

A woman with dark hair in a bun, wearing a vibrant pink and red floral off-the-shoulder dress, stands in front of a dark grey wood-textured wall. She is smiling and holding a wooden bowl filled with a green salad. The bottom of the image features a bed of grey stones with colorful flowers in shades of purple, pink, and white.

Simply Wholesome

*over 120 plant based recipes for the
whole family*

By
Plantiful Kiki

Simply Wholesome

*over 120 plant based recipes for the
whole family*

"Keep food and life simple....it multiplies happiness."
-Kiki



PLANTIFUL KIKI

www.plantifulkiki.com

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*Dedicated to my Mom. Thank you for supporting all of my dreams
and for putting up with my constant need for adventure!*

Special thanks to my husband and children...Thank you for all of the support, work, and hours that went into creating this cookbook.

Food photography, cover, layout and editing proudly created
by Plantiful Kiki and family!

Introduction

Hi, my name is Kiki and I believe that food should be simple and joyful. In this cookbook, I am sharing with you the recipes that I developed to help my family transition to a fully plant based diet. All the recipes contained in this book are extremely flexible and easily adjustable to each individual's taste.

My aim with this cookbook is to share simple and familiar recipes along with some international flavors and a few fancy dishes you can impress your friends and family with. May you find joy and health in the simplicity of a plant based diet.

- Kiki



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A top-down view of a breakfast spread on a rustic wooden board. In the upper left, a glass jar is filled with granola and dried cherries. In the center, a wooden bowl is filled with white yogurt, topped with granola and fresh cherries. The board is scattered with granola, dried cherries, and fresh cherries. A wooden spoon with a textured head is at the bottom, and another wooden spoon is at the top right.

Breakfast

Sweet Almond Cherry Granola pg 29

Breakfast



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Blueberry Lemon Pie Oats

SERVES [1]

INGREDIENTS

½ cup oats of your choice
(I like quick cooking
steel cut oats)

1 ripe banana diced

¼ -½ cup frozen
blueberries

1 tsp lemon extract



DIRECTIONS

Add diced banana to the pot along with the oatmeal. Cook the oats according to directions, the banana will sweeten the oatmeal. Once done cooking, add lemon extract and stir. Add frozen blueberries allowing them to thaw and cool oatmeal down. Enjoy!

Tropical Oats



SERVES [1]

INGREDIENTS

½ cup oats of your choice
(I like quick cooking
steel cut oats)

1 ripe banana diced

¼ -½ cup frozen
blueberries

1 tsp lemon extract

DIRECTIONS

Add diced banana to the pot along with the oatmeal. Cook the oats according to directions, the banana will sweeten the oatmeal. Once done cooking add coconut extract and stir. Top oatmeal with diced fruit and enjoy!

Peach Cobbler Oats

SERVES [1]

INGREDIENTS

½ cup oats of your choice
(I like quick cooking
steel cut oats)

1 ripe banana diced

1 ripe peach diced

1/2 tsp vanilla extract

pinch of cinnamon



DIRECTIONS

Add diced banana to the pot along with the oatmeal. Cook the oats according to directions, the banana will sweeten the oatmeal. Once done cooking add vanilla, cinnamon, diced peaches and additional bananas if desired. Enjoy!

Berry Patch Oats



SERVES [1]

INGREDIENTS

½ cup oats of your choice
(I like quick cooking
steel cut oats)

1 ripe banana diced

½ -1 tsp vanilla extract

pinch of cinnamon

blueberries, strawberries,
raspberries, blackberries
(I use a frozen mix)

DIRECTIONS

Add diced banana to the pot along with the oatmeal. Cook the oats according to directions, the banana will sweeten the oatmeal. Once done cooking add vanilla and cinnamon. Add frozen berries to cool down the oats and enjoy!

Chocolate Cherry Chunk Oats

SERVES [1]

INGREDIENTS

½ cup oats of your choice
(I like quick cooking
steel cut oats)

1 ripe banana diced

½ -1 tsp almond extract

½ tbsp cocoa powder

2 tsp vegan cacao nibs

½ cup frozen sweet
cherries cut into ½ pieces
(may also use fresh)



DIRECTIONS

Add diced banana to the pot along with the oatmeal. Cook the oats according to directions, the banana will sweeten the oatmeal. Once done cooking add vanilla extract and cocoa powder, stir to mix. Add chopped cherries, top with cacao nibs and dig in!

I've Died and Gone to Heaven Oats



SERVES [1]

INGREDIENTS

½ cup oats of your choice (I like quick cooking steel cut oats)

1 ripe banana diced

1 chopped date

2 tbsp low fat powdered peanut butter reconstituted, or regular sugar free/ oil free peanut butter

1 tbsp vegan cacao nibs

½ -1 tsp vanilla extract

½ cup frozen sweet cherries cut into ½ pieces (may also use fresh)

DIRECTIONS

Add diced banana to the pot along with the oatmeal. Cook the oats according to directions, the banana will sweeten the oatmeal. Once done cooking add vanilla extract and stir to mix. Add in chopped dates and cocoa nibs, then drizzle with peanut butter. Indulge!

Cherry Almond Oats

SERVES [1]

INGREDIENTS

½ cup oats of your choice
(I like quick cooking
steel cut oats)

1 ripe banana diced

½ -1 tsp almond extract

½ cup frozen sweet
cherries cut into ½ pieces
(may also use fresh)



DIRECTIONS

Add diced banana to the pot along with the oatmeal. Cook the oats according to directions, the banana will sweeten the oatmeal. Once done cooking add almond extract, stir to mix. Add in cherries and enjoy! Sprinkle with granola if you desire.

Blueberry Oat Bars



MAKES [12]

INGREDIENTS

2 very ripe bananas
3 cups rolled oats
1/3 cup maple syrup
2 tsp vanilla extract
1/2 tsp cinnamon
2 tbsp powdered egg replacer
or 2 tbsp ground flaxseed
pinch of salt (optional)

TOPPINGS

1 cup of rolled oats
1/4 tsp cinnamon
1/2 tsp almond extract
1 tsp vanilla extract
2 tbsp maple syrup
1 tbsp lemon juice
1 1/4 cups fresh or frozen
blueberries

DIRECTIONS

Mix bar ingredients together and press into a 9x9 dish that has been lined with parchment paper or use a nonstick 9x9 pan. Bake at 350 for 15 minutes. Mix topping and add to bars after they have cooked. Turn up oven temperature to 425 and bake for 20-30 minutes until slightly crisp on top. If using frozen berries, it may take closer to 30 minutes to cook. Allow to cool for 15 minutes before cutting.

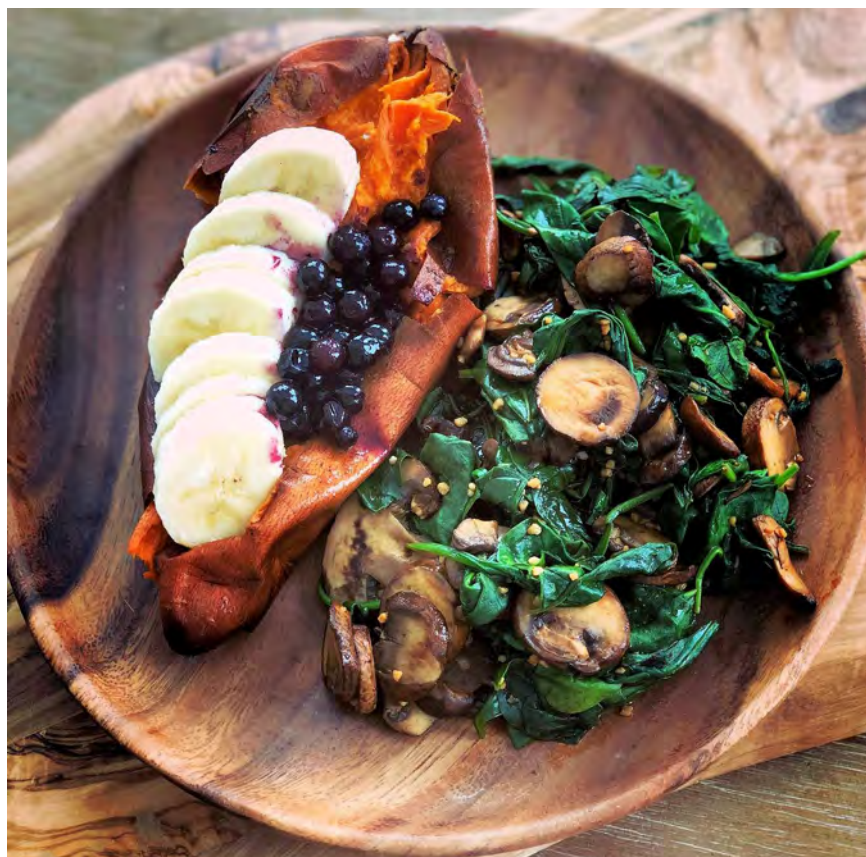


Sweet Potato *with* Banana and Blueberries

SERVES [1]

INGREDIENTS

1 baked sweet potato
1 banana sliced
¼ cup frozen blueberries
dash of cinnamon
light drizzle of maple
syrup if desired



DIRECTIONS

Split open baked sweet potato and sprinkle it with cinnamon. Top with sliced banana, blueberries and a little maple syrup if using. I enjoy this with a plate of water sautéed mushrooms and spinach topped with a sweet balsamic vinegar.

Garden Veggie Omelet



MAKES [12]

INGREDIENTS

2 cups chickpea flour
2 cups water
½ tsp garlic powder
¼ tsp turmeric powder
pinch of salt (optional)

For herbed omelets:

¼ cup chopped green onion
¼ cup finely chopped parsley
½ cup finely chopped spinach

DIRECTIONS

Heat a nonstick pan to medium high heat. In a bowl mix the chickpea flour, turmeric, garlic powder, and salt if using. Slowly add water as you mix. Add herbs if using for herbed omelets. You may need to lightly spray your nonstick pan for the first omelet. Use a 1/4 measuring cup to scoop up batter and pour into a pan, swirling gently to spread out into a thin omelet. Cook for 2-3 minutes until the top is no longer runny. Flip and cook for another 2 minutes or until starting to lightly brown. I like to fill the omelettes with cooked potatoes, mushrooms, onions, bell peppers, and salsa, and then top them with cheese sauce!

Sweet Potato Waffles *with* Banana Butter

MAKES [6-8]

INGREDIENTS

3 cups cooked or canned sweet potato (1 medium sweet potato yields about 1 cup)

1 cup oat flour

2 tsp vanilla extract

BANANA BUTTER

2 ripe bananas smashed

½ tsp vanilla extract

⅛ tsp cinnamon



DIRECTIONS

Heat the waffle iron. Mix ingredients in a bowl and spoon batter onto the waffle iron. You may need to lightly spray your iron if it likes to stick. Leave the lid down 5-8 minutes to make sure the waffles do not pull apart. Top with banana butter.

Blueberry pancakes



MAKES [12-15]

INGREDIENTS

2 ½ cups whole wheat flour
4 tbsp coconut sugar (or other type of sugar)
4 tsp baking powder
1 tsp salt
½ cup applesauce unsweetened
2 ½ cups water
2 tsp vanilla extract
1 cup frozen or fresh blueberries

DIRECTIONS

Mix the dry ingredients in a bowl then add the wet ingredients. Heat a nonstick pan to medium high heat. If your pan sticks, you might need to lightly spray it before cooking pancakes on it. Pour batter onto pan then place blueberries on top of the batter. Cook for 2-3 minutes or until starting to brown then flip and cook an additional minute or two.



Lemon Poppyseed pancakes

MAKES [12-15]

INGREDIENTS

2 ½ cups whole wheat flour

4 tbsp coconut sugar
(you can use regular)

4 tsp baking powder

1 tsp salt

½ cup applesauce
unsweetened

2 ½ cups water

2 tsp lemon extract

1 tbsp poppy seeds



DIRECTIONS

Heat a nonstick pan to medium high heat. Mix the dry ingredients then mix in wet ingredients. Use a 1/4 measuring cup to pour batter onto a non-stick pan. If you pan sticks, you may have to lightly spray the pan. Cook for 2-3 minutes or until starting to brown. Flip and cook an additional minute or two.

Gluten Free Restaurant Style Chocolate Chip Pancakes



MAKES [6-8]

INGREDIENTS

1 ¼ cup gluten free flour mix, I prefer one without chickpea (garbanzo bean) flour

2 tbsp egg replacer powder or 2tbsp ground flax seed

2 tbsp coconut sugar

2 tsp baking powder

½ tsp salt

1 tsp vanilla extract

¼ cup applesauce unsweetened

1 ¼ cup water

dairy free chocolate chips

DIRECTIONS

Mix the dry ingredients then mix in wet ingredients. Use a 1/4 measuring cup to pour batter onto a non-stick pan. If you pan sticks, you may have to lightly spray the pan. Spread batter out so it is not too thick, then top with a few chocolate chips. Once the bottom is browned then flip over and cook for an additional minute or two.

Easy Gluten Free Oat Pancakes

SERVES [2-4]

INGREDIENTS

2 cups rolled oats
1 large ripe banana
2 tbsp ground flaxseed
1 tsp vanilla extract
1 ½ cups water



DIRECTIONS

Add all ingredients to a blender and blend until smooth. Let sit for 1-2 minutes to thicken. Heat a nonstick pan to medium high heat. If your pan sticks, you might need to lightly spray it before pouring batter on. Pour some batter to form pancakes the size you choose. Cook until they begin to brown on the bottom and the top is no longer runny. Flip and cook an additional minute or two. I enjoy these with some fruit on top.

Mayan Toast



SERVES [6-8]

INGREDIENTS

whole grain bread of your choice
refried black beans heated up (canned or homemade from pg 131)

TOPPINGS

pickled onions (pg 133)
tomate frito (pg 132) (Mayan tomato sauce)
cheese sauce (pg 120)
Avocado
hot sauce

DIRECTIONS

Toast your bread and heat up beans and cheese sauce. We also like our tomato sauce warm as well as adding sliced or cubed avocado. Assemble and enjoy!

Rice cakes *with* peanut butter and fruit

INGREDIENTS

whole grain brown rice cakes

fresh berries

nut butter of your choice

optional: hemp or chia seeds for a fun topping



DIRECTIONS

For a low-fat option, try low fat powdered peanut butter (you just add water to make it a creamy spread). Branch out and try some other nut butters...My kids love sunflower seed butter.

Pineapple Green Goodness Smoothie



MAKES [28-32oz]

INGREDIENTS

1 cup fresh, canned, or frozen pineapple

2 large very ripe banana

2 cups greens of choice (we love spinach, chard and baby kale mix)

1 tbsp ground flax seed (optional)

8-10 oz water or soy milk for a creamy decadent smoothie

Add other fruits if desired.

DIRECTIONS

Blend until smooth. If you are not using frozen pineapple add some ice cubes to it.

Blueberry Patch Granola

SERVES [4]

INGREDIENTS

3 cups rolled oats

½ - 1 cup dates depending on how sweet you like it

3 tsp vanilla extract

½ tsp cinnamon

¾ cup dried blueberries

1 cup water



DIRECTIONS

In a food processor blend the dates, vanilla, cinnamon and water until a paste forms. In a bowl add your oats and date paste, mix to coat. Place the oats on a nonstick baking sheet and spread out as evenly as possible. Bake at 400° for 15 minutes, take out to mix and spread back out. Place back in the oven for another 15 minutes. Watch the oats closely so they don't burn but you want them to toast and start to brown. Take the oats out of the oven and allow to cool.

Once cooled, mix in dried blueberries and keep in glass mason jars to keep fresh.

Sweet Almond Cherry Granola



SERVES [4]

INGREDIENTS

3 cups of rolled oats

½ -1 cup dates depending on how sweet you like it

2 tsp vanilla extract

2 tsp almond extract

½ tsp cinnamon

¾ cup dried cherries

½ cup slivered almonds (optional)

1 cup of water

DIRECTIONS

In a food processor blend the dates, vanilla, cinnamon and water until a paste forms. In a bowl add your oats and date paste, mix to coat. Place the oats on a nonstick baking sheet and spread out as evenly as possible. Bake at 400° for 15 minutes, take out to mix and spread back out. Place back in the oven for another 15 minutes. Watch the oats closely so they don't burn but you want them to toast and start to brown. Take the oats out of the oven and allow to cool.

Once cooled, mix in dried cherries and slivered almonds, if using.

Keep in glass mason jars to keep fresh.



Lemon Chia Pudding

Overnight Lemon Chia Pudding *with* Fruit

SERVES [1-2]



INGREDIENTS

1 cup plant milk (I like plain soy milk)
3 tbsp chia seeds
¼ tsp lemon extract

Fruit toppings:

berries, kiwi, banana, pineapple

DIRECTIONS

Combine all ingredients (except fruit) in a cup and cover and refrigerate overnight. In the morning give it a stir and add all your favorite fruits.



Sides

Jalapeño Cream Cheese Poppers pg 34

Sides



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- Shiitake Mushroom Rice...45



Mexican Jalapeño Cream Cheese Poppers *with* Raspberry Lime Jelly

INGREDIENTS

MAKES [20]

- 10 jalapeños sliced in half lengthwise and deseeded
- 1 cup raw cashews or for nut free use a 15oz can of white beans drained and rinsed
- 1 tbsp lemon juice
- 1 ½ tsp lime juice
- 3 tbsp nutritional yeast
- 2 tbsp Dijon mustard
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp onion powder
- pinch of chili flakes if you like it spicy
- pinch of salt (optional)
- 3 tbsp plant milk if using cashews (beans don't need it unless you want a thinner filling)
- 2 tbsp chopped cilantro
- 1 tbsp chopped green onion
- 1 tbsp chopped jar pimentos
- ¼ cup corn

DIRECTIONS

Preheat the oven to 425°. Add cashews, lemon, lime, nutritional yeast, Dijon, paprika, garlic powder, onion powder, chili flakes, soy milk and salt to the food processor and blend until smooth. Transfer to a bowl and add cilantro, green onions, pimentos and corn, stir to mix. Take the halved and deseeded jalapeños and spoon filling into the jalapeños. Place the filling side up on a baking sheet for 15 minutes. Allow to cool slightly and serve with raspberry lime jelly.



RASPBERRY LIME JELLY

- raspberry jelly
- squeeze of lime juice
- Stir to mix.



Mexican street cart corn



SERVES [4-6]

INGREDIENTS

corn on the cob cooked
white bean mayo (pg 123)
lime juice
cilantro chopped
chili powder
cashew "Parmesan" (pg 115)

DIRECTIONS

Take your cooked corn on the cob and spread some white bean mayo on it, sprinkle chili powder and cashew "parmesan" if using. Garnish with cilantro and a squeeze of lime. Enjoy!

Stuffed Mushrooms

Serves [12-18]

INGREDIENTS

18 large white mushrooms, stem removed

1-15 oz can white beans drained and rinsed

1-15 oz can chickpeas drained and rinsed

1 large roma tomato diced

¼ cup finely diced red onion

¼ cup finely chopped cilantro or parsley

1 ½ tbsp lime juice

½ tsp garlic powder

salt to taste

bread crumbs (optional)



DIRECTIONS

Preheat the oven to 400°. Place mushrooms stem side up on a baking sheet and bake for 15 minutes to release extra moisture. You may lightly spray them with water or vegetable broth to keep from drying out. While mushrooms cook, drain beans and chickpeas and chop finely with a knife or in a food processor. Mix in the remaining ingredients and spoon into cooked mushrooms. Place the mushrooms back into the oven for 10-15 minutes. You can top with bread crumbs and garlic salt for the last few minutes for added crunch, which is what I love to do!

Spinach Artichoke Stuffed Mushrooms



SERVES [12-18]

INGREDIENTS

1 cup Spinach Artichoke Dip (pg 121)

2 lbs large white button mushrooms, stems removed

½ cup panko bread crumbs, can use gluten free

garlic salt to taste or garlic powder

DIRECTIONS

Preheat the oven to 400°. Place mushrooms stem side up on a baking sheet and bake for 15 minutes to release extra moisture. You may lightly spray them with water or vegetable broth to keep from drying out. Spoon dip into mushrooms and bake for another 10 minutes. Top with bread crumbs and a little garlic salt if using and bake for another 5-10 minutes until crumbs have browned.

Breaded and Roasted Artichoke Hearts

SERVES [2-4]

INGREDIENTS

sliced artichoke hearts,
fresh, canned, or frozen
and thawed....as many as
you like

2 tbsp nutritional yeast

1-2 tbsp Dijon mustard
thinned down with water

½ tsp garlic powder

pinch of salt if using

½ cup breadcrumbs or
more depending on how
many you make



DIRECTIONS

Preheat the oven to 425. Place artichokes in a bowl and toss with thinned down Dijon mustard to coat well. Season with garlic powder and salt if using. Add the breadcrumbs and nutritional yeast, toss to coat. Transfer to a parchment lined baking sheet and spread evenly, spooning any leftover crumb mixture onto the artichokes. Bake for 10-15 minutes until golden brown.

Truffle Parsley Fries



SERVES [2-3]

INGREDIENTS

4 potatoes, cooked or raw

½ tsp garlic powder

3 tbsp finely chopped
fresh parsley

truffle salt or truffle
powder if avoiding salt

DIRECTIONS

Preheat the oven to 425°. Slice potatoes into thin fries and season with garlic powder. Roast for 20-45 minutes depending on whether you use cooked or raw potatoes. Already cooked potatoes crisp up better in the oven than raw potatoes. Once cooked, season with truffle salt or powder and sprinkle with finely chopped parsley.

Zucchini Fries

SERVES [3-4]

INGREDIENTS

2-3 medium sized
zucchini sliced into thin
fries

2 cups bread crumbs, can
use gluten free as well

¼ cup nutritional yeast

½ tsp garlic powder

salt to taste

¼ cup plant milk (I like
plain unsweetened soy
milk)

2 tbsp ground flaxseed



DIRECTIONS

Preheat the oven to 400°. Add fries to a large bowl and sprinkle with flaxseed or egg replacer. Toss to coat, then add plant milk and mix to cover. In a separate bowl, mix bread crumbs, nutritional yeast and seasonings. Add to fries and mix to coat. Pour the bowl onto a parchment lined baking sheet. Spread fries out evenly and spoon extra crumb mixture on top of fries. Bake for 15-20 minutes or until crisp.

Chips and Queso



SERVES [2]

INGREDIENTS

1 cup cheese sauce (pg 120)

¼ -½ cup favorite salsa

package of corn tortillas
or use baked tortilla chips

DIRECTIONS

Preheat the oven to 400°. Stack corn tortillas and slice into triangles with a pizza slicer. Place tortilla triangles on a parchment lined baking sheet and bake for 8-10 minutes or until starting to brown. Watch them closely because they can burn quickly. Serve with cheese sauce and your favorite salsa.

Eggless “Egg” Salad

SERVES [2-3]

INGREDIENTS

- 1- 15 oz can chickpeas drained and rinsed
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp mustard powder
- ⅛ tsp chipotle powder
- 1 tbsp lemon juice
- 2-3 tbsp spicy brown mustard
- 1-3 tbsp water



DIRECTIONS

Blend all ingredients in a blender until smooth. Enjoy on a salad or in a sandwich with lettuce. We also spread on toast for breakfast.

Chickpea Salad



SERVES [2-3]

INGREDIENTS

- 1 - 15 oz can chickpeas drained and rinsed
- 1 cup sliced grapes
- 1 celery rib diced
- ¼ cup finely diced red onion

DRESSING

- ½ cup plain unsweetened coconut yogurt
- 3 tbsp Dijon mustard
- ½ - 1 tbsp maple syrup
- squeeze of lemon juice
- Salt and pepper to taste (optional)

DIRECTIONS

In a bowl combine chickpeas, grapes, celery and red onion. In another bowl combine dressing ingredients, adjusting them to taste. Pour over chickpea mixture and toss to coat. You can serve by itself as a delicious side or with bread as a sandwich or in a pita pocket.



Asparagus *with* mustard maple dressing

SERVES [2-3]

INGREDIENTS

asparagus trimmed and steamed

2 tbsp Dijon mustard

2 tbsp maple syrup



DIRECTIONS

Steam asparagus for 2-3 minutes making sure they don't get mushy. Mix Dijon and maple syrup, lightly drizzle over steamed asparagus.

Shiitake Mushroom Rice



SERVES [3-4]

INGREDIENTS

3 cups cooked brown rice
8 oz shiitake mushrooms
1 tbsp minced garlic
2 green onions thinly sliced
sambal oelek (chili paste)
optional and to taste if you like
it spicy
coconut aminos teriyaki sauce
or coconut aminos garlic sauce
for seasoning. You may also use
a low sodium soy sauce as well.
sesame seeds for garnish.
(optional)

DIRECTIONS

Water sauté the mushrooms and garlic until mushrooms are tender. Stir in rice and onions and heat thoroughly. Serve with chili paste, and sauce of choice and garnish with sesame seeds if desired.

Soups



Broccoli Cheddar Soup pg 53

Soups



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Broccoli Cheddar Soup *in* Bread Bowl...53



Summer Corn and Zucchini Chowder

SERVES [4-6]

INGREDIENTS

- 1 onion diced
- 1 medium yellow summer squash diced
- 1 medium zucchini squash diced
- 2 large potatoes diced (raw or precooked)
- 4 tsp minced garlic, fresh or jarred
- 2 cups frozen, fresh, or canned corn
- ½ tsp smoked paprika
- ⅛ -¼ tsp ground black pepper
- 3-4 tbsp Vegan Ham flavored Soup Base.
- 5-6 cups vegetable broth
- 1 cup plant milk (I like plain unsweetened soy milk)
- parsley to garnish



DIRECTIONS

Heat up a pot on the stove and water sauté onions, garlic and smoked paprika. Once onions have cooked down, add broth and raw potatoes. Boil until potatoes are done. Add the squash and cook through for a few minutes. Reduce heat and add corn. Turn off heat and the soy milk as well as the vegan ham soup base. Serve and garnish with chopped parsley. Enjoy!!

Mushroom Bok Choy Soup



SERVES [4-6]

INGREDIENTS

8 oz sliced shiitake mushrooms, or mushrooms of choice
3 bunches baby bok choy washed and chopped
4 cups vegetable broth or water
1 package dry Asian noodles
2-4 tbsp vegan vegetable soup base
lime juice
cilantro
chili flakes

DIRECTIONS

Fill a pot with the vegetable broth or water and bring to a boil. Once boiling, add mushrooms and noodles and boil until noodles are cooked, just a few minutes. Turn off heat and add the baby bok choy and allow to wilt. Season to taste with powdered vegetable bouillon. Serve topped with cilantro, lime, and chili flakes. Makes 4-6 servings

Mayan White Bean Soup

SERVES [4-6]

INGREDIENTS

cooked rice (optional)
4 cups dry white beans
soaked overnight
2 cans salt free diced
tomatoes
2 cups carrots chopped
1 tbsp garlic powder
½ tbsp onion powder
2-4 tbsp powdered
vegetable bouillon
4 cups chopped kale or
other green of choice

toppings:

lime
avocado
shredded cabbage
pickled onions (pg 133)



DIRECTIONS

Drain and rinse the soaked beans and place in a crockpot with tomatoes, carrots, and garlic/ onion powder. Cover with water and place the lid on it. Cook on high for 8 hours until beans are very tender. 5 minutes before it is done, mix in 4 cups of kale. Season to taste with vegetable bouillon. Eat as is or pour over rice and garnish with lime juice, cilantro, avocado, shredded cabbage, and pickled onions.

Tuscan Bean and Kale Soup



SERVES [4-6]

INGREDIENTS

- 1 bunch kale chopped
- 3 medium sized potatoes diced
- 1- 29 oz. can white beans or
2-15oz cans (drained and rinsed)
- 1 medium onion diced
- 2 cloves garlic minced
- 1 tsp garlic powder
- 1 tbsp fresh rosemary chopped
- 1-3 tbsp powdered vegetable
bouillon (optional)
- 1 cup plant milk (I like plain
unsweetened soy milk)
- 64oz vegetable stock or water

DIRECTIONS

Water sauté onion then add garlic, vegetable stock, potatoes, and bring to a boil. Boil until potatoes are tender then add the rest of the ingredients except kale and rosemary, turn off heat. Use an immersion blender and blend until you get a creamy consistency but still leave whole pieces of potatoes and beans because you still want the soup to have good texture. A blender may be used instead of an immersion blender, blend a portion and add back to the pot. Turn heat on low and add the kale and rosemary until the kale is wilted, adjust seasonings. Makes 6-8 servings. Serve with rosemary garlic bread found in the bread section.



Broccoli Cheddar
Soup

Broccoli Cheddar Soup *in* Sourdough Boule

SERVES [4-6]

INGREDIENTS

4 medium potatoes diced (I prefer golden Yukon for their creamy texture and color)
2 cups carrots diced
1 yellow onion diced
1 tbsp minced garlic
1 cup raw cashews or 1 cup white beans for fat free
½ cup nutritional yeast
3 tsp garlic powder
2 tsp onion powder
1 tbsp lemon juice
1 lb bag frozen broccoli florets steamed and chopped
3 tsp salt (optional)
pepper to taste
4 ½ cups hot veggie water from pot
4-6 sourdough boules

DIRECTIONS

In a pot, boil the diced potatoes, diced carrots, diced onions, and minced garlic until potatoes and carrots are soft. While those boil, place cashews or beans in a blender with nutritional yeast, garlic powder, onion powder, lemon juice, and salt...or you can wait for salt to adjust it. Steam broccoli, chop and set aside.

Once potatoes and carrots are tender, strain off and reserve 4 ½ cups of the hot water the potatoes and carrot mixture just boiled in. Add the vegetables and remaining water to the blender and blend until smooth. Depending on the size of your blender, you may have to blend the soup in 2 batches then combine back in the pot. Add pepper and adjust salt if using...stir in the chopped broccoli.

Cut a bowl out of your sourdough boules and remove some of the bread to make room for the soup. I like to toast the boule in the oven at 425° for 3-5 minutes so it is nice and toasty. I will also toast up the bread I pulled out to make the bowl and we use that to dip in the soup.

Add soup to the bread bowl and enjoy!!!



Salads



Thai Salad *with* Thai Peanut Dressing pg 59

Salads

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Asian Cabbage Slaw

Asian Cabbage Slaw

SERVES [4-6]

INGREDIENTS

1 small head of green cabbage shredded
1 cup (5 large green onions) chopped
3 cups shredded carrot
3-4 cups grapes sliced in half
¼ cup chopped cilantro
slivered almonds for topping (optional)
dry Asian soup noodles chopped for
crunchy topping (optional)

DRESSING

1 ½ cups water
1 heaping tbsp cornstarch
⅓ cup white vinegar
1 ½ tsp vegetable soup base powder
sweetener of choice.... you are going for
a sweet and tangy dressing

DIRECTIONS

Combine and toss cabbage, carrots, onions, cilantro, and grapes.

To make the dressing, pour the water into a saucepan and mix in the cornstarch. Bring mixture to a boil for 1-2 minutes then remove from the heat and allow it to cool. In a bowl add cooled cornstarch mixture and vinegar, vegetable soup base, and sweetener, mix well.

Pour over slaw and toss to coat. Place in the refrigerator for 1 hour to allow flavors to develop. You may top with chopped dry noodles and slivered almonds if desired.





Thai Salad

Thai salad *with* Thai peanut dressing

SERVES [4-6]

INGREDIENTS

spring greens
chopped romaine lettuce
thinly sliced red cabbage
shredded carrot
sliced cucumber
chopped green onion
chopped cilantro
mandarin oranges

THAI PEANUT DRESSING

¾ cup powdered peanut butter
2 tbsp low sodium soy sauce
1 tbsp rice vinegar
1-2 tbsp maple syrup
1 tbsp lime juice
½ tsp coconut extract (optional)
pinch of ginger, fresh or powdered

DIRECTIONS

Prepare peanut butter according to directions then mix in the rest of your ingredients.

Mix the desired amount of greens, vegetables and fruit together and dress with this delicious dressing!



California Citrus Greens Salad *with* Citrus Cilantro Dressing

INGREDIENTS

greens of your choice (I like spring mix)
sliced cucumber
diced red onion
grapefruit segments
orange segments
canned or fresh artichoke
hearts chopped
avocado (optional)

CITRUS CILANTRO DRESSING

1 cup white beans drained and rinsed
2 tbsp Dijon mustard
1 tbsp maple syrup
1 tbsp lemon juice
1 tbsp lime juice
¼ cup orange juice
¼ cup cilantro



DIRECTIONS

Blend the dressing ingredients until smooth. Dressing makes 2-4 servings. Mix the desired amount of greens, veggies and fruit together and dress with this citrus dressing!

Citrus Broccoli Slaw



SERVES [2-4]

INGREDIENTS

1 - 12oz bag broccoli slaw mix

1 green apple julienned

¼ - ½ cup dried cranberries

¼ cup diced red onion

sunflower or pumpkin seeds to garnish (optional)

DRESSING

1 - 15 oz can white beans drained and rinsed

2 tbsp Dijon mustard

1 tbsp maple syrup

1 tbsp lemon juice

2 tbsp lime juice

¼ cup orange juice

DIRECTIONS

Blend the dressing ingredients until smooth. Dressing makes 2-4 servings. Mix the desired amount of slaw and fruit together, dress with this citrus dressing and top with seeds if desired.



Fruity Walnut Salad

SERVES [2-3]

INGREDIENTS

1 large apple chopped

1 cup sliced grapes

1 rib diced celery

¼ cup chopped walnuts if using

½ - 1 tbsp maple syrup if you want it sweetened

1 ½ tsp lemon

½ cup plant mayo or ½ cup plain plant yogurt (I like the plain unsweetened coconut yogurt)

chopped lettuce to eat it on



DIRECTIONS

Mix all ingredients except lettuce. You can chop your lettuce then dress it with the Waldorf salad.

Tropical Fruit Salad



SERVES [2-3]

INGREDIENTS

3- 4oz “snack cups”
mandarin oranges packed
in juice

3- 4oz “snack cups”
pineapple tidbits packed
in juice

½ cup fresh or frozen
thawed cherries sliced

DRESSING

⅓ cup plain unsweetened
coconut yogurt or any
plant yogurt you like

1 tsp maple syrup

½ tsp vanilla extract

2 tbsps shredded reduced
fat coconut

DIRECTIONS

Combine dressing ingredients in one bowl, put fruit in a different bowl. Pour dressing over the fruit and stir to mix.

Simple Thai Cucumber Salad

SERVES [2-3]

INGREDIENTS

2 cucumbers halved and sliced

½ cup shredded carrot

1 large green onion thinly sliced

4 tbsp rice vinegar

1 tbsp water

1 tbsp maple syrup

sesame seeds for garnish



DIRECTIONS

Combine dressing ingredients in a bowl then add the cucumber, carrots and green onion. Mix and let it sit in the refrigerator for 10-15 minutes to allow the flavors to meld. Garnish with sesame seeds just before serving. Goes great alongside spring rolls and Chinese egg rolls.

Chopped Kale and Mandarin Orange Salad *with* Smoky Sweet Dressing



SERVES [4-6]

INGREDIENTS

chopped kale

diced celery

thinly sliced red onion

canned mandarin oranges,
drained

DRESSING

1/3 cup plant milk (I like
plain unsweetened soy
milk)

1/4 cup apple cider vinegar

2 tbsp maple syrup

1 tbsp Dijon mustard

1/8 tsp smoked paprika

DIRECTIONS

Assemble the salad. Blend the dressing ingredients until smooth and pour over salad.



Fiesta Taco Salad

It's a Fiesta Taco Salad

SERVES [2-3]

INGREDIENTS

greens of your choice
black or pinto beans drained and rinsed
diced ripe mango
red onion or pickled onion (pg 133)
sprouts
sweet red peppers
cucumber
corn
cilantro
avocado (optional)
baked corn tortilla strips to garnish (optional)

IT'S A FIESTA DRESSING

1 cup white beans drained and rinsed
½ cup plant milk (I like plain unsweetened soy milk)
¼ tsp smoked paprika
¾ tsp chili powder
¼ tsp garlic powder
⅛ tsp onion powder
⅛ tsp chipotle powder if you like it spicy
2 tbsp lime juice
¼ cup chopped cilantro
pinch of salt (optional)

DIRECTIONS

Prepare a salad of desired vegetables. Blend dressing ingredients until smooth and pour over salad.



A top-down view of a wooden table. In the upper left, a white rectangular dish contains a lasagna topped with melted white cheese and fresh green herbs. In the lower right, a round wooden plate holds a single slice of lasagna, also topped with white cheese and herbs. Scattered around are fresh ingredients: a whole green artichoke, several sliced mushrooms, and bunches of fresh parsley. The text 'Main Dishes' is overlaid in the center in a white serif font.

Main Dishes

Main Dishes

.....

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Vegetable Pot Pie

SERVES [12]

INGREDIENTS

FILLING

1 large onion diced
4 carrots diced
2-3 celery stalks diced
8oz sliced mushrooms
1 tbsp minced garlic
1 cup frozen peas
1 cup frozen corn
4 cups vegetable broth
1 tsp onion powder
2 tsp garlic powder
2 tsp poultry seasoning
2-6 tsp powdered vegetable bouillon
pepper to taste
2 medium potatoes diced
* If you want a thicker pot pie, add 1/4 cup corn starch mixed in 1/2 cup water to the pot and bring to a boil to thicken.



REGULAR BISCUIT TOPPING

2 cups whole wheat flour
2 tsp baking powder
1/2 tsp salt
1.5-2 cups water

GLUTEN FREE BISCUIT TOPPING

2 cups gluten free flour mix (one without chickpea/garbanzo bean flour)
2 tsp baking powder
1/2 tsp salt
1.5 cups water



Vegetable Pot Pie...continued

DIRECTIONS

FILLING

In a pot water sauté onion, celery, carrot, mushrooms, and garlic until these vegetables begin to soften.

Meanwhile, add diced potatoes to a pot of water and boil until soft. Once soft, drain and add to a blender and blend, adding a little water or plant milk, until you have a thick mashed potato consistency (this will be added to pot pie mix to thicken it).

Once the vegetables begin to soften, add the corn and peas. Add the vegetable broth, onion powder, garlic powder, and poultry seasoning and stir to mix.

Now add in the mashed potato mixture *(optionally add in the cornstarch and water mix for a thicker filling) and bring it to a boil. Once boiling, you may turn off heat and season to taste with powdered vegetable bouillon and ground black pepper.

Transfer to an oven safe baking dish.

BISCUITS

Mix dry ingredients in a bowl and then add the wet ingredients and mix.

Spoon the biscuit mixture over the pot pie mixture then place in the oven at 400 for 15-20 minutes or until biscuits are done.

Allow to cool slightly and garnish with chopped parsley and enjoy!!



Roasted Potato Tacos



Garlic Lime Roasted Potato Tacos *with* Black Bean Mango Salsa and Cabbage Lime Slaw

SERVES [4]

BUILDING TACOS

Prepare potatoes, salsa, and slaw
Warm small corn tortillas
Top tortillas with ingredients

Optional:

You can use flour tortillas (higher fat)
or serve with lettuce leaves to make it
whole food only.

BLACK BEAN MANGO SALSA

1 ½ cups cubed ripe mango

1 cup canned black beans drained and rinsed

½ cup chopped cilantro

¼ cup diced red onion

1 jalapeño deseeded and diced

1-2 tbsp lime juice

pinch of salt

Combine all ingredients in a bowl and spoon
over tacos.

CRISPY POTATOES

4 medium cooked potatoes

*(I always have left over baked potatoes in my
fridge so they are ready to go when needed)*

1 tsp garlic salt or garlic powder

1 tbsp nutritional yeast (optional)

squeeze of lime

Preheat the oven to 425°. Cut cooked
potatoes and toss in lime juice then season
and roast for 15-25 minutes or until crispy.

LIME SLAW

2 cups finely shredded cabbage

¼ cup chopped cilantro

1 ½ tsp lime juice

Combine all ingredients in a bowl and use
as taco topping.



Smokey Mushroom Burger *with* Truffle Parsley Fries

SERVES [4]

INGREDIENTS

4 large portobello mushrooms caps, washed and stem removed

3 tbsp water

2 tsp vegan

Worcestershire sauce

Smokehouse mayo
(pg 124)

grilled onions

lettuce

parsley truffle fries
(pg 74)



DIRECTIONS

Preheat the oven to 425°. Mix water with Worcestershire sauce. Place mushrooms stem side up on a baking sheet and coat top and bottom with water/Worcestershire mixture. Place in the oven for 20 minutes or grill until done. Warm a whole grain bun or toast. Build your mushroom burgers and dress with Smokehouse mayo. We love to add lettuce and grilled onions on ours!

Mushroom Artichoke Baguette



SERVES [2-4]

INGREDIENTS

1 whole grain baguette cut
in half lengthwise

8oz mushrooms chopped

1 small head of garlic

spinach artichoke dip
(pg 121)

fresh arugula

DIRECTIONS

Preheat the oven to 400°. Roast garlic whole in the oven for 20 minutes. While garlic roasts, water sauté mushrooms until done. Add mushrooms to spinach artichoke dip and stir to combine. Warm baguette in the oven for 2-3 minutes until warm and lightly toasted. Spread artichoke and mushroom spread on bread. Peel and slice roasted garlic and lay on the bread. Top with arugula and enjoy!



Zucchini Noodle Bowl

Sweet Potato and Zucchini Noodle Bowl *with* low fat Peanut Ginger Sauce

SERVES [2]

INGREDIENTS

1 baked sweet potato
3 spiralized zucchini
8 oz sliced mushrooms
1 red bell pepper thinly sliced
1 cup red cabbage thinly sliced
½ cup carrots thinly sliced
¼ cup chopped red onion
2 garlic cloves minced

PEANUT GINGER SAUCE

4 tbsp low fat powdered peanut butter
reconstituted according to directions
½ tbsp low sodium soy sauce
1 tbsp lime juice
¼ tsp fresh grated ginger or ginger paste
or ⅛ tsp ginger powder
1 medjool date or ½ -1 tbsp maple syrup to
sweeten

Combine all ingredients and stir.

DIRECTIONS

Lightly water sauté the mushrooms first then add the rest of the vegetables except the cooked sweet potato. Sauté for just a few minutes so the zucchini noodles don't turn to mush.

Divide into two bowls, add cubed cooked sweet potato and top with dressing...enjoy!





Coconut Curry
Noodle Bowl

Coconut Curry Noodle Bowl

SERVES [2-4]

INGREDIENTS

10oz shiitake mushrooms
1 onion diced
2 cups lightly steamed broccoli florets
2 cups shredded carrots
3 cloves garlic minced
2 tsp fresh grated ginger or ginger paste (1 tsp ginger powder)
4 tsp red curry paste
1 tsp ground coriander
1 tsp turmeric
14oz can lite coconut milk
1 ½ cups vegetable broth
2 tbsp lime juice
chopped fresh cilantro
14oz box thick noodles or rice
red chili paste for spicy

DIRECTIONS

In a pan add 2 tablespoons of water and sauté onions, garlic and ginger until soft. Mix in the curry paste, coriander and turmeric. Add the mushrooms, shredded carrots and broccoli florets. Add the vegetable broth and coconut milk and bring to a light simmer for 2 minutes then turn off the heat. Add the lime juice and adjust any seasonings.

In the meantime, boil water and cook the pad thai noodles if using.

Place cooked noodles in a bowl and spoon coconut curry over the top. Add chili paste if you desire and garnish with chopped cilantro.





Chana Masala

Creamy Chana Masala

SERVES [4-6]

INGREDIENTS

- 2- 25oz cans chickpeas drained and rinsed
- 1- 28 oz can tomato puree
- ½ medium onion
- 2 tsp grated ginger or ginger paste (1 tsp ginger powder)
- 3 garlic cloves
- 3 tsp Chana Masala mix or Garam Masala
- 1 tsp yellow curry
- 1 tsp ground coriander
- ¼ tsp mango powder
- ⅛ tsp cumin seeds
- ⅛ tsp Hing powder (Asafoetida)
- ½ - ¾ cup plant milk (I like plain unsweetened soy milk)
- ¼ cup ground cashews (optional) for a deliciously creamy taste
- 1 tbsp lime juice
- ½ cup chopped cilantro (optional)

DIRECTIONS

In a blender, mix tomato puree, onion, garlic and ginger.

Heat pot on medium high and add cumin seeds, allow them to brown for 1-2 minutes. Pour blended tomato mixture and the remaining spices into the pot. Allow to cook down for 15 minutes, stirring occasionally. You want to end up with more of a tomato paste than sauce, this allows time for the spices to cook and develop excellent flavor.

After approximately 15 minutes, add the chickpeas, plant milk, cashews if using, and lime, stir to mix. Allow the chickpeas to heat through then turn off heat and mix in chopped cilantro.

Serve with steamed rice and garlic naan. (recipe in bread section)



We Like It All... Pizza

SERVES [4-6]

INGREDIENTS

canned pineapple drained
sliced black olives
canned artichokes
drained and chopped
red onion
mushrooms
bell pepper
spinach cut super thin
oil free marinara
1 batch basic dough
(pg 136)
cashew ricotta optional
(pg 114)



DIRECTIONS

Heat oven to 425°. Water sauté onions, mushrooms and bell peppers until cooked.

Form dough and place on a parchment lined baking sheet or pizza stone. If not using a pizza stone then pre bake dough for 10 minutes before adding toppings.

Add toppings except spinach. Bake for 25-35 minutes or until the crust starts to brown. Top with spinach and enjoy!

Tomato Basil & Ricotta Pizza



SERVES [4-6]

INGREDIENTS

oil free marinara
cashew ricotta (pg 114)
tomato sliced thin
red onion sliced thin
basil
balsamic glaze (store bought)
1 batch basic dough (pg 136)

DIRECTIONS

Preheat the oven to 425°. Form the dough into a pizza shape. If you don't have a pizza stone then place on a parchment lined baking sheet and poke down with fingers. Bake for 10 minutes. If you are using a pizza stone, no need to precook the dough.

Spread dough with marinara and top with tomatoes, onions and cashew ricotta. Place in the oven for 15 minutes or until the crust is starting to brown. Top with fresh basil and drizzle with balsamic glaze. Dig in!



Pineapple Rice



Pineapple Rice

SERVES [2-4]

INGREDIENTS

2 cups steamed rice of choice (we love Basmati Rice)

frozen peas and shredded carrot mix

8 oz chopped mushrooms

¼ cup finely diced onion

2 garlic cloves minced

¼ tsp ginger paste or grated ginger

1 cup canned pineapple

chopped green onion

chopped cilantro

lime wedges

teriyaki sauce of your choice

DIRECTIONS

Heat pan to medium high heat and add a small amount of water. Sauté the mushrooms and allow them to cook down.

Add the onions, garlic, ginger and some teriyaki sauce. Cook for another minute.

Add the peas, carrots and rice...you may add more water or teriyaki to keep it from sticking to the pan.

Lastly add the pineapple and stir to heat thoroughly.

Serve and top with teriyaki sauce, lime, green onion and cilantro. Enjoy!



Spinach Artichoke Lasagna

Spinach Artichoke White Lasagna

SERVES [9-12]

INGREDIENTS

14 oz pkg extra firm tofu drained
1 cup raw cashews
½ cup nutritional yeast
2 tbsp lemon juice
1 tsp onion powder
2 tsp garlic powder
2 tsp dried oregano
1 tsp salt (optional)
pepper to taste
2 handfuls of spinach
1 lb mushrooms
1 can artichoke hearts drained and chopped
10-12 oz box of no boil lasagna noodles
7-8 cups Alfredo sauce (pg 118)

DIRECTIONS

Preheat the oven to 375°.

Heat pan to medium high heat and add a small amount of water. Sauté the mushrooms and allow them to cook down.

In a food processor mix the tofu, cashews, nutritional yeast, lemon and seasonings. Process until smooth. Transfer to a bowl and mix in mushrooms, spinach and artichoke.

In a 9x13 baking dish, cover the bottom with some Alfredo sauce. Put down 1 layer of noodles, spoon filling onto noodles and spoon some sauce on top.

Add a second layer of noodles and repeat. Once the dish is full to the top, pour a small amount of Alfredo sauce over the top layer of noodles. Reserve half of the sauce for the end.

Pour 1 cup of water over the lasagna and cover with foil, and then bake for 1 hour.

After an hour, uncover and pour remaining sauce on top. Cover again and bake for an additional 10 minutes.

Allow to cool for 10 minutes before cutting.



Garden Lasagna



Garden Lasagna

[SERVES 9-12]

INGREDIENTS

14 oz pkg extra firm tofu drained
1 cup raw cashews
½ cup nutritional yeast
2 tbsp lemon juice
1 tsp onion powder
2 tsp garlic powder
2 tsp dried oregano
1 tsp salt (optional)
pepper to taste
2 handfuls of spinach
1 lb water sautéed mushrooms
1 can artichoke hearts drained and chopped
10-12 oz box of no boil lasagna noodles
2 jars low fat or oil free garlic marinara or 7-8 cups homemade marinara

DIRECTIONS

Preheat the oven to 375°.

In a food processor mix the tofu, cashews, nutritional yeast, lemon and seasonings. Process until smooth. Transfer to a bowl and mix in mushrooms, spinach and artichoke.

In a 9x13 baking dish, cover the bottom with some sauce. Put down 1 layer of noodles, spoon filling onto noodles and spoon some sauce on top.

Add a second layer of noodles and repeat. Once the dish is full to the top, pour the rest of marinara over the entire dish making sure to coat well.

Cover and bake for 1 hour - 1 hour 20 minutes.

Allow to cool for 10 minutes before cutting.



Mushroom Balls and Spaghetti

SERVES [4-6]

INGREDIENTS

1 lb mushrooms
½ cup or 1 small onion
diced
2-3 garlic cloves minced
1 tsp garlic powder
½ tsp dried oregano
¼ cup nutritional yeast
½ cup instant oatmeal
½ cup bread crumbs (can
use gluten free)
¼ cup finely chopped
parsley
2 tbsp powdered vegan
egg replacer powder or
ground flaxseed
salt and pepper to taste
spaghetti noodles of
choice
marinara - store bought
or homemade



DIRECTIONS

Chop mushrooms into small pieces and water sauté until they start to brown. Add onions and cook until soft then add the garlic and cook for 2 minutes more. Remove from the heat and spoon into a bowl. Stir in the remaining ingredients (except marinara and noodles) and mix thoroughly. Cover and let the mixture rest in the refrigerator for at least 4 hours, 24 hours is best.

Preheat the oven to 425°. Form the meatballs with an ice cream/cookie dough scoop or with your hands. Wetting your hands will keep the mixture from sticking to your fingers. Place the meatballs on a parchment lined baking sheet. Bake for 15-20 minutes until they start to brown. Once cooked, the meatballs may be frozen for later use. Top cooked spaghetti with heated marinara sauce and meatballs then dig in!

Loaded Everything Bagel Sammy



SERVES [1]

INGREDIENTS

oil free everything bagel
oil free hummus
avocado slices
tomato slices
red onion slices
cucumber thinly sliced
romaine lettuce
sprouts
Dijon mustard

DIRECTIONS

Spread toasted bagel with hummus and mustard. Assemble the sandwich with your choice of vegetables and enjoy!



Oh My Goodness Sandwich

SERVES [1]

INGREDIENTS

sprouted whole grain
bread toasted

garlic chive cream cheese
(pg 117)

maple Dijon dressing
(pg 125)

avocado

sprouts

arugula

green leaf lettuce

cucumber thinly sliced

red onion thinly sliced



DIRECTIONS

Spread toasted bread with cream cheese and maple mustard. Assemble the sandwich with your choice of vegetables and enjoy!

Loaded Baked Potato Bar



SERVES [4-6]

INGREDIENTS

baked potatoes
steamed broccoli
cooked mushrooms
green onions chopped
cheese sauce (pg 120)

DIRECTIONS

Split open warm potatoes and pile on toppings. This is a great meal to make when you have small amounts of ingredients left in the refrigerator.

Falafel



Garden Falafel Wrap



FALAFEL INGREDIENTS

2- 29oz cans chickpeas
drained and rinsed
1 red onion diced
2 tsp ground cumin
1 tsp ground coriander
¼ tsp turmeric
2 tbsp Dijon mustard
2 tbsp ground flaxseed
1 tbsp minced garlic
2 tbsp lemon juice
1 ½ cups chopped cilantro
1 ½ cups chopped parsley
salt and pepper to taste

DIRECTIONS

FALAFEL

Preheat the oven to 400°.

Combine ingredients in a food processor until smooth.

Use a small ice cream/cookie scoop or spoon batter into balls on a parchment lined baking sheet.

Bake for 25-35 minutes.

Allow to cool before eating so they don't crumble.

FALAFEL WRAP

Add sprouts, cucumber, tomato, onions, lettuce, and *Greek Yogurt Herb Sauce* (pg 130) to a whole grain wrap/tortilla.

SERVES [4]



Mayan Burrito Bowl

INGREDIENTS

steamed rice of choice
black beans or lentils
avocado
lime juice
cilantro
tomate frito (pg 132)
(Mayan tomato sauce)
pickled onions (pg 133)
baked tostadas on the
side (optional)



DIRECTIONS

Mound rice in a bowl and add toppings..enjoy!

Mayan Tostadas



INGREDIENTS

corn tortillas

oil free refried beans,
canned or homemade
(pg 131)

steamed rice (optional)

pickled onions (pg 133)

tomate frito (pg 132)
(Mayan tomato sauce)

avocado slices (optional)

DIRECTIONS

Preheat the oven to 400°. Bake corn tortillas on a parchment lined baking sheet for 8-10 minutes or until crisp. Keep a close eye on them because they burn fast. Spread warmed beans on the toasted corn tortilla. Layer toppings and devour!

Thai Noodle Sauté

SERVES [4-6]

INGREDIENTS

- 9 oz buckwheat soba noodles
- 10 oz shiitake mushrooms
- 1 small onion sliced
- 3-4 garlic cloves minced
- 3 tsp jarred Asian chili paste (found in Asian aisle of any grocery store)
- 2 tsp low sodium soy sauce
- ½ tsp fresh grated ginger or ginger paste
- 3-4 green onions chopped
- 1 cup thai basil leaves
- 1 cup baby spinach
- ½ cup chopped cilantro
- 2 cups steamed broccoli

SAUCE

(mix all ingredients)

- 3 tbsp hoisin sauce
- 1 ½ tbsp low sodium soy sauce
- 1 tbsp maple syrup
- 1 tbsp water
- 2 tbsp lime juice
- pinch of chili flakes (optional)



DIRECTIONS

Boil the noodles according to the directions on the package. In a small bowl mix sauce ingredients and set aside. Heat a pan to medium high, add 2 tablespoons of water, garlic and chili paste. Sauté a few minutes then add sliced onions and ginger. Sauté another minute or two. Add mushrooms and soy sauce, cook until mushrooms begin to soften, about 3 minutes. Reduce heat to medium and add the broccoli, basil, spinach and green onions. Pour sauce over vegetables to coat. Turn off heat and add in cilantro.

Spring Rolls *with* Thai Peanut Dipping Sauce

SERVES [2-4]



INGREDIENTS

rice paper sheets

lettuce

cucumber julienned

carrot julienned

avocado sliced

mango sliced

sprouts

beet grated or julienned

THAI PEANUT SAUCE

1 cup powdered peanut butter (prepare as directed)

1-2 tbsp low sodium soy sauce (optional)

1 tbsp rice vinegar

1-2 tbsp maple syrup

2 tbsp lime juice

½ tsp coconut extract (optional)

pinch of ginger, fresh or powdered

DIRECTIONS

SAUCE

Combine all ingredients. Makes 4 servings of sauce.

SPRING ROLLS

Fill a wide bowl with warm water, place a rice paper sheet in warm water to soften. Once softened, pull out and lay flat on your work surface. Lay down lettuce leaf first then add the rest of the ingredients. Fold right and left sides in first then roll like a burrito.

Enjoy with Thai peanut sauce!



Mexican Egg Rolls

SERVES [4-6]

INGREDIENTS

3-4 cups cooked rice

1 can corn drained and rinsed

1 can black beans drained and rinsed

1 small 2-3 oz can diced green chilis

1 cup chopped cilantro

1 cup Mexican salsa of your choice

1 tbsp lime juice

1 pkg oil free vegan egg roll wrappers *

DIP

[cheese sauce \(pg 120\)](#) mixed with salsa, or guacamole



DIRECTIONS

Preheat the oven to 375°. Mix filling ingredients and spoon onto egg roll wrapper and roll. Bake for 20-30 minutes until crispy. Tip: lightly spray with water before baking to help them brown. Dip in your sauce of choice.

* For gluten free, use rice paper spring roll wrappers. Soften in warm water according to package.

Vegetable Egg rolls



SERVES [4-6]

INGREDIENTS

1 medium head of cabbage shredded
8 oz mushrooms chopped
2 cups shredded carrots
½ cup chopped green onion
½ cup chopped cilantro
3 tbsp low sodium soy sauce (more if desired)
2 tbsp rice vinegar
1 tbsp minced garlic
1 tsp grated ginger or ginger paste (½ tsp ginger powder)
1 pkg oil free vegan egg roll wrappers or rice paper if gluten free (dip in hot water to soften)

DIRECTIONS

Preheat the oven to 375°. Add shredded cabbage and chopped mushrooms to a large pot with a little water on medium high and allow it to cook down for 10 minutes. After 10 minutes add remaining ingredients (except egg roll wrappers). Cook down until all the water is cooked out of the filling. Add a little more soy sauce if you feel it needs it. Lay egg roll wrapper down in a diamond position and add a small amount of filling. Fold left and right corners in and then roll up like a burrito. Place egg rolls on a parchment lined baking sheet and bake for 15 minutes or until crispy. I like to spray the egg rolls with vinegar or vegetable broth to help them brown. Serve with sriracha or sweet chili sauce .

Spinach, Mushroom and White Bean Burgers

SERVES [4-6]

INGREDIENTS

2 cups cooked rice (on the sticky side)

8 oz cooked mushrooms diced small

1-14 oz can white beans drained and rinsed

1 cup cooked spinach, finely chopped

2 tsp garlic powder

salt and pepper to taste

whole grain buns

lettuce

onion

tomato

mustard

white bean mayo (pg 123)



DIRECTIONS

Preheat the oven to 400°. Mash ingredients together. Wet your hands and form patties on pieces of parchment paper then freeze for best results. Once frozen you can take your patties out of the freezer and bake for 20-30 minutes. Enjoy burgers on a whole grain bun or wrapped in lettuce leaves.

Portobello Fajitas



SERVES [4-6]

INGREDIENTS

6-8 large Portobello mushroom caps sliced
2 red bell peppers sliced
1-2 red onions sliced
vegan Worcestershire sauce
1 tsp garlic powder
1 tsp onion powder
1 tsp smoked paprika
1 tsp chili powder
salt/ pepper to taste (optional)
avocado
oil free refried beans canned or homemade (pg 131)
cilantro
lime
salsa/hot sauce
corn or whole grain tortillas

DIRECTIONS

Preheat the oven to 400°. Place sliced mushrooms and vegetables on a parchment lined baking sheet and drizzle with Worcestershire sauce. Toss to coat and sprinkle with seasonings. Roast for 20 minutes or until vegetables begin to brown. Assemble fajitas with tortillas, refried beans, vegetable mushroom mix, and top with lime, avocado, cilantro and salsa/ hot sauce. Enjoy with a side of cilantro lime rice.



Samosas

SERVES [2-4]

INGREDIENTS

3 large steamed or baked
Yukon Gold potatoes

½ tsp garlic powder

½ tsp onion powder

¼ tsp ginger powder

1 tsp yellow curry

¼ -½ tsp salt if using

¾ -1 cup peas and carrots
frozen mix (run under
hot water to thaw)

1 package vegan egg roll
wrappers (cut into fourths)



DIRECTIONS

In a bowl place cooked potatoes and mash with a fork or your hands. Add the rest of ingredients and mix or mash together (I always use my hands.) Preheat the oven to 375°. Take egg roll wrapper and line edge with a wet finger. Place a small spoonful of potato mixture on the wrapper. Fold the top corner down to the opposite bottom corner, to form a triangle, press to seal edges. I like to spray the samosas with water, or distilled vinegar to help them brown. Bake for 10-15 minutes or until crisp.

Gluten Free Samosa Tots



SERVES [2-4]

INGREDIENTS

3 large steamed or baked
Yukon Gold potatoes

½ tsp garlic powder

½ tsp onion powder

¼ tsp ginger powder

1 tsp yellow curry

¼ -½ tsp salt if using

¾ -1 cup peas and carrots
frozen mix (run under
hot water to thaw)

DIRECTIONS

Preheat the oven to 425°.

Mash the potatoes and then mix in the rest of the ingredients to make the Samosa filling. Shape the filling into tater tots. Bake for 20-30 minutes or until crisp.

Another option is to air fry on 400° for 20-30 minutes or until crisp.

Spring Alfredo Bake

SERVES [6-8]

INGREDIENTS

1 box noodles of your choice

3 cups Alfredo sauce (pg 118)

8 oz mushrooms chopped

1 cup chopped asparagus

1 can artichoke heart drained and chopped

½ cup peas

bread crumbs and garlic salt (optional)



DIRECTIONS

Preheat the oven to 425°. Bring water to a boil and cook pasta according to package directions. While the pasta is cooking, lightly steam the mushrooms, asparagus and peas. Drain and chop the artichokes. Once pasta is done, strain and add to a 9x13 dish. Mix in the vegetables and alfredo sauce. Bake in the oven for 15 minutes. If desired, top with bread crumbs and garlic salt and bake for another 5 minutes.

Warm White Bean Pesto Pasta



SERVES [2-4]

INGREDIENTS

White Bean Pesto (pg 122)
pasta of your choice
chopped sundried tomatoes
as a topping (optional)

DIRECTIONS

Cook the pasta according to package directions. Heat up the pesto and toss the desired amount into the pasta. You may top with chopped sun-dried tomatoes for even more southern Italian flavor. Enjoy!

BBQ Jalapeño Lentil Loaf

SERVES [9-12]

INGREDIENTS

2 cans brown lentils
drained and rinsed

2 cans black lentils
drained and rinsed

2 cups bread crumbs, or
gluten free bread crumbs

1 cup corn

2 tbsp ground flaxseed

1 cup diced onion

1 cup chopped cilantro

½ cup chopped jalapeño
without the seeds unless
you like it spicy

1 cup sweet BBQ sauce
of your choice, plus more
for topping



DIRECTIONS

Preheat the oven to 350°. Mix all ingredients together in a bowl and place into a 9x13 baking dish. Bake for 40 minutes. You can top with extra BBQ sauce and bake for the remaining 5 minutes. This goes well with mashed potatoes and salad.

Lentil Dahl

(Easy Pressure Cooker Recipe)



SERVES [4]

INGREDIENTS

1 cup split red lentils
1 onion diced
2 tomatoes diced
3 garlic cloves diced
pinch of cumin seeds
1 tsp ginger grated or
ginger paste
1 tsp yellow curry
1 tsp ground coriander
salt to taste
3 tsp Chana Masala mix (if
you can't get this then add
2 tsp garam masala)
¼ tsp mango powder
4 cups water
chopped cilantro
lime

DIRECTIONS

Turn your pressure cooker onto sauté, add a pinch of cumin seeds and let them brown. Add the tomatoes, onion, garlic, ginger, curry, coriander, masala and mango powder. Cook the mix down for 5 minutes, adding a little splash of water if starting to burn. Add the lentils and sauté for a few minutes. Add water and place the lid on and lock. Cook on the bean/chili setting for 10 minutes. Allow the pressure to release naturally. Garnish with lime and cilantro and serve with rice and naan (pg 139).



Enchilada Bake



Enchilada Bake

SERVES [10-12]

INGREDIENTS

4 medium to large potatoes that have already been baked or steamed
2 tbsp lime juice
1 tsp garlic powder
½ cup diced onion
1 cup corn
1 cup chopped cilantro
15 oz can beans of your choice, drained and rinsed
salt and pepper to taste if using
18 corn tortillas
1 batch cheese sauce (optional pg 120)
3-4 cups red enchilada sauce, store bought (oil free) or homemade

DIRECTIONS

Preheat the oven to 400°.

Place potatoes in a large bowl and coarsely mash. Add the lime juice, garlic powder, onion, corn, cilantro, and beans, mix well.

In a 9x13 pan spread some of the enchilada sauce to coat the bottom. Layer the bottom of the pan with 6 corn tortillas, spoon filling on top of each tortilla. Pour some enchilada sauce over the mixture and spoon some cheese sauce on as well if using.

Add another layer of corn tortilla and repeat the process until you run out of ingredients ending with a top layer of tortillas.

Pour the remaining cup of enchilada sauce over the top and cover the pan with foil or lid.
Bake for 35-40 minutes.

Once done, uncover and add some additional cheese sauce or enchilada sauce and garnish with cilantro.



A rustic bread roll with a golden-brown crust and a dusting of flour sits at the top of a wooden cutting board. In the center, a small wooden bowl is filled with a creamy dip, topped with fresh spinach leaves and artichoke hearts. To the right, a bunch of fresh green asparagus spears is neatly arranged. Scattered around the board are several mushrooms and fresh spinach leaves, creating a fresh and appetizing scene.

Spreads, Dips, Dressings, and Toppings

Spinach Artichoke Dip pg 121

Spreads, Dips, Dressings, and Toppings

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Cashew Ricotta

SERVES [4]

INGREDIENTS

1 cup cashews that have been soaked for 4 hrs (or pour boiling water over them and let them soak for 1 hr)

2 tbsp lemon juice

3 tbsp nutritional yeast

½ tsp salt

1 tsp garlic powder

½ tsp onion powder



DIRECTIONS

Place all ingredients in a food processor or high-speed blender and blend until smooth. This will last in the refrigerator for 1 week. Makes 1 cup.

Cashew Parmesan



SERVES [18]

INGREDIENTS

- ½ cup raw cashews
- 2 tbsp nutritional yeast
- ½ tsp garlic powder
- ½ tsp salt

DIRECTIONS

Blend in a food processor until you get a grated parmesan texture. This lasts in the refrigerator for several weeks.

Cashew Cream Cheese



Garlic Chive Cashew Cream Cheese

SERVES [4]

INGREDIENTS

WITH NUTS

1 cup cashews that have been soaked overnight (or pour boiling water over them and let them soak for 4-6 hours)

2 tbsp lemon juice

2-3 tbsp nutritional yeast

½ tsp salt

1 tsp garlic powder

⅛ tsp onion powder

2 tbsp dried chives

2-4 tbsp water

NUT FREE / LOW FAT

1 cup white beans (canned drained and rinsed or homemade)

2 tbsp lemon juice

3 tbsp nutritional yeast

½ tsp salt

1 ½ tsp garlic powder

¼ tsp onion powder

2-3 tbsp dried chives

1-3 tbsp water

DIRECTIONS

Drain and rinse the soaked cashews (or beans), and place in a high-speed blender or smaller food processor.

Add the remaining ingredients except the chives and blend until smooth.

Add 1 tablespoon of water at a time until you get desired consistency. Careful not to let it get too runny.



Alfredo Sauce

MAKES [36OZ]

INGREDIENTS

3 cups peeled diced potato (if you use Yukon gold you don't have to peel them)

½ cup raw cashews

4 tbsp nutritional yeast

2 tsp garlic powder

2 tsp salt

1 ¼ tsp lemon juice

2-3 cups hot water



DIRECTIONS

Boil potatoes in a pot until soft, drain off water. Save the water to add back into the cheese sauce. Add all ingredients to a high-speed blender, then add 2 cups of the reserved water and blend. Add more of the reserved hot water to thin to desired consistency.

FAT FREE VERSION

Replace the cashews with white beans and cut the amount of water in half, adding more as you blend if you desire a thinner consistency.

Smokey Chickpea and Pimento Spread



SERVES [3-4]

INGREDIENTS

1 - 15 oz can chickpeas
drained and rinsed

3 tbsp nutritional yeast

3 tbsp Dijon mustard

½ tsp garlic powder

½ tsp onion powder

½ tsp smoked paprika

½ tsp mustard powder

⅛ tsp chipotle powder

1 tbsp lemon juice

1- 4 oz jar drained
pimentos

1-3 tbsp water

DIRECTIONS

Blend all ingredients except pimentos, until smooth, adding water until smooth creamy texture is achieved. In a bowl, stir in pimentos and enjoy on sandwiches or as a dip for vegetables and bread.

The Yummiest “Cheese” Sauce Ever!

MAKES [36 OZ]

INGREDIENTS

3 cups peeled diced potato (if you use Yukon gold you don't have to peel them)

½ cup diced carrot

½ cup raw cashews

4 tbsp nutritional yeast

1 tsp onion powder

2 tsp garlic powder

2 tsp salt

1 ¼ tsp lemon juice

2-3 cups hot water



DIRECTIONS

Boil potatoes and carrots together in a pot until soft, drain off water. Save the water to add back into the cheese sauce. Add all ingredients to a high-speed blender, then add 2 cups of the reserved water and blend. Add more of the reserved hot water to thin to desired consistency.

FAT FREE VERSION

Replace the cashews with white beans and cut the amount of water in half, adding more as you blend if you desire a thinner consistency.

Spinach Artichoke Dip



SERVES [6-8]

INGREDIENTS

3 cups peeled diced potato (if you use Yukon gold you don't have to peel them)

½ cup raw cashews

4 tbsp nutritional yeast

1 tsp onion powder

3 tsp garlic powder

2 tsp salt

¼ -½ tsp chili flakes

1 ½ tsp lemon juice

1 can artichoke hearts
drained and chopped

1-2 cups chopped spinach

1 ½ - 2 ½ cups hot water

DIRECTIONS

Boil potatoes in a pot until soft, drain off water and save the water to add back into the cheese sauce. Add all ingredients to a high-speed blender, add 1 1/2 cups of water and blend. Add more of the reserved hot water to thin to desired consistency (I like to keep it a little thicker as a dip).

FAT FREE VERSION

Replace the cashews with white beans and reduce the amount of water by half, adding more as you blend if you want a thinner consistency.

White Bean Pesto

SERVES [4]

INGREDIENTS

1 15 oz can white beans
drained and rinsed

2 tbsp nutritional yeast

2 tbsp lemon juice

½ tsp minced garlic

1 ½ cups fresh basil leaves

small handful spinach
leaves

salt (optional)



DIRECTIONS

Place all ingredients in a food processor and mix until smooth. Enjoy as a vegetable dip or over pasta cold or warm.

White Bean Mayo



MAKES [12 OZ]

INGREDIENTS

1-15oz can white beans
drained and rinsed
1 tbsp lemon juice
2 tbsp Dijon mustard
1 tbsp maple syrup

DIRECTIONS

Combine all ingredients and blend until smooth.

Smokehouse Mayo

MAKES [12oz]

INGREDIENTS

1- 15oz can white beans
drained

1 tbsp lemon juice

2 tbsp Dijon mustard

1 tbsp maple syrup

½ tsp smoked paprika

½ tsp garlic powder

¼ tsp ground mustard

¼ tsp onion powder

¼ tsp ground celery seed
or celery salt



DIRECTIONS

Blend until smooth. Enjoy on sandwiches, wraps, bean burgers, or as a dip for vegetables.

Creamy Peach Walnut Dressing

SERVES [2]

2 tbsp walnuts (optional)

2 tsp Dijon mustard

¼ peach balsamic vinegar (it is naturally very sweet)

¼ plant milk (I like plain unsweetened soy milk)

Blend until smooth.

Maple Dijon Dressing

SERVES [2-3]

¼ cup Dijon mustard

¼ cup maple syrup

Stir to mix and enjoy!

Citrus Hummus Dressing

SERVES [2]

3 tbsp oil free hummus

1 tbsp Dijon mustard

1 tbsp lemon or orange juice

1-2 tbsp maple syrup

Combine all ingredients and enjoy!



Low Fat Thai Peanut Dressing

SERVES [4]

INGREDIENTS

1 cup powdered peanut butter

1-2 tbsp low sodium soy sauce (optional)

1 tbsp rice vinegar

1-2 tbsp maple syrup

2 tbsp lime juice

½ tsp coconut extract (optional)

pinch of ginger, fresh or powdered



DIRECTIONS

Prepare peanut butter according to directions then mix in the remaining ingredients. Enjoy as a dip for fresh spring rolls, on thai salad, or on some zucchini noodles!

Smokey Sweet Dressing



SERVES [4-6]

INGREDIENTS

- 1/3 cup plant milk (I like plain unsweetened soy milk)
- 1/4 cup apple cider vinegar
- 2 tbsp maple syrup
- 1 tbsp Dijon mustard
- 1/8 tsp smoked paprika

DIRECTIONS

Combine all ingredients and blend until smooth.

Strawberry Basil Lime Dressing

SERVES [2-3]

- 1 heaping cup chopped strawberries fresh or thawed from frozen
- 1-2 dates (or maple syrup to sweeten)
- 1 tbsp lime juice
- 1 tbsp chopped fresh basil

Combine all ingredients in a blender except the basil. Blend until smooth then gently stir in basil

It's A Fiesta Dressing

SERVES [2-3]

- 1 cup white beans drained and rinsed
- ½ cup plant milk (I like plain unsweetened soy milk)
- ¼ tsp smoked paprika
- ¾ tsp chili powder
- ¼ tsp garlic powder
- ⅛ tsp onion powder
- ⅛ tsp chipotle powder if you like it spicy
- 2 tbsp lime juice
- ¼ cup chopped cilantro
- pinch of salt (optional)

Blend until smooth. Great as a dressing on a taco salad, drizzled over a tostada or in a burrito.



Creamy Balsamic Dressing

SERVES [2-3]

½ cup white beans drained and rinsed

2 tbsp Dijon mustard

½ tsp garlic powder

¼ cup balsamic vinegar (good quality sweet one)

¼ cup plant milk to thin (I like plain unsweetened soy milk)

Blend until smooth.

Soy Ginger Sauce

SERVES [2]



2 tbsp low sodium soy sauce

2 tbsp rice vinegar

4 tbsp water

1 tbsp maple syrup

¼ tsp fresh ginger or ⅛ tsp ginger powder

¼ tsp fresh minced garlic or ⅛ tsp garlic powder

Mix together and enjoy with vegetables and rice.

Greek Yogurt Herb Sauce

SERVES [4]

INGREDIENTS

½ cup plain unsweetened
coconut yogurt or vegan
yogurt of your choice

1 ½ tsp lemon juice

2 tbsp finely chopped
parsley

salt and pepper to taste



DIRECTIONS

Combine all ingredients in a bowl and transfer to a small mason jar with lid. This keeps in the refrigerator for 4-6 days. Great in a falafel wrap or with Indian food.

Oil Free Refried Beans



SERVES [6-8]

INGREDIENTS

6 cups cooked or canned beans (we love pinto or black beans for this)

2-5 tsp powdered vegetable bouillon, *or use* 2-3 tsp garlic powder, 2 tsp onion powder, and salt to taste. *I prefer powdered bouillon because of the depth of flavor it gives the beans.*

$\frac{1}{2}$ - $1\frac{1}{2}$ cups water (or the liquid the beans were cooked in)

DIRECTIONS

Place cooked beans in a blender and add $\frac{1}{2}$ cup water to the blender as well as 2 tsp vegetable bouillon to start (or the garlic powder/ onion powder and salt if not using bouillon). Begin blending, adding more water to get the consistency you like. Add more vegetable bouillon to get desired taste, then you are done. Enjoy as a dip or spread. We love it in burritos, on tostadas and on toast with pickled onion, and avocado.

You can freeze and thaw later.



Tomate Frito

...Mayan tomato sauce

SERVES [8-10]

INGREDIENTS

10 roma tomatoes
chopped
1 yellow onion diced
1 tbsp minced garlic
2-3 tsp powdered
vegetable bouillon



DIRECTIONS

Heat a pot to medium high heat. Add onions and garlic to the pot with 1-2 tbsp water and cook down until onions begin to soften. Add diced tomatoes and cook for 15 minutes stirring occasionally making sure the mixture is not burning on the bottom. Once done cooking, turn off heat and transfer tomato mix to a blender. Add the bouillon 1 tsp at a time and give the mixture a few pulses. Once you have the right amount of bouillon added then give it a rough blend. You still want it to have some texture. Enjoy on tostadas with beans and pickled onions. Top burrito bowls as well. You can freeze and thaw later.

Pickled Onions

...another Mayan Topping



SERVES [12]

INGREDIENTS

1 red onion sliced or
diced
pinch of salt
pinch of dried oregano
1 cup white vinegar
1 cup water

DIRECTIONS

Place sliced onion in a quart mason jar. Place the rest of the ingredients in a pot and bring to a boil. Once boiling, turn off and carefully pour over the onions. Allow to cool and then they are ready to use. They store in the refrigerator for 1-2 weeks.

A stack of five blueberry muffins in white paper liners sits on a rustic wooden cutting board. Several fresh blueberries are scattered around the muffins, some in the foreground and some in the background. The background is softly blurred, showing a white cloth.

Breads and Muffins

Breads and Muffins

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Easy Pizza Dough

SERVES [8-10]

INGREDIENTS

3 ½ cups whole wheat flour

3 tsp rapid rise yeast

¼ tsp salt

2 tsp garlic powder

½ cup applesauce

1-1 ¼ cup warm water



DIRECTIONS

Add dry ingredients to a mixing bowl. Mix dry ingredients, add applesauce and warm water while mixing on low speed. Once combined, add dough hook attachment and knead on medium for 10 minutes or knead by hand for 10 minutes. Form into a ball and let it sit in the mixing bowl, covered, in a warm place, for 20 minutes. It is then ready to use as a pizza, calzone, or flatbread dough.

Rosemary Garlic Focaccia



SERVES [4-6]

INGREDIENTS

2 ¼ cups flour (I like white whole wheat flour)

1 heaping tbsp active or rapid rise yeast

2 tsp garlic powder

¼ tsp salt

2 tbsp fresh rosemary chopped or 1 tbsp dried

1 cup warm water

DIRECTIONS

Combine all ingredients, except water, and mix well. While the mixer is mixing, slowly add the water. Once combined, add dough hook attachment and knead on medium for 10 minutes or knead by hand for 10 minutes. The dough will be very sticky. Prepare a parchment lined baking sheet. Lightly pile the dough into a ball or mound. Let it rise in a warm place for 30-40 minutes. Preheat oven to 425°. Bake for 10-15 minutes.

Garlic Naan



Garlic Naan

SERVES [10-12]

INGREDIENTS

3 cups flour
3 tsp active dry yeast
2 tsp garlic powder
pinch of salt
1/3 cup applesauce unsweetened
3/4 cup warm water, possibly more
if using whole wheat flour



DIRECTIONS

Mix all dry ingredients in the mixer then add applesauce and warm water, mix again.

Add dough attachment to knead or knead by hand for 10 minutes. Dough should not be overly sticky but a little sticky is okay. Cover and let rest for 30 minutes.

After 30 minutes, punch dough down and make golf ball sized balls of dough.

Preheat a nonstick griddle or nonstick pan to medium high heat.

On a floured surface, roll out the balls with flour and a rolling pin to 1/4 inch thick ovals. Put warm water in a dish big enough to dip naan in before griddling. Quickly run the flattened naan through warm water and place on a griddle to cook.

Cook on one side for 3 minutes or until starting to brown and then flip over and allow to cook another 2-3 minutes or until brown. Best served warm with a delicious curry or chana masala.



Banana Chocolate
Walnut Muffins

Banana Chocolate Walnut Muffins

SERVES [6-8]

STANDARD INGREDIENTS

1 ½ cups whole wheat flour
2 tsp baking powder
½ tsp salt
1 tbsp powdered vegan egg replacer or ground flaxseed
¾ cup plant milk (I use plain unsweetened soy)
¼ cup applesauce unsweetened
1 tsp vanilla extract
¼ cup maple syrup
2 very ripe bananas mashed
⅓ cup chopped walnuts
¼ cup semi sweet vegan chocolate chips or cocoa nibs

GLUTEN-FREE INGREDIENTS

1 ½ cups oat flour
1 tsp baking powder
¼ tsp baking soda
¼ tsp salt
2 tbsp powdered egg replacer or ground flaxseed
½ cup plant milk (I like plain unsweetened soy)
¼ cup applesauce unsweetened
1 tsp vanilla extract
¼ cup maple syrup
2 very ripe bananas mashed
⅓ cup chopped walnuts
¼ cup semi sweet vegan chocolate chips or cocoa nibs

DIRECTIONS

Preheat the oven to 375°.

Mix dry ingredients, then in a separate bowl mix wet ingredients. Add the dry ingredients to the wet ingredients. Stir until just mixed...don't over stir.

Scoop into silicone muffin molds or into paper lined muffin tin and bake for 16-18 minutes.



Lemon Poppy Seed Muffins

SERVES [6-8]

INGREDIENTS

1 ½ cups whole wheat flour

1 tbsp powdered vegan egg replacer or ground flaxseed

2 tsp baking powder

½ tsp salt

¾ cup plant milk (I use plain unsweetened soy)

¼ cup applesauce unsweetened

¼ cup maple syrup

2 tsp lemon zest

1 tsp vanilla extract

2-3 tsp lemon extract (we like it strong, and use 3 tsp)

1 tbsp poppy seed



DIRECTIONS

Preheat the oven to 375°. Mix dry ingredients then in a separate bowl mix wet ingredient. Add the dry ingredients to the wet ingredients. Stir until just mixed...don't over stir. Scoop into silicone muffin molds or into paper lined muffin tin and bake for 16-18 minutes.

Gluten Free Lemon Poppyseed Muffins



SERVES [6-8]

INGREDIENTS

- 1 ½ cups oat flour
- 1 tbsp powdered egg vegan replacer or ground flaxseed
- 1 tsp baking powder
- ¼ tsp salt
- ¼ tsp baking soda
- ½ cup plant milk (I use plain unsweetened soy)
- ¼ cup applesauce unsweetened
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 2 tsp lemon zest
- 2-3 tsp lemon extract (we like it strong, and use 3 tsp)
- 1 tbsp poppy seed

DIRECTIONS

Preheat the oven to 375°. Mix dry ingredients then in a separate bowl mix wet ingredients. Add the dry ingredients to the wet ingredients. Stir until just mixed...don't over stir. Scoop into silicone muffin molds or into paper lined muffin tin and bake for 16-18 minutes.

Blueberry Muffins

SERVES [6-8]

INGREDIENTS

1 ½ cups whole wheat flour
1 tbsp powdered vegan egg replacer or ground flaxseed
2 tsp baking powder
½ tsp salt
¾ cup plant milk (I use plain unsweetened soy)
¼ cup applesauce unsweetened
¼ cup maple syrup
1 tsp vanilla extract
¾ - 1 cup blueberries, fresh or frozen



DIRECTIONS

Preheat the oven to 375°. Mix dry ingredients then in a separate bowl mix wet ingredients. Add the dry ingredients to the wet ingredients. Stir in the blueberries until just mixed...don't over stir. Scoop into silicone muffin molds or into paper lined muffin tin and bake for 16-18 minutes.

For a fun option, use frozen blueberries to make the entire muffin blue (see next page)!

Gluten Free Blueberry Oat Muffins

SERVES [6-8]

INGREDIENTS

- 1 ½ cups oat flour
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 2 tbsp powdered vegan egg replacer or ground flaxseed
- 1 tsp vanilla extract
- ¼ cup applesauce unsweetened
- ¼ cup maple syrup
- ½ cup plant milk (I like plain unsweetened soy)
- ¾ cup blueberries, fresh or frozen

DIRECTIONS

Preheat the oven to 375°. Mix dry ingredients then in a separate bowl mix wet ingredients. Add the dry ingredients to the wet ingredients. Stir in blueberries until just mixed...don't over stir. Scoop into silicone muffin molds or into paper lined muffin tin and bake for 16-18 minutes.

For a fun option, use frozen blueberries to make the entire muffin blue!



Desserts



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Desserts

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Gluten Free Spring Carrot Cake *with* Banana Walnut Frosting

SERVES [12]

INGREDIENTS

2 cups oat flour

3 tbsp powdered vegan egg replacer or ground flaxseed

2 tsp baking powder

½ tsp salt

2 tsp cinnamon

2 tsp vanilla extract

½ cup applesauce unsweetened

⅓ cup maple syrup or date syrup

⅓ cup chopped walnuts if using

2 cups shredded carrot

¾ cups plant milk (I like plain unsweetened soy milk)



BANANA WALNUT FROSTING

3 ripe bananas mashed

1 tbsp lemon juice

pinch of cinnamon

1-2 tbsp chopped walnuts

DIRECTIONS

Preheat the oven to 375°. Line an 8x12 or 8x8 baking dish with parchment paper or use a silicone baking dish to avoid sticking. Mix dry ingredients in one bowl and wet ingredients in a separate bowl including walnuts but not including the plant milk. Add wet ingredients into the dry ingredients and mix until well incorporated, then slowly mix in plant milk. Pour batter into the baking dish and bake for 18-22 minutes. Allow to cool before removing from the dish or cutting.

Mix frosting ingredients together and enjoy over the carrot cake.



Gluten Free Pineapple Cake

SERVES [12]



INGREDIENTS

2 cups oat flour

1-15 oz can pineapple rings
drained; liquid reserved

jarred cherries, fresh or
frozen cherries

3 tbsp powdered vegan egg
replacer or ground flaxseed

2 tsp baking powder

½ tsp salt

2 tsp cinnamon

2 tsp vanilla extract

½ cup applesauce unsweetened

⅓ cup maple syrup or date
syrup

2 cups shredded carrot

½ cup pineapple juice,
reserved from can

¼ cups plant milk (I like plain
unsweetened soy milk)

DIRECTIONS

Preheat the oven to 375°. Line an 8x12 or 8x8 baking dish with parchment paper or use a silicone baking dish to avoid sticking.

Mix dry ingredients in one bowl and wet ingredients in a separate bowl excluding the pineapple and cherries. Add the wet ingredients into the dry ingredients and mix until well incorporated. Lay the pineapple rings in the bottom of the pan. Place a cherry in the center of each ring. Pour batter over the pineapple slices, gently spreading evenly over the top.

Bake for 18-22 minutes. Allow to cool before flipping out of the dish or cutting.



Nice Cream Sandwich



Nice Cream Sandwich

SERVES [6]

INGREDIENTS

NICE CREAM BASE

4 frozen bananas chopped
1 tsp vanilla extract
½ -1 cup plant milk (I like plain unsweetened soy milk)

GLUTEN FREE OATMEAL COOKIES

1 ½ cup gluten free flour mix (preferably one without chickpea flour)
2 cups rolled oats
1 tsp baking soda
½ tsp salt
2 tbsp powdered vegan egg replacer or ground flaxseed
½ cup applesauce unsweetened
1 tsp vanilla extract
⅓ cup maple syrup (more if you like it sweeter)

DIRECTIONS

NICE CREAM:

Blend in a high-speed blender until a thick creamy ice cream consistency is achieved.

Flavor additions: cocoa powder for chocolate, mint extract for mint flavored ice cream, and strawberries or other fruits for fruit flavored ice cream.

COOKIES:

Preheat the oven to 350°. Mix all the dry ingredients in a bowl then add the wet ingredients and mix well. Spoon batter onto a parchment lined baking sheet. Flatten cookies to the desired size. Wet your hands so the cookie dough does not stick to your fingers. Bake for 15 minutes. Makes 12-16 cookies. Allow to fully cool before assembling nice cream sandwich.



Chocolate Cherry Nice Cream

SERVES [4-6]

INGREDIENTS

3 frozen very ripe bananas that have been peeled

1 ½ cups frozen cherries

3-4 dates (optional)

1 tsp vanilla extract

2 tbsp cocoa powder

1-2 cups plant milk (I like soy milk)



DIRECTIONS

Place all ingredients, except milk, in a high-speed blender. Turn on and add milk slowly until you get the consistency you want. We like to garnish with chopped walnuts, cherries and cocoa nibs.

Chocolate Banana Yums



SERVES [8]

INGREDIENTS

4 large ripe bananas
8 vegan egg roll wrappers
½ cup vegan chocolate

DIRECTIONS

Preheat the oven to 375°. Peel bananas and chop in half. Place half a banana on an egg roll wrapper. Fold the ends toward the middle and roll up like a burrito. Place on a parchment lined baking sheet and bake for 10-15 minutes or until crisp. While they cool, place chocolate in a microwave safe dish and microwave for 20 seconds at a time, stirring each time until melted. Drizzle the banana yums with chocolate and enjoy!

Gluten Free Oatmeal Peanut Butter Chocolate Chip Cookies

SERVES [12-16]

INGREDIENTS

1 ½ cup gluten free flour mix (preferably one without chickpea flour)

2 cups rolled oats

½ cup powdered peanut butter

⅓ - ½ cup dairy free chocolate chips

1 tsp baking soda

½ tsp salt

2 tbsp powdered vegan egg replacer or ground flaxseed

½ cup applesauce unsweetened

1 tsp vanilla extract

⅓ cup maple syrup



DIRECTIONS

Preheat the oven to 350°. Mix all the dry ingredients in a bowl then add the wet ingredients and mix well. Spoon batter onto a parchment lined baking sheet. Flatten cookies to the desired size. Wet your hands so the cookie dough does not stick to your fingers. Bake for 15 minutes.

Lemon Custard with Berries



SERVES [2]

INGREDIENTS

2 cups cooked white sweet potato

1-3 tbsp maple syrup (optional if you need it sweeter)

2 tsp lemon extract

¼ cup more or less plant milk (I use plain unsweetened soy milk)

berries to garnish

DIRECTIONS

Place potatoes, maple syrup if using, and lemon extract in a blender. Start blending and slowly adding plant milk until you get the consistency you want. Serve chilled and garnish with fresh berries.

Chocolate Truffles

SERVES [15-20]

INGREDIENTS

2 cups rolled oats

1 cup pitted dates

½ cup almond butter

2 tbsp hemp, chia, or
ground flaxseed

1 tbsp maple syrup

1 tbsp cocoa powder

2 tsp vanilla extract

2-3 tbsp plant milk (I use
plain unsweetened soy
milk)

¼ - ½ vegan chocolate
chips or cocoa nibs



DIRECTIONS

Place everything except plant milk and chocolate in a food processor, process until smooth. If the mixture is a little dry add plant milk 1 tbsp at a time until it comes together so you can form balls. Stir in chocolate with a spoon and form into truffle sized balls. You can roll them in crushed almonds, peanuts, or unsweetened shredded coconut. Store in the refrigerator or freezer.

Peanut Butter Cookie Dough Truffles



SERVES [15-20]

INGREDIENTS

2 cups rolled oats

1 cup pitted dates

½ cup peanut butter

2 tbsp hemp, chia, or
ground flaxseed

1 tbsp maple syrup

2 tsp vanilla extract

2-3 tbsp plant milk (I use
plain unsweetened soy
milk)

¼ - ½ vegan chocolate chips
or cocoa nibs

DIRECTIONS

Place everything except plant milk and chocolate in a food processor, process until smooth. If the mixture is a little dry add plant milk 1 tbsp at a time until it comes together so you can form balls. Stir in chocolate with a spoon and form into truffle sized balls. You can roll them in crushed almonds or peanuts. We also like rolling them in unsweetened shredded coconut. Store in the refrigerator or freezer.



Key Lime Pie Bites

SERVES [15-20]

INGREDIENTS

2 cups oats

1 cup pitted dates

½ cup cashew butter

2 tbsp hemp, chia, or
ground flaxseed

1 tbsp maple syrup

3 tbsp lime juice

3 tsp lime zest

unsweetened shredded
coconut



DIRECTIONS

Place everything except plant milk and shredded coconut in a food processor and process until smooth. Roll into balls and roll in a bowl of shredded coconut if you desire. Sprinkle with a little lime zest as a garnish. Store in the refrigerator or freezer. Makes 15-20 depending on size.

Lemon Meringue Pie Bites



SERVES [15-20]

INGREDIENTS

2 cups oats

1 cup pitted dates

½ cup cashew butter

2 tbsp hemp, chia, or
ground flaxseed

1 tbsp maple syrup

3 tbsp lemon juice

3 tsp lemon zest

unsweetened shredded
coconut

DIRECTIONS

Place everything except plant milk and shredded coconut in a food processor and mix until smooth. Roll into balls and roll in a bowl of shredded coconut if you desire. Sprinkle with a little lemon zest as a garnish. Store in the refrigerator or freezer. Makes 15-20 depending on the size.

Please visit us at www.plantifulkiki.com for more recipes, weight loss, and lifestyle information.



You can also find Kiki at youtube.com/plantifulkiki and instagram.com/plantifulkiki where she shares her food, lifestyle and Plantiful Adventures!



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