

A VERY VEGAN FESTIVE SEASON

VEGAN RECIPES FOR FESTIVE FEASTS AND
HOLIDAY TREATS



GRACE HAMILTON

Welcome

It's the Festive Season! My absolute favourite time of the year. Lots of great food and good times! This recipe book contains 42 recipes for mains, sides and desserts that are so good even the non-vegans will be wolfing them down. Enjoy and Happy Holidays!

About Me:

Hi! I'm Grace Hamilton, a Masters qualified Nutritionist, Naturopath and food loving Vegan. I live in Sydney Australia and see clients both online and at my clinic. I have a special interest in chronic health issues such as cardiovascular disease and autoimmune disorders. I love to provide my clients with meal plans and recipes as part of their treatment plans to make life easier for them and give them a bit of extra guidance. Certain things get requested a LOT so I decided to put together a collection of my most popular recipes. I hope you enjoy! Do check out my website and socials and give me a follow if you haven't already.



<https://www.gracehamiltonnaturalhealth.com/>



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Mains

Lentil Mushroom Loaf

17 ingredients · 1 hour 5 minutes · 10 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
2. In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
3. Add the flax seeds and water to a small bowl, stir and set aside.
4. Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
5. Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
6. Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!

Notes

Leftovers

Refrigerate an airtight container for up to four days. Freeze leftover slices in an airtight container or in a freezer-safe bag wrapped in parchment paper for up to two months.

Serving Size

One serving size is one slice.

Nut-Free

Use toasted sunflower seeds or omit the walnuts.

More Flavor

Use a mix of mushrooms such as shiitake and cremini.

Ingredients

- 1 tsp Avocado Oil
- 12 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (chopped)
- 2 Carrot (finely chopped)
- 3 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 3 tbsps Ground Flax Seed (ground)
- 1/3 cup Water
- 1 cup Walnuts (toasted)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 2 tbsps Thyme (fresh, chopped)
- 2 cups Green Lentils (cooked)
- 3/4 cup Oats
- 1/2 cup Oat Flour
- 1 tsp Sea Salt
- 1/3 cup Sugar Free Ketchup
- 2 tbsps Balsamic Vinegar

Nutrition

Amount per serving

Calories	218	Sugar	5g
Fat	10g	Protein	9g
Saturated	1g	Sodium	361mg
Monounsaturated	2g	Calcium	43mg

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Vegan Pumpkin Mac n' Cheese

9 ingredients · 20 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 1/2 cups.

Spice Lover

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein

Add cooked diced tempeh, tofu, chickpeas or lentils.

More Vegetables

Add wilted spinach, kale and/or sauteed mushrooms.

Ingredients

2 cups Brown Rice Macaroni (dry)

1 cup Unsweetened Almond Milk

1 tbsp Arrowroot Powder

1 tsp Garlic Powder

1/3 cup Nutritional Yeast

1 1/2 tps Dijon Mustard

1 cup Pureed Pumpkin

1 tbsp Maple Syrup

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	313	Sugar	5g
Fat	3g	Protein	13g
Saturated	0g	Sodium	102mg
Monounsaturated	1g	Calcium	142mg
Carbs	58g	Iron	3mg
Fiber	8g		



Marinated Baked Tofu

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Slice the tofu into triangles and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish.
3. In a small bowl, mix together the maple syrup, balsamic vinegar, olive oil, garlic, sea salt, and black pepper. Pour over the tofu and let sit for 10 minutes (or you can also marinate overnight in the fridge).
4. Place the baking dish in the oven and bake for 20 minutes, uncovered.
5. Remove from the oven and enjoy!

Notes

Leftovers

Keeps well in an airtight container in the fridge for up to 5 days.

Ingredients

- 450 grams** Tofu (firm, drained)
- 2 tbsps** Maple Syrup
- 1/4 cup** Balsamic Vinegar
- 1 tbsp** Extra Virgin Olive Oil
- 1** Garlic (clove, minced)
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper

Nutrition

Amount per serving

Calories	165	Sugar	9g
Fat	9g	Protein	11g
Saturated	2g	Sodium	600mg
Monounsaturated	4g	Calcium	335mg
Carbs	11g	Iron	2mg
Fiber	1g		



Rice & Lentil Stuffed Squash

10 ingredients · 45 minutes · 4 servings



Directions

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut the squash in half and scoop out the seeds and strings. Season the flesh of the squash with one-third of the salt and place it flesh side down on the baking sheet. Bake for 35 to 40 minutes, or until the squash is tender.
3. Meanwhile, cook the rice according to package directions.
4. Add the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have started to soften, about 3 minutes. Add the mushrooms, thyme, and remaining salt. Continue to cook for another 3 to 5 minutes until the mushrooms start to soften.
5. Wilt in the kale leaves then add the cooked lentils and rice. Stir to combine.
6. Spoon the rice and lentil mixture into the baked squash. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to half a squash and approximately one cup of the lentil and rice filling.

Additional Toppings

Fresh herbs, red pepper flakes or fresh ground black pepper.

No Acorn Squash

Use a different variety of squash or sweet potato.

No Vegetable Broth

Use water instead.

Ingredients

- 2 Acorn Squash (large)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Brown Rice
- 1/2 cup Vegetable Broth
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 6 Cremini Mushrooms (large, sliced)
- 1 tbsp Thyme (fresh)
- 1 cup Kale Leaves (finely chopped)
- 1 cup Lentils (cooked, rinsed)

Nutrition

Amount per serving

Calories	253	Sugar	4g
Fat	1g	Protein	9g
Saturated	0g	Sodium	391mg
Monounsaturated	0g	Calcium	114mg
Carbs	55g	Iron	5mg
Fiber	9g		



Crispy Baked Tofu

3 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
3. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat in the oven until warmed through.

More Flavor

Season with salt before serving.

Serve it With

Stir fry, tacos, veggie and grain bowls or salad. Toss or dip in your favorite sauce to maximize the flavor.

No Tamari

Use soy sauce or coconut aminos instead.

No Arrowroot Powder

Use corn starch instead.

Tofu

This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Ingredients

450 grams Tofu (1lb. extra-firm, pressed and cubed)

3 tbsps Tamari

3 tbsps Arrowroot Powder

Nutrition

Amount per serving

Calories	122	Sugar	1g
Fat	6g	Protein	13g
Saturated	1g	Sodium	759mg
Monounsaturated	1g	Calcium	320mg
Carbs	7g	Iron	3mg
Fiber	1g		



Stuffed Mini Peppers with Vegan Cheese Sauce

16 ingredients · 25 minutes · 6 servings



Directions

1. Spread beans onto the mini pepper halves. Place on a parchment-lined baking sheet and broil in the oven for 5 minutes or until slightly charred. (Watch closely for burning!)
2. Prepare your "cheese" sauce by combining cashews, nutritional yeast, sea salt, garlic powder, cumin, chili powder, tabasco sauce, olive oil and warm water in a blender or food processor. Blend until smooth and creamy. Add more warm water 1 tbsp at a time if necessary.
3. Divide stuffed mini peppers into bowls and top with diced avocado, green pepper, olives, "cheese" sauce and cilantro. Squeeze lime juice over top before serving. Enjoy!

Notes

Chip Lover

Make brown rice tortilla chips or sweet potato chips instead of peppers.

Storage

Store in an airtight container up to three days. Reheat before serving.

No Mini Peppers

Use regular bell peppers and slice them into quarters.

Likes it Spicy

Instead of mini peppers, use jalapeno peppers halved and seeds removed.

Ingredients

450 grams Mini Peppers (1lb halved and seeded)

1 can Refried Beans

1 1/2 cups Cashews

3 tbsps Nutritional Yeast

1 tsp Sea Salt

1/4 tsp Garlic Powder

1/2 tsp Cumin

1 1/2 tps Chili Powder

1 tbsp Tabasco Sauce

1 tbsp Extra Virgin Olive Oil

1/4 cup Water (warm)

1 Avocado (diced)

1/2 Green Bell Pepper (diced)

1/2 cup Black Olives (pitted and diced)

1/4 cup Cilantro (chopped)

1/2 Lime

Nutrition

Amount per serving

Calories	395	Sugar	5g
Fat	26g	Protein	13g
Saturated	5g	Sodium	804mg
Monounsaturated	16g	Calcium	60mg



Spinach Potato Patties

9 ingredients · 40 minutes · 4 servings



Directions

1. Bring the water to a boil in a small saucepan. Add the potatoes and cook for 10 to 12 minutes or until soft. Once the potatoes are cooked, drain the water and add in the almond milk, half of the avocado oil, spinach, nutritional yeast, sea salt and pepper. Mash together with a potato masher until smooth.
2. In a skillet over medium heat, add the rest of the avocado oil. Scoop in 1/2 cup of mashed potatoes and press down with a spatula until it forms a pancake shape. Cook on each side for 8 to 10 minutes or until golden brown.
3. Remove from the skillet. Top with parsley and nutritional yeast. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month. For best results, reheat on the stove in a skillet.

Serving Size

One serving is equal to two potato patties.

More Flavor

Add additional spices such as onion powder or chilli powder.

Ingredients

- 2 cups Water
- 2 Russet Potato (peeled, chopped)
- 1/4 cup Unsweetened Almond Milk
- 1/4 cup Avocado Oil (divided)
- 1/2 cup Baby Spinach (chopped)
- 2 tbsps Nutritional Yeast (plus additional for garnish)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving

Calories	226	Sugar	1g
Fat	14g	Protein	5g
Saturated	2g	Sodium	188mg
Monounsaturated	10g	Calcium	64mg
Carbs	20g	Iron	2mg
Fiber	3g		



Creamy Potato, Lentil & Kale Bake

8 ingredients · 1 hour · 8 servings



Directions

1. Preheat the oven to 400°F (200°C).
2. In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly ovetop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
3. In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
4. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size

A 10 x 13-inch (25x35cm) dish was used for 8 servings.

Ingredients

- 6 Sweet Potato (thinly sliced)
- 4 cups Green Lentils (cooked, drained)
- 6 cups Kale Leaves (stems removed, leaves torn)
- 4 cups Canned Coconut Milk (full fat)
- 3 cups Pureed Or Mashed Pumpkin
- 1 tbsp Garlic Powder
- 2 tbsps Thyme (stems removed)
- 2 tsps Sea Salt

Nutrition

Amount per serving

Calories	491	Sugar	8g
Fat	22g	Protein	15g
Saturated	20g	Sodium	646mg
Monounsaturated	0g	Calcium	110mg
Carbs	60g	Iron	6mg
Fiber	15g		



Green Bean Casserole

10 ingredients · 1 hour 20 minutes · 4 servings



Directions

1. Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
2. While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
3. Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
4. Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
5. Preheat the oven to 350°F (180°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
6. Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
7. Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

Nutrition

	Amount per serving		
Calories	244	Sugar	12g
Fat	12g	Protein	11g
Saturated	6g	Sodium	644mg
Monounsaturated	0g	Calcium	124mg
Carbs	28g	Iron	4mg
Fiber	9g		



Everything Bagel Cauliflower Steaks

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Place the cauliflower steaks on the baking sheet and rub the olive oil all over the cauliflower. Add the everything bagel seasoning all over the sides and top of the steaks. Place in the oven to bake for 13 to 15 minutes, flipping half way through.
3. Meanwhile, add the tahini and lemon juice in a small jar and shake to combine.
4. Remove the cauliflower, divide onto plates and serve with lemon tahini sauce. Enjoy!

Notes

Leftovers

Store the cauliflower separate from the dressing. Refrigerate the cauliflower in an airtight container for up to four days. The tahini dressing can be refrigerated for up to one week.

Serving Size

One serving is equal to about two cauliflower steaks.

More Flavor

Add nutritional yeast and/or red pepper flakes to the cauliflower.

Additional Toppings

Freshly chopped parsley.

Ingredients

- 1 head Cauliflower (cut into steaks)
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Everything Bagel Seasoning
- 1/4 cup Tahini
- 1 1/2 tbsps Lemon Juice

Nutrition

Amount per serving

Calories	247	Sugar	3g
Fat	22g	Protein	5g
Saturated	3g	Sodium	512mg
Monounsaturated	13g	Calcium	97mg
Carbs	11g	Iron	2mg
Fiber	4g		



Vegan Stuffed Mushrooms

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

Notes

Serving Size

One serving is equal to three stuffed mushrooms.

No Cremini Mushrooms

Use portobello mushrooms or white button mushrooms instead.

No Thyme

Use another herb like sage or rosemary.

Prep Ahead

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 **cup** Walnuts (raw, chopped)
- 2 **tsps** Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1/3 **cup** Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 **tblsp** Nutritional Yeast
- 2 **tblsps** Parsley (chopped)

Nutrition

Amount per serving

Calories	285	Sugar	10g
Fat	23g	Protein	8g
Saturated	2g	Sodium	159mg
Monounsaturated	5g	Calcium	43mg
Carbs	16g	Iron	2mg
Fiber	4g		



Grilled Cabbage with Creamy Lime Dressing

9 ingredients · 10 minutes · 4 servings



Directions

1. In a blender or food processor, add the sunflower seed butter, lime juice, ginger, tamari, and water and blend until smooth.
2. Drizzle the cabbage with oil and season with salt and pepper.
3. Grill over medium-high heat for about three minutes per side, until charred.
4. Divide the cabbage onto plates and drizzle with the sauce. Top with cilantro. Enjoy!

Notes

Leftovers

Refrigerate the sauce separate from the cabbage for up to four days.

Napa Cabbage

Four cups is roughly 1/2 head napa cabbage.

No Sunflower Seed Butter

Use peanut butter or almond butter instead.

More Flavor

Add chili flakes to the sauce and/or sesame oil.

Ingredients

- 1/4 cup Sunflower Seed Butter
- 1 tbsp Lime Juice
- 1 1/2 tsps Ginger (minced)
- 1 tbsp Tamari
- 2 tsps Water
- 4 cups Napa Cabbage (core intact, cut into wedges)
- 1 1/2 tsps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cilantro (for topping, optional)

Nutrition

Amount per serving

Calories	141	Sugar	5g
Fat	11g	Protein	4g
Saturated	1g	Sodium	269mg
Monounsaturated	7g	Calcium	49mg
Carbs	10g	Iron	1mg
Fiber	3g		



Baked Green Pea Fritters

9 ingredients · 1 hour 10 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Cook the peas according to package directions. Drain the cooked peas and rinse under cold water until cool enough to handle. Transfer to the bowl of a food processor.
3. Meanwhile, heat the water in a non-stick pan over medium heat. Add the onion and garlic and cook for three to five minutes or until the onions have softened and the water has evaporated. Let the onions cool slightly then transfer to the food processor with the peas.
4. Add the salt to the food processor with the peas and pulse a couple of times to combine. Scrape down the sides of the bowl then continue to blend until mostly smooth.
5. Transfer the green pea mixture to a mixing bowl and fold in the flour. Form the mixture into patties approximately two to three inches in diameter and place on the prepared baking sheet.
6. Bake for 30 to 35 minutes flipping halfway through or until browned on both sides. Let the fritters cool for 10 to 15 minutes on the baking sheet (fritters will continue to firm up as they cool).
7. Meanwhile, in a small bowl combine the coconut yogurt, lemon juice and chives. Season with salt if needed. To serve, divide the fritters and yogurt dipping sauce between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to five fritters.

More Flavor

Add dried herbs and spices to the fritters.

Ingredients

- 4 cups Frozen Peas
- 1/2 cup Water
- 2 Yellow Onion (chopped)
- 6 Garlic (clove, minced)
- 1/2 tsp Sea Salt
- 1 cup All Purpose Gluten-Free Flour
- 1/2 cup Unsweetened Coconut Yogurt
- 3 tbsps Lemon Juice
- 2 tsps Dried Chives

Nutrition

Amount per serving

Calories	310	Sugar	12g
Fat	1g	Protein	11g
Saturated	1g	Sodium	420mg
Monounsaturated	0g	Calcium	133mg
Carbs	64g	Iron	5mg
Fiber	15g		



Crispy Cauliflower Bites

12 ingredients · 20 minutes · 4 servings



Directions

1. Heat sesame oil in a large pan over medium-high heat. Cook green onions and garlic for 1 to 2 minutes. Stir in tamari and maple syrup, remove from heat and transfer to a bowl.
2. In a mixing bowl, combine oat flour, tapioca flour, baking powder, salt, pepper and water. Add 1-2 tbsp of water if it is too thick. Toss cauliflower florets in the mixture until well coated.
3. Heat coconut oil over medium-high heat in the same pan used for the sauce. Cook cauliflower until all sides are browned, about 5 to 7 minutes. Add more coconut oil to the pan if needed.
4. Transfer cauliflower to a paper towel-lined plate. Dip cauliflower bites into the sauce or drizzle overtop. Enjoy!

Notes

No Oat Flour

Use regular or gluten-free all-purpose flour instead.

No Tapioca Flour

Use arrowroot powder or cornstarch instead.

No Coconut Oil

Use sesame oil instead.

Serve it With

As an appetizer or with the Marinated Baked Tofu recipe.

Ingredients

- 1 **tbsp** Sesame Oil
- 2 **stalks** Green Onion (sliced)
- 2 **Garlic** (cloves, minced)
- 2 **tbsps** Tamari
- 1 **tbsp** Maple Syrup
- 1/4 **cup** Oat Flour
- 1/4 **cup** Tapioca Flour
- 1 **tbsp** Baking Powder
- Sea Salt & Black Pepper (to taste)
- 1/3 **cup** Water
- 1 **head** Cauliflower (chopped into florets)
- 1/4 **cup** Coconut Oil

Nutrition

Amount per serving

Calories	267	Sugar	6g
Fat	18g	Protein	5g
Saturated	12g	Sodium	915mg
Monounsaturated	2g	Calcium	254mg
Carbs	24g	Iron	2mg
Fiber	4g		



Lentil & Squash Stew

10 ingredients · 45 minutes · 8 servings



Directions

1. Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
2. Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
3. Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
4. Turn off the heat. Divide the stew between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size

One serving is equal to approximately 2 cups of stew.

No Squash

Use sweet potato instead.

More Vegetables

Add celery, mushrooms, kale or peas.

Ingredients

- 12 cups** Vegetable Broth (divided)
- 2** Yellow Onion (chopped)
- 8** Garlic (clove, minced)
- 2 tsps** Dried Thyme
- 2 tsps** Sea Salt
- 1 tsp** Black Pepper
- 2** Carrot (medium, peeled & chopped)
- 2** Yellow Potato (large, peeled and cut into small cubes)
- 6 cups** Butternut Squash (peeled and cut into small cubes)
- 2 cups** Dry Green Lentils

Nutrition

Amount per serving

Calories	297	Sugar	9g
Fat	1g	Protein	15g
Saturated	0g	Sodium	1594mg
Monounsaturated	0g	Calcium	110mg
Carbs	61g	Iron	6mg
Fiber	10g		



Tomato & Eggplant Pasta Casserole

12 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 450°F (230°C).
2. In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
3. Remove from oven and let cool for 5 minutes before serving. Enjoy!

Notes

Serve it With

Arugula tossed in olive oil and lemon juice.

Likes it Spicy

Garnish with red chili flakes.

Cheese Lover

Serve with a cashew cheese or parmesan style cheese.

No Eggplant

Use tomatoes or zucchini sliced into rounds to cover the top instead.

Ingredients

- 6 cups** Crushed Tomatoes
- 2 cups** Lentils (cooked, drained and rinsed)
- 1/2 cup** Water
- 1/4 cup** Extra Virgin Olive Oil
- 1 cup** Basil Leaves (chopped)
- 2 tbsps** Oregano
- 1/2 tsp** Garlic Powder
- 1/2 tsp** Onion Powder
- 2 tsps** Sea Salt
- 1 tsp** Black Pepper
- 5 cups** Brown Rice Penne (dry)
- 1** Eggplant ((aubergine) large, sliced into 1/2 inch thick rounds)

Nutrition

Amount per serving

Calories	460	Sugar	11g
Fat	10g	Protein	13g
Saturated	1g	Sodium	931mg
Monounsaturated	6g	Calcium	103mg
Carbs	82g	Iron	6mg
Fiber	14g		



Whole Roasted Garlic Cauliflower

4 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 400°F (200°C).
2. Coat the entire head of cauliflower with olive oil and season with the garlic powder and salt. Use foil to completely cover and seal the cauliflower.
3. Place on a baking tray and roast for 40 minutes.
4. Carefully remove the foil and roast for an additional 10 minutes or until golden brown. Slice and enjoy!

Notes

Top it With

Drizzle olive oil, coconut oil, veggie parmesan, nutritional yeast, fresh or dried herbs.

Leftovers

Refrigerate in an airtight container up to 5 days.

Ingredients

- 1 head Cauliflower (medium)
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Garlic Powder

Nutrition

Amount per serving

Calories	129	Sugar	3g
Fat	11g	Protein	3g
Saturated	2g	Sodium	192mg
Monounsaturated	7g	Calcium	33mg
Carbs	8g	Iron	1mg
Fiber	3g		



Mushroom Lentil Burgers

13 ingredients · 30 minutes · 9 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
2. In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
3. Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
4. Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
5. Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

More Carbs

Serve it on a gluten-free bun or in a wrap.

Keep it Light

Serve on a bed of greens or collard green wraps.

Extra Flavour

Brush the patties with clean BBQ sauce while grilling.

No BBQ

Preheat oven to 375°F (190°C) and bake the patties for 15 to 20 minutes per side.

Toppings

Sprouts, avocado, tomato, goat cheese, feta cheese, mustard or greens.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 **cups** Portobello Mushroom (diced)
- 3 Garlic (cloves, minced)
- 3/4 **cup** Walnuts (chopped and toasted)
- 2 **cups** Green Lentils (cooked, drained, rinsed and divided)
- 2 **tsps** Tabasco Sauce
- 1 **tsp** Paprika
- 1 1/2 **tsps** Chili Powder
- 2/3 **cup** Almond Flour
- 1/3 **cup** Parsley (chopped)
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper

Nutrition

Amount per serving

Calories	202	Sugar	4g
Fat	13g	Protein	9g
Saturated	1g	Sodium	94mg
Monounsaturated	2g	Calcium	49mg
Carbs	17g	Iron	3mg
Fiber	7g		



Baked Italian Veggie Balls

7 ingredients · 1 hour 30 minutes · 4 servings



Directions

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Heat the olive oil in a large skillet over medium heat. Add the zucchini, red pepper, and eggplant. Saute for about 10 minutes or until soft.
3. Transfer the veggies to a food processor along with the salt, almond flour and white beans. Pulse until mostly smooth, with a few veggie chunks.
4. Roll into 2-inch sized balls and place on the parchment-lined baking sheet. Bake the veggie balls for 30 minutes then carefully flip. Bake for another 20 to 30 minutes, or until firm.
5. Remove from the oven and enjoy!

Notes

Leftovers

Store covered in the fridge up to 4 days, or freeze for longer.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Zucchini (Courgette medium, chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 Eggplant (Aubergine chopped)
- 1 **tsp** Sea Salt
- 1/2 **cup** Almond Flour
- 1 **cup** White Navy Beans (cooked)

Nutrition

Amount per serving

Calories	207	Sugar	6g
Fat	11g	Protein	8g
Saturated	1g	Sodium	597mg
Monounsaturated	3g	Calcium	77mg
Carbs	22g	Iron	2mg
Fiber	9g		



Sides

Apple, Beet & Carrot Slaw

8 ingredients · 10 minutes · 3 servings



Directions

1. In a large bowl add the beets, carrots, kale and apple.
2. In a small bowl, whisk together the orange juice, lemon juice and sea salt.
3. Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 3/4 cup salad.

More Flavor

Add some dijon or other mustard to the dressing.

Additional Toppings

Top with pumpkin seeds.

Ingredients

2 Beet (medium-size, peeled, julienned)

2 Carrot (julienned)

2 cups Kale Leaves (shredded)

1 Apple (julienned)

3 tbsps Orange Juice

1 tbsp Lemon Juice

1/8 tsp Sea Salt

1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	87	Sugar	14g
Fat	1g	Protein	2g
Saturated	0g	Sodium	180mg
Monounsaturated	0g	Calcium	70mg
Carbs	20g	Iron	1mg
Fiber	5g		



Grilled Brussels Sprouts, Pear & Pecan Salad

9 ingredients · 20 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in oil and season with salt.
2. Pierce the Brussels sprouts onto the skewers.
3. Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
4. Divide the spinach, pear, pecans, cranberries, and grilled Brussels sprouts onto plates. Drizzle with lemon juice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 2 1/2 cups.

More Flavor

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Additional Toppings

Add olive oil, plant based brie or feta cheese.

No Skewers

Use a grilling mat or basket instead.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)

2 tbsps Avocado Oil

1/2 tsp Sea Salt (to taste)

8 Barbecue Skewers

4 cups Baby Spinach

2 Pear (cored, sliced)

1 cup Pecans (crushed)

1 cup Dried Unsweetened Cranberries

2 tbsps Lemon Juice (to taste)

Nutrition

Amount per serving

Calories	421	Sugar	32g
Fat	26g	Protein	6g
Saturated	2g	Sodium	342mg
Monounsaturated	15g	Calcium	92mg
Carbs	48g	Iron	3mg
Fiber	11g		



Shredded Brussels Sprouts Slaw with Crispy Lentils

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a medium bowl, add the lentils, pumpkin seeds, avocado oil, sea salt and pepper. Mix well to combine. Spread in an even layer on the baking sheet and bake for 10 minutes. Remove, shake the pan around and place back in the oven for 10 minutes more. Remove and set aside.
3. In a small bowl or jar, add the extra virgin olive oil, balsamic vinegar, mustard and maple syrup. Shake well and season with salt and pepper as needed.
4. Add the brussels sprouts, lentils, pumpkin seeds and dressing to a large bowl. Toss to combine. Top with pomegranate seeds, if using. Divide onto plates, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Season the lentils with garlic powder, onion powder, cumin, dill and/or dried basil.

Additional Toppings

Top with a plant based feta or parmesan.

Lentils

It is recommended to use French green lentils as they hold their shape better. Red or brown lentils will not work the same as they tend to get too mushy.

Ingredients

- 1 cup Lentils (cooked)
- 1/4 cup Pumpkin Seeds (raw)
- 2 tsps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 5 cups Brussels Sprouts (trimmed, very thinly sliced)
- 1/4 cup Pomegranate Seeds (optional)

Nutrition

Amount per serving

Calories	239	Sugar	6g
Fat	13g	Protein	10g
Saturated	2g	Sodium	38mg
Monounsaturated	8g	Calcium	65mg
Carbs	24g	Iron	4mg
Fiber	9g		



Cauliflower & Broccoli Cheesy Casserole

10 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 375°F (190°C).
2. In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
3. While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsps at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
6. Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time

Buy frozen, pre-sliced butternut squash cubes.

More Protein

Serve with a mixed bean salad or top with finely sliced fried tempeh.

More Carbs

Serve with brown rice macaroni or quinoa.

Ingredients

- 2 cups Butternut Squash (peeled, seeded and cubed)
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1/2 cup Water
- 1 head Cauliflower (medium, chopped into florets)
- 4 cups Broccoli (chopped into florets)
- 1/2 cup Cashews
- 1/2 cup Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/4 tsp Paprika

Nutrition

Amount per serving

Calories	280	Sugar	9g
Fat	9g	Protein	19g
Saturated	2g	Sodium	427mg
Monounsaturated	5g	Calcium	143mg
Carbs	36g	Iron	6mg
Fiber	12g		



BBQ Maple Brussels Sprouts

6 ingredients · 20 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water.
2. In a large bowl, add the Brussels sprouts along with the maple syrup, oil, dijon mustard, and salt. Toss until well coated.
3. Pierce the Brussels sprouts onto the skewers.
4. Grill over medium-high heat for about four minutes per side, until tender and slightly charred. Serve onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two 12-inch skewers.

More Flavor

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)

3 tbsps Maple Syrup

2 tbsps Extra Virgin Olive Oil

1 1/2 tbsps Dijon Mustard

1/2 tsp Sea Salt

8 Barbecue Skewers

Nutrition

Amount per serving

Calories	142	Sugar	11g
Fat	7g	Protein	3g
Saturated	1g	Sodium	381mg
Monounsaturated	5g	Calcium	52mg
Carbs	18g	Iron	1mg
Fiber	3g		



Coconut Creamed Corn

5 ingredients · 5 minutes · 4 servings



Directions

1. In a large skillet over low-medium heat, combine all the ingredients and cook until soft and warmed through, about 5 minutes.
2. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 1 cup of coconut creamed corn.

More Flavor

Lightly fry the corn in oil with garlic and shallots before adding the remaining ingredients. Season with your choice of herbs and spices.

Additional Toppings

Top with red pepper flakes, green onion or chopped cilantro.

Ingredients

- 4 cups** Frozen Corn
- 1 cup** Canned Coconut Milk (full fat)
- 1 tbsp** Apple Cider Vinegar
- 2 tbsps** Nutritional Yeast
- 1/2 tsp** Sea Salt

Nutrition

Amount per serving

Calories	258	Sugar	6g
Fat	12g	Protein	7g
Saturated	10g	Sodium	324mg
Monounsaturated	0g	Calcium	10mg
Carbs	35g	Iron	1mg
Fiber	5g		



Paleo Stuffing

13 ingredients · 1 hour 30 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
3. Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (190°C).
4. While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
5. In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
6. Remove from oven and transfer into a serving dish. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Protein

Add cooked tempeh or lentils.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	376	Sugar	5g
Fat	34g	Protein	8g
Saturated	6g	Sodium	258mg
Monounsaturated	15g	Calcium	72mg
Carbs	15g	Iron	2mg
Fiber	6g		



Crispy Smashed Brussels Sprouts

3 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C).
2. Bring a large pot of water to a boil. Add the Brussels sprouts and boil for 10 minutes or until fork tender. Drain and transfer to a baking sheet.
3. Using the bottom of a mug or jar, smash the Brussels sprouts. Drizzle with olive oil and season with salt and pepper. Cook for 20 minutes or until crispy and browned. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

Additional Toppings

Serve with a dip of your choice.

Ingredients

2 cups Brussels Sprouts (trimmed, outer leaves peeled)

1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	98	Sugar	2g
Fat	7g	Protein	3g
Saturated	1g	Sodium	22mg
Monounsaturated	5g	Calcium	37mg
Carbs	8g	Iron	1mg
Fiber	3g		



Scalloped Sweet Potatoes

9 ingredients · 1 hour · 6 servings



Directions

1. Peel and slice sweet potatoes to approximately 1/8-inch (0.3cm) thick or use a mandoline. Thinly slice the onions and set aside.
2. Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 inch (23x23cm) baking dish for 6 servings.)
3. Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
4. Preheat oven to 400°F (200°C).
5. In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
6. Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
7. Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
8. Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 3/4 cup.

More Protein

Add pureed chickpeas to the sauce.

Make it Spicy

Add chilli flakes or cayenne pepper.

Ingredients

- 2 Sweet Potato
- 1/4 Yellow Onion (thinly sliced)
- 2 tbsps Coconut Oil
- 1/4 cup Almond Flour
- 1 1/2 cups Canned Coconut Milk
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 3/4 tsp Sea Salt
- 2/3 cup Pureed Pumpkin

Nutrition

Amount per serving

Calories	225	Sugar	4g
Fat	18g	Protein	3g
Saturated	14g	Sodium	336mg
Monounsaturated	0g	Calcium	36mg
Carbs	15g	Iron	1mg
Fiber	3g		



Herb Roasted Turnip

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (180°C).
2. In a baking dish, coat the turnip in avocado oil, rosemary, half the parsley, and salt. Bake for 20 to 25 minutes, or until golden and tender.
3. Divide onto plates and garnish with remaining parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 1/2 to 3/4 of a cup of roasted diced turnips.

Additional Toppings

Roast the turnips with onions, garlic or peppers.

Ingredients

- 3 Turnip (peeled, diced)
- 2 tbsps Avocado Oil
- 2 tbsps Rosemary (chopped)
- 2 tbsps Parsley (chopped, divided)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	89	Sugar	3g
Fat	7g	Protein	1g
Saturated	1g	Sodium	358mg
Monounsaturated	5g	Calcium	33mg
Carbs	6g	Iron	0mg
Fiber	2g		



Crispy Smashed Potatoes

5 ingredients · 20 minutes · 4 servings



Directions

1. Line a baking sheet with parchment paper.
2. Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
3. Preheat oven to broil.
4. Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
5. Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

Notes

No Potatoes

Use sweet potatoes or cauliflower instead.

More Toppings

Add vegan feta, parmesan, nutritional yeast or pesto.

Leftovers

Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.

Ingredients

- 4 cups** Mini Potatoes (halved)
- 2 tbsps** Extra Virgin Olive Oil
- 2** Garlic (cloves, minced)
- 1 tbsps** Rosemary (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	178	Sugar	1g
Fat	7g	Protein	3g
Saturated	1g	Sodium	10mg
Monounsaturated	5g	Calcium	22mg
Carbs	27g	Iron	1mg
Fiber	3g		



Mashed Parsnip with Vegan Miso Gravy

8 ingredients · 15 minutes · 2 servings



Directions

1. Set parsnip in a steamer over boiling water and cover. Steam for about 8 minutes, or until tender. Drain and transfer to a bowl. Add almond milk and mash with a fork until smooth and combined. Set aside.
2. Meanwhile, set a saucepan over medium-high heat. Add water, miso paste, oat flour, garlic powder and salt. Whisk to combine and remove any lumps.
3. Bring to a simmer and add tapioca flour while continuing to whisk. Let simmer for at least 5 to 10 minutes, then remove from heat. The gravy will thicken as it cools.
4. Divide mashed parsnip and pour desired amount of gravy overtop. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container (with or without gravy) up to 3 days, or freeze the mashed parsnip and gravy in separate containers.

No Parsnip

Use cauliflower, celery root, squash or potatoes instead.

No Oat Flour

Use all-purpose flour instead.

No Tapioca Flour

Use arrowroot or cornstarch instead.

Ingredients

3 Parsnip (stems removed, peeled, roughly chopped)

2 tbsps Unsweetened Almond Milk

1 cup Water

1 1/2 tpsps Miso Paste

2 tbsps Oat Flour

1/8 tsp Garlic Powder

1/4 tsp Sea Salt

1/2 tsp Tapioca Flour

Nutrition

Amount per serving

Calories	213	Sugar	12g
Fat	2g	Protein	5g
Saturated	0g	Sodium	539mg
Monounsaturated	0g	Calcium	133mg
Carbs	47g	Iron	2mg
Fiber	10g		



Mashed Pumpkin with Cinnamon

5 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Cut the pumpkin in half and discard the seeds. Place the cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin and transfer to a mixing bowl.
3. Add the vegetable broth to the pumpkin and mash with a vegetable masher until the pumpkin is smooth. Stir in the maple syrup, cinnamon and salt. Season with additional cinnamon or salt if needed. Enjoy!

Notes

Pumpkin

A 2 lb pumpkin yields approximately 2 1/2 cups.

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Use pumpkin spice instead of cinnamon.

Additional Toppings

Top with extra virgin olive oil.

No Pumpkin

Use a butternut squash instead.

Ingredients

- 2 1/2 cups Pie Pumpkin
- 1 tbsp Vegetable Broth
- 1 1/2 tpsps Maple Syrup
- 1/2 tsp Cinnamon
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	26	Sugar	4g
Fat	0g	Protein	1g
Saturated	0g	Sodium	306mg
Monounsaturated	0g	Calcium	21mg
Carbs	7g	Iron	1mg
Fiber	1g		



Celery Root & Parsnip Mash

6 ingredients · 35 minutes · 4 servings



Directions

1. Add the celery root and parsnips to pot of salted water. Bring to a boil and cook the vegetables for about 15 minutes or until very tender. Drain the water and transfer the cooked vegetables back into the warm pot to rest for 5 minutes.
2. Add the cooked vegetables to a food processor along with the broth, olive oil, salt and thyme. Blend until smooth. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 3/4 cup of mash.

More Flavor

Add garlic powder, onion powder or black pepper.

Additional Toppings

Top with fresh thyme. Drizzle with olive oil.

No Broth

Use a plant milk instead.

Ingredients

2 1/2 cups Celery Root (peeled, cubed)

3 Parsnip (peeled, chopped)

1/2 cup Vegetable Broth

1 tbsp Extra Virgin Olive Oil

3/4 tsp Sea Salt

1/2 tsp Dried Thyme

Nutrition

Amount per serving

Calories	158	Sugar	7g
Fat	4g	Protein	3g
Saturated	1g	Sodium	634mg
Monounsaturated	3g	Calcium	90mg
Carbs	30g	Iron	2mg
Fiber	6g		



Roasted Zucchini Fries

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. To a mixing bowl, add the zucchini, oil, Italian seasoning, garlic powder, and salt and toss to combine. Add in the tapioca flour and toss again.
3. Arrange the seasoned zucchini on the prepared baking sheet in a single, even layer (do not overcrowd the pan). Bake for 28 to 30 minutes, flipping halfway, or until the fries are browned and crispy along the edges. Season with additional salt (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Reheat in the oven for best results.

More Flavor

Add other dried herbs and spices.

Additional Toppings

Serve with favorite dipping sauce.

No Tapioca Flour

Use arrowroot powder instead.

Ingredients

2 Zucchini (medium, quartered, seeds removed and cut into fries)

1 1/2 tsps Avocado Oil

1 tsp Italian Seasoning

1/4 tsp Garlic Powder

1/8 tsp Sea Salt

1 tbsp Tapioca Flour

Nutrition

Amount per serving

Calories	39	Sugar	2g
Fat	2g	Protein	1g
Saturated	0g	Sodium	82mg
Monounsaturated	1g	Calcium	16mg
Carbs	5g	Iron	0mg
Fiber	1g		



Pumpkin Loaf

13 ingredients · 1 hour · 12 servings



Directions

1. Preheat oven to 350°F (180°C). Lightly grease a loaf pan or line it with parchment paper.
2. Prepare the flax eggs by mixing the ground flax seeds with the water in a bowl and allow to stand for 5 minutes.
3. In a food processor, combine your flax eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
4. Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
5. Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
6. Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. If not eating right away, wrap and store in the freezer for up to two months.

Muffins

Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

Make it Sweet

Stir in a handful of dark chocolate chips to the batter before baking.

Serve it With

A cup of herbal tea or coffee.

Ingredients

- 1 1/2 tbsps Ground Flax Seed
- 1/4 cup Water
- 3/4 cup Sunflower Seed Butter
- 1/3 cup Maple Syrup
- 1/2 cup Pureed Pumpkin
- 3 tbsps Coconut Oil
- 1/2 Lemon (juiced)
- 1/4 cup Coconut Flour
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/3 tsp Baking Powder
- 1 1/2 tsps Ginger (grated)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	172	Sugar	8g
Fat	13g	Protein	3g
Saturated	4g	Sodium	70mg
Monounsaturated	7g	Calcium	36mg
Carbs	13g	Iron	1mg
Fiber	3g		



Vegan Corn Bread

7 ingredients · 30 minutes · 9 servings



Directions

1. Preheat oven to 400°F (200°C) and line a baking pan with parchment paper.
2. In a mixing bowl, mix the cornmeal, all-purpose flour, baking powder and salt until thoroughly combined.
3. Add in the almond milk and olive oil, and stir until just combined. Make sure not to over mix it. Add corn and stir until just combined.
4. Transfer mixture to the baking pan. Bake for 20 minutes or until a toothpick comes out clean. Let cool before serving. Enjoy!

Notes

Baking Pan Size

Use an 8 x 8 inch (20x20 cm) pan for 9 servings. If scaling the recipe up or down, adjust your pan size accordingly.

Serve it With

Soup, Vegan Chili, Casseroles.

No Almond Milk

Use any type of milk instead.

No Olive Oil

Use butter or coconut oil instead.

Ingredients

- 1 1/4 cups Cornmeal
- 1 cup All Purpose Gluten-Free Flour
- 1 tbsp Baking Powder
- 3/4 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 1/4 cup Extra Virgin Olive Oil
- 1 cup Corn (fresh, frozen or canned)

Nutrition

Amount per serving

Calories	197	Sugar	1g
Fat	7g	Protein	3g
Saturated	1g	Sodium	383mg
Monounsaturated	5g	Calcium	142mg
Carbs	31g	Iron	1mg
Fiber	4g		



Maple Cranberry Sauce

3 ingredients · 30 minutes · 8 servings



Directions

1. Combine water and maple syrup in a saucepan and bring to a boil.
2. Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

Notes

Serving Size

One serving is equal to approximately 1/4 cup of cranberry sauce.

Leftovers

Refrigerate in an airtight container up to one week or freeze for up to three months.

Serve it With

Roast dinners, stuffing, vegan brie, as a jam, with yogurt or in baked goods.

Ingredients

1 cup Water

1 cup Maple Syrup

3 cups Frozen Cranberries (or fresh)

Nutrition

Amount per serving

Calories	121	Sugar	26g
Fat	0g	Protein	0g
Saturated	0g	Sodium	6mg
Monounsaturated	0g	Calcium	47mg
Carbs	31g	Iron	0mg
Fiber	1g		



Desserts

Clementine Sponge Cake

8 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. Place the peeled clementines in a pot and cover with water. Bring the water to a simmer and cook for 1 hour. Drain the water and transfer the clementines to a blender. Blend into a purée and set aside to cool.
2. Prepare the flax eggs. Mix the ground flax seeds and water in a bowl and allow to stand for 10 minutes.
3. Preheat the oven to 375°F (190°C). Line a 9-inch (23 cm) springform cake pan with parchment paper.
4. In a mixing bowl, whisk together the flax eggs, clementine purée, maple syrup and baking powder. Gently fold in the oat flour until well combined. Transfer the batter to the pan.
5. Bake for 25 to 30 minutes, or until golden brown and a toothpick comes out clean. Garnish with rosemary sprigs and a dusting of arrowroot flour. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container or food wrap for up to one week. Freeze for up to two months.

Serving Size

One serving equals one slice. A 9-inch springform pan yields eight servings.

More Flavor

Add vanilla extract and/or almond extract.

Additional Toppings

Top with ice cream, yogurt, coconut whipped cream or jam.

No Oat Flour

Use almond flour instead.

Ingredients

- 6 Clementines (peeled)
- 3 tbsps Ground Flax Seed
- 1/2 cup Water
- 1/2 cup Maple Syrup
- 1 tsp Baking Powder
- 2 cups Oat Flour
- 2 tbsps Rosemary (sprigs, for garnish)
- 1 tbsps Arrowroot Powder (for garnish, optional)

Nutrition

Amount per serving

Calories	216	Sugar	17g
Fat	3g	Protein	6g
Saturated	0g	Sodium	64mg
Monounsaturated	0g	Calcium	92mg
Carbs	41g	Iron	2mg
Fiber	5g		



Pecan Pie Squares

5 ingredients · 35 minutes · 16 servings



Directions

1. Preheat oven to 350°F (180°C).
2. Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
3. Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
4. Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
5. Place in the oven and bake for 20 minutes.
6. Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

Notes

Leftovers

Store in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.

Ingredients

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

Nutrition

Amount per serving

Calories	245	Sugar	13g
Fat	18g	Protein	4g
Saturated	5g	Sodium	4mg
Monounsaturated	9g	Calcium	23mg
Carbs	21g	Iron	1mg
Fiber	4g		



Chocolate Chip Cookie Pie

10 ingredients · 45 minutes · 12 servings



Directions

1. Preheat oven at 350°F (180°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch (25cm) pan for 12 servings).
2. Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
3. Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
4. Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

Notes

No White Beans

Use chickpeas instead.

Storage

Refrigerate up to 5 days or freeze in individual servings.

Ingredients

- 1 **tblsp** Coconut Oil
- 2 **cups** White Navy Beans (cooked, from the can)
- 1 **cup** Oats (quick or rolled)
- 1/2 **cup** Unsweetened Applesauce
- 2 **tsps** Vanilla Extract
- 1/2 **tsp** Baking Soda
- 1 1/2 **tsps** Baking Powder
- 1/2 **cup** Pitted Dates
- 1 **cup** Dark Chocolate Chips (divided)
- 1/2 **tsp** Sea Salt (coarse, optional)

Nutrition

Amount per serving

Calories	222	Sugar	14g
Fat	8g	Protein	5g
Saturated	8g	Sodium	213mg
Monounsaturated	0g	Calcium	61mg
Carbs	29g	Iron	2mg
Fiber	4g		



Pumpkin Pie Tarts with Coconut Whipped Cream

14 ingredients · 1 hour 30 minutes · 12 servings



Directions

1. Prepare the flax egg by mixing the ground flax seed with the water in a bowl. Let stand for 5 minutes.
2. Pulse the almonds and cashews in a food processor. Add the flax egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
3. Preheat oven to 350°F (180°C) and line a muffin tray with parchment cups.
4. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
5. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
6. Gently press each cut-out into a parchment cup to form the crust. Set aside.
7. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
8. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
9. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
10. Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
11. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 tbsp Ground Flax Seed
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tpsps Pumpkin Pie Spice
- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)
- 3 tbsps Water

Nutrition

Amount per serving

Calories	279	Sugar	8g
Fat	22g	Protein	5g
Saturated	10g	Sodium	116mg
Monounsaturated	7g	Calcium	77mg
Carbs	19g	Iron	2mg
Fiber	4g		

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No Arrowroot Powder

Use tapioca flour instead.

Homemade Pumpkin Pie Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.



Strawberry Brownie Cake

11 ingredients · 30 minutes · 6 servings



Directions

1. To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
2. Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
3. To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
4. Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
5. Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Notes

No Strawberries

Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).

Ingredients

- 1 cup Coconut Flour
- 1 cup Pitted Dates
- 1/4 cup Unsweetened Applesauce
- 1/2 cup Unsweetened Coconut Flakes
- 2 2/3 tbsps Cocoa Powder
- 1 Banana (ripe and mashed)
- 1 cup Cashews (soaked for 1 hour and drained)
- 2/3 cup Canned Coconut Milk
- 1/2 tsp Vanilla Extract
- 1/4 cup Maple Syrup
- 1 cup Strawberries (sliced)

Nutrition

Amount per serving

Calories	443	Sugar	31g
Fat	23g	Protein	8g
Saturated	13g	Sodium	56mg
Monounsaturated	6g	Calcium	43mg
Carbs	57g	Iron	5mg
Fiber	12g		

