VEGAN EATS
FROM A.M. TO P.M.

BREAKFAST • LUNCH • SNACKS
DINNER • DESSERTS
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RISE & SHINE
NO-BAKE

SUPERFOOD CEREAL
BREAKFAST BITES

INGREDIENTS

- 3/4 cup Qi’a Creamy Coconut Cereal
- 2 heaping scoops vegan vanilla protein powder
- 2 Tbsp. Windy City Organics Pumpkin Seed Butter
- 2 Tbsp. cashew butter
- 2 tsp. vanilla
- Cinnamon, to taste

DIRECTIONS

1. Line or lightly grease a baking sheet.
2. In medium bowl, mix all ingredients until well combined.

courtesy of Maura Knowles Mo, the Morselist
Carrot Coconut Mini Muffins

With Vanilla Cashew Cream Icing

INGREDIENTS

- Flax egg
- 1 cup gluten-free baking mix, sodium- and sugar-free
- ½ cup shredded carrots
- 1 Tbsp. orange rinds, finely grated
- 2 Tbsp. unsweetened applesauce or pure pumpkin purée
- 2 Tbsp. dates, finely chopped
- 2-½ Tbsp. coconut oil
- 2 tsp. cinnamon
- 3 Tbsp. walnuts
- 3 Tbsp. unsweetened coconut
- ½ tsp. allspice

Cashew Cream Icing

- 2 cups raw cashews
- ¼ cup water (for thinner icing, use 1 cup)
- Optional topping: orange zest

DIRECTIONS

1. For muffins: Preheat oven to 350 degrees F. Lightly grease mini muffin tin.
2. In large bowl, combine flax egg, coconut oil, orange zest, pumpkin and spices. Stir in baking mix, coconut, carrots, dates and walnuts.
3. Spoon batter into tin and bake for 25 to 30 minutes.
4. For icing: soak cashews in water and refrigerate for 2 hours or overnight. Drain and rinse. In a blender or food processor, combine cashews and ¼ cup water.
5. Spread icing onto muffins and garnish with orange zest.
**INGREDIENTS**

- 1 cup whole wheat flour or oat flour
- ¼ cup cacao powder
- ½ cup coconut sugar
- 1-½ cups rice milk
- ¼ cup melted coconut oil
- 1 chia egg
  (1 Tbsp. chia seeds + 3 Tbsp. water)
- 2 capfuls vanilla extract
- ½ tsp. cinnamon
- ½ tsp. beet root powder, adjust until desired color
- 1 tsp. baking powder
- ½ tsp. baking soda

**DIRECTIONS**

1. In small bowl, mix chia egg and set in fridge for a couple minutes.
2. In large bowl, combine all waffle ingredients (including chia egg). Mix until well-combined, adding just a tad of beet root powder at a time until you reach desired color.
3. Pour batter into heated waffle pan and cook about 5 minutes.
4. To prepare sauce, combine all ingredients in food processor and blend until smooth and caramelized.
5. Top waffles with sauce, sprinkles, berries or dairy-free chocolate chips for a sweet and hearty breakfast.

**Sweet Maple Sauce**

- ½ can chickpeas
- 1/8 cup coconut sugar
- 3 Tbsp. coconut oil
- 2 Tbsp. maple syrup
- 1 tsp. cinnamon
- 4 oz. rice milk
- Capful vanilla extract

Add to cart
CHIA & COCONUT
OVERNIGHT OATS

INGREDIENTS
• ½ cup rolled oats
• 1-½ Tbsp. chia seeds
• 2 Tbsp. coconut sugar
• 1 cup coconut milk
• Organic berries
• Hemp seeds
• White mulberries
• Shredded coconut

DIRECTIONS
1. In large bowl, combine rolled oats, chia seeds, sugar and milk.
2. Transfer mixture to an airtight glass container and refrigerate for 6-8 hours.
3. Serve cold, and top with remaining ingredients.
TOFU SCRAMBLE
TOSTADAS

INGREDIENTS

- 1 block extra firm tofu, pressed for 5-10 minutes
- 4 ready-made tostadas
- 1 zucchini, diced
- 1 yellow or orange bell pepper (or half of each)
- ½ yellow onion, diced
- ¼ cup cauliflower, small diced
- 1 tsp. cumin or chili powder
- 1 tsp. garlic powder
- 1 tsp. olive oil
- ½ tsp. turmeric powder, optional
- Salt and pepper, to taste
- 8 Tbsp. black bean hummus
- Shredded lettuce
- Lime wedges
- Hot sauce

DIRECTIONS

1. In large skillet over medium heat, sauté diced onion in olive oil for 5 minutes or until translucent.
2. Add tofu, cumin, garlic and turmeric and cook for 5 minutes, breaking up tofu to form crumbles. Taste and season with salt and pepper.
3. Add zucchini, bell pepper and cauliflower and cook for 8-10 minutes or until tender.
4. To assemble, spread two tablespoons hummus on tostada, top with shredded lettuce, ¼ cup tofu scramble, hot sauce and a squirt of lime juice.
5-INGREDIENT
• MAC AND “CHEESE”•

INGREDIENTS
• 2 cups (uncooked) brown rice pasta
• 3-¼ cups water
• 3 Tbsp. nutritional yeast
• ½ Tbsp. coconut oil
• 1 tsp. sea salt

DIRECTIONS
1. In large pot, bring water to boil. Add pasta and reduce heat to medium-low, stirring continually for 10-20 minutes until soft. Do not drain. (Note: Pasta will absorb water, taking on a creamy appearance. Unlike cooking pasta the traditional way—draining before serving—this method allows pasta to soak up the liquid.)
2. Add nutritional yeast, coconut oil and salt; stir until well combined.
ON-THE-GO MEAL

PB&J SMOOTHIE

INGREDIENTS

• 1 scoop Vega One Vanilla Nutritional Shake
• 1 cup unsweetened almond milk
• 1 banana
• ¾ cup Concord grapes (or whatever grapes are available)
• 1 Tbsp. natural creamy peanut butter

DIRECTIONS

1. In high-speed blender, combine all ingredients, pouring in liquids first, and process until smooth.
2. Pour smoothie into glass, garnish with grapes and dust with graham crackers if desired.
RAW RAINBOW ROLL-UPS
• WITH ALMOND BUTTER SAUCE •

DIRECTIONS
1. To make almond butter sauce, heat almond butter in small pot over medium heat. Add remaining ingredients and whisk smooth.
2. To make roll-ups, layer sprouts, peppers, carrots, almond butter sauce, green onions and hemp seeds on cabbage leaves, repeating until all ingredients are used. Roll up, drizzle on sauce and serve chilled.

Note: In a hurry? For quicker assembly, skip the “roll up” and serve these wraps in an open cabbage leaf.

INGREDIENTS

Rainbow roll-ups
• 3 large purple cabbage leaves
• 1 red bell pepper, thinly sliced
• 1/2 yellow bell pepper, thinly sliced
• 2 cups alfalfa sprouts
• 1/2 cup carrots, shredded
• 1/8 cup green onions
• Hemp seeds

Almond butter sauce
• 3 Tbsp. almond butter
• 2 Tbsp. agave syrup
• 2 Tbsp. soy sauce
• 1 Tbsp. rice vinegar
• 1 clove garlic, minced
• 1-2 Tbsp. water
• Red pepper flakes, to taste

2 WAYS TO ENJOY

Raw Rainbow Roll-Ups
with Almond Butter Sauce
1. In small saucepan, bring water to boil. Stir in freekeh, reduce heat and simmer for 10-15 minutes until water is absorbed.

2. In food processor or blender, puree herbs with lemon zest and juice. Once combined, add nuts, salt and pepper. Blend until smooth, adding olive oil through the spout.

3. Once freekeh has cooled, add to a large mixing bowl with diced tomatoes, bell peppers and beans. Pour over pesto and mix until thoroughly incorporated.

INGREDIENTS
- 1 cup cracked freekeh
- 2 cups water
- 2 large tomatoes, diced
- 2 medium red bell peppers, diced
- 15 oz. garbanzo beans, cooked
- 2 cups fresh parsley
- 1 cup fresh mint
- ½ cup pine nuts, toasted
- 2 tsp. lemon zest
- 1 tsp. salt
- ½ tsp. ground black pepper
- ½ cup fresh lemon juice
- 1/3 cup extra virgin olive oil

Freekeh Salad with Mint-Parsley Pesto

Mint-Parsley Pesto

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SNACK BREAK
• **SPICY CARROT CHIPS**

**INGREDIENTS**
- 1 bunch organic rainbow carrots
- 1 tsp. turmeric
- 1 tsp. freshly ground ginger
- Cayenne pepper, to taste
- Sea salt, to taste
- Extra virgin olive oil spray

**DIRECTIONS**
1. Preheat oven to 375 degrees F. Line baking sheet with wax paper or foil.
2. Slice carrot roots into thin rounds.
3. In large mixing bowl, stir together all ingredients, making sure each carrot chip is well coated.
4. Spread evenly on prepared baking sheet and bake for 25-30 minutes or until desired crispiness.
INGREDIENTS

• 1-½ cups garbanzo beans, rinsed and drained
• 1-½ cups canned black beans, rinsed and drained
• 2 tsp. chili powder or cumin
• 1 tsp. garlic powder or 2 cloves
• 3 Tbsp. tahini
• 3 Tbsp. water
• 1 lime, juiced and zested
• Salt & pepper, to taste

DIRECTIONS

1. In blender or food processor, combine all ingredients, adding water slowly, one tablespoon at a time. Process until smooth, scraping down sides as necessary.
2. Transfer hummus to an airtight container and place in fridge to cool.
3. Serve with your favorite sliced veggies, crackers or chips for dipping!

Zesty Black Bean Hummus

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OIL-FREE
INGREDIENTS
• 2 cans garbanzo beans, drained and rinsed
• 3 Tbsp. nutritional yeast
• 2 Tbsp. olive oil
• 2 tsp. chili powder
• 1 tsp. onion powder
• Sea salt, optional

DIRECTIONS
1. Preheat oven to 400 degrees F.
2. In medium bowl, coat chickpeas with oil and spices; spread onto rimmed baking sheet.
3. Bake 30-40 minutes, or until crispy. Shake pan a few times during cooking to ensure an even roast.
PAIR WITH PRETZELS

VEGAN CHEEZY DIJON DIP

INGREDIENTS

• 1/4 cup nutritional yeast
• 1/2 cup cashews, crushed
• 2 tsp. dijon mustard, more if desired
• 1 clove garlic, diced
• 1/3 lemon, juiced
• 1 Tbsp. water, adjust for texture preference

DIRECTIONS

1. In high-speed blender, combine all ingredients until smooth.
2. Scoop into a bowl and serve with pretzels or raw veggies.

courtesy of Maura Knowles, Mo, the Morselist

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DINNER IS SERVED
ROASTED CARROT AND WHITE BEAN SOUP

INGREDIENTS

- 1 lb. carrots, chopped
- 2-½ cups white beans, cooked
- 5 cups water
- ½ sodium-free vegetable stock cube
- 1 Tbsp. extra-virgin olive oil (plus more for garnish)
- 2 cloves garlic, whole with peel intact
- 3 Tbsp. tomato paste
- 1 Tbsp. za’atar (plus more for garnish)
- 1 tsp. turmeric
- 2 tsp. sea salt
- 1 Tbsp. lemon juice (plus more for serving)
- Freshly ground black pepper, to taste

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Toss carrots with garlic, za’atar and olive oil. Arrange mixture on baking sheet and roast for 40 minutes or until carrots are tender.
3. Remove baking sheet from oven and carefully remove garlic skin.
4. In blender, combine roasted carrots, garlic and all remaining ingredients and process on high until smooth, thinning with additional water if necessary. Note: Depending on size of blender, this step may need to be completed in smaller batches.
5. Transfer soup to pot and heat over medium, stirring frequently.
6. To serve, ladle soup into bowls and top with a sprinkle of za’atar, lemon juice and a drizzle of olive oil.

SERVES 6
**Quick-and-Easy Bean Burgers**

**Ingredients**
- 1 tsp. flax meal
- 3 tsp. water
- 15 oz. can organic beans (black beans, kidney beans, butter beans), drained
- ¼ cup almond meal
- ½ cup TigerNut flour
- 1 Tbsp. hemp seeds
- 2 tsp. onion powder
- ½ tsp. cumin
- ½ tsp. garlic powder
- ¼ tsp. fennel
- ¼ tsp. thyme
- ¼ tsp. sage
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- ¼ tsp. cayenne pepper
- 1/8 tsp. extra virgin coconut oil

**Directions**
1. In small bowl, combine flax meal and water; mix well and set aside until mixture becomes gummy.
2. In large bowl, combine beans and remaining ingredients (except coconut oil). Note: mixture should be moist enough to hold together, but dry enough to cook well. If needed, add additional hemp seeds, almond meal or TigerNut flour.
3. Divide mixture into four equal parts and shape into patties.
4. In skillet, heat coconut oil over medium heat. Add patties and cook until golden-brown (about 4 minutes per side).
5. Serve on organic bread rolls or as a wrap using a lettuce or collard leaf.

10-MINUTE MEAL

10-MINUTE MEAL courtesy of Liana Werner-Gray The Earth Diet

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VEGGIE LASAGNA

INGREDIENTS

• 16 oz. non-GMO extra-firm sprouted tofu, drained, pressed and broken apart
• 2 Tbsp. olive oil
• 1 tsp. sea salt
• 1 tsp. dried oregano
• 2 small cloves garlic, peel and crushed
• 1 Tbsp. nutritional yeast
• 10 oz. frozen spinach, thawed and excess liquid drained
• 1 medium zucchini, shredded
• 16 oz. marinara pasta sauce
• 1 box gluten-free “no-boil” lasagna noodles

DIRECTIONS

1. In food processor, combine tofu, olive oil, sea salt, oregano, crushed garlic and nutritional yeast. Process on high until smooth. Add spinach and pulse until combined. Set aside. (Note: this is the dairy-free “ricotta.”)
2. In bowl, cover zucchini with sauce and stir.
3. Preheat oven to 400 degrees F. Pour ½ cup sauce into 8x8-inch glass dish, enough to cover bottom.
4. Place one layer of lasagna noodles over sauce. Pour ½ cup sauce over noodles; spread evenly. Spoon tofu mixture onto sauce-covered noodles, spread evenly. Repeat. (Note: Top layer should be noodles covered with sauce.)
5. Cover lasagna loosely with foil and bake for about 50 minutes. Remove from oven and let stand 15 minutes before serving.
Zucchini Crust Pizza

**INGREDIENTS**

**Crust**
- 2 medium-sized zucchini, chopped
- 2 Tbsp. Aleia’s Gluten-Free Italian Bread Crumbs
- 1/2 cup Bob’s Red Mill Gluten-Free All-Purpose Flour
- 1/2 tsp. Badia Organic Garlic Powder
- 1/2 tsp. Simply Organic Oregano
- 1 vegan egg replacer

**Toppings**
- 1-1/2 Tbsp. pesto sauce, divided among two crusts
- Dairy-free cheese
- Sliced tomatoes, chopped sweet peppers, basil leaves and any other veggies or herbs

**DIRECTIONS**

1. Preheat oven to 450 degrees F.
2. Chop and grate zucchini into bite-size pieces, then place in food processor and pulse until finely chopped.
3. In microwave-safe bowl, heat zucchini on high for 4 minutes.
4. In strainer, place a cheesecloth or kitchen towel, place zucchini on top and drain. Once cooled, wrap zucchini in towel and squeeze to get rid of any excess moisture.
5. In medium-sized bowl, mix zucchini, breadcrumbs, flour, spices and egg replacer until well-combined. (Note: If your mixture is too moist, add flour in small increments until you reach the desired consistency.)
6. Divide into two balls, place on lightly-oiled cookie sheet. Roll out each ball into a flat circle.
7. Bake for 10-12 minutes, or until slightly browned.
8. Add pesto, veggies, fresh herbs, dairy-free cheese and your favorite pizza toppings.
9. Bake for 3 minutes or until cheese is melted and crust is crispy.
GUILT-FREE DESSERTS
SALTED OATMEAL
• CHOCOLATE CHIP COOKIES •

INGREDIENTS
• 1 cup rolled oats
• 1 cup coconut sugar
• ½ cup coconut flour
• ½ cup gluten-free flour
• 3 Tbsp. mini chocolate chips
• 1 Tbsp. chia seeds
• ½ tsp. cinnamon
• ½ tsp. baking soda
• ¼ tsp. pink salt, plus extra
• 1 banana mashed
• 1/3 cup coconut oil, melted
• 3-4 Tbsp. non-dairy milk
• 3 Tbsp. water
• 1 tsp. apple cider vinegar

DIRECTIONS
1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. In small bowl, combine chia seeds and water. Set aside for a few minutes, so mixture gelatinizes.
3. In separate small bowl, stir together banana, coconut oil, milk and apple cider vinegar. Set aside.
4. In large bowl, combine oats, coconut sugar, both flours, cinnamon, baking soda and pink salt. Pour banana mixture and chia mixture into the large bowl. Add chocolate chips. Mix until well combined.
5. Use a 1-inch scoop to measure out two balls of dough. Roll the two balls together and place on prepared baking sheet. Press down on the ball with your palm to flatten. Repeat until all dough is used. If desired, sprinkle each cookie with extra pink salt.
6. Bake for 16-18 minutes until golden brown.
INGREDIENTS

• ½ cup all-natural peanut butter
• ½ cup coconut butter
• 2 Tbsp. agave
• Cacao nibs
• Pinch of pink salt

DIRECTIONS

1. Line cupcake pan with 7 liners.
2. In glass bowl, combine all ingredients, except cacao, and place bowl over small pot of boiling water. Stir until combined.
3. Remove pot from heat and pour mixture evenly into cupcake liners.
4. Sprinkle with cacao nibs and refrigerate for at least 2 hours.
CHOCOLATE AVOCADO
• PUDDING •

INGREDIENTS
• 2 ripe avocados, peeled, pitted and diced
• 1/2 tsp. almond extract
• 4 large dates, pitted
• 2 Tbsp. chocolate protein powder
• 1/2 tsp. sea salt
• 2 Tbsp. creamy peanut butter
• 1-3/4 cups water
• 1/4 cup pistachios, finely chopped

DIRECTIONS
1. In blender, pulse all ingredients until smooth.
2. Refrigerate for 2 hours before serving. Garnish with pistachios and fresh fruit.

SERVES 2
RAW CRANBERRY BLISS BITES

INGREDIENTS

**Bites**
- ¾ cup pecans
- ½ cup almond butter
- ½ cup pitted dates
- ½ cup shredded coconut
- ¼ cup coconut butter
- ½ tsp. vanilla
- Dash of nutmeg

**Toppings**
- 1 Tbsp. pistachios, chopped
- 1 Tbsp. dried cranberries, roughly chopped
- 1-2 Tbsp. mini dark chocolate chips

DIRECTIONS
1. In food processor, process all ingredients, except toppings, until well-combined.
2. Form mixture into balls and chill for 30 minutes.
3. Roll balls into toppings and serve.
CASHEW CHEESECAKE
WITH ALMOND CRUST

INGREDIENTS

Crust
• 4 cups almond meal
• 5 Tbsp. maple syrup

Cheesecake Filling
• 3 cups cashews, soaked in water for 3 hours
• 1/2 cup lemon juice
• 3/4 cup maple syrup
• 3/4 cup coconut oil
• 1 Tbsp. pure vanilla extract
• 1/8 tsp. salt

DIRECTIONS

1. To prepare crust, in large bowl, combine almond meal and maple syrup. Mix until moist. Press into 2-1/2-quart pie dish, evenly covering bottom and sides.

2. To prepare filling, in blender, combine all filling ingredients. Blend until smooth and light, then pour into crust.

3. Freeze for four hours before slicing and serving. Garnish with fresh fruit.