



THE COMPLETE

PLANT-BASED COOKBOOK



200+

DONE-FOR-YOU
VEGAN RECIPES

www.plantbasedcookbook.com



THE COMPLETE PLANT-BASED COOKBOOK

200+ Plant-based Vegan recipes that are healthy, delicious, quick and affordable

DISCLAIMER

The recipes or other information provided in this report are for informational purposes only and are not intended to provide dietary advice. A medical practitioner should be consulted before making any changes in your diet. Additionally, recipe cooking times may require adjustments depending on age and quality of appliances. Readers are strongly urged to take all precautions to ensure ingredients are fully cooked in order to avoid the dangers of foodborne viruses. The recipes and suggestions provided in this book are solely the opinion of the author. The author and publisher do not take responsibility for any consequences that may result due to the instructions provided in this book.

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INTRODUCTION

Welcome to 'The Complete Plant-Based Cookbook,' your ticket to an exciting adventure in plant-based cooking.

In this book, you'll explore delicious flavors and the endless possibilities of plant-based meals.

Let's join hands in making the world a more sustainable and compassionate place, one tasty dish at a time.

It's all about nourishing your body, trying new flavors, and embracing a sustainable way of living.

In recent years, there's been a remarkable shift in how people approach their dietary choices.

Many are realizing the incredible benefits of adopting a plant-based diet, not only for their health but also for the well-being of our planet.

When we put plants at the center of our plates, we open the door to exciting culinary adventures that can revolutionize our eating and living.

The health benefits of a plant-based diet are well-documented, with studies showing a reduced risk of chronic diseases like heart disease, diabetes, and certain cancers.

By prioritizing whole, unprocessed plant foods such as fruits, vegetables, legumes, whole grains, nuts, and seeds, we provide our bodies with a wealth of essential nutrients, antioxidants, and fiber that support our well-being.



The meat and dairy industries have used marketing to make people believe that you can't get essential protein, calcium, and nutrition without their products. Don't fall for their marketing tactics.

Freedom comes when we independently seek the truth. "Today, millions of vegans around the world have shown that you can break free from the norm.

When you first make the switch to a Plant-Based Vegan Diet, it's normal to question where you're protein will come from.

But here's the thing: this book has all you need to make being vegan and meeting your nutritional needs a seamless journey.



Plant products, such as soy beans and quinoa, are complete proteins, which means that they contain all nine essential amino acids that humans need. In this book contains a collection 200 mouth-watering high protein plantbased recipes that you can eat every day. And it doesn't matter if you are a novice in the kitchen or a pro, these recipes can be prepared and cooked in just minutes.

I'm sure it will open your eyes to the world of plant-based nutrition and get those gains the cruelty-free way!

No more concerns about protein deficiencies, these recipes will provide you with the exact the right amount of protein you need to reach your health and fitness goals.

Whether you're already into plant-based eating or just starting out, you'll discover lots of tasty ideas in this cookbook

Enjoy!

EAT GREEN, LIVE WELL: EXPLORE PLANT-BASED DELIGHTS WITH 200+ RECIPES

Beyond personal health, adopting a plant-based diet impacts our environment. Animal agriculture requires significant land, water, and resources, contributing to deforestation, greenhouse gas emissions, and biodiversity loss.

By embracing plant-based eating, we reduce our ecological footprint and contribute to a more sustainable world for future generations. It's a powerful way to make a positive impact.

In this cookbook, we've gathered over 200 delicious recipes that bring the magic of plant-based cuisine to life.

Get ready to be inspired and empowered as you explore these delicious possibilities. From vibrant salads and hearty soups to satisfying dinner dishes and tasty desserts, there's something for everyone, whether you're an experienced cook or just beginning your culinary journey.

We also provide practical guidance on key aspects of a plant-based lifestyle, including essential pantry ingredients, cooking techniques, and meal-planning tips.



So, join us on this journey to vibrant health and delicious flavors.

Let's celebrate the abundance of nature's bounty and discover the incredible potential of plant-based eating.

Together, we can create a more sustainable and compassionate world, one delicious meal at a time. Get ready to be inspired, empowered, and transformed by the power of plants.



MAKING THE SWITCH TO A PLANT BASED DIET

Really, It's not as hard as you think it's going to be. Just like anything new, it takes time to adapt and to become a habit. and eventually a lifestyle.

One of my biggest concerns when I made the transition was where the hell was I going to get my protein from? Discovering this did not happen over night. Just like any change to a diet, it takes time to find out what works and what doesn't. Thankfully the simple plant-based foods and recipes found in this book will make the entire process so much easier for you.

But let's face it, making the switch to a 'non-vegetarian' diet, can be overwhelming. A lot of people make the assumption that vegan diets are restrictive.

That's not the case. Nowadays there are plenty of alternatives to pretty much everything you'd enjoy as an omnivore (there's even plant based bacon!), so there is no excuse to continue harming innocent animals just to put food on our plates.

Some will say, "we are only human", "we crave", and we give in. I get that, I've been there, too. So I've written below some tips on how to get past this.



DON'T EXPECT PERFECTION

Like I said earlier, it's a change in lifestyle. It doesn't happen overnight and takes time to get used to it.

Also keep in mind that apart from your mindset, your body will have to adapt to it, too. When you do switch to a plantbased vegan diet, there will be times when you yield to a craving. And that's alright. Focus on the times that you didn't.

A few steps forward for everytime you take a step back, and in time you'll find yourself on the way to a 100% whole, food plant-based diet, and the fitness goals you're chasing.

VEGAN NUTRITION

When you make the switch to vegan you exclude all animal products-such as meat, fish, dairy, eggs and honey and animal-derived ingredients such as gelatin. (Many vegans also avoid wearing or using animal products, such as leather, fur, wool and silk, and using cosmetics or household products containing animal ingredients.) You may hear criticism that vegan eating does not give the body all that it needs to be healthy, but this is not the case: both the American Dietetic Association and Dietitians of Canada have stated that a well-planned vegan diet is healthful and provides the required nutrients for people at all stages of life.

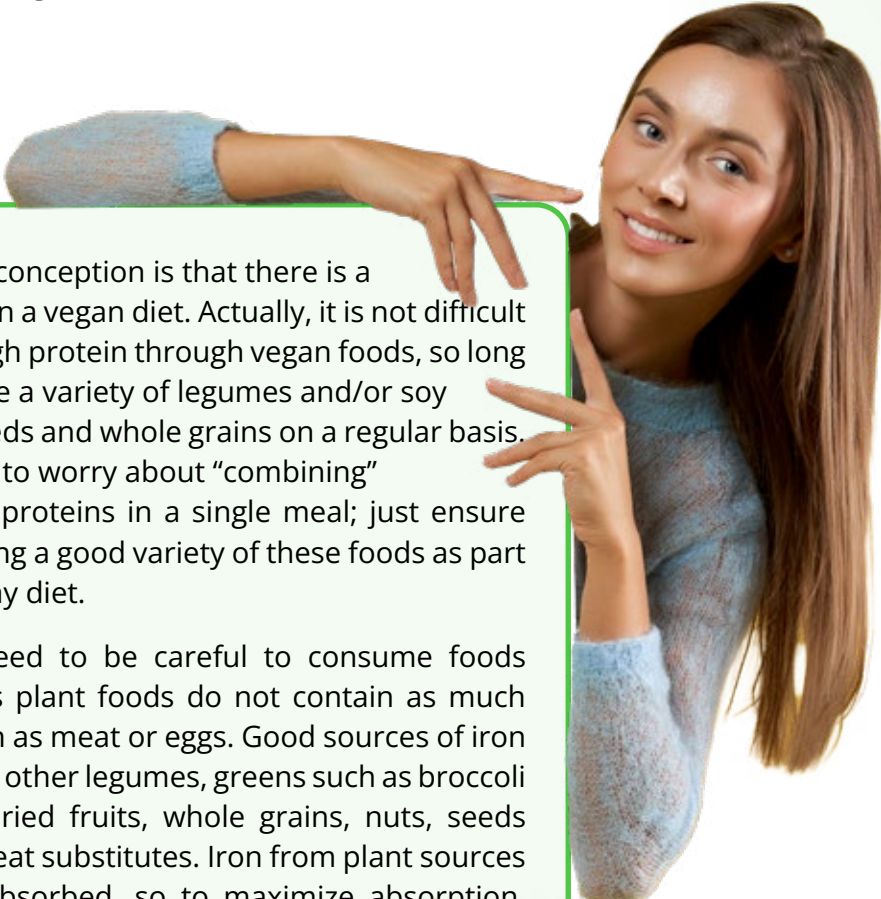
Vegan and vegetarian diets tend to be higher in fiber, magnesium, potassium, folate and antioxidants, and lower in saturated fat and cholesterol, than diets including meat. As a result, vegans tend to have lower cholesterol and blood pressure, as well as lower rates of heart disease and certain cancers.

Eating vegan may also be beneficial for losing weight, or maintaining a healthy weight, without having to “diet.”

Of course, eliminating animal-based products isn’t an automatic key to better health, but a diet based on vegetables, fruits, nuts, seeds, legumes and whole grains-with the occasional indulgence now and then-is highly nutritious.



There are, however, a few nutrients that are more challenging to obtain in a diet without animal products, and it's important to ensure you have a source for them. Vitamin B12 is the most crucial nutrient that may be difficult to obtain in a completely vegan diet; it is essential for proper functioning of the brain and nervous system, and is found mostly in animal products (plant-based sources are unreliable). Nutritional yeast is a good vegan source of B12, and some commercial meat substitutes and nondairy milks are fortified with the vitamin also-check the labels on individual products. Many vegans choose to take a B12 supplement, to be sure of getting a regular dose of the vitamin.



A common misconception is that there is a lack of protein in a vegan diet. Actually, it is not difficult to obtain enough protein through vegan foods, so long as you consume a variety of legumes and/or soy foods, nuts, seeds and whole grains on a regular basis. You don't need to worry about "combining" different plant proteins in a single meal; just ensure that you're eating a good variety of these foods as part of your everyday diet.

Vegans also need to be careful to consume foods high in iron, as plant foods do not contain as much absorbable iron as meat or eggs. Good sources of iron include soy and other legumes, greens such as broccoli and spinach, dried fruits, whole grains, nuts, seeds and fortified meat substitutes. Iron from plant sources is less easily absorbed, so to maximize absorption, eat something high in vitamin C at the same time-for example, orange juice or berries with a breakfast cereal of whole grains, dried fruits and nuts, or a salad with beans, greens and tomatoes.

Calcium, a crucial mineral for bone health, is another nutrient vegans should be conscious of eating regularly. Though milk products are traditionally recommended as sources of calcium, there are also excellent nondairy sources of calcium, including leafy green vegetables, almonds, tahini and fortified nondairy milks. While planning a nutritionally balanced vegan diet may seem a daunting prospect at first, you can find a wealth of information-in books, in natural food stores and online-to guide you on a healthier and ethical lifestyle.

HEALTH BENEFITS OF ELIMINATING ANIMAL PRODUCTS



INCREASED WEIGHT LOSS

By slightly reducing your intake of animal-based products, especially modest reduction of red processed meat, can lower the risk of obesity. Yes, there are vegan food sources that are high in fat too. However, there are many different reasons why thousands of people are making the switch to a whole food, plant based diet in an attempt to get rid of unwanted body fat. A rich fiber diet is a lot more filling because you're less likely to eat more calories than your body needs.



INCREASED ENERGY

Those who follow a plant-based diet are likely to have higher energy levels than one who doesn't. Feeling lethargic? This probably has a fair amount to do with your diet. Eliminating meat means finding replacements that offer more nutrients. By eating grains, beans, lentils, nuts and a wide variety of fruits and leafy greens are all proven to increase energy levels. Those who follow a plant-based diet are likely to have higher energy levels than one who doesn't. Feeling lethargic? This probably has a fair amount to do with your diet. Eliminating meat means finding replacements that offer more nutrients. By eating grains, beans, lentils, nuts and a wide variety of fruits and leafy greens are all proven to increase energy levels.



LIVE LONGER

If you're starting to feel your mortality, then now is the time to make that change so that you can then it's time to make a change that will help you live longer (and healthier). There are plenty of studies that prove that people eat a whole, food plant based diet live 4-7 years longer than others. Particularly those who limit their intake of tobacco and alcohol.



FULLER, HARDER MUSCLES

Let's talk about glycogen. For those of you who don't already know, glycogen is a form of glucose that the body warehouses for future use. It is stored mainly in the liver and the muscles. When energy is needed, glycogen is quickly mobilized to deliver the fuel that the body needs. A well balanced plant based diet has multiple sources of complex and simple carbohydrates, from which the body prepares glucose. The extra glycogen in the sarcoplasm of the muscle fibers gives the muscles a fuller, rounder look.



IMPROVED SKIN

A vegan diet allows for improved function of insulin and glucagon production, which control your sugar metabolism, a suspected cause of acne. (Insulin imbalance affects your skin's sebaceous glands, which can lead to clogged pores, causing acne). The antioxidants present in all the fruits and vegetables you'll be eating will help prevent the formation of acne as well. People who switched to a plant based diet



REDUCED INFLAMMATION

When you eat meat and highly processed foods it causes a spike in inflammation in your body. As a response to animal fat, our arteries are paralysed and their ability to open is cut in half, and our lungs also become inflamed. Long term effects of continuing to eat highly processed meat can cause heart disease, diabetes and other life threatening illnesses. A plant-based diet is packed with phytochemicals (plant-based compounds) that include antioxidants, flavonoids and carotenoids, that help reduce inflammation, and protect the tissues from oxidation, which can damage.



BETTER DIGESTION

Have you ever been told to avoid eating meat late at night? High-protein foods require extra time and energy from the body to properly digest and break down. A plant-based diet however, is not as calorically rich (and that's not a bad thing) and is rich in fibre and healthy fats. A fiber-rich diet helps reduce the symptoms of constipation and diarrhea. A plant-based diet will also cut out most processed foods. And you're much less likely to affect









FIGHT OFF DISEASE

When done right the diet is naturally low in fat and cholesterol, and has been shown to reduce heart disease risk. Epidemiological data has shown vegetarians suffer less from diseases caused by modern western diet (coronary heart disease, hypertension, obesity, type 2 diabetes and cancers). This must be

PROTEIN

As you probably know, protein is the building blocks for muscle, and no you don't need meat to get the required protein for packing on muscle mass. It is very easy to get plenty of protein from grains and vegetables. There are two types of protein, complete and incomplete proteins. Vegans can get the complete amino acid profile which are in complete proteins. They are the building blocks of essential amino acids we need to build muscle and recover. There are a lot of the substitution meats and vegan protein powders that are complete protein. There are also grains and vegetables that are complete proteins too for example quinoa, amaranth, soybeans, buckwheat, hempseed, and much more. Even a mixture of pea protein and brown rice protein together creates a complete essential amino acid profile which makes it a complete protein.










	GREEN PEAS	9g of protein per cooked cup (240 ml)	21g Carbs	0.7g FAT
	TOFU 100 grams	8.2g of protein	1.7g Carbs	4.2g FAT (Tofu)
	TEMPEH 100 grams	18g of protein	9.4g Carbs	10.8g FAT
	SEITAN	25g of protein per 3.5 ounces (100	5.5g	0.7g FAT
	BEANS & CHICPEAS	Approx 15G of protein per cooked	40g Carbs	0g FAT
	PEA PROTEIN POWDER (PER SCOOP)	21g of protein	5g Carbs	0.7g FAT

You will find many vegetables and grains that are also high in protein too. But, they will be mentioned when we talk about carbohydrate recommendations.

CARBOHYDRATES

We have different types of carbohydrates simple carbs and complex carbs. Simple carbs are high starchy foods for example bananas, white potatoes, white bread, sugar, or sweets. Are these foods bad it depends on the purpose. If an athlete or a fitness enthusiast wanted some energy to workout. This would be a good time to consume this type of carbohydrate. They are the quickest source of energy that is broken down in the body. The body will use the sugar as fuel for the performance that the individual is trying to do. Complex carbs are slow burning carbs. They too are made up of sugar but, the sugar molecules are in a long complex chain. Complex carbs also provide more nutrients vs simple carbs. Also if you're an athlete or fitness enthusiast this is a great source of energy that will store into the liver when not being used before it turns into fat. When losing weight this is a great source of food you want to use! There are so many benefits that can be used consuming complex carbs.



	1 Slice of Ezekiel Whole Grain Bread	4g of protein	15g Carbs	0.5g FAT
	2 oz Organic Brown Rice Pasta	4g of protein	43g Carbs	2g FAT (Tofu)
	1 cup of Oats	6g of protein	28.1g Carbs	3.6g FAT
	1 CUP OF ORGANIC BROWN RICE	5g of protein	43g Carbs	1.5g FAT
	1 CUP OF COOKED QUINOA	8g of protein	39g Carbs	6g FAT
	SWEET POTATOES (100 GRAMS)	1.6g of protein	20g Carbs	0.1g FAT








Others Include: Organic Spinach, Kale, Bell Peppers, Onions, Broccoli, any vegetable is highly recommended!



FATS

Fats are an important part of a healthy diet. It plays a vital role in our body for example it helps with better brain function, makes bones become stronger, And it helps build a stronger immune system. We can get all of our essential fatty acids through the right food selections. Here is a list of my top recommendations of fats:



	FLAX SEED OIL (2 TBSP)	0g of protein	0g Carbs	28g FAT
	FLAX SEEDS (2 TBSP WHOLE)	3.8g of protein	5.9g Carbs	8.7g FAT
	CHIA SEEDS (2 TBSP)	4g of protein	10g Carbs	7.4g FAT
	COCONUT OIL (2 TBSP)	0g of protein	0g Carbs	27g FAT
	1 AVACADO	4G of protein	17g Carbs	29g FAT
	1 TBSP OF OILVE OIL (2 TBSP)	0g of protein	0g Carbs	28g FAT
	1 ALMOND	0.3G of protein	0.3g Carbs	0.7g FAT

Notes:

Make sure get everything Organic or Non GMO's as possible.



VEGAN PANTRY

Preparing the Plant-Based Recipes from this book can be quite challenging if you don't have the proper kitchen supplies at your disposal. So what kitchen tools do you need to prepare all these delicious plantbased recipes? I've answered this question by highlighting the most essential kitchen supplies to help you prepare healthy meals within minutes. By using these tools, I'm confident you will become a pro chef in no time!

KEEP A WELL STOCK KITCHEN

KITCHEN UTILITIES



Invest in quality pots, non-stick pans, measuring utensils, a food scale, kitchen knives, blender, grill (e.g., George Foreman), electric kettle, spatulas, and other essential cooking utensils for meal prep.

PROTEIN SHAKE



Get a couple of shaker bottles for mixing up protein drinks

FOOD STORAGE CONTAINERS



For packing and storing your food you will also need to get some plastic food storage containers. Get a dozen smaller containers for individual meals. And also get a few bigger containers that you can use for storing left overs in the refrigerator. Choose containers with secure, tight lids to prevent accidental openings.

FOOD SCALES



Having a food scale is crucial for precise calorie tracking. It helps you measure portions accurately, and over time, you'll develop the skill to estimate portions visually. You can find these kitchen supplies at local stores like Argos (UK) or Walmart (USA) or purchase them online, with Amazon being a popular choice for most people.

INSULATED LUNCH BAGS



Also get an insulated lunch bag or small hand held cooler for taking your food with you to work. You can pick up all of these kitchen supplies at your local Argos (if you live in the UK or Walmart if you live in the states) Amazon sell a lot more on their website and deliver within 2-3 days.

VEGAN DAIRY

Add description here

VEGAN MILKS



Commercial nondairy milks come in many flavors and varieties, including soymilk, rice milk, oat milk, coconut milk and nut milk. Different brands vary in thickness, sweetness and taste, so sample a variety to find your preference. Or try making your own.

CREAM



MimicCreme, a dairy- and soy-free cream substitute made from nuts, is available in some natural food stores, and comes in sweetened and unsweetened versions. You can also make an easy cashew cream that substitutes well for cream in any recipe.

MARGARINE



Not all brands of margarine are vegan—some contain dairy products—so be sure to read the ingredients. Earth Balance brand is vegan, nonhydrogenated and all natural, and also comes in a soy-free version. Some types of margarine are not suitable for baking, so check the label.

YOGURT



Yogurt made from cultured soy, coconut or almond milk is available in dairy sections in a variety of flavors. Use plain soy yogurt for the most neutral flavor in recipes.

CREAM CHEESE



Tofutti and Galaxy brands make vegan cream cheese, available in tubs in the refrigerator section of natural food stores and some supermarkets. It comes in several flavors (plain, French onion, garlic and herb, etc.) and can be used as a spread or in cooking and baking.

GRAINS

Grains are the heart of plant-based meals. Whether it's the nutty taste of quinoa or the familiar comfort of rice, these grains fill up your plant-based dishes with goodness.

WHOLE GRAINS



Cooking with whole grains contain much more fiber and minerals than refined versions. Among the ones to have on hand are brown rice (short-grain, long-grain and basmati), wild rice, quinoa, barley, millet and rolled oats. In some dishes, where the texture of white rice is preferable, I recommend using short-grain or long-grain white rice, or arborio rice. These grains are all available in packages or bulk bins.

FLOURS



Try to use whole wheat flour wherever possible, though where a recipe needs a more refined texture, unbleached all-purpose flour is best. Flours made from brown rice and spelt (a variety of wheat that is often well tolerated by people with wheat allergies) are also good to have on hand. Chickpea flour (sometimes called gram flour), made from ground chickpeas, makes a good binder in burger and sausage recipes. Soy flour, also found in natural food stores, adds protein and moistness to eggless baked goods.

BEANS



Dried beans are inexpensive and easy to prepare, as long as you plan ahead. Some of my favorite varieties are red and brown lentils (which need no presoaking), split peas, pinto beans and fava beans. Most of my recipes use canned beans: red kidney beans, cannellini (white kidney) beans, chickpeas, lentils and vegan baked beans (check the ingredients, as some canned baked beans include pork). Drain and rinse canned beans before using to reduce the sodium content.

PASTA



Pay attention to the kind of dried pastas you use, as some ingredients contain eggs but many varieties are vegan—read the ingredients. I like to use whole wheat pasta wherever possible, but there are many other kinds available; if you're gluten-intolerant, try quinoa or brown rice noodles. Fresh pasta almost always contains eggs, but it is possible to find vegan ravioli or other shapes from specialty pasta makers.

TOFU & MEAT SUBSTITUTES

There are lots of available meat substitutes on the market, but remember not all of them are vegan, as some contain egg whites or dairy products. Popular favourites come from the Linda McCartney range, but I would also recommend Gardein, Yves Veggie, Lightlife and Smart

TOFU



Tofu is versatile, great for scrambled tofu, stir-fries, cheesecake, and more. I prefer firm silken tofu, like Mori-Nu or Nasoya (found in natural food stores and some supermarkets) for smooth sauces and desserts. Swap in firm regular tofu when blending isn't needed.

FLAXSEED OILS



Flaxseed oil is high in omega-3 fatty acids and makes a great addition to salad dressings and dips. It should not be heated or used for frying, as this alters its chemical composition or bulk bins in natural food stores and supermarkets.

VEGAN GROUND MEAT SUBSTITUTES



You can find vegan ground meat substitutes, usually made from soy, in the refrigerator section of most grocery stores. They work well in place of ground beef in many recipes, such as shepherd's pie and Bolognese sauce. You can also substitute crumbled or chopped veggie burgers, or chopped pecans.

VEGAN BEEF STRIPS



You can find these in the refrigerator or freezer section of natural food stores and regular grocery stores. They are useful in stews—Gardein and Yves Veggie brands are the best known. If you're avoiding soy, you can substitute seitan (wheat gluten) strips.

VEGAN BURGER PATTIES



There are many varieties of premade vegan burgers, which can usually be found refrigerated or frozen. Some are more "meatlike," while others contain a mixture of grains, nuts or vegetables. Again, many varieties of vegetarian burgers contain eggs or dairy, so read the labels.

HERBS & SPICES

Herbs and spices are the essence of plant-based cuisine, infusing dishes with captivating flavors. Explore their rich diversity and elevate your plant-based meals.



HERBS & SPICES

- sea salt or Himalayan salt
- coriander (seeds and ground)
- fresh cilantro
- cardamom (seeds and ground)
- cumin (seeds and ground)
- fennel seeds
- turmeric
- curry powder (regular, hot and mild)
- garam masala
- parsley (fresh and dried)
- basil (fresh and dried)
- dried oregano
- dried thyme
- ground cinnamon
- ground nutmeg
- ground allspice
- pumpkin pie spice
- ground sumac
- whole peppercorns
- Chinese five-spice powder
- asafoetida powder (available in Indian grocery stores)
- paprika (regular, smoked and sweet)
- parsley (fresh and dried)
- basil (fresh and dried)
- dried oregano
- dried thyme
- ground cinnamon
- ground nutmeg
- ground allspice
- pumpkin pie spice
- onion powder
- garlic granules and powder
- lemongrass
- fresh ginger
- ground sumac (available in Middle Eastern grocery stores)
- whole peppercorns
- chinese five-spice powder
- asafoetida powder (available in Indian grocery stores)
- onion powder
- garlic granules and powder
- lemongrass
- fresh ginger
- crushed red chili pepper flakes
- chili powder
- fresh chillies

BINDERS AGENTS

Plant-based binder helps hold ingredients together in recipes without animal products, ideal for vegans or those with allergies. Options include arrowroot powder, ground flaxseed, and chia seeds. Below are some popular binding agents.

FLAXSEED



Flaxseed, rich in fiber and omega-3s, is commonly used in plant-based cooking as an egg substitute in baking. One tablespoon of ground flaxseed mixed with three tablespoons of water can replace one egg in recipes.

EGG REPLACER POWDER



Plant-based flours, like almond, coconut, and chickpea, are versatile in plant-based cooking. They're used in baking, pancakes, and savory dishes, offering distinct flavors and textures, making them great wheat flour alternatives for plant-based diets.

SUGAR



Some American cane sugars may not be vegan due to potential animal bone char processing. Brown sugar is essentially refined white sugar with molasses added and may undergo similar processing. Consider using stevia or xylitol as natural sugar substitutes.

SWEETNERS

AGAVE & MAPLE SYRUP



Agave and maple syrup are popular liquid sweeteners in plant-based cooking. Agave is a low-glycemic substitute for honey, while maple syrup adds a unique flavor. They can be swapped with other natural syrups like brown rice, barley malt, or date syrup.

AQUAFABA



Aquafaba, derived from chickpea water, is a natural egg substitute in vegan cooking, particularly for baked goods like cookies. It's an effective binder, replacing one egg with about three tablespoons. Unlike synthetic alternatives, aquafaba harnesses the natural properties of gums, mucilage, and dried fruits.

TAPIOCA STARCH



Tapioca starch, derived from cassava root, is a plant-based binder in cooking. Tapioca starch is a great plant-based binder because it doesn't have a strong flavor and works well in a wide range of recipes, both sweet and savory. It's particularly useful in recipes where you want a clear, glossy finish, like fruit pie fillings.

FLAVOURINGS

Boost your plant-based dishes with these must-have flavorings. Nutritional yeast brings a cheesy kick, vegetable stock adds depth, and tahini gives that creamy goodness. They're the magic touch for tasty plant-based dishes!

NUTRITIONAL YEAST



Nutritional yeast is high in vitamin B12, usually found in animal products, making it an important source for vegans of this essential nutrient. The yeast is deactivated, so it's not suitable for baking. The bright yellow flakes have a nutty, cheesy flavor, which makes them an excellent addition to vegan cheese sauces, pastas, scrambled tofu and more. You can find nutritional yeast in bulk in natural food stores. water.

WORCESTERSHIRE SAUCE



Worcestershire sauce often contains anchovies, so look for vegetarian varieties in natural food stores.

VINEGAR



Vinegar adds tanginess and depth of flavor to food. For salad dressings and seasoning, I use balsamic vinegar or apple cider vinegar. Rice vinegar is good for Asian dishes.

CURRY PASTE



For Indian-style curries, I often use tikka or tandoori curry pastes, which are combinations of various Indian spices with oil and other ingredients. Patak's brand is available in Asian stores and in the ethnic food aisles of most supermarkets.

VEGETABLE STOCK



Vegetable stock can be purchased as granules, powder or cubes, and adds flavor to soups and sauces. I prefer granules, as they distribute better, but powder or cubes can be substituted. Better Than Bouillon brand produces a vegetarian chicken-flavored stock, useful for "chicken" noodle soup.

TAHINI



Tahini, a paste made from ground sesame seeds, is high in protein and calcium and adds creaminess to dips, dressings and other dishes. You can find it in most grocery stores.

YEAST EXTRACT



Marmite and Vegemite are the best-known brands of yeast extract, a salty, slightly bitter black paste that comes in jars and tubes. Some people like it spread on toast, and a little bit adds saltiness and depth of flavor to savory dishes. You'll find it in natural food stores and in some supermarkets.

SWEET CHILLI SAUCE



Sweet chili sauce is made from chilies and a sweetener. It's a popular condiment in Asian cooking and can be found in Asian grocery stores, and in the ethnic food aisle of supermarkets.

ROSEWATER, ROSE ESSENCE, ROSE SYRUP & ROSE PETALS



These add a lovely floral flavor to desserts and savory dishes. You can find rosewater and rose essence (also called rose extract) in natural food stores or natural pharmacies; the essence is much more concentrated. Rose syrup, which is sweetened, is usually available in Indian, Middle Eastern, and Asian grocery stores and in some supermarkets.

WHERE TO BUY VEGAN INGREDIENTS?

Finding vegan ingredients at your local grocery store can be a bit tricky depending on where you live. Not to worry, though! We've got your back with a list of online retailers that make it easy to fill your pantry with all the vegan essentials and those hard-to-find ingredients. You'll find everything from baking supplies to dairy, meat, and egg substitutes, and much more. Here's just a few popular online stores for you to check out.

- Karmavore: www.karmavore.ca—ships worldwide
- Vegan Essentials: www.veganessentials.com—ships worldwide
- The Vegan Store: www.veganstore.com—ships within the U.S. and Canada
- Viva Vegan Store: www.vivavegan.ca—ships to Canada and the continental U.S.
- Whole Foods Market: www.wholefoodsmarket.com—online shopping available in UK and some areas; check site for details.



BREAKFAST

RECIPES



DIETARY FIBER: 1g **SUGAR:** 15g
CALORIES: 300 **PROTEIN:** 9g **CARBOHYDRATES:** 50g **FAT:** 3.5g

BLUEBERRY BLISS STEEL-CUT OATS



SERVES: 04



PREP TIME: 10 MINS - READY IN 25 Mins

Try this yummy blueberry oatmeal for a healthy breakfast! It's easy to make with stuff you probably have at home like frozen blueberries, steel cut oats, chia seeds, and cinnamon. Plus, it's gluten-free!

INGREDIENTS:

- 1 cup steel cut oats
 - 1/4 cup chia seeds
 - 1/2 tsp ground cinnamon
 - 2 cups water or unsweetened milk of choice
 - 2 cups frozen or fresh blueberries
- Optional Toppings**
- nut butter, yogurt, seeds, nuts, fresh fruit, maple syrup, etc.
 - 1/2 teaspoon vanilla extract
 - Pinch of salt

DIRECTION:

- In a large saucepan, combine steel-cut oats, chia seeds, and cinnamon. Stir well.
- Pour in your chosen liquid and bring it to a boil over medium-high heat.
- Reduce the heat to medium-low, add frozen or fresh berries, and cook until the liquid is absorbed. This takes about 20 minutes with regular steel-cut oats.
- Serve hot with your favorite toppings like almond or peanut butter, Greek yogurt, hemp seeds, and cacao nibs.
- Enjoy this delicious oatmeal!



DIETARY FIBER: 8g

SUGAR: 29g

VITAMIN C: 8mg

CALORIES: 320

PROTEIN: 6g

CARBOHYDRATES: 65g

FAT: 6g

POTASSIUM: 340mg

VEGAN APPLE CINNAMON OATMEAL



SERVES: 02



PREP TIME: 5 MINS - READY IN 10 Mins

Enjoy the classic combination of sweet apples and warming cinnamon with this Vegan Apple Cinnamon Oatmeal. It's like a warm hug in a bowl.

INGREDIENTS:

- 1 cup rolled oats
- 2 cups almond milk
- 1 apple, diced
- 2 tablespoons maple syrup
- 1/2 teaspoon cinnamon
- Pinch of salt

DIRECTION:

- In a saucepan, combine oats and almond milk. Bring to a simmer over medium heat.
- Add the diced apple, almonds and a pinch of salt.
- Cook for 5-7 minutes until the oats are creamy and the apples are tender.
- Serve and enjoy



DIETARY FIBER: 9g SUGAR: 14g
CALORIES: 400 PROTEIN: 12g CARBOHYDRATES: 56g FAT: 16g

QUINOA AND BERRY BREAKFAST BOWL



SERVES: 01 Bowl



PREP TIME: 5 MINS - READY IN 10 Mins

A protein-packed breakfast bowl with quinoa, fresh berries, and a creamy almond butter drizzle.

INGREDIENTS:

- 1 cup cooked quinoa
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 2 tablespoons almond butter
- 1 tablespoon maple syrup
- 1/4 cup chopped almonds or your favorite nuts.
- 1/2 teaspoon cinnamon

DIRECTION:

- In a bowl, layer the cooked quinoa and mixed berries.
- In a small saucepan, gently heat almond butter and maple syrup until smooth. Drizzle over the quinoa and berries.
- Sprinkle it with chopped almonds or your favorite nuts and cinnamon.



CALORIES: 428

PROTEIN: 12g

CARBOHYDRATES: 45g

FAT: 22g

CHOCO-CRUNCH GRANOLA



SERVES: 01 Bowl



PREP TIME: 50 MINS - READY IN 10 Mins

This homemade treat combines the goodness of oats, nuts, and dark chocolate for a satisfying, crunchy chocolatey breakfast.

INGREDIENTS:

- 1/2 cup of coconut oil
- 1/2 cup of agave syrup
- 1 teaspoon of vanilla paste
- 3 cups of rolled oats
- 1/2 cup of chopped hazelnuts
- 1/2 cup of pumpkin seeds
- 1/2 teaspoon of ground cardamom
- 1 teaspoon of ground cinnamon
- 1/4 teaspoon of ground cloves
- 1 teaspoon of Himalayan salt
- 1/2 cup of dark chocolate, cut into chunks

DIRECTION:

- Begin by preheating your oven to 260°F and line two rimmed baking sheets with parchment paper.
- In a mixing bowl, blend the coconut oil, agave syrup, and vanilla.
- Then, slowly add the oats, hazelnuts, pumpkin seeds, and spices, making sure everything is well coated. Spread this mixture onto the prepared baking sheets.



DIETARY FIBER: 11g **SUGAR:** 17g
CALORIES: 350 **PROTEIN:** 5g **CARBOHYDRATES:** 35g **FAT:** 22g

COCONUT CHIA PUDDING PARFAIT



SERVES: 01 parfait



PREP TIME: 5 MINS - READY IN 2 hrs (chilling time)

A delightful chia pudding parfait with the tropical flavors of coconut and pineapple, offering a creamy and satisfying start to your day.

INGREDIENTS:

- 2 tablespoons chia seeds
- 1/2 cup coconut milk
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- 1/2 cup diced pineapple
- 1/4 cup toasted coconut flakes
- Fresh mint leaves, for garnish

DIRECTION:

- In a jar, mix chia seeds, coconut milk, maple syrup, and vanilla extract. Stir well and refrigerate for at least 2 hours or overnight.
- Layer the chia pudding with diced pineapple and toasted coconut flakes.
- Garnish with fresh vegan white chocolate sprinkle. (optional)



DIETARY FIBER: 9g SUGAR: 19g
CALORIES: 450 PROTEIN: 12g CARBOHYDRATES: 65g FAT: 18g

PEANUT BUTTER AND BANANA OVERNIGHT OATS



SERVES: 1 jar



PREP TIME: 5 MINS - READY Overnight (5-8 hours)

Creamy overnight oats with peanut butter, ripe bananas, and a touch of sweetness. Creamy peanut butter and banana overnight oats, a convenient and nutritious way to enjoy a delicious breakfast with minimal morning prep.

INGREDIENTS:

- 1/2 cup rolled oats
- 1 cup almond milk
- 2 tablespoons peanut butter
- 1 ripe banana, mashed
- 1 tablespoon maple syrup
- 1/2 teaspoon cinnamon
- Sliced banana and chopped peanuts for topping

DIRECTION:

- In a jar, combine rolled oats, almond milk, peanut butter, mashed banana, maple syrup, and cinnamon. Stir well.
- Cover and refrigerate overnight.
- In the morning, top with sliced banana and chopped peanuts and almonds.



DIETARY FIBER: 10g SUGAR: 9g OMEGA-3 FATTY ACIDS: 5g
CALORIES: 180 PROTEIN: 4g CARBOHYDRATES: 22g FAT: 8g

EASY CHIA SEED PORRIDGE



SERVES: 02



PREP TIME: 5 MINS - READY IN 2 hours or overnight

This Vegan Chia Seed Porridge is a creamy and nutritious alternative to traditional oatmeal. Chia seeds provide a hearty texture and are packed with omega-3 fatty acids.

INGREDIENTS:

- 4 Tablespoons chia seeds
- 1 cup almond milk
- ½ Tablespoon maple syrup, or sweetener of choice.
- ¼ teaspoon vanilla extract, optional
- Toppings of choice: fresh berries or other fruit, granola, nut butter, etc

DIRECTION:

- In a bowl or mason jar, combine chia seeds, almond milk, maple syrup, and vanilla extract.
- Stir well, cover, and refrigerate overnight or for at least 2 hours.
- Before serving, stir again, and add fresh berries as desired.



CALORIES: 220

PROTEIN: 11.3g

CARBS: 46.4g

FAT: 6.4g

BANANA ALMOND GRANOLA



SERVES: 10



PREP TIME: 1 Hour

Savor the crunch of Banana Almond Grain-Free Granola, a gluten-free, and vegan delight

INGREDIENTS:

- 8 cups rolled oats
- 2 cups pitted and chopped dates
- 2 ripe bananas, peeled and chopped
- 1 teaspoon almond extract
- 1 teaspoon salt, or to taste (optional)
- 1 cup slivered almonds

DIRECTION:

1. Preheat the oven to 275°F (135°C) and line two baking pans with parchment paper.
2. In a large mixing bowl, combine oats.
3. In a saucepan, cook dates with water until soft, then blend with bananas, almond extract, and salt until smooth.
4. Add the date mixture to the oats and mix well.
5. Spread the mixture evenly on the prepared pans.
6. Bake for 40 to 50 minutes, stirring every 10 minutes, until crispy.
7. Let the granola cool and add slivered almonds if desired. Store in an airtight container for later enjoyment.



CALORIES: 210

PROTEIN: 6g

CARBOHYDRATES: 17g

FAT: 2g

FIBER : 4g

ALMOND & RAISIN GRANOLA



SERVES: 03



PREP TIME: 5 Mins - READY IN 20 Mins

Enjoy the delightful crunch of this almond & raisin granola, packed with flavor and irresistible clusters.

INGREDIENTS:

- ½ cup granola
- ½ cup raisins
- ½ cup of sliced almonds
- 2 green apples, cored, peeled and roughly chopped
- ¼ cup apple juice
- 1/8 cup maple syrup
- 2 tablespoons cashew butter
- 1 teaspoon cinnamon powder
- * ½ teaspoon nutmeg, ground

- In your air fryer, combine granola with raisins, almonds, apples, apple juice, maple syrup, cashew butter, cinnamon, and nutmeg. Toss the mixture, cover, and cook at 365 degrees F for 15 minutes.
- Divide the cooked mixture into bowls and serve it for breakfast.
- Enjoy your meal!



CALORIES: 192

PROTEIN: 4g

CARBOHYDRATES: 20g

FAT: 1g

FIBER : 1g

AROMATIC COCONUT RICE



SERVES: 04



PREP TIME: 10 Mins - READY IN 15 Mins

Enjoy a delightful breakfast with our aromatic coconut rice. Its subtle sweetness and exotic flavors will transport you to a tropical paradise.

INGREDIENTS:

- 1 1/2 cups Long Grain White Rice (jasmine or basmati rice)
- 1 cup Canned Coconut Milk (full-fat or lite)
- 1 cup Water
- 1/4 cup Shredded Coconut Flakes
- (optional)
 - 1/4 tsp Sea Salt
 - 1/4 cup Finely Chopped Cilantro Leaves (coriander)

DIRECTION:

- Rinse the rice thoroughly until the water runs clear for fluffier rice.
- In a medium saucepan, combine rice, water, coconut milk, shredded coconut, and salt. Bring it to a low boil over medium-high heat.
- Reduce heat to medium-low, cover, and simmer for about 20 minutes until the liquid is absorbed, and the rice is tender.
- Take it off the heat, then add lime juice and chopped cilantro. Enjoy your meal!



CALORIES: 442

PROTEIN: 9g

CARBS: 85g

FAT: 10.9g

RASPBERRY AND CHIA SMOOTHIE BOWL



SERVES: 02



PREP TIME: READY IN 10 Mins

Enjoy a hearty breakfast with our Raspberry & Chia Smoothie Bowl – packed with raspberries, bananas and chia seeds.

INGREDIENTS:

- 1 cup coconut milk
- 2 small-sized bananas, peeled
- 1 ½ cups raspberries, fresh or frozen
- 2 dates, pitted
- 1 tablespoon coconut flakes
- 1 tablespoon pepitas
- 2 tablespoons chia seeds

DIRECTION:

- In your blender or food processor, combine the coconut milk, bananas, raspberries, and dates. Blend until the mixture is creamy and smooth.
- Divide the smoothie into two bowls.
- Top each smoothie bowl with coconut flakes, pepitas, and chia seeds.
- Bon appétit! Enjoy your Raspberry and Chia Smoothie Bowl!



CALORIES: 200

PROTEIN: 11g

CARBS: 17g

FAT: 8g

VEGAN SPINACH OMELET



SERVES: 01



PREP TIME: 5 MINS - READY IN 5 MINS

Why not give a chickpea flour omelet a shot? It's packed with protein and totally gluten-free. The measurements I've got here are for one serving, but you can easily double up on the recipe.

INGREDIENTS:

- 30g gram (chickpea) flour
- ¼ tsp dried oregano
- 1 tbsp nutritional yeast
- 2 tsp rapeseed oil
- 80g baby spinach

DIRECTION:

- Whisk the gram flour, oregano and nutritional yeast in a bowl with 80 ml water.
- Heat the oil in a 19cm non-stick frying pan.
- Pour in the omelet batter and swirl the pan around to cover the base.
- Pile the fresh spinach over the top, then cover the pan and cook over a low heat for 5-6 mins until the spinach has wilted and the base of the omelet is cooked but still moist.
- Roll the omelet over in the pan to enclose the spinach, then slide onto a plate and serve.



CALORIES: 160

PROTEIN: 3g

CARBOHYDRATES: 23g

FAT: 6g

VEGAN CREPES



SERVES: 03



PREP TIME: 10 MINS - READY IN 15 Mins

Our vegan crepes are feather-light and perfectly tender, made without eggs or dairy. They feature a simple yet satisfying blend of all-purpose flour, creamy plant-based milk, a touch of sweetness from maple syrup, and a hint of vanilla (optional) for that extra touch of flavor.

INGREDIENTS:

- 1 cup all-purpose flour
- 1 1/2 cups plant-based milk (almond, soy, hemp)
- 2 tbsp vegetable oil
- 2 tbsp maple syrup
- 1/4 tsp salt
- 1/2 tsp vanilla extract (optional)

DIRECTION:

- Blend or whisk together flour, plant-based milk, oil, maple syrup, salt, and vanilla extract.
- Let the batter rest for 10-15 minutes.
- Heat a non-stick pan, add a bit of oil, and pour in a thin layer of batter.
- Cook for 1-2 minutes per side until lightly golden.
- Repeat with the remaining batter.
- Serve with your favorite toppings like fruit.
- Enjoy your vegan crepes!



SODIUM: 384 mg **DIETARY FIBER:** 2g **SUGAR:** 3g
CALORIES: 217 **PROTEIN:** 6g **CARBOHYDRATES:** 30g **FAT:** 8g

VEGAN TOMATO & MUSHROOM PANCAKES



SERVES: 03



PREP TIME: 10 MINS - READY IN 15 Mins

Our Vegan Tomato & Mushroom Pancakes are a savory sensation. These plant-based pancakes combine the earthy richness of mushrooms and the zesty tang of tomatoes, creating a hearty and satisfying breakfast or brunch option. Dive into a world of flavor with every fluffy bite!

INGREDIENTS:

- 1 cup all-purpose flour
- 1 1/2 cups plant-based milk
- 2 tbsp vegetable oil
- 1/2 cup cherry tomatoes, halved
- 1/2 cup mushrooms, thinly sliced
- 1/4 cup green onions, chopped
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- Cooking spray or oil for the pan

DIRECTION:

- Whisk flour, baking powder, salt, and black pepper in a bowl.
- Stir in plant-based milk and vegetable oil until just combined.
- Gently fold in tomatoes, mushrooms, green onions, basil, and oregano.
- Heat a non-stick skillet, grease it, and pour pancake batter. Cook until golden brown on both sides (about 2-3 minutes per side).
- Serve hot, garnished with extra tomatoes, mushrooms, and green onions.



CALORIES: 240

PROTEIN: 6g

CARBOHYDRATES: 30g

FAT: 12g

AVOCADO AND CHICKPEA TOAST



SERVES: 02



PREP TIME: 5 MINS - READY IN 5 MINS

Creamy avocado and spicy chickpea mash on toasted whole-grain bread.

INGREDIENTS:

- 1 ripe avocado
- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 tsp chili flakes
- 2 slices whole-grain bread

DIRECTION:

- Mash avocado and chickpeas together.
- Season with chili flakes and spread on toasted bread.
- Serve with pomegranate on top of it. (optional)



CALORIES: 205

PROTEIN: 4.2g

CARBOHYDRATES: 33g

FAT: 8g

APPLESAUCE PANCAKES



SERVES: 02



PREP TIME: 5 MINS - READY IN 5 MINS

These apple sauce pancakes are a delightful twist on the classic breakfast favorite, adding a hint of apple sweetness to each fluffy bite. Perfect for a cozy morning treat.

INGREDIENTS:

- 1 ¼ cups whole-wheat flour
- 1 teaspoon baking powder
- ¼ teaspoon sea salt
- ½ teaspoon coconut sugar
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- 2 slices whole-grain bread
- ¾ cup oat milk
- ½ cup applesauce, unsweetened
- 2 tablespoons coconut oil
- 8 tablespoons coconut, shredded
- 8 tablespoons pure maple syrup

DIRECTION:

- In a mixing bowl, mix the flour, baking powder, salt, sugar, and spices. Slowly add the milk and applesauce.
- Heat a frying pan over medium-high heat and add a little coconut oil. When it's hot, pour in the batter. Cook for about 3 minutes until bubbles form.
- Flip it and cook the other side for 3 more minutes until it's brown underneath. Repeat with the rest of the oil and batter.
- Serve with shredded coconut and maple syrup. Enjoy your meal!



DIETARY FIBER: 10g

SUGAR: 4g

CALORIES: 450

PROTEIN: 11g

CARBOHYDRATES: 42g

FAT: 28g

AVOCADO AND SPINACH QUESADILLA



SERVES: 01 quesadilla



PREP TIME: 10 MINS - READY IN 10 Mins

A savory breakfast quesadilla filled with creamy avocado, spinach, and vegan cheese.

INGREDIENTS:

- 2 whole wheat tortillas
- 1 ripe avocado, mashed
- 1 cup fresh spinach leaves
- 1/2 cup vegan cheddar cheese, shredded
- 1/4 cup diced tomatoes
- 1/4 cup diced red onion
- Salt and pepper, to taste

DIRECTION:

- Spread mashed avocado evenly on one tortilla.
- Layer spinach, vegan cheese, diced tomatoes, and red onion on top.
- Season with salt and pepper, then top with the second tortilla.
- Cook in a hot, lightly oiled skillet until both sides are golden and cheese is melted.
- Slice into wedges and serve.



CALORIES: 320 DIETARY FIBER: 12g SUGAR: 11g
PROTEIN: 12g CARBOHYDRATES: 54g FAT: 5g

CHICKPEA AND VEGETABLE BREAKFAST HASH



SERVES: 2



PREP TIME: 15 MINS - READY IN 25 Mins

Enjoy a hearty breakfast hash with potatoes, chorizo-spiced chickpeas, and vegan sausage. Customize it to your liking, whether for brunch, meal planning, or breakfast for dinner.

INGREDIENTS:

- 2 tbsp oil
- 1 lb yukon gold potatoes, cut into 1/2" dice
- 1/2 tsp salt, more to taste
- 1 yellow onion, finely diced
- 2 cloves garlic, minced
- 1 bunch kale, stems removed and chopped
- 1 recipe chorizo chickpeas (below)
- 2 vegan sausages, cut into 1/2" pieces
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- black pepper to taste
- 2 tbsp freshly squeezed lemon juice
- cilantro for garnish

DIRECTION:

- Heat a skillet over medium heat with 1 tablespoon of oil. Add potatoes and 1/2 teaspoon salt. Cover and cook, stirring occasionally, for about 10 minutes until the potatoes are almost tender.
- Remove the lid, add another tablespoon of oil, along with onion, garlic, and kale. Cook uncovered until kale wilts and onion softens, about 5 minutes.
- Stir in chickpeas and sausages (if using), smoked paprika, cumin, and pepper to taste. Sauté for 2-3 minutes until sausages brown and potatoes become very tender.
- Stir in chickpeas and sausages (if using), smoked paprika, cumin, and pepper to taste. Sauté for 2-3 minutes until sausages brown and potatoes become very tender.



DIETARY FIBER: 15g

SUGAR: 8g

CALORIES: 380

PROTEIN: 10g

CARBOHYDRATES: 70g

FAT: 9g

SWEET POTATO AND BLACK BEAN BREAKFAST BURRITO



SERVES: 01 burrito



PREP TIME: 15 MINS - READY IN 25 Mins

A hearty breakfast burrito filled with roasted sweet potatoes, black beans, and salsa, offering a satisfying and flavorful morning meal.

INGREDIENTS:

- 1 large sweet potato, diced and roasted
- 1 can (15 oz) black beans, drained and rinsed
- 1/2 cup salsa
- 1/4 cup chopped fresh cilantro
- 4 whole wheat tortillas
- 1 avocado, sliced
- Hot sauce (optional)

DIRECTION:

- In a bowl, combine roasted sweet potatoes, black beans, salsa, and cilantro.
- Warm tortillas and spoon the mixture onto each one.
- Add avocado slices and hot sauce if desired.
- Fold the sides of the tortilla and roll it up.
- Cut half and serve with guacamole sauce, optional.



DIETARY FIBER: 5g SUGAR: 8g
CALORIES: 320 PROTEIN: 6g CARBOHYDRATES: 60g FAT: 1g

VEGAN BREAKFAST SUSHI ROLLS



SERVES: 1 roll (6-8 pieces)



PREP TIME: 20 MINS - READY IN 20 Mins

Unique sushi-inspired rolls filled with avocado, cucumber, and a tahini drizzle.

INGREDIENTS:

- 2 nori seaweed sheets
- 1 cup sushi rice, cooked and seasoned with rice vinegar
- 1/2 avocado, thinly sliced
- 1/2 cucumber, julienned
- 2 tablespoons tahini
- 1 tablespoon soy sauce
- 1 teaspoon sesame seeds

DIRECTION:

- Lay out a bamboo sushi rolling mat, place a sheet of plastic wrap on top, and put a nori sheet shiny side down.
- Spread a layer of sushi rice evenly on the nori, leaving a small border at the top.
- Add avocado and cucumber strips along the center.
- Roll the nori tightly, using the bamboo mat.
- Slice into bite-sized pieces and drizzle with a mixture of soy sauce.



DIETARY FIBER: 9g

SUGAR: 2g

CALORIES: 280

PROTEIN: 11g

CARBOHYDRATES: 30g

FAT: 15g

TOFU SCRAMBLE BREAKFAST TACOS



SERVES: 2 tacos



PREP TIME: 10 MINS - READY IN 15 Mins

Scrambled tofu seasoned with spices, served in warm tortillas with avocado and salsa.

INGREDIENTS:

- 1/2 block of firm tofu, crumbled
- 1/4 cup diced bell peppers
- 1/4 cup diced onions
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- Salt and pepper, to taste
- 4 small corn tortillas
- 1 avocado, sliced
- Salsa, for serving

DIRECTION:

- In a skillet, sauté onions and bell peppers until softened.
- Add crumbled tofu, turmeric, cumin, salt, and pepper. Cook until heated through.
- Warm corn tortillas in a dry skillet or microwave.
- Spoon the tofu scramble into tortillas, top with avocado slices and vegan sour cream with lime.



DIETARY FIBER: 3g

SUGAR: 7g

CALORIES: 350

PROTEIN: 7g

CARBOHYDRATES: 47g

FAT: 15g

BANANA AND WALNUT PANCAKES



SERVES: 02 pancakes



PREP TIME: 10 MINS - READY IN 15 Mins

Fluffy banana and walnut pancakes, a delightful combination of sweet and nutty flavors, perfect for a weekend breakfast treat.

INGREDIENTS:

- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 ripe banana, mashed
- 1/2 cup chopped walnuts
- 1 cup almond milk
- 1 teaspoon vanilla extract
- Vegan butter, for cooking

DIRECTION:

- In a bowl, mix flour, sugar, baking powder, and salt.
- Add mashed banana, chopped walnuts, almond milk, and vanilla extract. Stir until just combined.
- Heat a non-stick skillet over medium-high heat and add vegan butter.
- Pour 1/4 cup of batter onto the skillet for each pancake.
- Cook until bubbles form on the surface, then flip and cook until golden brown on both sides.
- Serve with strawberries and maple syrup. optional .



DIETARY FIBER: 5g

VITAMINS AND MINERALS: High in potassium, vitamin B6, and manganese.

CALORIES: 320

PROTEIN: 5g

CARBOHYDRATES: 68g

FAT: 3g

BANANA BREAD WAFFLES



SERVES: 2-3 waffles



PREP TIME: 10 MINS - READY IN 15 Mins

These crispy, fluffy waffles taste just like banana bread and are perfect for a sweet breakfast treat.

INGREDIENTS:

- 2 ripe bananas
- 1 cup flour (use almond flour for a gluten-free option)
- 1/2 cup almond milk
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- A pinch of salt
- Chopped walnuts (optional)

DIRECTION:

- Mash the bananas in a bowl and add almond milk, maple syrup, and vanilla extract.
- In a separate bowl, combine the flour, baking powder, cinnamon, and salt.
- Mix the wet and dry ingredients until a smooth batter forms.
- Preheat your waffle iron and cook the batter according to the manufacturer's instructions.
- Top with sliced bananas and chopped walnuts if desired.



DIETARY FIBER: 3g

CALORIES: 180

PROTEIN: 12g

CARBOHYDRATES: 8g

FAT: 12g

TOFU AND VEGETABLE SCRAMBLE



SERVES: 02



PREP TIME: 10 MINS - READY IN 15 Mins

A savory tofu scramble with colorful veggies and spices, mimicking the flavors of a traditional scrambled egg dish.

INGREDIENTS:

- 1/2 block of extra-firm tofu, crumbled
- 1/2 cup bell peppers, diced
- 1/2 cup spinach leaves (chopped)
- 1/4 cup red onion, finely chopped
- 1 clove garlic, minced
- 1/2 teaspoon turmeric
- 1/4 teaspoon cumin
- Salt and pepper to taste
- Cooking oil for sautéing
- Fresh cilantro for garnish

DIRECTION:

- Heat oil in a pan and sauté onions and garlic until translucent.
- Add bell peppers and cook until slightly tender.
- Stir in crumbled tofu, turmeric, cumin, salt, and pepper.
- Cook for 5-7 minutes, then add spinach and cook until wilted.
- Garnish with fresh cilantro
- Serve with potatoes (optional)



DIETARY FIBER: 7g

CALORIES: 280

PROTEIN: 14g

CARBOHYDRATES: 30g

FAT: 14g

BREAKFAST TOFU BENEDICT



SERVES: 02



PREP TIME: 10 MINS - READY IN 15 Mins

A vegan twist on a classic Eggs Benedict, featuring a tofu "egg" topped with dairy-free hollandaise sauce.

INGREDIENTS:

- 2 slices of whole-grain English muffin (gluten-free if desired)
- 1/2 block of firm tofu
- 1/4 cup spinach leaves
- 1/4 cup sliced tomato
- Vegan hollandaise
- sauce (store-bought or homemade)
- Fresh chives for garnish
- Salt and pepper to taste

DIRECTION:

- Preheat your oven to 350°F (175°C).
- Place tofu squares on a baking sheet, season with salt and pepper, and bake for 15 minutes.
- Toast the English muffin slices.
- Layer spinach, baked tofu, and tomato on each muffin half.
- Drizzle with vegan hollandaise sauce.
- Serve hot.



DIETARY FIBER: 12g

VITAMINS AND MINERALS: Rich in vitamin C, vitamin B6, and potassium.

CALORIES: 320

PROTEIN: 10g

CARBOHYDRATES: 50g

FAT: 10g

BREAKFAST STUFFED PEPPERS



SERVES: 02



PREP TIME: 15 MINS - READY IN 35 Mins

Bell peppers stuffed with a hearty mixture of quinoa, black beans, and vegetables, topped with avocado.

INGREDIENTS:

- 2 large bell peppers (any color)
- 1/2 cup cooked quinoa
- 1/2 cup black beans, cooked and drained
- 1/4 cup corn kernels (frozen or fresh)
- 1/4 cup diced red onion
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- 1/2 avocado, sliced
- Fresh cilantro for garnish

DIRECTION:

- Preheat your oven to 375°F (190°C).
- Cut the tops off the bell peppers and remove seeds and membranes.
- In a bowl, mix cooked quinoa, black beans, corn, red onion, chili powder, salt, and pepper.
- Stuff the bell peppers with the quinoa mixture.
- Place the stuffed peppers in a baking dish and cover with foil.
- Bake for 30-35 minutes until peppers are tender.
- Top with fresh cilantro before serving.



DIETARY FIBER: 7g

VITAMINS AND MINERALS: Rich in vitamin C, vitamin B6, and iron.

CALORIES: 330

PROTEIN: 15g

CARBOHYDRATES: 52g

FAT: 9g

POTATO HASH WITH TEMPEH



SERVES: 02



PREP TIME: 10 MINS - READY IN 20-25 Mins

A hearty and flavorful potato hash with tempeh, bell peppers, and a blend of savory spices.

INGREDIENTS:

- 2 cups diced potatoes (sweet or white)
- 1/2 block of tempeh, crumbled
- 1/2 cup diced bell peppers (various colors)
- 1/4 cup diced red onion
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon turmeric
- Salt and pepper to taste
- Cooking oil for sautéing
- Fresh parsley for garnish

DIRECTION:

- Heat oil in a pan and sauté onions until translucent.
- Add potatoes and cook until they are golden and crispy.
- Stir in crumbled tempeh, bell peppers, smoked paprika, turmeric, salt, and pepper.
- Cook for 10-15 minutes until the tempeh is heated through and the potatoes are tender.
- Garnish with fresh parsley before serving.



DIETARY FIBER: 12g SUGAR: 5g
CALORIES: 455 PROTEIN: 25g CARBS: 42g FAT: 21g

VEGAN FULL ENGLISH BREAKFAST



SERVES: 02



PREP TIME: 10 MINS - READY IN 25 Mins

A vegan version of the classic English breakfast featuring plant-based sausages, scrambled tofu, baked beans, sautéed mushrooms, grilled tomatoes, and toast.

INGREDIENTS:

- 1 or 2 vegan sausages
- 14 oz firm tofu
- 15 oz canned baked beans
- 8-10 button mushrooms
- 2 large tomatoes
- 4 slices of whole-grain bread
- Olive oil
- Turmeric (for tofu)
- Salt and pepper
- Vegan butter

DIRECTION:

- Preheat the oven to 375°F (190°C).
- Sauté mushrooms in olive oil until tender; set aside.
- Cook sausages as per package instructions.
- Crumble tofu, sauté with turmeric, salt, and pepper until heated.
- Heat baked beans in a pan.
- Roast tomato halves in the oven.
- Toast bread and spread with vegan butter.
- Arrange everything on a plate.



DIETARY FIBER: 8g

SUGAR: 6g

CALORIES: 270

PROTEIN: 10g

CARBOHYDRATES: 33g

FAT: 12g

CHICKPEA SCRAMBLE



SERVES: 02



PREP TIME: 10 MINS - READY IN 15 Mins

A hearty and flavorful Vegan Chickpea Scramble, rich in plant-based protein and spices, makes for a quick and delicious breakfast.

INGREDIENTS:

- 1 cup chickpeas
- 1 tablespoon olive oil
- 4 garlic cloves chopped
- 1 onion sliced
- 1 bell pepper chopped
- Salt and pepper
- 1 tomato chopped
- 1/4 teaspoon turmeric powder
- 1 teaspoon smoked paprika
- Salt
- 2 cups spinach roughly chopped

DIRECTION:

- Soak chickpeas for 8 hours, then pressure cook until tender.
- Drain and mash chickpeas.
- Heat oil in a pan, sauté garlic and onion until golden.
- Add mashed chickpeas, bell pepper, tomato, turmeric, smoked paprika, salt, and pepper.
- Cook for 5-6 minutes.
- Add spinach, cook for 2 more minutes.
- Vegan chickpea scramble is ready to serve and enjoy.



DIETARY FIBER: 9g

SUGAR: 14g

CALORIES: 265

PROTEIN: 8g

CARBS: 36g

FAT: 9g

VEGAN FRENCH TOAST



SERVES: 02



PREP TIME: 10 MINS - READY IN 20 Mins

Want a vegan French toast recipe that's a total game-changer? You can totally achieve that fluffy, sweet, and golden French toast even without using eggs or dairy!

INGREDIENTS:

- 1 cup plant-based milk (almond, coconut, soy, oat, flaxseed)
 - 5 oz extra firm tofu
 - 3 tsp vanilla extract
 - 2 1/2 tbsp white sugar
 - 1/2 tsp cinnamon
 - 1/4 tsp salt
 - 2 tbsp vegan butter
 - 6 slices white bread
- Toppings (optional)**
- maple syrup
 - sliced strawberries
 - blueberries

DIRECTION:

- Add all ingredients except bread and blend until smooth.
- Preheat the griddle over medium heat and brush with vegan butter or oil.
- Pour the vegan custard into a shallow bowl and dip each side of the sliced bread for about 20 seconds.
- Cook each side for about 4 minutes or until golden-brown.
- Once it's reached the desired color serve immediately with vegan toppings of choice.



CALORIES: 302

PROTEIN: 7.1g

CARBS: 37.2g

FAT: 15g

BANANA PANCAKES



SERVES: 04



PREP TIME: 25 MINS - Approx

This Vegan Chia Seed Porridge is a creamy and nutritious alternative to traditional oatmeal. Chia seeds provide a hearty texture and are packed with

INGREDIENTS:

- 2 tbsp ground flaxseeds
- 1/2 cup oat flour
- 1/2 cup coconut flour
- 1/2 cup instant oats
- 1 tsp baking powder
- 1/4 tsp kosher salt
- 1/4 tsp ground cardamom
- 1/4 tsp ground cinnamon
- 1/2 teaspoon coconut extract
- 2 tablespoons coconut oil

DIRECTION:

- Mix 2 tbsp ground flaxseeds with 4 tbsp water in a bowl; let it thicken (acts as a vegan egg substitute).
- In another bowl, whisk oat flour, coconut flour, instant oats, baking powder, salt, cardamom, and cinnamon.
- Add the thickened flaxseed mixture to dry ingredients; stir until smooth.
- Heat a non-stick skillet over medium heat.
- Pour 1/4 cup batter for each pancake, spread it gently, and cook for 2-3 mins on each side until golden brown.
- Serve hot with favorite toppings like banana slices. Enjoy fluffy Banana Pancakes!



CALORIES: 164 **SUGAR** 10g **FIBER** 10g
PROTEIN: 5.6g **CARBS:** 30.5g **FAT:** 2g

NUTTY OATMEAL MUFFINS



SERVES: 12



PREP TIME: 30 MINS

*Enjoy vegan, gluten-free oatmeal banana applesauce muffins in just 30 minutes!
Perfect for breakfast or snacks.*

INGREDIENTS:

- 3 cups oats use gluten-free if needed*
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- 3 medium banana ripe and spotty (about 10.6oz/300g)
- ½ cup applesauce
- 1 cup maple syrup
- ¼ cup cashew butter or other nut/seed butter

DIRECTION:

- Preheat your oven to 425F/220C.
- Blend 3 cups of oats until finely ground and transfer to a large mixing bowl. Add 1 tablespoon baking powder, 1 teaspoon ground cinnamon, and ½ teaspoon baking soda. Mix well.
- In a blender, combine 3 medium bananas, ½ cup applesauce, 1 cup maple syrup, and ¼ cup cashew butter. Blend until smooth.
- Pour the wet ingredients into the dry mixture and stir until just combined.
- Fill your muffin tin about ¾ full with the batter. Optionally, sprinkle some oats on top before baking.
- Bake for 8 minutes, then reduce the temperature to 350F/180C and bake for an additional 10-15 minutes, or until a toothpick comes out clean.
- Once they're done baking, transfer them to a cooling rack. Let them cool slightly before enjoying!



CALORIES: 413

PROTEIN: 5.6g

CARBS: 38.1g

FAT: 26g

INDIAN ROTI



SERVES: 05



PREP TIME: 30 MINS

Experience the delightful fusion of Indian and Malaysian cuisine with this vegan Roti Canai recipe. It's a must-try for flaky and delicious flatbread.

INGREDIENTS:

- 2 cups bread flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 warm water
- 1 cup vegetable oil, for frying

DIRECTION:

- In a mixing bowl, thoroughly blend the flour, baking powder, and salt.
- Gradually pour in the water while mixing until the dough forms.
- Divide the dough into five equal portions and flatten each portion into a circle.
- Heat olive oil in a frying pan over medium-high heat.
- Fry the first bread, flipping it occasionally for even cooking, for approximately 10 minutes or until it turns a golden brown color.
- Repeat this process with the remaining dough.
- Transfer each roti to a plate lined with paper towels to remove excess oil.
- Enjoy your meal!



CALORIES: 452

PROTEIN: 25.6g

CARBS: 38g

FAT: 24.3g

ENGLISH MUFFINS WITH TOFU



SERVES: 04



PREP TIME: 15 MINS

*Fuel your morning with a protein-packed vegan breakfast sandwich.
it's your go-to vegan egg McMuffin.*

INGREDIENTS:

- 2 tablespoons olive oil
- Kosher salt and ground black pepper
- 16 ounces extra-firm tofu
- 4 tablespoons ketchup
- 1 tablespoon nutritional yeast
- 1/4 teaspoon turmeric powder
- 2 handfuls fresh kale, chopped
- Tomato slices
- 4 English muffins, cut in half

DIRECTION:

- In a frying skillet, heat the olive oil over medium heat. Once it's hot, add the tofu and sauté for 8 minutes, stirring occasionally to ensure even cooking.
- Introduce the nutritional yeast, turmeric, and kale into the skillet, and continue to sauté for an additional 2 minutes or until the kale wilts. Season with salt and pepper according to your taste.
- While the tofu mixture cooks, toast the English muffins until they are crisp.
- To assemble the sandwiches, spread ketchup on the bottom halves of the English muffins. Top them with the tofu mixture, tomato slices and vegan cheese. Place the top halves of the buns on the sandwiches to complete them.
- Serve the sandwiches while warm. Enjoy!



SWEET N' SAVORY OPEN TOAST



SERVES: 2



PREP TIME: 10 MINS

These Vegan Toast Topping Ideas simplify breakfast or snacks. Try savory or sweet, mix and match for a delightful meal, and find new favorites.

INGREDIENTS:

Avocado Toast (Fruit or veg toppings)

- ½ avocado, smashed
- arugula, spinach, or mixed greens
- cherry tomatos, quartered
- vegan bacon bits

Avocado and mushroom Toast (add your favorite toppings)

- hummus
- mushrooms, cut into strips
- pumkin seeds (or Sunflower seeds, flax seeds, sesame seeds or chia seeds)

DIRECTION:

Savory Avocado Toast

- Toast your bread
- Spread on the base layer topping (nut butter, almond ricotta, hummus, smashed avocado, etc).
- Add your fruit or vegetable ingredients (strawberries, blueberries, bananas, crushed nuts, cucumbers, tomatoes, greens, etc.)

Hummus & Mushroom Toast

- In a pan, heat a drizzle of oil. Then add the mushrooms. Sauté for 5 minutes.
- Spread hummus on a slice of bread and place the mushrooms on top
- Sprinkle over with pumkin seeds (or Sunflower seeds, flax seeds, sesame seeds or chia seeds
- Serve right away and enjoy!



CALORIES: 615

PROTEIN: 6.8g

CARBS: 76g

FAT: 33.6g

GINGERBREAD WAFFLES



SERVES: 04



PREP TIME: 15 MINS

These gingerbread waffles are a delightful blend of crispy and fluffy, bursting with festive spices like cinnamon, ginger, and nutmeg. Delicious!

INGREDIENTS:

- 1 cup rice flour
- $\frac{3}{4}$ cup cornmeal
- $\frac{1}{2}$ tbsp ground cinnamon
- $\frac{1}{2}$ cup coconut sugar
- $\frac{1}{2}$ tsp ground nutmeg
- $\frac{1}{2}$ tbsp baking powder
- 1 tablespoon brown
- 1 tbsp ground ginger
- $1\frac{1}{2}$ cups plant-based milk
- $\frac{1}{2}$ cup olive oil
- 2 flax eggs

DIRECTION:

- Lightly grease and preheat your waffle iron.
- In a large mixing bowl, whisk together rice flour, cornmeal, cinnamon, coconut sugar, nutmeg, baking powder and ground ginger.
- Mix in plant-based milk, then add olive oil and flax eggs.
- Pour about $\frac{1}{2}$ cup of batter onto the waffle iron, spread slightly with a spatula, and cook for approximately 5 minutes until golden and crispy."



CALORIES: 324

PROTEIN: 18g

CARBS: 18.4g

FAT: 20.3g

TOMATO OMELET



SERVES: 02



PREP TIME: 20 MINS

Awaken your taste buds with the fluffy, flavorful delight of Vegan Tomato Pancakes. You'll love making these again and again!

INGREDIENTS:

- 10 ounces silken tofu, pressed
 - 4 tablespoons water
 - 1 teaspoon balsamic vinegar
 - 3 tablespoons nutritional yeast
 - 2 teaspoons arrowroot powder
 - 1/2 teaspoon turmeric powder
 - Kala namak salt and black pepper
 - 2 tablespoons olive oil
- Topping:**
- 1 medium tomato, sliced
 - 1 teaspoon garlic, minced

DIRECTION:

- In your blender or food processor, mix the tofu, water, balsamic vinegar, nutritional yeast, arrowroot powder, turmeric powder, salt and black pepper. Mix until you have a smooth and uniform paste.
- In a nonstick skillet, heat the olive oil until sizzling. Pour in 1/2 of the tofu mixture and spread it with a spatula.
- Cook for about 6 minutes or until set
- Flip and cook it for another 3 minutes.
- Slide the omelet onto a serving plate.



CALORIES: 399

PROTEIN: 23.3g

CARBS: 17.3g

FAT: 29.4g

TOMATO TOFU SCRAMBLE



SERVES: 03



PREP TIME: 15 MINS

Savor a protein-packed treat with this effortless Tofu Scramble. Enjoy it with potatoes, on toast, or in your breakfast burritos

INGREDIENTS:

- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 12 ounces extra-firm tofu
- 1 medium-sized tomato, diced
- 2 tablespoons nutritional yeast
- A pinch of seaweed flakes
- 3 tablespoons soy milk, unsweetened
- Kosher salt and ground black pepper
- 1/2 teaspoon red pepper flakes, crushed

DIRECTION:

- In a nonstick skillet, heat the olive oil over medium heat.
- Sauté the garlic, tofu, and tomato, using a fork to crumble the tofu, for approximately 8 minutes.
- Add the nutritional yeast, salt, black pepper, red pepper, seaweed flakes, spinach leaves and soy milk. Continue sautéing for an additional 2 minutes.
- Divide the scramble evenly among three serving plates and serve.
- Enjoy your meal! Bon appétit!



CALORIES: 219

PROTEIN: 5.3g

CARBS: 36.2g

FAT: 5g

ONION FLATBREAD



SERVES: 03



PREP TIME: 30 MINS

*Try this flavorful garlic and onion flatbread in just 10 minutes of hands-on time.
A tasty addition to any meal!*

INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon sea salt
- 1/2 cup warm water
- 1 cup spring onions, chopped
- Sea salt and ground black pepper, to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried thyme
- 3 teaspoons olive oil

DIRECTION:

- In a mixing bowl, thoroughly mix the flour, baking powder, and salt.
- Gradually incorporate the water into the mixture until the dough forms.
- Add the spring onions and spices to the dough, then knead it once more.
- Divide the dough into three equal portions and flatten each portion into a circular shape.
- Heat 1 teaspoon of olive oil in a frying pan over medium-high heat.
- Fry the first bread, turning it to ensure even cooking, for approximately 9 minutes or until it turns golden brown.
- Repeat the frying process with the remaining oil and dough.
- Bon appétit! Enjoy your meal!



CALORIES: 329

PROTEIN: 12.9g

CARBS: 35.2g

FAT: 16.4g

MEXICAN-STYLE OMELET



SERVES: 02



PREP TIME: 15 MINS

Enjoy this quick and easy Mexican Omelet featuring avocado, onion, and spanish peppers.

INGREDIENTS:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 Spanish peppers, deseeded and chopped
- 1/2 cup chickpea flour
- 1/2 cup water
- 3 tablespoons rice milk, unsweetened
- 2 tablespoons nutritional yeast
- Kala namak salt and ground black pepper,
- Avocado Slices
- 1/2 teaspoon dried Mexican oregano
- 1/4 cup salsa

DIRECTION:

- In a frying pan, heat olive oil over medium-high heat until it's hot.
- Sauté the onions and peppers in the hot oil for approximately 3 minutes, or until they become tender and release their aromatic flavors.
- While the vegetables are cooking, whisk together chickpea flour, water, milk, nutritional yeast, salt, black pepper, and dried Mexican oregano in a separate bowl.
- Pour the chickpea flour mixture into the frying pan with the sautéed vegetables.
- Cook for about 4 minutes on one side. Then, flip it over and cook for an additional 3 to 4 minutes until the mixture is set.
- Serve your dish with vegan sour cream, slice of avocados and savor the flavors!



CALORIES: 288

PROTEIN: 4.4g

CARBS: 45.3g

FAT: 11.1g

BREAKFAST WAFERS



SERVES: 08



PREP TIME: 30 MINS

Enjoy these amazing easy vegan waffles are crispy on the outside and soft and fluffy on the inside

INGREDIENTS:

- 1 ¼ cups rice flour
- 1/4 cup tapioca flour
- 1/2 cup potato starch
- 1/2 cup instant oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 pinch sea salt
- 1/2 teaspoon vanilla essence
- 1/2 teaspoon cinnamon
- 1 ½ cups oat milk
- 1 teaspoon apple cider vinegar
- 1/3 cup coconut oil, softened
- 1/3 cup maple syrup

DIRECTION:

- Preheat your waffle iron following the manufacturer's guidelines.
- In a mixing bowl, thoroughly mix together the flour, potato starch, instant oats, baking powder, baking soda, salt, vanilla, and cinnamon.
- Gradually pour in the milk, whisking continuously to prevent any lumps from forming.
- Add the apple cider vinegar, coconut oil, and maple syrup to the mixture. Whisk once more to ensure everything is well combined.
- Continue beating the batter until it's thoroughly blended.
- Ladle approximately 1/2 cup of the batter into the preheated waffle iron and cook according to the manufacturer's instructions until the waffles turn a golden hue.
- Repeat the process with the remaining batter.
- Serve your waffles with your choice of toppings.



CALORIES: 212

PROTEIN: 6g

CARBS: 10g

FAT: 2g

FIBER : 1g

BREAKFAST MUSHROOM CAKES



SERVES: 08



PREP TIME: 2 Hrs 10 Mins - READY IN 8 Mins

Try this hearty vegan breakfast casserole, loaded with fresh veggies, hash browns, dairy-free cheese, and a tofu 'egg' mix.

INGREDIENTS:

- 3.5 ounces mushrooms, chopped
- 1 small yellow onion, chopped
- Salt and black pepper to the taste
- ¼ teaspoon nutmeg, ground
- 2 tablespoons olive oil
- 1 tablespoon breadcrumbs
- 14 ounces coconut milk

DIRECTION:

- Heat up a pan with half of the oil over medium-high heat, add onion and mushrooms, stir and cook for 3 minutes.
- Add coconut milk, salt, pepper and nutmeg, stir, take off heat and leave aside for 2 hours.
- In a bowl, mix the rest of the oil with breadcrumbs and stir well.
- Take 1 tablespoon mushroom filling, roll in breadcrumbs and put them in your air fryer's basket.
- Repeat with the rest of the mushroom mix and cook cakes at 400 degrees F for 8 minutes.
- Divide mushroom cakes between plates and serve them for breakfast.



CALORIES: 250

PROTEIN: 12g

CARBS: 16g

FAT: 12g

FIBER : 2g

SPINACH & TOFU QUICHE



SERVES: 04



PREP TIME: 10 Mins - READY IN 15 Mins

This easy vegan quiche is bursting with flavor, perfect for breakfast or brunch with spinach and tofu.

INGREDIENTS:

- 1 (8 ounce) container tofu
- 1 cup 1% plant-based milk, or more if needed
- ½ teaspoon salt, or to taste
- ½ teaspoon pepper
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 cup shredded vegan cheddar cheese
- ½ cup shredded Swiss vegan cheese
- ¼ cup diced onion
- 1 teaspoon minced garlic
- 1 (9 inch) unbaked pie crust

DIRECTION:

- Preheat the oven to 350 degrees F (175 degrees C).
- Blend tofu, milk, salt, and pepper in a blender until smooth, adding more milk if necessary.
- Combine spinach, Vegan Cheddar, Swiss, onion, and garlic in a medium bowl. Add tofu mixture and mix until well combined; pour into pie crust.
- Bake in the preheated oven until set in the center and golden brown on top, about 30 minutes. Let stand for 5 minutes before cutting into six generous slices. Enjoy!



CALORIES: 100

PROTEIN: 1g

CARBS: 8g

FAT: 1g

FIBER : 3g

TOMATO BREAKFAST SALAD



SERVES: 02



PREP TIME: 10 Mins - READY IN 20 Mins

Start your day with this healthy breakfast salad featuring spicy tomatoes, green onion, cucumber and fresh toppings.

INGREDIENTS:

- cooking spray
- 2 tomatoes, halved
- Salt and black pepper to the taste
- 1 teaspoon parsley, chopped
- 1 teaspoon basil, chopped
- 1 teaspoon oregano, chopped
- 1 teaspoon rosemary, chopped
- 1 cucumber, chopped
- 1 green onion, chopped
- 1/2 cup of corn kernels

DIRECTION:

- Coat tomato halves with cooking oil spray and season them with salt and pepper. Arrange them in your air fryer's basket and cook at 320 degrees F for 20 minutes.
- Transfer the cooked tomatoes to a bowl, then add parsley, basil, oregano, corn kernels, rosemary, cucumber, and onion. Toss the ingredients together and serve for breakfast.
- Enjoy your meal!



CALORIES: 92

PROTEIN: 4g

CARBS: 20g

FAT: 6g

FIBER : 3g

CHERRY PEACAN GRANOLA BARS



SERVES: 12



PREP TIME: 10 Mins - READY IN 40 Mins

*Enjoy these delightful Cherry Pecan Granola Bars, perfect for snacking or gifting.
They're sweet, spiced, and utterly delicious!*

INGREDIENTS:

- 2 cups rolled oats
- ½ cup coarsely chopped dates
- ½ cup orange juice
- ¼ cup chopped pecans
- 1 cup fruit-sweetened dried cherries
- ½ tsp ground cinnamon
- ¼ tsp ground allspice
- Pinch of optional salt

DIRECTION:

1. Preheat the oven to 325°F (165°C).
2. Spread the oats on a 13 x 18-inch baking sheet and bake for 10 minutes, or until they start to brown. Remove from the oven and place the oats in a large mixing bowl.
3. Combine the dates and orange juice in a small saucepan and cook over medium-low heat for about 15 minutes. Pour the mixture into a blender and process until smooth and creamy.
4. Add the date mixture to the bowl with the oats and add the pecans, dried cherries, cinnamon, allspice, and salt (if using). Mix well.
5. Press the mixture into a nonstick 8 x 8-inch baking pan and bake for 20 minutes, or until the top is lightly golden.
6. Let cool before slicing into bars.



CALORIES: 345

PROTEIN: 12g

CARBOHYDRATES: 28g

FAT: 17g

FIBER : 7g

SAVORY BREAKFAST BUNCH



SERVES: 02



PREP TIME: 10 Mins - READY IN 20 Mins

Enjoy a delicious vegan breakfast bowl featuring grilled tomatoes, crispy potatoes, spinach, and a seasoned tofu scramble, with a slice of creamy avocado!"

INGREDIENTS:

- olive oil
- a bunch of cherry tomatoes on the vine
- 250 g / 9 oz cooked and cooled small potatoes, halved
- salt to taste
- black pepper, to taste
- 1 large shallot, finely diced
- 1 garlic clove, finely diced
- 300 g silken firm tofu
- Turmeric (adjust to taste)
- Black salt (adjust to taste)
- ½ ripe avocado (cut in half)

DIRECTION:

- Brush tomatoes with oil and grill until skins burst and char slightly. Season and set aside.
- Heat 2 tsp oil, fry potatoes until browned. Season.
- Wilt spinach with water, season, and drain.
- In the same pan, heat 1 tbsp oil, gently fry shallot and garlic.
- Add drained tofu, smash slightly, season with turmeric, black salt, and pepper.
- Divide everything between two bowls, drizzle with extra oil if desired.
- Serve the scramble in a bowl, topping it with ripe avocado slices.





LUNCH

RECIPES



CALORIES: 298

PROTEIN: 11.7g

CARBS: 44.6g

FAT: 8.9g

FARRO SOUP



SERVES: 05



PREP TIME: READY IN 25 Mins

Warm up with a bowl of Spicy Winter Farro Soup! This hearty soup is a flavorful fusion of ingredients, including leeks, turnips, peppers, and farro, all simmered in a fragrant vegetable broth with a touch of spice. It's a satisfying and nutritious dish perfect for chilly days.

INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium-sized leek, chopped
- 1 medium-sized turnip, sliced
- 2 Italian peppers, seeded and chopped
- 1 jalapeno pepper, minced
- 2 potatoes, peeled and diced
- 4 cups vegetable broth
- 2 pieces of mushroom
- 1 cup farro, rinsed
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon turmeric powder
- 1 bay laurel leaf
- 2 cups spinach, torn into pieces

DIRECTION:

- In a heavy-bottomed pot, heat olive oil over moderate heat. Sauté leek, turnip, peppers, and potatoes for about 5 minutes until they're crisp-tender.
- Add vegetable broth, farro, granulated garlic, turmeric, and bay laurel leaf and mushroom. Bring to a boil.
- Reduce heat to simmer and cook for approximately 25 minutes or until the farro and potatoes have softened.
- Stir in the spinach and remove the pot from heat. Let the spinach wilt in the residual heat.
- Bon appétit! Enjoy your spicy winter farro soup.



CALORIES: 308

PROTEIN: 11.6g

CARBS: 11.8g

FAT: 25.5g

MUSHROOM SOUP



SERVES: 05

This Hearty Cream of Mushroom Soup is a comforting vegan delight that's ready in just 15 minutes. It combines the earthy richness of Cremini mushrooms with the creaminess of coconut milk for a satisfying soup that's perfect for any occasion.

INGREDIENTS:

- 2 tablespoons soy butter
- 1 large shallot, chopped
- 20 ounces Cremini mushrooms, sliced
- 2 cloves garlic, minced
- 4 tablespoons flaxseed meal
- 5 cups vegetable broth
- 1/3 cup full-fat coconut milk
- 1 bay leaf
- Sea salt and ground black pepper, to taste

DIRECTION:

- In a stockpot, melt the vegan butter over medium-high heat. Once hot, cook the shallot for about 3 minutes until tender and fragrant.
- Add in the mushrooms and garlic and continue cooking until the mushrooms have softened. Stir in the flaxseed meal and continue to cook for 1 minute.
- Add in the remaining ingredients. Let it simmer, covered, and continue to cook for 5 to 6 minutes more until your soup has thickened slightly.
- Bon appétit! Enjoy your Hearty Cream of Mushroom Soup.



CALORIES: 542

PROTEIN: 16g

CARBS: 31g

FAT: 39g

FIBER: 6g

CREAMY TOMATO SOUP



SERVES: 1



PREP TIME: 5 Mins - READY IN 15 Mins

Indulge in the comforting goodness of this Creamy Tomato Soup. This vegan delight combines the rich flavors of tomatoes and silken tofu, creating a creamy and satisfying dish. Perfect for a quick, nourishing meal.

INGREDIENTS:

- 1 tablespoon olive oil
- 1 red onion, julienned
- 1 colored bell pepper, finely sliced
- 1 garlic clove, minced
- 1 can chopped tomatoes
- 100g silken tofu
- 1/4 can full-fat coconut milk
- Salt and pepper to taste
- 1 bay leaf
- Cayenne pepper to taste
- Freshly chopped parsley to serve

DIRECTION:

- In a pan, add olive oil, julienned red onion, finely sliced bell pepper, and minced garlic. Sauté on low heat until tender but not soft. Remove from heat.
- Place all remaining ingredients in a food processor. Pulse until smooth. Add in the fried veggies and pulse to your desired consistency. Transfer to a small pot.
- Add the bay leaf to the pot. Place the soup on moderate heat and bring it to a gentle boil. Let it simmer for 10 minutes to warm through. Season with salt and pepper and flavor with cayenne pepper to your preference.
- Serve hot, garnished with freshly chopped parsley. Enjoy your creamy tomato soup!



CALORIES: 150

PROTEIN: 6g

CARBS: 20g

FAT: 7g

FIBER: 5g

CREAMY BROCCOLI SOUP



SERVES: 4



PREP TIME: 10 Mins - READY IN 20 Mins

A velvety, green goodness that's both nutritious and comforting.

INGREDIENTS:

- 1 broccoli head, chopped
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 cup almond milk
- Salt and pepper to taste

DIRECTION:

- Sauté onion and garlic until translucent.
- Add broccoli and broth, simmer until tender.
- Blend until smooth, stir in almond milk.
- Season and serve.



CALORIES: 250

PROTEIN: 14g

CARBS: 45g

FAT: 2g

FIBER: 12g

SPICY RED LENTIL SOUP



SERVES: 4



PREP TIME: 10 Mins - READY IN 25 Mins

A warming soup with red lentils, tomatoes, and a hint of spice.

INGREDIENTS:

- 1 cup red lentils, rinsed
- 1 onion, diced
- 2 carrots, sliced
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp paprika
- 4 cups vegetable broth
- 1 can (14 oz) diced tomatoes
- Salt and pepper to taste

DIRECTION:

- Sauté onion, garlic, and carrots with spices until soft.
- Add lentils, vegetable broth, and tomatoes. Simmer until lentils are cooked.
- Season with salt and pepper.
- Serve hot, optionally garnished with fresh cilantro.



FIBER: 7g SODIUM: 900mg SUGAR: 10g
CALORIES: 150 PROTEIN: 5g CARBOHYDRATES: 28g FAT: 3g

VEGETABLE SOUP



SERVES: 6



PREP TIME: Serve hot

This Vegan Vegetable Soup is a hearty, wholesome dish packed with a variety of colorful vegetables, herbs, and optional legumes. It's a comforting and nutritious meal perfect for any time of the year.

INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, celery stalks, red bell pepper, yellow bell pepper, zucchini, and green beans, diced
- 1 can diced tomatoes (14 oz)
- 6 cups vegetable broth
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt and pepper to taste
- Optional: 1 cup cooked beans, 1 cup corn, 1 cup chopped spinach or kale
- Juice of 1 lemon

DIRECTION:

- Heat olive oil in a large pot, sauté onions until translucent. Add garlic and sauté briefly.
- Add all diced vegetables, tomatoes, broth, bay leaf, thyme, oregano, salt, and pepper. Stir.
- Bring to a boil, then simmer for 15-20 mins until the veggies are tender.
- Optionally, add beans, corn, and greens. Simmer for 5-7 mins.
- Finish with a squeeze of lemon juice before serving.



CALORIES: 240

PROTEIN: 12g

CARBOHYDRATES: 45g

FAT: 1g

FIBER: 12g

BLACK BEAN SOUP



SERVES: 6



PREP TIME: 35 MINS

This spicy black bean soup is full of flavor and protein. It's perfect for those who enjoy a bit of heat in their soup.

INGREDIENTS:

- 2 cans (15 oz each) black beans, drained and rinsed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeño pepper, seeded and minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 4 cups vegetable broth
- Juice of 1 lime
- Salt and pepper to taste

DIRECTION:

- In a large pot, sauté onions, garlic, red bell pepper, and jalapeño until softened.
- Add black beans, cumin, chili powder, and vegetable broth. Simmer for 20 minutes.
- Use an immersion blender to blend some of the soup, leaving it partially chunky.
- Stir in lime juice, salt, and pepper. Simmer for an additional 5 minutes.
- Serve hot.



CALORIES: 220

PROTEIN: 5g

CARBOHYDRATES: 38g

FAT: 6g

FIBER: 5g

POTATO LEEK SOUP



SERVES: 4



PREP TIME: 40 MINS

This vegan potato leek soup is creamy and comforting, with the earthy flavors of potatoes and leeks coming together perfectly.

INGREDIENTS:

- 4 large potatoes, peeled and diced
- 2 leeks, sliced (white and light green parts only)
- 4 cups vegetable broth
- 1 cup unsweetened almond milk
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh chives for garnish

DIRECTION:

- In a large pot, sauté leeks in olive oil until soft and translucent.
- Add diced potatoes and vegetable broth. Simmer for 20-25 minutes until the potatoes are tender.
- Use an immersion blender to puree the soup until smooth. Stir in almond milk.
- Season with salt and pepper. Garnish with fresh chives.



CALORIES: 280

PROTEIN: 11g

CARBOHYDRATES: 65g

FAT: 2g

FIBER: 10g

MINISTRONE SOUP



SERVES: 6



PREP TIME: 30 MINS

This hearty and nutritious vegan minestrone soup is packed with vegetables, beans, and pasta, making it a filling and flavorful meal.

INGREDIENTS:

- 1 cup small pasta (such as ditalini or macaroni)
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 1 can (15 oz) diced tomatoes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

DIRECTION:

- Cook the pasta according to package instructions and set aside.
- In a large pot, sauté onions, carrots, celery, and garlic until softened.
- Add vegetable broth, diced tomatoes, basil, and oregano. Simmer for 15 minutes.
- Stir in cooked pasta and cannellini beans. Simmer for an additional 5 minutes.
- Season with salt and pepper. Serve hot.



CALORIES: 180

PROTEIN: 2g

CARBOHYDRATES: 28g

FAT: 7g

FIBER: 5g

BUTTERNUT SQUASH SOUP



SERVES: 4



PREP TIME: 45 MINS

Creamy and comforting, this vegan butternut squash soup is a fall favorite. It's lightly spiced and perfect for a cozy evening.

INGREDIENTS:

- 1 medium butternut squash, peeled and diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- Salt and pepper to taste
- 2 tablespoons olive oil

DIRECTION:

- In a large pot, sauté onions and garlic in olive oil until fragrant and translucent.
- Add diced butternut squash, vegetable broth, cinnamon, and nutmeg. Simmer for 20-25 minutes until squash is tender.
- Use an immersion blender to blend the soup until smooth.
- Season with salt and pepper. Serve hot.



CALORIES: 290

PROTEIN: 7g

CARBOHYDRATES: 56g

FAT: 6g

FIBER: 9g

MUSHROOM BARLEY SOUP



SERVES: 6



PREP TIME: 50 MINS

This vegan mushroom barley soup is a hearty and earthy option. It's packed with mushrooms, barley, and vegetables for a satisfying meal.

INGREDIENTS:

- 1 cup pearl barley
- 8 oz mushrooms, sliced
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 1 teaspoon thyme
- Salt and pepper to taste
- 2 tablespoons olive oil

DIRECTION:

- In a large pot, sauté onions, carrots, celery, garlic, and mushrooms in olive oil until softened.
- Add pearl barley, vegetable broth, thyme, salt, and pepper. Simmer for 30-35 minutes until barley is tender.
- Serve hot.



CALORIES: 180

PROTEIN: 4g

CARBOHYDRATES: 12g

FAT: 15g

FIBER: 2g

THAI COCONUT SOUP (TOM KHA)



SERVES: 4



PREP TIME: 30 MINS

This vegan Thai coconut soup is a creamy and aromatic delight, featuring the flavors of lemongrass, coconut milk, and lime.

INGREDIENTS:

- 1 can (14 oz) coconut milk
- 4 cups vegetable broth
- 1 lemongrass stalk, cut into 2-inch pieces and smashed
- 3 slices galangal or ginger
- 2 cloves garlic, minced
- 1 red bell pepper, thinly sliced
- 1 cup mushrooms, sliced
- 1 tomato, diced
- 2 tablespoons soy sauce
- Juice of 1 lime
- Fresh cilantro for garnish

DIRECTION:

- In a large pot, combine coconut milk, vegetable broth, lemongrass, galangal or ginger, and garlic. Simmer for 10 minutes.
- Remove the lemongrass and ginger slices.
- Add red bell pepper, mushrooms, tomato, soy sauce, and lime juice. Simmer for an additional 10 minutes.
- Garnish with fresh cilantro and serve hot.



CALORIES: 350

PROTEIN: 10g

CARBOHYDRATES: 35g

FAT: 21g

FIBER: 7g

SWEET POTATO AND PEANUT STEW



SERVES: 4



PREP TIME: 40 MINS

This hearty vegan stew combines the sweetness of sweet potatoes with the richness of peanut butter, creating a unique and satisfying flavor.

INGREDIENTS:

- 2 large sweet potatoes, peeled and diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 1/2 cup peanut butter
- 4 cups vegetable broth
- 1 teaspoon cumin
- 1/2 teaspoon cayenne pepper (adjust to taste)
- Salt and pepper to taste
- 2 tablespoons olive oil
- Chopped fresh cilantro for garnish

DIRECTION:

- In a large pot, sauté onions and garlic in olive oil until softened.
- Add sweet potatoes, diced tomatoes, peanut butter, vegetable broth, cumin, cayenne pepper, salt, and pepper. Simmer for 25-30 minutes until the sweet potatoes are tender.
- Serve hot, garnished with chopped fresh cilantro.



CALORIES: 180

PROTEIN: 6g

CARBOHYDRATES: 22g

FAT: 7g

FIBER: 6g

CHICKPEA SALAD SANDWICH



SERVES: 4



PREP TIME: 15 MINS

This vegan chickpea salad sandwich is a delicious and satisfying lunch option that's reminiscent of traditional chicken or tuna salad sandwiches.

INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 cup celery, finely chopped
- 1/4 cup red onion, finely chopped
- 1/4 cup vegan mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Whole grain bread or wraps
- Lettuce, tomato, and avocado for assembling

DIRECTION:

- In a large bowl, mash the chickpeas with a fork or potato masher until mostly crushed.
- Add celery, red onion, vegan mayonnaise, Dijon mustard, lemon juice, salt, and pepper. Mix until well combined.
- Serve the chickpea salad on whole grain bread or wraps with lettuce, tomato, and avocado.



CALORIES: 322

PROTEIN: 5.5g

CARBS: 47.5g

FAT: 15g

FIBER : 11g

BALKAN AUBERGINE SALAD



SERVES: 02



PREP TIME: 20 Mins - READY IN 30 Mins

Enjoy the Balkans with our Aubergine Salad. Char-grilled aubergines, roasted peppers, caramelized onions, and cherry tomatoes dressed in olive oil, pomegranate sauce, and fresh parsley.

INGREDIENTS:

- 400g char-grilled aubergines (jarred)
- 2 red onions (½-inch thick slices)
- 3 roasted bell peppers (sliced)
- 150 cherry tomatoes
- 2 tbsp pomegranate sauce
- 2 tbsp extra virgin olive oil
- Fresh parsley
- Lemon juice
- Salt to taste

DIRECTION:

- Roast red onions and cherry tomatoes in the oven at 230°C (450°F) for 10-15 minutes. Halve the tomatoes and caramelize the onions.
- In a salad bowl, combine aubergines, bell peppers, roast tomatoes, caramelized onions, and parsley.
- Season, drizzle with olive oil and pomegranate sauce, adjust with lemon juice.
- Serve with warm pita bread. Enjoy!



CALORIES: 250

PROTEIN: 6g

CARBOHYDRATES: 31g

FAT: 11g

FIBER: 5g

MEDITERRANEAN QUINOA SALAD



SERVES: 4



PREP TIME: 20 MINS

This vegan Mediterranean quinoa salad is a refreshing and nutritious option for lunch, featuring fresh vegetables, olives, and a zesty dressing.

INGREDIENTS:

- 1 cup quinoa, cooked and cooled
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, pitted and sliced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- Juice of 1 lemon
- 2 tablespoons olive oil
- Salt and pepper to taste
- Vegan feta cheese (optional)

DIRECTION:

- In a large bowl, combine cooked and cooled quinoa, cucumber, cherry tomatoes, olives, red onion, and fresh parsley.
- In a small bowl, whisk together lemon juice, olive oil, salt, and pepper. Pour the dressing over the salad and toss to combine.
- Serve with vegan feta cheese, if desired.



CALORIES: 350

PROTEIN: 8g

CARBOHYDRATES: 52g

FAT: 14g

FIBER: 5g

THAI PEANUT NOODLES



SERVES: 6



PREP TIME: 25 MINS

These vegan Thai peanut noodles are quick and packed with flavor, featuring a creamy peanut sauce and colorful veggies.

INGREDIENTS:

- 8 oz rice noodles (or any vegan noodles)
- 1 red bell pepper, thinly sliced
- 1 carrot, julienned
- 1 cup broccoli florets
- 1/2 cup snap peas, chopped
- 1/4 cup green onions, chopped
- 1/4 cup peanuts, crushed (for garnish)
- Fresh cilantro (for garnish)

For the Peanut Sauce:

- 1/4 cup creamy peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon maple syrup
- 1 tablespoon rice vinegar
- 1 teaspoon sriracha sauce (adjust to taste)
- 2 cloves garlic, minced
- Juice of 1 lime
- Water (to thin the sauce)

DIRECTION:

- Cook the noodles according to package instructions, then rinse under cold water and set aside.
- In a large bowl, whisk together all the peanut sauce ingredients, adding water to reach your desired consistency.
- Toss the cooked noodles and vegetables in the peanut sauce until well coated.
- Serve garnished with crushed peanuts and fresh cilantro.



CALORIES: 320

PROTEIN: 12g

CARBOHYDRATES: 40g

FAT: 14g

FIBER: 12g

AVOCADO AND BLACK BEAN QUESADILLAS



SERVES: 4



PREP TIME: 20 MINS

These vegan avocado and black bean quesadillas are a delightful combination of creamy avocado, hearty black beans, and vegan cheese.

INGREDIENTS:

- 4 whole wheat or corn tortillas
- 1 avocado, mashed
- 1 cup canned black beans, drained and rinsed
- 1 cup vegan shredded cheese
- 1/2 cup salsa
- Cooking spray or a small amount of oil (for grilling)

DIRECTION:

- Spread mashed avocado evenly on half of each tortilla.
- Top with black beans, vegan shredded cheese, and salsa.
- Fold the tortillas in half to create a quesadilla.
- Heat a non-stick skillet over medium heat and lightly grease with cooking spray or oil.
- Cook the quesadillas for 2-3 minutes on each side until they are crispy and the cheese is melted.
- Slice and serve hot.



CALORIES: 442**PROTEIN:** 9.g**CARBS:** 85g**FAT:** 10.9g

VEGAN BOREK

**SERVES:** 4-6**PREP TIME:** 30 Mins - READY IN 1 Hrs

These Vegan Borek are a delectable delight, perfect for gatherings or as a savory snack. Stuffed with a flavorful spinach and vegan feta filling, they're wrapped in layers of delicate phyllo dough and baked to golden perfection. The Sweet Nigella Blend adds a unique twist to this classic dish. Enjoy them warmly and share the love!

INGREDIENTS:

Vegan Borek Filling:

- 3 packages of frozen spinach, defrosted and drained
- 1/2 cup vegan feta
- 1/4 cup each of chopped dill and parsley
- 2 tsp Piquant Post Sweet Nigella Blend
- Salt and pepper to taste

Glaze:

- 1/3 cup vegan butter, melted
- 1/3 cup plant-based milk
- 1/4 cup olive oil

Borek Pastry:

- 1 package phyllo dough, defrosted (about 20 sheets)

DIRECTION:

- Preheat the oven to 350°F. Chop the defrosted spinach and combine it with vegan feta, dill, parsley, and Piquant Post Sweet Nigella Blend. Season with salt and pepper.
- Brush the baking dish with the glaze. Layer phyllo sheets, brushing each with glaze.
- After 10 layers, add the filling evenly.
- Continue layering phyllo sheets, brushing with glaze in between. Slice into 12 pieces.
- Bake for 45 mins-1 hour until browned.
- Serve warm.



CALORIES: 250

PROTEIN: 12g

CARBOHYDRATES: 45g

FAT: 3g

FIBER: 10g

LENTIL AND VEGETABLE STIR-FRY



SERVES: 4



PREP TIME: 25 MINS

This vegan lentil and vegetable stir-fry is a nutritious and protein-packed lunch option that's quick and easy to prepare.

INGREDIENTS:

- 1 cup dried green or brown lentils, cooked
- 2 cups mixed vegetables (e.g., bell peppers, broccoli, snap peas)
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon maple syrup
- Cooked rice or quinoa for serving

DIRECTION:

- In a large skillet or wok, heat sesame oil over medium-high heat.
- Add onions and garlic, stir-fry for 2-3 minutes until fragrant.
- Add mixed vegetables and continue to stir-fry for 5-7 minutes until they are tender-crisp.
- In a small bowl, whisk together soy sauce and maple syrup.
- Add cooked lentils and the sauce to the skillet, stirring to combine and heat through.
- Serve over cooked rice or quinoa.



CALORIES: 280

PROTEIN: 8g

CARBOHYDRATES: 28g

FAT: 16g

FIBER: 7g

SPINACH AND CHICKPEA CURRY



SERVES: 4



PREP TIME: 25 MINS

This vegan spinach and chickpea curry is a flavorful and nutritious dish that's quick to prepare and perfect for lunch.

INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 can (14 oz) diced tomatoes
- 1 can (14 oz) coconut milk
- 4 cups fresh spinach
- Salt and pepper to taste
- Cooked rice or naan bread for serving

DIRECTION:

- In a large skillet, sauté onions and garlic until translucent.
- Add curry powder, cumin, and coriander, and cook for another minute.
- Stir in chickpeas, diced tomatoes, and coconut milk. Simmer for 10-15 minutes.
- Add fresh spinach and cook until wilted.
- Season with salt and pepper. Serve over cooked rice or with naan bread.



CALORIES: 270

PROTEIN: 6g

CARBOHYDRATES: 49g

FAT: 6g

FIBER: 5g

MEDITERRANEAN COUSCOUS SALAD



SERVES: 4



PREP TIME: 20 MINS

This vegan Mediterranean couscous salad is a light and refreshing option for lunch, filled with colorful vegetables and herbs.

INGREDIENTS:

- 1 cup couscous
- 1 1/4 cups vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 cup Kalamata olives, pitted and sliced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- Juice of 1 lemon
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTION:

- In a saucepan, bring vegetable broth to a boil. Stir in couscous, cover, and remove from heat. Let it sit for 5 minutes, then fluff with a fork and let it cool.
- In a large bowl, combine cooked couscous, cherry tomatoes, cucumber, Kalamata olives, red onion, and fresh parsley.
- In a small bowl, whisk together lemon juice, olive oil, salt, and pepper. Pour the dressing over the salad and toss to combine.
- Serve chilled.



CALORIES: 280

PROTEIN: 3g

CARBOHYDRATES: 64g

FAT: 1g

FIBER: 4g

BBQ JACKFRUIT TACOS



SERVES: 4



PREP TIME: 20 MINS

These vegan BBQ jackfruit tacos are a delicious and satisfying lunch option with smoky and sweet flavors.

INGREDIENTS:

- 2 cans (20 oz) young green jackfruit in water, drained and shredded
- 1/2 cup BBQ sauce (vegan-friendly)
- 1/2 red onion, thinly sliced
- 1 cup shredded cabbage or coleslaw mix
- 8 small corn tortillas
- Vegan ranch dressing (optional)

DIRECTION:

- In a skillet, combine shredded jackfruit and BBQ sauce. Cook over medium heat for 10-15 minutes until heated through and slightly caramelized.
- Warm the corn tortillas in a dry skillet or microwave.
- Assemble tacos by placing a spoonful of BBQ jackfruit on each tortilla, followed by sliced red onion and shredded cabbage.
- Drizzle with vegan ranch dressing if desired.
- Serve hot.



CALORIES: 320

PROTEIN: 7g

CARBOHYDRATES: 46g

FAT: 14g

FIBER: 9g

SWEET POTATO AND CHICKPEA CURRY



SERVES: 4



PREP TIME: 30 MINS

This vegan sweet potato and chickpea curry is a comforting and hearty lunch option with a blend of spices and creamy coconut milk.

INGREDIENTS:

- Heat some olive oil in a pan.
- Add chopped red onions and cook until they become soft.
- Stir in curry paste for flavor.
- Add fresh red chili, grated ginger, and fresh coriander.
- Mix in diced sweet potatoes and chickpeas.
- Add ripe tomatoes or canned chopped tomatoes.
- Pour in light coconut milk.
- Let it simmer until sweet potatoes are tender and the sauce thickens.
- Stir in pre-washed spinach.
- Garnish with fresh coriander.

DIRECTION:

- Heat 2 tbsp oil in a large saucepan over medium heat.
- Add onion and curry paste, cook for 10 minutes until onion is soft and golden.
- Add chili, ginger, coriander stalks, and sweet potato. Then add chickpeas and tomatoes.
- Bring to a boil with 200ml of water. Simmer, covered, for 15-20 minutes.
- Stir in coconut milk and spinach, cook until wilted.
- Serve with coriander leaves and optional poppadoms and rice



CALORIES: 320

PROTEIN: 12g

CARBOHYDRATES: 42g

FAT: 13g

FIBER: 8g

CAPRESE SALAD SANDWICH



SERVES: 2



PREP TIME: 10 MINS

This vegan Caprese salad sandwich is a fresh and simple lunch option, featuring the classic combination of tomato, basil, and vegan mozzarella.

INGREDIENTS:

- 4 slices whole grain bread
- 2 large tomatoes, sliced
- 1 cup fresh basil leaves
- 8 oz vegan mozzarella cheese, sliced
- Balsamic glaze (store-bought or homemade)
- Olive oil for drizzling
- Salt and pepper to taste

DIRECTION:

- Lay out the slices of bread. Layer tomato slices, fresh basil leaves, and vegan mozzarella slices on two slices of bread.
- Drizzle with olive oil and balsamic glaze. Season with salt and pepper.
- Top with the remaining slices of bread to make sandwiches.
- Cut in half and serve.



CALORIES: 240

PROTEIN: 8g

CARBOHYDRATES: 38g

FAT: 7g

FIBER: 7g

CHICKPEA AND VEGETABLE STIR-FRY



SERVES: 4



PREP TIME: 20 MINS

This vegan chickpea and vegetable stir-fry is a quick and nutritious lunch option packed with protein and colorful veggies.

INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups mixed vegetables (e.g., bell peppers, broccoli, snow peas)
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 1 tablespoon sesame oil
- 1 tablespoon maple syrup
- Cooked brown rice or quinoa for serving

DIRECTION:

- Heat sesame oil in a large skillet over medium-high heat.
- Add onions and garlic, stir-fry for 2-3 minutes until fragrant.
- Add mixed vegetables and continue to stir-fry for 5-7 minutes until they are tender-crisp.
- Stir in chickpeas, soy sauce, and maple syrup. Cook for another 2-3 minutes.
- Serve over cooked brown rice or quinoa.



CALORIES: 280

PROTEIN: 9g

CARBOHYDRATES: 48g

FAT: 7g

FIBER: 9g

ROASTED VEGETABLE AND HUMMUS WRAP



SERVES: 4



PREP TIME: 25 MINS

This vegan roasted vegetable and hummus wrap is a satisfying and flavorful lunch option filled with roasted veggies and creamy hummus.

INGREDIENTS:

- 4 whole wheat or spinach wraps
- 2 cups mixed roasted vegetables (e.g., bell peppers, zucchini, eggplant)
- 1 cup baby spinach or arugula
- 1/2 cup hummus (store-bought or homemade)
- Fresh herbs (e.g., basil, parsley) for garnish
- Salt and pepper to taste

DIRECTION:

- Lay out the wraps and spread a generous layer of hummus on each.
- Layer roasted vegetables and baby spinach or arugula on each wrap.
- Season with salt and pepper and garnish with fresh herbs.
- Roll up the wraps, cut in half, and serve.



CALORIES: 380

PROTEIN: 10g

CARBOHYDRATES: 66g

FAT: 9g

FIBER: 12g

SWEET POTATO AND BLACK BEAN BURRITO BOWL



SERVES: 4



PREP TIME: 30 MINS

This vegan sweet potato and black bean burrito bowl is a nutritious and satisfying lunch option with a mix of flavors and textures.

INGREDIENTS:

- 2 cups cooked brown rice
- 2 large sweet potatoes, peeled and diced
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 avocado, sliced
- Salsa or hot sauce for drizzling
- Fresh cilantro for garnish
- Salt and pepper to taste

DIRECTION:

- Preheat the oven to 400°F (200°C). Toss sweet potato cubes with a drizzle of olive oil, salt, and pepper. Roast for 20-25 minutes until tender and slightly crispy.
- Assemble bowls with cooked brown rice, roasted sweet potatoes, black beans, corn, and avocado dices.
- Drizzle with salsa or hot sauce and garnish with fresh cilantro.
- Season with additional salt and pepper if desired.



TOFU AND VEGETABLE STIR-FRY



SERVES: 4



PREP TIME: 30 MINS

This vegan tofu and vegetable stir-fry is a protein-packed and satisfying lunch option with a savory sauce and a variety of colorful vegetables.

INGREDIENTS:

- 1 block (14 oz) extra-firm tofu, cubed
- 2 cups mixed vegetables (e.g., bell peppers, broccoli, snap peas)
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup
- Cooked brown rice or quinoa for serving

DIRECTION:

- Heat a large skillet or wok over medium-high heat. Add cubed tofu and cook until browned on all sides. Remove from the skillet and set aside.
- In the same skillet, add a drizzle of oil if needed. Sauté onions and garlic until translucent.
- Add mixed vegetables and stir-fry for 5-7 minutes until they are tender-crisp.
- Return the tofu to the skillet and add soy sauce, rice vinegar, and maple syrup. Cook for another 2-3 minutes.
- Serve over cooked brown rice or quinoa.



FALAFEL AND TABOULI SALAD



SERVES: 4



PREP TIME: 40 MINS

This vegan falafel and tabouli salad is a Middle Eastern-inspired delight, featuring crispy falafel patties served with a fresh and tangy tabouli salad.

INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1/2 onion, chopped
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- Salt and pepper to taste
- Olive oil for frying

For the Tabouli Salad:

- 1 cup cooked bulgur wheat (or quinoa for a gluten-free option)
- 1 cup fresh parsley, chopped
- 1/2 cup fresh mint, chopped
- 2 tomatoes, diced
- 1 cucumber, diced
- Juice of 2 lemons
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTION:

For the Falafel:

- In a food processor, combine chickpeas, parsley, cilantro, onion, garlic, cumin, coriander, salt, and pepper. Pulse until a coarse mixture forms.
- Form the mixture into small patties and heat olive oil in a pan over medium-high heat.
- Fry the falafel patties until golden brown and crispy on both sides, about 3-4 minutes per side. Drain on paper towels



For the Tabouli Salad:

- In a large bowl, combine cooked bulgur wheat (or quinoa), parsley, mint, tomatoes, and cucumber.
- In a separate bowl, whisk together lemon juice, olive oil, salt, and pepper.
- Pour the dressing over the salad and toss to combine.
- Serve the falafel patties on a bed of tabouli salad.



CALORIES: 320

PROTEIN: 11g

CARBOHYDRATES: 57g

FAT: 6g

FIBER: 11g

MEDITERRANEAN STUFFED ZUCCHINI



SERVES: 4



PREP TIME: 50 MINS

These vegan Mediterranean stuffed Zucchini are filled with a flavorful mixture of quinoa, chickpeas, tomatoes, and spices, making for a hearty and healthy lunch.

INGREDIENTS:

- 2 bells Zucchini, any color
- 1 cup quinoa, cooked
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup diced tomatoes
- 1/2 cup chopped fresh parsley
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste
- Olive oil for drizzling
- Lemon wedges for serving

DIRECTION:

- Preheat the oven to 375°F (190°C).
- Cut the tops off the Zucchini and remove the seeds and membranes.
- In a large bowl, combine cooked quinoa, chickpeas, diced tomatoes, parsley, garlic, cumin, paprika, salt, and pepper.
- Stuff each bell pepper with the quinoa mixture.
- Place the stuffed peppers in a baking dish, drizzle with olive oil, and cover with foil.
- Bake for 25-30 minutes, then remove the foil and bake for an additional 10 minutes until the peppers are tender.
- Serve with lemon wedges.



CALORIES: 250

PROTEIN: 5g

CARBOHYDRATES: 51g

FAT: 3g

FIBER: 5g

VEGAN SUSHI BOWL



SERVES: 4



PREP TIME: 30 MINS

This vegan sushi bowl is a deconstructed version of sushi, featuring all the flavors of sushi rolls without the need for rolling.

INGREDIENTS:

- 2 cups cooked sushi rice
- 1 cucumber, thinly sliced
- 1 carrot, julienned
- 1/2 avocado, sliced
- 1/2 cup pickled ginger
- 1/4 cup soy sauce or tamari
- 1 tablespoon sesame seeds
- 4 nori seaweed sheets, torn into strips
- Wasabi and vegan sriracha (optional)

DIRECTION:

- Divide cooked sushi rice into four bowls.
- Arrange cucumber, carrot, avocado, and pickled ginger on top of the rice in each bowl.
- Drizzle with soy sauce and sprinkle with sesame seeds.
- Garnish with nori seaweed strips.
- Serve with sauces on your demand.



CALORIES: 260

PROTEIN: 9g

CARBOHYDRATES: 42g

FAT: 7g

FIBER: 13g

BLACK BEAN AND CORN SALAD



SERVES: 4



PREP TIME: 20 MINS

This vegan black bean and corn salad is a refreshing and protein-packed lunch option with a zesty lime-cilantro dressing.

INGREDIENTS:

- 2 cans (15 oz each) black beans, drained and rinsed
- 2 cups corn kernels (fresh, frozen, or canned)
- 1 red bell pepper, diced
- 1/2 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- Juice of 2 limes
- 2 tablespoons olive oil
- 1 teaspoon cumin
- Salt and pepper to taste
- Avocado slices for serving (optional)

DIRECTION:

- In a large bowl, combine black beans, corn, red bell pepper, red onion, and fresh cilantro.
- In a separate bowl, whisk together lime juice, olive oil, cumin, salt, and pepper.
- Pour the dressing over the salad and toss to combine.
- Voila!



CALORIES: 220

PROTEIN: 3g

CARBOHYDRATES: 16g

FAT: 18g

FIBER: 4g

THAI GREEN CURRY



SERVES: 4



PREP TIME: 30 MINS

This vegan Thai green curry is a flavorful and aromatic lunch option, featuring a medley of vegetables in a creamy coconut milk-based sauce.

INGREDIENTS:

- 2 cups mixed vegetables (e.g., bell peppers, zucchini, eggplant)
- 1 can (14 oz) coconut milk
- 2 tablespoons green curry paste (check for vegan-friendly)
- 1 tablespoon soy sauce
- 1 tablespoon brown sugar
- 1 lime, juiced
- Fresh basil or cilantro for garnish
- Cooked jasmine rice for serving

DIRECTION:

- In a large skillet or wok, heat a small amount of oil over medium heat.
- Add mixed vegetables and stir-fry for 5-7 minutes until they are tender-crisp.
- Stir in green curry paste and cook for another 1-2 minutes.
- Add coconut milk, soy sauce, brown sugar, and lime juice. Simmer for 10-15 minutes.
- Serve with broccoli, garnished with fresh basil or cilantro.



CALORIES: 250

PROTEIN: 9g

CARBOHYDRATES: 45g

FAT: 3g

FIBER: 10g

BBQ CHICKPEA SALAD



SERVES: 4



PREP TIME: 15 MINS

This vegan BBQ chickpea salad is a delightful blend of smoky chickpeas, fresh veggies, and a tangy BBQ dressing.

INGREDIENTS:

- 2 cans (15 oz each) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1/4 cup BBQ sauce (vegan-friendly)
- Juice of 1 lime
- Salt and pepper to taste
- Mixed greens or spinach for serving

DIRECTION:

- In a large bowl, combine chickpeas, cherry tomatoes, cucumber, red onion, and fresh cilantro.
- In a small bowl, whisk together BBQ sauce, lime juice, salt, and pepper.
- Pour the dressing over the salad and toss to combine.
- Serve the BBQ chickpea salad with lettuce on side.



CALORIES: 180

PROTEIN: 3g

CARBOHYDRATES: 28g

FAT: 8g

FIBER: 10g

EGGPLANT IMAM BAYILDI



SERVES: 4



PREP TIME: 45 MINS

traditional Turkish dish of roasted eggplants stuffed with a flavorful mixture of tomatoes, onions, and spices.

INGREDIENTS:

- 4 small eggplants
- 2 onions, finely chopped
- 3 tomatoes, diced
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley for garnish

DIRECTION:

- Cut the eggplants in half lengthwise and scoop out the centers.
- In a pan, sauté onions and garlic in olive oil until translucent.
- Add tomatoes, cumin, paprika, salt, and pepper. Cook until the mixture thickens.
- Fill the eggplant halves with the tomato mixture.
- Roast in the oven at 350°F (175°C) for 30-35 minutes.
- Garnish with fresh parsley before serving.



CALORIES: 220

PROTEIN: 9g

CARBOHYDRATES: 36g

FAT: 5g

FIBER: 9g

VEGAN SPINACH AND CHICKPEA STEW



SERVES: 4



PREP TIME: 30 MINS

A hearty stew featuring spinach, chickpeas, and warming spices

INGREDIENTS:

- 1 lb fresh spinach, chopped
- 2 cups cooked chickpeas
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1/2 teaspoon red pepper flakes (adjust to taste)
- 1 tablespoon olive oil
- Juice of 1 lemon
- Salt and pepper to taste

DIRECTION:

- In a large pot, sauté onions and garlic in olive oil until translucent.
- Add cumin, coriander, and red pepper flakes. Cook for 1-2 minutes.
- Add spinach and cook until wilted.
- Stir in chickpeas, lemon juice, salt, and pepper. Simmer for 10-15 minutes.
- Serve hot.



CALORIES: 180

PROTEIN: 3g

CARBOHYDRATES: 35g

FAT: 3g

FIBER: 2g

STUFFED GRAPE LEAVES



SERVES: 6 (approximately 24 grape leaves)



PREP TIME: 60 MINS

Grape leaves stuffed with a mixture of rice, herbs, and spices, cooked in a lemony olive oil sauce.

INGREDIENTS:

- 30-40 grape leaves (canned or fresh, blanched)
- 1 cup rice
- 1 onion, finely chopped
- 2 tomatoes, diced
- 2 tablespoons olive oil
- Juice of 2 lemons
- 1 teaspoon dried mint
- Salt and pepper to taste

DIRECTION:

- Rinse and drain grape leaves if using canned ones.
- In a pan, sauté onions in olive oil until translucent.
- Add rice, tomatoes, dried mint, salt, and pepper. Cook for a few minutes.
- Place a spoonful of the rice mixture on each grape leaf and fold into a roll.
- Arrange the stuffed grape leaves in a pot, seam-side down.
- Mix lemon juice with enough water to cover the grape leaves and pour over them.
- Place a heavy plate on top to keep them from unraveling.
- Cook on low heat for 40-45 minutes.



CALORIES: 320

PROTEIN: 8g

CARBOHYDRATES: 60g

FAT: 6g

FIBER: 5g

RED LENTIL KÖFTE



SERVES: 4 (2 pides)



PREP TIME: 2 HRS

Traditional Turkish Köfte made from red lentils, bulgur, and spices, served with lettuce leaves and a zesty pomegranate sauce.

INGREDIENTS:

- 1 cup red lentils, rinsed and drained
- 1/2 cup fine bulgur
- 1 onion, finely chopped
- 2 tablespoons tomato paste
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Lettuce leaves for serving

For the Pomegranate Sauce:

- 1/4 cup pomegranate molasses
- Juice of 1 lemon
- 2 cloves garlic, minced
- 2 tablespoons olive oil

DIRECTION:

- Cook lentils in water until soft, then drain.
- In a bowl, combine lentils, bulgur, onion, tomato paste, cumin, paprika, salt, and pepper. Knead the mixture well.
- Shape the mixture into small köfte balls or patties.
- Mix the ingredients for the pomegranate sauce in a separate bowl.
- Serve köfte with lettuce leaves and drizzle the pomegranate sauce on top.



CALORIES: 220

PROTEIN: 7g

CARBOHYDRATES: 39g

FAT: 4g

FIBER: 7g

SPINACH PIDE WITH VEGAN FETA



SERVES: 4 (approximately 6-8 slices)



PREP TIME: 45 MINS

Enjoy this Spinach "Turkish Pide", vegan-style, featuring dairy-free feta for a rich and satisfying meal.

INGREDIENTS:

For the Dough:

- 2.5 tsp dried yeast
- 1 tsp sugar
- 1 cup warm water
- 3 cups all-purpose flour
- 1 tsp salt
- 3 tbsp olive oil

For Toppings:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 1 red bell pepper, thinly sliced
- 1 tbsp red pepper paste (or tomato paste for milder flavor)
- 4 cups spinach leaves, washed and pat-dried
- 1.75 cups vegan feta cheese
- Salt and pepper to taste
- Semolina for baking
- 1 tbsp of olive oil for brushing

DIRECTION:

- Mix yeast, sugar, and warm water; let sit for 5 minutes.
- Combine flour and salt, make a well, add olive oil and yeast mixture, then add remaining warm water. Knead until smooth.
- Let the dough rise for about an hour, covered with cling film.
- For the filling, sauté onions and peppers in olive oil, add red pepper paste, and stir in the spinach. Season with salt and black pepper. Set aside.
- Divide the dough into two, roll into balls, then flatten into 2 oval shapes.



- Preheat the oven to 180°C/350°F. Line a baking tray with paper and sprinkle semolina. Place the flatbreads on the tray.
- Spread filling evenly, leaving a border.
- Sprinkle with vegan feta cheese.
- Fold in the sides, pinching the corners together.
- Brush the edges with a mixture of olive oil.
- Bake for 20-25 minutes until golden brown.
- Slice and serve.



CALORIES: 350 PROTEIN: 12g CARBOHYDRATES: 45g FAT: 15g FIBER: 9g

EGGPLANT PARMESAN



SERVES: 4



PREP TIME: 1 HRS

A vegan twist on the classic Italian favorite, this Vegan Eggplant Parmesan is a comforting and hearty dish.

INGREDIENTS:

- 2 large eggplants, sliced into rounds
- 2 cups vegan breadcrumbs
- 1 cup vegan parmesan cheese
- 2 cups marinara sauce
- 1 cup vegan mozzarella cheese
- Fresh basil leaves for garnish
- Salt and pepper to taste

DIRECTION:

- Preheat your oven to 375°F (190°C).
- Dip eggplant slices into plant-based milk, then coat with a mixture of breadcrumbs, vegan parmesan, salt, and pepper.
- Place the coated eggplant slices on a baking sheet and bake for 25-30 minutes until they're crispy.
- In a baking dish, layer marinara sauce, baked eggplant slices, and vegan mozzarella cheese.
- Repeat the layers, ending with a layer of cheese on top.
- Bake for another 20 minutes until the cheese is bubbly and golden.
- Garnish with fresh basil leaves before serving.(optional)



CALORIES: 450

PROTEIN: 10g

CARBOHYDRATES: 50g

FAT: 4g

FIBER: 24g

VEGAN PESTO PASTA



SERVES: 4



PREP TIME: 25 MINS

This Vegan Pesto Pasta is bursting with the flavors of fresh basil and pine nuts, creating a quick and delicious Italian lunch.

INGREDIENTS:

- 12 oz (340g) vegan pasta (e.g., spaghetti or linguine)
- 2 cups fresh basil leaves
- 1/2 cup pine nuts
- 2 cloves garlic
- 1/4 cup nutritional yeast
- 1/4 cup olive oil
- Salt and pepper to taste
- Cherry tomatoes for garnish

DIRECTION:

- Cook pasta according to package instructions and drain.
- In a food processor, blend basil, pine nuts, garlic, nutritional yeast, olive oil, salt, and pepper until smooth.
- Toss the cooked pasta with the pesto sauce.
- Garnish with cherry tomatoes and extra basil leaves before serving.



CALORIES: 300

PROTEIN: 10g

CARBOHYDRATES: 40g

FAT: 12g

FIBER: 2g

VEGAN MARGHERITA PIZZA



SERVES: 4



PREP TIME: 30 MINS

This Vegan Margherita Pizza features a homemade tomato sauce, vegan mozzarella, and fresh basil, all on a crispy homemade crust.

INGREDIENTS:

- Pizza dough (store-bought or homemade)
- 1/2 cup tomato sauce
- 1 cup vegan mozzarella cheese
- Fresh basil leaves
- Olive oil for drizzling
- Salt and pepper to taste

DIRECTION:

- Preheat your oven to 475°F (245°C).
- Roll out the pizza dough on a floured surface to your desired thickness.
- Transfer the dough to a pizza stone or baking sheet.
- Spread tomato sauce evenly over the dough, leaving a border for the crust.
- Sprinkle vegan mozzarella cheese over the sauce.
- Season with salt and pepper to taste.
- Bake for 12-15 minutes or until the crust is golden and the cheese is bubbly.
- Remove from the oven, top with fresh basil, and drizzle with olive oil.



CALORIES: 350

PROTEIN: 8g

CARBOHYDRATES: 68g

FAT: 4g

FIBER: 4g

SPINACH AND CABBAGE RISOTTO



SERVES: 4



PREP TIME: 40 MINS

This Vegan Spinach and Cabbage Risotto is creamy, flavorful, and perfect for a cozy Italian lunch.

INGREDIENTS:

- 1 1/2 cups Arborio rice
- 2 cups baby spinach
- 1 onion, finely chopped
- 4 cups vegetable broth, hot
- 1/2 cup dry white wine
- 3 pieces of cabbage
- 2 tbsp nutritional yeast
- Salt and pepper to taste
- 2 tbsp olive oil

DIRECTION:

- In a large skillet, heat olive oil over medium heat.
- Add chopped onion and cabbages. Sauté until they soften.
- Stir in Arborio rice and cook for 2 minutes.
- Pour in the white wine and stir until it's mostly absorbed.
- Begin adding hot vegetable broth, one ladle at a time, stirring constantly until the liquid is absorbed before adding more.
- Continue this process until the rice is creamy and cooked al dente.
- Stir in nutritional yeast, cabbage, baby spinach, salt, and pepper.
- Cook until the spinach wilts.
- Serve hot.



CALORIES: 450

PROTEIN: 14g

CARBOHYDRATES: 60g

FAT: 18g

FIBER: 5g

FETTUCCHINE ALFREDO



SERVES: 4



PREP TIME: 30 MINS

Creamy and indulgent, this Vegan Fettuccine Alfredo is made with a luscious cashew-based sauce and fresh pasta.

INGREDIENTS:

- 12 oz (340g) vegan fettuccine pasta
- 1 cup raw cashews, soaked and drained
- 1 cup unsweetened almond milk
- 2 cloves garlic, minced
- Juice of 1 lemon
- 2 tbsp nutritional yeast
- Salt and pepper to taste
- Chopped fresh parsley for garnish

DIRECTION:

- Cook pasta according to package instructions and drain.
- In a blender, combine soaked cashews, almond milk, minced garlic, lemon juice, nutritional yeast, salt, and pepper. Blend until smooth.
- Toss the cooked pasta with the creamy sauce.
- Garnish with chopped fresh parsley before serving.



CALORIES: 280

PROTEIN: 5g

CARBOHYDRATES: 40g

FAT: 12g

FIBER: 5g

PAPPA AL POMODORO



SERVES: 4



PREP TIME: 30 MINS

Pappa al Pomodoro is a comforting Tuscan tomato and bread soup that's both hearty and delicious.

INGREDIENTS:

- 6 slices of day-old crusty bread, torn into pieces
- 4 cups canned crushed tomatoes
- 1/4 cup olive oil
- 4 cloves garlic, minced
- 1/4 cup fresh basil leaves, chopped
- Salt and pepper to taste
- Red pepper flakes (optional)
- Vegetable broth (if needed for consistency)

DIRECTION:

- In a large pot, heat olive oil over medium heat and sauté minced garlic until fragrant.
- Add the crushed tomatoes and fresh basil. Stir well.
- Gently fold in the torn bread pieces.
- Cook, stirring frequently, until the bread breaks down and the soup thickens.
- If it gets too thick, add vegetable broth to achieve your desired consistency.
- Season with salt, pepper, and red pepper flakes (if desired).
- Serve hot, garnished with extra basil leaves.



CALORIES: 350

PROTEIN: 8g

CARBOHYDRATES: 68g

FAT: 4g

FIBER: 4g

VEGAN PAPPA AL POMODORO



SERVES: 4



PREP TIME: 40 MINS

This Vegan Mushroom Risotto is rich and creamy, featuring earthy mushrooms and Arborio rice.

INGREDIENTS:

- 1 1/2 cups Arborio rice
- 8 oz (225g) mushrooms, sliced
- 1 onion, finely chopped
- 4 cups vegetable broth, hot
- 1/2 cup dry white wine
- 2 tbsp nutritional yeast
- Salt and pepper to taste
- 2 tbsp olive oil

DIRECTION:

- In a large skillet, heat olive oil over medium heat.
- Add chopped onion and sliced mushrooms. Sauté until they soften.
- Stir in Arborio rice and cook for 2 minutes.
- Pour in the white wine and stir until it's mostly absorbed.
- Begin adding hot vegetable broth, one ladle at a time, stirring constantly until the liquid is absorbed before adding more.
- Continue this process until the rice is creamy and cooked al dente.
- Stir in nutritional yeast, salt, and pepper.
- Serve hot.



CALORIES: 300

PROTEIN: 5g

CARBOHYDRATES: 40g

FAT: 14g

FIBER: 6g

PANZANELLA SALAD



SERVES: 4



PREP TIME: 30 MINS

Panzanella is a Tuscan bread salad that combines stale bread with fresh tomatoes and basil for a refreshing and satisfying dish.

INGREDIENTS:

- 4 cups diced bread cubes
- 4 cups ripe tomatoes, chopped
- 1 red onion, thinly sliced
- 1 cucumber, sliced
- 1/2 cup fresh basil leaves, torn
- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- Salt and pepper to taste

DIRECTION:

- In a large bowl, combine the stale bread cubes, chopped tomatoes, red onion, cucumber, and torn basil leaves.
- In a small bowl, whisk together the olive oil and red wine vinegar.
- Pour the dressing over the salad and toss to combine.
- Season with salt and pepper.
- Allow the salad to sit for about 20 minutes before serving, allowing the bread to soak up the flavors.



CALORIES: 280

PROTEIN: 5g

CARBOHYDRATES: 15g

FAT: 22g

FIBER: 3g

PANTIPASTO SALAD



SERVES: 4



PREP TIME: 15 MINS

This Vegan Antipasto Salad is loaded with marinated vegetables, olives, artichoke hearts, and plant-based cheese for a burst of Italian flavors.

INGREDIENTS:

- 1 cup cherry tomatoes, halved
- 1 cup marinated artichoke hearts, drained and chopped
- 1 cup marinated mushrooms, sliced
- 1/2 cup kalamata olives
- 1/2 cup roasted red peppers, sliced
- 1/2 cup vegan mozzarella cheese, cubed
- 2 tablespoons fresh basil, chopped
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

DIRECTION:

- In a large bowl, combine the cherry tomatoes, artichoke hearts, mushrooms, olives, roasted red peppers, vegan mozzarella cheese, and fresh basil.
- Drizzle with balsamic vinegar and olive oil.
- Season with salt and pepper.
- Toss to combine.
- Serve chilled.



CALORIES: 180

PROTEIN: 3g

CARBOHYDRATES: 20g

FAT: 10g

FIBER: 6g

CAPONATA SALAD



SERVES: 4



PREP TIME: 30 MINS

Caponata is a traditional Sicilian dish featuring eggplant, tomatoes, and other vegetables, making it a flavorful vegan salad option.

INGREDIENTS:

- 2 cups eggplant, diced
- 1 cup diced tomatoes
- 1/2 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 1/2 cup red onion, diced
- 2 cloves garlic, minced
- 2 tablespoons capers
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh basil, chopped
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

DIRECTION:

- Heat olive oil in a skillet over medium heat.
- Add the diced eggplant and sauté until softened and lightly browned.
- Add the diced tomatoes, red and green bell peppers, red onion, and minced garlic. Cook for a few more minutes until the vegetables are tender.
- Stir in capers, red wine vinegar, and fresh basil.
- Season with salt and pepper to taste.
- Allow the mixture to cool and marinate before serving.



CALORIES: 250

PROTEIN: 8g

CARBOHYDRATES: 30g

FAT: 10g

FIBER: 6g

TUSCAN BEAN SALAD



SERVES: 4



PREP TIME: 20 MINS

This Vegan Tuscan Bean Salad combines white beans with sun-dried tomatoes, fresh herbs, and a tangy vinaigrette for a flavorful and protein-rich salad.

INGREDIENTS:

- 2 cups cooked white beans (cannellini or Great Northern)
- 1/2 cup sun-dried tomatoes, rehydrated and chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- 2 cloves garlic, minced
- 2 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

DIRECTION:

- In a large bowl, combine the cooked white beans, rehydrated sun-dried tomatoes, fresh parsley, fresh basil, and minced garlic.
- In a small bowl, whisk together the red wine vinegar and extra virgin olive oil to create the dressing.
- Pour the dressing over the bean mixture and toss to combine.
- Season with salt and pepper to taste.
- Serve chilled.



CALORIES: 250

PROTEIN: 4g

CARBOHYDRATES: 24g

FAT: 16g

FIBER: 5g

ARUGULA AND ROASTED BEET SALAD



SERVES: 4



PREP TIME: 1 HRS

This Vegan Arugula and Roasted Beet Salad is a delightful combination of earthy roasted beets, peppery arugula, and a zesty vinaigrette.

INGREDIENTS:

- For the Salad:
- 4 medium-sized beets, roasted and sliced
- 6 cups fresh arugula
- 1/4 cup walnuts, toasted and chopped
- 1/4 cup red onion, thinly sliced
- 1/4 cup vegan goat cheese (optional)
- For the Vinaigrette:
- 3 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- Salt and pepper to taste

DIRECTION:

- Preheat your oven to 400°F (200°C). Wrap each beet in aluminum foil and roast for about 45-60 minutes or until they can be easily pierced with a fork. Let them cool, then peel and slice.
- In a large bowl, combine the arugula, roasted beet slices, toasted walnuts, and red onion.
- In a small bowl, whisk together the extra virgin olive oil, balsamic vinegar, Dijon mustard, maple syrup, salt, and pepper to create the vinaigrette.
- Drizzle the vinaigrette over the salad and toss to coat.
- If desired, crumble vegan goat cheese on top before serving.
- Serve immediately.



CALORIES: 445

PROTEIN: 6g

CARBOHYDRATES: 16g

FAT: 16g

FIBER: 5g

MARINATED MUSHROOM & TOMATO SALAD



SERVES: 2



PREP TIME: 30 Minutes

Get ready for a delicious lunch! Try this tangy and nutritious marinated mushroom salad bursting with fresh flavors.

INGREDIENTS:

- 2/3 cup (180ml) olive oil
- 2 tbsp red wine vinegar
- 2 tbsp sweet chili sauce
- Salt and freshly ground pepper
- 300g small cup mushrooms (quartered)
- 250g cherry tomatoes (quartered)
- 6 shallots (thinly sliced)
- 1 bunch of rocket (roughly chopped)
- 1/3 cup continental parsley (roughly chopped).

DIRECTION:

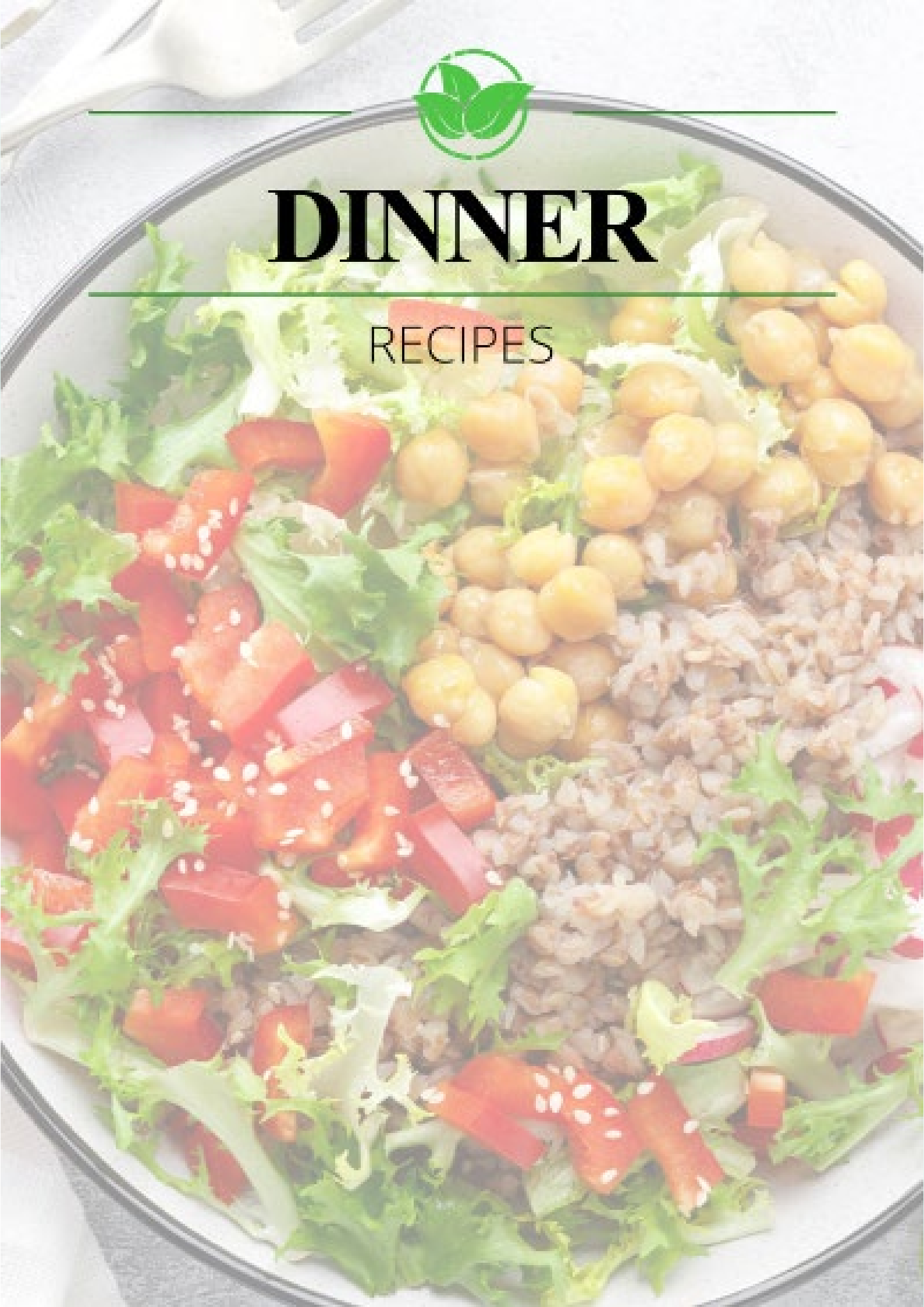
- In a screw-top jar, combine olive oil, red wine vinegar, sweet chili sauce, salt, and pepper. Shake well to mix.
- Put the mushrooms in a large bowl and pour 2/3 of the marinade over them. Stir to combine, then cover and set aside for 30 minutes.
- Afterward, add cherry tomatoes, shallots, rocket, parsley, and the remaining dressing to the mushroom mixture. Gently toss to combine. Season as needed and serve. Enjoy!





DINNER

RECIPES



CALORIES: 380

PROTEIN: 7g

CARBOHYDRATES: 45g

FAT: 18g

FIBER: 6g

SPAGHETTI AGLIO E OLIO



SERVES: 2



PREP TIME: 20 MINS - READY IN 30 MINS

A classic Italian dish featuring spaghetti tossed in garlic-infused olive oil, red pepper flakes, and fresh parsley.

INGREDIENTS:

- 8 oz (225g) whole wheat spaghetti
- 4 cloves garlic, thinly sliced
- 1/4 cup extra-virgin olive oil
- 1/2 tsp red pepper flakes (adjust)
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

DIRECTION:

- Boil spaghetti as directed on the package until it's cooked but still a bit firm.
- Meanwhile, heat olive oil in a pan over low heat. Add garlic and red pepper flakes, sauté until fragrant (about 2-3 minutes).
- Drain cooked spaghetti and toss it in the garlic oil mixture.
- Season with salt, pepper, and fresh parsley.
- Serve immediately.



CALORIES: 350

PROTEIN: 10g

CARBOHYDRATES: 45g

FAT: 15g

FIBER: 8g

EGGPLANT PARMIGIANA



SERVES: 4



PREP TIME: 45 MINS

A vegan twist on the classic Italian Eggplant Parmesan with breaded and baked eggplant slices, tomato sauce, and dairy-free cheese.

INGREDIENTS:

- 1 large eggplant, sliced into rounds
- 1 cup breadcrumbs (use vegan breadcrumbs)
- 1 cup marinara sauce
- 1 cup vegan mozzarella cheese
- 1/4 cup fresh basil leaves
- Olive oil for brushing

DIRECTION:

- Preheat the oven to 375°F (190°C).
- Dip eggplant slices in water and coat with breadcrumbs. Place on a baking sheet.
- Bake eggplant slices for 20-25 minutes until golden brown.
- In a baking dish, layer marinara sauce, baked eggplant, vegan cheese, and fresh basil.
- Repeat the layers and finish with a layer of vegan cheese.
- Bake for an additional 15-20 minutes until the cheese is melted and bubbly.
- Serve hot.



CALORIES: 320

PROTEIN: 14g

CARBOHYDRATES: 45g

FAT: 9g

FIBER: 10g

VEGAN IRISH STEW



SERVES: 4



PREP TIME: 50 MINS

A hearty and comforting vegan version of the classic Irish stew, packed with vegetables and savory flavors.

INGREDIENTS:

- 2 tbsp olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 carrots, sliced
- 2 potatoes, diced
- 2 parsnips, sliced
- 1 cup green peas
- 4 cups vegetable broth
- 1 cup seitan or tempeh, cubed (for protein)
- 2 tbsp tomato paste
- 2 bay leaves
- Salt and pepper to taste

DIRECTION:

- Heat olive oil in a large pot. Add onions and garlic, sauté until onions are translucent.
- Add carrots, potatoes, and parsnips. Cook for a few minutes.
- Stir in tomato paste and seitan/tempeh cubes.
- Pour in vegetable broth and add bay leaves. Bring to a boil, then reduce heat and simmer for 30-40 minutes.
- Add green peas and cook for an additional 5 minutes.
- Season with salt and pepper. Remove bay leaves before serving.



CALORIES: 420

PROTEIN: 5g

CARBOHYDRATES: 46g

FAT: 5g

FIBER: 6g

VEGAN COLCANNON



SERVES: 4



PREP TIME: 40 MINS

A creamy and flavorful mashed potato dish with sautéed cabbage and scallions.

INGREDIENTS:

- 4 large russet potatoes, peeled and diced
- 1/2 small cabbage, thinly sliced
- 4 scallions, chopped
- 1/2 cup unsweetened almond milk
- 2 tbsp vegan butter
- Salt and pepper to taste

DIRECTION:

- Boil potatoes until tender, then drain and mash them.
- While potatoes are cooking, sauté cabbage and scallions in a separate pan with a bit of vegan butter until wilted and slightly caramelized.
- Combine the mashed potatoes with almond milk and vegan butter, mix until creamy.
- Fold in the sautéed cabbage and scallions.
- Season with salt and pepper.
- Serve hot.



CALORIES: 350

PROTEIN: 12g

CARBOHYDRATES: 68g

FAT: 5g

FIBER: 13g

VEGAN SHEPHERD'S PIE



SERVES: 6



PREP TIME: 60 MINS

A vegan twist on the classic Shepherd's Pie, featuring a savory lentil and vegetable filling topped with creamy mashed potatoes.

INGREDIENTS:

- 1 cup lentils, rinsed and drained
- 3 cups vegetable broth
- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 2 tbsp tomato paste
- 1 tsp thyme
- 1 cup frozen peas
- 4 cups mashed potatoes (prepared separately)
- Salt and pepper to taste

DIRECTION:

- In a large pot, combine lentils and vegetable broth. Bring to a boil, then reduce heat and simmer for about 20 minutes, or until lentils are tender but not mushy. Drain any excess liquid.
- In a separate pan, heat olive oil and sauté onions, carrots, celery, and garlic until softened.
- Stir in tomato paste and thyme, then add the cooked lentils and frozen peas. Cook for another 5 minutes.
- Preheat the oven to 375°F (190°C).
- Transfer the lentil and vegetable mixture to a baking dish. Top with mashed potatoes, spreading them evenly.
- Bake for 25-30 minutes or until the top is golden



CALORIES: 150

PROTEIN: 4g

CARBOHYDRATES: 30g

FAT: 1g

FIBER: 2g

VEGAN BOXTY (IRISH POTATO PANCAKES)



SERVES: 4



PREP TIME: 30 MINS

A traditional Irish potato pancake made vegan, perfect for a savory dinner side or snack.

INGREDIENTS:

- 2 cups grated russet potatoes, squeezed to remove excess moisture
- 1 cup all-purpose flour
- 1 cup almond milk (or any plant-based milk)
- 2 tbsp flaxseed meal mixed with 6 tbsp water (as an egg replacer)
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- Vegetable oil for frying

DIRECTION:

- In a large bowl, combine grated potatoes, flour, flaxseed mixture, almond milk, baking powder, salt, and black pepper.
- Heat a skillet over medium-high heat and add a small amount of vegetable oil.
- Drop spoonfuls of the batter onto the hot skillet and flatten them into pancake shapes.
- Cook until golden brown on both sides (about 3-4 minutes per side).
- Serve hot with your favorite vegan toppings or a dollop of dairy-free yogurt.



CALORIES: 400

PROTEIN: 15g

CARBOHYDRATES: 65g

FAT: 8g

FIBER: 10g

VEGAN SPICE BAG



SERVES: 2-3



PREP TIME: 45 MINS

A vegan twist on a spicy Irish-Chinese fusion dish with crispy potatoes, tofu, and veggies.

INGREDIENTS:

- 2 large potatoes, cut into thin strips
- 1 cup extra-firm tofu, cubed
- 1 cup mixed bell peppers and onions, thinly sliced
- 2 cloves garlic, minced
- 2 tbsp cornstarch
- Vegetable oil for frying
- Spice Mix: 2 tsp chili powder, 1 tsp paprika, 1 tsp garlic powder, 1 tsp onion powder, 1/2 tsp cayenne pepper, 1/2 tsp Chinese five-spice powder, salt, and black pepper

DIRECTION:

- Toss tofu in a portion of the spice mix and set aside.
- Fry potatoes until crispy, then drain.
- Fry tofu until golden, then drain.
- Sauté garlic, onions, and bell peppers in a pan.
- Add potatoes, tofu, and more spice mix. Stir-fry briefly.
- Garnish with spring onions (scallions).
- Serve hot.



CALORIES: 150

PROTEIN: 3g

CARBOHYDRATES: 24g

FAT: 6g

FIBER: 8g

VEGAN RATATOUILLE



SERVES: 4



PREP TIME: 45 MINS

Ratatouille is a classic Provençal dish bursting with the flavors of summer. It's a colorful medley of vegetables cooked in a savory tomato sauce.

INGREDIENTS:

- 1 eggplant, diced
- 2 zucchinis, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt and pepper to taste

DIRECTION:

- Heat olive oil in a large skillet over medium heat.
- Sauté onions and garlic until softened.
- Add diced eggplant, zucchinis, and bell peppers. Cook for 5-7 minutes.
- Stir in diced tomatoes and thyme. Simmer for 15-20 minutes.
- Season with salt and pepper to taste.
- Serve hot.



CALORIES: 250

PROTEIN: 14g

CARBOHYDRATES: 35g

FAT: 2g

FIBER: 12g

LENTIL AND MUSHROOM BOURGUIGNON



SERVES: 4



PREP TIME: 1 HRS

A vegan twist on the classic French Beef Bourguignon, this hearty stew is rich, savory, and perfect for a cozy dinner.

INGREDIENTS:

- 1 cup green or brown lentils, cooked
- 2 cups mushrooms, sliced
- 1 onion, chopped
- 2 carrots, diced
- 2 cloves garlic, minced
- 1 cup red wine
- 1 cup vegetable broth
- 2 tablespoons tomato paste
- 2 bay leaves
- Salt and pepper to taste
- Fresh parsley for garnish

DIRECTION:

- In a large pot, sauté onions, garlic, and carrots until onions are translucent.
- Add mushrooms and cook until they release their moisture.
- Stir in cooked lentils, red wine, vegetable broth, tomato paste, and bay leaves.
- Simmer on low heat for 30-40 minutes until the stew thickens.
- Season with salt and pepper.
- Garnish with fresh parsley and serve hot.



CALORIES: 250

PROTEIN: 4g

CARBOHYDRATES: 40g

FAT: 7g

FIBER: 6g

FRENCH ONION SOUP



SERVES: 4



PREP TIME: 1 HRS

This vegan French onion soup captures all the savory goodness of the classic version without the beef broth or cheese.

INGREDIENTS:

- 4 large onions, thinly sliced
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 4 cups vegetable broth
- 1/2 cup dry white wine
- 1 teaspoon thyme
- Salt and pepper to taste
- 4 slices of crusty bread (vegan-friendly)
- Vegan cheese for topping (optional)

DIRECTION:

- Heat olive oil in a large pot over medium heat. Add onions and cook until caramelized, stirring occasionally (about 30-40 minutes).
- Add minced garlic and cook for an additional 2 minutes.
- Pour in white wine and let it simmer for a few minutes.
- Add vegetable broth and thyme. Season with salt and pepper. Simmer for 15 minutes.
- Toast slices of bread.
- Ladle soup into oven-safe bowls, top with a slice of bread, and add vegan cheese if desired.
- Broil until the cheese is bubbly and golden brown.
- Serve hot.



CALORIES: 280

PROTEIN: 5g

CARBOHYDRATES: 18g

FAT: 7g

FIBER: 3g

VEGAN COQ AU VIN



SERVES: 4



PREP TIME: 1 HRS

A vegan version of the classic French Coq au Vin, this dish features tender mushrooms and vegetables in a rich red wine sauce.

INGREDIENTS:

- 1 lb mushrooms (cremini or button), halved
- 2 carrots, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups red wine
- 2 cups vegetable broth
- 2 tablespoons tomato paste
- 2 bay leaves
- 2 tablespoons olive oil
- 1 tablespoon flour (for thickening)
- Salt and pepper to taste
- Fresh parsley for garnish

DIRECTION:

- Heat olive oil in a large pot over medium heat. Sauté onions and garlic until soft.
- Add mushrooms and carrots, cooking until the mushrooms release their moisture.
- Stir in tomato paste and flour.
- Pour in red wine, vegetable broth, and bay leaves. Simmer for 30-40 minutes until the sauce thickens.
- Season with salt and pepper.
- Remove bay leaves and garnish with fresh parsley.
- Serve hot.



VEGAN QUICHE LORRAINE



SERVES: 6



PREP TIME: 50 MINS

A vegan version of the classic French Quiche Lorraine, made with a savory tofu-based filling and vegan bacon.

INGREDIENTS:

- 1 vegan pie crust (store-bought or homemade)
- 1 cup firm tofu, drained and crumbled
- 1/2 cup unsweetened almond milk (or other plant-based milk)
- 1/4 cup nutritional yeast
- 1 cup sliced mushrooms
- 1 teaspoon turmeric (for color)
- 1/2 cup vegan bacon bits (store-bought or homemade)
- 1/2 cup chopped spinach
- Salt and pepper to taste

DIRECTION:

- Preheat your oven to 375°F (190°C).
- In a blender, combine crumbled tofu, almond milk, nutritional yeast, turmeric, salt, and pepper. Blend until smooth.
- Stir in vegan bacon bits and chopped spinach.
- Pour the tofu mixture into the pie crust.
- Bake for 30-35 minutes, or until the quiche is set and slightly golden on top.
- Allow it to cool for a few minutes before slicing and serving.



CALORIES: 220

PROTEIN: 5g

CARBOHYDRATES: 45g

FAT: 1g

FIBER: 4g

KHACHAPURI BREAD FILLING



SERVES: 2



PREP TIME: 60 MINS

Khachapuri is a popular Georgian dish usually made with cheese, but this vegan version uses a savory potato and spinach filling.

INGREDIENTS:

- 2 cups all-purpose flour
- 1 cup warm water
- 1 tsp salt
- 2 potatoes, boiled and mashed
- 1 cup spinach, chopped
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper to taste

DIRECTION:

- In a large bowl, combine flour, warm water, and salt. Knead the dough until it's smooth and elastic, then cover and let it rest for 30 minutes.
- In a separate bowl, mix the mashed potatoes, chopped spinach, onion, garlic, salt, and pepper to make the filling.
- Divide the dough into small balls, roll them out into circles, and add the potato-spinach filling in the center. Fold the edges to create a boat shape.
- Bake at 375°F (190°C) for 20-25 minutes or until golden brown.



CALORIES: 250

PROTEIN: 12g

CARBOHYDRATES: 48g

FAT: 1g

FIBER: 11g

LOBIO (GEORGIAN BEAN STEW)



SERVES: 4



PREP TIME: 30 MINS

Lobio is a hearty bean stew, traditionally made with kidney beans. This vegan version is rich in flavors and protein.

INGREDIENTS:

- 2 cups kidney beans, cooked
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 tomatoes, diced
- 1 tsp ground coriander
- 1 tsp ground fenugreek
- 1 tsp paprika
- Salt and pepper to taste

DIRECTION:

- In a large pot, sauté the onion and garlic until translucent.
- Add the diced tomatoes and cook until they soften.
- Add the cooked kidney beans, ground coriander, fenugreek, paprika, salt, and pepper. Simmer for 15-20 minutes.



CALORIES: 180

PROTEIN: 4g

CARBOHYDRATES: 12g

FAT: 1g

FIBER: 4g

EGGPLANT WALNUT ROLLS (BADRIJANI NIGVZIT)



SERVES: 4 rolls



PREP TIME: 45 MINS

Badrijani Nigvzit is a classic Georgian appetizer, and this vegan version makes a delightful main course.

INGREDIENTS:

- 2 large eggplants
- 1 cup walnuts, finely ground
- 2 cloves garlic, minced
- 2 tbsp pomegranate molasses
- 1 tsp ground coriander
- Salt and pepper to taste

DIRECTION:

- Slice the eggplants lengthwise into thin strips and grill or roast them until soft and slightly browned.
- Mix the ground walnuts, minced garlic, pomegranate molasses, ground coriander, salt, and pepper to make the walnut paste.
- Spread a spoonful of the walnut paste onto each eggplant slice and roll them up.
- Chill for 30 minutes before serving.



CALORIES: 220

PROTEIN: 6g

CARBOHYDRATES: 12g

FAT: 17g

FIBER: 3g

SATSIVI (GEORGIAN WALNUT SAUCE WITH MUSHROOMS)



SERVES: 4



PREP TIME: 30 MINS

Satsivi is a rich and creamy Georgian sauce typically made with chicken, but this vegan version uses mushrooms for a hearty dinner.

INGREDIENTS:

- 2 cups mushrooms, sliced
- 1 cup walnuts, finely ground
- 2 cloves garlic, minced
- 1 tsp ground coriander
- 1 tsp ground fenugreek
- 2 tbsp pomegranate molasses
- Salt and pepper to taste
- Vegetable broth for cooking

DIRECTION:

- In a saucepan, sauté the sliced mushrooms until they release their moisture and become tender.
- In a blender, combine the ground walnuts, minced garlic, ground coriander, fenugreek, pomegranate molasses, salt, and pepper. Blend until it forms a thick paste, adding vegetable broth as needed for a creamy consistency.
- Mix the walnut sauce with the sautéed mushrooms and simmer for 10-15 minutes until heated through.



CALORIES: 450

PROTEIN: 8g

CARBOHYDRATES: 80g

FAT: 10g

FIBER: 5g

VEGAN BIBIMBAP



SERVES: 1 Bowl



PREP TIME: 30 MINS

Bibimbap is a colorful Korean rice bowl dish filled with a variety of sautéed and seasoned vegetables. It's typically served with a spicy gochujang sauce.

INGREDIENTS:

- 2 cups cooked short-grain rice
- 1 cup spinach
- 1 cup carrots, julienned
- 1 cup zucchini, julienned
- 1 cup bean sprouts
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 tbsp sesame oil
- 3 tbsp gochujang sauce (Korean red chili paste)
- 1 tbsp vegetable oil
- Salt and pepper to taste

DIRECTION:

- Blanch spinach, carrots, zucchini, and bean sprouts separately in boiling water until tender. Drain and set aside.
- In a pan, sauté mushrooms and garlic in vegetable oil until tender. Season with salt and pepper.
- Arrange cooked rice in bowls. Top with the sautéed vegetables.
- Drizzle with sesame oil and gochujang sauce.
- Mix well before serving.



CALORIES: 350

PROTEIN: 5g

CARBOHYDRATES: 70g

FAT: 6g

FIBER: 4g

JAPCHAE (SWEET POTATO NOODLES)



SERVES: 1.5 Cups



PREP TIME: 30 MINS

Japchae is a popular Korean dish made with sweet potato noodles and an assortment of colorful vegetables, seasoned with a flavorful soy sauce-based dressing.

INGREDIENTS:

- 8 oz sweet potato noodles (dangmyeon)
- 1 cup thinly sliced bell peppers
- 1 cup thinly sliced carrots
- 1 cup sliced mushrooms
- 1 cup spinach
- 1/4 cup soy sauce
- 2 tbsp sesame oil
- 2 cloves garlic, minced
- 2 tsp sugar
- 1 tsp sesame seeds

DIRECTION:

- Cook sweet potato noodles according to package instructions. Drain and set aside.
- Blanch spinach and shock in cold water. Squeeze out excess water and cut into small pieces.
- In a pan, sauté carrots, bell peppers, and mushrooms until tender.
- In a bowl, whisk together soy sauce, sesame oil, minced garlic, sugar, and sesame seeds to make the dressing.
- Combine noodles, sautéed vegetables, and spinach in a large bowl. Pour the dressing over and toss well.



TTEOKBOKKI (SPICY RICE CAKES)



SERVES: 1 Cup



PREP TIME: 30 MINS

Tteokbokki is a beloved Korean street food made with cylindrical rice cakes cooked in a spicy, savory sauce.

INGREDIENTS:

- 2 cups rice cakes (tteok)
- 1 cup cabbage, thinly sliced
- 1 cup carrots, julienned
- 1/2 cup scallions, chopped
- 4 cups vegetable broth
- 3 tbsp gochujang (Korean red chili paste)
- 2 tbsp soy sauce
- 2 tbsp sugar
- 2 cloves garlic, minced
- 1 tbsp sesame oil
- 1 tbsp vegetable oil
- Sesame seeds for garnish

DIRECTION:

- In a pan, heat vegetable oil and sauté minced garlic until fragrant.
- Add the vegetable broth, gochujang, soy sauce, and sugar. Stir until the sauce is well combined and begins to simmer.
- Add the rice cakes and simmer for 5-7 minutes, or until they are soft and chewy.
- Add cabbage, carrots, and half of the scallions. Continue to simmer for another 3-5 minutes until the vegetables are tender.
- Stir in sesame oil and the remaining scallions.
- Garnish with sesame seeds and serve hot.



CALORIES: 380 PROTEIN: 12g CARBOHYDRATES: 65g FAT: 7g FIBER: 3g

VEGAN KIMCHI FRIED RICE



SERVES: 1 Cup



PREP TIME: 25 MINS

Kimchi Fried Rice is a flavorful Korean dish that combines the tangy taste of kimchi with fried rice for a delicious and spicy meal.

INGREDIENTS:

- 2 cups cooked jasmine rice
- 1 cup vegan kimchi, chopped
- 1/2 cup tofu, diced
- 1/2 cup frozen peas and carrots
- 2 tbsp gochugaru (Korean red pepper flakes)
- 2 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- Green onions for garnish

DIRECTION:

- Heat a large skillet or wok over medium-high heat. Add sesame oil.
- Add garlic and tofu, stir-frying until tofu is golden brown.
- Add kimchi and gochugaru, sauté for a few minutes until the kimchi is slightly softened.
- Stir in frozen peas and carrots, soy sauce, and cooked rice. Cook for 5-7 minutes, stirring occasionally.
- Garnish with chopped green onions and serve hot.



BLACK BEAN SWEET POTATO BOATS



SERVES: 4



PREP TIME: 10 MINS

COOK TIME: 50 MINS

Black bean sweet potato boats, filled with creamy avocado and cilantro, topped with zesty salsa and fresh green onions, create a satisfying and visually appealing vegan meal.

INGREDIENTS:

For the Sweet Potatoes:

- 4 medium sweet potatoes
- For the Vegan Avocado Black

• Bean Filling:

- 1 ripe avocado
- 1 can (15 oz) black beans, drained and rinsed
- 1/4 cup chopped fresh cilantro

Vegan Toppings (OPTIONAL):

- Vegan cheese
- Salsa (ensure it's vegan)
- Lime wedges
- Green onions, chopped
- Vegan sour cream or dairy-free yogurt

DIRECTION:

- Preheat the oven to 400°F (204°C).
- Wash and prick the sweet potatoes, then bake them directly on the oven rack for 40-45 minutes until tender.
- While the sweet potatoes bake, prepare the filling by mashing a ripe avocado and mixing it with black beans and chopped cilantro.
- Once the sweet potatoes are done, cut them in half and scoop out some flesh, leaving a sturdy "boat."
- Place the sweet potato boats on a baking sheet, fill with the avocado black bean mixture, and add vegan cheese if desired.
- Return to the oven for a few minutes to heat through and melt the cheese.
- Top with salsa, lime wedges, green onions, and vegan sour cream or dairy-free yogurt.
- Serve your delicious Vegan Avocado Black Bean Cilantro Stuffed Sweet Potatoes.



CALORIES: 300

PROTEIN: 7g

CARBOHYDRATES: 60g

FAT: 5g

FIBER: 3g

NASI GORENG (INDONESIAN FRIED RICE)



SERVES: 2



PREP TIME: 20 MINS

Nasi Goreng is a popular Indonesian dish made with fried rice, vegetables, and a flavorful sauce.

INGREDIENTS:

- 2 cups cooked jasmine rice (cooled)
- 1 cup mixed vegetables (carrots, bell peppers, peas)
- 2 cloves garlic (minced)
- 1 small onion (chopped)
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- 1 teaspoon chili paste (optional)
- 1/2 teaspoon turmeric powder
- Salt and pepper to taste
- Fresh cilantro for garnish

DIRECTION:

- Heat vegetable oil in a pan and sauté garlic and onions until fragrant.
- Add mixed vegetables and cook until they start to soften.
- Add cooked rice, soy sauce, turmeric powder, and chili paste (if using). Stir-fry until everything is well combined and heated through.
- Season with salt and pepper.
- Garnish with fresh cilantro and serve hot.



CALORIES: 350

PROTEIN: 16g

CARBOHYDRATES: 20g

FAT: 24g

FIBER: 4g

TEMPEH SATAY WITH PEANUT SAUCE



SERVES: 2-3



PREP TIME: 25 MINS

Tempeh satay is a delicious and protein-packed Indonesian dish served with a rich peanut sauce.

INGREDIENTS:

- 8 oz tempeh (cut into cubes)
- Wooden skewers (soaked in water)
- 1/4 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1 tablespoon agave nectar (or sweetener of choice)
- 1 clove garlic (minced)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- Water for thinning the sauce

DIRECTION:

- Thread tempeh cubes onto the soaked skewers.
- Mix peanut butter, soy sauce, lime juice, agave nectar, garlic, cumin, and coriander in a bowl. Add water gradually to thin the sauce to your desired consistency.
- Grill or pan-fry the tempeh skewers until they are golden brown.
- Serve the tempeh satay with peanut sauce on the side.



CALORIES: 250

PROTEIN: 12g

CARBOHYDRATES: 30g

FAT: 9g

FIBER: 3g

VEGAN SOTO AYAM



SERVES: 4



PREP TIME: 30 MINS

This is a vegan twist on the classic Indonesian chicken soup, Soto Ayam, using tofu and a flavorful broth.

INGREDIENTS:

- 8 oz tofu (cubed)
- 6 cups vegetable broth
- 2 cloves garlic (minced)
- 1 stalk lemongrass (bruised and chopped)
- 2 kaffir lime leaves (torn)
- 1 teaspoon turmeric powder
- 1 teaspoon ground coriander
- 1 cup rice vermicelli noodles (cooked)
- 1 cup bean sprouts
- Fresh cilantro and lime wedges for garnish

DIRECTION:

- In a pot, sauté garlic until fragrant, then add lemongrass, kaffir lime leaves, turmeric, and coriander.
- Pour in vegetable broth and bring to a simmer. Let it simmer for about 20 minutes to infuse the flavors.
- Add tofu and cook until heated through.
- To serve, divide cooked rice vermicelli among bowls, ladle the broth and tofu over the noodles, and garnish with bean sprouts, fresh cilantro, and lime wedges.



CALORIES: 250

PROTEIN: 9g

CARBOHYDRATES: 40g

FAT: 6g

FIBER: 8g

CHICKPEA CURRY (CHANA MASALA)



SERVES: 4



PREP TIME: 30 MINS - READY IN 40 MINS

A classic Indian dish featuring tender chickpeas in a flavorful tomato and spice sauce.

INGREDIENTS:

- 2 cups cooked chickpeas
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 can (14 oz) diced tomatoes
- 2 tsp garam masala
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- Salt and pepper to taste

DIRECTION:

- Heat oil in a pan and sauté onions until translucent.
- Add garlic and ginger, cook for 2 minutes.
- Stir in spices and cook for another minute.
- Add chickpeas and diced tomatoes. Simmer for 15-20 minutes.
- Serve with rice or naan.



CALORIES: 300

PROTEIN: 6g

CARBOHYDRATES: 60g

FAT: 3g

FIBER: 4g

VEGETABLE BIRYANI



SERVES: 4



PREP TIME: 30 MINS - READY IN 40 MINS

Fragrant rice cooked with mixed vegetables and aromatic spices.

INGREDIENTS:

- 1 cup basmati rice
- 2 cups mixed vegetables (carrots, peas, bell peppers)
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 tsp biryani masala
- 1/2 tsp turmeric
- Salt to taste

DIRECTION:

- Wash and soak rice for 30 minutes.
- Heat oil, sauté onions, garlic, and ginger.
- Add vegetables and spices, cook for 5 minutes.
- Drain rice and add it to the pan, stirring gently.
- Add 2 cups of water, cover, and simmer until rice is cooked.



PALAK PANEER (TOFU AND SPINACH CURRY)



SERVES: 4



PREP TIME: 20 MINS - READY IN 25 MINS

A vegan twist on a classic Indian dish, this palak paneer substitutes tofu for paneer (cheese) and combines it with a creamy spinach gravy.

INGREDIENTS:

- 1 block of firm tofu, cubed
- 4 cups fresh spinach leaves
- 1 onion, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 2 tomatoes, chopped
- 1 teaspoon garam masala
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 1/2 cup coconut milk
- Salt and pepper to taste
- 2 tablespoons oil

DIRECTION:

- Blanch the spinach leaves in boiling water for 2 minutes, then transfer to an ice bath to preserve the green color. Blend into a smooth puree.
- Heat oil in a pan, add onions, garlic, and ginger, and sauté until onions turn translucent.
- Add tomatoes and cook until they soften.
- Stir in the spices and cook for 2 more minutes.
- Add the tofu cubes and spinach puree. Simmer for 10 minutes.
- Pour in coconut milk, season with salt and pepper, and cook for an additional 5 minutes.
- Serve hot with rice or naan.



CALORIES: 220

PROTEIN: 5g

CARBOHYDRATES: 28g

FAT: 10g

FIBER: 5g

ALOO GOBI (POTATO AND CAULIFLOWER CURRY)



SERVES: 4



PREP TIME: 15 MINS - READY IN 30 MINS

Aloo Gobi is a classic North Indian dish featuring potatoes and cauliflower cooked with aromatic spices for a hearty and comforting vegan meal.

INGREDIENTS:

- 2 cups cauliflower florets
- 2 cups potato cubes
- 1 onion, chopped
- 2 tomatoes, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon red chili powder
- Salt to taste
- Fresh cilantro for garnish
- 2 tablespoons oil

DIRECTION:

- Heat oil in a pan, add cumin seeds, and let them sizzle.
- Add chopped onions, garlic, and ginger. Sauté until onions turn golden brown.
- Stir in the spices and cook for 2 minutes.
- Add tomatoes and cook until they break down.
- Add cauliflower florets and potato cubes. Mix well.
- Pour in a little water, cover, and simmer until the vegetables are tender, about 20-25 minutes.
- Garnish with fresh cilantro and serve with rice or roti.



CALORIES: 250

PROTEIN: 12g

CARBOHYDRATES: 38g

FAT: 5g

FIBER: 8g

VEGAN LENTIL DAL



SERVES: 4



PREP TIME: 10 MINS - READY IN 30 MINS

A simple yet nutritious vegan lentil dal is a staple in Indian cuisine, featuring red lentils cooked with aromatic spices for a satisfying and healthy meal.

INGREDIENTS:

- 1 cup red lentils
- 1 onion, chopped
- 2 tomatoes, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 teaspoon garam masala
- Salt to taste
- Fresh cilantro for garnish
- 2 tablespoons oil

DIRECTION:

- Wash red lentils thoroughly and set them aside.
- Heat oil in a pan, add cumin seeds, and let them sizzle.
- Add chopped onions, garlic, and ginger. Sauté until onions turn translucent.
- Stir in the spices and cook for 2 minutes.
- Add tomatoes and cook until they soften.
- Add the washed lentils and 4 cups of water. Stir well.
- Cover and simmer for 20-25 minutes, stirring occasionally until lentils are soft and the dal thickens.
- Season with salt, garnish with fresh cilantro, and serve with rice or roti.



CALORIES: 160

PROTEIN: 3g

CARBOHYDRATES: 22g

FAT: 7g

FIBER: 10g

BAINGAN BHARTA (ROASTED EGGPLANT CURRY)



SERVES: 4



PREP TIME: 20 MINS - READY IN 30 MINS

Baingan Bharta is a smoky and flavorful Indian dish made with roasted eggplants, tomatoes, and spices.

INGREDIENTS:

- 2 large eggplants
- 2 tomatoes, chopped
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 green chili, finely chopped (adjust to taste)
- 1 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon coriander powder
- Salt to taste
- Fresh cilantro for garnish
- 2 tablespoons oil

DIRECTION:

- Roast the eggplants over an open flame or in the oven until the skin is charred and the flesh is soft. Allow them to cool, then peel and mash the flesh.
- Heat oil in a pan, add cumin seeds, and let them sizzle.
- Add chopped onions, garlic, ginger, and green chili. Sauté until onions are golden brown.
- Stir in the spices and cook for 2 minutes.
- Add chopped tomatoes and cook until they break down.
- Add the mashed eggplant and simmer for 10-15 minutes.
- Season with salt, garnish with fresh cilantro, and serve with roti or rice.



CALORIES: 220

PROTEIN: 10g

CARBOHYDRATES: 32g

FAT: 6g

FIBER: 7g

MASOOR DAL (RED LENTIL CURRY)



SERVES: 4



PREP TIME: 10 MINS - READY IN 30 MINS

This quick and nutritious vegan curry made with red lentils, sweet potato, and aromatic spices.

INGREDIENTS:

- 2 cups red lentils
- 2 tablespoons olive oil
- 1 large onion diced
- 3 garlic cloves minced
- 1 1 inch knob fresh ginger, grated
- 2 tablespoons red curry paste
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon salt plus more to taste
- 1 large sweet potato peeled and cut into 1-inch cubes
- 1 quart vegetable broth
- Fresh cilantro for serving
- vegan yogurt for serving
- Lime wedges

DIRECTION:

- Wash the lentils in cold water until the water runs clear and set aside.
- Heat olive oil in a large Dutch oven or heavy bottomed pot over medium heat, add onions, garlic, and ginger and cook until soft and translucent, about 3-5 minutes. Add curry paste, curry powder, turmeric, cumin and salt and mix together until the onions are well coated and fragrant.
- Add the red lentils, sweet potatoes, and vegetable broth. Bring mixture to a boil, then cover and simmer until sweet potatoes are knife tender and red lentils are cooked and thickened, 35-40 minutes. Season to taste with salt and pepper.
- Serve with fresh cilantro, lime wedges, and yogurt.



TOFU TIKKA MASALA



SERVES: 4



PREP TIME: 20 MINS - READY IN 25 MINS

Tofu tikka masala is a vegan twist on the classic chicken tikka masala, featuring marinated tofu chunks in a creamy tomato sauce.

INGREDIENTS:

- 1 block of firm tofu, cubed
- 1 onion, finely chopped
- 2 tomatoes, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1/2 cup coconut milk
- 2 teaspoons garam masala
- 1 teaspoon cumin powder
- 1/2 teaspoon paprika
- 1/2 teaspoon turmeric powder
- Salt and pepper to taste
- Fresh cilantro for garnish
- 2 tablespoons oil

DIRECTION:

- Marinate tofu cubes in a mixture of ginger, garlic, cumin, paprika, and salt for 15 minutes.
- Heat oil in a pan, add tofu cubes, and cook until lightly browned on all sides. Remove and set aside.
- In the same pan, add onions, garlic, and ginger. Sauté until onions are translucent.
- Stir in the spices and cook for 2 minutes.
- Add chopped tomatoes and cook until they break down.
- Pour in coconut milk and return the tofu to the pan. Simmer for 10 minutes.
- Season with salt and pepper, garnish with fresh cilantro, and serve with rice or naan.



CALORIES: 350

PROTEIN: 8g

CARBOHYDRATES: 23g

FAT: 26g

FIBER: 5g

VEGETABLE KORMA



SERVES: 4



PREP TIME: 15 MINS - READY IN 25 MINS

Vegetable korma is a creamy and mildly spiced curry loaded with mixed vegetables, perfect for a comforting vegan dinner.

INGREDIENTS:

- 2 cups mixed vegetables (carrots, peas, beans, etc.)
- 1 onion, finely chopped
- 1/2 cup cashews, soaked in water
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1/2 cup coconut milk
- 2 teaspoons garam masala
- 1 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- Salt and pepper to taste
- Fresh cilantro for garnish
- 2 tablespoons oil

DIRECTION:

- Heat oil in a pan, add chopped onions, garlic, and ginger. Sauté until onions are translucent.
- Drain and blend cashews with a little water into a smooth paste.
- Stir in the spices and cook for 2 minutes.
- Add mixed vegetables and sauté for 5 minutes.
- Add cashew paste and coconut milk. Simmer for 10-15 minutes.
- Season with salt and pepper, garnish with fresh cilantro, and serve with rice or naan.



CALORIES: 320

PROTEIN: 8g

CARBOHYDRATES: 40g

FAT: 14g

FIBER: 6g

MUSHROOM STROGANOFF



SERVES: 4



PREP TIME: 15 MINS - READY IN 20 MINS

A creamy and comforting vegan version of the classic Russian dish, made with mushrooms and served over noodles or rice.

INGREDIENTS:

- 12 oz (340g) mushrooms, sliced
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 2 tbsp flour
- 1 cup vegetable broth
- 1 cup vegan sour cream
- 2 tsp paprika
- Salt and pepper to taste
- Fresh parsley for garnish
- Cooked noodles or rice

DIRECTION:

- Heat olive oil in a large pan. Add onions and garlic, sauté until softened.
- Add mushrooms and cook until they release their moisture and turn brown.
- Stir in flour and paprika, cook for 1-2 minutes.
- Gradually add vegetable broth, stirring constantly until the mixture thickens.
- Reduce heat and add vegan sour cream. Simmer for 5 minutes.
- Season with salt and pepper.
- Serve over cooked noodles or rice, garnished with fresh parsley.



CALORIES: 450 PROTEIN: 15g CARBOHYDRATES: 50g FAT: 20g FIBER: 8g

VEGAN BANGERS AND MASH



SERVES: 4



PREP TIME: 15 MINS - READY IN 30 MINS

A vegan twist on a classic British pub favorite, featuring vegan sausages served with creamy mashed potatoes and onion gravy.

INGREDIENTS:

- 4 vegan sausages of your choice
- 4 cups mashed potatoes (prepared separately)
- 2 large onions, thinly sliced
- 2 tbsp olive oil
- 2 cups vegetable broth
- 2 tsp cornstarch (for thickening)
- Salt and pepper to taste

DIRECTION:

- Heat olive oil in a large skillet. Add onions and cook until caramelized.
- In a separate bowl, mix cornstarch with a little vegetable broth to form a paste.
- Add the remaining vegetable broth to the skillet with the onions and bring to a simmer.
- Stir in the cornstarch paste and simmer until the gravy thickens.
- Cook the vegan sausages according to package instructions.
- Serve the sausages on a bed of mashed potatoes, smothered with onion gravy.



CALORIES: 380

PROTEIN: 8g

CARBOHYDRATES: 40g

FAT: 22g

FIBER: 7g

CORNISH PASTY



SERVES: 4



PREP TIME: 30 MINS - READY IN 40 MINS

A plant-based take on the traditional Cornish pasty, filled with a savory mixture of vegetables and spices, all encased in a flaky pastry crust.

INGREDIENTS:

- 2 cups all-purpose flour
- 1/2 cup vegan butter or margarine
- 1/2 cup cold water
- 1 cup diced potatoes
- 1 cup diced carrots
- 1/2 cup peas
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp thyme
- Salt and pepper to taste

DIRECTION:

- Prepare the pastry by mixing flour and cold, cubed vegan butter in a bowl until it resembles breadcrumbs. Gradually add water, mixing until a dough forms. Chill for 30 minutes.
- Preheat your oven to 200°C (400°F).
- In a large bowl, combine diced potatoes, carrots, peas, onion, garlic, thyme, salt, and pepper.
- Roll out the chilled dough into circles.
- Divide the vegetable mixture evenly among the pastry circles, leaving a border around the edges.
- Fold the pastry over the filling to create a semi-circle shape and crimp the edges to seal.
- Place the pasties on a baking sheet and bake for 35-40 minutes or until golden brown.
- Serve warm.



CALORIES: 320 PROTEIN: 10g CARBOHYDRATES: 30g FAT: 18g FIBER: 8g

PLOUGHMAN'S SALAD



SERVES: 4



PREP TIME: 15 MINS

A fresh and hearty vegan salad inspired by the classic British Ploughman's lunch, featuring a variety of vegetables, vegan cheese, and a tangy pickle.

INGREDIENTS:

- 4 cups mixed salad greens
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, sliced
- 1 cup vegan cheese, cubed
- 1/2 cup pickled onions
- 1/2 cup Branston pickle or chutney
- 1/2 cup vegan coleslaw (optional)
- Vegan crusty bread

DIRECTION:

- Arrange the mixed greens on serving plates.
- Add cherry tomatoes, cucumber, vegan cheese, pickled onions, and coleslaw if using.
- Drizzle Branston pickle or chutney over the salad.
- Serve with slices of vegan crusty bread on the side.



LENTIL AND VEGETABLE CRUMBLE



SERVES: 4



PREP TIME: 20 MINS - READY IN 35 MINS

This savory crumble features a rich and hearty mixture of lentils and vegetables, topped with a crunchy oat and nut topping.

INGREDIENTS:

- 1 cup green or brown lentils, cooked
- 2 cups mixed vegetables (e.g., carrots, peas, broccoli)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp tomato paste
- 1 tsp thyme
- 1 cup rolled oats
- 1/2 cup chopped nuts (e.g., almonds or walnuts)
- 2 tbsp vegan margarine
- Salt and pepper to taste

DIRECTION:

- Preheat your oven to 180°C (350°F).
- In a large skillet, sauté onions and garlic until softened.
- Add mixed vegetables, lentils, tomato paste, thyme, salt, and pepper. Cook for 5-7 minutes.
- In a separate bowl, combine rolled oats, chopped nuts, and vegan margarine until it forms a crumbly mixture.
- Transfer the lentil and vegetable mixture into a baking dish.
- Sprinkle the oat and nut topping evenly over the mixture.
- Bake for 25-30 minutes or until the top is golden brown.
- Serve hot.



CALORIES: 350

PROTEIN: 10g

CARBOHYDRATES: 50g

FAT: 14g

FIBER: 10g

CAULIFLOWER AND CHICKPEA CURRY



SERVES: 4



PREP TIME: 15 MINS - READY IN 25 MINS

A flavorful and creamy vegan curry featuring cauliflower and chickpeas, served with rice or naan.

INGREDIENTS:

- 1 cauliflower, cut into florets
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp curry powder
- 1 can (14 oz) coconut milk
- 2 tbsp vegetable oil
- Salt and pepper to taste
- Fresh cilantro for garnish
- Cooked rice or naan bread

DIRECTION:

- In a large pan, heat vegetable oil over medium heat. Add onions and garlic, sauté until softened.
- Add curry powder and cook for 1-2 minutes.
- Add cauliflower florets, chickpeas, and coconut milk. Bring to a simmer and cook until the cauliflower is tender.
- Season with salt and pepper.
- Serve over cooked rice or with naan bread, garnished with fresh cilantro.



CALORIES: 250

PROTEIN: 6g

CARBOHYDRATES: 50g

FAT: 3g

FIBER: 8g

SCOTCH BROTH



SERVES: 6



PREP TIME: 20 MINS - READY IN 1 HRS

A warming and hearty Scottish soup made with root vegetables, barley, and plenty of herbs.

INGREDIENTS:

- 1 cup pearl barley
- 1 onion, finely chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 2 leeks, sliced
- 2 cloves garlic, minced
- 8 cups vegetable broth
- 2 bay leaves
- 1 tsp thyme
- Salt and pepper to taste
- Fresh parsley for garnish

DIRECTION:

- Rinse the pearl barley in cold water and set aside.
- In a large soup pot, sauté onions, carrots, celery, leeks, and garlic until softened.
- Add vegetable broth, pearl barley, bay leaves, thyme, salt, and pepper.
- Bring to a boil, then reduce heat and simmer for about 45 minutes to 1 hour, until the barley is tender.
- Remove the bay leaves and discard.
- Serve hot, garnished with fresh parsley.



CALORIES: 280

PROTEIN: 8g

CARBOHYDRATES: 30g

FAT: 14g

FIBER: 5g

WELSH RAREBIT



SERVES: 4



PREP TIME: 10 MINS - READY IN 10 MINS

A vegan version of the traditional Welsh Rarebit, featuring a cheesy, savory sauce served over toasted bread.

INGREDIENTS:

- 4 slices of vegan bread
- 2 cups vegan cheese (e.g., vegan cheddar or mozzarella)
- 1 cup almond milk
- 2 tbsp vegan butter
- 1 tsp mustard powder
- 1 tsp Worcestershire sauce (vegan version)
- Salt and pepper to taste
- Chopped chives for garnish (optional)

DIRECTION:

- In a saucepan, melt vegan butter over low heat. Stir in mustard powder and Worcestershire sauce.
- Gradually add almond milk while continuously stirring until it forms a smooth sauce.
- Add vegan cheese and continue stirring until it melts and the sauce is creamy.
- Toast the bread slices.
- Pour the cheese sauce over the toasted bread.
- Optional: Broil in the oven for 2-3 minutes until bubbly and slightly browned.
- Garnish with chopped chives if desired.
- Serve hot.



CALORIES: 220

PROTEIN: 5g

CARBOHYDRATES: 30g

FAT: 10g

FIBER: 5g

BUBBLE AND SQUEAK CAKES



SERVES: 4



PREP TIME: 10 MINS - READY IN 20 MINS

Enjoy a tasty vegan take on a British classic – crispy bubble and squeak cakes made with mashed potatoes and veggies, perfect for a hearty meal.

INGREDIENTS:

- 4 medium-sized potatoes
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 garlic cloves, minced (optional)
- 1 leek, finely sliced
- 200g (7 oz) cabbage, cut into ribbons
- 1/2 cup of flour (for coating)
- 2-3 tablespoons of vegan butter or oil for frying

DIRECTION:

- Peel, chop and cook the potatoes until they're soft. Drain and season well with salt and pepper before roughly mashing.
- Heat the olive oil over a medium heat and gently fry the onion, garlic (if using) and leek until softened. Meanwhile, cut the cabbage into ribbons and plunge it into boiling, salted water for 2 minutes, drain immediately.
- Combine all the vegetables and mix well. Shape the mixture into palm-sized cakes and refrigerate for 30 minutes. When ready to cook roll them in the seasoned flour and fry them gently in olive oil until they are brown and crunchy on the outside but cooked through to the middle.



CALORIES: 320

PROTEIN: 12g

CARBOHYDRATES: 58g

FAT: 5g

BLACK BEAN ENCHILADAS



SERVES: 4



PREP TIME: 40 MINS

These enchiladas are filled with creamy black beans, fresh vegetables, and smothered in a rich, spicy enchilada sauce.

INGREDIENTS:

- 1 can (15 oz) black beans, drained and rinsed
- 1 cup diced bell peppers (red and green)
- 1 cup diced onions
- 1 cup corn kernels
- 1 tsp chili powder
- 1 tsp cumin
- 8 small corn tortillas
- 2 cups vegan enchilada sauce
- 1 cup vegan cheese (optional)

DIRECTION:

- Preheat your oven to 350°F (175°C).
- In a skillet, sauté onions and bell peppers until softened. Add black beans, corn, and spices, cook for 2-3 minutes.
- Warm the tortillas and fill them with the bean mixture, then roll and place seam-side down in a baking dish.
- Pour enchilada sauce over the top and sprinkle with vegan cheese (if using).
- Bake for 20-25 minutes until bubbly.



CALORIES: 280

PROTEIN: 12g

CARBOHYDRATES: 34g

FAT: 12g

TOFU TACOS



SERVES: 4



PREP TIME: 30 MINS

These tacos feature marinated tofu, fresh salsa, and creamy avocado for a burst of Mexican flavors.

INGREDIENTS:

- 1 block extra-firm tofu, pressed and cubed
- 2 tbsp taco seasoning
- 1 cup diced tomatoes
- 1/2 cup diced red onions
- 1/2 cup chopped cilantro
- 1 avocado, sliced
- 8 small corn tortillas

DIRECTION:

- Toss tofu cubes with taco seasoning and sauté until browned.
- Mix tomatoes, onions, and cilantro to make salsa.
- Warm tortillas and fill with tofu, salsa, and avocado slices.



CALORIES: 220

PROTEIN: 5g

CARBOHYDRATES: 42g

FAT: 4g

VEGETABLE FAJITAS



SERVES: 4



PREP TIME: 25 MINS

These sizzling fajitas feature a medley of grilled vegetables, seasoned to perfection, and served with warm tortillas.

INGREDIENTS:

- 2 bell peppers (any color), sliced
- 1 red onion, sliced
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tbsp fajita seasoning
- 8 small flour tortillas
- Guacamole and salsa for serving

DIRECTION:

- Toss sliced vegetables with fajita seasoning and grill until tender.
- Warm tortillas and serve with grilled veggies, guacamole, and salsa.



CALORIES: 340

PROTEIN: 10g

CARBOHYDRATES: 68g

FAT: 2g

MEXICAN RICE BOWL



SERVES: 2



PREP TIME: 20 MINS

This rice bowl combines cilantro-lime rice, black beans, roasted corn, and fresh salsa for a flavorful and filling dinner.

INGREDIENTS:

- 1 cup cooked brown rice
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup roasted corn kernels
- 1/2 cup chopped fresh cilantro
- 1 lime, juiced
- Salsa and sliced avocado for topping

DIRECTION:

- Mix cooked rice with cilantro and lime juice.
- In a bowl, layer rice, black beans, and roasted corn.
- Top with salsa and avocado slices.



CALORIES: 250

PROTEIN: 4g

CARBOHYDRATES: 50g

FAT: 2g

JACKFRUIT TAMALES



SERVES: 6



PREP TIME: 90 MINS

These tamales feature tender jackfruit cooked in a spicy red chili sauce, wrapped in corn husks and steamed to perfection.

INGREDIENTS:

- 1 can (20 oz) young jackfruit in brine, drained and shredded
- 1 cup red chili sauce
- 1 1/2 cups masa harina (corn dough)
- 1/2 cup vegetable broth
- 1 tsp baking powder
- Corn husks, soaked in warm water

DIRECTION:

- In a bowl, mix masa harina, vegetable broth, and baking powder to form a dough.
- Spread masa dough onto soaked corn husks, add jackfruit and chili sauce, and fold into tamales.
- Steam tamales for 45-60 minutes.



CALORIES: 420

PROTEIN: 10g

CARBOHYDRATES: 50g

FAT: 20g

FIBER: 8g

CHICKPEA POT PIE



SERVES: 4



PREP TIME: 30 MINS - READY IN 30 MINS

A comforting and hearty pot pie filled with creamy chickpea and vegetable filling, topped with a flaky vegan pastry crust.

INGREDIENTS:

- 1 cup cooked chickpeas
- 2 cups mixed vegetables (peas, carrots, corn)
- 1 cup vegetable broth
- 1 cup unsweetened almond milk (or other plant-based milk)
- 2 tablespoons flour
- 2 tablespoons olive oil
- 1 vegan pie crust (store-bought or homemade)
- Salt and pepper to taste

DIRECTION:

- Preheat the oven to 375°F (190°C).
- In a saucepan, heat olive oil over medium heat. Add flour and cook for 2 minutes, stirring constantly.
- Gradually add vegetable broth and almond milk, stirring until the mixture thickens.
- Add chickpeas, mixed vegetables, salt, and pepper to the sauce. Cook for 5 minutes.
- Pour the chickpea and vegetable mixture into a pie dish and top with the pie crust. Seal the edges and make a few slits on top.
- Bake for 30 minutes or until the crust is golden brown. Serve hot.



CALORIES: 330

PROTEIN: 12g

CARBOHYDRATES: 50g

FAT: 10g

FIBER: 8g

VEGAN LENTIL SLOPPY JOES



SERVES: 4



PREP TIME: 15 MINS - READY IN 30 MINS

A vegan take on the classic Sloppy Joe sandwich, made with hearty lentils and a flavorful tomato-based sauce.

INGREDIENTS:

- 1 cup dried green or brown lentils, rinsed and drained
- 1 onion, finely chopped
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 can (15 oz) crushed tomatoes
- 2 tablespoons tomato paste
- 2 tablespoons vegan Worcestershire sauce
- 1 tablespoon maple syrup or agave nectar
- 1 teaspoon chili powder
- Salt and pepper to taste
- 4 whole wheat hamburger buns

DIRECTION:

- In a large skillet, sauté the onion, bell pepper, and garlic in olive oil until softened.
- Add the lentils, crushed tomatoes, tomato paste, Worcestershire sauce, maple syrup, chili powder, salt, and pepper. Stir well.
- Bring to a simmer, cover, and cook for 20-25 minutes, or until lentils are tender and the mixture has thickened.
- Serve the lentil Sloppy Joe mixture on whole wheat buns.



CALORIES: 350

PROTEIN: 14g

CARBOHYDRATES: 60g

FAT: 5g

FIBER: 15g

VEGAN BEAN CHILI



SERVES: 6



PREP TIME: 15 MINS - READY IN 30 MINS

A hearty and spicy vegan chili packed with beans, vegetables, and smoky flavors.

INGREDIENTS:

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) diced tomatoes
- 1 cup corn kernels (frozen or fresh)
- 2 cups vegetable broth
- 2 tablespoons chili powder
- 1 teaspoon cumin
- Salt and pepper to taste

DIRECTION:

- In a large pot, sauté the onion, garlic, bell pepper, and zucchini in olive oil until softened.
- Add the beans, diced tomatoes, corn, vegetable broth, chili powder, cumin, salt, and pepper. Stir well.
- Simmer for 20-30 minutes, stirring occasionally, until the chili thickens and the flavors meld together.
- Serve hot with your favorite toppings, such as vegan cheese, avocado, and chopped cilantro.



CALORIES: 180

PROTEIN: 6g

CARBOHYDRATES: 38g

FAT: 1g

FIBER: 9g

VEGAN BORSCHT



SERVES: 1 Bowl



PREP TIME: 15 MINS - READY IN 50 MINS

Borscht is a classic Russian beet soup known for its vibrant color and rich flavor.

INGREDIENTS:

- 4 medium beets, peeled and grated
- 2 carrots, peeled and grated
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 2 cups shredded cabbage
- 1 can (15 oz) kidney beans, drained and rinsed
- 2 tablespoons tomato paste
- 2 bay leaves
- Salt and pepper to taste
- 2 tablespoons fresh dill, chopped
- Vegan sour cream (optional)

DIRECTION:

- In a large pot, sauté the onion and garlic until translucent.
- Add grated beets and carrots, and cook for 10 minutes.
- Pour in the vegetable broth, add cabbage, kidney beans, tomato paste, bay leaves, salt, and pepper. Simmer for 30-40 minutes.
- Remove bay leaves and serve hot, garnished with fresh dill and vegan sour cream if desired.



CALORIES: 250

PROTEIN: 5g

CARBOHYDRATES: 55g

FAT: 1g

FIBER: 3g

PELMENI (RUSSIAN DUMPLINGS)



SERVES: About 10 pelmeni



PREP TIME: 45 MINS - READY IN 10-15 MINS

These vegan pelmeni are filled with a savory mushroom and potato mixture.

INGREDIENTS:

For the dough:

- 2 cups all-purpose flour
- 1/2 cup water
- 1/2 teaspoon salt

For the filling:

- 8 oz mushrooms, finely chopped
- 2 medium potatoes, boiled and mashed

- 1 onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper to taste
- Vegan sour cream or soy yogurt (for serving)

DIRECTION:

- Prepare the dough by mixing flour, water, and salt until a firm dough forms. Cover and let it rest for 30 minutes.
- In a skillet, sauté onions and garlic until translucent. Add mushrooms and cook until browned.
- Combine the mushroom mixture with mashed potatoes. Season with salt and pepper.
- Roll out the dough and cut into circles. Place a spoonful of the filling in each circle, fold in half, and seal the edges.
- Boil the pelmeni in salted water for 5-7 minutes or until they float to the surface. Serve hot with vegan sour cream or soy yogurt.



CALORIES: 220

PROTEIN: 5g

CARBOHYDRATES: 45g

FAT: 3g

FIBER: 5g

CABBAGE ROLLS



SERVES: 1 cabbage rolls



PREP TIME: 45 MINS - READY IN 45 MINS

Golubtsi are stuffed cabbage rolls filled with a savory mixture of grains and vegetables.

INGREDIENTS:

- 1 large cabbage head
- 1 cup cooked rice or quinoa
- 1 cup mushrooms, finely chopped
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 can (15 oz) crushed tomatoes
- 1 cup vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste

DIRECTION:

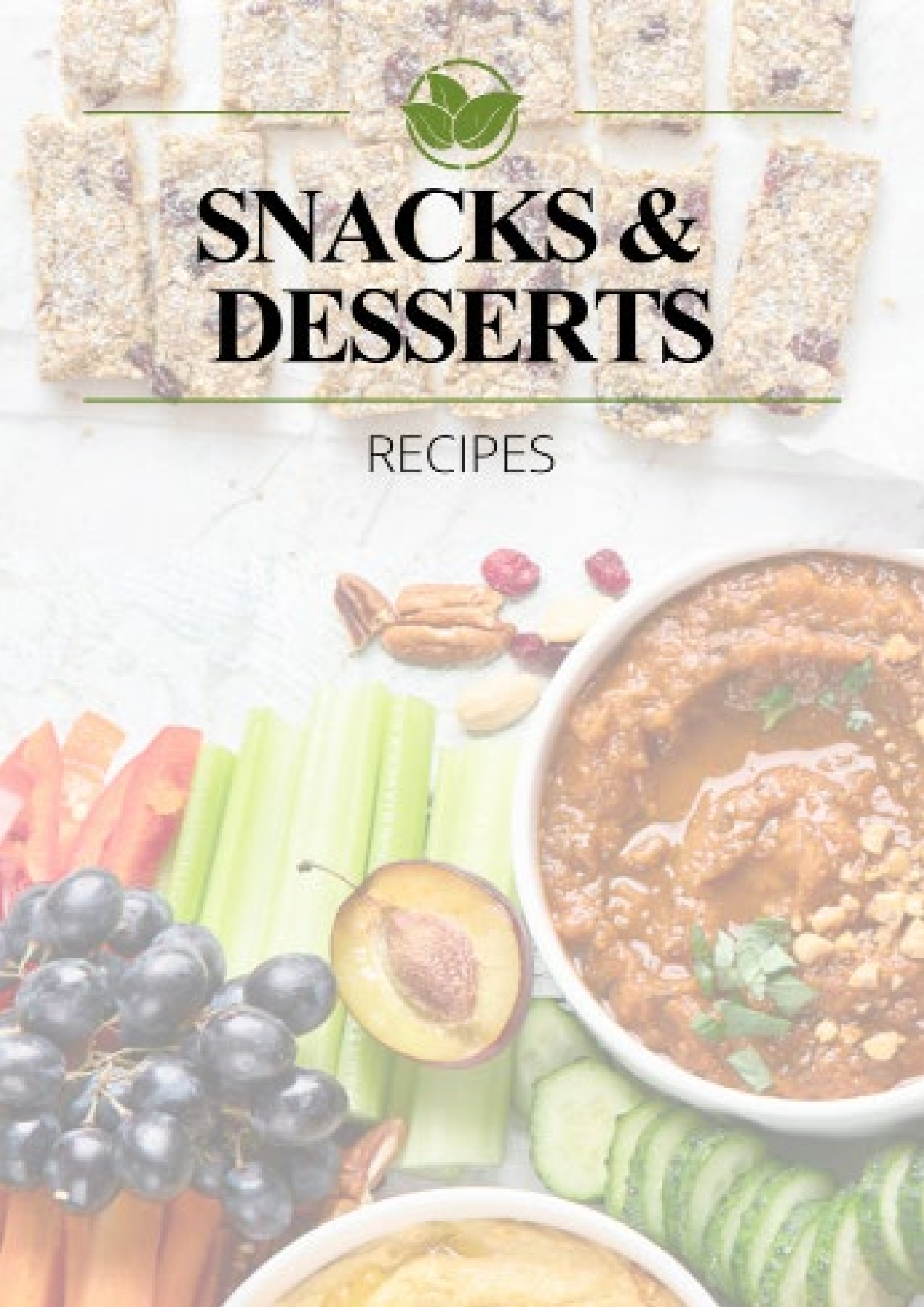
- Remove cabbage leaves, blanch in boiling water until soft, and set aside.
- In a skillet, sauté onions and garlic until translucent. Add mushrooms and cook until browned.
- Combine the mushroom mixture with cooked rice or quinoa. Season with salt and pepper.
- Place a portion of the filling onto each cabbage leaf and roll them up.
- In a large pot, combine crushed tomatoes, vegetable broth, and olive oil. Place the cabbage rolls in the pot.
- Simmer on low heat for 30-40 minutes until the rolls are tender.
- Serve hot with tomato sauce.





SNACKS & DESSERTS

RECIPES



CALORIES: 150

PROTEIN: 2g

CARBOHYDRATES: 14g

FAT: 11g

FIBER: 7g

GUACAMOLE WITH BAKED TORTILLA CHIPS



SERVING SIZE: 1/2 cup of guacamole with 10 chips

SERVES: 4



PREP TIME: 15 MINS

Creamy and flavorful guacamole paired with crispy baked tortilla chips.

INGREDIENTS:

- 2 ripe avocados
- 1 small red onion, finely diced
- 1-2 cloves garlic, minced
- 1-2 tomatoes, diced
- 1 lime, juiced
- 1/4 cup fresh cilantro, chopped
- Salt and pepper to taste
- Baked tortilla chips (store-bought or homemade)

DIRECTION:

- Cut the avocados in half, remove the pits, and scoop the flesh into a bowl.
- Mash the avocados with a fork or potato masher until mostly smooth.
- Add the diced onion, minced garlic, diced tomatoes, lime juice, and chopped cilantro. Mix well.
- Season with salt and pepper to taste.
- Serve with baked tortilla chips.



CALORIES: 180

PROTEIN: 5g

CARBOHYDRATES: 20g

FAT: 10g

FIBER: 4g

NO-BAKE ENERGY BALLS



SERVING SIZE: 2 energy bites

SERVES: 12



PREP TIME: 10 MINS

These no-bake energy bites are packed with plant-based protein and natural sweetness.

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/3 cup maple syrup
- 1/4 cup ground flaxseed
- 1/4 cup chopped dried fruits (e.g., dates, apricots)
- 1/4 cup vegan chocolate chips
- 1 tsp vanilla extract
- A pinch of salt

DIRECTION:

- In a mixing bowl, combine rolled oats, almond butter, maple syrup, ground flaxseed, chopped dried fruits, vegan chocolate chips, vanilla extract, and a pinch of salt.
- Mix until well combined.
- Refrigerate the mixture for 15-20 minutes to make it easier to handle.
- Roll into bite-sized balls and place on a baking sheet.
- Refrigerate for an additional 30 minutes to set.
- Store in an airtight container.



CALORIES: 150

PROTEIN: 5g

CARBOHYDRATES: 31g

FAT: 6g

FIBER: 6g

STUFFED MINI PEPPERS



SERVING SIZE: 3 stuffed pepper halves

SERVES: 4



PREP TIME: 20 MINS - READY
IN 20 MINS

Mini bell peppers stuffed with a flavorful quinoa and vegetable mixture.

INGREDIENTS:

- 12 mini bell peppers, halved and seeds removed
- 1 cup cooked quinoa
- 1/2 cup black beans, drained and rinsed
- 1/2 cup corn kernels
- 1/2 cup diced tomatoes
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 tsp cumin
- Salt and pepper to taste

DIRECTION:

- Preheat the oven to 375°F (190°C).
- In a bowl, combine cooked quinoa, black beans, corn, diced tomatoes, red onion, cilantro, cumin, salt, and pepper.
- Stuff each mini pepper half with the quinoa mixture.
- Place the stuffed peppers on a baking sheet and bake for 15-20 minutes or until the peppers are tender.
- Serve hot or at room temperature.



CALORIES: 180



PROTEIN: 2g

CARBOHYDRATES: 28g

FAT: 7g

FIBER: 4g

SWEET POTATO FRIES

 **SERVING SIZE:** 1/2 cup of fries **SERVES:** 4  **PREP TIME:** 15 MINS - READY IN 25 MINS

Crispy and flavorful sweet potato fries that are baked, not fried.

INGREDIENTS:

- 2 large sweet potatoes, peeled and cut into fries
- 2 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste

DIRECTION:

- Preheat the oven to 425°F (220°C).
- In a large bowl, toss sweet potato fries with olive oil, paprika, garlic powder, onion powder, salt, and pepper until evenly coated.
- Spread the fries in a single layer on a baking sheet.
- Bake for 20-25 minutes, flipping the fries halfway through, or until they are crispy and golden.
- Serve with your favorite vegan dipping sauce.



CALORIES: 80

PROTEIN: 1g

CARBOHYDRATES: 20g

FAT: 0g

FIBER: 3g

FRUIT SALAD WITH CITRUS DRESSING



SERVING SIZE: 1 cup of fruit salad

SERVES: 4



PREP TIME: 10 MINS

A refreshing and colorful fruit salad drizzled with a tangy citrus dressing.

INGREDIENTS:

- 2 cups mixed fresh fruit (e.g., berries, melon, pineapple, grapes)
- 1 orange, juiced
- 1 lemon, juiced
- 1 lime, juiced
- 2 tbsp maple syrup or agave nectar
- Fresh mint leaves for garnish

DIRECTION:

- In a large bowl, combine the mixed fresh fruit.
- In a separate small bowl, whisk together the orange juice, lemon juice, lime juice, and maple syrup.
- Drizzle the citrus dressing over the fruit and gently toss to coat.
- Garnish with fresh mint leaves.
- Serve immediately or refrigerate until ready to serve.



CALORIES: 180

PROTEIN: 3g

CARBOHYDRATES: 7g

FAT: 15g FIBER: 2g

SPINACH AND ARTICHOKE DIP



SERVING SIZE: 1/4 cup of dip

SERVES: 8



PREP TIME: 10 MINS - READY IN 25 MINS

A creamy and savory dip with spinach and artichokes, perfect for dipping your favorite veggies or crackers.

INGREDIENTS:

- 1 cup frozen chopped spinach, thawed and drained
- 1 can (14 oz) artichoke hearts, drained and chopped
- 1 cup vegan cream cheese
- 1/2 cup vegan mayonnaise
- 1/2 cup nutritional yeast
- 1 tsp garlic powder
- Salt and pepper to taste

DIRECTION:

- Preheat the oven to 350°F (175°C).
- In a mixing bowl, combine the thawed and drained spinach, chopped artichoke hearts, vegan cream cheese, vegan mayonnaise, nutritional yeast, garlic powder, salt, and pepper.
- Transfer the mixture to a baking dish.
- Bake for 20-25 minutes, until the dip is hot and bubbly.
- Serve with fresh veggies, pita chips, or crackers.



CALORIES: 180

PROTEIN: 6g

CARBOHYDRATES: 23g

FAT: 7g

FIBER: 6g

ROASTED CHICKPEAS



SERVING SIZE: 1/2 cup of roasted chickpeas

SERVES: 4



PREP TIME: 10 MINS - READY IN 40 MINS

Crunchy and flavorful roasted chickpeas seasoned with your favorite spices.

INGREDIENTS:

- 2 cans (15 oz each) chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- Salt and pepper to taste

DIRECTION:

- Preheat the oven to 400°F (200°C).
- Pat the chickpeas dry with a clean kitchen towel or paper towels.
- In a bowl, toss chickpeas with olive oil, paprika, cumin, garlic powder, salt, and pepper until well coated.
- Spread the chickpeas in a single layer on a baking sheet.
- Roast for 30-40 minutes, shaking the pan every 15 minutes, until chickpeas are crispy.
- Let them cool before serving.



CALORIES: 80

PROTEIN: 2g

CARBOHYDRATES: 11g

FAT: 4g

FIBER: 3g

CUCUMBER SUSHI ROLLS



SERVING SIZE: 4 cucumber sushi rolls

SERVES: 4



PREP TIME: 20 MINS

Light and refreshing sushi rolls made with cucumber, avocado, and other fresh ingredients.

INGREDIENTS:

- 2 large cucumbers
- 1 ripe avocado, thinly sliced
- 1/2 red bell pepper, thinly sliced
- 1/2 carrot, thinly sliced
- 1/4 cup pickled ginger
- Soy sauce or tamari for dipping
- Wasabi and sesame seeds (optional)

DIRECTION:

- Slice the cucumbers lengthwise into thin strips using a mandoline or a vegetable peeler.
- Lay a cucumber slice flat and place a slice of avocado, red bell pepper, and carrot on one end.
- Roll up the cucumber slice tightly.
- Repeat with the remaining ingredients.
- Serve with pickled ginger, soy sauce, and optional wasabi and sesame seeds for dipping.



CALORIES: 120

PROTEIN: 2g

CARBOHYDRATES: 16g

FAT: 7g

FIBER: 3g

CHOCOLATE-DIPPED STRAWBERRIES



SERVING SIZE: 3 chocolate-dipped strawberries

SERVES: 4



PREP TIME: 15 MINS

Sweet, juicy strawberries dipped in dairy-free chocolate for a delightful treat.

INGREDIENTS:

- 1 pint fresh strawberries, washed and dried
- 1/2 cup vegan chocolate chips
- 1 tbsp coconut oil
- Optional toppings: chopped nuts, shredded coconut, or sprinkles

DIRECTION:

- In a microwave-safe bowl, combine the vegan chocolate chips and coconut oil.
- Microwave in 20-second intervals, stirring in between, until the chocolate is completely melted and smooth.
- Dip each strawberry into the melted chocolate, letting any excess drip off.
- Place the chocolate-dipped strawberries on a parchment paper-lined tray.
- If desired, sprinkle with chopped nuts, shredded coconut, or sprinkles.
- Allow the chocolate to set at room temperature or in the refrigerator.
- Serve once the chocolate is firm.



HUMMUS AND VEGGIE WRAPS



SERVING SIZE: 1 Wrap

SERVES: 4



PREP TIME: 15 MINS

A quick and healthy snack wrap filled with hummus and fresh vegetables.

INGREDIENTS:

- 4 whole-grain or spinach tortillas
- 1 cup hummus
- 1 cup mixed greens (e.g., spinach, arugula)
- 1 cucumber, thinly sliced
- 1 red bell pepper, thinly sliced
- 1/2 red onion, thinly sliced
- 1 carrot, thinly sliced into strips
- Salt and pepper to taste

DIRECTION:

- Lay out each tortilla.
- Spread a generous amount of hummus onto each tortilla.
- Layer on mixed greens, cucumber slices, red bell pepper slices, red onion slices, and carrot strips.
- Season with salt and pepper.
- Roll up the tortillas tightly, tucking in the sides as you go.
- Slice each wrap in half diagonally.
- Serve immediately or wrap in parchment paper for on-the-go snacking.



CALORIES: 230

PROTEIN: 4g

CARBOHYDRATES: 22g

FAT: 15g

FIBER: 8g

AVOCADO TOAST WITH CHERRY TOMATOES



SERVING SIZE: 1 avocado toast

SERVES: 4



PREP TIME: 10 MINS

Creamy avocado spread over toasted bread, topped with fresh cherry tomatoes and a drizzle of balsamic glaze.

INGREDIENTS:

- 2 ripe avocados
- 4 slices of whole-grain bread (gluten-free if needed)
- 1 cup cherry tomatoes, halved
- 2 tbsp balsamic glaze
- Salt and pepper to taste

DIRECTION:

- Toast the slices of bread until golden brown.
- While the bread is toasting, mash the ripe avocados in a bowl and season with salt and pepper.
- Spread the mashed avocado evenly over the toasted bread.
- Top with cherry tomato halves.
- Drizzle with balsamic glaze.
- Serve immediately.



CALORIES: 70

PROTEIN: 2g

CARBOHYDRATES: 7g

FAT: 4g

FIBER: 2g

ROASTED RED PEPPER HUMMUS



SERVING SIZE: 2 tablespoons of hummus

SERVES: 8



PREP TIME: 15 MINS

Creamy roasted red pepper hummus with a smoky flavor, perfect for dipping with pita bread or veggie sticks.

INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 roasted red bell peppers (from a jar or roasted at home)
- 1/4 cup tahini
- 2 cloves garlic, minced
- Juice of 1 lemon
- 2 tbsp olive oil
- 1/2 tsp smoked paprika
- Salt and pepper to taste

DIRECTION:

- In a food processor, combine chickpeas, roasted red bell peppers, tahini, minced garlic, lemon juice, olive oil, smoked paprika, salt, and pepper.
- Blend until smooth and creamy, scraping down the sides as needed.
- Adjust seasonings to taste.
- Serve with pita bread, carrot sticks, cucumber slices, or any of your favorite dippers.



VEGAN SUSHI BURRITO



SERVING SIZE: 1 sushi burrito

SERVES: 4



PREP TIME: 30 MINS

A fusion of sushi and burrito, packed with rice, fresh vegetables, avocado, and tofu.

INGREDIENTS:

- 4 large nori seaweed sheets
- 2 cups cooked sushi rice
- 1 cup firm tofu, thinly sliced and pan-fried
- 1/2 avocado, sliced
- 1 cup cucumber, julienned
- 1 cup carrots, julienned
- 1 cup mixed greens
- Soy sauce or tamari for dipping
- Pickled ginger and wasabi (optional)

DIRECTION:

- Lay a nori sheet on a bamboo sushi rolling mat or a clean kitchen towel.
- Wet your hands and spread a quarter of the cooked sushi rice evenly over the nori, leaving a small border at the top.
- Add a quarter of the tofu, avocado, cucumber, carrots, and mixed greens on top of the rice.
- Roll up the nori sheet tightly, using the bamboo mat or towel to help you.
- Repeat with the remaining ingredients.
- Slice the sushi burritos in half and serve with soy sauce, pickled ginger, and wasabi if desired.



CALORIES: 220

PROTEIN: 9g

CARBOHYDRATES: 30g

FAT: 8g

FIBER: 4g

STUFFED MUSHROOMS



SERVING SIZE: 4 stuffed mushrooms

SERVES: 4



PREP TIME: 15 MINS - READY IN 25 MINS

Savory mushroom caps stuffed with a mixture of breadcrumbs, herbs, and vegan cheese.

INGREDIENTS:

- 16 large mushrooms, stems removed and reserved
- 1 cup breadcrumbs (use gluten-free breadcrumbs if needed)
- 1/2 cup vegan cream cheese
- 1/4 cup chopped fresh parsley
- 2 cloves garlic, minced
- 1/4 cup vegan Parmesan cheese
- Salt and pepper to taste
- Olive oil for brushing

DIRECTION:

- Preheat the oven to 375°F (190°C).
- Finely chop the reserved mushroom stems.
- In a bowl, combine the chopped mushroom stems, breadcrumbs, vegan cream cheese, chopped parsley, minced garlic, vegan Parmesan cheese, salt, and pepper.
- Stuff each mushroom cap with the breadcrumb mixture.
- Place the stuffed mushrooms on a baking sheet, brush the tops with olive oil, and bake for 20-25 minutes or until the mushrooms are tender and the tops are golden brown.
- Serve hot.



CALORIES: 150

PROTEIN: 4g

CARBOHYDRATES: 15g

FAT: 9g

FIBER: 3g

FRUIT AND NUT TRAIL MIX



SERVING SIZE: 1/4 cup of trail mix

SERVES: 12



PREP TIME: 5 MINS

A nutritious and energy-packed mix of dried fruits, nuts, and seeds.

INGREDIENTS:

- 1 cup dried cranberries
- 1 cup roasted almonds
- 1/2 cup pumpkin seeds
- 1/2 cup dried apricots, chopped
- 1/2 cup walnuts or cashews
- 1/4 cup dark chocolate chips (vegan)
- 1/4 cup unsweetened coconut flakes

DIRECTION:

- Combine all the ingredients in a large bowl.
- Toss well to mix.
- Store the trail mix in an airtight container.
- Grab a handful for a quick and nutritious snack.



CALORIES: 220

PROTEIN: 5g

CARBOHYDRATES: 32g

FAT: 9g

FIBER: 5g

CAULIFLOWER WINGS

(CALI WINGS)



SERVING SIZE: 1/4 of the cauliflower wings

SERVES: 4



PREP TIME: 15 MINS - READY IN 45 MINS

Crispy and flavorful cauliflower wings coated in a delicious buffalo sauce.

INGREDIENTS:

- 1 head of cauliflower, cut into florets
- 1 cup all-purpose flour (or chickpea flour for a gluten-free option)
- 1 cup water
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste
- 1 cup vegan buffalo sauce
- 2 tbsp melted vegan butter
- Celery sticks and vegan ranch dressing for dipping (optional)

DIRECTION:

- Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- In a bowl, whisk together the flour, water, garlic powder, onion powder, salt, and pepper to create a batter.
- Dip each cauliflower floret into the batter, allowing any excess to drip off, and place it on the prepared baking sheet.
- Bake for 20-25 minutes or until the cauliflower is crispy and golden.
- In a separate bowl, mix the vegan buffalo sauce and melted vegan butter.
- Toss the baked cauliflower in the buffalo sauce mixture until well coated.
- Return the coated cauliflower to the baking sheet and bake for an additional 10-15 minutes.
- Serve with celery sticks and vegan ranch dressing for dipping, if desired.



CALORIES: 70

PROTEIN: 1g

CARBOHYDRATES: 8g

FAT: 4g

FIBER: 1g

COCONUT AND LIME POPCORN



SERVING SIZE: 1 cup of popcorn

SERVES: 6



PREP TIME: 10 MINS

Sweet and zesty popcorn with coconut flakes and lime zest.

INGREDIENTS:

- 1/2 cup popcorn kernels
- 2 tbsp coconut oil
- 2 tbsp shredded coconut
- Zest of 2 limes
- 2 tbsp powdered sugar (adjust to taste)
- Salt to taste

DIRECTION:

- Pop the popcorn kernels according to the package instructions.
- In a large bowl, drizzle the popped popcorn with melted coconut oil and toss to coat.
- Sprinkle shredded coconut, lime zest, powdered sugar, and a pinch of salt over the popcorn. Toss again to distribute the flavors.
- Serve immediately or store in an airtight container for later.



CALORIES: 80

PROTEIN: 3g

CARBOHYDRATES: 5g

FAT: 5g

FIBER: 1g

MINI CAPRESE SKEWERS



SERVING SIZE: 2 skewers

SERVES:

Varies based on the number of skewers made



PREP TIME: 15 MINS

Mini skewers with cherry tomatoes, fresh basil, and vegan mozzarella drizzled with balsamic glaze.

INGREDIENTS:

- Cherry tomatoes
- Fresh basil leaves
- Vegan mozzarella cheese balls
- Balsamic glaze
- Wooden skewers

DIRECTION:

- Thread a cherry tomato, a folded basil leaf, and a vegan mozzarella ball onto each wooden skewer.
- Arrange the skewers on a serving platter.
- Drizzle with balsamic glaze just before serving.
- Serve as an elegant finger food snack.



CALORIES: 250

PROTEIN: 9g

CARBOHYDRATES: 36g

FAT: 9g

FIBER: 9g

ROASTED CHICKPEA AND VEGGIE SALAD



SERVING SIZE: 1/4 of the salad SERVES: 4



PREP TIME: 15 MINS - READY IN 25 MINS

A hearty salad with roasted chickpeas, mixed vegetables, and a zesty tahini dressing.

INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups mixed vegetables (e.g., bell peppers, cherry tomatoes, cucumber)
- 2 cups mixed greens
- 2 tbsp tahini
- Juice of 1 lemon
- 1 clove garlic, minced
- Salt and pepper to taste

DIRECTION:

- Preheat the oven to 400°F (200°C).
- Toss chickpeas with a drizzle of olive oil, salt, and pepper. Roast in the oven for 20-25 minutes until crispy.
- While chickpeas are roasting, prepare the mixed vegetables and greens in a large bowl.
- In a small bowl, whisk together tahini, lemon juice, minced garlic, salt, and pepper to make the dressing.
- Once chickpeas are done, let them cool slightly.
- Add roasted chickpeas to the salad, drizzle with tahini dressing, and toss to combine.



CALORIES: 170

PROTEIN: 4g

CARBOHYDRATES: 35g

FAT: 3g

FIBER: 6g

BAKED SWEET POTATO FRITTERS



SERVING SIZE: 3 sweet potato fritters

SERVES: 4



PREP TIME: 15 MINS - READY IN 25 MINS

Crispy sweet potato fritters packed with flavor and served with a tangy dipping sauce.

INGREDIENTS:

- 2 large sweet potatoes, peeled and grated
- 1/4 cup chickpea flour (or other flour of choice)
- 1/4 cup chopped scallions
- 1 tsp smoked paprika
- 1/2 tsp cayenne pepper (adjust to taste)
- Salt and pepper to taste
- Olive oil for brushing
- Vegan dipping sauce of choice

DIRECTION:

- Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- In a bowl, combine grated sweet potatoes, chickpea flour, chopped scallions, smoked paprika, cayenne pepper, salt, and pepper. Mix until well combined.
- Form the mixture into small patties and place them on the prepared baking sheet.
- Brush the tops of the fritters with olive oil.
- Bake for 20-25 minutes, flipping halfway through, until the fritters are golden and crispy.
- Serve hot with your favorite vegan dipping sauce.



CALORIES: 180

PROTEIN: 14g

CARBOHYDRATES: 14g

FAT: 9g

FIBER: 8g

SPICY EDAMAME



SERVING SIZE: 1 cup of edamame

SERVES: 2



PREP TIME: 10 MINS - READY IN 7 MINS

Steamed edamame beans tossed in a spicy, flavorful seasoning.

INGREDIENTS:

- 2 cups edamame (frozen or fresh)
- 1 tbsp sesame oil
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt to taste
- Lime wedges for garnish (optional)

DIRECTION:

- Steam the edamame beans until they are tender, about 5-7 minutes.
- In a large bowl, combine the sesame oil, chili powder, smoked paprika, garlic powder, and salt.
- Toss the steamed edamame in the spicy seasoning until well coated.
- Serve hot with lime wedges for extra zing, if desired.



CALORIES: 160

PROTEIN: 4g

CARBOHYDRATES: 21g

FAT: 8g

FIBER: 4g

AVOCADO AND TOMATO BRUSCHETTA



SERVING SIZE: 2 bruschetta slices

SERVES: 4



PREP TIME: 15 MINS

A fresh and tasty bruschetta with creamy avocado, ripe tomatoes, and fragrant basil.

INGREDIENTS:

- 1 baguette, sliced
- 2 ripe avocados, mashed
- 2 tomatoes, diced
- 1/4 cup fresh basil leaves, chopped
- 2 cloves garlic, minced
- 2 tbsp balsamic vinegar
- Salt and pepper to taste

DIRECTION:

- Toast the baguette slices until they are lightly crispy.
- In a bowl, combine the mashed avocados, diced tomatoes, chopped basil, minced garlic, balsamic vinegar, salt, and pepper.
- Spoon the avocado and tomato mixture onto the toasted baguette slices.
- Serve as an appetizer or snack.



CALORIES: 100

PROTEIN: 3g

CARBOHYDRATES: 8g

FAT: 7g

FIBER: 2g

GREEK SALAD SKEWERS



SERVING SIZE: 2 skewers

SERVES:

Varies based on the number of skewers made



PREP TIME: 15 MINS

Mini skewers filled with colorful vegetables, vegan feta cheese, and olives, drizzled with a tangy vinaigrette.

INGREDIENTS:

- Cherry tomatoes
- Cucumber chunks
- Vegan feta cheese, cubed
- Pitted kalamata olives
- Red onion, sliced into small wedges
- Fresh parsley leaves
- Wooden skewers

DIRECTION:

- Thread cherry tomatoes, cucumber chunks, vegan feta cheese cubes, olives, red onion wedges, and fresh parsley leaves onto wooden skewers.
- Arrange the skewers on a platter.
- Drizzle with your favorite vegan Greek salad dressing or balsamic vinaigrette.
- Serve as a refreshing appetizer or snack.



CALORIES: 150

PROTEIN: 2g

CARBOHYDRATES: 20g

FAT: 9g

FIBER: 2g

CHOCOLATE-DIPPED BANANA BITES



SERVING SIZE: 6 banana bites

SERVES: 4



PREP TIME: 15 MINS - FREEZE TIME 1-1.5 HRS

Frozen banana slices dipped in dairy-free chocolate for a sweet and satisfying treat.

INGREDIENTS:

- 2 ripe bananas
- 1/2 cup dairy-free chocolate chips
- 1 tbsp coconut oil
- Toppings (e.g., chopped nuts, shredded coconut, sprinkles)

DIRECTION:

- Slice the ripe bananas into bite-sized rounds.
- Arrange the banana slices on a parchment-lined tray and freeze for at least 1 hour.
- In a microwave-safe bowl, combine dairy-free chocolate chips and coconut oil.
- Microwave in 20-second intervals, stirring in between, until the chocolate is smooth and melted.
- Dip each frozen banana slice into the melted chocolate, allowing any excess to drip off.
- Place the chocolate-dipped banana bites back on the parchment-lined tray.
- Sprinkle with your choice of toppings.
- Freeze for an additional 20-30 minutes until the chocolate is set.
- Serve as a sweet, frozen snack.



CALORIES: 190

PROTEIN: 5g

CARBOHYDRATES: 30g

FAT: 5g

FIBER: 2g

GARLIC KNOTS



SERVING SIZE: 2 garlic knots
with sauce

SERVES: 6



PREP TIME: 15 MINS - READY IN 20 MINS

Soft and garlicky knots of bread, perfect for dipping in marinara sauce.

INGREDIENTS:

- 1 pound pizza dough (store-bought or homemade)
- 2 tbsp vegan butter, melted
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- Salt to taste
- Vegan marinara sauce for dipping

DIRECTION:

- Preheat the oven to 375°F (190°C).
- Divide the pizza dough into 12 equal portions and roll each portion into a long rope.
- Tie each rope into a knot and place the knots on a baking sheet.
- In a small bowl, mix the melted vegan butter, minced garlic, chopped parsley, and a pinch of salt.
- Brush the garlic butter mixture over the knots.
- Bake for 15-20 minutes or until the knots are golden brown.
- Serve with warm vegan marinara sauce for dipping.



CALORIES: 90

PROTEIN: 2g

CARBOHYDRATES: 11g

FAT: 5g

FIBER: 2g

CAPONATA EGGPLANT SALAD



SERVING SIZE:

2 tablespoons
of caponata
with bread

SERVES: 3



PREP TIME: 20 MINS - READY IN 35 MINS

A flavorful and tangy Italian eggplant relish served with toasted bread or crackers.

INGREDIENTS:

- 2 medium eggplants
- 3 celery stalks
- 2 red bell pepper
- 1 cup olives, green and kalamata, pitted
- 1/2 cup capers, drained
- 1/2 onion
- 2 14-ounce cans chopped tomatoes
- 2 garlic cloves (optional)
- Salt
- Pepper

DIRECTION:

- Prepare Eggplants: Cube eggplants, salt, rinse, and pat dry.
- Sauté Eggplants: Sauté eggplants until golden brown, then set aside.
- Cook Celery and Onion: Sauté diced onion and celery until soft.
- Add Tomatoes: If using garlic, sauté for 1 minute, then add canned tomatoes.
- Combine Ingredients: Add sautéed eggplants, pitted olives, and drained capers. Season with salt and pepper.
- Simmer and Serve: Simmer for 15-20 minutes. Let it cool and serve at room temperature or chilled.
- Enjoy! Serve with toasted bread or crackers.



CALORIES: 200

PROTEIN: 6g

CARBOHYDRATES: 32g

FAT: 5g

FIBER: 2g

SPINACH AND MUSHROOM ARANCINI



SERVING SIZE: 2 arancini

SERVES: 4



PREP TIME: 20 MINS - READY IN
15 MINS

Crispy rice balls stuffed with a savory mixture of spinach and mushrooms

INGREDIENTS:

- 2 cups cooked Arborio rice (cooled)
- 1 cup cooked spinach, chopped and drained
- 1 cup cooked mushrooms, finely chopped
- 1/2 cup vegan mozzarella cheese, shredded
- 1/4 cup breadcrumbs
- (use gluten-free breadcrumbs if needed)
- 2 tbsp nutritional yeast
- Salt and pepper to taste
- Vegetable oil for frying

DIRECTION:

- In a bowl, combine the cooked Arborio rice, chopped spinach, chopped mushrooms, vegan mozzarella cheese, nutritional yeast, salt, and pepper.
- Take a small amount of the mixture and form it into a ball.
- Roll each rice ball in breadcrumbs to coat.
- Heat vegetable oil in a deep skillet or pot to 350°F (175°C).
- Fry the rice balls in batches until they are golden brown and crispy, about 3-4 minutes per batch.
- Drain on paper towels.
- Serve hot as a delightful Italian snack.



CALORIES: 180

PROTEIN: 4g

CARBOHYDRATES: 26g

FAT: 7g

FIBER: 2g

TIRAMISU CUPS



SERVING SIZE: 1 tiramisu cup **SERVES:** 4



PREP TIME: 15 MINS - CHILL TIME 2 HRS

Mini vegan tiramisu cups with layers of coffee-soaked ladyfingers and creamy cashew mascarpone.

INGREDIENTS:

- 1 cup raw cashews (soaked and drained)
- 1/2 cup brewed espresso or strong coffee, cooled
- 2 tbsp maple syrup (adjust to taste)
- 1 tsp vanilla extract
- 8 vegan ladyfingers (store-bought or homemade)
- Cocoa powder for dusting

DIRECTION:

- In a blender, combine the soaked cashews, brewed espresso, maple syrup, and vanilla extract. Blend until smooth and creamy.
- Break the ladyfingers into small pieces.
- In serving glasses, layer the ladyfinger pieces and the cashew mascarpone mixture.
- Repeat the layers until the glasses are filled.
- Refrigerate for at least 2 hours to set.
- Dust with cocoa powder before serving.



CALORIES: 90

PROTEIN: 0g

CARBOHYDRATES: 24g

FAT: 0g

FIBER: 0g

LEMON SORBET



SERVING SIZE: 1 scoop of sorbet

SERVES: 6



PREP TIME: 15 MINS - FREEZE TIME 2 HRS

CHURN TIME: Varies by ice cream maker

A refreshing Italian-inspired lemon sorbet with a burst of citrus flavor.

INGREDIENTS:

- 4-5 lemons (for juice and zest)
- 1 cup water
- 1 cup granulated sugar (adjust to taste)
- Fresh mint leaves for garnish (optional)

DIRECTION:

- Zest and juice the lemons, reserving both the zest and juice.
- In a saucepan, combine water and granulated sugar. Heat over medium heat, stirring until the sugar dissolves completely.
- Remove from heat and stir in the lemon zest and juice.
- Let the mixture cool to room temperature.
- Pour the lemon mixture into an ice cream maker and churn according to the manufacturer's instructions until it reaches a sorbet-like consistency.
- Transfer the sorbet to an airtight container and freeze for an additional 2 hours to firm up.
- Serve in scoops, garnished with fresh mint leaves if



CALORIES: 220

PROTEIN: 11g

CARBS: 35g

FAT: 4g

FIBER: 7g

CHICKPEA NUGGETS



SERVES: 6



PREP TIME: 15 MINS - READY IN 25-35 MINS

Delicious and crispy chickpea nuggets, perfect for dipping.

INGREDIENTS:

- 2 cans (15 oz each) chickpeas, drained and rinsed
- 1/2 cup breadcrumbs (gluten-free if needed)
- 1/4 cup nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp smoked paprika
- Salt and pepper to taste
- 1/4 cup fresh parsley, chopped
- 1/4 cup aquafaba (chickpea liquid)
- Cooking spray or olive oil

DIRECTION:

- Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- In a food processor, blend chickpeas, breadcrumbs, nutritional yeast, spices, salt, pepper, and parsley until combined.
- Transfer mixture to a bowl, add aquafaba, and mix well.
- Shape the mixture into nuggets and place them on the baking sheet.
- Lightly spray with cooking spray or drizzle with olive oil.
- Bake for 25-30 minutes, flipping halfway, until golden and crispy.
- Serve hot with your favorite dipping sauce.



CALORIES: 220 PROTEIN: 3g CARBOHYDRATES: 27g FAT: 14g FIBER: 7g SUGAR: 15g

CHOCOLATE AVOCADO MOUSSE



SERVES: 4



PREP TIME: 10 MINS - READY IN 30 MINS

Creamy and rich, this vegan chocolate avocado mousse is a guilt-free indulgence that's also packed with healthy fats.

INGREDIENTS:

- 2 ripe avocados
- 1/4 cup cocoa powder
- 1/4 cup maple syrup
- 1/4 cup almond milk
- 1 tsp vanilla extract
- A pinch of salt

DIRECTION:

- Scoop out the flesh of the avocados and place them in a food processor.
- Add cocoa powder, maple syrup, almond milk, vanilla extract, and a pinch of salt.
- Blend until smooth and creamy.
- Chill in the refrigerator for at least 30 minutes before serving.
- Serve in small bowls or glasses and garnish with berries or chopped nuts if desired.



CALORIES: 190 **PROTEIN:** 3g **CARBOHYDRATES:** 35g **FAT:** 6g **FIBER:** 5g **SUGAR:** 18g

BANANA NICE CREAM



SERVES: 4



PREP TIME: 5 MINS - FREEZE TIME 2-3 HRS

A simple, healthy, and dairy-free alternative to traditional ice cream, made with frozen bananas.

INGREDIENTS:

- 4 ripe bananas, sliced and frozen
- 2 tbsp peanut butter (or almond butter)
- 1 tsp vanilla extract

DIRECTION:

- Place the frozen banana slices, peanut butter, and vanilla extract in a blender or food processor.
- Blend until smooth and creamy, scraping down the sides as needed.
- Serve immediately as soft-serve ice cream or freeze for a firmer texture.
- Enjoy as is or top with your favorite vegan toppings like crushed nuts or dairy-free chocolate chips.



CALORIES: 250

PROTEIN: 6g

CARBOHYDRATES: 40g

FAT: 7g

FIBER: 5g

SUGAR: 16g

VOGURT BERRY PARFAIT



SERVES: 2



PREP TIME: 10 MINS

A colorful and refreshing dessert with layers of dairy-free yogurt, mixed berries, and crunchy granola.

INGREDIENTS:

- 2 cups vegan yogurt (coconut or almond-based)
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup granola
- 1 tbsp maple syrup (optional)
- Fresh mint leaves for garnish (optional)

DIRECTION:

- In serving glasses or bowls, layer the vegan yogurt, mixed berries, and granola.
- Drizzle maple syrup over each layer if desired.
- Repeat the layers until the glass is filled.
- Garnish with fresh mint leaves.
- Serve immediately or refrigerate until ready to serve.



CHEWY CHOC CHIP COOKIES



SERVES: 24 cookies



PREP TIME: 20 MINS - Baking Time: 10-12 MINS

Classic chocolate chip cookies made vegan without sacrificing flavor or texture.

INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 1/2 cup vegan butter
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup vegan chocolate chips

DIRECTION:

- Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- In a mixing bowl, cream together the vegan butter, brown sugar, granulated sugar, and vanilla extract until smooth.
- In a separate bowl, whisk together the flour, baking soda, and salt.
- Gradually add the dry ingredients to the wet ingredients, mixing until a cookie dough forms.
- Fold in the vegan chocolate chips.
- Drop spoonfuls of cookie dough onto the prepared baking sheet.
- Bake for 10-12 minutes or until the edges are golden brown.
- Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.



CALORIES: 220 **PROTEIN:** 3g **CARBOHYDRATES:** 31g **FAT:** 10g **FIBER:** 1g **SUGAR:** 9g

CINNAMON RICE PUDDING



SERVES: 6



PREP TIME: 5 MINS - READY IN 35 MINS

A comforting and creamy cinnamon rice pudding made with coconut milk and sweetened with maple syrup.

INGREDIENTS:

- 1 cup arborio rice
- 1 can (14 oz) coconut milk
- 2 cups almond milk
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- A pinch of salt
- Raisins or chopped nuts for garnish (optional)

DIRECTION:

- In a large saucepan, combine the arborio rice, coconut milk, almond milk, maple syrup, vanilla extract, ground cinnamon, and a pinch of salt.
- Bring the mixture to a boil, then reduce heat to low and simmer, stirring frequently, for 30-35 minutes, or until the rice is cooked and the mixture has thickened.
- Remove from heat and let it cool slightly.
- Serve warm or chilled, garnished with raisins or chopped nuts if desired.



CALORIES: 200

PROTEIN: 4g

CARBOHYDRATES: 16g

FAT: 14g

FIBER: 2g

SUGAR: 12g

CHOCOLATE PEANUT BUTTER CUPS



SERVES: 12 Cups



PREP TIME: 20 MINS - CHILLING TIME 1 HR

Homemade chocolate peanut butter cups that are dairy-free and absolutely delectable.

INGREDIENTS:

- 1 cup dairy-free chocolate chips
- 1/2 cup peanut butter (creamy or crunchy)
- 2 tbsp powdered sugar
- 1/2 tsp vanilla extract
- A pinch of salt

DIRECTION:

- Line a muffin tin with paper or silicone cupcake liners.
- In a microwave-safe bowl, melt half of the chocolate chips in 30-second intervals until smooth.
- Spoon a small amount of melted chocolate into each cupcake liner, ensuring the bottom is coated.
- In another bowl, mix peanut butter, powdered sugar, vanilla extract, and a pinch of salt until well combined.
- Spoon the peanut butter mixture into each cup.
- Top with the remaining melted chocolate to cover the peanut butter completely.
- Chill in the refrigerator for at least 1 hour or until the cups are firm.
- Enjoy!



LEMON BLUEBERRY BARS



SERVES: 12 Bars



PREP TIME: 15 MINS - **BAKING TIME** 25-30 Mins

These tangy and sweet lemon blueberry bars are perfect for a light and refreshing dessert.

INGREDIENTS:

- 1 1/2 cups almond flour
- 1/4 cup coconut flour
- 1/2 cup maple syrup
- 1/4 cup melted coconut oil
- Zest and juice of 2 lemons
- 1 cup fresh blueberries
- 1/4 tsp salt

DIRECTION:

- Preheat your oven to 350°F (175°C) and line an 8x8-inch baking pan with parchment paper.
- In a mixing bowl, combine almond flour, coconut flour, melted coconut oil, maple syrup, lemon zest, lemon juice, and salt. Mix until a crumbly dough forms.
- Press two-thirds of the dough into the bottom of the prepared pan.
- Sprinkle blueberries evenly over the crust.
- Crumble the remaining dough over the blueberries.
- Bake for 25-30 minutes until the edges are golden brown.
- Allow to cool before slicing into bars.



APPLE & WALNUT CRISP



SERVES: 6



PREP TIME: 15 MINS - BAKING TIME 35-40 Mins

Warm and comforting, this vegan apple crisp is a delightful combination of sweet, tender apples and a crispy oat topping.

INGREDIENTS:

- 6 cups sliced apples (peeled and cored)
- 1 tbsp lemon juice
- 1/4 cup maple syrup
- 1 tsp ground cinnamon
- 1/2 cup rolled oats
- 1/4 cup almond flour
- 1/4 cup chopped walnuts
- 2 tbsp coconut oil, melted
- A pinch of salt

DIRECTION:

- Preheat your oven to 350°F (175°C).
- In a large bowl, combine the sliced apples, lemon juice, maple syrup, and ground cinnamon. Toss to coat.
- Transfer the apple mixture to a baking dish.
- In a separate bowl, mix together the rolled oats, almond flour, chopped walnuts, melted coconut oil, and a pinch of salt until crumbly.
- Sprinkle the oat mixture evenly over the apples.
- Bake for 35-40 minutes or until the topping is golden brown and the apples are tender.
- Allow to cool slightly before serving.



CALORIES: 150 **PROTEIN:** 2g **CARBOHYDRATES:** 35g **FAT:** 2g **FIBER:** 3g **SUGAR:** 21g

EASY CHOCOLATE PUDDING



SERVES: 4



PREP TIME: 5 MINS - CHILLING TIME 2 HRS

Creamy and luscious chocolate pudding that's dairy-free and utterly satisfying.

INGREDIENTS:

- 1/4 cup cocoa powder
- 1/4 cup cornstarch
- 1/2 cup granulated sugar
- 2 3/4 cups almond milk (or any other non-dairy milk)
- 1 tsp vanilla extract
- A pinch of salt

DIRECTION:

- In a saucepan, whisk together the cocoa powder, cornstarch, sugar, and a pinch of salt.
- Gradually whisk in the almond milk to create a smooth mixture.
- Place the saucepan over medium heat, stirring constantly until the mixture thickens (about 5-7 minutes).
- Remove from heat and stir in the vanilla extract.
- Transfer the pudding to serving dishes and chill in the refrigerator for at least 2 hours before serving.



CALORIES: 320

PROTEIN: 12g

CARBOHYDRATES: 66g

FAT: 6g

VANILLA OAT PUDDING DELIGHT



SERVES: 4



READY IN: 30 MINS

CHILLING TIME: OVERNIGHT

Sweeten your mornings with easy overnight oats. Vanilla, Maple, oats, and chia seeds create a hearty on-the-go breakfast

INGREDIENTS:

- 2 1/2 cups coconut milk
- 1/3 cup chia seeds
- 1/3 cup rolled oats
- 1/3 cup pure maple syrup
- 1 1/2 teaspoons vanilla extract
- 3 cups almond milk
- 1 teaspoon vanilla paste
- 1 teaspoon ground cinnamon
- pineapple or mango slices (optional toppings)

DIRECTION:

- Stir together all ingredients except toppings in a medium bowl.
- Reduce the heat to low and let it simmer for 5 minutes until all the liquid is absorbed.
- Simmer for an additional 10 minutes or until the pudding thickens.
- Cover and refrigerate overnight.
- Enjoy for breakfast or dessert



PUMPKIN SPICE DONUTS



SERVES: 6 Donuts



PREP TIME: 15 MINS - **BAKING TIME** 12-15 MINS

Fluffy and flavorful pumpkin spice donuts that are baked, not fried, and perfect for fall.

INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 cup pumpkin puree
- 1/2 cup almond milk
- 1/2 cup brown sugar
- 1/4 cup coconut oil, melted
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp pumpkin pie spice
- 1/2 tsp vanilla extract
- A pinch of salt

DIRECTION:

- Preheat your oven to 350°F (175°C) and grease a donut pan.
- In a mixing bowl, whisk together the pumpkin puree, almond milk, brown sugar, melted coconut oil, vanilla extract, and a pinch of salt until well combined.
- In a separate bowl, sift together the flour, baking powder, baking soda, and pumpkin pie spice.
- Gradually add the dry ingredients to the wet ingredients and mix until a smooth batter forms.
- Spoon the batter into the donut pan, filling each cavity about 2/3 full.
- Bake for 12-15 minutes or until a toothpick comes out clean.
- Allow the donuts to cool in the pan for a few minutes before transferring them to a wire rack to cool completely.



CALORIES: 120 PROTEIN: 1g CARBOHYDRATES: 18g FAT: 6g FIBER: 2g SUGAR: 13g

CHOCOLATE COVERED BANANA



SERVES: 16 slice of banana



PREP TIME: 15 MINS - CHILLING TIME 30 MINS

Juicy strawberries dipped in rich, dairy-free chocolate for an elegant and indulgent treat.

INGREDIENTS:

- 1 cup dairy-free chocolate chips
- 1 fresh banana,

DIRECTION:

- Line a baking sheet with parchment paper.
- In a microwave-safe bowl, melt the dairy-free chocolate chips in 30-second intervals until smooth.
- Hold each banana slice by the stem and dip it into the melted chocolate, allowing any excess to drip off.
- Place the chocolate-covered banana on the prepared baking sheet.
- Chill in the refrigerator for at least 30 minutes or until the chocolate hardens.
- Serve and enjoy!



VEGAN BLUEBERRY CHEESECAKE



SERVES: 8 Slices



PREP TIME: 30 MINS - FREEZING TIME 4 HRS

Creamy and dreamy vegan cheesecake with a blueberry topping.

INGREDIENTS:

For the Crust:

- 1 1/2 cups almond meal
- 1/4 cup coconut oil, melted
- 2 tbsp maple syrup

For the Filling:

- 2 cups soaked cashews (soaked for at least 4 hours)

- 1/2 cup coconut cream
- 1/4 cup lemon juice
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- A pinch of salt

For the Blueberry Topping:

- 1 cup fresh or frozen blueberries
- 2 tbsp maple syrup

DIRECTION:

- Line an 8-inch round cake pan with parchment paper.
- In a bowl, combine the almond meal, melted coconut oil, and maple syrup for the crust. Press this mixture into the bottom of the prepared pan.
- In a blender, blend the soaked cashews, coconut cream, lemon juice, maple syrup, vanilla extract, and a pinch of salt until smooth.
- Pour the filling over the crust and smooth the top.
- In a saucepan, cook the blueberries and maple syrup over low heat until they break down into a sauce.
- Pour the blueberry sauce over the cheesecake.
- Freeze for at least 4 hours or until set.
- Thaw for a few minutes before serving.



CHOCOLATE BANANA BREAD



SERVES: 10 Slices



PREP TIME: 15 MINS - BAKING TIME 45-55 MINS

Moist and chocolatey banana bread made vegan and perfect for snacking or dessert.

INGREDIENTS:

- 3 ripe bananas, mashed
- 1/4 cup coconut oil, melted
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 1 1/2 cups all-purpose flour
- 1/4 cup cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 cup dairy-free chocolate chips (optional)

DIRECTION:

- Preheat your oven to 350°F (175°C) and grease a loaf pan.
- In a mixing bowl, combine the mashed bananas, melted coconut oil, maple syrup, and vanilla extract.
- In another bowl, whisk together the flour, cocoa powder, baking soda, and salt.
- Gradually add the dry ingredients to the wet ingredients and mix until just combined.
- Fold in the dairy-free chocolate chips if using.
- Pour the batter into the greased loaf pan.
- Bake for 45-55 minutes or until a toothpick inserted into the center comes out clean.
- Allow to cool before slicing.



CALORIES: 142

PROTEIN: 4g

CARBOHYDRATES: 16g

FAT: 8g

FIBER: 7g

COCONUT OATMEAL COOKIES



SERVES: 10 cookies



PREP TIME: 20 MINS - **BAKING TIME** 35-40 MINS

This vegan coconut oatmeal cookie recipe results in cookies with a delightful combination of a crisp outer layer, a chewy center, and a rich coconut flavor.

INGREDIENTS:

- 1/2 cup oat flour
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- A pinch of salt
- 1/4 teaspoon grated nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 4 tablespoons coconut oil
- 2 tablespoons oat milk
- 1/2 cup coconut sugar
- 1/2 cup coconut flakes, unsweetened

DIRECTION:

- Mix flour, baking soda, and spices in one bowl.
- In another bowl, blend coconut oil, oat milk, sugar, and coconut. Combine wet and dry mixtures.
- Chill the batter in the fridge for 30 minutes. Shape it into small cookies and place them on a parchment-lined baking sheet.
- Bake at 330°F for about 10 minutes in a preheated oven. Let them cool on a wire rack at room temperature. Enjoy!



OATMEAL RAISIN COOKIES



SERVES: 12 Cookies



PREP TIME: 20 MINS - BAKING TIME 10-12 MINS

Chewy and flavorful oatmeal raisin cookies that are entirely vegan.

INGREDIENTS:

- 1 1/2 cups rolled oats
- 1 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1/2 cup coconut oil, softened
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 1/4 cup unsweetened applesauce
- 1 tsp vanilla extract
- 1/2 cup raisins

DIRECTION:

- Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- In a bowl, whisk together the rolled oats, flour, baking soda, ground cinnamon, and salt.
- In another mixing bowl, cream together the softened coconut oil, brown sugar, granulated sugar, applesauce, and vanilla extract.
- Gradually add the dry ingredients to the wet ingredients and mix until well combined.
- Fold in the raisins.
- Drop spoonfuls of cookie dough onto the prepared baking sheet.
- Bake for 10-12 minutes or until the edges are golden brown.
- Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.



CINNAMON SUGAR DONUTS



SERVES: 6 Donuts



PREP TIME: 20 MINS - BAKING TIME 12-15 MINS

Light and fluffy cinnamon sugar-coated donuts that are baked, not fried, and completely vegan.

INGREDIENTS:

For the Donuts:

- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1/2 cup almond milk (or any other non-dairy milk)
- 1/4 cup applesauce
- 1 tsp vanilla extract

- 1/4 cup coconut oil, melted

For the Cinnamon Sugar Coating:

- 1/4 cup granulated sugar
- 1 tsp ground cinnamon
- 2 tbsp vegan butter, melted

DIRECTION:

- Preheat your oven to 350°F (175°C) and grease a donut pan.
- In a mixing bowl, whisk together the flour, granulated sugar, baking powder, baking soda, ground cinnamon, and salt.
- In another bowl, combine the almond milk, applesauce, vanilla extract, and melted coconut oil.
- Gradually add the wet ingredients to the dry ingredients, mixing until just combined.
- Spoon the batter into the donut pan, filling each cavity about 2/3 full.
- Bake for 12-15 minutes or until the donuts spring back when touched.
- While the donuts are baking, mix the granulated sugar and ground cinnamon for the coating in a shallow bowl.
- As soon as the donuts are cool enough to handle, brush them with melted vegan butter and then dip them into the cinnamon sugar mixture.
- Allow the donuts to cool completely on a wire rack.



CALORIES: 220

PROTEIN: 4g

CARBOHYDRATES: 38g

FAT: 8g

FIBER: 4g

SUGAR: 32g

CHOCOLATE COVERED ALMOND DATES



SERVES: 6 (2 dates per serve)



PREP TIME: 15 MINS - CHILLING TIME 30 MINS

A simple yet decadent dessert that combines the sweetness of dates with the crunch of almonds and a chocolate coating.

INGREDIENTS:

- 12 Medjool dates, pitted
- 24 whole almonds
- 1/2 cup dairy-free chocolate chips
- 1 tbsp coconut oil

DIRECTION:

- Carefully stuff each pitted date with two whole almonds.
- In a microwave-safe bowl, melt the dairy-free chocolate chips and coconut oil in 30-second intervals until smooth.
- Dip each almond-stuffed date into the melted chocolate, coating it evenly.
- Place the chocolate-covered dates on a parchment paper-lined tray.
- Refrigerate for about 30 minutes or until the chocolate hardens.
- Serve and enjoy!



CALORIES: 200

PROTEIN: 4g

CARBOHYDRATES: 26g

FAT: 10g

FIBER: 2g

SUGAR: 15g

PISTACHIO BAKLAVA



SERVES: 24 Pcs



PREP TIME: 30 MINS - **BAKING TIME** 40-45 MINS

A vegan version of the classic Middle Eastern dessert, Baklava, filled with nuts and sweet syrup.

INGREDIENTS:

For the Filling:

- 2 cups mixed nuts (walnuts and pistachios), finely chopped
- 1/4 cup granulated sugar
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves

For the Syrup:

- 1 cup water
- 1 cup granulated sugar

- 1/2 cup maple syrup
- 1 tsp lemon juice

For Assembly:

- 1 package vegan phyllo dough (16 sheets)
- 1/2 cup melted vegan butter or margarine

DIRECTION:

- Preheat your oven to 350°F (175°C) and grease a baking dish.
- Mix nuts, sugar, cinnamon, and cloves in a bowl – this is your filling.
- Layer and butter 8 sheets of phyllo dough in the baking dish.
- Sprinkle half of the nut filling over the phyllo layers.
- Layer and butter the remaining phyllo sheets.
- Cut into squares or diamonds.
- Bake for 40-45 minutes or until golden brown.
- Simmer water, sugar, maple syrup, and lemon juice in a saucepan to make the syrup.
- Pour the hot syrup over the baked baklava.
- Let it cool before serving and serve with peanut sprinkles. (optional)



CALORIES: 280

PROTEIN: 3g

CARBOHYDRATES: 28g

FAT: 17g

FIBER: 2g

SUGAR: 14g

VEGAN TIRAMISU



SERVES: 8 Slices



PREP TIME: 20 MINS - CHILLING TIME 4+ Hrs

A dairy-free take on the classic Italian dessert, Tiramisu, with layers of coffee-soaked ladyfingers and creamy cashew-based mascarpone.

INGREDIENTS:

For the Cashew Mascarpone:

- 1 1/2 cups raw cashews, soaked and drained
- 1/4 cup maple syrup
- 1/4 cup coconut oil, melted
- 1/4 cup brewed coffee, cooled
- 1 tsp vanilla extract
- A pinch of salt

For the Assembly:

- 1 package vegan ladyfingers
- 1 cup brewed coffee, cooled
- 2 tbsp cocoa powder, for dusting

DIRECTION:

- In a blender, combine soaked cashews, maple syrup, melted coconut oil, brewed coffee, vanilla extract, and a pinch of salt. Blend until smooth – this is your cashew mascarpone.
- Layer a serving dish with a single layer of vegan ladyfingers.
- Drizzle brewed coffee over the ladyfingers until soaked.
- Spread half of the cashew mascarpone over the ladyfingers.
- Repeat with another layer of soaked ladyfingers and the remaining mascarpone.
- Dust the top with cocoa powder.
- Refrigerate for at least 4 hours or overnight before serving.



CALORIES: 350 **PROTEIN:** 3g **CARBOHYDRATES:** 63g **FAT:** 11g **FIBER:** 3g **SUGAR:** 35g

MANGO STICKY RICE



SERVES: 4



PREP TIME: 40 MINS - READY IN 1 HR - RESTING TIME 1 HR

A delightful Thai dessert featuring sweet mango slices atop a bed of sticky coconut-infused rice.

INGREDIENTS:

For the Sticky Rice:

- 1 cup glutinous rice (sticky rice)
- 1 1/2 cups coconut milk
- 1/2 cup granulated sugar
- 1/4 tsp salt

For Serving:

- 2 ripe mangoes, sliced
- Toasted sesame seeds (optional)

DIRECTION:

- Drain the rice and steam it for 30-40 minutes until tender.
- In a saucepan, heat coconut milk, sugar, and salt over low heat, stirring until sugar dissolves.
- Pour half of the coconut mixture over the cooked sticky rice. Stir to combine and let it sit for 15 minutes.
- To serve, place a scoop of the sweetened sticky rice on a plate, top with mango slices, and drizzle with the remaining coconut mixture.
- Optionally, sprinkle with toasted sesame seeds.

