



COBIONIC

Plant-Based

COOKBOOK

EDITOR
390



Congrats on taking this giant step to invigorating your body and soul! If eating a plant-based diet is new for you, then this transition may seem difficult at first but you'll soon discover how flavorful and easy a plant-based diet can be. And our cookbook has all the recipes you need to succeed.



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• WHAT IS A PLANT-BASED DIET? •

As with all diets, there are huge variations in how people define it.

For us at CoBionic, eating a Plant-Based diet means eating low-inflammatory plants that are also nutrient-dense.



DO EAT THE FOLLOWING PLANTS:

(and pick organic if possible)

- ✓ Green leafy vegetables (e.g., spinach, cabbage, kale, lettuce)
- ✓ Root vegetables (e.g., carrots, sweet potatoes, parsnips, pumpkin)
- ✓ Fruits of all colors (pick ones that are in season if possible)
- ✓ Nuts (e.g., almonds, hazelnuts, walnuts, pecans)
- ✓ Seeds (e.g., chia, sunflower, flax, pumpkin, cashews)
- ✓ Limited Grains and Pseudograins (e.g., quinoa, rice, buckwheat)
- ✓ Well-soaked and cooked beans, lentils, chickpeas
- ✓ Healthy oils (e.g., olive oil, avocado oil, coconut oil)

AVOID THESE PLANTS IN PROCESSED FORMS:

- ✗ White Potatoes (in the form of chips or fries)
- ✗ Sugars (in various processed forms e.g., cane sugar, corn syrup)
- ✗ Soy (e.g., soy milk, tofu)

AND AVOID THESE GRAINS:

- ✗ Wheat
- ✗ Corn
- ✗ Rye
- ✗ Oats
- ✗ Barley

— GOOD SOURCES OF PROTEIN — ON A PLANT-BASED DIET

When you stop eating meat, dairy, and eggs, you typically end up consuming a lot less protein than you normally would. Most nutritional experts suggest 0.36 grams of protein per pound per day *(or approximately 0.8 grams of protein per kilogram per day)*.¹

Good sources of protein on a plant-based diet include beans as well as nuts. 1 cup of cooked beans provides approximately 16 grams of protein. 1/4 cup of nuts provides approximately 7 grams of protein. And 1 cup of cooked quinoa contains 8 grams of protein.

But it's not just the amount of protein you have to think about.

There are 9 essential amino acids *(which are the building blocks of protein)* that we need to intake for our body to function properly:

- ✓ histidine
- ✓ isoleucine
- ✓ leucine
- ✓ lysine
- ✓ methionine
- ✓ phenylalanine
- ✓ threonine
- ✓ tryptophan
- ✓ valine

And unfortunately, not all plants can provide all 9 amino acids. Quinoa is unique in that it is a complete protein *(i.e., it provides all 9 essential amino acids)*. Buckwheat and nutritional yeast are others. And rice and beans together forms another complete protein source.

And if you want to make sure you're getting sufficient amounts of protein and all 9 essential amino acids, then check out our CoBionic Awaken Plant-Based Protein *(it's 100% organic, is a complete protein, and tastes delicious)*.

Go to cobionic.com and enter code **PBC20** at checkout to save 20% off Awaken Plant-Based Protein.



MAKING SURE YOU GET SUFFICIENT NUTRIENTS ON A PLANT-BASED DIET

While plants can provide tons of nutrients and eating a plant-based diet should ensure you eat a more nutrient-dense than a regular vegan diet, there are a few nutrients you should pay special attention to:

VITAMIN B12: while some plant foods like mushrooms and spirulina might provide some active forms of B12, it's generally considered best to supplement with B12 or else add a B12-fortified nutritional yeast to your diet. *(If you plan to add eggs or dairy into your plant-based diet, then they are good sources of B12.)*

VITAMIN D: one of the best ways to get vitamin D is through sunlight so try to spend time out in the sun more. It's good for you regardless! Try to test your vitamin D levels regularly and supplement if they're low.

OMEGA 3S: plants like flax, chia, and hemp seeds are high in one form of omega-3 fatty acids (*Alpha-linolenic acid (ALA)*). And while ALA can be converted into the other forms like eicosapentaenoic acid (*EPA*) and docosahexaenoic acid (*DHA*), the conversion rate is generally considered to be under 10%, which means you'd need to get a lot of ALA in order to reach suggested levels of DHA and EPA. The best supplement for this is algae oil.

VITAMIN A: your body uses vitamin A in the retinol form but plants only contain carotenoids like beta carotene that are the precursors to retinol. The conversion rate of beta carotene to retinol is still debated but the conversion rate is relatively low, which means you need to make sure to eat enough plant foods high in carotenes (*like cantaloupe, carrots, kale, sweet potatoes*). Alternatively, you can supplement with a retinol supplement.

• CAN YOU EAT DAIRY PRODUCTS OR EGGS? •

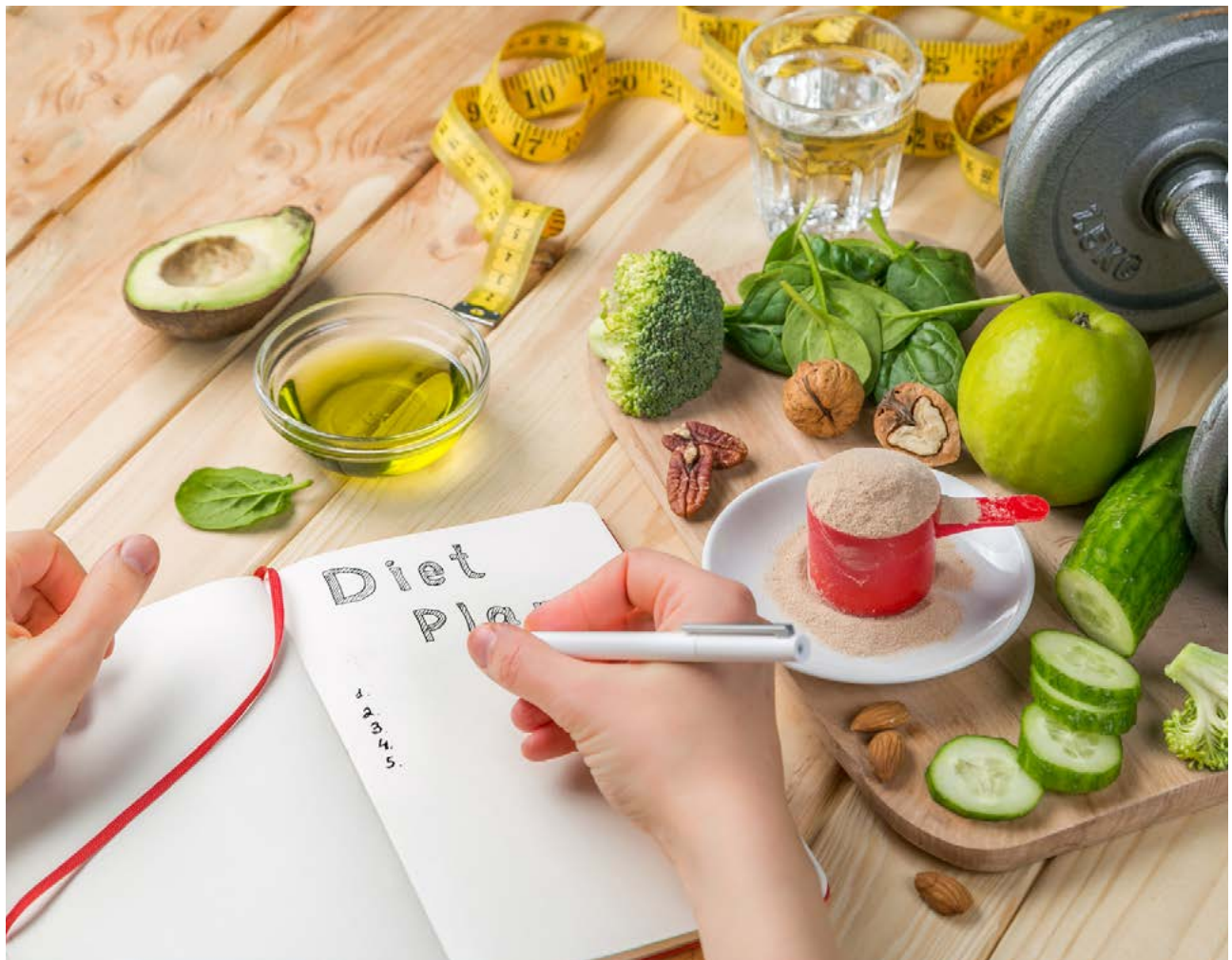


Dairy products and eggs can be super nutritious - a great source of protein, omega-3 fatty acids, as well as essential vitamins like B and K that can be hard to get from plant sources alone. So if you feel good adding dairy and eggs, then please do so. Just make sure to choose full-fat dairy products as well as free range eggs. If you have access to farms in your neighborhood or farmers' markets where you can get fresher produce, then please use those resources!

Since meals without cheese, cream, milk, and eggs are much harder to make, we've decided to only include recipes in this cookbook that are vegan-approved - so no dairy and no eggs (**not even honey**). But you can add eggs or cheese into many of these meals if you wish to do so.

— • HOW TO USE • — THIS COOKBOOK?

We hope this cookbook inspires you to start experimenting in your kitchen to discover the huge amounts of delicious meals you can create with just healthy, nutrient-dense, gluten-free plants. Start by following the recipe closely and then try changing up the flavors to create your own unique variations.



• ABOUT COBIONIC •

CoBionic is a health and wellness company that specializes in gut-health and beauty products. We believe beauty and feeling great both come from within. Some of our flagship products are Foundation (a dairy-free and sugar-free berry flavored prebiotic fiber), Awaken (a delicious chocolate flavored plant-based protein), and Turmeric Soothe (high quality curcumin with BioPerine). All these products are manufactured in a facility that has been certified to meet the highest quality cGMP standards.



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BANANA AND NUT PORRIDGE



4 SERVINGS



10 MINUTES



20 MINUTES

INGREDIENTS

1 cup (180 g) quinoa

2 cups (480 ml) coconut or almond milk

Maple syrup (to taste) (optional)

TOPPINGS:

2 bananas, sliced (7 oz or 200 g)

1/2 cup (59 g) walnuts, chopped

2 Tablespoons (24 g) chia seeds

DIRECTIONS

STEP 1

Bring plant milk to a boil, add quinoa, and stir. Turn heat to the lowest setting, cover, and cook for 20 minutes or until quinoa has absorbed all liquid and is fluffy.

STEP 2

Stir in the maple syrup, if desired.

STEP 3

Divide quinoa porridge between 4 bowls and add toppings.



EGGPLANT “BACON”

AROUND 40 STRIPS



4 SERVINGS



10 MINUTES



1 HOUR

INGREDIENTS

1 medium eggplant (1 lb or 500 g)

1 Tablespoon (15 ml) olive oil

3 Tablespoons (45 ml) gluten-free tamari sauce or coconut aminos

2 Tablespoons (30 ml) maple syrup

2 teaspoons (4 g) smoked paprika

1/2 teaspoon (2 g) garlic powder

1/2 teaspoon (1 g) ground cumin

1/2 teaspoon (1 g) pepper



DIRECTIONS

STEP 1

Preheat oven to 250°F (120°C).

STEP 2

Slice the eggplant into very thin strips. This is easiest with a mandoline or a food processor but can be done carefully with a sharp knife.

STEP 3

Mix the olive oil, tamari sauce, maple syrup, paprika, cumin, garlic powder, and pepper in a small bowl.

STEP 4

Line a baking tray with parchment paper or foil. Arrange the eggplant strips on the tray and brush with the tamari mixture using a pastry brush. Flip the strips over and brush the other side.

STEP 5

Bake for 30 minutes on each side. If they still aren't as crispy as you would like, turn up the heat to 300°F (150°C) and cook for another 5-10 minutes. They will crisp up as they cool.



CRISPY WAFFLES

1 WAFFLE PER SERVING



2 SERVINGS



10 MINUTES



10 MINUTES

INGREDIENTS

1 ¼ Tablespoons (15 g) chia seeds

6 Tablespoons (90 ml) water

7 Tablespoons (53 g) almond flour

7 Tablespoons (53 g) cassava flour

1 Tablespoon (11 g) coconut sugar (plus additional, if desired)

Pinch of salt

1/2 teaspoon (1 g) baking powder

7/8 cup (210 ml) almond milk

2 Tablespoons (30 ml) coconut oil, melted

Blueberries (to serve) (optional)

DIRECTIONS

STEP 1

Make the “egg” by combining the chia with the water in a small bowl. Set aside.

STEP 2

Mix the almond flour, cassava flour, coconut sugar, salt, and baking powder in a medium bowl. Add the chia “egg” mixture and almond milk to the bowl and whisk to combine.

STEP 3

Add the melted coconut oil to the batter and whisk until well blended.

STEP 4

Start heating a greased waffle maker. Pour in the batter and cook until crispy and holding its shape. Carefully remove the cooked waffle from the waffle maker.

STEP 5

Sprinkle with additional coconut sugar and blueberries, if desired. Serve warm.



APPLE CINNAMON PANCAKES

4 TO 6 SMALL PANCAKES



1 SERVING



10 MINUTES



15 MINUTES

INGREDIENTS

CINNAMON APPLES:

1 teaspoon (5 ml) coconut oil

1/2 medium apple (75 g), peeled and chopped

1 teaspoon (2 g) cinnamon powder

2 Tablespoons (30 ml) water

to serve:

Maple syrup (optional)

PANCAKES:

1/2 cup (60 g) cassava flour

1/4 cup (30 g) tapioca flour

1 teaspoon (2 g) cinnamon powder

1 teaspoon (2 g) baking powder

1/2 teaspoon (2 g) baking soda

1/4 teaspoon (1.5 g) salt

1/2 cup (120 ml) unsweetened applesauce

3/4 cup unsweetened coconut milk (from a carton)

Coconut oil (for cooking)

DIRECTIONS

STEP 1

Melt 1 teaspoon (5 ml) of coconut oil in a small saucepan over low heat. Add the apple, cinnamon, and water to the saucepan and simmer over low heat for 15 minutes until soft, stirring occasionally.

STEP 2

Meanwhile, in a medium bowl, combine the cassava flour, tapioca flour, cinnamon, baking powder, baking soda, and salt.

STEP 3

Add the applesauce and coconut milk to the bowl and whisk until smooth.

STEP 4

Heat a nonstick pan or skillet over medium heat. If using a pan or skillet that isn't nonstick, add 1 to 2 teaspoons (5 to 10 ml) of coconut oil to help the pancakes from sticking.

STEP 5

Pour about 1/4 cup (60 ml) of batter into the pan and gently spread with the back of the scoop.

STEP 6

Cook for 1 to 2 minutes on the first side until bubbles form on the top of the pancake. Carefully flip and continue to cook for an additional 1 to 2 minutes until cooked through. Repeat with the remaining batter cooking 2 or 3 pancakes each batch.

STEP 7

Serve the pancakes immediately topped with warm cinnamon apples and optional maple syrup, if desired.



MORNING GLORY MUFFINS

12 MUFFINS



12 SERVING 10 MINUTES 25 MINUTES

INGREDIENTS

1 ½ cups (180 g) almond flour

1/2 cup (60 g) tapioca flour

2 flax eggs; **2 Tablespoons** (14 g) flax meal + **6 Tablespoons** (90 ml) water

1 teaspoon (4 g) baking soda

1/2 cup (120 ml) almond butter

1/2 cup (120 ml) almond or coconut milk

1/2 cup grated carrots (1.9 oz or 55 g)

1/2 cup grated apples (4.2 oz or 120 g)

1/2 cup chopped walnuts (2 oz or 59 g)

1/2 cup raisins (2.8 oz or 80 g) (optional, if you prefer the muffins to be sweeter)

DIRECTIONS

STEP 1

Make the flax egg; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 2

Preheat the oven to 350°F (175°C). Grease muffin pans and set aside.

STEP 3

Mix all the ingredients together in a large bowl to form a thick batter.

STEP 4

Spoon into muffin pans and bake for 25 minutes.

STEP 5

Let cool and enjoy.



BLUEBERRY LEMON MUFFINS

12 MUFFINS



12 SERVING 15 MINUTES 25 MINUTES

INGREDIENTS

1 ½ cups (240 g) brown rice flour
6 Tablespoons (45 g) almond flour
3 Tablespoons (30 g) potato starch
¾ teaspoon (3 g) baking soda
1 ½ teaspoon (3 g) baking powder
6 Tablespoons (90 ml) maple syrup
6 Tablespoons (90 ml) almond butter

¾ cup (180 ml) applesauce
¾ cup (180 ml) almond milk
3 Tablespoons (45 ml) lemon juice
1 ½ teaspoons (23 ml) vanilla extract
1 ½ cups (225 g) blueberries
Zest of 1 lemon

DIRECTIONS

STEP 1

Make sure your almond butter is thin and runny, not so thick that it's difficult to stir. If your almond butter has been in the fridge and is clumped together, briefly heat it in the microwave until it thins out (*about 20-30 seconds*).

STEP 2

Preheat the oven to **350°F (175°C)**. Line or grease a 12-cup muffin pan and set aside.

STEP 3

In a large bowl, sift brown rice flour, almond flour, potato starch, baking soda, and baking powder. Mix to combine well.

STEP 4

In a separate bowl, mix together maple syrup, almond butter, applesauce, almond milk, lemon juice, vanilla extract, and lemon zest.

STEP 5

Combine dry and wet ingredients and mix until there are no pockets of flour left. Make sure you scrape the bottom of the bowl for flour.

STEP 6

Gently fold in blueberries, being careful not to crush them.

STEP 7

Divide the batter among your prepared muffin pan, filling each muffin cup almost to the top.

STEP 8

Bake for **25 to 30 minutes**, until cooked through and lightly golden brown on top.

STEP 9

Remove from the oven, rest the muffins in the pan for a couple minutes, then transfer the muffins to a wire rack to finish cooling.

STEP 10

Store in an airtight container at room temperature for up to **3 days**, or **freeze for longer storage**.



BANANA AND ALMOND BUTTER SWEET POTATO TOAST



4 SERVINGS



5 MINUTES



30 MINUTES

INGREDIENTS

1 medium sweet potato (4.6 oz or 130 g), sliced lengthwise into 4 pieces

1/4 cup (60 ml) almond butter (or other nut butter)

2 bananas (7 oz or 200 g), sliced thin

Nuts and seeds, chopped (for topping) (optional)

Maple syrup (for drizzling) (optional)

DIRECTIONS

STEP 1

Preheat oven to 400°F (200°C).

STEP 2

Line a baking tray with parchment paper. Place the sweet potato slices onto it and bake for 30 minutes until tender.

STEP 3

Warm up the almond butter and spread onto the sweet potato toast, approx. 1 Tablespoon (15 ml) per slice.

STEP 4

To assemble, top with banana slices, sprinkle with nuts and seeds, and drizzle with maple syrup.



WARM CINNAMON BREAKFAST QUINOA



2 SERVINGS



5 MINUTES



15 MINUTES

INGREDIENTS

1/2 cup (90 g) quinoa, *uncooked*

1 1/2 cups (350 ml) water

1 cup (240 ml) almond milk

1 teaspoon (2 g) cinnamon

1 to 2 Tablespoons (15 to 30 ml) maple syrup (to taste)

TOPPINGS:

1 Tablespoon (15 g) fine coconut sugar (*optional*)

1/2 teaspoon (1 g) cinnamon

A few pecans

DIRECTIONS

STEP 1

Rinse the quinoa and add to a saucepan with the water.

STEP 2

Bring to a boil, then reduce the heat, cover with a lid and simmer for 10 minutes until the quinoa is tender and all of the water is absorbed.

STEP 3

Fluff through with a fork.

STEP 4

Add the almond milk, cinnamon and maple syrup to the pan.

STEP 5

Bring to a simmer and cook for 5 minutes, or until it has thickened to your liking.

STEP 6

Meanwhile, mix together the coconut sugar and cinnamon in a small bowl.

STEP 7

Divide the quinoa between two bowls and sprinkle over the cinnamon sugar and pecans.



CRISPY CHICKPEA BREAKFAST HASH



4 SERVINGS



15 MINUTES



35 MINUTES

INGREDIENTS

1 ½ cups (255 g) chickpeas, cooked

2 cups (10 oz or 280 g) rutabaga, peeled & cut into 1/2 inch cubes (1 large rutabaga)

2 red bell peppers (8.5 oz or 240 g), diced

1/2 red onion (2 oz or 55 g), diced

3 cloves (9 g) garlic, minced

1 teaspoon (2 g) cumin

1 teaspoon (1 g) dried thyme

1/4 cup (120 ml) coconut oil

1/2 teaspoon (1 g) salt

1/2 teaspoon (1 g) black pepper

DIRECTIONS

STEP 1

Peel the outer skin from the rutabaga. Cut into 1/2 inch (1.5 cm) cubed pieces.

STEP 2

In a medium pot, bring salted water to a boil over medium heat. Add rutabaga and parboil for 5 minutes. Remove from heat and drain.

STEP 3

Pat rutabaga pieces dry with a few paper towels.

STEP 4

Drain cooked chickpeas and also pat dry with paper towels.

STEP 5

Heat half of the coconut oil in a large frying pan on medium-high heat for 2 minutes.

STEP 6

Cook rutabaga and chickpeas in oil for 10 minutes, stirring occasionally but not too much, to allow them a chance to crisp up and turn golden brown.

STEP 7

Remove from pan and set aside.

STEP 8

Add the remaining coconut oil, bell peppers, onion, garlic, cumin, and thyme. Sauté for approximately 5 to 7 minutes, until the onions are beginning to turn translucent and peppers are tender.

STEP 9

Add chickpeas and rutabaga back in and cook for 3 more minutes.



SWEET POTATO “OATMEAL”



2 SERVINGS



10 MINUTES



5 MINUTES

INGREDIENTS

“OATMEAL”:

2 small sweet potatoes (any color)

1/2 cup (120 ml) almond or coconut milk

1/2 Tablespoon (3 g) ginger powder

1 Tablespoon (5 g) cinnamon powder

1 teaspoon (1 g) turmeric powder

Dash of black pepper (to activate the turmeric)

TOPPINGS:

1 strawberry, sliced

2 Tablespoons (10 g) unsweetened shredded coconut

1 Tablespoon (15 g) almond butter (for drizzle)

DIRECTIONS

STEP 1

Peel the sweet potatoes and shred the sweet potato (using a food processor's shredding attachment) into little oat-like pieces.

STEP 2

Combine the almond or coconut milk, ginger powder, cinnamon powder, turmeric powder, black pepper, and shredded sweet potato and divide between 2 bowls.

STEP 3

Microwave for **5-7 minutes** on high heat until the sweet potato is softened.

STEP 4

Drizzle with almond butter and top with the strawberry slices and shredded coconut.



CINNAMON STREUSEL COFFEE CAKE

16 SMALL SQUARES



16 SERVING

15 MINUTES

20 MINUTES

INGREDIENTS

CAKE:

- 2 cups** (240 g) almond flour
- 1/2 cup** (60 g) tapioca flour
- 1/2 teaspoon** (1 g) cinnamon powder
- 2 teaspoons** (4 g) baking powder
- 1/2 teaspoon** (2 g) baking soda
- 1/2 cup** (120 g) coconut sugar or sweetener
- 1/2 cup** (120 ml) applesauce
- 1/2 cup** (120 ml) almond milk
- 1/3 cup** (80 ml) coconut oil, *melted*

CINNAMON SWIRLS: (OPTIONAL)

- 1 Tablespoon** (15 g) coconut sugar
- 1 teaspoon** (2 g) cinnamon powder

STREUSEL TOPPING:

- 4 Tablespoons** (28 g) ground almonds
- 1 Tablespoon** (15 g) coconut sugar or sweetener
- 1 teaspoon** (2 g) cinnamon powder
- 1 Tablespoon** (15 ml) coconut oil, *melted*

DIRECTIONS

STEP 1

Preheat the oven to **350°F (175°C)**. Line an **8x8 inch (20x20 cm)** brownie pan with parchment paper.

STEP 2

Add all of the ingredients for the cake into a mixing bowl and mix well to combine.

STEP 3

In a small bowl, mix together the sugar and cinnamon for the swirl.

STEP 4

In another bowl, mix together the streusel topping ingredients until a crumb forms.

STEP 5

Pour the batter into the pan and spread out with the back of a spoon.

STEP 6

Zig zag over the cinnamon sugar and use a knife to swirl through the batter.

STEP 7

Sprinkle over the streusel topping and bake for **20 to 25 minutes**, until a toothpick inserted comes out clean.

STEP 8

Allow to cool in the pan, then lift out and cut into squares.



COCONUT CHIA BREAKFAST BARS

6 BARS



6 SERVING

10 MINUTES

1 HOUR 15 MINUTES

INGREDIENTS

1 ¼ Tablespoons (15 g) ground chia seeds

6 ½ Tablespoons (96 ml) water

3.5 oz (100 g) mixed nuts

1.4 oz (39 g) mixed seeds

10 Tablespoons (40 g) coconut flakes

2 Tablespoons (30 ml) maple syrup (or sweetener of choice)

DIRECTIONS

STEP 1

Preheat oven to 280°F (140°C).

STEP 2

Mix the ground chia and water together. Set aside.

STEP 3

Blend the nuts in a food processor until coarse, but not a powder. Combine the nuts, seeds, coconut flakes, and maple syrup (or sweetener of choice) in a bowl. Stir in the chia egg and mix well.

STEP 4

Pour the mixture into a dish lined with parchment paper and press down firmly. Place in the oven for 1 hour 10 minutes, then remove from the oven.

STEP 5

Turn the oven up to 320°F (160°C) and slice into 6 bars. Bake for another 5 minutes until golden.

STEP 6

Remove and allow to cool. Store in an airtight container.

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JALAPEÑO POPPERS



4 SERVINGS



10 MINUTES



15 MINUTES

INGREDIENTS

12 (12 oz or 340 g) jalapeño peppers

16 oz (450 g) [cashew cheese](#)

1/2 teaspoon (1.5 g) garlic powder

1/2 teaspoon (1 g) onion powder

Dash of salt (to taste)

DIRECTIONS

STEP 1

Preheat oven to **400°F** (200°C). Line a baking tray with parchment paper and set aside.

STEP 2

Halve the peppers and scoop out the insides to remove the seeds and membrane. *(It is best to wear gloves or wash your hands immediately after removing the seeds and membrane.)*

STEP 3

In a small bowl, combine the cashew cheese, garlic powder, onion powder, and salt, to taste.

STEP 4

Fill each pepper with an equal amount of the mixture and place on the prepared baking sheet.

STEP 5

Place the baking sheet in the oven and bake for 15 to 20 minutes until golden.

STEP 6

Serve immediately. Refrigerate any leftovers in an airtight container.



CASHEW CHEESE STUFFED PORTOBELLO MUSHROOMS



4 SERVINGS

10 MINUTES

15 MINUTES

INGREDIENTS

4 Portobello mushrooms

2 Tablespoons (30 ml) olive oil, divided

1/4 cup (60 ml) [cashew cheese](#)

1/4 cup (8 g) spinach, chopped

1/4 medium onion (1 oz or 28 g), chopped

2 cloves (6 g) of garlic, chopped

1 teaspoon (5 ml) balsamic vinegar

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Preheat oven to 400°F (200°C).

STEP 2

Clean the mushrooms with a damp paper towel and remove the gills with a spoon. Place the mushrooms on a rimmed baking tray and brush with 1 Tablespoon (15 ml) of olive oil. Bake for 10 minutes. Remove from the oven.

STEP 3

Meanwhile, in a frying pan, add the remaining 1 Tablespoon (15 ml) of olive oil and fry the spinach, onions, and garlic for a few minutes. Add balsamic vinegar and season with salt and pepper, to taste.

STEP 4

In a food processor, blend the cashew cheese with the fried onion mixture to form a paste. Add an equal amount of the cashew cheese mixture into the mushroom caps.

STEP 5

Return the stuffed mushrooms to the oven and bake for 10 minutes until the filling is slightly browned.



CASHEW “CHEESE”

APPROX. 1 TABLESPOON (15 G) PER SERVING



8 SERVINGS



10 MINUTES
(PLUS 1 HOUR SOAK TIME)



0 MINUTES

INGREDIENTS

1/2 cup (75 g) raw cashews

1/2 cup (120 ml) hot water (for soaking)

1 Tablespoon (15 ml) coconut oil, melted

2 Tablespoons (30 ml) filtered water

1/2 Tablespoon (4 g) nutritional yeast

1 Tablespoon (15 ml) lemon juice

1/2 teaspoon (2 g) garlic powder

1/2 teaspoon (3 g) salt

DIRECTIONS

STEP 1

Soak the raw cashews in a bowl of boiling hot water for 1 hour. Drain well.

STEP 2

Place the soaked cashews and the remaining ingredients in a food processor or blender and blend until completely smooth.

STEP 3

Refrigerate in a sealed container for 2 to 3 days.



BUFFALO CAULIFLOWER BITES



4 SERVINGS



10 MINUTES



40 MINUTES

INGREDIENTS

1 head of cauliflower (600 g), broken into small florets

3 Tablespoons (45 ml) avocado oil

2 teaspoons (7 g) garlic powder

1 teaspoon (5 g) salt or to taste

2 Tablespoons (30 ml) coconut oil, melted

1/4 to 1/3 cup (60 to 78 ml) hot sauce

DIRECTIONS

STEP 1

Preheat oven to 450°F (230°C).

STEP 2

In a large mixing bowl, combine the avocado oil, garlic powder, and salt.

STEP 3

Toss the cauliflower florets in the mixture.

STEP 4

Place the cauliflower florets on a baking sheet and bake for 15 minutes.

STEP 5

Meanwhile, melt the coconut oil and combine with the hot sauce.

STEP 6

Toss the cauliflower florets in the hot sauce mixture and bake for another 5-10 minutes until slightly browned.

STEP 7

Serve with ranch dressing or enjoy by itself.



"MOZZARELLA" STICKS

8 CHEESE STICKS



8 SERVINGS



5 MINUTES



20 MINUTES

INGREDIENTS

"CHEESE":

6 Tablespoons (45 g) tapioca starch

3 Tablespoons (18 g) chickpea flour

2 Tablespoons (30 ml) water

1 Tablespoon (8 g) nutritional yeast

3/4 cup (180 ml) coconut milk

2 teaspoons (10 ml) vinegar

1/4 teaspoon (1.5 g) salt

FRYING:

1 cup (96 g) chickpea flour

2 cups (240 ml) frying oil (avocado oil or coconut oil)

DIRECTIONS

STEP 1

Add all "cheese" ingredients to a sauce pan on medium heat, whisk together until the mixture is smooth and there are no lumps.

STEP 2

Continue cooking for 3 to 5 minutes, stirring until mixture forms a stretchy gooey ball.

STEP 3

Pour the "cheese" mixture into a small square tupperware or tray pushing to the edges to form a rectangle.

STEP 4

Freeze for 1 hour.

STEP 5

Remove from the freezer, slice into 1 inch (2.5 cm) thick bars.

STEP 6

In a high-sided pan or pot pour 1+ inches (2.5 cm) of oil. Heat for 4 minutes on medium heat.

STEP 7

Coat each cheese stick with water, then dredge in chickpea flour.

STEP 8

Carefully place each cheese stick in the hot oil. Turn each stick to fry on each side until golden brown, about 30 seconds per side.

STEP 9

Remove from oil and place on a paper towel covered plate. Serve with marinara dipping sauce (optional).



ROASTED RED PEPPER HUMMUS



12 SERVINGS

12 HOURS

15 MINUTES

INGREDIENTS

1 cup (200 g) dried chickpeas

1/2 teaspoon (2 g) baking soda

2 red bell peppers (11 oz or 300 g)

1/4 cup (60 g) tahini

1/4 cup (60 ml) olive oil

1/2 cup (120 ml) water, divided

Juice of **1** lemon

1 clove (3 g) of garlic

1 teaspoon (5 g) salt

1 teaspoon (2 g) ground cumin

DIRECTIONS

STEP 1

The night before you want to make the hummus, place the chickpeas in a bowl of water and leave to soak overnight in the refrigerator. Drain the chickpeas before using them.

STEP 2

Bring a pan of water to a boil. Add the drained chickpeas and the baking soda to the pan and cook on a low boil for 1 hour until the chickpeas are very tender.

STEP 3

Meanwhile, preheat oven to 400°F (200°C).

STEP 4

Roughly chop the peppers and place them on a rimmed baking tray with a drizzle of olive oil. Roast for 15-20 minutes until tender but not browned. Remove from the oven and set aside.

STEP 5

Once the chickpeas are cooked, drain and set aside.

STEP 6

Add the tahini, lemon juice, garlic, salt, and 1/4 cup (60 ml) of water to a food processor and blend until light and smooth.

STEP 7

Add the chickpeas and olive oil and blend until smooth.

STEP 8

Add the red peppers, cumin, and remaining 1/4 cup (60 ml) of water and blend until smooth.

STEP 9

Season with additional salt or cumin, if desired. If the hummus is too thick for your liking, add more olive oil or water. Refrigerate any leftovers in a sealed container.



FRIED PLANTAIN CHIPS

1 BOWL



15 MINUTES 30 MINUTES

INGREDIENTS

2 plantains, *peeled and sliced paper thin*

Approx. 1/2 cup (120 ml) coconut oil (*depending on the size of the saucepan*)

Salt

Cumin (*or paprika*)

DIRECTIONS

STEP 1

Place the coconut oil into a saucepan so that it's approx. 1/4 inch thick (*or use a deep fat fryer*).

STEP 2

Heat up the oil for 3 to 4 minutes on a medium heat.

STEP 3

Drop in each thin slice of plantain one by one into the oil so they're not overlapping.

STEP 4

Use a perforated spoon to get the slices out as soon as they turn golden.

STEP 5

Repeat until all the slices are fried.

STEP 6

Dust with salt and cumin (*or paprika*) to taste and mix well without breaking any of the chips.



CRUNCHY OLIVE OIL CHIPS



2 SERVINGS



10 MINUTES



15 MINUTES

INGREDIENTS

1/3 cup (43 g) arrowroot flour

1/3 cup (40 g) tapioca or cassava flour

3 Tablespoons (45 ml) olive oil

4 Tablespoons (60 ml) cold water

DIRECTIONS

STEP 1

Preheat oven to **400°F (200°C)**.

STEP 2

Add all the ingredients to a mixing bowl and combine well.

STEP 3

Place a piece of parchment paper on top of a baking tray and pour the dough onto it. If the dough is thicker, you can roll the dough out flat (approx. 2 mm-thick).

STEP 4

Place in the oven and bake for **15-20 minutes** (check to make sure it doesn't burn).

STEP 5

Remove, break into crackers, and cool before enjoying.

QUICK BITES

- Hummus Collard Greens Wrap [50](#)
- Vegan BLT Sandwich [52](#)
- Pimento "Cheese" Sandwich [54](#)
- "Chicken" Salad Sandwich [56](#)
- Sandwich Bread [58](#)
- Greek Nourishing Bowl [60](#)
- Falafel Wrap [62](#)
- Apple Nut Butter Sandwich [64](#)
- Grain-Free Tortillas [65](#)



HUMMUS COLLARD GREENS WRAP



4 SERVINGS



10 MINUTES



0 MINUTES

INGREDIENTS

4 collard leaves, washed and dried, base stem removed

1 cup (240 ml) [Roasted Red Pepper Hummus](#)

1 avocado, destoned and sliced (7 oz or 200 g)

1 bell pepper, sliced (4.2 oz or 120 g)

1/2 cucumber, sliced (3.9 oz or 110 g)

1 carrot, shredded (1.8 oz or 50 g)

Salt and pepper, to taste

1 teaspoon (2 g) paprika

DIRECTIONS

STEP 1

Spread the hummus down the center of each leaf.

STEP 2

Season with salt, pepper, and paprika.

STEP 3

Place the sliced vegetables onto the hummus and press down into the hummus.

STEP 4

Roll up the wraps and enjoy.

STEP 5

(If you find the collard leaves a bit tough, you can also steam them for 10 to 15 seconds first and then dry off.)



VEGAN BLT SANDWICH

1 SANDWICH



1 SERVING



5 MINUTES



0 MINUTES

INGREDIENTS

8-10 slices of [eggplant bacon](#)

2 slices of [Sandwich Bread](#) or 1 [Vegan Buckwheat Burger Bun](#)

2 slices of a large tomato

2 large lettuce leaves

1 Tablespoon (15 ml) [Vegan Mayonnaise](#)

DIRECTIONS

STEP 1

Spread the mayo on one piece of bread.

STEP 2

Layer the lettuce, tomato, and bacon. Top off with the second slice of bread.

STEP 3

Enjoy!



PIMENTO “CHEESE” SANDWICH

4 SANDWICHES



4 SERVINGS

5 MINUTES

0 MINUTES

INGREDIENTS

1 cup (150 g) raw cashews, soaked overnight or in hot water for 30 minutes

1/2 cup (85 g) white beans, cooked

1/4 cup (60 ml) [Vegan Mayonnaise](#)

2 Tablespoons (16 g) nutritional yeast

2 Tablespoons (30 ml) lemon juice

1/8 teaspoon (0.5 g) garlic powder

1/4 teaspoon (0.5 g) smoked paprika

Pinch of cayenne, optional for spice

1/4 teaspoon salt, or to taste

2 Tablespoons onion, chopped

1/3 cup (1 oz or 28 g) chopped pimentos, or more as desired

8 slices [Sandwich Bread](#) or 1 [Vegan Buckwheat Burger Buns](#)

DIRECTIONS

STEP 1

Add all ingredients except onions, pimentos, and bread to a food processor. Blend until smooth. Add onions and pimentos and pulse a few times.

STEP 2

Toast bread if desired, then spread pimento cheese between two slices of bread.

STEP 3

Store leftover pimento cheese in a closed container in the fridge.



“CHICKEN” SALAD SANDWICH

4 SANDWICHES



4 SERVINGS

5 MINUTES

0 MINUTES

INGREDIENTS

1 can (20 oz or 565 g) of young jackfruit in water (around 10 oz or 296 g drained)

1/2 cup (90 g) red grapes, sliced (optional)

1 stalk celery (0.7 oz or 20 g), diced

1 Tablespoon (3 g) fresh chives, chopped

1/4 cup (60 ml) [Vegan Mayonnaise](#)

1 teaspoon (5 ml) mustard

8 slices of [Sandwich Bread](#) or **4** [Vegan Buckwheat Burger Buns](#)

Leafy lettuce (for serving) (optional)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Drain and rinse the jackfruit. Cut away the tough cores of the jackfruit and place the soft, shreddable pieces in a bowl. Shred the jackfruit using two forks.

STEP 2

Add the grapes (optional), celery, fresh chives, mayo, and mustard to the bowl and stir to combine. Season with salt and pepper, to taste.

STEP 3

Serve between two slices of bread with leafy lettuce, if desired. Refrigerate any leftover filling in a sealed container.



SANDWICH BREAD

1 LOAF



2 HOURS



1 HOUR

INGREDIENTS

2 ¼ teaspoons (7 g) instant yeast

1 ¾ cup + 2 Tablespoons (420 ml + 15 ml) almond milk

1 ½ Tablespoons (22 g) coconut sugar

3 Tablespoons (15 g) psyllium husk

¾ cup + 1 ½ Tablespoons (135 g) brown rice flour

1 cup + 2 Tablespoons (135 g) buckwheat flour

¾ cup + 1 ½ Tablespoons (100g) tapioca flour

¾ teaspoon (4.5 g) salt

1 ½ teaspoon (8 ml) apple cider vinegar

1 ½ Tablespoons (23 ml) olive oil



DIRECTIONS

STEP 1

Grease and flour an 8x4 inch loaf pan and set aside.

STEP 2

Whisk together yeast, almond milk, and coconut sugar. Add psyllium husk, mix, and set aside to let the psyllium husk gel.

STEP 3

Meanwhile, combine brown rice flour, buckwheat flour, tapioca flour, and salt in a large bowl or stand mixer bowl if available.

STEP 4

Once the psyllium husk mixture has formed a gel, stir in vinegar and oil. Add the liquid mixture to the dry flour mixture. If using a stand or hand mixer, mix with the paddle attachment until the dough is well combined and smooth. If mixing by hand, use a silicone spatula since the dough will be wet and sticky.

STEP 5

Transfer the dough into your prepared loaf pan. Use a lightly oiled spatula to smooth out the top of the dough. Cover with a kitchen towel or plastic wrap and set aside to rise in a warm environment. Allow the dough to rise until just to the top of the pan (*about 30-45 minutes*).

STEP 6

About 20 minutes into the rise time, preheat your oven to 375°F (190°C).

STEP 7

Once the dough has finished rising, place into the oven and bake for 1 hour.

STEP 8

Let the loaf cool for a couple minutes in the pan, then remove from the pan and place on a wire rack to finish cooling.

STEP 9

This bread is best the day of, but will last about 3 days at room temperature. For longer storage, slice and freeze the bread.



GREEK NOURISHING BOWL



2 SERVINGS



10 MINUTES



20 MINUTES

INGREDIENTS

SALAD:

2 cups (60 g) baby spinach

2 cups (180 g) sweet potato, cubed (about 1 large sweet potato)

1/2 zucchini (60 g), sliced

1 cup (200 g) cherry tomatoes, halved

1 avocado (7 oz or 200 g), sliced

1/2 cup (90 g) green olives, halved

1 Tablespoon (8 g) mixed seeds

TAHINI DRESSING:

Juice of **1/2** lemon

1 Tablespoon (15 ml) tahini

1 Tablespoon (15 ml) olive oil

1 Tablespoon (15 ml) water

1/4 teaspoon (1 g) salt

1/4 teaspoon (0.5 g) pepper

DIRECTIONS

STEP 1

Preheat the oven to **400°F (200°C)**.

STEP 2

Arrange the sweet potato cubes on a baking tray and drizzle with olive oil and a sprinkle of salt and pepper. Place in the oven and roast for 10 minutes.

STEP 3

After 10 minutes, add the zucchini slices to the tray and return to the oven for another 10 minutes or until the vegetables are lightly golden and the sweet potato cubes are tender.

STEP 4

Meanwhile, add the lemon juice, tahini and olive oil to a small bowl. Mix well until smooth and then add water and mix again. If your dressing seems too thick, add another dash of water. Season with salt and pepper.

STEP 5

Once the vegetables are cooked, assemble the veggies, spinach, tomatoes, olives and avocado slices in two bowls and sprinkle over the seeds. Drizzle with the tahini dressing and serve.



FALAFEL WRAP

12 FALAFELS



4 SERVINGS

15 MINUTES

24 HOURS

INGREDIENTS

1/2 cup (100 g) dried chickpeas

1/2 medium onion (2 oz or 55 g), chopped

2 cloves (6 g) of garlic, peeled and minced

2 to 3 Tablespoons (12 to 18 g) chickpea flour

1 teaspoon (2 g) ground cumin

2 Tablespoons (2 g) fresh cilantro

1/2 teaspoon (1 g) baking powder

Olive oil or avocado oil (for cooking)

TAHINI SAUCE:

1/4 cup (60 ml) tahini

1 clove (3 g) of garlic, peeled and minced

Juice of **1/2 lemon** (1 1/2 Tablespoons or 23 ml)

1/4 cup (60 ml) cold water, divided

Salt (to taste)

TO SERVE:

[Grain-Free Tortillas](#) or large lettuce leaves

Carrot slices

Black sesame seeds

DIRECTIONS

STEP 1

The day before you want to make the hummus, place the chickpeas in a bowl of water and leave to soak 24 hours in the refrigerator. When you are ready to cook, drain and rinse the chickpeas.

STEP 2

Add the drained and rinsed chickpeas to the bowl of a food processor along with the onion, garlic, cilantro, and cumin. Pulse until it forms a rough crumb that looks like couscous.

STEP 3

Add the baking powder and 2 Tablespoons (12 g) of chickpea flour to the bowl and mix. Test the mixture and add an additional 1 Tablespoon (9 g) of chickpea flour, if needed. The mixture should easily come together into a ball, but shouldn't be too wet.

STEP 4

Shape the mixture into about 12 dough balls, each about golf ball-size.

STEP 5

Heat a thin layer of olive or avocado oil in a large frying pan over medium-high heat. Once the oil is hot, add the falafel balls in small batches and cook for about 3 minutes on each side until lightly golden. Continue until all of the falafel dough is cooked.

STEP 6

Meanwhile, combine the tahini, garlic and lemon juice in a small bowl. Add cold water, 1 Tablespoon (15 ml) at a time until desired consistency is reached. The tahini will get thicker before it thins. Season with salt, to taste.

STEP 7

Serve the falafels in a [Grain-Free Tortilla](#) or lettuce leaves with carrot slices, a drizzle of tahini sauce and a sprinkle of sesame seeds.



APPLE NUT BUTTER SANDWICH



2 SERVINGS



5 MINUTES



0 MINUTES

INGREDIENTS

1 apple, cut into thin slices

2 Tablespoons (30 ml) nut butter of choice

DIRECTIONS

STEP 1

Spread a thin layer of nut butter on an apple slice. Cover with another apple slice to form a sandwich.

STEP 2

Repeat for all the slices. Enjoy immediately.

GRAIN-FREE TORTILLAS

4 MEDIUM TORTILLAS



4 SERVINGS



5 MINUTES



5 MINUTES

INGREDIENTS

1/2 cup (60 g) almond flour

1/2 cup (60 g) tapioca flour

2 Tablespoons (30 ml) olive oil

1/4 cup (60 ml) almond milk

1/4 cup (60 ml) water

1/4 teaspoon (1.5 g) salt

DIRECTIONS

STEP 1

Whisk all the ingredients together in a bowl until smooth.

STEP 2

Preheat a nonstick skillet or pan over medium heat with a drizzle of olive oil.

STEP 3

Pour around 1/4 cup (60 ml) of batter into the pan and spread out with the back of a spoon.

STEP 4

Cook for 2 minutes on each side until lightly golden.

SALADS

- Dairy-Free Ranch Dressing [68](#)
- "Tuna" Salad [70](#)
- Cranberry Brussels Sprouts Salad [72](#)
- Broccoli Slaw [74](#)
- Strawberry Spinach Salad with Strawberry Dressing [76](#)
- Thai Quinoa Salad [78](#)
- Balsamic Fruit Salad [80](#)
- Dairy-Free Creamy Caesar Salad Dressing [81](#)





DAIRY-FREE RANCH DRESSING

ABOUT 1 TABLESPOON (15 ML) PER SERVING



8 SERVINGS



10 MINUTES



0 MINUTES

INGREDIENTS

1/4 cup (60 ml) [Vegan Mayonnaise](#)

1/4 cup (60 ml) unsweetened canned coconut milk

1 clove (3 g) of garlic, peeled and minced

1/2 teaspoon (1 g) onion powder

1 Tablespoon (1 g) fresh parsley, finely chopped (or 1 teaspoon dried parsley)

1 Tablespoon (3 g) fresh chives, finely chopped

1 teaspoon (1 g) fresh dill, finely chopped (or 1/2 teaspoon dried dill)

Dash of salt

Dash of pepper

DIRECTIONS

STEP 1

Place the ingredients in a medium bowl and whisk until smooth. Season with salt and pepper, to taste.

STEP 2

Refrigerate in a sealed container for up to **3 to 4 days**.



“TUNA” SALAD



4 SERVINGS



5 MINUTES



0 MINUTES

INGREDIENTS

1 can (14 oz or 400 g) of chickpeas, drained and rinsed

1 stalk celery (0.7 oz or 20 g), finely diced

1/2 medium red onion (2 oz or 55 g), finely diced

1 Tablespoon (3 g) fresh chives, finely chopped

1/4 cup (60 ml) [Vegan Mayonnaise](#)

1 teaspoon (5 ml) tahini

1 teaspoon (5 ml) mustard

1 teaspoon (5 ml) apple cider vinegar

Salt and pepper (to taste)

[Grain-Free Tortilla](#) or **2 slices** of [Sandwich Bread](#) or **1** [Vegan Buckwheat Burger Bun](#), for serving (optional)



DIRECTIONS

STEP 1

In a large bowl, roughly mash the drained chickpeas with a potato masher or fork.

STEP 2

Add remaining ingredients to the bowl and stir to combine. Season with salt and pepper, to taste.

STEP 3

Serve the “tuna” salad on its own or as a sandwich with a tortilla or sandwich bread.



CRANBERRY BRUSSELS SPROUTS SALAD



6 SERVING



25 MINUTES



0 MINUTES

INGREDIENTS

3 cups (300 g) Brussels sprouts, finely chopped

1/3 cup (80 ml) dried cranberries

1/4 cup (60 ml) roasted pumpkin seeds

DRESSING:

2 Tablespoons (30 ml) Dijon mustard

2 Tablespoons (30 ml) balsamic vinegar

1 Tablespoon (15 ml) maple syrup

1/4 cup (60 ml) olive oil

Salt and pepper (to taste)

DIRECTIONS

STEP 1

In a small bowl, combine all the ingredients of the dressing and set aside.

STEP 2

In a large bowl, mix the chopped Brussels sprouts with the cranberries and pumpkin seeds.

STEP 3

Add the dressing to the salad and toss to combine. Chill the salad in the refrigerator for 1 hour.

STEP 4

Stir the salad before serving. Refrigerate any leftovers in a sealed container.





BROCCOLI SLAW



4 SERVINGS



20 MINUTES



0 MINUTES

INGREDIENTS

- 1** small carrot (1.8 oz or 50 g), thinly sliced or grated
- 1/2** red cabbage (12.4 oz or 350 g), thinly sliced
- 1/2 cup** (45 g) flaked almonds (plus additional, for garnish)
- 1 head** (1 lb or 450 g) of broccoli

DRESSING:

- 1** large avocado (7 oz or 200 g), pit removed and chopped
- 1 Tablespoon** (15 ml) apple cider vinegar (or more, to taste)
- Juice of **1/2** lemon (1 1/2 Tablespoons or 23 g)
- 1 Tablespoon** (15 ml) olive oil
- 1/2 teaspoon** (3 g) salt
- 1/2 teaspoon** (1 g) pepper

DIRECTIONS

STEP 1

To make the dressing, place the avocado, apple cider vinegar, lemon juice, olive oil, salt, and pepper in a food processor or blender and blend for 1 minute until smooth and emulsified. Season with additional apple cider vinegar, if desired, and salt and pepper, to taste. Set aside.

STEP 2

Add the grated carrot, thinly sliced cabbage, and flaked almonds to a large bowl.

STEP 3

Cut the stalk from the broccoli and shred with a vegetable peeler or grate using a food processor. Add the grated stalk to the bowl.

STEP 4

Roughly chop the broccoli florets into small pieces and add to the bowl.

STEP 5

Add the dressing to the bowl and toss well to combine.

STEP 6

Serve with additional flaked almonds sprinkled over the slaw, if desired. Refrigerate any leftover slaw.



STRAWBERRY SPINACH SALAD WITH STRAWBERRY DRESSING



4 SERVINGS



10 MINUTES



0 MINUTES

INGREDIENTS

2 cups (60 g) spinach

10 medium strawberries (70 g), sliced

DRESSING:

3 strawberries (21 g)

1/3 cup (80 ml) olive oil

2 Tablespoons (30 ml) white wine vinegar

1/4 teaspoon (1 g) paprika

1 Tablespoon (14 g) sesame seeds

DIRECTIONS

STEP 1

Place the dressing ingredients in a blender and blend until completely combined.

STEP 2

Place the spinach and sliced strawberries in a large bowl. Pour dressing over salad and toss to combine.



THAI QUINOA SALAD



4 SERVINGS



15 MINUTES



0 MINUTES

INGREDIENTS

3/4 cup (135 g) quinoa, uncooked

1 1/2 cups (150 g) red cabbage, shredded

1 1/2 cups (75 g) carrot, shredded

1/2 cup (75 g) cucumber, shredded

1 large red pepper (approx. 150 g), diced

1 cup (150 g) edamame

4 green onions, finely sliced

3 Tablespoons (3 g) cilantro, chopped

1/2 cup (75 g) cashews, roughly chopped

DRESSING:

1/4 cup (60 ml) almond butter

Juice of **1** lime (2 Tablespoons or 30 ml)

3 Tablespoons (45 ml) gluten-free tamari sauce or coconut aminos

1 Tablespoon (15 ml) maple syrup

1 Tablespoon (15 ml) rice vinegar

1 teaspoon (5 ml) sesame oil

2 Tablespoons (30 ml) water, divided

DIRECTIONS

STEP 1

Cook the quinoa according to the package instructions and set aside to cool once cooked.

STEP 2

Meanwhile, prepare the vegetables and set aside. A food processor with a shredding attachment can be used to save time.

STEP 3

In a small bowl, whisk to combine the almond butter, lime juice, tamari sauce or coconut aminos, maple syrup, rice vinegar, sesame oil until smooth. Add water, 1 teaspoon (5 ml) at a time, until the dressing reaches the desired consistency.

STEP 4

In a large bowl, combine the cooked quinoa, red cabbage, carrot, cucumber, bell pepper, edamame, green onions, and cilantro. Drizzle the dressing on top and toss to combine.

STEP 5

Add the chopped cashews to the salad before serving. Refrigerate leftovers in a sealed container.



BALSAMIC FRUIT SALAD



2 SERVINGS



10 MINUTES



0 MINUTES

INGREDIENTS

1/2 lb (228 g) cherry tomatoes (or grape tomatoes), halved

1 large peach (6 oz or 175 g), pit removed and chopped

1/2 cup (75 g) blueberries

2 Tablespoons (30 ml) olive oil

1/2 Tablespoon (8 ml) balsamic vinegar

4 fresh basil leaves, thinly sliced

DIRECTIONS

STEP 1

In a large bowl, toss the tomatoes, peach, and blueberries with the olive oil, balsamic vinegar, and fresh basil.

STEP 2

If desired, chill before serving. Refrigerate any leftovers in a sealed container.

DAIRY-FREE CREAMY CAESAR SALAD DRESSING

2 TABLESPOONS (30 ML) PER SERVING



8 SERVINGS



15 MINUTES
(PLUS SOAKING TIME)



0 MINUTES

INGREDIENTS

1 cup (5.3 oz or 150 g) cashews, raw and unsalted, soaked overnight

1/4 cup (60 ml) water

2 Tablespoons (30 ml) avocado oil

2 Tablespoons (30 ml) lemon juice

2 Tablespoons (30 ml) mustard

2 cloves (6 g) of garlic

1 Tablespoon (7.5 g) capers

Salt (*to taste*)

DIRECTIONS

STEP 1

Drain the soaked cashews and rinse with clean water.

STEP 2

Place drained cashews with the 1/4 cup (60 ml) new water into a powerful blender or food processor and blend.

STEP 3

Add in the rest of the ingredients and blend well.

SOUPS & STEWS

- Vegetable Minestrone [84](#)
- Bean-Less Chili [86](#)
- Slow-Cooked Tomato Soup [88](#)
- Broccoli Soup [90](#)
- Carrot and Ginger Soup [92](#)
- Emerald Soup [94](#)
- Chilled Gazpacho [96](#)





VEGETABLE MINISTRONE



6 SERVINGS



15 MINUTES



25 MINUTES

INGREDIENTS

2 Tablespoons (30 ml) olive oil

1 clove (3 g) of garlic, finely chopped

2 medium carrots (3.5 oz or 100 g), chopped

1 medium zucchini (4.2 oz or 120 g), diced

1 medium onion (4 oz or 110 g), diced

1 bunch (11 oz or 320 g) asparagus, chopped

4 cups (960 ml) vegetable broth

1 (28 oz or 480 ml) can of diced tomatoes

8 sprigs fresh thyme

1 bay leaf

Fresh basil, chopped (for garnish)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

In a large saucepan over medium-high heat, add olive oil and sauté the onion for 5 minutes until browned.

STEP 2

Add the minced garlic to the saucepan and sauté for about 1 minute until the garlic is fragrant.

STEP 3

Add carrots, asparagus, broth, tomatoes, thyme, and bay leaf to the saucepan and bring to a boil. Lower the heat and simmer for 15 to 20 minutes until the vegetables are tender. Season with salt and pepper, to taste. Remove the thyme sprigs and bay leaf from the soup and discard.

STEP 2

Serve warm and garnish with fresh basil, if desired.



BEAN-LESS CHILI



6 SERVINGS

15 MINUTES

35 MINUTES

INGREDIENTS

4 Tablespoons (60 ml) avocado oil
2 medium bell peppers (240 g), sliced
1 medium onion (110 g or 4 oz), thinly sliced
2 carrots (100 g or 4 oz), peeled and chopped
1 can (14 oz or 400 g) of diced tomatoes
4 stalks (3 oz or 80 g) of celery, chopped
1 cup (150 g) whole cashew
1 cup (140 g) whole almonds
4 cloves (12 g) of garlic, minced or finely diced

4 Tablespoons (4 g) fresh cilantro, chopped
 (plus additional for garnish)

2 teaspoons (4 g) chili powder (or to taste)

2 teaspoons (4 g) cumin powder

1 ½ teaspoons (3 g) paprika

1 teaspoon (1 g) dried oregano

1 bay leaf

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Add the avocado oil to a large pan over medium-high heat. Add the bell peppers, onion, carrots and celery to the pan and sauté until the vegetables are slightly soft, about 5 to 7 minutes.

STEP 2

Decrease the heat to medium-low and add the remaining ingredients to the pan. Simmer, covered, for about 30 minutes, stirring occasionally. Season with salt and pepper, to taste.

STEP 3

Remove the bay leaf and discard.

STEP 4

Serve the chili between bowls and garnish with additional chopped fresh cilantro.



SLOW-COOKED TOMATO SOUP



2 SERVINGS



5 MINUTES



45 MINUTES

INGREDIENTS

2 cans (14 oz or 400 g) of chopped (or diced) tomatoes

1 ¼ cups (300 ml) vegetable broth

1/4 cup (60 ml) unsweetened canned coconut milk (plus extra for garnish, optional)

Fresh chives, chopped (for garnish) (optional)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Pour the chopped tomatoes and vegetable broth in a saucepan and bring to a boil. Reduce the heat and simmer for 15 minutes, stirring frequently.

STEP 2

Transfer the tomato mixture to a slow cooker and cook on high for 30 minutes.

STEP 3

Use an immersion blender to blend the soup to a smooth consistency. (Alternative, let the soup cool and use a blender to blend the soup until smooth. Return the blended soup to the slow cooker.)

STEP 4

Add the coconut milk and stir to combine. Season with salt and pepper, to taste.

STEP 5

Divide the soup between 2 bowls and garnish with additional coconut milk and chopped fresh chives, if desired.



BROCCOLI SOUP



4 SERVINGS



5 MINUTES



25 MINUTES

INGREDIENTS

1 head (approx. 1 lb or 450 g) of broccoli

4 cups (960 ml) vegetable broth

2 Tablespoons (28 g) mixed seeds

2 Tablespoons (30 ml) coconut cream (to garnish)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Bring broth to a boil in a large pot.

STEP 2

Meanwhile, cut the broccoli, thinly slicing the stalks.

STEP 3

Once at a boil, add the sliced stalks and cook for 10 minutes. Add the florets and cook for another 10-15 minutes until soft.

STEP 4

Once cooked, remove the pot from the heat. Blend the soup until smooth using an immersion blender or by pouring the soup into a blender. Season with salt and pepper, to taste.

STEP 5

Divide into two bowls, add mixed seeds on top, and drizzle with coconut cream, if desired. Serve warm.



CARROT AND GINGER SOUP



4 SERVINGS



10 MINUTES



40 MINUTES

INGREDIENTS

2 Tablespoons (30 ml) olive oil

1 medium red onion (4 oz or 110 g), peeled and finely diced

2/3 cup (50 g) fresh ginger, peeled and finely chopped

8 carrots (14 oz or 400 g), peeled and diced small

4 cups (960 ml) vegetable broth

Salt and pepper (to taste)

Fresh chives, chopped (to garnish)

DIRECTIONS

STEP 1

Heat the olive oil in a large pan and gently fry the diced onions, finely chopped ginger, and diced carrots, stirring constantly without allowing the contents to burn or caramelize.

STEP 2

Pour in the stock into the pan and bring to a low simmer. Cover the pan and cook for approximately 35 minutes until the carrots have completely softened, stirring occasionally.

STEP 3

Remove the pan from the heat and use an immersion blender to blend the mixture to a smooth soup consistency. Season the soup with salt and pepper, to taste.

STEP 4

Serve warm and garnish with chopped fresh chives.



EMERALD SOUP



4 SERVINGS



15 MINUTES



0 MINUTES

INGREDIENTS

2 cups (480 ml) cold water

1 cucumber (8 oz or 220 g), roughly chopped

1/2 large avocado (3.5 oz or 100 g), diced

3 1/4 cups (98 g) baby spinach

7 oz (approx. 1 1/3 cups) melon (196 g), roughly chopped

Generous squeeze of lemon juice

Small handful of fresh cilantro, stems removed

Gluten-free tamari sauce or coconut aminos (to taste) (optional)

Cucumber, sliced (to garnish) (optional)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Place all of the ingredients into a blender or food processor and blend until smooth. Season with salt and pepper, to taste. Refrigerate until ready to serve.

STEP 2

Enjoy chilled and garnish with sliced cucumber and tamari sauce or coconut aminos, if desired.



CHILLED GAZPACHO



4 SERVINGS



10 MINUTES



0 MINUTES

INGREDIENTS

1 ½ lbs (680 g) small tomatoes, roughly chopped

1 medium red bell pepper (4 oz or 120 g), roughly chopped

1/2 medium onion (2 oz or 55 g), roughly chopped

1 cucumber (7.8 oz or 220 g), roughly chopped

1 clove (3 g) of garlic, peeled and minced

4 Tablespoons (8 g) fresh basil leaves, chopped

1/4 cup (60 ml) olive oil

2 Tablespoons (30 ml) red wine vinegar

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Place all of the ingredients in a blender or food processor and blend until smooth. Season with salt and pepper, to taste.

STEP 2

Refrigerate for at least one hour before serving. Serve chilled.

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JACKFRUIT PULLED “PORK”



2 SERVINGS

10 MINUTES

35 MINUTES

INGREDIENTS

1 can (20 oz or 565 g) of young jackfruit in water, drained (around 10 oz or 296 g drained)

1 medium onion (4 oz or 110 g), finely sliced

1/2 cup (120 ml) water

Olive oil (for cooking)

BBQ SAUCE:

1 cup (240 ml) tomato sauce

1 Tablespoon (15 ml) tomato puree

1/4 cup (60 ml) apple cider vinegar

1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos

2 Tablespoons (30 ml) maple syrup

1 teaspoon (2 g) smoked paprika

1 teaspoon (2 g) chili powder

1/2 teaspoon (2 g) garlic powder

1/2 teaspoon (1 g) onion powder

1/2 teaspoon (3 g) salt

1/2 teaspoon (1 g) pepper

DIRECTIONS

STEP 1

Add all the sauce ingredients into a saucepan and bring to a simmer. Cook, stirring occasionally, for 10 to 15 minutes until thickened slightly.

STEP 2

Heat a drizzle of olive oil in a large pan over medium heat. Add the onion and cook for 5 minutes until soft.

STEP 3

Add the drained jackfruit, BBQ sauce, and water to the pan. Bring to a simmer and cook for 20 to 30 minutes until the jackfruit is tender and the sauce has thickened. If needed, add additional water to the pan as the jackfruit cooks.

STEP 4

Once tender, shred the jackfruit using two forks and mix well. Serve in a lettuce wrap or as a sandwich.



SWEET POTATO SLIDERS

12 SLIDERS (3 SLIDERS PER SERVING)



4 SERVINGS



10 MINUTES



30 MINUTES

INGREDIENTS

1 chia egg; **1 Tablespoon** (12 g) chia seeds + **2 ½ Tablespoons** (37 ml) water

1 can (14 oz or 400 g) of lentils, drained and rinsed

1/2 medium onion (2 oz or 55 g), chopped

1 large carrot (1.8 oz or 50 g), chopped

1/2 cup (59 g) walnuts (or other nuts, of choice)

1 clove (3 g) of garlic, peeled

1 Tablespoon (15 ml) tomato paste

1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos

1/4 cup (28 g) coconut flour (plus additional, if needed)

3 large sweet potatoes (about 10 oz or 285 g each)

2 large tomatoes (about 7 oz or 200 g each), sliced

Lettuce leaves (for serving)

Olive oil (for cooking)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Make the chia egg; in a small bowl, mix together the chia seeds and water and let the mixture sit for a few minutes.

STEP 2

Add the drained lentils, onion, carrot, walnuts, and garlic to the bowl of a food processor and pulse to create rough crumbs. Transfer the lentil mixture to a large bowl.

STEP 3

Add the chia egg, tomato paste, and tamari sauce or coconut aminos to the bowl, stirring to combine. Season with salt and pepper, to taste.

STEP 4

Add the coconut flour to the bowl and fold to combine. If the mixture seems too wet, add an additional 1 Tablespoon (7 g) of coconut flour. The coconut flour will soak up moisture as it sits. Therefore, it's best to wait about 2 to 3 minutes before adding more coconut flour to the mixture.

STEP 5

Shape the mixture into 12 small patties and place the patties on a large plate or cutting board. Cover the patties with foil or plastic wrap and refrigerate for at least 1 hour.

STEP 6

When you are ready to cook, preheat the oven to 400°F (200°C).

STEP 7

Cut the sweet potatoes into 24 thick slices, about 3/4-inch (2 cm) each slice. Arrange the sliced sweet potatoes on a greased baking tray and drizzle with olive oil. Place the baking tray in the oven and roast for 30 minutes until tender and golden but not too soft.

STEP 8

Meanwhile, add a drizzle of olive oil in a large frying pan or griddle over medium heat. In batches, add the burger patties to the pan and cook for 5 minutes on each side. Continue until all of the patties are cooked.

STEP 9

Serve the sliders sandwiched between two slices of sweet potato with lettuce and sliced tomato. Add [Vegan Mayonnaise](#) or [BBQ Sauce](#), if desired.



SLOPPY JOES



4 SERVINGS



5 MINUTES



15 MINUTES

INGREDIENTS

1 can (14 oz or 400 g) of green lentils, drained and rinsed

1/2 medium yellow onion (2 oz or 55 g), diced

1/2 medium bell pepper (2 oz or 60 g), diced

1 clove (3 g) of garlic

1 1/2 cups (360 ml) tomato sauce

1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos

1 teaspoon (2 g) smoked paprika

1/2 teaspoon (1 g) ground cumin

Olive oil (for cooking)

Salt and pepper (to taste)

4 [Vegan Buckwheat Burger Buns](#)

ADDITIONAL TOPPINGS:

Red cabbage, avocado, and slaw

DIRECTIONS

STEP 1

Sauté the onion, pepper, and garlic with a drizzle of olive oil in a large frying pan over medium heat and cook until soft, about 5 minutes.

STEP 2

Add the drained lentils, tomato sauce, tamari sauce or coconut aminos, smoked paprika, and cumin to the pan. Simmer for 10 minutes, stirring occasionally, until the sauce has thickened to your liking. Season with salt and pepper, to taste.

STEP 3

Serve in a buckwheat burger bun with your preferred toppings.



INDIAN BUTTER “CHICKEN”

2 DINNER SERVINGS OR 4 LUNCH SERVINGS



25 MINUTES 30 MINUTES

INGREDIENTS

2 cups (340 g) chickpeas, cooked, drained and rinsed

2 cups (200 g) cauliflower florets

1 large onion (5.3 oz or 150g), sliced

3 Tablespoons (45 ml) coconut oil

4 cloves (12 g) of garlic, smashed

1 can (13.5oz or 400 ml) of coconut milk

1 can (14.5 oz or 410 g) of diced tomatoes

1 Tablespoon (5 g) fresh ginger, chopped

2 Tablespoons (18 g) garam masala

2 teaspoons (4 g) turmeric

1 teaspoon (2 g) cumin

1/4 teaspoon (0.5 g) cayenne pepper

2 Tablespoons (30 ml) lemon juice

1/2 teaspoon (1 g) black pepper

1 teaspoon (6 g) salt

1/4 cup (4 g) fresh cilantro, chopped (for garnish)

DIRECTIONS

STEP 1

Heat coconut oil in a large pot on medium-high heat until it shimmers. Add the onion, ginger, garlic, and spices. Cook for 5 minutes or until onions begin to wilt and spices are aromatic.

STEP 2

Add the diced tomatoes and cook for 5 more minutes, stirring occasionally.

STEP 3

Next, add the coconut milk and turn off the heat.

STEP 4

Carefully pour the sauce in a heat-safe blender, and blend until smooth.

STEP 5

Return sauce to your pot, add lemon juice, and bring to a simmer.

STEP 6

When the sauce begins to simmer, add the chickpeas and cauliflower. Cook for 15 minutes or until cauliflower is tender but toothsome.

STEP 7

Stir in cilantro before serving.



DAIRY-FREE “CHEESE” PIZZA

1 SMALL (9-INCH OR 23 CM) PIZZA



2 SERVINGS

15 MINUTES

65 MINUTES

INGREDIENTS

CRUST:

1 flax egg; **1 Tablespoon** (7 g) flax meal + **3 Tablespoons** (45 ml) water

1 cup (120 g) almond flour

1 cup (120 g) tapioca starch

1/2 cup (48 g) chickpea flour (or coconut flour)

1/3 cup (80 ml) olive oil

1/3 cup (80ml) warm water

1/2 teaspoon (3 g) salt

2 Tablespoons (30 ml) water

VEGAN MOZZARELLA:

1/2 cup (120 ml) coconut milk

5 Tablespoons (38 g) tapioca starch

1 Tablespoon (8 g) nutritional yeast

1 teaspoon (5 ml) vinegar

1/4 teaspoon (1.5 g) salt

2 Tablespoons (30ml) water

TOPPINGS:

1 cup (240 ml) vegan mozzarella rounds

1/4 cup (60 ml) tomato puree (or marinara sauce)

1 teaspoon (1 g) italian seasoning

1 sprig fresh basil, de-stemmed

DIRECTIONS

STEP 1

Add all cheese ingredients to a sauce pan on medium heat, whisk together to smooth out any lumps.

STEP 2

Continue cooking for 3 to 5 minutes, stirring until mixture forms a stretchy, gooey ball.

STEP 3

Refrigerate for 1 hour to allow the cheese to set.

STEP 4

Make the flax egg; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 5

Preheat the oven to 425°F (220°C).

STEP 6

In a mixing bowl, combine all crust ingredients until a soft dough forms.

STEP 7

On a parchment lined baking sheet spread dough into a circle shape.

STEP 8

Pre-bake the crust for 15 minutes. Remove from the oven and set aside.

STEP 9

Remove the cheese from the refrigerator and work it into 2-inch (5 cm) rounds.

STEP 10

Spread a thin layer of tomato sauce onto the pre-baked pizza crust leaving a 1-inch (2.5 cm) border.

STEP 11

Next, evenly distribute vegan mozzarella rounds around the crust.

STEP 12

Sprinkle it with italian seasoning, and place in the oven for 20 minutes or until the cheese is melty.

STEP 13

Remove from the oven, garnish with fresh basil leaves and serve.



BLACK BEAN BURGERS

6 BURGERS



6 SERVINGS 20 MINUTES 15 MINUTES

INGREDIENTS

BURGERS:

2 cans (14 oz or 400 g) of black beans, drained and rinsed

2 chia eggs; **2 Tablespoons** (24 g) chia seeds + **5 Tablespoons** (75 ml) water

1 medium red bell pepper (4 oz or 120 g)

1 medium onion (4 oz or 110 g)

2 cloves (6 g) of garlic, peeled and minced

2 teaspoons (4 g) paprika

2 teaspoons (4 g) cumin

2/3 cup (80 g) almond flour

Olive oil (for cooking)

Salt and pepper (to taste)

CARAMELIZED ONIONS:

1 medium red onion (4 oz or 110 g), thinly sliced

1 Tablespoon (15 ml) balsamic vinegar

Olive oil (for cooking)

TO SERVE:

1 avocado (7 oz or 200 g), sliced

1 large tomato (4 oz or 120 g), sliced

6 lettuce leaves

DIRECTIONS

STEP 1

Preheat the oven to 350°F (175°C).

STEP 2

Spread the black beans on a rimmed baking tray and bake for 5 minutes. (This helps to dry the beans and improve the texture of the burgers.) Remove the tray from the oven and set aside.

STEP 3

Place the chia seeds in a small bowl and add the water. Let the mixture sit for a few minutes while you prepare the caramelized onions.

STEP 4

To make the caramelized onions, add the sliced red to a frying pan with a drizzle of olive oil. Cook on low-medium heat for 10 minutes until very soft. Once soft, add the balsamic vinegar and continue to cook on low until sticky and caramelized. Set aside once cooked.

STEP 5

Meanwhile, roughly chop the onion, red pepper and garlic and add to a separate frying pan with a drizzle of olive oil. Cook for 5 to 10 minutes until the vegetables are softened.

STEP 6

Add the onion, pepper and garlic to a food processor and pulse until finely chopped. Add most of the black beans and pulse again. If desired, set aside a few black beans to add a nice texture to the burger, but feel free to add all of them to the food processor.

STEP 7

Add the bean mixture, cumin, paprika, chia egg and almond flour to a bowl and mix well. Season with salt and pepper, to taste. Add more almond flour if the mixture is too wet to hold together.

STEP 8

Divide the mixture into 6 balls and shape into patties using either your hands or a burger press, about 1/3 to 1/2 cup (43 to 64 g) of mixture per burger.

STEP 9

Grill or pan fry the burgers for 5 to 10 minutes on each side until cooked through.

STEP 10

Serve the black bean burgers on top of the lettuce and tomato. Top the burgers with the caramelized onions and a



BUTTERNUT SQUASH LASAGNA WITH DAIRY-FREE BECHAMEL SAUCE

1 (9 X 13-INCH OR 23X33 CM) BAKING DISH



6 SERVINGS 35 MINUTES 1 HOUR 40 MINUTES

INGREDIENTS

VEGAN BECHAMEL:

- 2 cups** (480 ml) almond milk
- 1/2 cup** (150 g) cashews
- 1** onion, diced (3.9 oz or 110g)
- 4 cloves** (12 g) of garlic, smashed
- 2 Tablespoons** (12 g) chickpea flour (or rice flour)
- 1/4 cup** (60 ml) olive oil
- 1/2 teaspoon** (1 g) white pepper
- 1/4 teaspoon** (0.5 g) ground nutmeg
- 1/2 teaspoon** (3 g) salt
- 1/4 cup** (60 ml) water

LASAGNA:

- 1** medium-sized butternut squash (3 lbs or 1.35 kg), cut into 1-inch (2.5 cm) cubes
- 3** medium-sized zucchini (4.2 oz or 120 g), cut lengthwise into 1/4-inch (5 mm) strips
- 1** onion, diced (3.9 oz or 110 g)
- 4 cups** (120 g) fresh spinach
- 1/4 cup** (60 ml) olive oil
- 1/2 teaspoon** (3 g) salt
- 1/2 teaspoon** (1 g) black pepper

DIRECTIONS

STEP 1

Make the vegan bechamel. In a pan on medium heat, sauté onions and garlic in olive until onions become transparent. Add water to deglaze.

STEP 2

Add the onion-garlic mixture to the blender with remaining ingredients.

STEP 3

Blend on high for 1 minute or until completely smooth.

STEP 4

Return to the saucepan on low heat and bring to a simmer for 3 minutes to thicken.

STEP 5

Remove from heat and set aside.

BUTTERNUT SQUASH LASAGNA WITH DAIRY-FREE BECHAMEL SAUCE

{CONTINUED}

STEP 6 • _____

Make the lasagna. Preheat the oven to 350°F (175°C).

STEP 7 • _____

Place the butternut squash cubes on a cookie sheet and toss with a generous drizzle of olive oil (*2 Tablespoons or 30 ml*).

STEP 8 • _____

Bake at 350°F (175°C) for 35 minutes or until soft.

STEP 9 • _____

While the squash is baking: In a pan on medium heat sauté the onions in 2 Tablespoons of olive oil, salt, & pepper until transparent. Add the spinach and a splash of water and sauté for 2 minutes or until mostly wilted.

STEP 10 • _____

Remove from heat and set aside.

STEP 11 • _____

Remove squash from the oven and smash with a fork. Set aside.

STEP 12 • _____

Preheat the oven to 400°F (200°C).

STEP 13 • _____

In an oven-proof baking dish, lay down a layer of zucchini strips, followed by the bechamel sauce, mashed butternut squash, and then sautéed spinach. Repeat the process finishing with a 3rd layer of zucchini and finishing with the last of the bechamel.

STEP 14 • _____

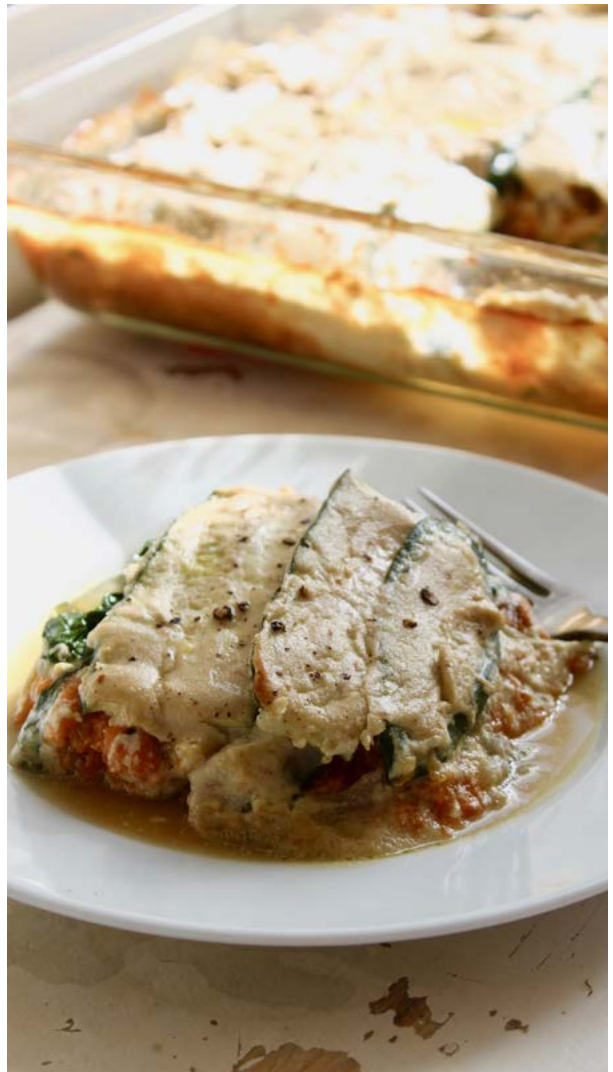
Drizzle olive oil over top and sprinkle with black pepper.

STEP 15 • _____

Bake at 400°F (200°C) for 30 minutes.

STEP 16 • _____

Remove from the oven and serve.





"BEEF" TACOS WITH DAIRY-FREE AVOCADO CREMA

8 TACOS



4 SERVINGS

15 MINUTES

40 MINUTES

INGREDIENTS

TACO MEAT:

4 cups (400 g) cauliflower rice**1 cup** (117 g) walnuts**3 cloves** (9 g) of garlic**1 cup** (100 g) brown mushrooms, *roughly chopped***4 Tablespoons** (60 ml) olive oil**1/2 onion**, *chopped* (1.9 oz or 55 g)**1 teaspoon** (2 g) chili powder**1 Tablespoon** (6 g) cumin**3 Tablespoons** (45 ml) gluten-free tamari sauce**1/2 teaspoon** (3 g) salt

GARNISH:

Cilantro, chopped (to taste)

TORTILLAS:

1 1/2 cups (92 g) chickpea flour**1 1/2 cups** (240 ml) water**1/4 teaspoon** (1.5 g) salt**2 Tablespoons** (30 ml) coconut oil

AVOCADO CREMA:

1 large avocado (7 oz or 200 g)**1/4 cup** (60 ml) coconut milk**1/2 lime**, *juiced* (approximately 1-2 Tablespoons or 15-30 ml)**1/4 cup** (60 ml) water**1/4 teaspoon** (1.5 g) salt

DIRECTIONS

STEP 1

Make the taco meat. In a blender, pulse walnuts and garlic until they become a coarse meal. Set aside.

STEP 2

Add mushrooms to the blender and pulse until they are the same texture as the cauliflower rice and walnuts.

STEP 3

Add olive oil to a pan on medium heat and sautéed mushroom, walnut mixture, cauliflower rice, onion, and the remaining seasonings for 20 to 25 minutes.

STEP 4

Remove from heat and set aside.

STEP 5

In a mixing bowl, whisk together all the tortilla ingredients. The batter should be quite thin, similar to crepe batter.

STEP 6

Preheat a pan on medium heat for 2 minutes. Add a teaspoon of coconut oil. Pour a 1/2 cup of the chickpea batter into the pan and shake or spread lightly until you have a perfect circle. Cook for 2 minutes on each side.

STEP 7

Remove tortilla from pan and set aside, covering with a clean towel to keep them warm.

STEP 8

Repeat the process by adding another teaspoon of coconut oil to the pan for each tortilla.

STEP 9

Blend all the avocado crema ingredients for 30 seconds or until very smooth.

STEP 10

Assemble the tacos with the "meat" mixture (stuff each taco with a generous spoonful), drizzle of avocado crema, and garnish with chopped cilantro. Serve immediately.



VEGGIE “MEATLOAF”

8 SLICES



6 SERVINGS



20 MINUTES



1 HOUR

INGREDIENTS

1 cup (125 g) raw walnuts

1 cup (150 g) raw cashews

1 medium red bell pepper (4 oz or 120 g), roughly chopped

1 medium onion (4 oz or 110 g), roughly chopped

1 medium carrot (1.8 oz or 50 g), roughly chopped

1 stalk (0.7 oz or 20 g) of celery, roughly chopped

8 oz (227 g) of mushrooms, cleaned and stalks removed

1 clove (3 g) of garlic, peeled and minced

1 can (14 oz or 400 g) of green lentils, drained and rinsed

2 flax eggs; **2 Tablespoons** (14 g) flax meal + **6 Tablespoons** (90 ml) water

4 Tablespoons (60 ml) tomato paste

1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos

1 teaspoon (2 g) paprika

1 teaspoon (1 g) dried rosemary

1 Tablespoon (3 g) fresh thyme, chopped

4 Tablespoons (28 g) coconut flour (plus additional, if needed)

Olive oil (for cooking)

Salt and pepper (to taste)

GLAZE:

1/4 cup (60 ml) tomato sauce

1 Tablespoon (15 ml) maple syrup

1 teaspoon (5 ml) gluten-free tamari sauce or coconut aminos

DIRECTIONS

STEP 1

Preheat the oven to **350°F (175°C)**. Line a 2-lb (900 g) loaf pan with parchment paper and set aside. (Tip: Use a strip of parchment paper on the bottom of the pan that hangs over the edges to use as a handle to lift your loaf from the pan once cooked.)

STEP 2

Arrange the walnuts and cashews on a baking tray and toast for 5 minutes. Remove from the oven and set aside.

STEP 3

Make the flax egg; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 4

Meanwhile, add the bell pepper, onion, carrot, celery, mushrooms, and garlic to the bowl of a food processor and pulse until finely chopped. (If you do not have a food processor, finely chop all of the vegetables with a knife.)

VEGGIE “MEATLOAF”

{CONTINUED}

STEP 5 ●

Heat a drizzle of olive oil in a large pan over medium heat. Add the chopped vegetables to the pan and sauté for 5 to 10 minutes until tender.

STEP 6 ●

Add the toasted nuts and drained lentils to the food processor and pulse to a coarse texture or fine chop. Be sure not to blend too much to form a paste.

STEP 7 ●

Add the lentil mixture, tomato paste, tamari sauce or coconut aminos, paprika, dried rosemary, and fresh thyme to the pan and sauté for about 3 minutes.

STEP 8 ●

Remove the pan from the heat and add the coconut flour and flax eggs to the mixture. If the mixture seems too wet, add an additional 1 Tablespoon (7 g) of coconut flour. If it seems too dry, add an additional 1 Tablespoon (15 ml) of water.

STEP 9 ●

Press the mixture into the prepared loaf pan, making sure to press down firmly with the back of a spoon.

STEP 10 ●

Place the loaf in the oven and bake for 45 minutes.

STEP 11 ●

To make the glaze, combine the tomato sauce, maple syrup, and tamari sauce or coconut aminos in a small bowl. After 45 minutes, remove the loaf from the oven and brush the top with the glaze.

STEP 12 ●

Return the loaf to the oven and bake for an additional 15 to 20 minutes until the glaze is sticky and lightly browning.

STEP 13 ●

Remove the loaf from the oven and allow it to cool in the pan for 15 minutes. Lift the loaf from the pan and carefully slice and serve.





“CHICKEN” NUGGETS

APPROX. 20 NUGGETS



4 SERVINGS

10 MINUTES

1 HOUR 20 MINUTES

INGREDIENTS

1 flax egg; **1 Tablespoon** (7 g) flax meal + **3 Tablespoons** (45 ml) water

2 cans (15 oz or 425 g) of white beans

1/4 cup (30 g) tapioca starch

2 Tablespoons (12 g) chickpea flour

1 cup (5.3 oz or 150 g) cashews

1 Tablespoon (8 g) nutritional yeast

2 teaspoons (20 g) garlic powder

1/2 teaspoon (3 g) salt

1/2 cup (120 ml) coconut or avocado oil (for frying)

DIRECTIONS

STEP 1

Make the flax egg; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 2

In a food processor, pulse cashews until they form a very coarse meal. Remove and set aside.

STEP 3

Drain the beans, discarding the liquid.

STEP 4

Add beans, chickpea flour, tapioca starch, nutritional yeast, garlic powder, flax egg, and salt to a food processor and blend until mostly smooth.

STEP 5

In a mixing bowl, combine bean mixture and cashews. The texture should be slightly sticky but should hold the shape of a nugget when formed. You can adjust the texture by adding more chickpea flour or water.

STEP 6

Next, form nuggets, place them on a tray, and pop them in the freezer for 1 hour.

STEP 7

Preheat the oil in a clean, dry pan on medium heat. Carefully place each nugget in the pan and fry for 2-3 minutes on each side or until golden brown.



LENTIL VEGGIE BURGERS

8 BURGERS



8 SERVINGS



1 HOUR



15 MINUTES

INGREDIENTS

BURGERS:

- 1** medium onion (4 oz or 110 g)
- 1** medium carrot (1.8 oz or 50 g)
- 1 clove** (3 g) of garlic, peeled
- 2 cups** (396 g) green lentils, cooked
- 1/2 cup** (59 g) raw walnuts
- 1/4 cup** (28 g) coconut flour (plus additional, if needed)
- 2 Tablespoons** (30 ml) tomato paste
- 1 Tablespoon** (15 ml) gluten-free tamari sauce or coconut aminos

2 chia eggs; **2 Tablespoons** (24 g) chia seeds + **5 Tablespoons** (75 ml) water

1 teaspoon (1 g) dried oregano

1 teaspoon (1 g) dried rosemary

Olive oil (for cooking)

Salt and pepper (to taste)

TO SERVE:

[Vegan Buckwheat Burger Buns](#)

DIRECTIONS

STEP 1

Preheat the oven to **400°F (200°C)**. Line a baking sheet with parchment paper and set aside.

STEP 2

Make the chia egg; in a small bowl, mix together the chia seeds and water and let the mixture sit for a few minutes.

STEP 3

Use a food processor to dice the onion, carrot, and garlic.

STEP 4

Heat a drizzle of olive oil in a pan over medium heat. Add the diced carrot mixture to the pan and sauté for 5 minutes until the vegetables are softened.

STEP 5

Place the cooked lentils and walnuts into a food processor and pulse to create a rough crumb.

STEP 6

In a large bowl, combine the lentil mixture and the carrot mixture.

STEP 7

Add the coconut flour, tomato paste, tamari sauce or coconut aminos, chia eggs, dried oregano, and dried rosemary to the bowl and combine well. If needed, add an additional 1 Tablespoon (7 g) of coconut flour if the mixture seems too wet.

STEP 8

Using around 1/4 cup (60 g) of the lentil mixture per burger, press into a ball using your hands and then flatten on a chopping board to form a patty to make 8 burger patties.

STEP 9

Place the patties on the prepared baking tray and bake for 15 to 20 minutes, flipping the patties halfway through the cooking time, until golden and crisp.

STEP 10

Serve the burgers with Vegan Buckwheat Burger Buns and toppings of choice. Refrigerate any leftover burgers in an airtight container.



VEGAN BUCKWHEAT BURGER BUNS

6 ROLLS



6 SERVINGS



2 HOUR



30 MINUTES

INGREDIENTS

- 1 ½ teaspoon** (4.5 g) instant yeast
- 1 ¼ cups** (295 ml) almond milk
- 1 Tablespoon** (15 g) coconut sugar
- 2 Tablespoons** (10 g) psyllium husk (*not powder*)
- 1/2 cup + 1 Tablespoon** (90 g) brown rice flour
- 3/4 cup** (90 g) buckwheat flour
- 1/2 cup + 1 Tablespoon** (67g) tapioca flour
- 1/2 teaspoon** (3 g) salt
- 1 teaspoon** (5 ml) apple cider vinegar
- 1 Tablespoon** (15 ml) olive oil

DIRECTIONS

STEP 1

Whisk together yeast, almond milk, and coconut sugar. Add psyllium husk, mix, and set aside to let the psyllium husk gel.

STEP 2

Meanwhile, in a large bowl combine brown rice flour, buckwheat flour, tapioca flour, and salt.

STEP 3

Once the psyllium husk mixture has formed a gel, stir in vinegar and oil. Add the liquid mixture to the dry flour mixture and mix to combine. The batter will be sticky, so use a silicone spatula to mix the dough.

STEP 4

Mix until there are no dry pockets of flour left, then form the dough into a loose ball and place in a large greased bowl. Make sure there is enough space for the dough to double in size. Cover the bowl with a tea towel or saran wrap and set aside to rest in a warm environment for about an hour or until doubled in size.

STEP 5

Once risen, turn the dough out onto a lightly floured surface and divide into 6 pieces. Roll each piece into a ball and place on a baking sheet, leaving a couple inches of space between each roll. Cover with a tea towel or saran wrap and set aside to rise again in a warm environment for about 30 minutes.

STEP 6

After 15 minutes, preheat your oven to **375°F (190°C)**.

STEP 7

Once the rolls have risen, brush the tops with some almond milk and then place in the oven to bake for 30 minutes.

STEP 8

Remove the buns from the oven and place on a wire rack to cool.

STEP 9

These buns are best the day they're made, so leftovers should be stored in the freezer, then toasted before serving for best results.



PAD THAI



2 SERVINGS

15 MINUTES

10 MINUTES

INGREDIENTS

- 1** medium **red pepper** (4.2 oz or 120 g), *thinly sliced*
- 1** small **carrot** (1.8 oz or 50 g), *julienned or finely sliced (around 1 cup)*
- 1 cup** (100 g) *shredded red cabbage*
- 1/4 cup** (4 g) *fresh cilantro, chopped*
- 2** *spring onions (or scallions) (10 g), chopped*
- 1 clove** (3 g) *of garlic, peeled and minced*
- 1 Tablespoon** (5 g) *fresh ginger*
- 2 cups** (420 g) *butternut squash noodles*
- Sesame oil or avocado oil (for cooking)*
- Salt and pepper (to taste)*

SAUCE:

- 2 Tablespoons** (30 ml) *gluten-free tamari sauce or coconut aminos*
- 2 Tablespoons** (30 ml) *almond butter*
- 1 Tablespoon** (15 g) *coconut sugar*
- 1** *lime (30 ml), juiced*
- Salt and pepper** (to taste)

GARNISH:

- 2 Tablespoons** (20 g) *cashews, chopped*
- 2 Tablespoons** (2 g) *fresh cilantro, chopped*
- 1** *spring onion (or scallion) (5 g), chopped*
- Lime wedges*

DIRECTIONS

STEP 1

Prepare all the vegetables in advance as the dish cooks quickly.

STEP 2

To make the sauce, whisk to combine the tamari sauce or coconut aminos, almond butter, coconut sugar, and lime juice in a small bowl. Season with salt and pepper, to taste. Set aside.

STEP 3

Heat a drizzle of sesame oil or avocado oil in a wok or large skillet over high heat.

STEP 4

Add the bell pepper, carrot, red cabbage, 1/4 cup of chopped cilantro, spring onions, garlic, and fresh ginger to the wok and cook for about 5 minutes until the vegetables are slightly softened.

STEP 5

Add the butternut squash noodles and sauce to the wok and stir-fry for an additional 2 minutes or until the vegetables are cooked to your liking. Season with salt and pepper, to taste.

STEP 6

Garnish the pad thai with chopped cashews, chopped cilantro, spring onion, and lime wedges before serving.



CARAMELIZED SHALLOT & MUSHROOM QUICHE

1 (9-INCH OR 23 CM) QUICHE



4 SERVINGS



30 MINUTES



1 HOUR

INGREDIENTS

FILLING:

- 1 ½ cups** (12.7 oz or 360 g) button mushrooms, *sliced*
- 4 shallots** (approx. 1 cup), *sliced*
- 3 Tablespoons** (45 ml) olive oil
- 1 cup** (96 g) chickpea flour
- 1 cup** (240 ml) almond milk
- 2 cups** (480 ml) veggie broth
- 1/2 teaspoon** (1 g) turmeric
- 1 Tablespoon** (8 g) nutritional yeast
- 1/2 teaspoon** (1 g) black pepper
- 1 teaspoon** (3 g) garlic powder
- 1/2 teaspoon** (3 g) salt

CRUST:

- 1 cup** (120 g) almond flour
- 1 cup** (112 g) flaxseed meal
- 1/2 cup** (60 g) tapioca starch
- 3 Tablespoons** (45 ml) coconut oil, *chilled*
- 3 Tablespoons** (45 ml) water
- 1/2 teaspoon** (3 g) salt

DIRECTIONS

STEP 1

Make the filling. Prepare mushrooms and shallots reserving a few slices of each for placing on top of the quiche before baking.

STEP 2

In a pan on medium heat, sauté shallots in olive oil for approximately 10 minutes until they begin to caramelize, becoming a deep golden brown. Add mushrooms and continue to sauté for 5 minutes until mushrooms are softened.

STEP 3

In a mixing bowl combine the chickpea flour and almond milk, whisking until the mixture is smooth and free of any lumps.

STEP 4

In a sauce pot bring veggie broth to a simmer. Add chickpea mixture, turmeric, nutritional yeast, pepper, garlic powder, and salt. Cook on low heat for 15 to 20 minutes until thickened.

STEP 5

Make the crust. Preheat the oven to 350°F (180°C).

CARMELIZED SHALLOT & MUSHROOM QUICHE

{CONTINUED}

STEP 6 •

In a food processor, pulse to combine dry ingredients with coconut oil.

STEP 7 •

On low speed, add water. The dough should firm up into a crumbly paste. Add water as needed.

STEP 8 •

Place the dough between two sheets of parchment paper or plastic wrap and roll out into a circle 1 inch larger than your pie pan.

STEP 9 •

Remove the top layer of paper, place the pie pan on top, and flip dough over into the pan.

STEP 10 •

Press dough to the edges of your pan, helping to close any cracks that may have formed.

STEP 11 •

Make a few punctures with a fork all around the bottom of the dough. Bake at 350°F (180°C) for 15 minutes before adding your filling.

STEP 12 •

Preheat the oven to 400°F (200°C).

STEP 13 •

Add filling (mushroom mixture and batter) to the pre-baked crust. Arrange slices of mushroom and shallot over top and brush with a little olive oil.

STEP 14 •

Bake at 400°F (200°C) for 25 to 30 minutes.

STEP 15 •

Remove from the oven and let cool for 30 minutes before serving, this will help the filling set.

SWEET AND SOUR CAULIFLOWER



2 SERVINGS



10 MINUTES



20 MINUTES

INGREDIENTS

1 head (1.3 lbs or 600 g) of cauliflower, broken into florets

2 Tablespoons (30 ml) avocado oil, to cook with

Dash of salt

SAUCE:

2 Tablespoons (30 ml) tomato paste

1/4 cup (60 ml) tamari sauce

1/4 cup (60 ml) apple cider vinegar

1/2 cup (120 ml) vegetable broth (or water)

1 Tablespoon (15 ml) maple syrup

2 Tablespoons (16 g) arrowroot (for thickening)

DIRECTIONS

STEP 1

Steam the cauliflower for 1 minute on a microwave safe plate. Drain excess water.

STEP 2

Add avocado oil to a large saucepan and sauté the cauliflower on medium heat.

STEP 3

To make the sauce, mix all the ingredients together except for the arrowroot. Heat in a small saucepan over a low heat.

STEP 4

To thicken the sauce, mix the arrowroot in a small bowl with 5 Tablespoons (75 ml) of water to make a slurry. Add the arrowroot slurry to the sauce and stir well to combine, then immediately add into the saucepan with the cauliflower florets. Mix together so the cauliflower is coated and serve immediately.



ROASTED CAULIFLOWER “STEAK”



2 SERVINGS



5 MINUTES



25 MINUTES

INGREDIENTS

1 head (1.3 lbs or 600 g) of cauliflower

2 teaspoons (4 g) paprika

1 teaspoon (2 g) cayenne pepper (or to taste, optional)

1 teaspoon (2 g) cumin powder

1 Tablespoon (15 ml) olive oil (plus additional for drizzling)

Salt and pepper (to taste)

TAHINI SAUCE:

2 Tablespoons (30 ml) tahini or sesame seed butter

1/2 teaspoon (2 g) garlic powder

1/2 lemon, juiced (23 ml)

2 to 4 Tablespoons (30 to 60 ml) water

GARNISH:

2 Tablespoons (2 g) fresh parsley, chopped

1 teaspoon (5 g) sesame seeds

DIRECTIONS

STEP 1

Preheat the oven to 400°F (200°C). Line a rimmed baking sheet with parchment paper and set aside.

STEP 2

Peel off the leaves from the cauliflower and cut off the bottom stem to create a flat base. Slice the cauliflower in half from top to bottom through the core. Cut each half into a 1.5-inch (4 cm) thick slice. (If the cauliflower is large enough, you may be able to cut another slice from each half. If not, reserve the remaining cauliflower for another use.)

STEP 3

In a small bowl, mix to combine the smoked paprika, optional cayenne pepper, cumin powder, and olive oil. Season with salt and pepper, to taste.

STEP 4

Place the cauliflower steaks on the prepared baking sheet and brush with the olive oil spice mix. If desired, drizzle each “steak” with additional olive oil.

STEP 5

Place the baking tray in the oven and roast for 20 to 25 minutes until the cauliflower “steaks” are golden.

STEP 6

Meanwhile, in a small bowl, whisk to combine the tahini sauce, garlic powder, and lemon juice. Add 1 Tablespoon (15 ml) of water at a time until the sauce reaches the desired consistency.

STEP 7

Serve the hot cauliflower steaks with a sprinkle of chopped fresh parsley, sesame seeds, and drizzled with tahini sauce.



VEGETABLE CHOW MEIN



2 SERVINGS



10 MINUTES



10 MINUTES

INGREDIENTS

2 packs (3 oz or 170 g) of shirataki noodles

2 Tablespoons (30 ml) olive oil

3.5 oz (99 g) broccoli florets, chopped

1 carrot (1.8 oz or 50 g), peeled and cut into matchsticks

1 medium bell pepper (4.2 oz or 120 g), seeds removed and sliced

2 cloves (6 g) of garlic, peeled and crushed

1-inch (2.5 cm) fresh ginger, peeled and minced

4 green onions (20 g), cut into 1-inch (2.5 cm) pieces

2 Tablespoons (30 ml) gluten-free tamari sauce or coconut aminos

3/4 teaspoon (3 g) maple syrup (optional)

DIRECTIONS

STEP 1

Bring a pan of water to a simmer. Rinse the shirataki noodles under cold water then place into the pan to gently warm through while you make the stir-fry.

STEP 2

In a wok or large skillet, heat the olive oil over medium heat. Add the broccoli and carrots to the wok and stir-fry until slightly softened.

STEP 3

Add the bell pepper, garlic, and ginger to the wok and stir-fry for an additional 2 to 3 minutes.

STEP 4

Increase the heat and add the onions and tamari sauce to the wok and continue to cook for about 1 minute until sauce is reduced and coats the vegetables. Add the optional maple syrup, if desired.

STEP 5

Drain the shirataki noodles and top with the vegetables.



QUINOA STUFFED PEPPERS



4 SERVINGS 30 MINUTES 55 MINUTES

INGREDIENTS

PEPPERS:

- 1 cup** (180 g) quinoa
- 2 cups** (480 ml) veggie broth (or water)
- 1** medium onion, sliced (3.8 oz 110 g)
- 4 cloves** (12 g) of garlic, sliced or minced
- 2 teaspoons** (4 g) smoked paprika
- 4 Tablespoons** (60 ml) olive oil
- 5** bell peppers (600 g) (4 cut lengthwise in half & deseeded, 1 diced: approx. 1 cup)
- 1** lemon, juiced (approx 4 Tablespoons [60 ml] juice)
- 1/2 teaspoon** (3 g) salt

CASHEW "SOUR CREAM":

- 1/2 cup** (75 g) cashews
- 1/4 cup** (120 ml) water
- 1 Tablespoon** (15 ml) lemon juice
- 2 Tablespoons** (30 ml) rice vinegar
- 1/4 teaspoon** (1.5 g) salt

DIRECTIONS

STEP 1

Place all the cashew "sour cream" ingredients in a blender. Blend until smooth and creamy, adding a little extra water if necessary. Set aside.

STEP 2

Bring broth (or water) to a boil, add quinoa, and stir. Turn heat to the lowest setting, cover, and cook for 20 minutes or until quinoa has absorbed all liquid and is fluffy.

STEP 3

While the quinoa is cooking: Heat olive oil in a pan on medium heat until shimmering. Add diced peppers and sauté on medium-high heat until peppers begin to blister and caramelize.

STEP 4

Add onion, garlic, smoked paprika, and salt. Sauté for 10 minutes or until peppers and onions are completely softened.

STEP 5

Add lemon juice and stir. Cook for 1 more minute, then remove from heat.

STEP 6

Combine onion and pepper mixture with quinoa.

STEP 7

Preheat the oven to 350°F (180°C).

STEP 8

Place halved peppers on a cookie sheet or baking tray. Lightly coat each pepper with olive oil.

STEP 9

Fill each pepper with seasoned quinoa, and a tablespoon of water. Bake at 350°F (180°C) for 30 to 35 minutes or until peppers are beginning to wrinkle and become soft.

STEP 10

Remove from the oven, garnish with cashew sour cream, and serve.



CAULIFLOWER GNOCCHI WITH GARLIC CREAM SAUCE



4 SERVINGS 20 MINUTES 1 HOUR 15 MINUTES

INGREDIENTS

GARLIC CREAM SAUCE:

- 1** onion, diced (3.8 oz or 110 g)
- 6 cloves** (18 g) of garlic, *smashed*
- 1/2 cup** (75 g) cashews
- 1 Tablespoon** (15 ml) lemon juice
- 1 cup** (240 ml) vegetable broth
- 1 cup** (240 ml) unsweetened almond milk
- 1 sprig** fresh basil, *chopped*
- 1/2 teaspoon** (3 g) salt
- 1/4 teaspoon** (3 g) **black pepper**

GNOCCHI:

- 4 cups** (400 g) cauliflower florets
- 2 cups** (240 g) tapioca starch
- 1 cup** (200 g) glutinous rice (or sushi rice), *cooked*
- 1/4 cup** (28 g) flaxseed meal
- 1 Tablespoon** (15 ml) olive oil
- 1/2 teaspoon** (3 g) salt

DIRECTIONS

STEP 1

Make the garlic cream sauce. In a saucepan on medium heat, bring vegetable broth and onion to a simmer. Turn heat to low and cook for 5 minutes.

STEP 2

Add the smashed garlic and cook for another 5 minutes. Remove from heat.

STEP 3

Add onion mixture and remaining ingredients to a blender and blend until smooth. Add some extra broth or almond milk for desired consistency. *(For an extra smooth sauce, use a high speed blender or strain through a fine-mesh sieve.)*

STEP 4

Pour sauce back into the pan and heat on low for 2 minutes or until warm. Stir in fresh chopped basil.

STEP 5

Make the gnocchi. Steam cauliflower florets until fork tender (6 to 8 minutes).

STEP 6

Puree cauliflower and remaining ingredients in a food processor until a smooth paste forms.

STEP 7

Add paste to a pastry bag with a 1/2 inch (13 mm) round tip. Alternatively you can use a plastic ziploc bag with the 1/2 inch (13 mm) of the corner tip cut off.

STEP 8

Pipe paste every 1 inch (2.5 cm) onto a tray, making gnocchi shapes.

STEP 9

Bring a large pot of salted water to a boil.

STEP 10

Carefully add gnocchi in batches and cook for 3 minutes or until gnocchi float to the top.

STEP 11

Using a spider sieve, remove gnocchi from water and into a serving bowl. Toss with the garlic cream sauce, garnish with fresh basil, and serve.



ZOODLES WITH VEGETABLE BOLOGNESE SAUCE



4 SERVINGS



5 MINUTES



40 MINUTES

INGREDIENTS

1 Tablespoon (15 ml) olive oil

1 medium onion (4 oz or 110 g), finely diced

1 red bell pepper (4 oz or 120 g), finely diced

2 carrots (3.5 oz or 100 g), finely diced

1 stalk (20 g) of celery, finely diced

3 cloves (9 g) of garlic, peeled and minced

1 cup (7 oz or 200 g) cherry tomatoes, halved

1 cup (200 g) brown or green dried lentils

4 Tablespoons (60 ml) tomato paste

4 cups (960 ml) vegetable broth

1 cup (240 ml) water (plus additional, if needed)

4 Tablespoons (4 g) fresh parsley, chopped (to serve)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Heat the olive oil in a large pan over medium-high heat. Add the onion, bell pepper, carrots, and celery to the pan and cook for 5 minutes or until softened.

STEP 2

Add the garlic and tomato paste and cook for an additional 2 minutes until the tomato paste starts to caramelize slightly. Season with salt and pepper, to taste.

STEP 3

Add the lentils and vegetable broth to the pan. Increase the heat and bring to a boil.

STEP 4

Reduce the heat to a simmer and cook, uncovered, for 15 minutes.

STEP 5

Add the cherry tomatoes to the pan and continue to cook, uncovered, for an additional 10 to 15 minutes or until the lentils are tender and most of the water is absorbed. Add additional water while cooking to prevent the pan from drying, as needed.

STEP 6

Serve the lentil bolognese on your choice of base topped with the chopped fresh parsley and enjoy!



JAMBALAYA



4 SERVINGS

10 MINUTES

20 MINUTES

INGREDIENTS

- 1 medium bell pepper** (4 oz or 120 g), *diced*
- 1 medium red onion** (4 oz or 110 g), *diced*
- 1 carrot** (1.8 oz or 50 g), *diced*
- 1 clove** (3 g) of garlic, *peeled and minced*
- 1 cup** (170 g) quinoa
- 1 can** (14 oz or 400 g) of kidney beans, *drained and rinsed*
- 1 can** (14 oz or 400 g) of *chopped (or diced) tomatoes*
- 1 ¾ cup** (420 ml) *filtered water*
- 1 teaspoon** (2 g) *smoked paprika*
- 1 teaspoon** (2 g) *cumin*
- 1 teaspoon** (2 g) *cayenne pepper (or to taste, optional)*
- 2 Tablespoon** (2 g) *fresh parsley, chopped (for garnish)*
- Olive oil (for cooking)*
- Salt and pepper (to taste)*

DIRECTIONS

STEP 1

Heat a drizzle of olive oil in a large pan over medium-high heat. Add the bell pepper, onion, carrot and garlic to the pan and sauté for 3 to 5 minutes until the vegetables are softened.

STEP 2

Add the quinoa, kidney beans, water, tomatoes, smoked paprika, cumin, and optional cayenne pepper to the pot and bring to a boil.

STEP 3

Reduce the heat to a simmer and cook for 12 minutes or until the quinoa is tender and liquid is absorbed. Season with salt and pepper, to taste.

STEP 4

Garnish the jambalaya with the chopped fresh parsley and serve immediately.



EGGPLANT CURRY



2 SERVINGS

10 MINUTES

25 MINUTES

INGREDIENTS

3 Tablespoons (45 ml) coconut oil (*plus additional, if needed*)

2 small eggplants (1 kg), *cut into chunks*

20 white button mushrooms (200 g), *chopped*

1 medium onion (4 oz or 110 g), *peeled and chopped*

2 cloves (6 g) of garlic, *peeled and minced*

1 Tablespoon (5 g) ginger, *minced*

1 Tablespoon (7 g) curry powder

1 can (14 oz or 400 ml) of unsweetened coconut milk

2 Tablespoons (2 g) fresh cilantro, *chopped (for garnish)*

2 Tablespoons (10 g) flaked almonds (*for garnish*)

Salt and pepper (*to taste*)

DIRECTIONS

STEP 1

Add coconut oil to a large saucepan and sauté the eggplant and mushrooms until softened and slightly browned. Remove the vegetables from the pan and set aside.

STEP 2

Add additional coconut oil to the same pan, if needed, and sauté the onion with the garlic and ginger until the onion is translucent.

STEP 3

Add in the curry powder and return the eggplant and mushrooms to the pan.

STEP 4

Add in the coconut milk to the pan and simmer, uncovered, for about 15 minutes until the vegetables are cooked to your liking. Season with salt and pepper, to taste.

STEP 5

Garnish the curry with chopped fresh cilantro and flaked almonds and serve with cooked cauliflower "rice," if desired.



PORTOBELLO POT ROAST



4 SERVINGS



5 MINUTES

2 HOURS
(DUTCH OVEN METHOD)

INGREDIENTS

3 carrots (150 g), chopped**1** medium onion (110 g), diced**1** stalk (20 g) of celery, diced**2** cloves (6 g) of garlic, peeled and minced**24 oz** (680 g) portobello mushrooms, gills and stems removed**3/4 cup** (180 ml) red wine (optional)**2 cups** (480 ml) vegetable broth (plus additional, if needed)**2 Tablespoons** (30 ml) tomato paste**1 Tablespoon** (15 ml) gluten-free tamari sauce or coconut aminos**6** sprigs of fresh thyme**2** bay leaves**2 teaspoons** (5 g) arrowroot powder (or tapioca starch) (or more, if needed)

Olive oil (for cooking)

Salt and pepper (to taste)

Cauliflower mash (for serving) (optional)

DIRECTIONS

STEP 1

If using a Dutch oven, preheat the oven to 300°F (150°C).

STEP 2

Heat a drizzle of olive oil in the Dutch oven or a large pan if using a slow cooker over medium-high heat. Add the carrots, onion, celery, and garlic to the Dutch oven or pan and sauté for about 3 minutes.

STEP 3

Add the mushrooms and sauté for about 3 minutes until slightly softened.

STEP 4

If using, add the optional red wine and cook until reduced.

STEP 5

Add the vegetable broth, tomato paste, tamari sauce or coconut aminos, fresh thyme sprigs, and bay leaves to the Dutch oven or pan and bring to a boil. If using a slow cooker, carefully pour the mixture into the slow cooker.

NOTE

This recipe can be prepared in a Dutch oven or slow cooker. The Dutch oven method needs around 2 hours to cook, and the slow cooker needs around 6 hours to cook.

STEP 6

Place the lidded Dutch oven in the preheated oven and cook for 1 ½ hours. If using a slow cooker, cook on low for 6 to 8 hours. Stir several times during cooking and add more vegetable broth if the mixture becomes too dry.

STEP 7

Remove the thyme sprigs and bay leaves from the Dutch oven or slow cooker and discard. Season with salt and pepper, to taste.

STEP 8

If desired, to thicken the gravy, mix the arrowroot powder in a small bowl with 2 to 3 Tablespoons (30 to 45 ml) of water to make a slurry. Add the arrowroot slurry to the gravy and stir well to combine. Bring the mixture to a boil and cook until thickened to your liking. If needed, repeat with an additional 1 teaspoon (3 g) of arrowroot powder to reach the desired thickness.

STEP 9

Serve with pot roast over cauliflower mash, if desired.



MUSHROOM STROGANOFF



4 SERVINGS



5 MINUTES



30 MINUTES

INGREDIENTS

2 Tablespoons (30 ml) coconut oil

1 medium onion (4 oz or 110 g), diced

2 cloves (6 g) of garlic, peeled and crushed

1 lb (450 g) mushrooms, sliced (use a mix of your preferred varieties)

4 sprigs thyme

1 Tablespoon (8 g) tapioca flour

1/2 cup (120 ml) white wine or water

2 cups (480 ml) vegetable broth

1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos

1/2 cup (120 ml) coconut cream

1/4 cup (4 g) fresh parsley, chopped

Quinoa, cooked (to serve) (optional)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Heat the coconut oil in a large pan over medium heat. Add the onion and garlic to the pan and cook for 5 minutes until the onion is translucent.

STEP 2

Add the sliced mushrooms to the pan and cook for about 5 minutes until the mushrooms are soft.

STEP 3

Add the thyme leaves and white wine or water to the pan and cook for 2 to 3 minutes.

STEP 4

Add the tapioca flour to the pan and whisk to combine completely with no lumps remaining.

STEP 5

Gradually add the vegetable broth to the pan, whisking continuously, until all of the broth is added.

STEP 6

Add the tamari sauce or coconut aminos to the pan and bring to a boil. Reduce the heat and simmer for 5 minutes until the sauce is thickened.

STEP 7

Add the coconut cream and fresh parsley to the pan and season with salt and pepper, to taste.

STEP 8

Serve on its own or over cooked quinoa.



STUFFED ACORN SQUASH



2 SERVINGS 10 MINUTES 1 HOUR 15 MINUTES

INGREDIENTS

- 1** acorn squash (15 oz or 431 g)
- 1/2 cup** (40 g) mushrooms, chopped
- 1** carrot (1.8 oz or 50 g), diced
- 3/4 cup** (135 g) quinoa, cooked
- 1 Tablespoon** (8 g) dried cranberries
- 1 Tablespoon** (8 g) pumpkin seeds (plus additional, for garnish)
- 1 Tablespoon** (2 g) fresh sage, chopped
- 1/2 teaspoon** (2 g) garlic powder
- Olive oil (for cooking)
- Salt and pepper (to taste)

DIRECTIONS

STEP 1

Preheat the oven to 400°F (175°C).

STEP 2

Carefully cut the squash in half lengthwise and scoop out the seeds. Place cut-side down on a baking sheet and roast in the oven for 45 minutes.

STEP 3

Meanwhile, heat a drizzle of olive oil in a frying pan over medium-high heat. Add the mushrooms and carrot to the pan and cook for 5 minutes until the vegetables are softened.

STEP 4

Add the cooked quinoa, dried cranberries, pumpkin seeds, fresh sage, and garlic powder to the pan and cook for about 3 to 5 minutes. Season with salt and pepper, to taste.

STEP 5

Remove the squash from the oven and turn right side up on the baking sheet. Fill the squash with the quinoa mixture and return to the oven to roast for an additional 10 minutes.

STEP 6

If desired, garnish with additional pumpkin seeds and serve immediately.



SHEPHERD'S PIE



4 SERVINGS



15 MINUTES



1 HOUR

INGREDIENTS

- 1** medium onion (4 oz or 110 g), diced
- 2 stalks** (1.4 oz or 40 g) celery, diced
- 2** carrots (3.5 oz or 100 g), diced
- 8 oz** (227 g) chestnut or white button mushrooms, chopped
- 2 cloves** (6 g) of garlic, peeled and minced
- 3 ½ cups** (840 ml) vegetable broth (plus additional, if needed)
- 1 cup** (200 g) lentils, uncooked
- 2 Tablespoons** (30 ml) tomato paste

1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos

1 Tablespoon (3 g) fresh thyme leaves

Olive oil (for cooking)

Salt and pepper (to taste)

MASH:

1 large head (1.3 lbs or 600 g) of cauliflower, broken into small florets

2 Tablespoons (30 ml) olive oil

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Heat a drizzle of olive oil in a large pan over medium heat. Add the onion, celery, carrots, mushrooms, and garlic to the pan and sauté for 5 minutes until the vegetables are softened.

STEP 2

Add the vegetable broth, lentils, tomato paste, tamari sauce or coconut aminos, and fresh thyme to the pan and bring to a boil.

STEP 3

Reduce the heat to a simmer and cook, uncovered, for 25 minutes until the lentils are tender. Add additional vegetable broth if the mixture becomes dry while simmering. Season with salt and pepper, to taste.

STEP 4

Meanwhile, preheat the oven to 350°F (175°C). Grease a casserole dish with olive oil and set aside.

STEP 5

Bring a large pot of salted water to boil. Add the cauliflower florets to the pot and cook for 10 minutes or until very tender. Remove the cauliflower from the water and drain well.

STEP 6

Add the cauliflower and olive oil to a food processor or blender and blend until smooth. Season with salt and pepper, to taste.

STEP 7

Pour the lentil mixture into the bottom of the prepared casserole dish. Evenly spoon the cauliflower mash over the lentil mixture, covering completely.

STEP 8

Place the casserole dish in the oven and bake for 20 to 30 minutes until lightly golden and bubbling.

STEP 9

Remove the dish from the oven and let cool slightly before serving.



"CHEESY" BROCCOLI AND RICE CASSEROLE



4 SERVINGS



30 MINUTES



40 MINUTES

INGREDIENTS

5 cups cooked white rice (2.75 lbs or 1.25 kg) in vegetable broth (2 cups [175 g] dry rice to 4 cups [950 ml] broth)

1 crown (15.8 oz or 450 g) of broccoli, cut into small florets

2 cups (480 ml) water

"CHEESE" SAUCE:

1 onion (3.9 oz or 110 g), roughly chopped

1 cup (5.3 oz or 150 g) cashews

3 cups (710 ml) almond milk

3 Tablespoons (24 g) nutritional yeast

1 teaspoon (2 g) turmeric

2 teaspoons (7 g) garlic powder

1/2 teaspoon (1 g) black pepper

1 teaspoon (6 g) salt

DIRECTIONS

STEP 1

Preheat the oven to 400°F (200°C).

STEP 2

In a steamer, pour 2 cups (480 ml) of water and steam broccoli florets for about 8 minutes until tender.

STEP 3

In a blender, combine all the "cheese" sauce ingredients and blend until smooth.

STEP 4

Place the cooked rice and steamed broccoli in an oven-safe baking dish. Pour the "cheese" sauce over top and mix everything together until well incorporated.

STEP 5

Bake at 400°F (200°C) for 30 minutes or until tips of broccoli begin to crisp. Remove from the oven and serve.



BUTTERNUT SQUASH SHORT “RIBS”

2 TO 3 PLANKS



2-3 SERVINGS 10 MINUTES 1 HOUR 15 MINUTES

INGREDIENTS

- 1** butternut squash (3 lbs or 1.4 kg)
- 2** carrots (3.5 oz or 100 g), sliced
- 1** medium onion (4 oz or 110 g), sliced
- 1 stalk** (1.8 oz or 50 g) of celery, chopped
- 2 cloves** (6 g) of garlic, peeled and minced
- 1/2 cup** (120 ml) red wine (optional, but recommended)
- 1 cup** (240 ml) vegetable broth
- 2 Tablespoons** (30 ml) tomato puree (or tomato sauce)

1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos

2 bay leaves

1 Tablespoon (3 g) fresh thyme leaves

Olive oil (for cooking)

Salt and pepper (to taste)

Cauliflower mash (for serving) (optional)

DIRECTIONS

STEP 1

Preheat the oven to 400°F (200°C).

STEP 2

With a sharp knife, carefully cut the round ends from the squash. Cut in half and reserve the bottom section (*with the seeds*) for another use. Peel and cut the remaining squash into 2 or 3 planks or rectangles.

STEP 3

Heat a drizzle of olive oil in a large frying pan over medium-high heat and cook the planks for 2 to 3 minutes on each side. Remove the planks from the pan and set aside.

STEP 4

Heat another drizzle of oil in the same pan over medium-high heat. Add the carrots, onion, celery, and garlic to the pan and cook for 5 minutes until the vegetables are softened.

STEP 5

If using, add the optional red wine to the pan and cook until reduced.

STEP 6

Add the vegetable broth, tamari sauce or coconut aminos, tomato puree, bay leaves, and fresh thyme to the pan and cook for an additional 1 to 2 minutes. Season with salt and pepper, to taste.

STEP 7

Pour the mixture into a 9 x 13-inch (23 x 33 cm) baking dish and nestle the squash planks into the mixture. Tightly cover the baking dish with aluminum foil.

STEP 8

Place the baking dish in the oven and bake for 1 hour until tender, turning over the squash planks halfway through the cooking time. Remove and discard the bay leaves.

STEP 9

Serve the squash “ribs” with the sauce and cauliflower mash, if desired.



SPAGHETTI & “MEATBALLS”

12 MEATBALLS



4 SERVINGS

20 MINUTES

1 HOUR

INGREDIENTS

SAUCE:

- 1** small onion (4 oz or 113 g), diced
- 2 cloves** (6 g) of garlic, peeled and minced
- 2 cans** (14 oz or 400 g) of chopped or diced tomatoes
- 1 cup** (240 ml) tomato sauce
- 2 Tablespoons** (30 ml) tomato paste
- 4 Tablespoons** (8 g) fresh basil leaves, chopped
- 1 teaspoon** (1 g) crushed red pepper (or to taste, optional)
- Olive oil (for cooking)
- Salt and pepper (to taste)

MEATBALLS:

- 1/2 cup** (90 g) quinoa, uncooked

- 1 1/2 cups** (360 ml) water

- 1 can** (14 oz or 400 g) of black beans, drained and rinsed

- 1** small onion (4 oz or 113 g), diced

- 1 clove** (3 g) of garlic, peeled and minced

- 1** chia egg; **1 Tablespoon** (12 g) chia seeds + **2 1/2 Tablespoons** (38 ml) water

- 2 Tablespoons** (30 ml) tomato paste

- 1 Tablespoon** (15 ml) gluten-free tamari sauce or coconut aminos

- Olive oil (for cooking)

- Salt and pepper (to taste)

GARNISH: (OPTIONAL)

- Fresh basil leaves

- Vegan Parmesan

DIRECTIONS

STEP 1

Add the quinoa and water to a saucepan and bring to a boil. Reduce the heat to a simmer and cook for 10 minutes. Once cooked, set aside. (This recipe works best with quinoa that has been prepared in advance and allowed to cool and dry. For best results, prepare the quinoa a day in advance or at least a few hours before making the meatballs.)

STEP 2

To prepare the sauce, add onion and garlic to a pan with a drizzle of olive oil and cook over medium heat for 5 minutes until the onion is translucent.

STEP 3

Add the chopped tomatoes, tomato sauce and tomato paste to the pan and bring to a boil. Reduce the heat and simmer for 45 minutes. Add the fresh basil, optional crushed red pepper, and season with salt and pepper, to taste. (The sauce also can be prepared the day before, if desired.)

STEP 4

To make the meatballs, preheat the oven to 350°F (175°C). Arrange the black beans on a baking tray and bake for 5 to 10 minutes until dried and split slightly.

STEP 5

SPAGHETTI & “MEATBALLS”

{CONTINUED}

Make the chia egg; combine the chia seeds and water, let sit while you prepare the onion mixture.

STEP 6 • _____

Meanwhile, add onion and garlic to a pan with a drizzle of olive oil and cook over medium heat for 5 minutes until the onion is translucent.

STEP 7 • _____

Add the onion mixture, black beans, and cooked quinoa to a food processor and pulse to create a rough crumb.

STEP 8 • _____

In a large bowl, combine the quinoa mixture with the whisked egg, tomato paste, and tamari sauce or coconut aminos. Season with salt and pepper, to taste. Using your hands, form the mixture into 12 meatballs.

STEP 9 • _____

Place the meatballs on a baking tray and bake for 15 to 20 minutes until cooked through. *(Alternatively, pan-fry in a drizzle of olive oil for 10 minutes, turning frequently to ensure even cooking.)*

STEP 10 • _____

Serve the meatballs and tomato sauce with cooked spaghetti squash or zucchini “noodles.”



SIDES

- Mac 'N' Cheese [164](#)
- Easy Broccoli Tots [166](#)
- Cinnamon Roasted Sweet Potatoes and Butternut Squash [168](#)
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- Chayote Squash Curry Sauté [172](#)
- Maple Mint Roasted Carrots [174](#)
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- Curry Creamed Kale [178](#)
- Garlic Roasted Brussels Sprouts [180](#)





MAC 'N' CHEESE



6 SERVINGS

10 MINUTES

30 MINUTES

INGREDIENTS

1 ½ heads (900 g) cauliflower, broken into small florets, divided

1/2 cup (2.6 oz or 73 g) cashews, soaked overnight in filtered water and drained

1/4 cup (32 g) nutritional yeast

1 Tablespoon (6 g) turmeric

1 teaspoon (5 ml) mustard

1/2 teaspoon (1 g) garlic powder

1 Tablespoon (15 ml) olive oil

1/2 cup (120 ml) filtered hot water (plus additional, if needed)

1 Tablespoon (1 g) fresh parsley, chopped (for garnish)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Preheat the oven to 350°F (180°C).

STEP 2

Bring a large pot of water to a boil. Add the cauliflower florets from the 1/2 head of cauliflower and boil for 10 minutes until very soft. Remove the florets with a slotted spoon and place in a food processor or high-speed blender.

STEP 3

Add the soaked cashews, nutritional yeast, turmeric, mustard, garlic powder, olive oil and 1/2 cup (120 ml) of filtered water to the food processor or blender and blend until smooth. If needed, add additional filtered water to the “cheese” sauce until desired consistency is achieved. Season with salt and pepper, to taste.

STEP 4

Meanwhile, add the remaining florets from the whole head of cauliflower to the same pot of water and boil for 6 to 8 minutes until tender. Drain well and add to a large bowl.

STEP 5

Add the “cheese” sauce to the drained cauliflower and stir to combine. Season with salt and pepper, to taste. If desired, the dish can be served at this point.

STEP 6

Place the mixture in a casserole dish and bake for 10 to 12 minutes until the top is golden brown.

STEP 7

Garnish the dish with fresh parsley and serve.



EASY BROCCOLI TOTS



4 SERVINGS



5 MINUTES



30 MINUTES

INGREDIENTS

1 broccoli (1 lb or 450 g), broken into florets

1/2 medium onion (2 oz or 55 g), chopped small

2 cloves (6 g) of garlic, minced

1 chia egg; **1 Tablespoon** (12 g) chia seeds + **2 1/2 Tablespoons** (37 ml) water

1/2 cup (60 g) almond flour

1/4 cup (28 g) flax meal

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Preheat the oven to **400°F (200°C)**. Line a rimmed baking tray with parchment paper and set aside.

STEP 2

Make the chia egg; in a small bowl, mix together the chia seeds and water and let the mixture sit while you prepare the other ingredients.

STEP 3

Parboil the broccoli until softened. Drain the broccoli well and pat dry with a towel.

STEP 4

Chop the broccoli up into small pieces.

STEP 5

In a large mixing bowl, combine all the ingredients until it starts to form a rough dough. Use your hands to form small tots from the mixture. Place each tot onto the prepared baking tray.

STEP 6

Bake for 10 minutes, then flip and bake for an additional 5 minutes until lightly browned.

STEP 7

Enjoy with [ketchup](#) or [ranch dressing](#).



CINNAMON ROASTED SWEET POTATOES AND BUTTERNUT SQUASH



4 SERVINGS



15 MINUTES



20 MINUTES

INGREDIENTS

1 cup (140 g) sweet potatoes, peeled and cubed

1 cup (140 g) butternut squash, peeled and cubed

4 Tablespoons (60 ml) olive oil

1/2 Tablespoon (3 g) cinnamon powder

Salt (to taste)

DIRECTIONS

STEP 1

Preheat the oven to 400°F (200°C). Line a rimmed baking tray with parchment paper or aluminum foil and set aside.

STEP 2

In a large bowl, toss the cubed sweet potatoes and butternut squash with the olive oil and cinnamon until the vegetables are completely covered. Season with salt, to taste. Spread the vegetables in a single layer on the prepared baking tray.

STEP 3

Place the baking tray in the oven and bake for 15 minutes. Carefully turn over the vegetables and continue baking for an additional 10 to 15 minutes or until cooked to your liking. (The exact cooking time will depend on the size of the cubed vegetables as larger cubes will take longer to cook.)

STEP 4

Remove from the oven and serve immediately.



MUSHROOM RISOTTO



8 SERVINGS



10 MINUTES



15 MINUTES

INGREDIENTS

12 white button mushrooms (4.2 oz or 120 g), diced

2 Tablespoons (30 ml) olive oil (to cook the mushrooms and onions with)

1/4 medium onion (1 oz or 28 g), diced

1 head (1.3 lbs or 600 g) of cauliflower, processed into rice-like pieces

1/4 cup (60 ml) coconut oil

2 cloves (6 g) of garlic, peeled and minced

Coconut cream (optional)

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Sauté the diced mushrooms and onions together in the olive oil until browned.

STEP 2

In a separate pan, add coconut oil and cook the cauliflower "rice" on high heat for 5 minutes.

STEP 3

Add the sautéed mushrooms and onions to the cauliflower and stir to combine.

STEP 4

Add in the garlic to the cauliflower and continue to cook for 5 to 10 minutes until the cauliflower is soft. If desired, add some coconut cream for a creamier texture. Season with salt and pepper, to taste.

STEP 5

Serve warm.



CHAYOTE SQUASH CURRY



2 SERVINGS



10 MINUTES



25 MINUTES

INGREDIENTS

2 chayote squash (14 oz or 400 g), cut into 1-inch (2.5 cm) cubes

1 cup (150 g) carrots, cut into 1/2-inch (1.25 cm) cubes

4 stalks (3 oz or 80 g) of celery, chopped

2 Tablespoons (30 ml) coconut oil

1/2 Tablespoon (3.5 g) curry powder

Salt (to taste)

DIRECTIONS

STEP 1

Place the chayote squash, diced carrots, and celery in a pot of water and boil, covered, for 15 minutes. Remove the vegetables from the water and drain well.

STEP 2

Melt the coconut oil in a large skillet over medium-high heat. Add the drained vegetables and curry powder to the skillet and sauté for about 10 minutes until the vegetables are cooked to your liking. Season with salt, to taste.

STEP 3

Serve immediately.



MAPLE MINT ROASTED CARROTS



4 SERVINGS



10 MINUTES



30 MINUTES

INGREDIENTS

1 lb (450 g) carrots, halved or quartered into equal-size pieces

4 Tablespoons (60 ml) maple syrup

4 Tablespoons (60 ml) olive oil

1/4 cup (4 g) fresh mint, finely chopped

Salt (to taste)

DIRECTIONS

STEP 1

Preheat the oven to 350°F (175°C).

STEP 2

In a medium bowl, toss to combine the carrots, maple syrup, and olive oil. Season with salt, to taste. Spread the carrots evenly on a rimmed baking tray.

STEP 3

Place the baking tray in the oven and bake for 30 minutes until the carrots are cooked to your liking.

STEP 4

Sprinkle the carrots with chopped fresh mint and serve.



APPLE BROCCOLI ALMOND SAUTÉ



2 SERVINGS



10 MINUTES



15 MINUTES

INGREDIENTS

2 Tablespoons (30 ml) coconut oil (to cook with)

1 head (1 lb or 450 g) of broccoli, broken into small florets

1 small apple (5.3 oz or 150 g), peeled and cubed

1/3 cup (25 g) sliced almonds

Salt (to taste)

DIRECTIONS

STEP 1

Add coconut oil into the pan over medium-high heat. Add the broccoli florets to the pan and sauté for 5 minutes.

STEP 2

Add the apple to the pan and sauté for 5 minutes.

STEP 3

Add the sliced almonds to the pan and sauté for an additional 2 to 3 minutes or until the broccoli is cooked to your liking. Season with salt, to taste.



CURRY CREAMED KALE



2 SERVINGS



10 MINUTES



15 MINUTES

INGREDIENTS

1 Tablespoon (15 ml) coconut oil

1/2 medium onion (55 g), finely chopped

1/2 cup (120 ml) coconut cream (from the top of a refrigerated can of coconut milk)

4 cups (268 g) kale, stems removed and finely chopped

1 Tablespoon (7 g) curry powder

Salt (to taste)

DIRECTIONS

STEP 1

Add the coconut oil to a large skillet over medium-high heat. Add the onion to the skillet and sauté until translucent.

STEP 2

Add the coconut cream to the skillet and stir to combine.

STEP 3

Add the kale and curry powder to the skillet and continue to cook for 5 to 10 minutes until the kale is soft. Season with salt, to taste. *(If desired, use an immersion blender to make a smoother texture.)*

STEP 4

Serve warm.



GARLIC ROASTED BRUSSELS SPROUTS



2 SERVINGS



5 MINUTES



25 MINUTES

INGREDIENTS

16 Brussels sprouts (11 oz or 320 g)

5 cloves (15 g) of garlic, *unpeeled*

3 Tablespoons (45 ml) olive oil

3 Tablespoons (48 g) sliced almonds

Salt and pepper (to taste)

DIRECTIONS

STEP 1

Preheat the oven to 350°F (180°C).

STEP 2

Halve the Brussels sprouts and place in a bowl with the unpeeled garlic cloves. Add the olive oil and toss well to coat. Season with salt and pepper, to taste. Evenly spread the Brussel sprouts on a rimmed baking tray.

STEP 3

Place the baking tray in the oven and bake for 25 minutes until the Brussels sprouts are cooked to your liking.

STEP 4

Meanwhile, toast the sliced almonds in a hot, dry pan until golden. Remove the toasted almonds from the pan and set aside.

STEP 5

When the Brussels sprouts are done, pick out the garlic cloves and squeeze out the soft pulp. Mix the pulp in with the Brussels sprouts and serve topped with the toasted almonds.

DESSERTS

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CHOCOLATE WALNUT CAKE

8 SLICES



8 SERVINGS 20 MINUTES 25 MINUTES

INGREDIENTS

DRY INGREDIENTS:

2 cups (240 g) almond flour
1/2 cup (60 g) cassava flour
1/2 cup (48 g) cacao powder
1/2 cup (59 g) walnuts, *finely chopped*
1/2 to 2/3 cup (75 to 120 g) coconut sugar (*to taste*)
1/2 teaspoon (1 g) baking powder
1/2 teaspoon (2 g) baking soda
1/2 teaspoon (3 g) salt

WET INGREDIENTS:

3 flax eggs; **3 Tablespoon** (21 g) flax meal + **7.5 Tablespoons** (113 ml) water
1/2 cup (120 ml) coconut cream
1 teaspoon (5 ml) vanilla extract
1/4 cup (60 ml) plant milk of your choice
1/3 cup (80 ml) coconut oil, *melted and cooled slightly*

GANACHE:

8 oz (226 g) dark chocolate
1/2 cup (120 ml) coconut cream

TOPPINGS:

3 Tablespoons walnuts, *chopped*

DIRECTIONS

STEP 1

Preheat the oven to **350°F (175°C)**. Line the base of an 8-inch or 9-inch (20-30 cm) loose bottom cake tin with parchment paper.

STEP 2

Make the flax eggs; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 3

Mix together the dry ingredients in a large bowl.

STEP 4

In another bowl, whisk together the wet ingredients.

STEP 5

Fold the wet ingredients into the dry and mix well. Your mixture should be thick, but pourable. If it is too dry, add 1 Tablespoon of extra milk at a time.

STEP 6

Pour the mixture into the prepared pan and gently spread out.

STEP 7

Bake for 25 to 30 minutes, until springing back to the touch and a toothpick inserted comes out clean.

STEP 8

Allow to cool for 10 minutes in the pan before carefully removing and cooling on a wire rack.

CHOCOLATE WALNUT CAKE

{CONTINUED}

STEP 9

Once the cake is completely cool, prepare the ganache.

STEP 10

Break the chocolate into pieces and place in a microwave safe bowl.

STEP 11

Microwave for short intervals, stirring regularly until the chocolate has melted.

STEP 12

Whisk in the cream.

STEP 13

Spread the ganache over the cake and sprinkle over the walnuts.





SALTED CHOCOLATE CHUNK COOKIES

10 COOKIES



10 SERVINGS 10 MINUTES 12 MINUTES

INGREDIENTS

1 cup (120 g) almond flour

1/4 cup (28 g) coconut flour

1/2 teaspoon (2 g) baking soda

1/2 teaspoon (3 g) fine sea salt

1/3 cup (75 ml) almond butter

1/4 cup (60 ml) coconut oil, warm but not melted - TIP: place it near your oven for a few minutes

1/3 cup (75 g) coconut sugar

1 flax egg; **1 Tablespoon** (7 g) flax meal + **2 1/2 Tablespoons** (38 ml) water

2 Tablespoons (30 ml) maple syrup

2/3 cup (4 oz or 112 g) dark chocolate chunks



DIRECTIONS

STEP 1

Preheat the oven to 350°F (175°C).

STEP 2

Make the flax egg; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 3

In a large bowl, mix together the almond flour, coconut flour, baking soda, salt and coconut sugar.

STEP 4

Add the coconut oil, almond butter and maple syrup and mix well.

STEP 5

Add the flax egg and mix thoroughly. The dough should be sticking together and be scoopable, but it may seem drier than normal cookie dough.

STEP 6

Fold through the chocolate chunks.

STEP 7

Use an ice cream scoop to scoop out balls of dough and place on a baking sheet, spread out evenly.

STEP 8

Bake for 12 minutes, then gently press down on the cookies with the back of a spatula and leave to cool on the baking sheet.



RED VELVET CUPCAKES

12 CUPCAKES



12 SERVINGS 15 MINUTES 15 MINUTES

INGREDIENTS

CUPCAKES:

1 ½ cups (180 g) almond flour

1 ½ cups (180 g) tapioca flour

4 Tablespoons (24 g) cacao powder

1/2 to 2/3 cup (120 to 160 g) coconut sugar or sweetener (to taste)

2 teaspoon (4 g) baking powder

1/2 teaspoon (2 g) baking soda

1 teaspoon (5 ml) apple cider vinegar

1/3 cup (80 ml) coconut oil, melted

1/4 cup (60 ml) applesauce

3/4 cup (180 ml) almond milk

1 teaspoon (5 ml) vanilla

2 to 4 Tablespoons (30 to 60 ml) natural red food coloring

COCONUT WHIP FROSTING:

1 can (13.5 oz or 400 ml) full fat coconut milk, refrigerated for 24 hours

1 teaspoon (5 ml) vanilla

4 Tablespoons (48 g) powdered sweetener (optional)

DIRECTIONS

STEP 1

Preheat the oven to 350°F (175°C). Line a 12 hole muffin pan with cases.

STEP 2

In a large bowl, mix together the almond flour, tapioca flour, cacao powder, coconut sugar, baking powder and baking soda.

STEP 3

Add the apple cider vinegar, coconut oil, applesauce, almond milk and vanilla and mix well.

STEP 4

Add the food coloring (natural food coloring won't give you as vibrant of a red, but add enough to make your batter a red/brown).

STEP 5

Bake for 15 minutes, or until springing back to the touch.

STEP 6

Remove from the pan and allow to cool completely.

STEP 7

Once cool, prepare the frosting. Carefully open the can and scoop out the solid cream on top of the can and place in a bowl with the vanilla and sweetener.

STEP 8

Using a hand mixer or stand mixer, beat until stiff, about 2 minutes.

STEP 9

Either spread or pipe on to your cupcakes (the coconut frosting is more of a whipped cream so it isn't as easy to pipe as a traditional buttercream).



MINI STRAWBERRY SHORTCAKES

10 MINI SHORTCAKES



10 SERVINGS 15 MINUTES 12 MINUTES

INGREDIENTS

1 cup (120 g) almond flour
3/4 cup (90 g) tapioca flour
1/2 teaspoon (2 g) baking soda
1/2 teaspoon (1 g) baking powder
1/4 teaspoon (1.5 g) salt
1 flax egg; **1 Tablespoon** (7 g) flax meal + **2 1/2 Tablespoons** (38 ml) water
3 Tablespoons (45 ml) maple syrup
3 Tablespoons (45 ml) coconut oil, melted
1 teaspoon (5 ml) vanilla extract
1/4 cup (60 ml) almond milk

TOPPINGS:

1/2 cup (120 ml) coconut cream (the top layer of 1 can)
 *refrigerated for at least 24 hours - it must be solid to whip properly
1/2 teaspoon (2.5 ml) vanilla extract
2 Tablespoons (24 g) powdered erythritol or **2 Tablespoons** (30 ml) maple syrup
1 cup (5.3 oz or 150 g) strawberries, diced

DIRECTIONS

STEP 1

Make the flax egg; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 2

Preheat the oven to 350°F (175°C). Place a metal, glass or ceramic mixing bowl in the fridge to chill.

STEP 3

Add all of the dough ingredients (including the flax egg) to another mixing bowl and mix until smooth. You should have a ball of dough that can be shaped. Add a splash of almond milk if your dough is too dry.

STEP 4

Scoop out a ping pong sized ball of dough and shape into a ball. Place into a hole of a 12 hole shallow muffin tin and press down lightly to flatten to the diameter of the hole. Repeat with remaining dough.

STEP 5

Bake for 12 minutes, until golden and springing back to the touch.

STEP 6

Set aside and allow to cool completely before preparing the toppings.

STEP 7

Add the coconut cream, vanilla and maple syrup to the chilled bowl. Use a hand mixer or stand mixer to beat for 3 to 5 minutes, until your cream stiffens to whipped cream consistency.

STEP 8

Spread 1 Tablespoon of the cream on to each shortcake and top with some diced strawberries.



DAIRY-FREE CASHEW CHEESECAKE



16 SERVINGS 15 MINUTES 2 HOURS

INGREDIENTS

CRUST:

2 cups (240 g) almond flour

4 to 5 Tablespoons (60 to 75 ml) **coconut oil**, melted

Coconut sugar or maple syrup (to taste)

Dash of salt (to taste)

CHEESECAKE MIXTURE:

2 cups (300 g) raw cashews, soaked in filtered for at least 4 hours but up to 8 hours

1/2 cup (120 ml) coconut oil, melted

1/2 cup (120 ml) coconut cream (from the top of a refrigerated can of coconut milk)

1/3 cup (80 ml) maple syrup (or to taste)

1 Tablespoon (6 g) lemon zest

2 Tablespoons (30 ml) lemon juice

1 Tablespoon (15 ml) vanilla extract

Dash of salt

DIRECTIONS

STEP 1

Line a 9-inch (23 cm) springform pan with parchment paper or grease with coconut oil and set aside.

STEP 2

In a food processor, combine the crust ingredients to create a coarse sand-like texture.

STEP 3

Press the crust mixture into the bottom of the prepared pan.

STEP 4

In the same food processor or blender, combine the cheesecake ingredients until smooth.

STEP 5

Pour the cheesecake mixture over the crust mixture. Gently tap the pan to remove any air bubbles from the filling.

STEP 6

Place the pan in the freezer and freeze for at least 2 hours or until set.

STEP 7

When ready to serve, remove from the freezer and let sit for about 30 minutes before slicing and serving. If desired, garnish with fresh berries and additional lemon zest.



BLACK BEAN BROWNIES

16 SMALL OR 9 LARGE BROWNIES



16 SMALL OR
9 LARGE SERVINGS



15 MINUTES



30 MINUTES

INGREDIENTS

1 can (14 oz or 400 g) of black beans, drained and rinsed

3 flax eggs; **3 Tablespoon** (21 g) flax meal + **7 ½ Tablespoons** (113 ml) water

1 teaspoon (5 ml) vanilla extract

4 Tablespoons (60 ml) coconut oil, melted

2 Tablespoons (30 ml) strong coffee or espresso (optional but really enhances the flavor)

1/2 to 2/3 cup (75 to 120 g) coconut sugar (to taste)

1/3 cup (32 g) cacao powder

1/2 teaspoon (3 g) salt

1/2 teaspoon (2 g) baking soda

1/2 teaspoon (1 g) baking powder

1/2 cup (3 oz or 85 g) chocolate chips

DIRECTIONS

STEP 1

Preheat the oven to 350°F (175°C).

STEP 2

Make the flax egg; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 3

Line an 8 x 8-inch (20 x 20 cm) brownie pan with baking paper.

STEP 4

Add the black beans to a food processor and blend until smooth.

STEP 5

Add the flax eggs, vanilla, melted coconut oil and coffee to

the beans and blend again.

STEP 6

Pour the mixture into a mixing bowl, or use the food processor bowl.

STEP 7

Add the coconut sugar, cacao powder, salt, baking soda and baking powder and mix well.

STEP 8

Fold through the chocolate chips.

STEP 9

Bake for 30 to 35 minutes, until the brownies spring back to the touch.

STEP 10



SUGAR COOKIES

12 COOKIES



12 SERVINGS 15 MINUTES 10 MINUTES

INGREDIENTS

1 cup (120 g) tapioca flour

1/2 cup (60 g) almond flour

1/4 cup (28 g) coconut flour

1/4 teaspoon (2 g) baking soda

1/2 teaspoon (3 g) fine salt

1/2 cup (120 g) coconut sugar

3 Tablespoons (45 ml) maple syrup

1/4 cup (60 ml) coconut oil, melted

1 teaspoon (5 ml) vanilla

3 Tablespoons (45 ml) almond milk

ICING: (OPTIONAL)

2/3 cup (120 g) powdered erythritol

2 Tablespoons (30 ml) water

DIRECTIONS

STEP 1

Mix together the tapioca flour, almond flour, coconut flour, baking soda, salt and coconut sugar in a bowl.

STEP 2

Add the vanilla, maple syrup, coconut oil and almond milk and mix well. Mix for several minutes, pressing the dough against the bowl. The dough will seem dry at first but keep mixing and kneading and it will come together.

STEP 3

Knead a few times with your hands and form a ball.

STEP 4

Wrap the dough ball in plastic wrap and chill in the fridge for 1 hour, or until you are ready to bake.

STEP 5

Preheat the oven to 350°F (175°C).

STEP 6

Line a cookie sheet with a baking mat or parchment paper.

STEP 7

Dust your worktop with tapioca flour.

STEP 8

Unwrap the dough and warm for a minute or so in your hands.

STEP 9

Roll out the dough with a rolling pin - it will seem crumbly and will crack but it glues back together very easily. If needed, use your hands to warm the dough by pressing down and fusing the cracks back together.

STEP 10

Use cookie cutters to cut out cookies and place them on the prepared baking sheet.

STEP 11

Re-roll the dough and repeat until used up - you will find it rolls easier as it has warmed up slightly.

STEP 12

Bake for 10 minutes, until lightly golden.

STEP 13

Transfer to a wire rack to cool completely.

STEP 14

If you want to add icing, whisk the powdered erythritol and water together in a bowl.

STEP 15

Spread the icing on the cookies or transfer to a piping bag and pipe.



CHOCOLATE CHIP ZUCCHINI BREAD

8 SLICES



8 SERVINGS 15 MINUTES 30 MINUTES

INGREDIENTS

1 medium zucchini, *grated*

1/2 cup (3 oz or 85 g) chocolate chips

WET INGREDIENTS:

2 flax eggs; **2 Tablespoons** (14 g) flax meal + **5 Tablespoons** (75 ml) water

1/2 cup (120 ml) applesauce

2 to 4 Tablespoons (30 to 60 ml) almond milk

1 Tablespoon (15 ml) apple cider vinegar

DRY INGREDIENTS:

1 1/2 cups (180 g) almond flour

1/2 cup (56 g) coconut flour

1/4 cup (30 g) tapioca flour

1/3 to 1/2 cup (80 to 120 g) coconut sugar (*to taste*)

2 teaspoons (4 g) baking powder

1/2 teaspoon (2 g) baking soda

1/2 teaspoon (3 g) salt

DIRECTIONS

STEP 1

Make the flax egg; in a small bowl, mix together the flax meal and water, set aside and let the mixture sit for a few minutes.

STEP 2

Preheat the oven to **350°F (175°C)**. Line a loaf pan with baking paper. Tip - use two long strips to form an + shape and leave overhang to lift out your loaf easily after baking.

STEP 3

Grate or shred the zucchini and gather it up in a paper towel or piece of muslin fabric. Squeeze out some of the moisture over a sink. Set aside.

STEP 4

In a large bowl, mix together the dry ingredients.

STEP 5

In another bowl, whisk together the wet ingredients (*including the flax egg*). Then mix the wet ingredients into the dry ingredients.

STEP 6

Add the grated zucchini and chocolate chips and mix again.

STEP 7

If your mixture is dry, add extra almond milk 1 Tablespoon at a time.

STEP 8

Pour into the prepared pan and spread out.

STEP 9

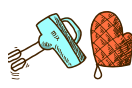
Bake for 30 to 45 minutes, until it springs back to the touch and a toothpick inserted comes out clean.

STEP 10

Allow to cool completely in the pan before lifting out and slicing.



APPLE COBBLER



4 SERVINGS 20 MINUTES 20 MINUTES

INGREDIENTS

FILLING:

3 green apples (15.9 oz or 450 g)

1/2 cup (120 ml) unsweetened applesauce

1 teaspoon (2 g) cinnamon

1 Tablespoon (15 g) coconut sugar

2 Tablespoons (30 ml) water

CRUMBLE TOPPING:

1 cup (120 g) almond flour

1/4 cup (28 g) coconut flour

4 Tablespoons (60 g) coconut sugar

4 Tablespoons (60 ml) coconut oil, melted

1 teaspoon (2 g) cinnamon

1/4 teaspoon (1.5 g) salt

DIRECTIONS

STEP 1

Preheat the oven to 350°F (175°C).

STEP 2

Core and dice the apples.

STEP 3

Add all of the ingredients for the filling to a saucepan over low-medium heat. Simmer for 5 minutes.

STEP 4

Meanwhile, mix together the almond flour, coconut flour, coconut sugar, cinnamon and salt in a bowl.

STEP 5

Add the melted coconut oil and rub the mixture together between your fingertips until a uniform crumb forms.

STEP 6

Tip the filling into a casserole dish and sprinkle over the topping.

STEP 7

Cook for 20 to 30 minutes, until golden and bubbling.

STEP 8

Serve.



ALMOND BUTTER COOKIES

10 LARGE OR 12 SMALL COOKIES



10 - 12
SERVINGS



10 MINUTES



10 MINUTES

INGREDIENTS

1 cup (240 ml) creamy almond butter

3/4 cup (180 g) fine coconut sugar

1 teaspoon (5 ml) vanilla extract

1 flax egg; **1 Tablespoon** (7 g) flax meal + **2 1/2 Tablespoons** (38 ml) water

1/2 teaspoon (3 g) fine sea salt

DIRECTIONS

STEP 1

Preheat the oven to 350°F (175°C).

STEP 2

Make the flax egg; in a small bowl, mix together the flax meal and water and let the mixture sit for a few minutes.

STEP 3

Line a cookie sheet with baking paper or a baking mat.

STEP 4

Add the almond butter, coconut sugar, vanilla and salt to a mixing bowl or the bowl of a stand mixer.

STEP 5

Beat the mixture for 1-2 minutes until thick.

STEP 6

Add the flax egg and beat again, the mixture should be really thick and sticky.

STEP 7

Use an ice cream scoop to scoop out balls of dough and arrange evenly on the cookie sheet.

STEP 8

Bake for 10 minutes, then remove from the oven and allow to cool on the cookie sheet.

STEP 9

While cooling, press down lightly on the cookies with a spatula to flatten slightly.

STEP 10

Sprinkle with sea salt, if desired, and serve.



COCONUT BLISS DARK CHOCOLATE BARS

4 (2.5 OZ OR 75 ML) BARS



4 SERVINGS

10 MINUTES

4 HOURS

INGREDIENTS

1 cup (240 ml) coconut milk from can

6 Tablespoons (36 g) cacao powder, unsweetened

1 teaspoon (5 ml) vanilla extract

2 Tablespoon (30 ml) maple syrup

2 teaspoon (10 g) coconut sugar

Pinch of salt

DIRECTIONS

STEP 1

Add all ingredients in a blender and blend together well.

STEP 2

Taste the mixture and add more of any ingredient you want.

STEP 3

Pour into ice pop molds (*this recipe makes four 2.5 oz or 75 ml bars*). Make sure there's a bit of space left over as the mixture will expand when it freezes.

STEP 4

Freeze for 4+ hours. When ready to eat, run the ice pop mold for a few minutes under hot water to make it easier to pull the ice pops out.

CONDIMENTS & SAUCES

- Vegan Mayonnaise [207](#)
- BBQ Sauce [209](#)
- Pizza Sauce [211](#)
- Pesto [213](#)
- Hidden Veggies Ketchup [215](#)
- "Honey" Mustard Sauce [217](#)
- Raspberry Chia Jam [219](#)





VEGAN MAYONNAISE

1 CUP (240 ML)



10 MINUTES

INGREDIENTS

1 cup (5.3 oz or 150 g) raw cashews, soaked overnight or in hot water for 30 minutes

1/2 cup (120 ml) water

2 teaspoons (10 ml) lemon juice

2 teaspoons (10 ml) apple cider vinegar

1/2 teaspoon (3 g) salt

1/2 teaspoon (2.5 ml) mustard

1 teaspoon (2.5 g) nutritional yeast

1/8 teaspoon (1 g) garlic powder

DIRECTIONS

STEP 1

Add all ingredients to a blender and blend until smooth and creamy.

STEP 2

Transfer to a jar or container and store in the fridge until ready to use. It will thicken slightly in the fridge.





BBQ SAUCE



12 SERVINGS



5 MINUTES



5 MINUTES

INGREDIENTS

1 can (6 oz or 170 g) of tomato paste

1/4 to 1/2 cup (60 to 120 ml) water

2 Tablespoons (30 ml) apple cider vinegar

1 Tablespoon (10 g) garlic powder

1 Tablespoon (7 g) onion powder

2 Tablespoons (30 ml) gluten-free tamari sauce or coconut aminos

1 Tablespoon (15 ml) olive oil

1 Tablespoon (15 ml) yellow mustard

Maple syrup (to taste) (optional)

DIRECTIONS

STEP 1

Add 1/4 cup (60 ml) of water to a saucepan on medium heat. Stir in the tomato paste and the remaining ingredients.

STEP 2

Add additional water to create a more liquidy BBQ sauce, if desired. Add additional maple syrup, to taste, to create a sweeter BBQ sauce, if desired.

STEP 3

Refrigerate any leftover BBQ sauce in a sealed container for 3 to 4 days.



PIZZA SAUCE



8 SERVINGS



5 MINUTES



5 MINUTES

INGREDIENTS

1 can (14 oz or 400 g) of diced tomatoes

1 can (6 oz or 170 g) of tomato paste

1 teaspoon (5 g) coconut sugar

1 teaspoon (5 ml) balsamic vinegar

1 teaspoon (2 g) garlic powder

1 teaspoon (2 g) onion powder

2 Tablespoon (6 g) Italian seasoning

Salt and pepper (*to taste*)

DIRECTIONS

STEP 1

Add all the ingredients into a small saucepan on a low heat and simmer for 5 minutes. Blend well.





PESTO

2 TABLESPOONS (30 ML) PER SERVING



4 SERVINGS

10 MINUTES

INGREDIENTS

4 Tablespoons (60 ml) olive oil

2 Tablespoons (16 g) pine nuts

3 cloves (9 g) of garlic, peeled and roughly chopped

1 cup (32 g) fresh basil leaves

1/2 cup (8 g) flat-leaf parsley leaves

2 teaspoons (5 g) nutritional yeast flakes

1 Tablespoon (15 ml) freshly squeezed lemon juice

Salt and freshly ground black pepper (to taste)

DIRECTIONS

STEP 1

Heat one teaspoon (5 ml) of the olive oil in a pan. Fry the pine nuts and garlic until lightly golden. Remove from the heat and allow to cool slightly.

STEP 2

In a blender or food processor, blend the basil, parsley, nutritional yeast flakes, remaining olive oil, toasted pine nuts, and garlic.

STEP 3

Blend until a smooth pesto forms, scraping down the sides as you go.

STEP 4

Mix in lemon juice, salt, and pepper, to taste.

STEP 5

Store in a sealed container in the fridge for up to 4 days.



HIDDEN VEGGIES KETCHUP

2 TABLESPOONS (30 ML) PER SERVING



12 SERVINGS



10 MINUTES



1 HOUR

INGREDIENTS

2 teaspoons (10 ml) olive oil

1 large carrot (1.8 oz or 50 g), peeled and finely diced

2 beets (5.8 oz or 164 g), peeled and finely diced

1/2 tablespoon (8 ml) red wine vinegar

2 teaspoons (10 ml) maple syrup

Salt

DIRECTIONS

STEP 1

Heat the olive oil in a pan and add the carrots and beets. Cook over medium heat until slightly caramelized and softened.

STEP 2

Add 1 cup of water and bring to a boil. Turn heat down to low, cover, and simmer for 1 hour. The vegetables should be completely softened.

STEP 3

Remove from the heat and stir in the vinegar and maple syrup. Season with salt to taste.

STEP 4

Allow to cool, then blend to a smooth sauce in a food processor. Store in a sealed container in the fridge for no longer than 4 days or freeze.



“HONEY” MUSTARD DRESSING

1/3 CUP



4 SERVINGS



5 MINUTES

INGREDIENTS

4 Tablespoons (60 ml) Dijon mustard

2 Tablespoons (30 ml) maple syrup (*adjust amount to taste*)

1 ½ teaspoons (15 g) garlic powder

1 ½ teaspoons (7.5 ml) apple cider vinegar

DIRECTIONS

STEP 1

Mix all the ingredients together in a bowl.

STEP 2

Store in an airtight glass jar or container in the refrigerator for **2-4 weeks**.



RASPBERRY CHIA JAM



8 SERVINGS



5 MINUTES

INGREDIENTS

1/2 cup (60 g) raspberries

1/4 cup (60 ml) water

2 teaspoons (8 g) chia seeds

1 teaspoon (5 ml) lemon juice

1 teaspoon (5 ml) maple syrup

DIRECTIONS

STEP 1

Add all the ingredients to a small pot and simmer.

STEP 2

Remove from heat and let it cool.

STEP 3

Pour into jars and store in the fridge for up to 1 week.

HEALTHY DRINKS

- Green Ginger Juice [222](#)
- Turmeric Tonic [224](#)
- Apple Kale Smoothie [226](#)
- Coffee and "Tonic" [228](#)
- The Hulk Smoothie [230](#)
- Turmeric Beet and Apple Smoothie [232](#)
- Golden Milk Tea [234](#)
- Chocolate Cherry Smoothie [236](#)
- Açaí Banana Smoothie [238](#)





GREEN GINGER JUICE



1 SERVING



10 MINUTES

INGREDIENTS

5.3 oz (148 g) kale, stems removed and roughly chopped

5 stalks (3.5 oz or 100 g) of celery, roughly chopped

2 Tablespoons (30 ml) lemon juice

1 Tablespoon (5 g) fresh ginger, peeled and roughly diced

1 teaspoon (5 ml) maple syrup (or to taste)

DIRECTIONS

STEP 1

Place all the kale and celery into a juicer and juice the vegetables into a large glass. Discard the pulp after juicing.

STEP 2

Stir the lemon juice and maple syrup into the juice and enjoy.



TURMERIC TONIC



2 SERVINGS



5 MINUTES

INGREDIENTS

1 cup (240 ml) water

2 Tablespoons (30 ml) lemon juice

1 small apple (5.3 oz or 150 g), peeled and chopped

1 teaspoon (2 g) turmeric powder

2 slices of fresh ginger

1 teaspoon (5 ml) coconut oil

Dash of black pepper

DIRECTIONS

STEP 1

Blend all the ingredients together until smooth. If needed, add additional water to reach desired consistency.

STEP 2

Pour the smoothie into 2 glasses and enjoy.



APPLE KALE SMOOTHIE



2 SERVINGS



10 MINUTES

INGREDIENTS

1 cup (68 g) kale, stems removed and chopped

1 small apple (5.3 oz or 150 g), peeled and chopped

1/2 cup (47 g) frozen mango

1 small frozen banana (3.5 oz or 100 g), peeled

1 scoop greens powder ([CoBionic Vibrance Daily Green](#) recommended) (optional)

1 cup (240 ml) unsweetened coconut milk or almond milk

1 cup (240 ml) water

A handful of ice cubes

1 Tablespoon (7 g) flax seeds

DIRECTIONS

STEP 1

Add all ingredients to a blender and blend on high until smooth. If needed, additional coconut (or almond) milk or water to reach desired consistency.

STEP 2

Pour the smoothie into 2 glasses and enjoy.



COFFEE AND “TONIC”



1 SERVING



5 MINUTES

INGREDIENTS

1 cup (240 ml) brewed coffee, room temperature or chilled

1 large ice cube

1/4 cup (60 ml) unflavored sparkling water

Dash of maple syrup (to taste) (optional)

Dash of lemon (to taste) (optional)

DIRECTIONS

STEP 1

Let the coffee cool and add an ice cube to chill it.

STEP 2

Add the sparkling water to the chilled coffee. If desired, add maple syrup or lemon, to taste, and enjoy.



THE HULK SMOOTHIE

1 LARGE SMOOTHIE OR 2 SMALL SMOOTHIES



10 MINUTES

INGREDIENTS

- 1 cup** (67 g) kale, stems removed
- 1 cup** (30 g) spinach
- 1** small orange (3.5 oz or 100 g), peeled and seeds removed
- 1 cup** (160 g) watermelon, seeds removed
- 1 Tablespoon** (10 g) hemp seeds
- 1/4** large avocado (1.8 oz or 50 g)
- 1/2** frozen banana (1.8 oz or 50 g), peeled
- 1 teaspoon** (2 g) fresh ginger, minced
- 1 ½ cups** (360 ml) unsweetened almond milk or coconut milk
- A handful** of ice
- 1** Medjool date (1 oz or 24 g), pitted (optional for added sweetness)

DIRECTIONS

STEP 1

Add all ingredients to a blender and blend until smooth. If needed, add additional almond milk or coconut milk to reach desired consistency.

STEP 2

Pour into 2 glasses and serve.



TURMERIC BEET AND APPLE SMOOTHIE



2 SERVINGS



5 MINUTES

INGREDIENTS

1/4 beet (0.75 oz or 21 g), peeled and chopped

1 small apple (5.3 oz or 150 g), peeled and chopped

1/2 teaspoon (1 g) turmeric powder

1 slice of ginger

1 Tablespoon (15 ml) lemon juice

1 small avocado (7 oz or 200 g)

1/2 cup (120 ml) unsweetened coconut milk or almond milk

1 Tablespoon (15 ml) maple syrup

Dash of black pepper

DIRECTIONS

STEP 1

Place the ingredients in a high-speed blender and blend until smooth. If needed, add additional coconut milk or almond milk to reach desired consistency.

STEP 2

Pour the smoothie into 2 glasses and enjoy.



GOLDEN MILK TEA



1 SERVING



5 MINUTES



15 MINUTES

INGREDIENTS

1 cup (240 ml) filtered water

2 teaspoons (4 g) turmeric powder

1-inch (2.5 cm) **piece** of fresh ginger, sliced

1/8 teaspoon black peppercorns

1 cup (240 ml) unsweetened almond milk

1 bag of black tea

1 teaspoon (4 g) erythritol (or preferred sweetener) (to taste) (optional)

DIRECTIONS

STEP 1

Add the filtered water, turmeric, ginger, and peppercorns to a saucepan over medium-low heat and whisk to combine. Gently simmer for about 10 minutes, whisking occasionally, until the mixture is hot but not boiling.

STEP 2

Remove from the heat and whisk in the almond milk. Add the tea bag to the mixture, cover, and steep for about 5 minutes.

STEP 3

Pour the mixture through a sieve or fine mesh strainer to remove the ginger slices, peppercorns, and teabag. Add the optional erythritol or preferred sweetener, to taste.

STEP 4

Pour the tea into a large mug and enjoy warm.



CHOCOLATE CHERRY SMOOTHIE



1 SERVING



5 MINUTES

INGREDIENTS

1 cup (240 ml) water

2 Tablespoons (12 g) cacao powder or unsweetened cocoa powder

1 Tablespoon (12 g) chia seeds

1 cup (140 g) unsweetened frozen cherries

1/2 cup (70 g) frozen cooked cauliflower

DIRECTIONS

STEP 1

Add all ingredients to a blender and blend on high until smooth. Add additional water to reach desired consistency, if needed.

STEP 2

Pour the smoothie into a large glass and enjoy.

NOTE

Raw cauliflower will leave a very bitter taste. It is recommended to steam the cauliflower florets and then freeze before using.



AÇAÍ BANANA SMOOTHIE



2 SERVINGS 10 MINUTES

INGREDIENTS

SMOOTHIE:

1 packet (3.5 oz or 100 g) of frozen unsweetened açai puree

1 cup (125 g) frozen raspberries

1 small (3.5 oz or 100 g) frozen banana, peeled

1 cup (240 ml) unsweetened coconut or almond milk

1 Tablespoons (6 g) cacao (or unsweetened cocoa) powder

TOPPING:

A handful of berries

1 teaspoon (3 g) poppy seeds

1 teaspoon (2 g) shredded coconut

DIRECTIONS

STEP 1

In a blender, combine the frozen açai puree, frozen raspberries, frozen banana, and coconut milk (or almond milk) until smooth. If needed, add additional coconut milk or almond milk to reach desired consistency.

STEP 2

Pour the smoothie into 2 glasses and top with additional berries, poppy seeds, or shredded coconut, if desired.

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14-DAY PLANT-BASED MEAL PLANS

Your first few weeks on a plant-based lifestyle can be tough, so creating a really simple plan is the best way to stick to a plant-based lifestyle, learn about your body, and live a healthier lifestyle long-term. The following 14-day meal plan is designed as a guide to help you create your own.

This meal plan is designed for 2 people and uses recipes from The Plant-Based Cookbook. Please check recipe yields and make sure to halve or double the recipe accordingly.

DAY 1

BREAKFAST - Banana and Almond Butter Sweet Potato Toast ([page 22](#)) - must be halved

LUNCH - Sweet and Sour Cauliflower ([page 132](#))

DINNER - Dairy-Free "Cheese" Pizza ([page 108](#))

DAY 2

BREAKFAST - Vegan BLT Sandwich ([page 52](#)) - must be doubled

LUNCH - Broccoli Slaw ([page 74](#)) - must be halved

DINNER - Eggplant Curry ([page 146](#))

DAY 3

BREAKFAST - Warm Cinnamon Breakfast Quinoa ([page 24](#))

LUNCH - Strawberry Spinach Salad with Strawberry Dressing ([page 76](#)) - must be halved

DINNER - Roasted Cauliflower "Steak" ([page 134](#))

DAY 4

BREAKFAST - Chocolate Cherry Smoothie ([page 236](#)) - must be doubled

LUNCH - Sweet Potato Sliders ([page 102](#)) - must be halved

DINNER - Portobello Pot Roast (keep leftovers for dinner tomorrow) ([page 148](#))

DAY 5

BREAKFAST - Banana and Nut Porridge ([page 10](#)) - must be halved

LUNCH - Balsamic Fruit Salad ([page 80](#))

DINNER - leftover Portobello Pot Roast ([page 148](#))

DAY 6

BREAKFAST - Apple Kale Smoothie ([page 226](#))

LUNCH - "Chicken" Nuggets ([page 122](#)) - must be halved

DINNER - Vegetable Chow Mein ([page 136](#))

DAY 7

BREAKFAST - Sweet Potato Sliders ([page 102](#)) - must be halved

LUNCH - Pad Thai ([page 128](#))

DINNER - Indian Butter "Chicken" ([page 106](#))

DAY 8

BREAKFAST - Coffee and "Tonic" ([page 228](#)) - must be doubled

LUNCH - "Cheesy" Broccoli and Rice Casserole ([page 156](#)) - must be halved

DINNER - Cinnamon Roasted Sweet Potatoes and Butternut Squash (keep leftovers for dinner tomorrow) ([page 168](#))

DAY 9

BREAKFAST - Acai Banana Smoothie ([page 238](#))

LUNCH - "Beef" Tacos with Dairy-Free Avocado Crema ([page 116](#)) - must be halved

DINNER - leftover Cinnamon Roasted Sweet Potatoes and Butternut Squash ([page 168](#))

DAY 10

BREAKFAST - Apple Cinnamon Pancakes ([page 16](#)) - must be doubled

LUNCH - Jackfruit Pulled "Pork" ([page 100](#))

DINNER - Zoodles with Vegetable Bolognese Sauce (keep leftovers for dinner tomorrow) ([page 142](#))

DAY 11

BREAKFAST - Banana and Almond Butter Sweet Potato Toast ([page 22](#)) - must be halved

LUNCH - Sloppy Joes ([page 104](#)) - must be halved

DINNER - leftover Zoodles with Vegetable Bolognese Sauce ([page 142](#))

DAY 12

BREAKFAST - Crispy Waffles ([page 14](#))

LUNCH - Apple Broccoli Almond Sauté ([page 176](#))

DINNER - Greek Nourishing Bowl ([page 60](#))

DAY 13

BREAKFAST - Turmeric Beet and Apple Smoothie ([page 232](#))

LUNCH - Dairy-Free "Cheese" Pizza ([page 108](#))

DINNER - Shepherd's Pie (keep leftovers for dinner tomorrow) ([page 154](#))

DAY 14

BREAKFAST - Sweet Potato "Oatmeal" ([page 28](#))

LUNCH - "Chicken" Nuggets ([page 122](#)) - must be halved

DINNER - leftover Shepherd's Pie ([page 154](#))



BATCH COOKING MEAL PLAN

No time to cook dinner every night? Then this meal plan is for you!

Pick 2-3 main dishes and 2 side dishes to cook on the weekend (make a large batch, so double or triple the recipes depending on the size of your family), then separate into individual portions and freeze. Reheat and enjoy during the week for a fast dinner.

MAIN DISHES

Veggie "Meatloaf" ([page 118](#))

Butternut Squash Lasagna with Dairy-Free Bechamel Sauce ([page 112](#))

Lentil Veggie Burgers ([page 124](#))

Vegan Buckwheat Burger Buns ([page 126](#))

Spaghetti & "Meatballs" ([page 160](#))

Mushroom Stroganoff ([page 150](#))

SIDE DISHES

Chayote Squash Curry ([page 172](#))

Curry Creamed Kale ([page 178](#))

Easy Broccoli Tots ([page 166](#))

Maple Mint Roasted Carrots ([page 174](#))

Garlic Roasted Brussels Sprouts ([page 180](#))

Mushroom Risotto ([page 170](#))