[**BREAKFASTS 5**](#_algglpxyvrsf)

[Bean and Avocado Toast 6](#_497v23o3qvf)

[Full Vegan English Breakfast 7](#_k9ns98uvdff9)

[Almond Croissants 8](#_8b2xth6n29v0)

[Frittata with Spinach and Tomatoes 9](#_8cervo8hpxky)

[Naleśniki (Polish Crepes) 10](#_wyy5gl23lqz7)

[Pumpkin Spice Oatmeal 11](#_9nnh6jue2d9y)

[Töltött Paprika (Stuffed Peppers) 12](#_quyyi1488anq)

[Banana Cashew Scones 13](#_rh1udtnvu8jh)

[Pannenkoeken (Dutch Pancakes) 14](#_lqsqzplbi0k2)

[Syrniki (Russian Cheese Pancakes) 15](#_1faqb9k7fh5q)

[Spicy Bean Breakfast Tacos 16](#_pbhwn3vld8l5)

[Apfel-Pfannkuchen (German Apple Pancakes) 17](#_9t69p5uv0hsq)

[Breakfast Burrito 18](#_22vfpdkfx97t)

[Creamy Parfait with Granola and Berries 19](#_bd1p00ot65au)

[Bean and Veggie Hash 20](#_wk0u9eno4um1)

[Savory Mediterranean Oatmeal 21](#_b45n8spgzfon)

[Tortilla Española (Spanish Tortilla) 22](#_u280h1vuet6b)

[Savory Asian-Inspired Oatmeal 23](#_1x4dgagup36y)

[Savory Mexican-Style Oatmeal 24](#_enm4klcb41sm)

[Peanut Butter and Banana Oatmeal 25](#_15fo84stjcm)

[**LUNCHES 26**](#_5hmsf67mw0b5)

[Mediterranean Bean Salad 27](#_700b0jh8r64c)

[Borscht (Russian Beet Soup) 28](#_f78k3grxu8ss)

[Goulash Soup 29](#_tn626u72krcr)

[Vegan Paella 30](#_mfsbvoga2ejq)

[California Roll Sushi Bowl 31](#_del29ye4008)

[Hummus and Veggie Wrap 32](#_2ihdsnikjckc)

[Erwtensoep (Dutch Split Pea Soup) 33](#_doxwpfpmzu38)

[Niçoise Salad 34](#_lwkke8yzlxfh)

[Ploughman’s Lunch 35](#_oodzs0kewldh)

[Classic Vegan Caprese Salad 36](#_arhi3zgjdc8s)

[Pumpkin and Lentil Soup 37](#_i7gx3xvmftch)

[Pelmeni (Dumplings) 38](#_d8ht1kb410o9)

[Mediterranean Veggie Sandwich 39](#_u3etgzyoshle)

[Kartoffelsalat (German Potato Salad) 40](#_bac8c2cbptrz)

[Avocado and Black Bean Sandwich 41](#_alnrfp30dx4c)

[BBQ Tofu Sandwich 42](#_s0wb9qbzhnaf)

[Hearty Bean Soup 43](#_b1rrj7vymy1w)

[Bean and Avocado Wrap 44](#_12ndxxvtybjq)

[**DINNERS 45**](#_b8hevw78mjn9)

[BBQ Tempeh Pizza 46](#_dtzlp6ca1soq)

[Bigos (Hunter's Stew) 47](#_wfe07affzagi)

[Stamppot with Braised Cabbage 48](#_ytcn3s6joslu)

[Risotto alla Milanese 49](#_earc8sl240co)

[Spanish Bean Stew (Fabada Asturiana) 50](#_dytjpgoo6acc)

[Vegan Taco Salad 51](#_9hxx7353qsz5)

[Stir-Fry with Tofu and Vegetables 52](#_ued7x4qsc1lr)

[Spaghetti Aglio e Olio 53](#_2onnfq2h95un)

[Vegan Ratatouille 54](#_lqazg7dqxkcj)

[Creamy Pumpkin Pasta 55](#_9e3olkvhbxrq)

[Vegan Shepherd's Pie 56](#_r0o0cayq9mqp)

[Spinach and White Bean Alfredo Pizza 57](#_x5kdf9spr5a7)

[Sauerkraut Gulasch 58](#_a3xv95j50xe5)

[Japanese-Style Ramen 59](#_7n6hyhqzo8z7)

[Vegan Kimchi Casserole 60](#_sdyclsjlkdy1)

[Chickpea and Veggie Pesto Pizza 61](#_bgyxz3ace5pa)

[Easy Vegan Chili 62](#_2znurh5iky46)

[Spicy Vegan Black Bean Soup 63](#_wyl184wfsdgc)

[Minestrone Soup 64](#_hvxe12z9k8bf)

[Creamy Potato and Leek Soup 65](#_h28vvdh0clzp)

[Lentil Soup 66](#_50ggmt1wsqjo)

[Vegan Bean Curry 67](#_563zndnu87g8)

[Mushroom "Steak" 68](#_f3gdd8edrm6w)

[Mushroom Paprikash 69](#_jbtmryllbgsy)

[**SNACKS 70**](#_i7rw7g80zoc2)

[Kale Chips 71](#_lhhhlb6tel4)

[Patatas Bravas 72](#_au3lembq86n3)

[French Onion Dip 73](#_qw3u6hk7984r)

[Vegan Bruschetta 74](#_hf3fr6lbii06)

[Fruit and Nut Butter Roll-Ups 75](#_l48vjbt5vo7q)

[Rice Cake Faces 76](#_didlfprde1ku)

[Cinnamon Toast Crispy Treats 77](#_c21w1udixx8)

[Pumpkin Hummus 78](#_wzf5kgd9r5oj)

[Vegan Scotch Eggs 79](#_3gv24ucwe0mh)

[Chia Seed Pudding 80](#_nyxhnc7baecc)

[Bretzel (German Soft Pretzels) 81](#_41zar6kb7xcy)

[Avocado Toast with Hemp Seeds 82](#_9fzpezhvnrq)

[Easy Vegan Kimchi 83](#_s932giiajmjt)

[Açai Berry Smoothie 84](#_pzxwz8nurt5r)

[Goji Berry Trail Mix 85](#_idroj56z61rp)

[**DESSERTS 86**](#_i1gnkph8enxx)

[Chocolate Pasta with Coconut Milk and Sprinkles 87](#_m195r87hyh0d)

[Sernik (Polish Cheesecake) 88](#_8w02nmkw6y4k)

[Appeltaart (Dutch Apple Pie) 89](#_o59uefqhenbd)

[Rétes (Hungarian Strudel) 90](#_nvtk18jdlf9v)

[Crema Catalana 91](#_ty15jwhxf9n8)

[Coconut Cream Crème Brûlée 92](#_g34fvhk5ujdt)

[Easy Vegan Tiramisu 93](#_n9sydyq3zauj)

[Sticky Toffee Pudding 94](#_n9npd7gmkrh2)

[Pumpkin Pie Chia Pudding 95](#_c7y6ar11xk8p)

[Apfelstrudel (German Apple Strudel) 96](#_5ne9eynd6u79)

[Simple Vegan Marshmallows 97](#_ea2su8c7i4th)

[Easy S'mores with Homemade Marshmallows 98](#_ymg8ywblahja)

[Black Bean Brownies 99](#_l78j89uy12n4)

[Bean and Chocolate Mousse 100](#_7j6e7jtwkm62)

[Sweet Bean and Banana Ice Cream 101](#_t8i4khqenhg8)

[Banana Ice Cream 102](#_bro4wxmfeitq)

[Peanut Butter and Jelly Oat Bars 103](#_afmb9j9xuk7a)

[Honey Cakes 104](#_nyz0duuhjjv7)

[Lemon Bars 105](#_4oqptzl5e48l)

[Chocolate Avocado Mousse 106](#_p5hjif5f8ua)

[Flaxseed Coconut Chocolate Chip Cookies: 107](#_wxydct4ily99)

[Simple Vegan Cookies 108](#_93lgd8tu7e9s)

[Latte Cookies Recipe 109](#_d1c9mu3g1sdt)

[Coconut Rice Pudding 110](#_g3fvvub36xp1)

[Snickers Style Bar 111](#_r4g1ocqa2il)

[Reese's Peanut Butter Style Cups 112](#_r7nt0qndigba)

[Twix Style Bar 113](#_x3tvd8kbq2k1)

[Mounds Style Bars 114](#_6683nj8bhq3f)

[Kit Kat Style Bars 115](#_4g4zh4d810do)

[Chocolate Mug Cake 116](#_k922t03klllb)

[Banana Pudding 117](#_8gqj9248gm7o)

[Fruit Cobbler 118](#_7c78kdpr1rok)

[Strawberry Crumble 119](#_j4w17ymmsr81)

[Chocolate Avocado Brownies 120](#_w6sqs53l452s)

[Mango Coconut Tarts 121](#_o7xsbgmxu7te)

**Forward:** From the machine.

In an era where technology touches every aspect of our lives, it was only a matter of time before it entered our kitchens in a more profound way. "Artificially Plant-Based: Vegan Recipes Built by A.I." is a groundbreaking cookbook that stands at the crossroads of culinary art and artificial intelligence. This collection of vegan recipes, curated and crafted by an A.I., represents a new frontier in the world of cooking.

What makes this book truly fascinating is not just its commitment to plant-based eating—a lifestyle choice celebrated for its health benefits, environmental sustainability, and ethical considerations—but also its method of creation. Using artificial intelligence as a chef opens up a world of creativity and innovation, challenging our traditional approaches to recipe development and food preparation. The A.I.'s ability to analyze and synthesize vast amounts of data on ingredients, cooking techniques, and flavor pairings has resulted in a collection of recipes that are both nutritious and tantalizingly delicious.

The implications of utilizing A.I. in this manner are profound. It demonstrates the potential for technology to enhance our creativity and expand our culinary horizons. By leveraging A.I., this book offers a glimpse into the future of cooking, where the boundaries of what is possible are continually being redefined. It invites readers to explore new flavors and ingredients, encouraging a deeper appreciation for the diversity and richness of plant-based cuisine.

Finally, the emphasis on a plant-based diet speaks to a growing awareness of the need for more sustainable and compassionate eating habits. The recipes in this book are designed not only to nourish the body but also to inspire a sense of responsibility towards our planet and its inhabitants. From hearty mains to delectable desserts, each recipe is a testament to the fact that choosing plant-based foods does not mean sacrificing flavor or satisfaction.

"Artificially Plant-Based" is more than just a cookbook; it's a celebration of innovation, creativity, and conscious eating. Whether you are a seasoned vegan or simply looking to incorporate more plant-based meals into your diet, this book offers something for everyone. It challenges us to rethink our relationship with food, to embrace the possibilities that technology brings, and to step boldly into a more sustainable and compassionate future.

Welcome to a new era of cooking.

**Forward:** From the human.

There’s a White Castle restaurant outside of Chicago that uses an automated robotic arm, powered by an artificial intelligence that allows the bot to know when to flip patties or drop fries. When I originally heard about the robot arm, I remembered my time working at Portillo’s Hot Dog restaurant as a fry boy and all the burn scars up my wrists from said job, plus just how crazy Saturday night dinner rushes could become. The robotic arm’s purpose is to protect White Castle employees from oil burns and to cover a simple task allowing human employees to interact more with customers.

And I bet you weren’t expecting a greasy White Castle slider to be the inspiration for a vegan cookbook, were ya?

All the following recipes were written by a generative A.I, program and assembled into this book by me, the human. I feel weird referring to myself as the author when I really didn’t write a word of any recipe. That being said; I did write every prompt fed into the A.I. for it to write every recipe. Every weird combination or idea came from my brain, so I may not be a typical “author” per say, but “prompt engineer” is the next big money word in the tech industry at the moment.

This is probably one of the most rudimentary applications of artificial intelligence. I could be using this new technology to make myself rich by trading stocks, using it to advance our current medical understandings, or even help me with research projects.But food is what resonates with me. It’s an art form that is equal parts temporary (the food only lasts as long as dinner), but the recipe lasts forever with our families. On top of the meal bringing the family together to talk and celebrate each other’s presence. We incorporate the past, present, and future into every meal we cook and into every meal we eat together.

With that, I hope you enjoy every recipe “Artificially Plant Based: Vegan Recipes Built by A.I.” bring together every important part of your past, present, and future.

Timothy.

# BREAKFASTS

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## Bean and Avocado Toast

Ingredients:

* 1 can black beans, drained and rinsed
* 1 ripe avocado
* 2-4 slices whole grain bread
* 1 tbsp lemon juice
* Salt and pepper, to taste
* Optional toppings: sliced tomatoes, red pepper flakes, or fresh herbs

Instructions:

1. In a bowl, mash the avocado with lemon juice, salt, and pepper until it reaches your desired consistency.
2. Toast the bread slices to your preferred level of crispiness.
3. Spread a generous amount of the avocado mixture on each slice of toast.
4. Spoon the black beans over the avocado spread. If the beans are cold, you can warm them up in a microwave or on the stovetop first.
5. Add optional toppings like sliced tomatoes, a sprinkle of red pepper flakes, or fresh herbs.
6. Enjoy your nutritious and filling bean and avocado toast!

## Full Vegan English Breakfast

Ingredients:

* Vegan sausages
* Vegan bacon
* Grilled tomatoes, halved
* Baked beans (canned, in tomato sauce)
* Sautéed mushrooms
* Toasted bread
* Hash browns or fried potatoes
* Spinach or baked beans

Instructions:

1. Cook vegan sausages and bacon according to package instructions, cook the vegan sausages and bacon.
2. Grill or broil the tomato halves until soft and slightly charred.
3. Heat the baked beans in a saucepan.
4. Sauté mushrooms in a little olive oil until tender.
5. Cook hash browns or fried potatoes until crispy.
6. Arrange everything on a plate with toasted bread and a side of spinach or extra baked beans.

## Almond Croissants

Ingredients:

* 1 package (about 1 lb) of store-bought vegan puff pastry dough
* Almond milk for brushing
* 4 oz. slivered almonds
* Optional: Vegan chocolate or jam for filling

Instructions:

1. Thaw the puff pastry according to package instructions. Preheat your oven to 375°F (190°C).
2. Roll out the dough and cut it into long triangles.
3. If desired, place a small amount of vegan chocolate or jam at the base of each triangle.
4. Roll the dough triangles from the base to the tip to form a croissant shape.
5. Place the croissants on a baking sheet lined with parchment paper. Brush with almond milk for a golden finish. Finally, top the croissants with the slivered almonds and bake for 20-25 minutes or until puffed and golden.
6. Enjoy warm with a cup of coffee or tea.

## Frittata with Spinach and Tomatoes

Ingredients:

* 1 cup chickpea flour
* 1 1/2 cups water
* 1/2 teaspoon turmeric
* Salt and pepper to taste
* 2 tablespoons olive oil
* 1 small onion, diced
* 2 cloves garlic, minced
* 1 cup fresh spinach, chopped
* 1/2 cup cherry tomatoes, halved
* Fresh herbs (basil or parsley), for garnish

Instructions:

1. Whisk together chickpea flour, water, turmeric, salt, and pepper until smooth. Let it sit for 30 minutes.
2. In a skillet, sauté onion and garlic in olive oil until softened. Add spinach and cook until wilted. Mix in the tomatoes.
3. Pour the chickpea flour mixture over the vegetables. Cook over medium heat until the edges start to set. Then, transfer the skillet to a preheated 375°F (190°C) oven and bake until firm and golden, about 20-25 minutes.
4. Garnish with fresh herbs and serve warm.

## Naleśniki (Polish Crepes)

Ingredients:

* 1 cup all-purpose flour
* 1 1/2 cups plant-based milk (such as almond or soy)
* 2 tbsp vegetable oil, plus more for frying
* 1 tbsp sugar
* 1/2 tsp vanilla extract
* Pinch of salt
* Optional fillings: fruit preserves, vegan cream cheese, fresh fruit

Instructions:

1. Whisk together flour, plant-based milk, vegetable oil, sugar, vanilla extract, and salt until a smooth batter is formed.
2. Heat a little oil in a non-stick pan. Pour a small amount of batter, swirling to cover the bottom of the pan. Cook until the edges lift, then flip and cook the other side. Repeat with remaining batter.
3. Fill the crepes with your choice of vegan fillings, roll up, and enjoy.

## Pumpkin Spice Oatmeal

Ingredients:

* 1 cup rolled oats
* 1 3/4 cups almond milk or water
* 1/2 cup pumpkin puree
* 1 tsp pumpkin pie spice
* 2 tbsp maple syrup
* A pinch of salt
* Optional toppings: chopped nuts, dried cranberries, a dollop of almond butter

Instructions:

1. In a pot, bring the almond milk (or water) to a boil.
2. Add the oats and a pinch of salt, then reduce the heat to a simmer.
3. Stir in the pumpkin puree, pumpkin pie spice, and maple syrup.
4. Cook until the oats are soft and the mixture is creamy.
5. Serve with your choice of toppings.

## Töltött Paprika (Stuffed Peppers)

Ingredients:

* 4 bell peppers, tops removed and seeded
* 1 cup rice, cooked
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 can diced tomatoes
* 1/2 cup corn kernels
* 1/2 cup black beans, rinsed and drained
* 1 tsp smoked paprika
* Salt and pepper to taste
* Olive oil for cooking

Instructions:

1. Preheat your oven to 350°F (175°C).
2. In a pan, heat olive oil and sauté onions and garlic until translucent. Add cooked rice, diced tomatoes, corn, black beans, smoked paprika, salt, and pepper. Cook for a few minutes until well combined.
3. Fill the bell peppers with the rice mixture and place them in a baking dish.
4. Bake for 25-30 minutes, or until the peppers are tender.
5. Serve warm, perhaps with a side of vegan sour cream.

## Banana Cashew Scones

Ingredients:

* 2 cups all-purpose flour (or a gluten-free alternative)
* 1/4 cup granulated sugar
* 1 tablespoon baking powder
* 1/2 teaspoon salt
* 1/2 cup vegan butter, cold and cubed
* 1 ripe banana, mashed
* 1/3 cup plant-based milk (such as almond or soy milk)
* 1 teaspoon vanilla extract
* 1/2 cup cashews, roughly chopped
* Optional: 2 tablespoons maple syrup or agave nectar for glazing

Instructions:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
3. Add the cold, cubed vegan butter to the dry ingredients. Using a pastry cutter or your fingers, cut the butter into the flour until the mixture resembles coarse crumbs.
4. In a separate bowl, mix together the mashed banana, plant-based milk, and vanilla extract. Pour this into the flour and butter mixture and stir until just combined.
5. Gently fold in the chopped cashews, being careful not to overmix.
6. Turn the dough out onto a lightly floured surface. Shape it into a round disc, about 1 inch thick. Cut the disc into 8 equal wedges.
7. Place the scone wedges on the prepared baking sheet, leaving space between each one.
8. If using, brush the tops of the scones with maple syrup or agave nectar for a sweet glaze.
9. Bake in the preheated oven for 15-20 minutes, or until the scones are golden brown and a toothpick inserted into the center comes out clean.
10. Remove the scones from the oven and allow them to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
11. Enjoy your vegan banana cashew scones while they're fresh and warm! They pair wonderfully with a cup of coffee or tea.

## Pannenkoeken (Dutch Pancakes)

Ingredients:

* 1 cup all-purpose flour
* 1 1/2 cups almond milk
* 1 tbsp sugar
* 1 tbsp baking powder
* Pinch of salt
* Vegan butter or oil for cooking
* Toppings: Fresh fruits, maple syrup, or powdered sugar

Instructions:

1. In a bowl, whisk together flour, almond milk, sugar, baking powder, and salt until smooth.
2. Heat a little vegan butter or oil in a non-stick pan. Pour batter to form pancakes and cook until bubbles form on the surface. Flip and cook until golden brown.
3. Serve the pancakes with your choice of toppings.

## Syrniki (Russian Cheese Pancakes)

Ingredients:

* 1 cup vegan cottage cheese or tofu, crumbled
* 1/2 cup all-purpose flour (plus more for dusting)
* 2 tbsp sugar
* 1 tsp baking powder
* 1 tsp vanilla extract
* Pinch of salt
* Vegan butter or oil for frying
* Optional toppings: Fruit preserves, vegan sour cream, fresh berries.

Instructions:

1. In a bowl, combine crumbled vegan cottage cheese or tofu, flour, sugar, baking powder, vanilla extract, and a pinch of salt. Stir until a thick batter forms.
2. Dust your hands with flour and form small patties from the batter.
3. Heat vegan butter or oil in a frying pan. Fry the patties on medium heat until golden brown on both sides.
4. Serve warm with your choice of toppings like fruit preserves, vegan sour cream, or fresh berries.

## Spicy Bean Breakfast Tacos

Ingredients:

* 1 can pinto or black beans, drained and rinsed
* 4-6 corn tortillas
* ½ cup salsa
* 1 cup fresh spinach
* 1 tsp cumin
* 1 tsp garlic powder
* 1 tsp chili powder
* Salt to taste
* Optional toppings: diced avocado, cilantro, lime wedges

Instructions:

1. In a pan, warm the beans with cumin, garlic powder, chili powder, and salt. Cook for about 5 minutes on medium heat.
2. Warm the tortillas in a dry skillet or in the microwave until they are pliable.
3. Place a spoonful of the seasoned beans onto each tortilla.
4. Top each taco with salsa and fresh spinach. Add optional toppings like avocado, cilantro, or a squeeze of lime if desired.
5. Enjoy your flavorful and easy bean breakfast tacos!

## Apfel-Pfannkuchen (German Apple Pancakes)

Ingredients:

* 1 cup all-purpose flour
* 1 1/4 cups almond milk
* 2 tbsp sugar
* 1 tsp vanilla extract
* 1/2 tsp cinnamon
* 1 large apple, peeled and sliced
* Vegan butter or oil for frying
* Maple syrup or powdered sugar for serving

Instructions:

1. Whisk together flour, almond milk, sugar, vanilla extract, and cinnamon to create a smooth batter.
2. Heat vegan butter or oil in a non-stick pan over medium heat.
3. Dip apple slices into the batter, coating them well.
4. Fry the apple slices until golden brown on both sides.
5. Serve warm with a drizzle of maple syrup or a sprinkle of powdered sugar.

## Breakfast Burrito

Ingredients:

* 1 large tortilla
* 1/2 cup tofu scramble (crumbled tofu cooked with turmeric, salt, pepper, and any desired veggies like bell peppers, onions, spinach)
* 1/4 cup black beans, rinsed and drained
* 1/4 avocado, sliced
* Salsa or hot sauce
* Vegan cheese (optional)

Instructions:

1. Cook the crumbled tofu with spices and veggies in a pan.
2. Heat the tortilla in a pan or microwave.
3. Place the tofu scramble, black beans, avocado slices, and vegan cheese (if using) in the center of the tortilla.
4. Spoon some salsa or hot sauce over the filling.
5. Fold the sides of the tortilla in, then roll it up from the bottom to enclose the filling.
6. Enjoy this hearty and portable vegan breakfast burrito.

## Creamy Parfait with Granola and Berries

Ingredients:

* 1 cup vegan yogurt (such as coconut or almond yogurt)
* 1/2 cup granola
* 1/2 cup mixed berries (fresh or frozen)
* A drizzle of agave nectar or maple syrup
* A sprinkle of nuts or seeds (optional)

Instructions:

1. In a glass or bowl, start with a layer of vegan yogurt, followed by a layer of granola.
2. Add a layer of mixed berries.
3. Repeat the layers until all ingredients are used.
4. Finish with a drizzle of agave nectar or maple syrup and a sprinkle of nuts or seeds if desired.
5. Enjoy this easy and refreshing parfait.

## Bean and Veggie Hash

Ingredients:

* 1 can kidney beans, drained and rinsed
* 2 medium potatoes, diced
* 1 bell pepper, diced
* 1 onion, diced
* 2 cloves garlic, minced
* 1 tsp paprika
* 2 tbsp olive oil
* Salt and pepper to taste
* Optional: fresh herbs for garnish

Instructions:

1. Heat 1 tbsp of olive oil in a large skillet over medium heat. Add the diced potatoes, season with salt and pepper, and cook until they are golden and tender, stirring occasionally.
2. In another pan, heat the remaining olive oil. Add onion, bell pepper, and garlic, cooking until they are soft.
3. Add the cooked potatoes to the skillet with the onions and peppers. Stir in the kidney beans and paprika. Cook everything together for a few more minutes.
4. Adjust the seasoning with salt and pepper.
5. Garnish with fresh herbs if desired, and serve your hearty bean and veggie hash.

## Savory Mediterranean Oatmeal

Ingredients:

* 1/2 cup rolled oats
* 1 cup vegetable broth or water
* 1/4 cup chickpeas, canned and drained
* 2 tablespoons sun-dried tomatoes, chopped
* 2 tablespoons Kalamata olives, sliced
* 1 tablespoon nutritional yeast
* 1 teaspoon Italian seasoning
* Fresh spinach or arugula
* Salt and pepper to taste

Instructions:

1. Cook the oats in vegetable broth or water with Italian seasoning until creamy.
2. Stir in nutritional yeast for a cheesy flavor.
3. Top with chickpeas, sun-dried tomatoes, olives, and fresh greens.
4. Season with salt and pepper.

## Tortilla Española (Spanish Tortilla)

Ingredients:

* 1 large onion, thinly sliced
* 2-3 large potatoes, peeled and thinly sliced
* 1 cup chickpea flour
* 1 1/2 cups water
* 1/4 tsp turmeric (for color)
* Salt and pepper to taste
* Olive oil for frying

Instructions:

1. In a large pan, heat olive oil over medium heat. Add onions and potatoes, season with salt, and cook until the potatoes are tender.
2. In a bowl, whisk together chickpea flour, water, turmeric, salt, and pepper to make a smooth batter.
3. Pour the batter over the cooked onions and potatoes in the pan. Cook over low heat until the bottom is set and golden, then carefully flip to cook the other side.
4. Slice and serve warm or at room temperature.

## Savory Asian-Inspired Oatmeal

Ingredients:

* 1/2 cup rolled oats
* 1 cup water or vegetable broth
* 1/4 cup edamame beans
* 1 tablespoon soy sauce or tamari
* 1 teaspoon sesame oil
* 1 green onion, chopped
* 1/4 teaspoon garlic powder
* Sesame seeds for garnish

Instructions:

1. Cook the oats in water or broth with garlic powder.
2. Stir in soy sauce and sesame oil after cooking.
3. Add edamame and top with chopped green onion and sesame seeds.

## Savory Mexican-Style Oatmeal

Ingredients:

* 1/2 cup rolled oats
* 1 cup vegetable broth
* 1/4 cup black beans, canned and drained
* 1/4 cup corn kernels (canned or frozen)
* 1/2 avocado, sliced
* 1 tablespoon nutritional yeast
* 1/2 teaspoon cumin
* Fresh cilantro and lime juice for garnish

Instructions:

1. Cook the oats in vegetable broth with cumin.
2. Stir in nutritional yeast once cooked.
3. Top with black beans, corn, and avocado slices.
4. Garnish with fresh cilantro and a squeeze of lime juice.

## Peanut Butter and Banana Oatmeal

Ingredients:

* 1/2 cup rolled oats
* 1 cup almond milk or other plant-based milk
* 1 banana, sliced
* 2 tablespoons peanut butter (or any nut butter)
* 1 scoop vegan protein powder (optional, choose a flavor that compliments)
* 1 tablespoon chia seeds
* Cinnamon to taste

Instructions:

1. Cook the oats in almond milk until creamy. If using, stir in protein powder at the end of cooking.
2. Add the peanut butter and mix well.
3. Top with banana slices, chia seeds, and a sprinkle of cinnamon.

# LUNCHES

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## Mediterranean Bean Salad

Ingredients:

* 1 can chickpeas (garbanzo beans), drained and rinsed
* 1 cucumber, diced
* 1 cup cherry tomatoes, halved
* 1/2 red onion, finely chopped
* 2 tablespoons olive oil
* 2 tablespoons lemon juice
* Salt and pepper, to taste
* 1/4 cup fresh parsley, chopped

Instructions:

1. In a large bowl, combine the chickpeas, diced cucumber, cherry tomatoes, and red onion.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Pour the dressing over the salad ingredients and toss to coat evenly.
4. Stir in the fresh parsley.
5. For a refreshing touch, chill the salad in the refrigerator for 30 minutes before serving.

## Borscht (Russian Beet Soup)

Ingredients:

* 3 medium beets, peeled and grated
* 2 carrots, grated
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 potato, cubed
* 1/2 head of cabbage, shredded
* 6 cups vegetable broth
* 2 tbsp tomato paste
* 1 tbsp vinegar
* 1 bay leaf
* Salt and pepper to taste
* Dill and vegan sour cream for serving

Instructions:

1. In a large pot, sauté onions, garlic, beets, and carrots with a bit of oil until softened.
2. Add potatoes, cabbage, vegetable broth, tomato paste, vinegar, and bay leaf. Bring to a boil, then reduce heat and simmer until all vegetables are tender.
3. Season with salt and pepper to taste.
4. Serve hot, garnished with dill and a dollop of vegan sour cream.

## Goulash Soup

Ingredients:

* 2 tablespoons olive oil
* 1 onion, chopped
* 2 cloves garlic, minced
* 2 carrots, diced
* 2 potatoes, cubed
* 1 bell pepper, chopped
* 1/4 cup tomato paste
* 1 tablespoon smoked paprika
* 4 cups vegetable broth
* 1 can kidney beans, rinsed and drained
* Salt and pepper to taste
* Fresh parsley for garnish

Instructions:

1. In a large pot, heat olive oil and sauté onions, garlic, carrots, potatoes, and bell pepper.
2. Stir in smoked paprika and tomato paste, cooking for a few minutes.
3. Pour in vegetable broth and add kidney beans. Bring to a boil, then reduce heat and simmer until vegetables are tender.
4. Season with salt and pepper to taste.
5. Garnish with fresh parsley and serve hot.

## Vegan Paella

Ingredients:

* 1 cup Arborio rice
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 red bell pepper, sliced
* 1/2 cup frozen peas
* 1/2 cup artichoke hearts, quartered
* 1/2 cup green beans, chopped
* 2 cups vegetable broth
* 1/2 tsp saffron threads
* 1 tsp smoked paprika
* 2 tbsp tomato paste
* Salt and pepper to taste
* Olive oil for cooking
* Lemon wedges for serving

Instructions:

1. In a paella pan or large skillet, heat olive oil over medium heat. Sauté onion, garlic, and bell pepper until soft.
2. Stir in rice, smoked paprika, and tomato paste. Cook for a couple of minutes.
3. Pour in vegetable broth and add saffron threads. Bring to a simmer.
4. Add peas, artichoke hearts, and green beans. Season with salt and pepper.
5. Simmer without stirring until rice is cooked and liquid is absorbed, about 20 minutes.
6. Remove from heat and let it sit for a few minutes. Serve with lemon wedges.

## California Roll Sushi Bowl

Ingredients:

* 1 cup cooked sushi rice or brown rice, cooled
* 1/2 cucumber, sliced
* 1 carrot, julienned or shredded
* 1/2 avocado, sliced
* 1/4 cup edamame, shelled and cooked
* Soy sauce or tamari for dressing
* Sesame seeds and seaweed strips for garnish

Instructions:

1. In a bowl, place the cooled rice as a base.
2. Arrange cucumber, carrot, avocado, and edamame on top of the rice.
3. Drizzle with soy sauce or tamari to taste.
4. Sprinkle sesame seeds and add a few seaweed strips for an authentic sushi touch.
5. Enjoy this simple and refreshing vegan sushi bowl, ideal for a quick yet nutritious lunch.

## Hummus and Veggie Wrap

Ingredients:

* 1 large tortilla or wrap (whole grain or gluten-free, if preferred)
* 3 tablespoons hummus
* A handful of spinach or lettuce
* Sliced cucumber, bell peppers, and carrots
* Optional: sliced olives, sun-dried tomatoes, or pickles
* Salt and pepper to taste

Instructions:

1. Lay out the tortilla and spread hummus evenly over the surface.
2. Place a layer of spinach or lettuce and arrange cucumber, bell peppers, and carrot slices on top. Add any other desired veggies and sprinkle with salt and pepper.
3. Carefully roll the tortilla, folding in the sides as you go, to form a tight wrap.
4. Cut the wrap in half and enjoy a refreshing and nutritious lunch that's easy to eat on the go.

## Erwtensoep (Dutch Split Pea Soup)

Ingredients:

* 1 cup green split peas, rinsed
* 1 onion, chopped
* 2 carrots, chopped
* 2 celery stalks, chopped
* 1 potato, cubed
* 1 leek, cleaned and sliced
* 1 bay leaf
* 6 cups vegetable broth
* Salt and pepper to taste
* Fresh parsley, chopped

Instructions:

1. In a large pot, sauté onion, carrots, and celery until soft.
2. Add split peas, potato, leek, bay leaf, and vegetable broth. Bring to a boil.
3. Reduce heat and simmer for 1-1.5 hours, or until peas are completely soft.
4. Remove bay leaf, season with salt and pepper, and garnish with fresh parsley.

## Niçoise Salad

Ingredients:

* Mixed salad greens
* 1 can chickpeas, drained and rinsed (as a substitute for tuna)
* Baby potatoes, boiled and halved
* Green beans, blanched
* Cherry tomatoes, halved
* Black olives
* Red onion, thinly sliced
* For the dressing: Olive oil, lemon juice, Dijon mustard, garlic, salt, and pepper

Instructions:

1. Arrange salad greens on a large platter.
2. Top with chickpeas, potatoes, green beans, cherry tomatoes, black olives, and red onion.
3. Whisk together olive oil, lemon juice, Dijon mustard, minced garlic, salt, and pepper.
4. Drizzle the dressing over the salad just before serving.

## Ploughman’s Lunch

Ingredients:

* Slices of crusty bread
* Vegan cheese slices
* Pickled onions
* Branston pickle or chutney
* Sliced apples and grapes
* Cucumber and tomato slices
* Mixed salad leaves

Instructions:

1. Arrange the crusty bread, vegan cheese, pickled onions, Branston pickle, fresh fruits, cucumber, tomato, and salad leaves on a platter.
2. Enjoy this simple, cold lunch, which is perfect for picnics or a quick, satisfying meal.

## Classic Vegan Caprese Salad

Ingredients:

* 2 large ripe tomatoes, sliced
* Vegan mozzarella cheese, sliced
* Fresh basil leaves
* Balsamic glaze
* Olive oil
* Salt and pepper

Instructions:

1. Arrange alternating slices of tomato and vegan mozzarella on a plate.
2. Drizzle with olive oil and balsamic glaze. Sprinkle with salt and pepper.
3. Place fresh basil leaves between the slices and on top for garnish.
4. Enjoy this light and refreshing salad, perfect for a summery lunch.

## Pumpkin and Lentil Soup

Ingredients:

* 2 cups pumpkin, cubed
* 1 cup red lentils, rinsed
* 1 onion, chopped
* 2 cloves garlic, minced
* 4 cups vegetable broth
* 1 tsp cumin
* 1 tsp curry powder
* Salt and pepper to taste
* Olive oil for cooking
* Optional: coconut cream for serving

Instructions:

1. In a large pot, sauté onion and garlic in olive oil until softened.
2. Add the pumpkin cubes, lentils, cumin, curry powder, salt, and pepper.
3. Pour in the vegetable broth and bring to a boil.
4. Reduce to a simmer and cook until the lentils and pumpkin are soft.
5. Blend the soup until smooth using an immersion blender.
6. Serve hot, garnished with a swirl of coconut cream if desired.

## Pelmeni (Dumplings)

Ingredients:

For the Dough:

* 2 cups all-purpose flour
* 1/2 tsp salt
* 3/4 cup water

For the Filling:

* 1 cup mushrooms, finely chopped
* 1 onion, finely chopped
* Salt and pepper to taste
* Vegan butter or oil for serving

Instructions:

1. Mix flour and salt. Gradually add water to form a smooth dough. Knead for a few minutes, then let it rest for 30 minutes.
2. Sauté mushrooms and onions until cooked. Season with salt and pepper.
3. Roll out the dough thinly. Cut out circles using a glass or cookie cutter. Place a small amount of filling in the center of each circle, fold in half, and pinch edges to seal.
4. Boil in salted water until they float to the surface, then cook for another 3-5 minutes.
5. Serve hot with vegan butter or oil.

## Mediterranean Veggie Sandwich

Ingredients:

* Whole grain bread or a baguette
* Hummus (classic, roasted red pepper, or garlic flavored)
* Sliced cucumber
* Sliced tomato
* Sliced red onion
* Roasted red bell peppers (jarred or homemade)
* Kalamata olives, pitted and sliced
* Baby spinach or arugula
* Optional: Pepperoncini for extra spice
* Optional: Fresh basil leaves

Instructions:

1. Generously spread hummus on both slices of bread.
2. On one slice, layer cucumber, tomato, red onion, roasted red peppers, and olives.
3. Add a layer of baby spinach or arugula. Include basil leaves and pepperoncini if using.
4. Close the sandwich with the other slice of bread.
5. Cut the sandwich in half and serve. This sandwich is packed with fresh Mediterranean flavors!

## Kartoffelsalat (German Potato Salad)

Ingredients:

* 2 lbs potatoes, boiled and sliced
* 1 small red onion, finely chopped
* 2-3 pickles, chopped
* 1/4 cup apple cider vinegar
* 1/4 cup vegetable broth
* 2 tbsp olive oil
* 1 tsp mustard
* Salt and pepper to taste
* Fresh parsley, chopped

Instructions:

1. In a large bowl, combine the sliced potatoes, red onion, and pickles.
2. In a small bowl, whisk together apple cider vinegar, vegetable broth, olive oil, mustard, salt, and pepper.
3. Pour the dressing over the potato mixture and gently toss.
4. Refrigerate for at least an hour before serving.
5. Garnish with fresh parsley before serving.

## Avocado and Black Bean Sandwich

Ingredients:

* Sourdough or multigrain bread
* 1 ripe avocado, mashed
* 1 can black beans, drained and rinsed
* 1 small red onion, thinly sliced
* 1 tomato, sliced
* Lettuce or mixed greens
* Lime juice
* Salt and pepper to taste
* Optional: Vegan cheese slices
* Optional: Sriracha or hot sauce for a spicy kick

Instructions:

1. In a bowl, mash the avocado with lime juice, salt, and pepper.
2. If preferred, lightly mash the black beans with some seasoning.
3. Spread the mashed avocado on one slice of bread. Add a layer of black beans, followed by slices of red onion, tomato, and lettuce.
4. If using, add vegan cheese and/or a drizzle of hot sauce.
5. Top with the second slice of bread.
6. Enjoy this hearty and nutritious avocado and black bean sandwich.

## BBQ Tofu Sandwich

Ingredients:

* Whole wheat burger buns or ciabatta rolls
* 1 block firm tofu, pressed and sliced
* Vegan BBQ sauce
* 1 small red cabbage, shredded
* 2 carrots, shredded
* 1/4 cup apple cider vinegar
* 1 tbsp olive oil
* 1 tsp Dijon mustard
* Salt and pepper to taste
* Optional: Vegan mayo

Instructions:

1. In a bowl, mix shredded cabbage and carrots with apple cider vinegar, olive oil, Dijon mustard, salt, and pepper. Set aside for the flavors to meld.
2. Sauté tofu slices in a pan until golden. Coat with BBQ sauce and cook for another minute.
3. Lightly toast the burger buns or ciabatta rolls.
4. Spread vegan mayo on the buns if using. Place BBQ tofu on the bottom half of each bun, top with a generous amount of slaw.
5. Complete with the top bun and serve the BBQ tofu sandwich, perfect for a hearty lunch or dinner.

## Hearty Bean Soup

Ingredients:

* 1 can white beans, drained and rinsed
* 4 cups vegetable broth
* 1 carrot, diced
* 1 stalk celery, diced
* 1 small onion, diced
* 2 cloves garlic, minced
* 1 teaspoon dried thyme
* 2 bay leaves
* Salt and pepper, to taste
* Olive oil for sautéing

Instructions:

1. In a large pot, heat a little olive oil over medium heat. Add the onion, carrot, and celery, and sauté until the vegetables start to become tender.
2. Add the minced garlic, thyme, and bay leaves, and cook for another minute.
3. Pour in the vegetable broth and add the drained white beans. Stir well.
4. Bring the soup to a boil, then reduce heat and let it simmer for about 20 minutes.
5. Discard the bay leaves. Season the soup with salt and pepper to taste.
6. Enjoy a bowl of comforting bean soup, perfect for a wholesome lunch.

## Bean and Avocado Wrap

Ingredients:

* 1 can black beans, drained and rinsed
* 4 whole wheat tortillas
* 1 ripe avocado, sliced
* 1 cup lettuce, shredded
* 1 tomato, diced
* Vegan mayonnaise or hummus
* Salt and pepper, to taste

Instructions:

1. Warm the black beans in a pan and season with salt and pepper.
2. Spread a thin layer of vegan mayo or hummus on each tortilla.
3. On one end of each tortilla, place a portion of the warmed beans, avocado slices, shredded lettuce, and diced tomatoes.
4. Carefully roll up the tortilla, tucking in the sides as you go, to form a wrap.
5. Cut each wrap in half and serve. Enjoy a delicious and filling bean and avocado wrap for a quick and easy lunch.

# DINNERS

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## BBQ Tempeh Pizza

Ingredients:

* Pizza dough (store-bought or homemade)
* 1/2 cup BBQ sauce, plus more for marinating
* 8 oz tempeh, thinly sliced
* 1/2 red onion, thinly sliced
* 1/2 cup corn kernels (canned or frozen and thawed)
* 1 red bell pepper, diced
* Fresh cilantro, chopped
* Optional: Vegan mozzarella-style cheese

Instructions:

1. Marinate the tempeh slices in BBQ sauce for at least 30 minutes.
2. In a skillet over medium heat, cook the marinated tempeh until slightly crispy on each side. Set aside.
3. Preheat your oven to the temperature recommended for your pizza dough (usually around 450°F or 230°C).
4. Roll out the pizza dough on a floured surface and transfer it to a pizza stone or baking sheet.
5. Spread BBQ sauce evenly over the dough. Arrange the cooked tempeh, red onion slices, corn, and diced bell pepper on top. Add vegan cheese if using.
6. Bake for 12-15 minutes or until the crust is golden and toppings are heated through.
7. Garnish with fresh cilantro. Slice and serve hot.

## Bigos (Hunter's Stew)

Ingredients:

* 1 lb sauerkraut, rinsed and drained
* 2 cups shredded fresh cabbage
* 1 onion, chopped
* 2 cloves garlic, minced
* 2 cups mushrooms, chopped
* 1 can diced tomatoes
* 1 apple, chopped
* 1/2 cup vegetable broth
* 2 tbsp tomato paste
* 1 tsp paprika
* Salt and pepper to taste
* Olive oil for cooking

Instructions:

1. In a large pot, heat olive oil and cook onion and garlic until translucent.
2. Add sauerkraut, cabbage, mushrooms, diced tomatoes, apple, vegetable broth, tomato paste, and paprika. Stir well.
3. Bring to a boil, then reduce heat and simmer for about 1-2 hours, stirring occasionally.
4. Add salt and pepper to taste.
5. Enjoy this hearty, flavorful stew.

## Stamppot with Braised Cabbage

Ingredients:

For Stamppot:

* 4 large potatoes, peeled and cubed
* 4 cups kale, chopped
* 2 tbsp vegan butter
* Salt and pepper to taste

For Braised Cabbage:

* 1/2 head red cabbage, thinly sliced
* 1 apple, sliced
* 1 onion, sliced
* 1/4 cup apple cider vinegar
* 2 tbsp sugar
* Salt and pepper to taste
* 1/2 cup water

Instructions:

1. Make Stamppot: Boil potatoes until tender. In the last 5 minutes of cooking, add kale. Drain and mash with vegan butter. Season with salt and pepper.
2. Prepare Cabbage: In another pot, combine cabbage, apple, onion, vinegar, sugar, salt, pepper, and water. Simmer until the cabbage is soft.
3. Serve: Serve the stamppot with a side of braised cabbage.

## Risotto alla Milanese

Ingredients:

* 1 cup Arborio rice
* 4 cups vegetable broth
* 1 small onion, finely chopped
* 2 cloves garlic, minced
* 1/2 cup white wine (optional)
* 1/4 teaspoon saffron threads
* 1/4 cup nutritional yeast (or vegan Parmesan)
* 2 tablespoons vegan butter
* Salt and pepper to taste
* Olive oil for cooking

Instructions:

1. In a saucepan, heat the vegetable broth and infuse it with the saffron threads.
2. In another pan, sauté onion and garlic in olive oil until translucent.
3. Add Arborio rice to the onions and stir until the rice is well-coated and slightly toasted.
4. Pour in the white wine and cook until it’s absorbed.
5. Gradually add the warm saffron broth one ladle at a time, stirring constantly until each addition is absorbed before adding the next.
6. Once the rice is creamy and al dente, stir in vegan butter and nutritional yeast. Season with salt and pepper.
7. Serve the risotto warm, garnished with additional vegan Parmesan if desired.

## Spanish Bean Stew (Fabada Asturiana)

Ingredients:

* 2 cups white beans, soaked overnight and drained
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 bell pepper, chopped
* 2 tomatoes, crushed
* 1 tsp smoked paprika
* 1 bay leaf
* 4 cups vegetable broth
* Salt and pepper to taste
* Olive oil for cooking

Instructions:

1. In a large pot, heat olive oil and sauté onion, garlic, and bell pepper.
2. Add soaked beans, crushed tomatoes, smoked paprika, and bay leaf.
3. Pour in vegetable broth and bring to a boil. Reduce heat and simmer until beans are tender, about 1-2 hours. Season with salt and pepper.
4. Enjoy the hearty stew with some crusty bread.

## Vegan Taco Salad

Ingredients:

* 2 cups mixed salad greens
* 1/2 cup black beans, cooked
* 1/2 cup corn kernels, cooked
* 1/2 bell pepper, diced
* 1/4 red onion, chopped
* 1/2 avocado, diced
* Crushed tortilla chips
* Lime juice and olive oil for dressing
* Optional: salsa or hot sauce

Instructions:

1. In a large bowl, combine salad greens, black beans, corn, bell pepper, and red onion.
2. Gently mix in the diced avocado.
3. Drizzle with lime juice and a bit of olive oil. Toss the salad well.
4. Top with crushed tortilla chips for added texture.
5. Enjoy this colorful and satisfying vegan taco salad, with an option to add salsa or hot sauce for extra flavor.

## Stir-Fry with Tofu and Vegetables

Ingredients:

* 1 block firm tofu, pressed and cubed
* 2 cups mixed vegetables (bell peppers, broccoli, carrots, snap peas)
* 2 cloves garlic, minced
* 1 tablespoon ginger, grated
* 2 tablespoons soy sauce or tamari
* 1 tablespoon maple syrup or agave nectar
* 1 tablespoon sesame oil
* Cooked rice or noodles for serving

Instructions:

1. In a pan, heat a bit of oil over medium heat. Add tofu cubes and fry until golden on all sides. Remove from the pan and set aside.
2. In the same pan, add a bit more oil if needed, and sauté garlic and ginger for a minute. Add the mixed vegetables and cook until just tender.
3. Mix soy sauce and maple syrup. Pour over the vegetables.
4. Add the tofu back to the pan. Toss everything together and heat through.
5. Serve over cooked rice or noodles, drizzled with sesame oil.

## Spaghetti Aglio e Olio

Ingredients:

* 8 oz spaghetti (check for vegan)
* 1/4 cup olive oil
* 4 cloves garlic, thinly sliced
* 1/2 teaspoon red pepper flakes
* Salt and black pepper to taste
* Fresh parsley, chopped
* Optional: nutritional yeast for a cheesy flavor

Instructions:

1. Cook spaghetti according to package instructions until al dente. Drain and reserve some pasta water.
2. In a pan, heat olive oil over medium heat. Add garlic and red pepper flakes. Cook until garlic is golden (be careful not to burn).
3. Add the cooked spaghetti to the garlic oil. Toss well, adding a bit of pasta water if needed to loosen.
4. Season with salt and pepper.
5. Garnish with chopped parsley and nutritional yeast if using.

## Vegan Ratatouille

Ingredients:

* 1 eggplant, sliced into rounds
* 2 zucchinis, sliced into rounds
* 2 yellow squash, sliced into rounds
* 2 bell peppers, sliced
* 1 onion, finely chopped
* 3 cloves garlic, minced
* 1 can crushed tomatoes
* Fresh herbs (thyme, rosemary, basil)
* Olive oil
* Salt and pepper

Instructions:

1. In a large pan, sauté onion and garlic in olive oil until translucent.
2. Add crushed tomatoes and fresh herbs. Simmer for a few minutes.
3. In a baking dish, arrange slices of eggplant, zucchini, yellow squash, and bell peppers in a circular pattern over the tomato sauce.
4. Drizzle with olive oil, and season with salt and pepper.
5. Cover with foil and bake at 375°F (190°C) for about 45 minutes. Uncover and bake for another 15 minutes.
6. Garnish with fresh basil and serve warm.

## Creamy Pumpkin Pasta

Ingredients:

* 12 oz pasta of choice
* 1 cup pumpkin puree
* 1 onion, finely chopped
* 2 cloves garlic, minced
* 1/2 cup coconut milk
* 1/4 cup nutritional yeast (or vegan Parmesan)
* 1 tsp dried sage
* Salt and pepper to taste
* Olive oil for cooking
* Optional: toasted pine nuts or vegan sausage slices for serving

Instructions:

1. Cook pasta according to package instructions until al dente.
2. In a saucepan, sauté onion and garlic in olive oil.
3. Add pumpkin puree, coconut milk, nutritional yeast, dried sage, salt, and pepper. Stir to combine.
4. Simmer the sauce for a few minutes, then toss with the cooked pasta.
5. Serve with toasted pine nuts or vegan sausage slices if desired.

## Vegan Shepherd's Pie

Ingredients:

* 2 cups lentils, cooked
* 1 onion, diced
* 2 carrots, diced
* 2 cloves garlic, minced
* 1 cup peas
* 1 cup vegetable broth
* 1 tbsp tomato paste
* 1 tsp each of thyme and rosemary
* Salt and pepper to taste
* 2 lbs potatoes, peeled and chopped
* 1/4 cup plant-based milk
* 2 tbsp vegan butter
* Paprika, for garnish

Instructions:

1. Boil potatoes until tender, then mash with plant-based milk, vegan butter, salt, and pepper. Set aside.
2. Sauté onion, carrots, and garlic. Add cooked lentils, peas, vegetable broth, tomato paste, thyme, rosemary, salt, and pepper. Cook until the mixture thickens.
3. In a baking dish, layer the lentil mixture. Top with mashed potatoes and sprinkle with paprika.
4. Bake at 375°F (190°C) for about 25 minutes or until the top is golden.
5. Serve: Let it cool slightly before serving.

## Spinach and White Bean Alfredo Pizza

Ingredients:

* Pizza dough
* 1 cup vegan Alfredo sauce (blend cashews, plant milk, garlic, nutritional yeast, lemon juice)
* 1 can white beans, drained and rinsed
* 2 cups fresh baby spinach
* 1 cup sliced mushrooms
* 1/2 cup sliced cherry tomatoes
* Optional: Vegan ricotta cheese

Instructions:

1. Preheat your oven as per the pizza dough instructions.
2. Roll out your pizza dough on a floured surface, then place it on a pizza stone or baking sheet.
3. Evenly spread the vegan Alfredo sauce over the pizza base.
4. Distribute the white beans, spinach, mushrooms, and cherry tomatoes over the sauce.
5. If using, dollop vegan ricotta cheese across the pizza.
6. Bake for 15-20 minutes or until the crust is golden and toppings are cooked.
7. Remove from the oven, slice, and enjoy your creamy pizza.

## Sauerkraut Gulasch

Ingredients:

* 2 cups mushrooms, chopped
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 cup sauerkraut, drained
* 1 can diced tomatoes
* 2 tbsp tomato paste
* 1 tsp smoked paprika
* 1/2 tsp caraway seeds
* Salt and pepper to taste
* Olive oil for cooking
* Fresh parsley for garnish

Instructions:

1. In a large pot, heat olive oil and sauté onions and garlic until translucent.
2. Add mushrooms and cook until they release their moisture and start to brown.
3. Stir in sauerkraut, diced tomatoes, tomato paste, smoked paprika, caraway seeds, salt, and pepper.
4. Simmer on low heat for about 20 minutes, stirring occasionally.
5. Serve hot, garnished with fresh parsley.

## Japanese-Style Ramen

Ingredients:

Broth:

* 4 cups vegetable broth
* 2 cups water
* 2 garlic cloves, minced
* 1-inch piece of ginger, thinly sliced
* 2 tablespoons soy sauce or tamari (for gluten-free option)
* 1 tablespoon miso paste (ensure it's vegan)
* 1 teaspoon sesame oil

Noodles:

* 4 ounces dried ramen noodles (check for vegan)

Toppings:

* 1/2 cup corn kernels (canned or frozen)
* 1/2 cup bamboo shoots (canned, optional)
* 1/2 block firm tofu, pressed and cut into cubes
* 1 cup spinach or bok choy, roughly chopped
* 2 green onions, thinly sliced
* Sesame seeds for garnish
* Nori sheets, cut into strips (optional)
* Chili oil or Sriracha sauce (optional, for heat)

Instructions:

1. In a large pot, combine vegetable broth, water, minced garlic, and ginger. Bring to a gentle simmer over medium heat.
2. Let the broth simmer for about 15 minutes to infuse the flavors.
3. Add soy sauce, sesame oil, and miso paste. Stir well until the miso is dissolved. Be careful not to let it boil, as boiling can destroy the beneficial properties of miso.
4. In a separate pot, cook the ramen noodles according to package instructions, usually boiling for about 3-4 minutes.
5. Drain and rinse under cold water to stop the cooking process. Set aside.
6. In a pan, lightly sauté tofu cubes until they are golden on all sides. You can season them with a little soy sauce if desired.
7. If using frozen corn, quickly sauté or steam to heat it up.
8. Divide the cooked noodles into serving bowls and pour the hot broth over the noodles.
9. Arrange tofu, corn, bamboo shoots, and spinach or bok choy on top of the noodles.
10. Garnish with sliced green onions, sesame seeds, nori strips, and a drizzle of chili oil or a few drops of Sriracha sauce for extra heat if desired.
11. Serve the ramen immediately, while it's hot and steamy.

## Vegan Kimchi Casserole

Ingredients:

* 2 cups vegan kimchi, chopped
* 1 cup jasmine or short-grain rice, uncooked
* 2 cups vegetable broth
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 cup mushrooms, sliced
* 1 bell pepper, chopped
* 1 block (14 oz) firm tofu, drained and cubed
* 2 tablespoons soy sauce or tamari
* 1 tablespoon sesame oil
* 1 tablespoon gochujang (Korean red chili paste)
* 1 tablespoon maple syrup or sugar
* 2 green onions, sliced for garnish
* 1 tablespoon sesame seeds for garnish
* Salt and pepper to taste
* Olive oil for cooking

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a medium pot, cook the rice according to package instructions, but use vegetable broth instead of water for added flavor.
3. In a large skillet, heat some olive oil over medium heat. Sauté the onion, garlic, mushrooms, and bell pepper until they start to soften.
4. In a separate pan, heat sesame oil over medium heat. Add tofu cubes and cook until all sides are golden brown. Season with a little soy sauce and pepper.
5. In a large mixing bowl, combine the chopped kimchi, gochujang, and maple syrup or sugar. Add the cooked vegetables and tofu to this mixture and mix well.
6. Once the rice is cooked, gently fold it into the kimchi and vegetable mixture. Taste and adjust seasoning with salt, pepper, or more soy sauce if needed.
7. Transfer the mixture to a greased baking dish. Cover with foil and bake for 25 minutes.
8. Remove the casserole from the oven and let it sit for a few minutes. Garnish with sliced green onions and sesame seeds before serving.

## Chickpea and Veggie Pesto Pizza

Ingredients:

* Pizza dough
* 3/4 cup vegan pesto (blend basil, garlic, pine nuts, nutritional yeast, olive oil)
* 1 can chickpeas, drained and rinsed
* 1/2 cup artichoke hearts, quartered
* 1/4 cup sun-dried tomatoes, chopped
* 1/2 cup roasted red peppers, sliced
* 1/4 cup Kalamata olives, sliced
* 1 cup arugula
* Optional: Vegan feta cheese

Instructions:

1. Preheat your oven according to the pizza dough instructions. Roll out the dough on a floured surface and transfer it to a pizza stone or baking sheet.
2. Spread the vegan pesto evenly over the pizza base.
3. Scatter chickpeas, artichoke hearts, sun-dried tomatoes, roasted red peppers, and olives over the pesto.
4. Sprinkle vegan feta cheese on top, if using.
5. Bake for 12-15 minutes or until the crust is golden and the toppings are hot.
6. Once out of the oven, top with fresh arugula.
7. Slice and serve the pizza hot.

## Easy Vegan Chili

Ingredients:

* 1 can kidney beans, drained and rinsed
* 1 can diced tomatoes (with juice)
* 1 bell pepper, chopped
* 1 onion, chopped
* 2 cloves garlic, minced
* 2 tablespoons chili powder
* 1 teaspoon ground cumin
* 1 tablespoon olive oil
* Salt and pepper, to taste
* Optional toppings: chopped green onions, avocado, or vegan sour cream

Instructions:

1. In a large pot, heat the olive oil over medium heat. Add the onion and bell pepper, and sauté until softened.
2. Stir in the minced garlic, chili powder, and cumin, cooking for another minute until fragrant.
3. Add the canned kidney beans and diced tomatoes (with their juice) to the pot.
4. Bring the mixture to a boil, then reduce heat and let it simmer for 30 minutes, stirring occasionally.
5. Season with salt and pepper to taste.
6. Serve the chili hot, garnished with your choice of toppings, such as green onions, avocado, or vegan sour cream.

## Spicy Vegan Black Bean Soup

Ingredients:

* 2 cans black beans, drained and rinsed
* 1 onion, chopped
* 1 bell pepper, chopped
* 2 cloves garlic, minced
* 4 cups vegetable broth
* 1 can diced tomatoes
* 1 tsp ground cumin
* 1 tsp chili powder
* 1/2 tsp smoked paprika
* Salt and pepper to taste
* 1-2 tbsp olive oil
* Optional: Avocado and cilantro for garnish

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onion and bell pepper. Cook until softened. Stir in garlic.
2. Add black beans, diced tomatoes, vegetable broth, cumin, chili powder, and smoked paprika.
3. Bring to a boil, then reduce heat and simmer for about 20-30 minutes.
4. Use an immersion blender to partially blend the soup for a creamier texture, or leave as is for a brothier soup.
5. Adjust salt and pepper to taste.
6. Serve hot, garnished with avocado slices and cilantro if desired.

## Minestrone Soup

Ingredients:

* 1 onion, chopped
* 2 carrots, diced
* 2 celery stalks, diced
* 3 cloves garlic, minced
* 1 zucchini, diced
* 1 can kidney beans, drained and rinsed
* 1 can diced tomatoes
* 4 cups vegetable broth
* 1 cup small pasta (like macaroni or shells)
* 1 tsp dried basil
* 1 tsp dried oregano
* Salt and pepper to taste
* Olive oil
* Optional: Fresh spinach or kale

Instructions:

1. In a large pot, heat olive oil over medium heat. Cook onions, carrots, and celery until softened. Add garlic and cook for another minute.
2. Add zucchini, kidney beans, diced tomatoes, vegetable broth, pasta, basil, and oregano.
3. Bring to a boil, then reduce heat and simmer until the pasta is cooked and vegetables are tender.
4. If using, add spinach or kale at the end of cooking until wilted.
5. Season with salt and pepper to taste.
6. Serve hot, with a sprinkle of vegan Parmesan if desired.

## Creamy Potato and Leek Soup

Ingredients:

* 3 large potatoes, peeled and diced
* 2 leeks, cleaned and sliced (white and light green parts only)
* 4 cups vegetable broth
* 1 cup canned coconut milk
* 2 cloves garlic, minced
* Salt and pepper to taste
* 2 tbsp olive oil
* Optional: Chives or green onions for garnish

Instructions:

1. In a large pot, heat olive oil over medium heat. Add leeks and garlic, sauté until leeks are soft.
2. Add diced potatoes and vegetable broth. Bring to a boil, then reduce to a simmer.
3. Cook until the potatoes are tender, about 20 minutes.
4. Use an immersion blender to blend the soup until smooth (or transfer to a blender in batches).
5. Stir in coconut milk and heat through. Season with salt and pepper.
6. Garnish with chives or green onions if desired.

## Lentil Soup

Ingredients:

* 1 cup dry green or brown lentils, rinsed
* 1 onion, chopped
* 2 carrots, diced
* 2 celery stalks, diced
* 3 cloves garlic, minced
* 1 can diced tomatoes
* 4 cups vegetable broth
* 1 tsp ground cumin
* 1 tsp smoked paprika
* 1/2 tsp dried thyme
* Salt and pepper to taste
* 2 tbsp olive oil
* Optional: Spinach or kale, roughly chopped

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onions, carrots, and celery. Cook until softened. Add garlic and cook for another minute.
2. Stir in lentils, diced tomatoes, vegetable broth, cumin, paprika, and thyme.
3. Bring to a boil, then reduce heat and simmer for about 30 minutes, or until lentils are tender.
4. If using, stir in spinach or kale towards the end of cooking, and cook until wilted.
5. Adjust salt and pepper to taste.
6. Serve hot, perhaps with a slice of crusty bread.

## Vegan Bean Curry

Ingredients:

* 1 can chickpeas, drained and rinsed
* 1 can coconut milk
* 2 tablespoons curry powder
* 1 can diced tomatoes
* 2 cups fresh spinach
* 1 onion, diced
* 2 cloves garlic, minced
* 1 tablespoon ginger, grated
* 2 tablespoons vegetable oil
* Salt to taste
* Rice or naan bread for serving

Instructions:

1. In a large pan, heat the oil over medium heat. Add onion, garlic, and ginger, sautéing until the onion is translucent.
2. Stir in the curry powder and cook for a minute to release its flavors.
3. Add the chickpeas and diced tomatoes to the pan, mixing well.
4. Add the can of coconut milk and stir to combine.
5. Bring the curry to a simmer and let it cook for about 10 minutes.
6. Stir in the spinach and cook until wilted.
7. Season with salt to taste.
8. Serve the curry warm with rice or naan bread.

## Mushroom "Steak"

Ingredients:

* 4 large portobello mushrooms, stems removed
* 1/4 cup soy sauce or tamari (gluten-free if needed)
* 2 tablespoons olive oil
* 2 tablespoons balsamic vinegar
* 2 cloves garlic, minced
* 1 teaspoon smoked paprika
* 1 teaspoon dried thyme
* 1/2 teaspoon black pepper
* Optional: 1 tablespoon nutritional yeast for a cheesy flavor
* Optional garnishes: Fresh parsley, chopped

Instructions:

1. Gently wipe the portobello mushrooms with a damp cloth to clean them. Be careful not to soak them in water.
2. In a bowl, whisk together the soy sauce, olive oil, balsamic vinegar, minced garlic, smoked paprika, thyme, black pepper, and nutritional yeast (if using).
3. Place the mushrooms in a shallow dish or a large ziplock bag. Pour the marinade over the mushrooms, making sure they are well coated. Let them marinate for at least 30 minutes, or for better flavor, leave them in the refrigerator for a couple of hours or overnight.
4. Preheat your grill to medium-high heat or heat a grill pan or skillet over medium-high heat on the stove.
5. Remove the mushrooms from the marinade and place them on the grill or skillet. Cook for about 4-5 minutes on each side, or until they are tender and have grill marks. Baste with additional marinade while cooking for more flavor.
6. Once cooked, remove the mushrooms from the heat and let them rest for a few minutes. This allows the juices to redistribute, making the "steaks" juicier.
7. Slice the mushroom "steaks" if desired, and garnish with fresh parsley. Serve immediately.
8. These vegan mushroom "steaks" are great with sides like mashed potatoes, steamed vegetables, or a fresh salad. They also work wonderfully as a filling for sandwiches or wraps.

## Mushroom Paprikash

Ingredients:

* 2 tablespoons olive oil
* 1 onion, thinly sliced
* 2 cloves garlic, minced
* 1 pound mushrooms, sliced
* 2 tablespoons smoked paprika
* 1 cup vegetable broth
* 1/2 cup vegan sour cream
* Salt and pepper to taste
* Fresh parsley, chopped
* Cooked noodles or rice for serving

Instructions:

1. In a large skillet, heat olive oil and sauté onions and garlic until soft.
2. Add mushrooms and cook until they release their juices.
3. Stir in smoked paprika, then add vegetable broth. Bring to a simmer.
4. Stir in vegan sour cream and season with salt and pepper. Cook until heated through.
5. Serve over cooked noodles or rice, garnished with fresh parsley.

# SNACKS

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## Kale Chips

Ingredients:

* Fresh kale leaves
* Olive oil
* Sea salt

Instructions:

1. Preheat your oven to 300°F (150°C).
2. Wash and dry kale leaves, then tear them into bite-sized pieces.
3. Toss the kale with a small amount of olive oil and sprinkle with sea salt.
4. Spread the kale in a single layer on a baking sheet and bake for 10-15 minutes until crispy.

## Patatas Bravas

Ingredients:

* 3 large potatoes, cubed
* Olive oil
* Salt

For the Sauce:

* 1 can crushed tomatoes
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 tsp smoked paprika
* 1/2 tsp cayenne pepper
* Salt and sugar to taste
* Olive oil for cooking

Instructions:

1. Toss potato cubes with olive oil and salt. Roast in a 400°F (200°C) oven until crispy, about 30 minutes.
2. In a pan, heat olive oil and sauté onion and garlic. Add crushed tomatoes, smoked paprika, cayenne, salt, and a pinch of sugar. Simmer until thickened.
3. Serve the crispy potatoes with the spicy tomato sauce drizzled on top or on the side for dipping.

## French Onion Dip

Ingredients:

* 2 large onions, thinly sliced
* 2 tbsp olive oil
* 1 cup vegan sour cream
* 1/2 cup vegan mayonnaise
* 1 clove garlic, minced
* Salt and pepper to taste
* Chives for garnish

Instructions:

1. In a skillet, cook onions in olive oil over low heat until deeply caramelized, stirring occasionally.
2. Mix vegan sour cream, vegan mayonnaise, garlic, salt, and pepper in a bowl.
3. Once the onions are caramelized, let them cool, then mix them into the dip.
4. Refrigerate the dip for at least an hour to let the flavors meld.
5. Garnish with chopped chives and serve with sliced vegetables or crackers.

## Vegan Bruschetta

Ingredients:

* 1 baguette, sliced and toasted
* 2 cups cherry tomatoes, diced
* 1/4 cup red onion, finely chopped
* 2 cloves garlic, minced
* Fresh basil, chopped
* Olive oil
* Balsamic vinegar
* Salt and pepper

Instructions:

1. Combine tomatoes, red onion, garlic, and basil. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper.
2. Spoon the tomato mixture onto the toasted baguette slices.
3. Enjoy this classic Italian snack, perfect for a light and tasty treat.

## Fruit and Nut Butter Roll-Ups

Ingredients:

* Whole grain tortillas
* Nut butter (like almond, peanut, or sunflower seed butter)
* Sliced bananas or strawberries
* A sprinkle of cinnamon (optional)
* Agave syrup or maple syrup (optional)

Instructions:

1. Lay out a tortilla and spread a generous layer of nut butter across the surface.
2. Place sliced bananas or strawberries (or both) on one end of the tortilla.
3. Drizzle a little agave syrup or maple syrup and sprinkle some cinnamon over the fruit for extra flavor.
4. Roll the tortilla tightly starting from the fruit end. Slice the roll into bite-sized pieces.

## Rice Cake Faces

Ingredients:

* Plain rice cakes
* Nut butter or vegan cream cheese
* Various toppings for making faces: raisins or vegan chocolate chips for eyes, sliced strawberries or apples for smiles, blueberries, shredded carrots, or cucumber slices

Instructions:

1. Spread a thin layer of nut butter or vegan cream cheese on each rice cake.
2. Let your child decorate the rice cakes with the toppings to make fun faces. For example, use raisins or chocolate chips for eyes, a strawberry slice for a smile, and blueberries for a nose

## Cinnamon Toast Crispy Treats

Ingredients:

* 4 cups Cinnamon Toast Crunch cereal (ensure it's a vegan variety as some brands may contain non-vegan ingredients)
* 1/2 cup vegan butter or margarine
* 10 oz vegan marshmallows (make sure they are gelatin-free)
* 1 teaspoon vanilla extract (optional)
* 1/2 teaspoon ground cinnamon (optional, for extra cinnamon flavor)
* A pinch of salt

Instructions:

1. Line an 8x8-inch baking pan with parchment paper, leaving some overhang for easy removal. Alternatively, lightly grease the pan with vegan butter.
2. In a large pot, melt the vegan butter over low heat.
3. Once melted, add the vegan marshmallows to the pot. Stir continuously until the marshmallows have completely melted and the mixture is smooth.
4. Stir in the vanilla extract, ground cinnamon, and a pinch of salt to the marshmallow mixture for added flavor.
5. Remove the pot from the heat. Immediately add the Cinnamon Toast Crunch cereal to the marshmallow mixture.
6. Gently fold the cereal into the marshmallow mixture, making sure the cereal is evenly coated.
7. Transfer the cereal and marshmallow mixture to the prepared pan. Using a spatula or the back of a spoon (greased with a bit of vegan butter to prevent sticking), press the mixture evenly into the pan. Be gentle to avoid crushing the cereal too much.
8. Allow the treats to cool and set at room temperature. This may take about 1 hour. You can also place the pan in the refrigerator to speed up the process.
9. Once set, lift the treats out of the pan using the overhanging parchment paper. Place them on a cutting board and cut them into squares or desired shapes.
10. Enjoy these sweet, crunchy, and cinnamon-flavored treats as a delightful vegan snack.

## Pumpkin Hummus

Ingredients:

* 1 can chickpeas, drained and rinsed
* 1/2 cup pumpkin puree
* 2 tbsp tahini
* 1 clove garlic
* Juice of 1 lemon
* 1 tsp cumin
* Salt to taste
* Olive oil
* Optional: paprika for garnish

Instructions:

1. In a food processor, blend chickpeas, pumpkin puree, tahini, garlic, lemon juice, cumin, and salt until smooth.
2. Gradually add a little olive oil until you reach your desired consistency.
3. Serve garnished with a sprinkle of paprika, accompanied by vegetable sticks or pita chips.

## Vegan Scotch Eggs

Ingredients:

* 4 vegan boiled eggs (available at health food stores)
* Vegan sausage meat or seasoned mashed chickpeas
* Flour for dusting
* Bread crumbs
* Plant-based milk
* Oil for frying

Instructions:

1. Encase each vegan boiled egg in a layer of vegan sausage meat or mashed chickpeas.
2. Roll each in flour, dip in plant-based milk, then roll in bread crumbs.
3. Fry in hot oil until golden brown.
4. Serve warm.

## Chia Seed Pudding

Ingredients:

* Chia seeds,
* Almond milk (or any plant-based milk),
* Maple syrup or agave nectar,
* Vanilla extract.

Instructions:

1. In a jar, mix 3 tablespoons of chia seeds with 1 cup of almond milk, a splash of vanilla extract, and a sweetener to taste.
2. Stir well and let it sit for a few minutes. Stir again to prevent clumping.
3. Refrigerate for at least 2 hours or overnight. The chia seeds will expand and absorb the liquid, creating a pudding-like consistency.

## Bretzel (German Soft Pretzels)

Ingredients:

* 2 1/4 cups all-purpose flour
* 1 tsp sugar
* 1/2 tsp salt
* 1 tsp yeast
* 3/4 cup warm water
* Baking soda bath (4 cups water with 4 tbsp baking soda)
* Coarse salt for sprinkling
* Vegan butter for brushing (optional)

Instructions:

1. Mix flour, sugar, salt, and yeast in a bowl.
2. Add warm water and knead until a smooth dough forms.
3. Let the dough rise for an hour.
4. Preheat oven to 425°F (220°C).
5. Divide the dough into 6 portions and roll each into a long rope. Twist into pretzel shapes.
6. Dip each pretzel in the baking soda bath for 30 seconds.
7. Place on a baking sheet, sprinkle with coarse salt, and bake for 10-12 minutes until golden brown.
8. Brush with vegan butter if desired.

## Avocado Toast with Hemp Seeds

Ingredients:

* Whole grain bread
* Ripe avocado
* Hemp seeds
* Lemon juice
* Salt and pepper.

Instructions:

1. Toast a slice of whole grain bread.
2. Mash a ripe avocado with a squeeze of lemon juice, salt, and pepper.
3. Spread the mashed avocado on the toast and sprinkle with hemp seeds.

## Easy Vegan Kimchi

Ingredients:

* 1 large Napa cabbage (about 2 pounds)
* 1 daikon radish, julienned
* 4 green onions, chopped
* 1 carrot, julienned (optional)
* 1/4 cup sea salt or kosher salt
* 1 tablespoon grated ginger
* 4 cloves garlic, minced
* 1 small onion, minced
* 2-3 tablespoons Korean red pepper flakes (gochugaru), adjust to taste
* 2 tablespoons sugar or a sweetener of your choice
* 3 tablespoons soy sauce or tamari (for a gluten-free option)
* 1 tablespoon rice vinegar
* 2 tablespoons miso paste (ensure it's vegan)

Instructions:

1. Cut the Napa cabbage in half lengthwise, then cut it into quarters. Remove the cores and chop the cabbage into bite-sized pieces.
2. Place the cabbage in a large mixing bowl and sprinkle with the salt.
3. Massage the salt into the cabbage until it starts to soften. Then, add enough water to cover the cabbage. Place a plate on top and weigh it down with something heavy. Let it sit for 1-2 hours.
4. After the cabbage has been sitting, rinse it thoroughly under cold water. Drain and squeeze out as much water as possible.
5. In a food processor, blend the ginger, garlic, onion, Korean red pepper flakes, sugar, soy sauce, rice vinegar, and miso paste until smooth.
6. In a large bowl, combine the drained cabbage with the paste. Use your hands (you might want to wear gloves) to thoroughly mix and massage the paste into the cabbage.
7. Add the daikon radish, green onions, and carrot to the cabbage mixture. Again, use your hands to ensure everything is well combined.
8. Pack the kimchi tightly into jars, pressing down on it to pack it tightly and to eliminate any air pockets. Leave about an inch of space at the top.
9. Seal the jars and let them sit at room temperature for 1-5 days. Check them daily and press down on the cabbage to keep it submerged in its juices. The fermentation time can vary depending on your taste preference and the temperature of your kitchen.
10. Once the kimchi is fermented to your liking, store it in the refrigerator. It will continue to ferment but at a much slower pace. It will keep for several months.

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## Açai Berry Smoothie

Ingredients:

* Frozen açaí berry puree (or açaí powder),
* Banana
* Mixed berries
* Almond milk

Instructions:

1. In a blender, combine a pack of frozen açai berry puree (or 1 tablespoon açai powder) with a banana, a handful of mixed berries, and about 1/2 cup of almond milk.
2. Blend until smooth and creamy. Adjust the amount of almond milk to achieve your desired consistency.

## Goji Berry Trail Mix

Ingredients:

* Goji berries
* Almonds
* Walnuts
* Vegan dark chocolate chips
* Pumpkin seeds

Instructions:

1. Simply mix together a handful of goji berries, almonds, walnuts, vegan dark chocolate chips, and pumpkin seeds in a bowl.
2. Store in an airtight container for a quick and nutritious snack on the go.

# **DESSERTS**

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## Chocolate Pasta with Coconut Milk and Sprinkles

Ingredients:

* 8 ounces rotini pasta (preferably a whole wheat or a similar hearty variety to hold up to the sauce)
* 1 cup chocolate sauce (homemade or store-bought)
* 1/2 cup coconut milk (full-fat for creaminess)
* Rainbow sprinkles for garnish

Directions:

1. Bring a large pot of water to a boil. Add a pinch of salt if desired.
2. Cook the rotini pasta according to the package instructions until it is al dente. You want the pasta to have a little bite to it since it will be served with a sauce.
3. While the pasta is cooking, gently warm the chocolate sauce in a saucepan over low heat.
4. Once the chocolate sauce is warm, slowly stir in the coconut milk until you achieve a smooth and creamy consistency. Adjust the amount to your liking for thickness and creaminess.
5. Once the pasta is cooked to al dente, drain it well. Do not rinse the pasta as the starch helps the sauce cling to it.
6. Return the drained pasta to the pot (off the heat) or to a mixing bowl.
7. Pour the warm chocolate-coconut sauce over the pasta and gently toss until all the pasta is coated.
8. Serve the chocolate pasta in individual bowls or a large serving dish.
9. Garnish generously with rainbow sprinkles right before serving for a pop of color and a slight crunch.

## Sernik (Polish Cheesecake)

Ingredients:

For the Crust:

* 1 1/2 cups crushed vegan cookies or graham crackers
* 1/3 cup vegan butter, melted

For the Filling:

* 2 cups soaked cashews
* 1 cup canned coconut cream
* 1/2 cup sugar
* Juice of 1 lemon
* 2 tsp vanilla extract
* Pinch of salt

Instructions:

1. Preheat your oven to 350°F (175°C).
2. Mix crushed cookies with melted vegan butter and press into the bottom of a springform pan.
3. Blend soaked cashews, coconut cream, sugar, lemon juice, vanilla extract, and salt until smooth.
4. Pour the filling over the crust.
5. Bake for about 50 minutes. Let it cool, then refrigerate for several hours.
6. Serve chilled, optionally topped with fruit or a fruit sauce.

## Appeltaart (Dutch Apple Pie)

Ingredients:

For the Crust:

* 2 cups all-purpose flour
* 1/2 cup sugar
* 1/2 cup vegan butter, cold and cubed
* 1/4 cup cold water

For the Filling:

* 4 apples, peeled and sliced
* 1/4 cup sugar
* 2 tsp cinnamon
* Juice of 1/2 lemon

Instructions:

1. Mix flour and sugar, then cut in vegan butter until crumbly. Add water to form a dough. Chill for 30 minutes.
2. Toss apple slices with sugar, cinnamon, and lemon juice.
3. Roll out dough and place in a pie dish. Add apple filling. Use remaining dough to create a lattice top.
4. Bake at 375°F (190°C) for about 45 minutes or until golden.
5. Cool before serving.

## Rétes (Hungarian Strudel)

Ingredients:

* 1 package vegan filo dough, thawed
* 4 apples, peeled and thinly sliced
* 1/2 cup sugar
* 1 tsp cinnamon
* 1/2 cup raisins
* 1/2 cup walnuts, chopped
* Vegan butter, melted for brushing

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Mix apples, sugar, cinnamon, raisins, and walnuts in a bowl.
3. Lay out a sheet of filo dough and brush with melted vegan butter. Repeat with a few more layers. Spread a portion of the apple filling along one edge. Roll up the dough to encase the filling.
4. Place the strudel seam-side down on a baking sheet. Brush with more melted butter. Bake for 25-30 minutes until golden brown.
5. Let cool slightly and dust with powdered sugar before serving.

## Crema Catalana

Ingredients:

1. 2 cups almond milk
2. 1/2 cup sugar
3. Zest of 1 lemon
4. 1 cinnamon stick
5. 2 tbsp cornstarch
6. 1/2 tsp turmeric (for color)
7. Brown sugar for topping

Instructions:

1. In a saucepan, combine almond milk, lemon zest, and cinnamon stick. Bring to a simmer and then remove from heat.
2. In a bowl, mix sugar, cornstarch, and turmeric. Gradually whisk in the infused milk. Return mixture to the saucepan.
3. Cook over medium heat, stirring constantly, until thickened.
4. Pour into ramekins and chill for a few hours until set.
5. Before serving, sprinkle brown sugar on top and use a kitchen torch to caramelize it.

## Coconut Cream Crème Brûlée

Ingredients:

* 2 cups coconut cream
* 1/2 cup almond milk
* 1/2 cup sugar, plus extra for the caramelized top
* 1 vanilla bean, split and scraped (or 2 tsp vanilla extract)
* 2 tbsp cornstarch

Instructions:

1. In a saucepan, heat coconut cream, almond milk, sugar, and vanilla bean seeds. Bring to a simmer.
2. Dissolve cornstarch in a little water and add to the cream mixture. Stir until thickened.
3. Pour the mixture into ramekins. Bake in a water bath at 325°F (163°C) for about 30-40 minutes or until set.
4. Let the ramekins cool, then refrigerate for a few hours.
5. Just before serving, sprinkle a thin layer of sugar on top of each ramekin and use a kitchen torch to caramelize it (or broil briefly in the oven).
6. Enjoy the contrasting textures of the crisp sugar top and creamy base.

## Easy Vegan Tiramisu

Ingredients:

* 1 cup raw cashews, soaked
* 1/2 cup coconut cream
* 1/4 cup maple syrup
* 1 teaspoon vanilla extract
* 1 cup strong coffee, cooled
* Vegan ladyfingers (store-bought or homemade)
* Unsweetened cocoa powder for dusting

Instructions:

1. Blend soaked cashews, coconut cream, maple syrup, and vanilla until smooth and creamy.
2. Briefly dip ladyfingers in coffee and layer them in a dish. Spread a layer of the cashew cream over the ladyfingers. Repeat layers.
3. Refrigerate for at least 4 hours, or overnight.
4. Dust with cocoa powder before serving.

## Sticky Toffee Pudding

Ingredients:

* 1 1/2 cups dates, pitted and chopped
* 1 tsp baking soda
* 1 cup boiling water
* 1 cup all-purpose flour
* 1 tsp baking powder
* 1/4 cup vegan butter, melted
* 3/4 cup brown sugar
* 1 tsp vanilla extract

For the sauce:

* 1/2 cup brown sugar
* 1/4 cup vegan butter
* 2/3 cup coconut cream
* 1 tsp vanilla extract

Instructions:

1. Soak dates in boiling water with baking soda. Let sit for 20 minutes.
2. Blend Date Mixture: Blend the date mixture until mostly smooth.
3. Combine flour and baking powder. In another bowl, mix melted butter, brown sugar, and vanilla. Combine with the date mixture, then fold in the flour mixture.
4. Pour into a greased baking dish and bake at 350°F (175°C) for 25-30 minutes.
5. Prepare Sauce: For the sauce, combine all sauce ingredients in a saucepan. Bring to a boil and simmer for a few minutes.
6. Pour warm sauce over the pudding before serving.

## Pumpkin Pie Chia Pudding

Ingredients:

* 1/4 cup chia seeds
* 1 cup almond milk
* 1/2 cup pumpkin puree
* 2 tbsp maple syrup
* 1 tsp pumpkin pie spice
* Optional toppings: whipped coconut cream, crushed pecans

Instructions:

1. In a bowl, whisk together chia seeds, almond milk, pumpkin puree, maple syrup, and pumpkin pie spice.
2. Cover and refrigerate for at least 4 hours, or overnight.
3. Stir the pudding, adjust the sweetness if necessary, and serve with whipped coconut cream and crushed pecans.

## Apfelstrudel (German Apple Strudel)

Ingredients:

* 1 vegan puff pastry sheet, thawed
* 3 apples, peeled, cored, and thinly sliced
* 1/2 cup raisins
* 1/4 cup sugar
* 1 tsp cinnamon
* 1/4 cup breadcrumbs
* Vegan butter, melted for brushing
* Powdered sugar for dusting

Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix apples, raisins, sugar, and cinnamon in a bowl.
3. Roll out the puff pastry on a lightly floured surface.
4. Sprinkle breadcrumbs over the pastry, leaving a small border.
5. Arrange the apple mixture along one side of the pastry.
6. Roll up the pastry, tucking in the ends, and place on a baking sheet seam-side down.
7. Brush with melted vegan butter.
8. Bake for 25-30 minutes or until golden brown.
9. Dust with powdered sugar before serving.

## Simple Vegan Marshmallows

Ingredients:

* 1/2 cup cold water, divided
* 1 1/2 tablespoons agar-agar powder (a vegan gelatin alternative)
* 1 cup granulated sugar
* 1/4 cup light corn syrup
* 1/8 teaspoon salt
* 1 teaspoon vanilla extract
* Confectioners' sugar, for dusting

Instructions:

1. Lightly grease an 8x8-inch pan and dust it with confectioners' sugar to prevent sticking.
2. Bloom the Agar-Agar:
3. In a small saucepan, sprinkle the agar-agar powder over 1/4 cup of cold water. Let it sit for about 5 minutes to “bloom” (absorb the water).
4. Heat the agar-agar and water mixture over medium heat, stirring constantly until the agar completely dissolves (about 5-7 minutes).
5. In another saucepan, combine the remaining 1/4 cup water, granulated sugar, corn syrup, and salt. Bring the mixture to a boil over medium heat.
6. Continue boiling the mixture until it reaches the “soft ball” candy stage, or 240°F (115°C) on a candy thermometer. This usually takes about 10 minutes.
7. Once the sugar syrup reaches the correct temperature, remove it from the heat. Slowly and carefully pour it into the agar-agar mixture, stirring constantly.
8. Transfer the combined mixture to a large bowl (or stand mixer) and whip it on high speed for about 10-12 minutes, or until it becomes very thick, fluffy, and triples in volume. Add the vanilla extract during the last minute of whipping.
9. Quickly pour the whipped mixture into your prepared pan, smoothing the top with a spatula. Work quickly, as the mixture will start setting as it cools.
10. Let the marshmallows sit at room temperature for at least 4 hours, or overnight, until set and firm to the touch.
11. Once set, cut the marshmallows into squares using a knife or pizza cutter dusted with confectioners' sugar.
12. Toss each marshmallow in more confectioners' sugar to prevent sticking.
13. Store the marshmallows in an airtight container at room temperature. They are best used within a week.

## Easy S'mores with Homemade Marshmallows

Ingredients:

* Homemade vegan marshmallows (from the previous recipe)
* Vegan graham crackers
* Vegan chocolate bars (dark chocolate works well)

Instructions:

1. Carefully skewer the homemade vegan marshmallows.
2. Roast them over an open flame (like a campfire or a gas stove burner) until they are golden brown and melty. Be sure to turn them frequently for an even roast. If you don't have a flame source, you can broil them in the oven. Just watch them closely as they can burn quickly.
3. Break the graham crackers in half to create squares.
4. Place a piece of vegan chocolate on one half of each graham cracker. The heat from the marshmallow will help melt the chocolate.
5. Once the marshmallow is roasted to your liking, carefully place it on top of the chocolate piece.
6. Use another graham cracker square to sandwich the marshmallow. Press down gently to spread the melted marshmallow.
7. Allow the s'more to cool for a moment (the marshmallow will be very hot), and then enjoy the gooey, sweet treat.
8. Continue making more s'mores as desired. This is a fun and interactive dessert, perfect for gatherings or a cozy night in.

## Black Bean Brownies

Ingredients:

* 1 can black beans (15 oz), drained and rinsed
* 1/2 cup maple syrup or agave nectar
* 1/2 cup unsweetened cocoa powder
* 1/4 cup oat flour (or blend rolled oats into a fine flour)
* 1/4 cup coconut oil, melted
* 1 tsp vanilla extract
* 1/2 tsp baking powder
* A pinch of salt
* Optional: 1/2 cup vegan chocolate chips

Instructions:

1. Preheat your oven to 350°F (175°C). Grease an 8x8 inch baking pan or line it with parchment paper.
2. In a food processor, blend the black beans until smooth.
3. Combine Ingredients: Add maple syrup, cocoa powder, oat flour, melted coconut oil, vanilla extract, baking powder, and salt to the food processor. Blend until the mixture is smooth.
4. If using, fold in the vegan chocolate chips.
5. Pour the batter into the prepared pan and smooth the top with a spatula. Bake for 20-25 minutes, or until the edges start to pull away from the sides of the pan.
6. Let the brownies cool in the pan before slicing.
7. Cut into squares and serve. Enjoy your rich and fudgy vegan black bean brownies!

## Bean and Chocolate Mousse

Ingredients:

* 1 can white beans (15 oz), drained and rinsed
* 4 oz vegan dark chocolate
* 3 tbsp maple syrup or agave nectar
* 1 tsp vanilla extract
* A pinch of salt

Instructions:

1. Break the chocolate into pieces and melt it gently using a double boiler or microwave.
2. In a blender, combine the melted chocolate, white beans, maple syrup, vanilla extract, and a pinch of salt. Blend until smooth.
3. Pour the mixture into individual cups or a large bowl and refrigerate for at least 2 hours, or until set.
4. Serve the chocolate mousse chilled. It can be garnished with whipped cream, fruit, or a sprinkle of cocoa powder.

## Sweet Bean and Banana Ice Cream

Ingredients:

* 1 can cannellini beans (15 oz), drained and rinsed
* 2 ripe bananas
* 1/4 cup maple syrup or agave nectar
* 1 tsp vanilla extract

Instructions:

1. In a blender or food processor, combine cannellini beans, bananas, maple syrup, and vanilla extract. Blend until very smooth.
2. Pour the mixture into a freezer-safe container and freeze for at least 4 hours, or until solid.
3. Once frozen, break the mixture into chunks and blend again in a food processor until it reaches a creamy, ice cream-like consistency.
4. Serve the ice cream immediately for a soft-serve texture, or return it to the freezer for a firmer consistency.
5. Scoop and enjoy your bean and banana ice cream, a healthy and delightful treat!

## Banana Ice Cream

Ingredients:

* 2-3 ripe bananas
* Optional toppings: Chopped nuts, berries, or vegan chocolate syrup

Instructions:

1. Slice the bananas and freeze them until solid (at least 2 hours or overnight).
2. Blend the frozen banana slices in a powerful blender or food processor until smooth and creamy. This may take a few minutes and might require pausing to stir.
3. Serve immediately as soft-serve ice cream, or freeze for an additional hour for a firmer texture.
4. Top with your favorite vegan toppings.

## Peanut Butter and Jelly Oat Bars

Ingredients:

* 1 cup rolled oats
* 1/2 cup peanut butter
* 1/4 cup maple syrup or agave nectar
* 1/4 cup jelly or jam of choice

Instructions:

1. In a bowl, mix together the oats, peanut butter, and maple syrup until well combined.
2. Press half of the mixture into a small container or dish lined with parchment paper.
3. Spread the jelly or jam over the first layer of the oat mixture.
4. Press the remaining oat mixture on top of the jelly layer.
5. Refrigerate for at least 1 hour until set, then cut into bars.

## Honey Cakes

Ingredients:

* 3 cups all-purpose flour
* 1/2 cup sugar
* 1/2 cup vegan butter, melted
* 1/4 cup plant-based milk
* 1 tsp baking soda
* 2 tbsp molasses or dark syrup
* For the cream: 1 can coconut cream, chilled overnight; 1/4 cup powdered sugar; 1 tsp vanilla extract

Instructions:

1. Mix flour, sugar, melted vegan butter, plant-based milk, baking soda, and molasses to form a dough. Divide into 6 equal parts and roll out each into a thin circle. Bake each layer at 350°F (175°C) for 5-7 minutes.
2. Whip chilled coconut cream with powdered sugar and vanilla extract until fluffy.
3. Spread cream between each layer and on top of the cake. Let it sit for a few hours or overnight to soften.
4. Slice and serve the vegan medovik, enjoying its rich and creamy texture.

## Lemon Bars

Ingredients:

For the Crust:

* 1 cup all-purpose flour (or almond flour for gluten-free)
* 1/4 cup powdered sugar
* 1/2 cup vegan butter, cold and cubed

For the Filling:

* 1 cup fresh lemon juice
* 2 tablespoons lemon zest
* 1/2 cup plant-based milk
* 1 cup sugar
* 4 tablespoons cornstarch
* A pinch of turmeric for color (optional)

Instructions:

1. Preheat the oven to 350°F (175°C). In a bowl, mix flour and powdered sugar. Cut in the vegan butter until the mixture resembles coarse crumbs. Press into the bottom of a lined 8x8 inch baking pan. Bake for 15 minutes.
2. In a saucepan, whisk together lemon juice, lemon zest, plant-based milk, sugar, cornstarch, and turmeric (if using). Cook over medium heat, stirring constantly until it thickens.
3. Pour the filling over the baked crust. Return to the oven and bake for another 20 minutes.
4. Allow the bars to cool completely, then refrigerate for at least 2 hours.
5. Cut into squares and dust with powdered sugar before serving.

## Chocolate Avocado Mousse

Ingredients:

* 2 ripe avocados, peeled and pitted
* 1/2 cup unsweetened cocoa powder
* 1/2 cup maple syrup or agave nectar (adjust to taste)
* 1/4 cup plant-based milk (such as almond, soy, or coconut milk)
* 1 teaspoon vanilla extract
* A pinch of salt
* Optional toppings: Vegan whipped cream, fresh berries, mint leaves, or chocolate shavings

Instructions:

1. Cut the avocados in half, remove the pits, and scoop the flesh into a food processor or blender.
2. Add the cocoa powder, maple syrup (or agave nectar), plant-based milk, vanilla extract, and a pinch of salt to the avocados in the blender.
3. Blend all the ingredients on high speed until the mixture becomes very smooth and creamy. Stop and scrape down the sides as needed to ensure everything is well blended. This may take a few minutes to achieve the right consistency.
4. Taste the mousse and adjust the sweetness if needed, adding a bit more maple syrup or agave nectar if desired.
5. Transfer the mousse to individual serving bowls or a large serving dish. Cover and refrigerate for at least 1 hour to allow it to set and the flavors to meld. The mousse can also be served immediately if you prefer a softer consistency.
6. Once chilled, serve the mousse with your choice of toppings such as vegan whipped cream, fresh berries, mint leaves, or chocolate shavings for an added touch of elegance.
7. Dig in and enjoy this rich, creamy, and guilt-free vegan chocolate avocado mousse!

## Flaxseed Coconut Chocolate Chip Cookies:

Ingredients:

* 1 cup all-purpose flour
* 1/2 cup ground flaxseed meal
* 1/2 cup shredded coconut (unsweetened)
* 1/2 cup dark chocolate chips (vegan)
* 1/2 cup coconut oil, melted
* 1/2 cup maple syrup or agave nectar
* 1 teaspoon vanilla extract
* 1/2 teaspoon baking powder
* 1/4 teaspoon salt

Instructions:

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the all-purpose flour, ground flaxseed meal, shredded coconut, dark chocolate chips, baking powder, and salt. Mix well to ensure even distribution of ingredients.
3. In a separate bowl, whisk together the melted coconut oil, maple syrup (or agave nectar), and vanilla extract until well combined.
4. Pour the wet ingredients into the dry ingredients and stir until a cookie dough consistency forms. If the dough appears too sticky, you can refrigerate it for about 15 minutes to make it easier to handle.
5. Use a spoon or your hands to scoop out portions of the dough, forming them into cookie-sized rounds. Place the cookies on the prepared baking sheet, leaving enough space between each.
6. Bake in the preheated oven for 10-12 minutes or until the edges are golden brown. Keep an eye on them to prevent over-baking.
7. Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
8. Once cooled, indulge in these delightful Flaxseed Coconut Chocolate Chip Cookies!

## Simple Vegan Cookies

Ingredients:

* 2 cups all-purpose flour
* 1/2 cup sugar (or sweetener of choice)
* 1/2 cup vegan butter, melted
* 1/4 cup plant-based milk (almond, soy, oat, etc.)
* Optional: 1 teaspoon vanilla extract (if you have it and want some extra flavor)

Directions:

1. Preheat the Oven: Set your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Mix Ingredients: In a large bowl, combine the flour and sugar. Then add the melted vegan butter and plant-based milk (and vanilla extract if using). Mix until a dough forms. If the dough is too crumbly, add a bit more milk; if too wet, add a little more flour.
3. Shape Cookies: Use your hands to form the dough into small balls and then flatten them slightly on the baking sheet.
4. Bake: Place the cookies in the oven and bake for 12-15 minutes, or until they are golden around the edges.
5. Cool: Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

## Latte Cookies Recipe

Ingredients:

* 1 cup all-purpose flour
* 1/2 teaspoon baking powder
* 1/4 teaspoon salt
* 1 teaspoon espresso powder (or finely ground coffee)
* 1/2 cup vegan butter, softened
* 1/2 cup granulated sugar
* 1/4 cup brown sugar
* 1 teaspoon vanilla extract
* 2 tablespoons non-dairy milk (almond, soy, oat, etc.)
* 1/2 cup dairy-free chocolate chips

Directions:

1. Set your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together the flour, baking powder, salt, and espresso powder.
3. Creaming: In a separate bowl, cream together the vegan butter, granulated sugar, and brown sugar until light and fluffy. Stir in the vanilla extract and non-dairy milk until well combined.
4. Gradually add the dry ingredients into the wet mixture, mixing until just combined. Fold in the dairy-free chocolate chips.
5. Use a spoon or cookie scoop to drop dough onto the prepared baking sheet. Flatten them slightly, as they will not spread much.
6. Place in the oven and bake for 10-12 minutes or until the edges are just starting to brown.
7. Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

## Coconut Rice Pudding

Ingredients:

* 1 cup Arborio rice or short-grain rice
* 1 can (14 oz) full-fat coconut milk
* 3 cups almond milk (or any plant-based milk)
* 1/3 cup sugar or maple syrup
* 1 teaspoon vanilla extract
* 1/4 teaspoon ground cinnamon
* Pinch of salt
* Optional: Toasted coconut flakes and fresh mango for topping

Instructions:

1. In a large saucepan, combine rice, coconut milk, almond milk, and salt. Bring to a boil, then reduce heat to low and simmer, stirring frequently, until the rice is tender and the mixture is creamy (about 30 minutes).
2. Stir in sugar or maple syrup, vanilla extract, and cinnamon. Cook for another 5 minutes.
3. This dessert can be enjoyed either warm or cold. If serving cold, let the pudding cool, then refrigerate.
4. Serve the rice pudding in bowls, topped with toasted coconut flakes and fresh mango slices if desired.

## Snickers Style Bar

Ingredients:

For the Nougat Layer:

* 1 cup almond flour
* 1/3 cup maple syrup
* 1 tablespoon almond butter

For the Caramel Layer:

* 1 cup dates, pitted and soaked in hot water for 10 minutes
* 1/4 cup peanut butter
* 1/4 cup almond milk
* A pinch of salt

For the Peanut Layer:

* 1 cup roasted peanuts (unsalted)
* For the Chocolate Coating:
* 1 1/2 cups vegan dark chocolate chips
* 1 tablespoon coconut oil

Instructions:

1. In a bowl, mix almond flour, maple syrup, and almond butter until a dough forms.
2. Press this mixture into the bottom of a lined loaf pan, creating an even layer.
3. Place in the freezer to set while you make the next layer.
4. Drain the soaked dates and blend them in a food processor with peanut butter, almond milk, and a pinch of salt until smooth and creamy.
5. Spread the caramel layer over the nougat layer in the loaf pan.
6. Sprinkle the roasted peanuts evenly over the caramel layer, gently pressing them down into the caramel.
7. Return the pan to the freezer for at least 1 hour to firm up.
8. Melt the vegan dark chocolate chips with coconut oil using a double boiler method or in the microwave in 30-second intervals, stirring until smooth.
9. Once the nougat and caramel layers are set, remove from the freezer and lift out of the pan using the edges of the lining.
10. Cut into bar-sized pieces.
11. Dip each bar into the melted chocolate, ensuring all sides are coated. You can use a fork for this to let excess chocolate drip off.
12. Place the coated bars on a parchment-lined tray.
13. Chill the bars in the refrigerator or freezer until the chocolate coating has completely hardened.
14. Once set, the vegan Snickers bars are ready to enjoy! Store any leftovers in an airtight container in the refrigerator or freezer.

## Reese's Peanut Butter Style Cups

Ingredients:

For the Peanut Butter Filling:

* 1 cup natural peanut butter (smooth or chunky based on preference)
* 1/4 cup powdered sugar (adjust based on desired sweetness)
* 2 tablespoons coconut flour or almond flour (for binding)
* 1/2 teaspoon vanilla extract
* A pinch of salt (if the peanut butter is unsalted)

For the Chocolate Coating:

* 2 cups vegan chocolate chips or chopped vegan chocolate bars
* 1 tablespoon coconut oil
* Equipment:
* Muffin tin
* Muffin liners

Instructions:

1. In a medium bowl, mix together the peanut butter, powdered sugar, coconut or almond flour, vanilla extract, and a pinch of salt until well combined. The mixture should be firm enough to hold its shape. If it's too sticky, add a bit more flour, and set aside.
2. Using a double boiler method, melt the vegan chocolate chips and coconut oil together until smooth. Alternatively, you can melt them in the microwave in 30-second intervals, stirring in between, until fully melted.
3. Line a muffin tin with muffin liners.
4. Spoon a small amount of the melted chocolate into the bottom of each muffin liner, just enough to cover the base.
5. Place the tin in the freezer for about 10 minutes to allow the chocolate to set.
6. Once the chocolate is set, take a small amount of the peanut butter mixture and flatten it into a disc that’s slightly smaller than the diameter of your muffin liners.
7. Place the peanut butter disc on top of the hardened chocolate base. Repeat for all liners.
8. Spoon more melted chocolate over the peanut butter layer, ensuring that the peanut butter is completely covered and the chocolate reaches the edges of the liners.
9. Gently tap the tin on the counter to even out the chocolate and remove any air bubbles.
10. Place the muffin tin back into the freezer for another 20-30 minutes, or until the chocolate has completely hardened.
11. Once set, remove the vegan peanut butter cups from the liners. They are now ready to be enjoyed!

## Twix Style Bar

Ingredients:

For the Shortbread Base:

* 1/2 cup vegan butter, softened
* 1/4 cup sugar
* 1 teaspoon vanilla extract
* 1 cup all-purpose flour (for gluten-free, use almond or oat flour)
* A pinch of salt

For the Caramel Layer:

* 1 cup dates, pitted and soaked in warm water for 30 minutes
* 2 tablespoons almond butter or peanut butter
* 1/2 teaspoon vanilla extract
* A pinch of salt
* 2-3 tablespoons water (from soaking the dates)

For the Chocolate Coating:

* 1 1/2 cups vegan chocolate chips
* 1 tablespoon coconut oil

Instructions:

1. Preheat your oven to 350°F (175°C). Line an 8x8-inch baking pan with parchment paper.
2. In a mixing bowl, cream together the vegan butter and sugar until smooth. Stir in the vanilla extract.
3. Add the flour and salt to the creamed mixture and mix until a dough forms.
4. Press the dough evenly into the bottom of the prepared pan and bake for 20-25 minutes or until lightly golden. Let it cool completely.
5. Drain the soaked dates, reserving some of the water.
6. In a food processor, blend the dates, almond or peanut butter, vanilla extract, and salt. Add the reserved water one tablespoon at a time until a smooth caramel consistency is achieved.
7. Spread the caramel evenly over the cooled shortbread base. Place in the freezer for about 30 minutes to firm up.
8. Melt the vegan chocolate chips with coconut oil using a double boiler or in the microwave in 30-second intervals, stirring until smooth.
9. Once the caramel layer is firm, lift the contents out of the pan using the edges of the parchment paper and place on a cutting board.
10. Cut into bar-sized pieces.
11. Dip each bar into the melted chocolate, making sure all sides are coated. Use a fork to let any excess chocolate drip off.
12. Place the coated bars on a parchment-lined tray and Chill to Set:

## Mounds Style Bars

Ingredients:

For the Coconut Filling:

* 2 cups unsweetened shredded coconut
* 1/3 cup coconut oil, melted
* 1/4 cup maple syrup or agave nectar
* 2 tablespoons coconut cream (the thick part from the top of a can of full-fat coconut milk)
* 1 teaspoon vanilla extract

For the Chocolate Coating:

* 2 cups vegan dark chocolate chips
* 1 tablespoon coconut oil

Instructions:

1. In a mixing bowl, combine the shredded coconut, melted coconut oil, maple syrup or agave nectar, coconut cream, and vanilla extract. Mix well until everything is thoroughly combined and the mixture holds together when squeezed.
2. Shape the mixture into small oblong bars (similar to the shape of a traditional Mounds bar) using your hands. If the mixture is too sticky, chill it in the fridge for a few minutes before shaping.
3. Place the shaped bars on a baking sheet lined with parchment paper.
4. Freeze the coconut bars for about 20-30 minutes, or until they are firm.
5. Melt the vegan dark chocolate chips with the tablespoon of coconut oil. You can use a double boiler or microwave the mixture in 30-second intervals, stirring in between, until smooth.
6. Once the coconut bars are firm, dip each bar into the melted chocolate using a fork, ensuring they are completely coated.
7. Gently tap off any excess chocolate and place the bars back onto the parchment paper.
8. If you have leftover chocolate, you can drizzle it over the bars for an extra layer of chocolate.
9. Place the chocolate-coated bars in the refrigerator for the chocolate to harden, about 15-30 minutes.
10. Once the chocolate has set, your vegan Mounds bars are ready to be enjoyed!
11. Store any leftover bars in an airtight container in the fridge to keep them firm.

## Kit Kat Style Bars

Ingredients:

* Vegan wafer biscuits (Check the ingredients to ensure they're vegan. You can use plain vanilla-flavored wafers.)
* 2 cups vegan chocolate chips or chopped vegan chocolate bars
* 1 tablespoon coconut oil

Instructions:

1. Depending on the size of your wafers and how large you want your Kit Kat bars to be, you may need to trim the wafers with a knife to get the desired size. Kit Kats typically have a long, narrow shape.
2. Melt the vegan chocolate chips or chopped chocolate with coconut oil. You can use a double boiler method or melt it in the microwave. If using a microwave, heat in 30-second intervals, stirring between each interval until smooth.
3. Lay a piece of parchment paper on a flat surface or a baking sheet.
4. Dip each wafer biscuit into the melted chocolate, ensuring it is completely covered. Use a fork to lift the wafer out of the chocolate, gently tapping to remove excess chocolate.
5. Carefully place each chocolate-coated wafer on the parchment paper.
6. For a thicker Kit Kat bar with multiple layers, you can stack two chocolate-covered wafers together, then re-dip the double stack into the chocolate for an extra layer.
7. Place the chocolate-coated wafers in the refrigerator or freezer until the chocolate is firm, about 15-30 minutes.
8. Once the chocolate has set and hardened, your vegan Kit Kat bars are ready to be enjoyed.
9. Store any leftover bars in an airtight container in the fridge to keep them firm.

## Chocolate Mug Cake

Ingredients:

* 4 tablespoons all-purpose flour
* 2 tablespoons cocoa powder
* 2 tablespoons sugar
* 1/2 teaspoon baking powder
* A pinch of salt
* 5 tablespoons plant-based milk (almond, soy, oat, etc.)
* 2 tablespoons vegetable oil
* Optional: Vegan chocolate chips, a scoop of peanut butter, or sliced banana

Instructions:

1. In a microwave-safe mug, mix flour, cocoa powder, sugar, baking powder, and salt.
2. Stir in plant-based milk and vegetable oil until the batter is smooth. Mix in any optional additions like chocolate chips.
3. Microwave on high for about 1-2 minutes, until the cake rises and sets. (Microwave times may vary.)
4. Let it cool for a minute before enjoying.

## Banana Pudding

Ingredients:

* 2 cups almond milk (or any plant-based milk of your choice)
* 1/3 cup sugar
* 3 tablespoons cornstarch
* 1/4 teaspoon salt
* 1 teaspoon vanilla extract
* 2 ripe bananas, mashed
* Additional 2 ripe bananas, sliced
* Vegan vanilla wafers (check the label to ensure they're vegan)
* Vegan whipped cream
* A sprinkle of cinnamon or grated vegan chocolate

Instructions:

1. In a saucepan, whisk together the almond milk, sugar, cornstarch, and salt. Make sure the cornstarch is fully dissolved.
2. Place the saucepan over medium heat. Bring the mixture to a simmer, whisking constantly to avoid lumps.
3. Once the mixture thickens (this should take about 5-7 minutes), remove it from the heat.
4. Stir in the mashed bananas and vanilla extract. Mix well until everything is incorporated.
5. Transfer the pudding to a bowl. Cover it with plastic wrap, ensuring the wrap touches the surface of the pudding to prevent a skin from forming.
6. Chill in the refrigerator for at least 2 hours, or until the pudding is set and cold.
7. In serving glasses or a large pudding dish, start by layering vegan vanilla wafers at the bottom.
8. Add a layer of sliced bananas over the wafers.
9. Pour a layer of the chilled banana pudding over the bananas and wafers.
10. Repeat the layers until all components are used up, finishing with a layer of pudding on top.
11. Just before serving, add a dollop of vegan whipped cream on top of each serving.
12. Sprinkle with a little cinnamon or grated vegan chocolate for an extra touch.
13. Serve the banana pudding chilled. It’s a creamy, comforting dessert with the natural sweetness of bananas.

## Fruit Cobbler

Ingredients:

* 4 cups mixed fresh fruit (such as berries, peaches, apples, or pears, depending on the season)
* 1/3 cup sugar (adjust based on the sweetness of the fruit)
* 1 tablespoon cornstarch
* 1 teaspoon lemon juice
* 1/2 teaspoon vanilla extract
* A pinch of cinnamon or nutmeg (optional)
* 1 cup all-purpose flour (for a gluten-free option, use a gluten-free flour blend)
* 1/4 cup sugar
* 1 teaspoon baking powder
* 1/4 teaspoon salt
* 1/4 cup vegan butter, cold and cubed
* 1/4 cup plant-based milk
* 1 teaspoon vanilla extract

Instructions:

1. Preheat your oven to 375°F (190°C). In a large bowl, mix together the fresh fruit, sugar, cornstarch, lemon juice, vanilla extract, and cinnamon or nutmeg if using. Pour the fruit mixture into a baking dish (about 9x9 inches or similar size).
2. In a separate bowl, whisk together flour, sugar, baking powder, and salt. Add the cold, cubed vegan butter to the flour mixture. Using a fork or pastry cutter, cut the butter into the flour until the mixture resembles coarse crumbs. Stir in the plant-based milk and vanilla extract to form a thick batter.
3. Drop spoonfuls of the cobbler topping over the fruit filling, covering it in an even layer. You can leave some fruit peeking through for a rustic look.
4. Bake in the preheated oven for 35-40 minutes, or until the fruit filling is bubbly and the topping is golden brown.
5. Let the cobbler cool slightly before serving. It can be enjoyed warm or at room temperature.
6. Optional: Serve with a scoop of vegan ice cream or a dollop of vegan whipped cream.

## Strawberry Crumble

Ingredients:

* 4 cups fresh strawberries, hulled and halved
* 1/3 cup sugar (you can adjust based on the sweetness of the strawberries)
* 2 tablespoons cornstarch
* 1 teaspoon lemon juice
* 1/2 teaspoon vanilla extract
* 1 cup rolled oats
* 1/2 cup all-purpose flour (for a gluten-free option, use almond flour or a gluten-free blend)
* 1/2 cup brown sugar
* 1/2 teaspoon cinnamon
* 1/4 teaspoon salt
* 1/3 cup coconut oil, melted (or vegan butter)

Instructions:

1. Preheat your oven to 375°F (190°C). In a large bowl, combine the strawberries, sugar, cornstarch, lemon juice, and vanilla extract. Toss gently to coat the strawberries evenly.
2. Transfer the strawberry mixture to a baking dish (around 9x9 inches or similar).
3. In another bowl, mix together the rolled oats, flour, brown sugar, cinnamon, and salt.
4. Pour the melted coconut oil over the oat mixture and stir until the mixture is crumbly and well combined. Sprinkle the crumble topping evenly over the strawberry filling.
5. Bake in the preheated oven for about 30-35 minutes, or until the topping is golden brown and the strawberry filling is bubbly.
6. Allow the crumble to cool slightly before serving. It can be enjoyed warm or at room temperature.
7. Optional: Serve with a scoop of vegan ice cream or a dollop of vegan whipped cream.

## Chocolate Avocado Brownies

Ingredients:

* 2 ripe avocados, mashed
* 1 cup all-purpose flour (for a gluten-free option, use almond or oat flour)
* 1/2 cup unsweetened cocoa powder
* 1/2 cup brown sugar or coconut sugar
* 1/4 cup plant-based milk (almond, soy, or oat)
* 1/4 cup coconut oil, melted
* 1 teaspoon vanilla extract
* 1/2 teaspoon baking soda
* A pinch of salt
* 1/2 cup vegan chocolate chips

Instructions:

1. Preheat your oven to 350°F (175°C). Line an 8x8-inch baking pan with parchment paper.
2. Combine Wet Ingredients: In a large bowl, mix the mashed avocados, melted coconut oil, plant-based milk, and vanilla extract until smooth.
3. In another bowl, sift together flour, cocoa powder, sugar, baking soda, and salt.
4. Gradually mix the dry ingredients into the wet ingredients until well combined. Fold in the vegan chocolate chips.
5. Pour the batter into the prepared baking pan and smooth the top with a spatula. Bake for 25-30 minutes or until a toothpick inserted into the center comes out clean.
6. Allow the brownies to cool in the pan before cutting into squares. Serve and enjoy!

## Mango Coconut Tarts

Ingredients:

* 1 cup dates, pitted and soaked
* 1 cup almonds
* A pinch of salt
* 2 ripe mangoes, peeled and chopped
* 1/2 cup coconut cream
* 2 tablespoons maple syrup or agave nectar
* 1 teaspoon lime juice
* Fresh mango slices
* Shredded coconut

Instructions:

1. In a food processor, blend the soaked dates, almonds, and a pinch of salt until the mixture sticks together. Press the mixture into the bottoms and sides of tart pans or muffin tins to form small crusts.
2. Blend the chopped mangoes, coconut cream, maple syrup, and lime juice until smooth.
3. Pour the mango filling into each crust. Tap gently to remove air bubbles.
4. Refrigerate the tarts for at least 2 hours or until the filling is set.
5. Top each tart with fresh mango slices and a sprinkle of shredded coconut before serving.

**A Glimpse into the Culinary Future.**

The collaboration between artificial intelligence and human creativity showcased in these pages is just the beginning. The implications of integrating AI into our cooking practices are vast, offering us tools to enhance our creativity, understand our preferences better, and make healthier and more sustainable food choices. This cookbook is a testament to the potential for technology to positively influence our culinary landscapes, making plant-based cooking more accessible, enjoyable, and varied than ever before.

Moreover, the emphasis on a vegan diet throughout this book speaks to an urgent need for change in how we interact with our planet. Each recipe has been crafted not only with taste in mind but also with a deep respect for the environment and the well-being of all living creatures. By choosing to explore plant-based cooking, you're taking a step towards a more sustainable and compassionate world.

As you continue your culinary journey, remember that the essence of cooking lies in exploration, experimentation, and the joy of sharing meals with others. Let the recipes in "Artificially Plant-Based" inspire you to embrace new flavors, experiment with unique ingredients, and appreciate the art of cooking in a whole new light.

The future of food is bright, innovative, and plant-based. Together, with tools like artificial intelligence and a commitment to sustainability, we can create a culinary culture that's not only delicious but also kind and conscious. Thank you for joining us on this extraordinary journey. Here's to many more adventures in the kitchen, where technology and tradition meet to create something truly magical.

Until we cook again, may your meals be joyful, your creativity boundless, and your table always full of love and delicious, plant-based food.