQUASH



DINNER

YIELD: 4 SERVINGS

TOTAL TIME: 50 MINS

INGREDIENTS

- 2 TABLESPOONS BERBERE SPICE
- 2 TABLESPOONS AVOCADO OIL (OR OTHER NEUTRAL-FLavored OIL)
- 2 TABLESPOONS WATER
- 1 1/2 LB KABOCHA SQUASH 3/4 " SLICES (SUBSTITUTE YAMS, BUTTERNUT OR DELICATA)
- 15 OZ CAN CHICKPEAS, DRAINED OR 1 1/2 CUPS COOKED
- 2 LARGE SHALLOTS, PEELED AND THICKLY SLICED (I CUT IN HALF AND THEN CUT EACH HALF IN THIRDS)
- 1 CUP MILLET
- 1 CUP FROM A 15 OZ CAN COCONUT MILK (NOT LITE!) DIVIDED, SEE INSTRUCTIONS
- 1 1/2 CUPS WATER
- 1 TABLESPOON COCONUT OIL
- 1/4 TEASPOON TURMERIC
- 1/4 TEASPOON SALT
- 1/2 CUP COCONUT CREAM (FROM THE DIVIDED CAN)
- 1/4 CUP LIME JUICE (1-2 LIMES WORTH)
- ZEST ONE LIME (ABOUT 1 TEASPOON)
- 1/4 TEASPOON SEA SALT
- 1 TEASPOON HONEY
- 1/2 CUP CUCUMBER CHUNKS, PEELED AND DESEEDED
- 1 TEASPOON GRATED FRESH GINGER OR A FEW THIN SLICES
- 1/2 CUP FRESH CILANTRO, ROUGHLY CHOPPED STEMS, AND LEAVES
- 1/4 CUP FRESH MINT LEAVES, ROUGHLY CHOPPED
- 3 CUPS FRESH SPINACH

INSTRUCTIONS

- Set oven to 400 degrees

Make the Berbere Paste

- Mix together berbere, oil, and water in a bowl set aside to hydrate for 10 minutes.

Cook the Millet

- Reserve 1/2 cup of the thick cream part of the coconut milk and set aside.
- Bring the remaining coconut milk, water, turmeric, and salt to a simmer in a saucepan. Add coconut oil and millet bring to a gentle boil and then turn down to the lowest simmer and leave covered for 15 minutes. Without lifting the lid. Leave covered (no peaking!) turn off the heat and let sit at least 10 minutes more.

Prepare Sheet Pan Roast

- Place prepared squash, shallots, and chickpeas on a sheet pan with parchment. Liberally spread berbere paste with a brush. Sprinkle with salt and place in the oven for 30 minutes or until everything is cooked and roasted.

Make the Drizzle

- Blend together the reserved coconut cream, lime juice & zest, salt, honey, cucumber, and fresh ginger until smooth. Add in cilantro and mint and blend just another few seconds, enough to break up the herbs but still keep pieces and flecks.
- Assemble the bowls with the veggies on top of the warm millet. Add fresh spinach and drizzle with the sauce.
- Top with toasted coconut.

QUINOA CAKES WITH TOMATO-CHICKPEA RELISH



DINNER

YIELD: 4 LARGE CAKES

TOTAL TIME: 1 HR 15 MINS

INGREDIENTS



[Watch recipe video](#)

- 2 CUPS WATER
- 1 CUP RINSED, WHITE QUINOA
- 2 TEASPOONS OLIVE OIL
- 1 TSP CUMIN
- 1 TEASPOON GRANULATED GARLIC POWDER
- 1/2 TSP KOSHER SALT
- 1/2 TEASPOON HERBS DE PROVENCE (OR ITALIAN DRIED HERBS)
- ZEST FROM ONE SMALL LEMON (OPTIONAL)
- 1/4 CUP CHOPPED ITALIAN PARSLEY (OPTIONAL)
- 2 CUPS CHERRY OR GRAPE TOMATOES, SLICED IN HALF
- 1 CUP CUCUMBER, DICED
- 1/4 CUP FRESH BASIL (OR FLAT-LEAF PARSLEY, DILL, MINT, OR A COMBO!) CHOPPED
- 1/4 CUP CHOPPED SCALLIONS (OR FINELY SLICED RED ONION)
- 1 1/2 CUP COOKED CHICKPEAS (1 CAN DRAINED AND RINSED)
- 3 TBS OLIVE OIL
- 3 TBS BALSAMIC VINEGAR
- OPTIONAL GARNISHES: CRUMBLED GOAT CHEESE, BALSAMIC GLAZE
- 1/4 TSP SALT... MORE TO TASTE
- 1 SMALL MINCED GARLIC CLOVE (OPTIONAL)

INSTRUCTIONS

- In a medium pot, over high heat, add water, rinsed white quinoa, salt, garlic powder, cumin, dried herbs, and olive oil, and stir. Bring to a boil. Cover, lower heat to low, and simmer gently for 20 minutes. Set timer.
- While the quinoa is cooking make the Tomato Chickpea Relish, stirring all ingredients together in a medium bowl.
- Check quinoa- making sure all the water is gone. If not, continue cooking covered, for 5 more minutes, and until steam holes appear (this usually takes me a total of 25 minutes) and the quinoa has soaked up all the water and looks fairly dry.) It is important that quinoa is dry-ish and not watery. Be patient here, all stoves are different.
- While it's still warm, stir the quinoa vigorously with a fork, for one whole minute, until you begin to see the individual grains break apart. This is imperative, to getting the quinoa to bind. Eventually, after a full minute of stirring, the grains will break apart and begin to clump. You can visually see this. Remove from stove, let cool down in the pot to where it's cool enough to handle with your hands, about 15 minutes. Stir in the lemon zest and fresh parsley if you like.
- Using wet hands, shape into 4 balls, the size of a tennis ball. Place on a plate or sheet pan. Using wet hands press into a 1 – 1 1/2 inch thick cake (about 3-4 inches wide), smoothing any cracks on the edges, making them nice and tidy. Wet hands are key.
- Refrigerate for 15 minutes to set. As the quinoa cakes cool they will become even more sturdy. (These will keep 3-4 days if made ahead, just lightly oil them, cover them, and store them in the fridge.)

- **Gently Pan-sear the Quinoa Cakes in a well-oiled skillet (using a thin metal spatula to flip) over medium heat. You can pan-sear them without any coating, or for an extra crispy crust, dredge in rice flour or GF Panko. I often do these without any coating at all. Just be sure to not fiddle with them- letting them develop a good crust before flipping. As they develop the crust, they will naturally release themselves from the pan. I like to use a thin metal spatula to flip (more precise).**
- **You can also bake these in a toaster oven (right on the rack) or in a 400F oven (on a parchment-lined pan) until warmed through, about 20 minutes, but the crust for a skillet gives these the BEST texture.**
- **Divide among plates and top with the fresh tomato chickpea relish. Spoon any remaining dressing over top and around the cakes.**
- **Garnish with OPTIONAL crumbled goat cheese if you like or a balsamic glaze**

SIMPLE BAKED SHEET-PAN RATATOUILLE



DINNER

YIELD: 4-6 SERVINGS

TOTAL TIME: 1 HR 15 MINS



[Watch recipe video](#)

INGREDIENTS

- 3 JAPANESE EGGPLANT OR ONE LARGE EGGPLANT
- 1 RED OR YELLOW BELL PEPPER
- 2 MEDIUM TOMATOES
- 2 ZUCCHINI OR SUMMER SQUASH
- 1 ONION
- 8-14 GARLIC CLOVES, WHOLE, PEELED
- 2-3 TABLESPOONS FRESH HERBS – THYME OR ROSEMARY OR A COMBINATION OF BOTH
- OLIVE OIL FOR DRIZZLING
- SALT AND PEPPER TO TASTE
- SPLASH BALSAMIC VINEGAR
- OPTIONAL GARNISHES: ITALIAN PARSLEY OR FRESH BASIL RIBBONS, CAPERS, CHILI FLAKES, OLIVE OIL
- 1 CUP CORNMEAL
- 4 1/2 CUPS WATER OR STOCK
- 1 TABLESPOON OLIVE OIL OR BUTTER
- 1/2 CUP GRATED VEGAN CHEESE
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

- Preheat oven to 400 F and place a piece of parchment on 1-2 large sheet pans (I use two).
- Using a vegetable peeler, peel eggplant if you want – or just remove some of the skin in long strips. Or if you prefer, leave the skin on. Cut into $\frac{1}{2}$ inch thick bite-sized pieces. Slice the bell pepper into $\frac{1}{2}$ inch wide strips. Cut the tomatoes into $\frac{3}{4}$ inch wedges. Slice the zucchini the long way and then slice into $\frac{1}{2}$ inch thick half-moons. Slice the onion into $\frac{1}{4}$ - $\frac{1}{2}$ inch thick half-moons.
- Spread out the veggies on the sheet pan in a single layer (this is why you most likely need two sheet pans). Add whole garlic cloves (peeled) and herbs.
- Drizzle with olive oil and toss, using enough oil to coat. Sprinkle with a generous amount of salt and pepper. Toss well.
- Roast in the hot oven for 20 minutes, mix the veggies, roast 20 more minutes, mix again. Turn heat down to 300 and roast 10-20 more minutes, or until tender and edges begin to caramelize.
- Taste, adjust salt, and drizzle with a little splash of balsamic vinegar.
- Use immediately or cool and refrigerate (or freeze) until ready to use.

FLUFFY 1-BOWL SUGAR COOKIES



DESSERT

YIELD: 24 COOKIES

TOTAL TIME: 37 MINS



[Watch recipe video](#)

INGREDIENTS

- 1/2 CUP SOFTENED VEGAN BUTTER* (1/2 CUP = 1 STICK // OR DAIRY BUTTER IF NOT VEGAN)
- 2/3 CUP ORGANIC CANE SUGAR*
- 1 TSP PURE VANILLA EXTRACT
- 3 TBSP AQUAFABA (CHICKPEA BRINE – THE LIQUID LEFT BEHIND IN A CAN OF COOKED CHICKPEAS // OR SUB 1/4 CUP (50 G) PUMPKIN PURÉE* // AMOUNT AS ORIGINAL RECIPE IS WRITTEN)
- 3/4 TSP BAKING POWDER
- 1/4 TSP SEA SALT
- 1 2/3 CUPS GLUTEN-FREE FLOUR BLEND*
- 2/3 CUP ALMOND FLOUR (NOT ALMOND MEAL – THE TEXTURE AND FLAVOR IS DIFFERENT)
- 1/3 CUP CORNSTARCH OR ARROWROOT
- 1 TBSP UNSWEETENED ALMOND MILK
- 1/2 CUP VEGAN BUTTER (SOFTENED // 1/2 CUP = 1 STICK)
- 1 1/2 – 2 CUPS SIFTED ORGANIC POWDERED SUGAR (TO ENSURE VEGAN FRIENDLY)
- 1/4 TSP VANILLA EXTRACT
- 1-2 TBSP UNSWEETENED ALMOND MILK
- NATURAL FOOD DYES (LIKE WATKINS OR COLOR KITCHEN OR MY DIY VERSION // OPTIONAL)

INSTRUCTIONS

- Preheat oven to 350 degrees F (176 C) and line two baking sheets with parchment paper. Set aside.
- Add softened vegan butter (make sure it's softened – not melted or cold) to a large mixing bowl and beat or whisk until creamy and smooth – about 1 minute.
- Add sugar and mix on medium speed until fluffy and light – about 1 minute. Then add chickpea brine (or other egg substitute*) and vanilla and mix again, scraping down sides as needed.
- Add baking powder and sea salt and blend or whisk to combine. Then add gluten-free flour blend, almond flour, and cornstarch and mix on low until the ingredients are combined. I had to switch to a wooden spoon toward the end. Add almond milk and stir once more.
- The dough should be thick, moldable and a little difficult to mix at this point (see photo). If too soft, continue adding a mixture of gluten-free flour blend, almond flour, and cornstarch until a thick, moldable dough is formed. If too thick, thin with a bit more almond milk.
- Transfer dough to the refrigerator and chill for 15 minutes*. Once chilled, use a cookie scooper (I like this one) or a Tablespoon to measure out 1 1/2 Tbsp amounts of dough and gently roll into balls – the dough will still be soft so be gentle. Arrange on the parchment-lined baking sheets with 1 inch room between each and press down gently with the palm of your hand to smash slightly.
- Alternatively, roll out the dough on a well-floured surface until about 1/4-inch thick and dip cookie cutters in gluten-free flour before pressing into the dough. Use a floured spatula to gently scoop onto baking sheets. This recipe works well with both cut outs and traditional circles!

- **Bake cookies for 10-12 minutes or until the cookies appear fluffy and the edges are slightly beginning to dry out. Let cool on baking sheet for 10 minutes before transferring to a plate to cool completely.**
- **To make frosting (optional), add softened vegan butter to a mixing bowl and whisk or beat until soft and fluffy – about 1 minute. Then sift in powdered sugar in small amounts and mix. Around the 1-cup mark, add the vanilla extract and whisk. Continue adding powdered sugar until you have spreadable frosting (I used about 2 cups powdered sugar // amount as original recipe is written // adjust if altering batch size). If you prefer a thinner frosting, add a little almond milk to thin. If it becomes too thin, add more powdered sugar. If it becomes too thick, add more almond milk. Add natural food coloring at this time (optional).**
- **Frost cookies or leave plain! I decorated with some naturally-dyed sugar sprinkles like these. Organic cane sugar as a base should ensure vegan friendliness.**
- **Storage: Once cooled, store leftover cookies covered at room temperature for 3-4 days or in the freezer up to 1 month.**

TIPS

- I tested this recipe with coconut oil and found it didn't work for me. Therefore, I'd highly recommend sticking with vegan butter.
- I tested Miyokos vegan butter and Earth Balance soy-free buttery sticks. Both work, but I found Earth Balance gives them a slightly better texture.
- If you'd like to cut back on sugar, sub 1/3 cup of the sugar with 1 packet (~1/4 tsp) stevia extract- I like Trader Joe's brand (amount as original recipe is written // adjust if altering batch size). This will make the cookies softer, so you may need to add more gluten-free flour, almond flour, and/or cornstarch to help thicken the dough.
- The chickpea brine substitutes an egg in this recipe. In its place, you can also try subbing 1/4 cup pumpkin puree, 1 egg replacer, or 1 small chicken egg if not vegan (amounts as original recipe is written // adjust if altering batch size). I haven't tested it with a flax egg or any of the other substitutes and can't guarantee the results.

TAHINI CHOCOLATE BANANA SOFT SERVE



DESSERT

YIELD: 2 SERVINGS

TOTAL TIME: 10 MINS



[Watch recipe video](#)

INGREDIENTS

- 2 CUPS RIPE SLICED FROZEN BANANAS
- 2 TBSP TAHINI (SESAME SEED PASTE // OR SUB OTHER NUT/SEED BUTTER // PLUS MORE FOR SERVING)
- 3 TBSP CACAO (OR UNSWEETENED COCOA) POWDER
- 1-2 TBSP MAPLE SYRUP (OR SUB DATES OR OTHER SWEETENER (I.E. STEVIA) TO TASTE)
- 1-2 RIPE PITTED DATES (OPTIONAL)
- 1 TSP VANILLA EXTRACT (OPTIONAL)
- 1 PINCH SEA SALT (OPTIONAL)
- 1-2 TBSP MAGIC SHELL (OPTIONAL)

INSTRUCTIONS

- Add ripe, sliced, frozen bananas to a food processor or a high-speed blender and mix / blend until a creamy "soft serve" is formed, scraping down sides as needed – about 3-5 minutes.
- Add tahini (or other nut/seed butter), cacao powder, and maple syrup and blend to combine. Then taste and adjust flavors as needed, adding more tahini for nuttiness, cacao for intense chocolate flavor, or maple syrup (or pitted dates) for sweetness. At this time, you can also add vanilla extract or a pinch of sea salt for more flavor. Mix as needed to combine.
- Serve immediately or transfer to serving bowls and put in the freezer to thicken up. Serve as is or top with additional tahini or magic shell!
- Best when fresh. Leftovers will keep in the freezer up to 1 week. Let come back to soft serve consistency at room temperature before enjoying.

NOTES

- For a refined-sugar-free magic shell, mix 1 part melted coconut oil with 1 part cacao or cocoa powder and sweeten to taste with maple syrup or other sweetener of choice. Add sea salt or vanilla (optional) to taste.
- Prep time does not include freezing bananas.
- Nutrition information is a rough estimate calculated with lesser amount of maple syrup and no additional toppings (tahini or magic shell).



VEGAN PEANUT BUTTER CHOCOLATE CHIP COOKIE DOUGH ICE CREAM

DESSERT

YIELD: 8 SERVINGS

TOTAL TIME: 2 HR



[Watch recipe video](#)

INGREDIENTS

- 1 1/4 CUPS RAW CASHEWS (SOAKED OVERNIGHT // OR AT LEAST 6 HOURS // THEN DRAINED)
- 1/4 CUP BROWN SUGAR (OR GRANULATED)
- 1/4 CUP AGAVE NECTAR OR MAPLE SYRUP (OR HONEY IF NOT VEGAN)
- 1 14-OUNCE CAN FULL-FAT COCONUT MILK (RESERVE A LITTLE FOR THE COOKIE DOUGH)
- 2 1/2 TBSP COCONUT OIL (MELTED)
- 1 TSP PURE VANILLA EXTRACT
- 3 TBSP VEGAN BUTTER OR COCONUT OIL
- 1/2 CUP CRUNCHY OR CREAMY SALTED NATURAL PEANUT BUTTER (I LIKE TRADER JOE'S)
- 1/2 CUP BROWN SUGAR
- 1 TSP PURE VANILLA EXTRACT
- 3/4 CUP UNBLEACHED ALL-PURPOSE FLOUR (YOU COULD SUB A GF BLEND, BUT IT WILL BE SLIGHTLY GRAINIER IN TEXTURE)
- 1/4 CUP DAIRY-FREE MINI CHOCOLATE CHIPS (SUCH AS ENJOY LIFE)
- 1-2 TBSP COCONUT MILK OR OTHER NON-DAIRY MILK

INSTRUCTIONS

- The night before, place your ice cream churning bowl in the freezer to properly chill. Also, make sure you soak your cashews overnight OR the next day for at least 6 hours. Be sure to drain before adding to blender.
- Add all ice cream ingredients to blender and blend until creamy and smooth, scraping down sides as needed. Use the “liquify” or “puree” setting if you have it. You want it to be completely creamy and blended.
- Chill mixture in the freezer for 1.5-2 hours, or in the fridge overnight.
- Add chilled mixture to ice cream maker and churn according to manufacturer’s instructions – about 45 minutes. It should look like soft serve. If for some reason it doesn’t thicken enough, put the mixture (still in the ice cream churning bowl) and pop it back in the freezer to thicken before churning once more.
- In the meantime, add vegan butter, peanut butter, brown sugar and vanilla to a mixing bowl and use a mixer or wooden spoon to combine. Add flour a little at a time and stir until thick and slightly crumbly. Add in a little coconut or other non-dairy milk to add moisture. Lastly, add chocolate chips and stir once more. Transfer to fridge or freezer to chill.
- Once the ice cream is thick like soft serve, add in 3/4 of the cookie dough, crumbling it with your hands as you add it in.
- Then transfer to a freezer-safe container and sprinkle in the last bits of cookie dough for extra texture. Cover well and freeze for at least 4-6 hours or until firm.
- Set out for 15-20 minutes before serving to soften. Will keep for up to 1 week, though best when fresh.

HEALTHY PEANUT BUTTER FUDGE



DESSERT

YIELD: 21 BARS
TOTAL TIME: 30 MINS



[Watch recipe video](#)

INGREDIENTS

- 2 CUPS DESICCATED (FINELY SHREDDED) UNSWEETENED COCONUT
- 1 CUP CREAMY PEANUT BUTTER (BEST INGREDIENTS: JUST PEANUTS + SALT)
- 1/2 CUP MELTED COCONUT OIL
- 3-5 TBSP MAPLE SYRUP (OR OTHER SWEETENER OF CHOICE, I.E. STEVIA)
- 1 PINCH SEA SALT (OPTIONAL // DEPENDING ON SALTINESS OF PB)
- 1 TSP PURE VANILLA EXTRACT (OPTIONAL)
- CRUSHED PEANUTS (OPTIONAL)
- COCONUT FLAKES (OPTIONAL)

INSTRUCTIONS

- Line a standard 9×5-inch loaf pan with parchment paper (as original recipe is written // adjust size/number of pans if altering batch size). Set aside.
- To a food processor, add desiccated coconut and blend on high until a creamy butter is formed – about 4 minutes. Scrape down sides as needed.
- Then add peanut butter and melted coconut oil and mix once more. Then add maple syrup 1 Tbsp (15 ml) at a time until desired sweetness is reached. If you add too much maple syrup, the mixture can seize up and get thick. If that happens, thin with a bit more melted coconut oil.
- Optional: Add sea salt and vanilla and mix once more. Taste and adjust flavors as needed, adding more salt or vanilla for overall flavor or maple syrup or stevia for sweetness.
- Transfer mixture to lined loaf pan and spread into an even layer. You can add crushed peanuts or coconut flakes on top, but I chose not to.
- Freeze until firm – about 15 minutes. Then use a hot knife to slice into even squares – about 21 (amount as original recipe is written // adjust if altering batch size). Enjoy immediately and store leftovers in the refrigerator up to 10 days or in the freezer up to 1 month. If frozen, let soften at room temperature for 5-10 minutes for best texture/flavor.

RAW OREO COOKIES

DESSERT

YIELD: 35 COOKIES

TOTAL TIME: 1 HR



[Watch recipe video](#)

INGREDIENTS

- 1 CUP COCONUT BUTTER
- 1/4 TSP VANILLA EXTRACT
- ORGANIC POWDERED SWEETENER (OPTIONAL // TO TASTE // E.G. STEVIA OR ORGANIC POWDERED SUGAR – NOTE: WET SWEETENERS CAUSE THE MIXTURE TO SEIZE)
- 1 1/2 CUPS RAW ALMONDS OR WALNUTS (I MIXED BOTH)
- 6-7 WHOLE MEDJOOL OR DEGLET NOUR DATES (PITTED // IF DATES ARE DRY, SOAK IN WARM WATER FOR 10 MINUTES THEN DRAIN)
- 3 TBSP MELTED COCONUT OIL
- 1 TBSP MAPLE SYRUP (OPTIONAL)
- 1/3 CUP COCOA POWDER (OR SUB CACAO POWDER)
- 1 PINCH SEA SALT

INSTRUCTIONS

- First, prepare coconut butter and add vanilla and sweetener to taste (optional). Remove from food processor and set aside.
- Add nuts to the food processor and pulse until small bits remain. Then add dates, coconut oil, maple syrup (optional), cocoa powder, and salt and mix again until well incorporated (see photo). At the end, you should have a doughy texture that stays together when pressed between your fingers.
- Taste and adjust flavor as needed, adding more cocoa powder for chocolate flavor, dates (or maple syrup) for sweetness, or salt for saltiness.
- Line a flat surface or large cutting board with parchment or wax paper and place the dough in the center. Form into a 1-inch disc with hands and then top with another piece of parchment or wax paper.
- Use a rolling pin to roll the dough into an even, roughly 1/4-inch-thick rectangle (see photo). Then remove the top layer of wax or parchment paper and use a small circular cookie cutter (like these) to cut out as many cookies as you can – I got roughly 70 (as recipe is written). Just make sure you have an even number. (You could also press half of the dough into a parchment-lined 8x8 baking dish, top with coconut butter, chill, and then top with remaining dough to enjoy them as “Oreo Bars” instead!)
- Use a spatula to gently transfer the cookies onto a flat serving platter or plate. Reform any remaining dough and cut out more cookies. Then transfer the serving platter or plate to the freezer to chill for 10-15 minutes or until slightly hardened.
- Top half of the cookies with roughly 1 tsp coconut butter. Then pop back in the freezer to chill for just a few minutes until the coconut butter is no longer runny. Then remove from freezer and top with the other half of the cookies, pressing down slightly to adhere.
- Enjoy as is or transfer back to the freezer or refrigerator to chill (they tend to soften when at room temperature more than 30 minutes). Cookies will keep covered in the refrigerator up to 1 week or in the freezer (my preference) up to 1 month.

PEANUT BUTTER CUP COOKIES

DESSERT

YIELD: 18 COOKIES

TOTAL TIME: 42 MINS



INGREDIENTS



[Watch recipe video](#)

- 1/2 CUP SOFTENED VEGAN BUTTER (1 STICK = 1/2 CUP // OR DAIRY BUTTER IF NOT VEGAN)
- 2/3 CUP ORGANIC CANE SUGAR* (PLUS MORE FOR ROLLING)
- 1 TSP VANILLA EXTRACT
- 3 TBSP AQUAFABA (CHICKPEA BRINE FROM A CAN OF COOKED CHICKPEAS // OR 1/4 CUP (50 G) PUMPKIN PURÉE* // AMOUNT AS ORIGINAL RECIPE IS WRITTEN)
- 1/4 CUP SALTED CREAMY PEANUT BUTTER
- 3/4 TSP BAKING POWDER
- 1 PINCH SEA SALT (ADD 1/4 TSP IF PEANUT BUTTER IS UNSALTED // AMOUNT AS ORIGINAL RECIPE IS WRITTEN // ADJUST IF ALTERING BATCH SIZE)
- 2/3 CUP ALMOND FLOUR* (OR SUB MORE CORNSTARCH OR GLUTEN-FREE BLEND)
- 1/4 CUP CORNSTARCH OR ARROWROOT
- 1 1/3 CUP GLUTEN-FREE FLOUR BLEND* (PLUS 1-2 TBSP MORE AS ORIGINAL RECIPE IS WRITTEN // ADJUST IF ALTERING BATCH SIZE)
- 15-18 MINI VEGAN PEANUT BUTTER CUPS (SUCH AS JUSTIN'S BRAND)

INSTRUCTIONS

- Preheat oven to 375 degrees F (190 C) and line two baking sheets with parchment paper. Set aside.
- Add softened vegan butter to a large mixing bowl and beat until creamy and smooth – about 1 minute.
- Add sugar and mix on medium speed until fluffy and light – about 1 minute. Then add vanilla and chickpea brine (or other egg substitutes*) and mix again, scraping down sides as needed.
- Add peanut butter and mix once more. Then add baking powder and sea salt and blend to combine.
- Lastly, add almond flour, cornstarch, and gluten-free flour blend and mix on low until the ingredients are combined.
- The dough should be thick and almost difficult to mix at this point. If too soft, continue adding 1 Tbsp each gluten free flour blend, almond flour, and cornstarch until a thick, moldable dough is formed. If it is too dry for some reason, add 1 Tbsp (15 ml) almond milk and stir. Then transfer dough to the refrigerator and chill for 15 minutes*.
- Use a cookie scooper (I like this one) or Tablespoon to measure out 1 1/2 Tbsp amounts of dough and gently roll into balls – the dough will still be soft, so be gentle. Arrange on the parchment-lined baking sheets and press down gently with the palm of your hand to smash slightly (see photo). The cookies won't spread much, so don't worry about giving them too much room on the baking sheet.
- Bake for 11-12 minutes or until the cookies appear fluffy and the edges are slightly beginning to dry out. Remove from oven and immediately press an unwrapped peanut butter cup down in the center of the cookies. Don't press too hard or it can crack too much. Be gentle – they only need to be inserted enough to stick in place. Let cool on baking sheet for 10 minutes before transferring to a wire rack to cool completely (expedite cooling time by transferring to refrigerator).
- Enjoy as is or with a glass of DIY Almond Milk or Hot Cocoa!
Storage: Once cooled, store leftover cookies covered at room temperature for 3-4 days or in the freezer up to 1 month.



SEA SALT CARAMEL COCONUT ICE CREAM

DESSERT

YIELD: 8 SERVINGS

TOTAL TIME: 1 HR



[Watch recipe video](#)

INGREDIENTS

- 1 1/2 CUPS RAW CASHEWS (SOAKED FOR 4-6 HOURS IN COOL WATER, OR 1 HOUR IN VERY HOT WATER, THEN DRAINED)
- 1 15-OUNCE CAN FULL-FAT COCONUT MILK (SUB LIGHT WITH LESS CREAMY RESULTS)
- 3 TBSP MELTED COCONUT OIL
- 1/2 CUP MAPLE SYRUP OR AGAVE NECTAR (SUB UP TO HALF WITH CANE SUGAR)
- 1 TSP PURE VANILLA EXTRACT
- 1 PINCH SEA SALT
- SALTED DATE CARAMEL
- 14 WHOLE DATES (PITTED // IF DRY, SOAK IN WARM WATER FOR 10 MINUTES, THEN DRAIN)
- 1/2 TSP SEA SALT
- 1-3 TBSP WARM WATER (OPTIONAL // FOR THINNING)

INSTRUCTIONS

- The night before, place your ice cream churning bowl in the freezer to properly chill. Also, make sure you soak your cashews overnight OR the next day for at least 6 hours. Be sure to drain before adding to blender.
- Add soaked, drained cashews, coconut milk, coconut oil, maple syrup, vanilla and sea salt to a high speed blender and blend until creamy and smooth, scraping down sides as needed. Use the “liquify” setting if you have it. You want it to be completely creamy and blended.
- TIP: For best texture, chill mixture for at least 4-6 hours or preferably overnight. If you’re in a rush, pop it in the freezer for 1-2 hours before adding to ice cream maker. Otherwise, proceed without chilling – it will just take longer to churn and may require extra chilling (see next step).
- Add chilled mixture to ice cream maker and churn according to manufacturer’s instructions – about 45 minutes. It should look like soft serve. If it wasn’t chill enough, it may not firm up during the churning process. In that case, pop it back in the freezer (still in the churning bowl) and freeze until mostly firm. Then churn once more.
- In the meantime, prepare caramel by adding dates to a food processor or blender and blending until creamy and smooth, adding warm water to encourage it along if it needs extra help. Season with sea salt (and bourbon if desired) and blend once more to combine. Taste and adjust flavor as needed. Set aside.
- Once churned, transfer the ice cream to a large freezer-safe container and spoon in desired amount of caramel (I used it all, but you can reserve it for other uses) and use a spoon or knife to swirl. Add a pinch more salt for even more salty-sweet contrast if desired.
- Smooth top and cover well. Freeze for at least 4-6 hours or until firm.
- Set out for 10-15 minutes before serving to soften. Will keep for up to 1 week, though best when fresh.

VEGAN APPLE CRISP



DESSERT

YIELD: 12 SERVINGS

TOTAL TIME: 1 HR 20 MINS



[Watch recipe video](#)

INGREDIENTS

- 8 MEDIUM-LARGE APPLES (HALF TART (LIKE GRANNY SMITH), HALF SWEET (LIKE HONEY CRISP) // ORGANIC WHEN POSSIBLE)
- 1 LEMON, JUICED (1 LEMON YIELDS ~ 2 TBSP OR 30 ML)
- 2/3 CUP COCONUT SUGAR (OR SUB ORGANIC CANE SUGAR)
- 1 ½ TSP GROUND CINNAMON
- 3 TBSP ARROWROOT STARCH OR CORNSTARCH (FOR THICKENING)
- 1/4 CUP FRESH APPLE JUICE (OR WATER)
- 3/4 TSP FRESH GRATED GINGER (OPTIONAL // OR SUB 1/2 TSP GROUND GINGER PER 3/4 TSP FRESH)
- 1 PINCH NUTMEG (OPTIONAL)
- 1 CUP GLUTEN-FREE ROLLED OATS
- 1/2 CUP ALMOND MEAL
- 1/2 CUP UNBLEACHED ALL-PURPOSE FLOUR*
- 1/2 CUP COCONUT SUGAR (OR SUB ORGANIC CANE SUGAR)
- 1/2 CUP MUSCOVADO SUGAR (OR SUB ORGANIC BROWN SUGAR)
- 1/2 CUP PECANS (ROUGHLY CHOPPED)
- 1/4 TSP SEA SALT
- 1 TSP GROUND CINNAMON
- 1/2 CUP MELTED COCONUT OIL OR OLIVE OIL (OR MIX THE TWO 1/2, 1/2)

INSTRUCTIONS

- Preheat oven to 350 degrees F (176 C).
- Peel apples, quarter, remove cores, and use a paring knife to thinly slice lengthwise (see photo).
- Add to a large mixing bowl and top with remaining filling ingredients. Toss to combine. Add to a 9×13-inch (or similar size) baking dish (adjust pan size if altering number of servings).
- Rinse and wipe out your mixing bowl and add all topping ingredients. Stir to combine, then use fingers to break down any clumps of sugar. Pour over apples in an even layer.
- Bake for 50 minutes to 1 hour (uncovered) or until the filling is bubbly, the apples are very fork tender (especially in the center of the dish), and the topping is deep golden brown.
- Let rest at least 30 minutes before serving. This is delicious with coconut whipped cream or vanilla bean coconut ice cream.
- Best when fresh, though leftovers keep covered in the refrigerator up to 3 days, or in the freezer up to 1 month. Reheat in the microwave or in a 350-degree F (176 C) oven until warmed through.

NOTES

- To keep this recipe gluten-free, ensure your oats are gluten free and sub the unbleached all-purpose for a gluten-free flour blend, such as my [DIY gluten-free blend](#) or Bob's Red Mill Gluten-Free 1:1 Baking Flour.

VEGAN GLUTEN-FREE CARROT CAKE

DESSERT

YIELD: 12 SLICES

TOTAL TIME: 1 HR



[Watch recipe video](#)

INGREDIENTS

- 3 TBSP FLAXSEED MEAL (TO MAKE FLAX EGGS)
- 7 ½ TBSP WATER (TO MAKE FLAX EGGS)
- 1/3 CUP MELTED COCONUT OIL* (OR SUB OTHER NEUTRAL OIL)
- 1/4 CUP MAPLE SYRUP
- 1 SCANT CUP UNSWEETENED APPLESAUCE
- 1/2 CUP ORGANIC BROWN SUGAR* (OR SUB COCONUT SUGAR)
- 1/4 CUP CANE SUGAR* (OR SUB COCONUT SUGAR)
- 3/4 TSP SEA SALT
- 1 1/2 TSP BAKING SODA
- 1 1/2 TSP BAKING POWDER
- 1 TSP GROUND CINNAMON
- 3/4 – 1 CUP PLAIN UNSWEETENED ALMOND MILK* (OR OTHER NON-DAIRY UNSWEETENED MILK)
- 1 1/2 CUPS LOOSELY PACKED GRATED CARROT
- 1 1/2 CUPS ALMOND FLOUR* (I DIDN'T TEST WITH ALMOND MEAL, BUT I THINK IT WOULD WORK)
- 1 1/2 CUPS GLUTEN-FREE FLOUR BLEND*
- 3/4 CUP CHOPPED RAW WALNUTS* (IF PREFERRED, OMIT, OR SUB 1/2 CUP (70 G) RAISINS)

INSTRUCTIONS

- Preheat oven to 350 degrees F (176 C). Butter and flour two 8-inch, 19x13-inch, or 3 6-inch round pans with coconut oil or vegan cooking spray and dust with gluten-free flour (adjust number/size of pans if altering batch size). Shake out excess. Set aside.
- Prepare flax eggs in a large mixing bowl by mixing flaxseed meal and water and let rest for 5 minutes. To the flax eggs, add oil and maple syrup and whisk to combine. Next, add applesauce, sugars, salt, baking soda, baking powder, and cinnamon and whisk to combine.
- Add lesser amount of almond milk (3/4 cup or 180 ml as original recipe is written // adjust if altering batch size) and stir. Add grated carrot and stir. Then add almond flour and gluten-free flour blend and stir. The batter should be thick but pourable. If too thick, add remaining almond milk 1/4 cup or 60 ml as original recipe is written // adjust if altering batch size). If adding walnuts, add at this time and stir.
- Divide evenly among cake pan(s). Bake for 40-50 minutes or until deep golden brown and a toothpick inserted into the center comes out clean. When you press on the top, it shouldn't feel too spongy, so don't be afraid of over-baking! The gluten-free blend just takes a little longer to bake. Also, note that the size of pan you use will vary baking time.
- Remove from oven and let rest in the pans for 15 minutes. Then carefully run a knife along the edges and gently invert onto cooling racks to let cool completely.

- **NOTE:** This cake needs to cool completely. It benefits from plenty of airflow, and the flavors develop as the cooling process goes on. If short on time, you can speed the cooling by placing the cakes in the refrigerator or freezer until very cool to the touch.
- Once cooled, you can serve as is or frost! For frosting, you have several options! See options above.
- Store leftovers at room temperature, covered, for 2-3 days, in the refrigerator for 3-4 days, or covered well in the freezer for several weeks. However, it's best when eaten fresh.
- Do note that, if using vegan cream cheese or yogurt in the frosting, the cake should be stored in the refrigerator. From the refrigerator, let set out for 10-15 minutes before serving so it warms a bit and becomes more tender. Let thaw completely from the freezer.

NOTES

- If avoiding oil, sub extra applesauce. The cake may not be quite as moist and may not bake up as nicely, however, so proceed with caution.
- I used brown and cane sugars because they provided the best texture (fluffy and tender) for the cake. I also tested with coconut sugar, and although it was sweet enough, the texture was more dense. But, if coconut sugar is preferred, it still turns out well!
- If almond/nut-free, sub the almond milk for rice, hemp, or light coconut milk. And sub the almond flour for another nut/seed flour (such as hazelnut, sunflower seed, or brazil nut). If you can't tolerate nuts or seeds, try subbing more gluten-free flour blend or oat flour. And omit the walnuts or sub raisins.

VEGAN ICE CREAM SNICKERS



DESSERT

YIELD: 12 SLICES
TOTAL TIME: 1 HR



[Watch recipe video](#)

INGREDIENTS

- 1 BATCH SEA SALT CARAMEL ICE CREAM
- 3/4 CUP SALTED DATE CARAMEL (3/4 CUP EQUALS ~16-20 DATES, PITTED)
- 2/3 CUP ROASTED SALTED PEANUTS
- 12 OUNCES SEMISWEET DAIRY-FREE CHOCOLATE (CHOPPED)
- 1 TBSP COCONUT OIL (OPTIONAL)

INSTRUCTIONS

- Slice firm ice cream into 10 (amount as original recipe is written // adjust if altering batch size) 1/2-inch slices (see photo) and set on a parchment-lined baking sheet to freeze again until firm – about 30 minutes.
- In the meantime, prepare date caramel. Use above-linked recipe to make a larger batch, or place pitted dates (starting with ~16 as original recipe is written // adjust if altering batch size) in a food processor or high speed blender – if dried out, soak in warm water for 10 minutes and then drain beforehand.
- Mix until a creamy paste is formed, adding warm water to encourage it along. Limit amount of water added or it can get too runny. You're definitely going for a paste.
- Remove frozen bars from freezer and spread on 1 Tbsp caramel and a small handful of peanuts. Set back in freezer.
- Melt chocolate and coconut oil over a double boiler or in the microwave in 30 second increments. Set aside.
- Remove bars from freezer once set and use a spoon to drizzle the tops generously with chocolate. Work quickly, then set back in the freezer to harden – about 30 minutes.
- Transfer remaining chocolate to a shallow bowl or plate and reheat in microwave if it's gotten too firm.
- Once firm, remove bars from freezer once more and dip the bottoms in the remaining chocolate and brush away extra with the back of a spoon or spatula. Set back on parchment to freeze once more.
- Serve directly from freezer as they become soft when they set out. Will keep in the freezer for up to a couple weeks, though best when fresh.