
50+
Festive & Healthy
VEGAN
Holiday Recipes

1. Tasty Vegetable Morning Hash



Serving: 4

Prep Time: 5 minutes

Cook Time: 23 minutes

Ingredients

- 1 tablespoon sage leaves, chopped
- 1 bell pepper, diced
- 3 garlic cloves, minced
- 1 onion, diced
- 3 tablespoon olive oil
- 3 red potatoes, diced
- 15 ounces black beans, canned

- 1 tablespoon parsley, chopped
- 2 cups swiss chard, chopped
- Salt and pepper

How To

1. Take a skillet and place it over medium heat, add oil and let it heat up
2. Add potato, garlic and onion cook them for about 20 minutes
3. Add Swiss Chard, beans, cook for 3 minutes
4. Season well with salt and pepper, serve with parsley
5. Enjoy!

Nutrition (Per Serving)

- Calories: 270
- Fat: 11g
- Carbohydrates: 40g
- Protein: 9g

2. Walnuts And Asparagus Delight



Serving: 4

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients

- 1 and ½ tablespoons olive oil
- ¾ pound asparagus, trimmed
- ¼ cup walnuts, chopped
- Salt and pepper to taste

How To

1. Place a skillet over medium heat add olive oil and let it heat up
2. Add asparagus, Saute for 5 minutes until browned
3. Season with salt and pepper
4. Remove heat
5. Add walnuts and toss

6. Serve warm!

Nutrition (Per Serving)

- Calories: 124
- Fat: 12g
- Carbohydrates: 2g
- Protein: 3g

4. Almond And Blistered Beans



Serving: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 1 pound fresh green beans, ends trimmed
- 1 and ½ tablespoon olive oil
- ¼ teaspoon salt
- 1 and ½ tablespoons fresh dill, minced
- Juice of 1 lemon
- ¼ cup crushed almonds

- Salt as needed

How To

1. Pre-heat your oven to 400 degree F
2. Add in the green beans with your olive oil and also with salt
3. Then spread them in one single layer on a large sized sheet pan
4. Roast it up for 10 minutes and stir it nicely, then roast for another 8-10 minutes
5. Remove it from the oven and keep stirring in the lemon juice alongside the dill
6. Top it up with crushed almonds and some flak sea salt and serve

Nutrition (Per Serving)

- Calories: 347
- Fat: 16g
- Carbohydrates: 6g
- Protein: 45g

5. Portobello Mushrooms & Cherry Tomatoes Mix



Serving: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 12 cherry tomatoes
- 2 ounces scallions
- 4 portobello mushrooms
- 4 and ¼ ounces butter
- Salt and pepper to taste

How To

1. Take a large skillet and melt butter over medium heat
2. Add mushrooms and Saut é for 3 minutes
3. Stir in cherry tomatoes and scallions
4. Saut é for 5 minutes
5. Season accordingly
6. Saut é until veggies are tender
7. Enjoy!

Nutrition (Per Serving)

- Calories: 154
- Fat: 10g
- Carbohydrates: 2g
- Protein: 7g

6. Garbanzo and Spinach Beans



Serving: 4

Prep Time: 5-10 minutes

Cook Time: Nil

Ingredients

- 1 tablespoon olive oil
- ½ onion, diced
- 10 ounces spinach, chopped
- 12 ounces garbanzo beans
- ½ teaspoon cumin

How To

1. Take a skillet and add olive oil, let it warm over medium-low heat
2. Add onions, garbanzo and cook for 5 minutes
3. Stir in spinach, cumin, garbanzo beans and season with sunflower seeds
4. Use a spoon to smash gently
5. Cook thoroughly until heated, enjoy!

Nutrition (Per Serving)

- Calories: 90
- Fat: 4g
- Carbohydrates:11g
- Protein:4g

6. Portobello Mushroom Risotto



Serving: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

- 4 and ½ cups cauliflower, riced
- 3 tablespoons coconut oil
- 1 pound Portobello mushrooms, thinly sliced
- 1 pound white mushrooms, thinly sliced
- 2 shallots, diced
- ¼ cup organic vegetable broth
- Salt and pepper to taste
- 3 tablespoons chives, chopped

- 4 tablespoons butter
- ½ cup parmesan cheese, grated

How To

1. Use a food processor and pulse cauliflower florets until riced
2. Take a large saucepan and heat up 2 tablespoons oil over medium-high flame
3. Add mushrooms and Saute for 3 minutes until mushrooms are tender
4. Clear saucepan of mushrooms and liquid and keep them on the side
5. Add rest of the 1 tablespoons oil to skillet
6. Toss shallots and cook for 60 seconds
7. Add cauliflower rice, stir for 2 minutes until coated with oil
8. Add broth to riced cauliflower and stir for 5 minutes
9. Remove pot from heat and mix in mushrooms and liquid
10. Add chives, butter, parmesan cheese
11. Season with salt and pepper
12. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 438
- Fat: 17g
- Carbohydrates: 15g
- Protein: 12g

8. Quinoa stuffed roasted vegetables



Serving: 8

Prep Time: 15 minutes

Cook Time: 55 minutes

Ingredients

15-18 small Campari tomatoes

3 tablespoons extra virgin olive oil, such as Colavita, plus more for brushing

1 large onion, chopped (about 1½ cups)

3 garlic cloves, minced

1½ teaspoons salt, plus more to tast

Freshly ground black pepper, to taste

¾ teaspoon turmeric

1 cup quinoa, rinsed

¼-1 / 3 cup dried currants (optional)

¼ cup chopped fresh mint, plus more for garnish

¼ cup chopped fresh parsley, plus more for garnish

How To

1. Cut off and set aside the tops of tomatoes. Scoop out the insides of the tomatoes - be careful to leave shells intact for stuffing (a melon baller does a good job of this).

2. Coarsely chop tomato "guts", add to colander, and set aside to allow tomatoes to drain excess liquid.

3. Preheat oven to 350° F. Heat oil in a large skillet over medium-high heat. Add onion and sauté for about 4-5 minutes, until translucent. Add garlic, salt, pepper and turmeric. Sauté for another 2-3 minutes.

4. Add quinoa and stir to blend, toasting the quinoa for about 1-2 minutes. Add chopped and drained tomatoes and currants; mix to incorporate. Bring to a simmer, cover, and reduce heat to low simmer for about 20-25 minutes or until most of the liquid is absorbed.

5. Remove from heat. Gently stir in chopped herbs and season to taste with salt and pepper if needed.

6. Spoon mixture into reserved tomato shells. Place each stuffed tomato in a large casserole dish. Cover each tomato with a reserved tomato top.

7. Bake uncovered for about 20 minutes — do not overcook or tomatoes will split open.

8. Remove from oven. Garnish with additional fresh chopped herbs.

Variation using Patty Pan Squash and Baby Eggplant Slice eggplant and/or squash in half and roast in 375° F oven for 20 minutes. Remove from oven and follow above recipe from step 4.

9. Mushroom Bourguignon



Serving: 5

Prep Time: 15 minutes

Cook Time: 65 minutes

Ingredients

1. Preheat oven to 325° F.
2. Heat a large Dutch oven or sauté pan, lightly coated with evoo, over medium-high heat. Add the leeks, shallots, and garlic to the pan. Cook the mixture until lightly browned.
3. Transfer the mixture to a bowl. Using the same pan, increase the heat and add more evoo, if needed. Sauté the carrots and celery until they are caramelized and browned (be sure to do this in batches and not overload the pan or you will not get the deep caramelized flavor or color), about 10 minutes per batch.
4. Add 2 tablespoons of evoo to the pan with the tomato paste and flour (or potato starch, for Passover), and cook, stirring constantly, until the paste has darkened and is very fragrant (about 2

minutes). Add the wine, stock or water, dried mushrooms, and herbs. Reduce the heat to a simmer and cook for 45 minutes, until the vegetables are soft and the liquid has reduced by half.

5. Strain out the vegetables and discard, reserving the wine sauce. Return the wine sauce to the pan and place over low heat.

6. Rough chop the mushrooms and then, in a sauté pan lightly coated with olive oil, sauté the mushrooms in batches until they are slightly browned and crispy on their edges and very fragrant. Add them to the wine sauce.

7. Blanch the pearl onions in boiling water for 2 minutes and then immediately plunge them into ice water (shock) to stop the cooking process (this makes them easy to peel). Peel the onions and then sauté them in the same pan until they are lightly browned. Add the onions to the mushroom mixture.

8. Stir to coat the mushrooms and onions with the sauce, cover the pan, and place in the preheated oven. Braise for 1 hour.

9. Garnish with chopped parsley and a generous drizzle of truffle oil, if using.

10. Cilantro and Avocado Platter



Serving: 6

Prep Time: 10 minutes

Cook Time: nil

Ingredients

- 2 avocados, peeled, pitted and diced
- 1 sweet onion, chopped
- 1 green bell pepper, chopped

- 1 large ripe tomato, chopped
- ¼ cup of fresh cilantro, chopped
- ½ a lime, juiced
- Salt and pepper as needed

How To

1. Take a medium-sized bowl and add onion, bell pepper, tomato, avocados, lime and cilantro
2. Mix well and give it a toss
3. Season with salt and pepper according to your taste
4. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 126
- Fat: 10g
- Carbohydrates: 10g
- Protein: 2g

11. Tasty Tofu and Mushroom Soup



Serving: 8

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 3 cups prepared dashi stock
- ¼ cup shiitake mushrooms, sliced
- 1 tablespoon miso paste
- 1 tablespoon coconut aminos
- 1/8 cup cubed soft tofu
- 1 green onion, diced

How To

1. Take a saucepan and add the stock, bring to a boil
2. Add mushrooms, cook for 4 minutes
3. Take a bowl and add coconut aminos, miso paste and mix well
4. Pour the mixture into stock and let it cook for 6 minutes on simmer
5. Add diced green onions and enjoy!

Nutrition Values (Per Serving)

- Calories: 100
- Fat: 4g
- Carbohydrates: 5g
- Protein: 11

12. Baby Potatoes Roast



Serving: 4

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients

- 2 pounds new yellow potatoes, scrubbed and cut into wedges
- 2 tablespoons extra virgin olive oil
- 2 teaspoons fresh rosemary, chopped
- 1 teaspoon garlic powder
- ½ teaspoon freshly ground black pepper and sunflower seeds

How To

1. Preheat your oven to 400 degrees Fahrenheit
2. Line baking sheet with aluminum foil and set it aside
3. Take a large bowl and add potatoes, olive oil, garlic, rosemary, sea sunflower seeds, and pepper
4. Spread potatoes in a single layer on a baking sheet and bake for 25 minutes
5. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 225
- Fat: 7g
- Carbohydrates: 37g
- Protein: 5g

13. Tasty Roasted Broccoli



Serving: 4

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients

- 4 cups broccoli florets
- 1 tablespoon olive oil
- Salt and pepper to taste

How To

1. Pre-heat your oven to 400 degree F
2. Add broccoli in a zip bag alongside oil and shake until coated
3. Add seasoning and shake again
4. Spread broccoli out on baking sheet, bake for 20 minutes

5. Let it cool and serve
6. Enjoy!

Nutrition (Per Serving)

- Calories: 62
- Fat: 4g
- Carbohydrates: 4g
- Protein: 4g

14. Hearty Brussels and Pistachio



Serving: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 1 pound Brussels sprouts, tough bottom trimmed and halved lengthwise
- 4 shallots, peeled and quartered
- 1 tablespoon extra-virgin olive oil
- Sea salt
- Freshly ground black pepper
- ½ cup roasted pistachios, chopped
- Zest of ½ lemon
- Juice of ½ lemon

How To

1. Preheat your oven to 400 degrees F
2. Take a baking sheet and line it with aluminum foil
3. Keep it on the side
4. Take a large bowl and add Brussels, shallots and dress them with olive oil
5. Season with salt, pepper and spread veggies on a sheet
6. Bake for 15 minutes until slightly caramelized
7. Remove the oven and transfer to a serving bowl
8. Toss with lemon zest, lemon juice, and pistachios
9. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 126
- Fat: 7g
- Carbohydrates: 14g
- Protein: 6g

15. Seasoned Peach Dessert



Serving: 4

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients

- 6 small peaches, cored and cut into wedges
- ¼ cup of coconut sugar
- 2 tablespoons almond butter
- ¼ teaspoon almond extract

How To

1. Take a small pan and add peaches, sugar, butter and almond extract
2. Toss well

3. Cook over medium-high heat for 5 minutes, divide the mix into bowls and serve
4. Enjoy!

Nutrition Values (Per Serving)

- Calories: 198
- Fat: 2g
- Carbohydrates: 11g
- Protein: 8g

16. Sticky Mango Rice



Serving: 4

Prep Time: 5 minutes

Cook Time: 20-25 minutes

Ingredients

- 1/2 cup sugar
- 1 mango, sliced
- 14 ounces coconut milk, canned
- 1/2 cup basmati rice

How To

1. Cook the rice according to package instructions, add half of the sugar while cooking rice. Make sure to substitute half of the required water with coconut milk
2. Take another skillet and boil remaining coconut milk with sugar, once the mixture is thick add rice and gently stir
3. Add mango slices and serve
4. Enjoy!

Nutrition (Per Serving)

- Calories: 550
- Fat: 30g
- Carbohydrates: 70g
- Protein: 6g

17. Cherry Tomatoes and Linguine



Serving: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 2 pounds cherry tomatoes
- 3 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons garlic, minced
- Pinch of fresh ground black pepper
- ¾ pound whole-wheat linguine pasta
- 1 tablespoon fresh oregano, chopped
- ¼ cup feta cheese, crumbled

How To

1. Preheat your oven to 350-degree Fahrenheit
2. Line baking sheet with parchment paper and keep it on the side
3. Take a large bowl and add cherry tomatoes, 2 tablespoons olive oil, balsamic vinegar, garlic, pepper and toss
4. Spread tomatoes evenly on a baking sheet and roast for 15 minutes
5. While the tomatoes are roasting, cook the pasta according to package instructions and drain the pasta to a large bowl
6. Toss pasta with 1 tablespoon olive oil
7. Add roasted tomatoes (with juice) and toss
8. Serve with topping of oregano
9. Enjoy!

Nutrition (Per Serving)

- Calories: 260
- Fat: 15g
- Carbohydrates: 55g
- Protein: 13g

18. The Brussels’ s Fever



Serving: 4

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 pounds Brussels sprouts, trimmed and halved
- 4 cups chicken stock
- ¼ cup coconut cream

How To

1. Take a pot and place it over medium heat
2. Add oil and let it heat up
3. Add onion and stir cook for 3 minutes
4. Add Brussels sprouts and stir, cook for 2 minutes
5. Add stock and black pepper, stir and bring to a simmer
6. Cook for 20 minutes more
7. Use an immersion blender to make the soup creamy
8. Add coconut cream and stir well
9. Ladle into soup bowls and serve
10. Enjoy!

Nutrition (Per Serving)

- Calories: 200
- Fat: 11g
- Carbohydrates: 6g
- Protein: 11g

19. Dreamy Zucchini Bowl



Serving: 4

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients

- 1 onion, chopped
- 3 zucchinis, cut into medium chunks
- 2 tablespoons coconut milk
- 2 garlic cloves, minced
- 4 cups chicken stock
- 2 tablespoons coconut oil

- Pinch of salt
- Black pepper to taste

How To

1. Take a pot and place it over medium heat
2. Add oil and let it heat up
3. Add zucchini, garlic, onion and stir
4. Cook for 5 minutes
5. Add stock, salt, pepper and stir
6. Bring to a boil and lower down heat
7. Simmer for 20 minutes Remove heat and add coconut milk
8. Use an immersion blender until smooth
9. Ladle into soup bowls and serve
10. Enjoy!

Nutrition (Per Serving)

- Calories: 160
- Fat: 2g
- Carbohydrates: 4g
- Protein: 7g

20. Mushroom Cream Soup



Serving: 4

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients

- 1 tablespoon olive oil
- ½ large onion, diced
- 20 ounces mushrooms, sliced
- 6 garlic cloves, minced
- 2 cups vegetable broth
- 1 cup coconut cream
- ¾ teaspoon sunflower seeds
- ¼ teaspoon black pepper

How To

1. Take a large-sized pot and place it over medium heat
2. Add onion and mushrooms in olive oil and Saut é for 5 minutes
3. Make sure to keep stirring it from time to time until browned evenly
4. Add garlic and Saut é for 5 minutes more
5. Add vegetable broth, coconut cream, coconut almond milk, black pepper, and sunflower seeds
6. Bring it to a boil and lower down the temperature to low
7. Simmer for 15 minutes
8. Use an immersion blender to puree the mixture
9. Enjoy!

Nutrition (Per Serving)

- Calories: 200
- Fat: 17g
- Carbohydrates: 5g
- Protein: 4g

21. Pumpkin, Coconut,and Sage Soup



Serving: 3

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 1 cup pumpkin, canned
- 6 cups chicken broth
- 1 cup low-fat coconut almond milk
- 1 teaspoon sage, chopped
- 3 garlic cloves, peeled
- Sunflower seeds and pepper to taste

How To

1. Take a stockpot and add all the ingredients except coconut almond milk into it.
2. Place stockpot over medium heat.
3. Let it bring it to a boil.
4. Reduce heat to simmer for 20 minutes.
5. Add the coconut almond milk and stir.
6. Serve bacon and enjoy!

Nutrition Values (Per Serving)

- Calories: 145
- Fat: 12g
- Carbohydrates: 8g
- Protein: 6g

22. Hearty Brussels Salad



Serving: 2

Prep Time: 5 minutes

Cook Time: 10-15 minutes

Ingredients

- ¼ cup hazelnuts, whole and skinless
- 1 tablespoon olive oil
- 1 pound Brussels sprouts
- Salt to taste

How To

1. Pre-heat your oven 350 degree F
2. Line a baking sheet with parchment paper and trim bottom of Brussels
3. Put leaves in a medium sized bowl, making sure that they are broken
4. Toss leaves with olive oil and season with salt

5. Spread leaves on baking sheet
6. Roast for 10-15 minutes until crispy
7. Divide between bowls and toss with remaining ingredients
8. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 287
- Fat: 19g
- Carbohydrates: 13g
- Protein: 14g

23. Broccoli Salad With Almond



Serving: 4

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients

- 1 large head of broccoli, cut into florets
- ¼ cup slivered almonds
- 2 tablespoons olive oil
- Salt and pepper to taste
- Juice of ½ lemon

How To

1. Steam broccoli in microwave
2. Place cooked broccoli in large bowl and add slivered almonds, salt, pepper, olive oil and lemon juice
3. Stir well to combined
4. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 190
- Fat: 13g
- Carbohydrates: 11g
- Protein: 9g

24. Supreme Avocado and Cilantro Medley



Serving: 2

Prep Time: 10 minutes

Cook Time: nil

Ingredients

- 2 avocados, peeled, pitted and diced
- 1 sweet onion, chopped
- 1 green bell pepper, chopped
- 1 large ripe tomato, chopped

- ¼ cup of fresh cilantro, chopped
- ½ a lime, juiced
- Salt and pepper as needed

How To

1. Take a medium-sized bowl and add onion, tomato, avocados, bell pepper, lime, and cilantro
2. Give the whole mixture a toss
3. Season accordingly and serve chilled
4. Enjoy!

Nutrition (Per Serving)

- Calories: 126
- Fat: 10g
- Carbohydrates: 10g
- Protein: 2g

25. Southern Salad



Serving: 2

Prep Time: 10 minutes

Cook Time: nil

Ingredients

- 5 cups of Romaine lettuce
- ½ a cup of sprouted black beans
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- ¼ cup almonds, chopped
- ½ a cup of fresh cilantro
- ½ a cup of Salsa Fresca

How To

1. Take a large-sized bowl and add lettuce, tomatoes, beans, almonds, cilantro, avocado, Salsa Fresco
2. Toss everything well and mix them
3. Divide the salad into serving bowls and serve!
4. Enjoy!

Nutrition (Per Serving)

- Calories: 211
- Fat: 16g
- Carbohydrates: 6g
- Protein: 10g

26. Quinoa Been Salad



Serving: 6

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup of uncooked quinoa
- 1 can of 15-ounce black beans, drained and rinsed
- 1/3 cup of cilantro, chopped
- 1 tablespoon of olive oil
- 1 clove garlic, minced
- Juice from 1 lime

- Salt and pepper as needed

How To

1. Cook quinoa according to the package instructions
2. Transfer quinoa to a medium bowl and let it cool for 10 minutes
3. Add remaining ingredients and toss well
4. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 188
- Fat: 4g
- Carbohydrates: 29g
- Protein: 8g

27. Spinach Dip



Serving: 2

Prep Time: 4 minutes

Cook Time: 0 minutes

Ingredients

- 5-ounce Spinach, raw
- 1 cup Greek yogurt
- 1/2 tablespoon of onion powder
- 1/4 teaspoon of garlic sunflower seeds
- Black pepper to taste
- 1/4 a teaspoon of Greek Seasoning

How To

1. Add the listed Ingredients in a blender.
2. Emulsify.
3. Season and serve.

Nutrition (Per Serving)

- Calories: 101
- Fat: 4g
- Carbohydrates: 4g
- Protein: 10g

28. Tahini and Broccoli Slaw



Serving: 2

Prep Time: 20 minutes

Ingredients:

- ¼ cup tahini
- 2 tablespoon white miso
- 1 tablespoon rice vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons soy sauce
- 1 (12 ounces) bag broccoli slaw
- 2 green onions, minced
- ¼ cup toasted sesame seeds

How To:

1. Take a large-sized bowl, whisk in tahini, miso, vinegar, oil, soy sauce

2. Add broccoli slaw, green onions, sesame seeds, and toss well
3. Keep it on the side for 20 minutes
4. Serve and enjoy!

Nutritional Contents:

- Calories: 100
- Fat: 4g
- Carbohydrates: 13g
- Protein: 5g

29. Garlic Tomato Soup



Serving: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 8 Roma tomatoes, chopped
- 1 cup tomatoes, sundried
- 2 tablespoons coconut oil
- 5 garlic cloves, chopped
- 14 ounces of coconut milk
- 1 cup vegetable broth
- Pepper to taste

- Basil, for garnish

How To

1. Take a pot, heat oil into it.
2. Saut é the garlic in it for ½ minute.
3. Mix in the Roma tomatoes and cook for 8-10 minutes.
4. Stir occasionally.
5. Add in the rest of the ingredients except the basil and stir well.
6. Cover the lid and cook for 5 minutes.
7. Let it cool.
8. Blend the soup until smooth by using an immersion blender.
9. Garnish with basil.
10. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 240
- Fat: 23g
- Carbohydrates: 16g
- Protein: 7g

27. Cashew And Almond Butter



Serving: 1 and ½ cups

Prep Time: 5 minutes

Cook Time: Nil

Ingredients

- 1 cup almonds, blanched
- 1/3 cup cashew nuts
- 2 tablespoons coconut oil
- Salt as needed
- ½ teaspoon cinnamon

How To

1. Pre-heat your oven to 350 degree F
2. Bake almonds and cashews for 12 minutes
3. Let them cool
4. Transfer to food processor and add remaining ingredients
5. Add oil and keep blending until smooth
6. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 205
- Fat: 19g
- Carbohydrates: g
- Protein: 2.8g

31. Pecan and Blueberry Crumble



Serving: 4

Prep Time: 5 minutes

Cook Time: 20-25 minutes

Ingredients

- 14 ounces blueberries
- 1 tablespoon lemon juice, fresh
- 1 and ½ teaspoon stevia powder
- 3 tablespoons chia seeds
- 2 cups almond flour, blanched

- ¼ cup pecans, chopped
- 5 tablespoons coconut oil
- 2 tablespoons cinnamon

How To

1. Take a bowl and mix in blueberries, stevia, chia seeds, lemon juice, and stir
2. Take an iron skillet and place it overheat, add mixture and stir
3. Take a bowl and mix in remaining ingredients, spread mixture over blueberries
4. Preheat your oven to 400 degrees F
5. Transfer baking dish to your oven, bake for 25 minutes
6. Serve and enjoy!

Nutrition (Per Serving)

- Calories: 380
- Fat: 32g
- Carbohydrates: 20g
- Protein: 10g

32. Whipped Coconut Cream



Serving: 4

Prep Time: 10 minutes

Cook Time: 0 minute

Ingredients

- 14 ounces canned coconut cream
- 1 teaspoon vanilla

How To

1. Scoop coconut cream in a bowl, leave the liquid in the can
2. Add vanilla extract to the bowl and, use an electric mixer to gently whip, starting from low speed going to high
3. Once you have your desired consistency, serve and use as needed

Nutrition (Per Serving)

- Calories: 224
- Fat: 22g
- Carbohydrates: 5g
- Protein: 3g

33. Black Bean Dip



Serving: 4

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients

- 14 ounces black beans, drained and rinsed
- 1 lime, juiced and zested
- ¼ cup cilantro, fresh and chopped
- ¼ cup of water
- 1 teaspoon cumin
- 1 tablespoon tamari
- Pinch of cayenne pepper

How To

1. Take a bowl and add all ingredients except cilantro, a process well until you have a very smooth mixture
2. Serve with a garnish of cilantro
3. Use as needed
4. Enjoy!

Nutrition (Per Serving)

- Calories: 190
- Fat: 1g
- Carbohydrates: 35g
- Protein: 13g

34. Strawberry And Clementine Mix



Serving: 2

Prep Time: 5 minutes

Ingredients

- 8 ounces strawberries, fresh
- 1 banana, chopped into chunks
- 2 Clementine′ s/ Mandarins

How To

1. Peel the clementine's and remove seeds
2. Add the listed ingredients to your blender/food processor and blend until smooth
3. Serve chilled and enjoy!

35. Strawberry And Watermelon Smoothie



Serving: 2

Prep Time: 5 minutes

Ingredients

- 1 cup coconut milk yogurt
- ½ cup strawberries
- 2 cups fresh watermelon
- 1 banana, diced

How To

1. Add the listed ingredients to your blender/food processor and blend until smooth
2. Serve chilled and enjoy!

Nutrition Values

- Calories: 160
- Fat: 5g
- Carbohydrates: 33g
- Protein: 1.8g

36. Basil Strawberry Delight



Serving: 2

Prep Time: 5 minutes

Ingredients

- 1 cup kale
- ½ banana, diced
- 3 strawberries
- ¼ cup basil, chopped
- 1 tablespoon flax seeds
- 1 and ½ cups unsweetened coconut milk

How To

1. Add the listed ingredients to your blender/food processor and blend until smooth
2. Serve chilled and enjoy!

Nutrition Values

- Calories: 203
- Fat: 9g
- Carbohydrates: 28g
- Protein: 6g

37. Raspberry Chia Seeds



Serving: 2

Prep Time: 5 minutes

Ingredients

- 2 cups spinach
- 1 cup of coconut milk
- 1 cup of coconut water
- 3 cups raspberries
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

How To

1. Add the listed ingredients to your blender/food processor and blend until smooth
2. Serve chilled and enjoy!

Nutrition Values

- Calories: 590
- Fat: 57g
- Carbohydrates: 17g
- Protein: 12g

38. Blueberry And Banana Smoothie



Serving: 2

Prep Time: 5 minutes

Ingredients

- ½ cup of water
- ½ cup of soy milk
- ½ cup ice
- ½ tablespoon hemp seeds, optional
- ½ tablespoon ground flaxseed
- 1 teaspoon alkaline green powder

- ½ cup blueberries
- 1 ripe banana, diced

How To

1. Add the listed ingredients to your blender/food processor and blend until smooth
2. Serve chilled and enjoy!

Nutrition Values

- Calories: 251
- Fat: 6g
- Carbohydrates: 44g
- Protein: 10g

39. Coconut & Squash Dhansak



Serving: 4

Prep Time: 5 minutes

Ingredients

- 1 tbsp vegetable oil
- 500g butternut squash (about 1 small squash), peeled and chopped into bite-sized
- 100g frozen chopped onions
- 4 heaped tbsp mild curry paste (such as korma)

- 400g can chopped tomatoes

How To

1. Heat the oil in a large pan. Put the squash in a bowl with a splash of water. Cover with cling film and microwave on High for 10 mins or until tender.
2. Meanwhile, add the onions to the hot oil and cook for a few mins until soft.
3. Add the curry paste, tomatoes and coconut milk, and simmer for 10 mins until thickened to a rich sauce.
4. Warm the naan breads in a low oven or in the toaster.

40. Savoury Rice



Serving: 4

Prep Time: 5 minutes

Ingredients

- 1 onion, chopped quite finely
- 3 mushrooms, sliced
- 1/2 red pepper, deseeded and diced
- 150 g long grain rice
- 1 vegetable stock cube

- 550 ml water boiling
- 40 g peas, frozen is fine
- 40 g sweetcorn, frozen is fine
- 2 tsp curry powder
- Olive oil Frylight or you can use regular Frylight
- 2 tsp fresh parsley chopped (optional)

How To

1. Over a medium heat, fry the onion in a few sprays of Frylight until soft.

2. Add the peppers, mushrooms and curry powder and cook for another couple of minutes.

3. Mix up the stock cube with the hot water.

4. Add the rice to the pan and another few sprays of Frylight so the rice doesn't stick together. Stir well.

5. Add the stock, peas, and sweetcorn. Stir and bring to the boil.

6. Cover the pan and lower the heat. Allow to simmer for 15 minutes or until the rice is tender.

7. Transfer the rice to a serving bowl and sprinkle with chopped parsley to serve.

41. Banana Ice-Cream



Serving: 4

Prep Time: 10 minutes

Ingredients

- 2 ripe peeled bananas, cut into chunks and frozen

- 2 -4 tablespoons milk (Could use almond or coconut milk) or 2 -4 tablespoons fruit juice
- 1 teaspoon vanilla extract

How To

1. Place the frozen bananas in a food processor and puree, adding the vanilla extract and just a few spoonfuls of juice or milk to make a soft serve texture to the banana "ice cream".

2. Serve just like ice cream - in a cone, in a stemmed parfait glass layered with strawberries, or as a sundae with chocolate syrup.

3. You can also flavour the "ice cream" with other frozen fruit that you puree together with the bananas.

4. Pineapple is especially delicious, and mango is wonderful.

5. For Vegan ice cream, do not use cow's milk, use the fruit juice or plant based milk instead

42. Vegan No-Bake Cheesecake



Serving: 8-10

Prep Time: 120 minutes

Ingredients

- Crust - 2 cups (200 grams) almond meal and/or hazelnut meal
- Pinch of salt
- 1 / 3 cup (60 grams) powdered sugar
- 1 / 3 cup extra virgin olive oil, such as Colavita
- Filling- 1½ cups (210 grams) raw cashews (soaked in boiling water for at least 1 hour)
- 1 large lemon, juiced, about ¼ cup lemon juice
- 1 / 3 cup extra virgin olive oil
- 2 / 3 cup (140 grams) vegan yogurt or sour cream
- 1 / 3 cup maple syrup

How To

1. Lightly grease a 9-inch springform pan or tart pan.
2. In a small bowl combine almond meal, powdered sugar and evoo. Mix until thoroughly combined. Press into serving dish and refrigerate until ready to fill.
3. In a blender, add drained cashews along with lemon juice, olive oil, yogurt and maple syrup. Process until smooth. Taste and adjust sweetener to taste.
4. Pour filling into prepared based, tap to release any air bubbles, then cover with plastic wrap and refrigerate to set, at least 2 hours.
5. Before serving top with sliced or whole strawberries.

43. Gingerbread Cookies



Serving: 36 cookies

Prep Time: 240 minutes

Ingredients

- 1 cup vegan margarine
- 1 cup sugar Egg replacer equivalent of 1 egg
- 1 cup molasses

- 2 Tbsp. apple cider vinegar
- 5 cups flour
- ½ tsp. salt
- 1½ tsp. baking soda
- 1 Tbsp. ginger
- 1¼ tsp. cinnamon
- 1 tsp. ground cloves

How To

1. In a large bowl, cream the vegan margarine and the sugar. Mix in the egg replacer, molasses, and vinegar. Set aside.
2. In a medium bowl, sift together the dry ingredients. Add to the wet ingredients.
3. Chill in the refrigerator for 3 hours or overnight.
4. Preheat the oven to 375° F. Lightly grease a cookie sheet.
5. Remove the dough from the refrigerator and roll out onto a floured surface. Cut into desired shapes and place on the cookie sheet.
6. Bake for 6 to 8 minutes, or until the edges brown. Cool for 5 minutes on the cookie sheet then transfer to a wire rack.

44. Fettuccine Cashew Alfredo



Serving: 5

Prep Time: 15 minutes

Ingredients

- 1 cup raw Cashews
- 12 oz Fettuccine

- ¾ tsp Kosher Salt
- ¼ tsp Black Pepper
- 2 tbsp Olive Oil
- 4 cloves Garlic, minced
- Zest of 1 Lemon
- 1 tbsp Lemon Juice
- Optional: thinly sliced Green Onion and/or Basil

How To

1. Place cashews in a heat proof bowl and cover with 1-inch hot water. Soak overnight or for at least 8 hours. If you are making this in the evening, you could put these in to soak when you make your morning coffee. In a large pot of boiling water, cook fettuccine for 9-12 minutes until al dente.
2. Drain in a colander and rinse with hot water. Meanwhile, drain the cashews from their soaking water.
3. In a blender, mix the cashews with 2 cups water on high speed for two minutes. Scrape down the sides and process again until smooth and creamy.
4. Add the salt and pepper. In a large skillet over medium low heat, add the minced garlic and cook gently to infuse the garlic flavor.
5. Strain the cashew sauce into the skillet, pouring it through a fine mesh strainer. Stir to blend and heat until steaming.
6. Add the cooked fettuccine a few pinches at a time using a pair of tongs or a large fork. Twist the pasta and coat it with the sauce.
7. Mix in the lemon zest and juice. Top with chopped fresh green onion and basil, if desired. I like a sprinkling of nutmeg.

45. Barley and sweet potato pilaf



Serving: 6

Prep Time: 45 minutes

Ingredients

- 1 medium onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- 3 ½ cups Vegetable Stock Recipe or low-sodium vegetable stock
- 1 ½ cups pearled barley

- 1 large sweet potato (about 3⁄4 pound), peeled and diced small
- ¼ cup tarragon, minced
- Zest and juice of 1 lemon
- Salt and freshly ground black pepper to taste

How To

1. Place the onion in a large saucepan and saut é over medium heat for 6 minutes.
2. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan.
3. Add the garlic and cook 3 minutes more.
4. Add the vegetable stock and barley and bring the pot to a boil over high heat.
5. Reduce the heat to medium and cook, covered, for 30 minutes.
6. Add the sweet potato and cook for 15 minutes longer, or until the potatoes and barley are tender.
7. Stir in the tarragon and lemon zest and juice, and season with salt and pepper.

46. Raw Apple Crumble



This dessert is easier and faster to make than an apple pie or crisp, and it requires no baking. Instead of refined sugars, this recipe uses dates for sweetness, and lemon juice and nutmeg for that extra zing.

Serving: 5

Prep Time: 15 minutes

Ingredients

- FOR THE CRUMBLE TOPPING: ½ cup walnuts 2 pitted
- Medjool dates (or 4 Deglet Noor), chopped
- FOR THE DICED APPLE FILLING: 4 apples, peeled and diced
- 1 tablespoon lemon juice
- FOR THE APPLESAUCE (TO BE TOSSED WITH THE DICED APPLES): 2 apples, peeled and diced (see Notes)
- 2 tablespoons fresh lemon juice
- 5 pitted Medjool dates (or 10 Deglet Noor), chopped
- ¼ cup raisins
- ¼ teaspoon cinnamon
- ¼ teaspoon ground nutmeg

How To

1. To make the crumble topping: Blend the walnuts and dates in a food processor to make crumbly nuggets similar in size to Grape Nuts cereal. Spoon into a small bowl and set aside.
2. To make the filling: Toss the 4 peeled, diced apples with 1 tablespoon of lemon juice, and set aside in a bowl. Next, blend all of the sauce ingredients in the food processor: 2 apples, 2 tablespoons of lemon juice, plus the dates, raisins, cinnamon, and nutmeg. Toss this mixture with the sliced apples.
3. To serve, spoon into dessert dishes and sprinkle with the date-nut crumble topping

47. Scandinavian Cinnamon Rolls



Serving: 10

Prep Time: 70 minutes + 90 minutes rise time

Ingredients

- Dough: 30g vegan butter/coconut oil
- 300g plant-based milk
- 100g Cocobella Vanilla Coconut Yoghurt
- 50g sugar
- 550g flour
- 1 tsp yeast
- ½ tsp salt
- 1tsp cardamom
- Cinnamon filling: 45g butter
- 2 tbsp sugar
- 1 tbsp cinnamon
- Coconut yoghurt wash: 40g Cocobella vanilla coconut yoghurt
- 20g plant-based milk
- Optional: Powdered sugar for serving

How To

1. Start by making the dough. Melt the vegan butter in a pan. Add plant-based milk, Cocobella coconut yoghurt, sugar and stir to dissolve over low heat until the mixture reaches body temperature. In a large bowl combine flour, yeast, salt and cardamom. Pour in your wet mixture. Knead to combine, cover the bowl and leave to rest for 1 hour.

2. Place your dough on a floured work surface and knead for a few minutes, adding more flour as needed to prevent it from sticking. Use a rolling pin to roll it out into a rectangle about 40cm high and 45cm wide. Spread the whole surface with softened plant-based butter or coconut oil, and on the lower 20x45cm part, sprinkle on 2tbsp sugar and 1tbsp cinnamon.

3. Fold the dough from top to bottom (folding the plain buttered part over the lower half you just sprinkled with sugar and cinnamon) into a 20x45cm rectangle and cut into about 10 equal strips.

4. Shape your cinnamon rolls by taking one strip of dough and twisting it into a spiral shape. Form a loop and place one end across the other. Take the top end and twist it back

underneath and tuck it up through the hole of the loop as if you are tying a knot. Hide the other end underneath the bun. Repeat this with each strip and place all of your buns on a baking sheet lined with parchment paper. Cover with a damp towel and leave to rest for another 30 minutes while preheating your oven to 200° C.

5. Whisk together the coconut yoghurt and plant milk, brush generously over each cinnamon roll before baking in the middle rack of the oven for 25-30 minutes. Leave to cool before serving. Optional: dust with some powdered sugar once cooled.

48. Coconut Blackberry Magnums



Serving: 6

Prep Time: 30 minutes

Ingredients

- Blackberry syrup - 2 cups frozen blackberries
- 1 tbsp maple syrup
- 1 tbsp lemon juice
- Magnum base - 1 ½ cups cashews (soaked in hot water for 5 minutes)
- ½ cup canned coconut cream
- ½ cup Cocobella natural coconut yoghurt
- ½ cup maple syrup
- ½ tsp vanilla extract
- Toppings - 250 grams dairy free white chocolate frozen blackberries, chopped coconut flakes

How To

1. Prepare the icy pole moulds you are using and set aside. In a small pot add all ingredients for the blackberry syrup and bring the heat to medium. Stirring regularly, let the berries boil for about 15 minutes until a syrup consistency has formed. Take off the heat and set aside.

2. Drain the cashews and place them in a blender or food processor along with all other ingredients for the magnum base and blend on high speed until smooth and completely lump-free. Transfer the mixture to a bowl and set aside.

3. Pour the blackberry syrup into the magnum mixture. Using a fork, gently stir to create a swirl effect. Spoon the mixture into your icy pole moulds and place in the freezer to set overnight.

4. Once the magnums have set, melt the chocolate in a saucepan, then pour it into a tall glass, easy for dipping. Remove the magnums from their moulds.

5. Once the chocolate has melted, dip a magnum into the chocolate, then quickly sprinkle over some blackberries and coconut flakes. Return the finished magnum back into the freezer, then repeat the same process for all magnums. Store in the freezer until ready to serve.

49. Deli-Style Marinated Mushroom Salad



Serving: 6

Prep Time: 18 minutes

Ingredients

- 10 oz. button mushrooms, sliced

- 10 oz. cremini mushrooms, sliced
- 2 Tablespoons tamari *
- 1 Tablespoon minced garlic
- ¾ cup roasted red pepper strips*

Marinade Ingredients:

- ¼ cup red wine vinegar
- 2 Tablespoons water
- 1 teaspoon lemon juice
- 2 teaspoons miso*
- 2 Tablespoons finely chopped fresh flat leaf parsley
- ½ teaspoon dried basil
- ¼ teaspoon dried oregano
- ½ teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ + 1/8 teaspoon sea salt (+/- to taste) *
- ¼ teaspoon black pepper

Toppings

- Finely chopped fresh flat leaf parsley

How To

1. Slice the mushrooms and place in a large nonstick skillet with 2 Tablespoons tamari. Sautéfor 9 to 10 minutes to allow the mushrooms to release their water, then add the finely minced garlic and roasted red pepper strips, sautéfor one minute. Remove from the stove to cool and place in a bowl.

2. In the meantime, place all the marinade ingredients into a small bowl, whisk well to combine. Set aside.
3. After the mushrooms have cooled, then pour the marinade over the mushrooms, garlic, and red pepper strips and toss until everything is coated with the marinade. Sprinkle with chopped flat leaf parsley.
4. Serve at room temperature or refrigerate. Serve as a tasty sandwich topper or as a yummy side salad.
5. If refrigerated, before serving, remove from the fridge and allow to sit for 30 minutes. This allows the seasonings to wake up.

50. Creamy Vegetable Soup



Serving: 8

Prep Time: 80 minutes

Ingredients

Creamy Broth Ingredients:

- 1 cup yellow onion, diced
- ½ cup celery ribs, diced
- ½ cup carrots, grated
- 1 medium zucchini, peeled, diced *
- 2 Tablespoon minced garlic
- 1 Tablespoon GF flour (or flour of choice) *
- 10 oz. Russet potatoes, peeled, fine dice *
- ½ cup corn
- 1 cup vegetable broth *
- 1 cup water
- 1 Tablespoon miso
- ¼ cup unsweetened plain plant milk

Additional Soup Ingredients:

- ½ cup vegetable broth *
- 1 cup water *
- ¼ cup nutritional yeast
- 1 Tablespoon tamari
- 2 teaspoons ume plum vinegar
- 2 cups Russet potatoes, peeled, cubed *
- 16 oz. frozen mixed vegetables *

Spice/Herb Ingredients:

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 Tablespoons dried minced onion flakes
- 1 bay leaf
- 1 ½ teaspoons dried crushed thyme leaves

- 1/8 teaspoon ground rosemary *
- ¼ teaspoon dried ground mustard powder
- ¼ teaspoon dried oregano
- 1/8 teaspoon dried rubbed sage
- 1 teaspoon dried parsley
- ½ teaspoon sweet paprika
- 1 ¼ teaspoon sea salt (+/- to taste) *
- ¼ teaspoon black pepper

Optional Toppings:

- Chopped flat leaf parsley or microgreens
- Vegan Parmesan Cheese

How To

1. Place the Spice/Herb Ingredients in a small bowl, mix well, set aside.

2. In a large ceramic/enamel-lined Dutch oven, skillet or similar stock pot, add the diced onions, celery, grated carrot and zucchini; sautéover medium heat until they begin to soften, approximately 7 to 9 minutes. Add a tablespoon or so of vegetable broth or water if they start to stick and/or to prevent burning.

3. Add the minced garlic and flour, sautéfor one minute, stirring constantly, then add all the remaining Cream Broth Ingredients, bring to a boil, cover with a lid, then lower to a simmer. Simmer for 15 to 20 minutes, until the potatoes and veggies and very tender, stirring occasionally.

4. Once the potatoes and veggies are very tender, remove the pot from the stove, set aside to slightly cool, then puree in a high-speed blender until smooth, then return to the pot, taste test for seasoning, then add Spice/Herb mix and all the Additional Soup Ingredients, and simmer for 20 to 30 minutes or until the potatoes are tender.

5. Remove the bay leaf and serve topped with chopped fresh parsley and Vegan Parmesan Cheese or your favorite toppings and/or with Flatbread.

51. Creamy Herb Potato and Kale Stew



Serving: 6

Prep Time: 55 minutes

Ingredients

Base Ingredients:

- ½ cup [raw] cashews *
- 1 medium yellow onion, fine dice
- 8 oz. sliced mushrooms *
- 2 Tablespoons reduced-sodium tamari *
- 1 Tablespoon minced garlic
- 2 cups reduced-sodium vegetable broth *
- 2 cups water
- ½ teaspoon distilled white vinegar
- 2 lbs. Russet potatoes, peeled, cut 1-inch cubes *

Spice/Herb Ingredients:

- 1 ½ teaspoons garlic powder
- 1 teaspoon onion powder
- 2 Tablespoons dried minced onions
- ¼ teaspoon dried powdered rosemary *
- ½ teaspoon dried crushed thyme leaves *
- ¼ teaspoon dried rubbed sage *
- ½ teaspoon dried parsley
- 1 teaspoon dried ground mustard powder
- ¼ teaspoon sweet paprika
- Pinch turmeric (optional)
- Large pinch cayenne pepper *
- 1 bay leaf
- ½ to 1 ¼ teaspoons sea salt (+/-) *
- 1/8 teaspoon black pepper (+/-)

Other Ingredients:

- ½ cup unsweetened plain plant milk
- 2 cups chopped fresh baby kale

How To

1. Place the cashews in a small bowl, cover with boiling water, set aside for 15 to 20 minutes. Then drain, discard the water and use in Step 7.

2. In the meantime, place the Spice/Herb Ingredients (except bay leaf) into a small bowl, mix to combine, set aside.

3. In a large, deep, ceramic/enamel lined Dutch oven or similar sized stock pot, add the onions, saut é over medium-high heat for 7 to 9 minutes until the onions start to soften. (If needed to prevent sticking, add a splash of vegetable broth or water).

4. Add the sliced mushrooms and tamari, saut é over medium heat to allow the mushrooms to reduce, about 4 to 5 minutes.

5. Add the minced garlic and saut é for one minute, stirring constantly.

6. Then add all the remaining Base Ingredients (except the soaked cashews) and the Spice/Herb Mix, stir well to combine; turn heat to high to bring the mixture to a boil, then immediately reduce the temperature to a simmer. Tuck in the bay leaf. Simmer with a very low boil until the potatoes are tender, approximately 15 to 20 minutes.

7. REMOVE the bay leaf from the stew. Drain the cashews, discard the water. Place the drained cashews into a high-speed blender with ½ cup of plant milk and one cup of the stew mixture. Be sure to include some potatoes, mushrooms, and some broth in the one cup of stew mixture. Blend on high until smooth and emulsified. Then add the blended mixture to the stew. Stir well to incorporate into a thick creamy stew.

8. Add the chopped fresh baby kale, simmer for 5 to 7 minutes or until the kale wilts into the desired texture. Then taste test, ramp up any additional spices and herbs as needed.

9. Serve with a generous hunk of crusty bread.