

vitalize
-WITH-
VITACOST

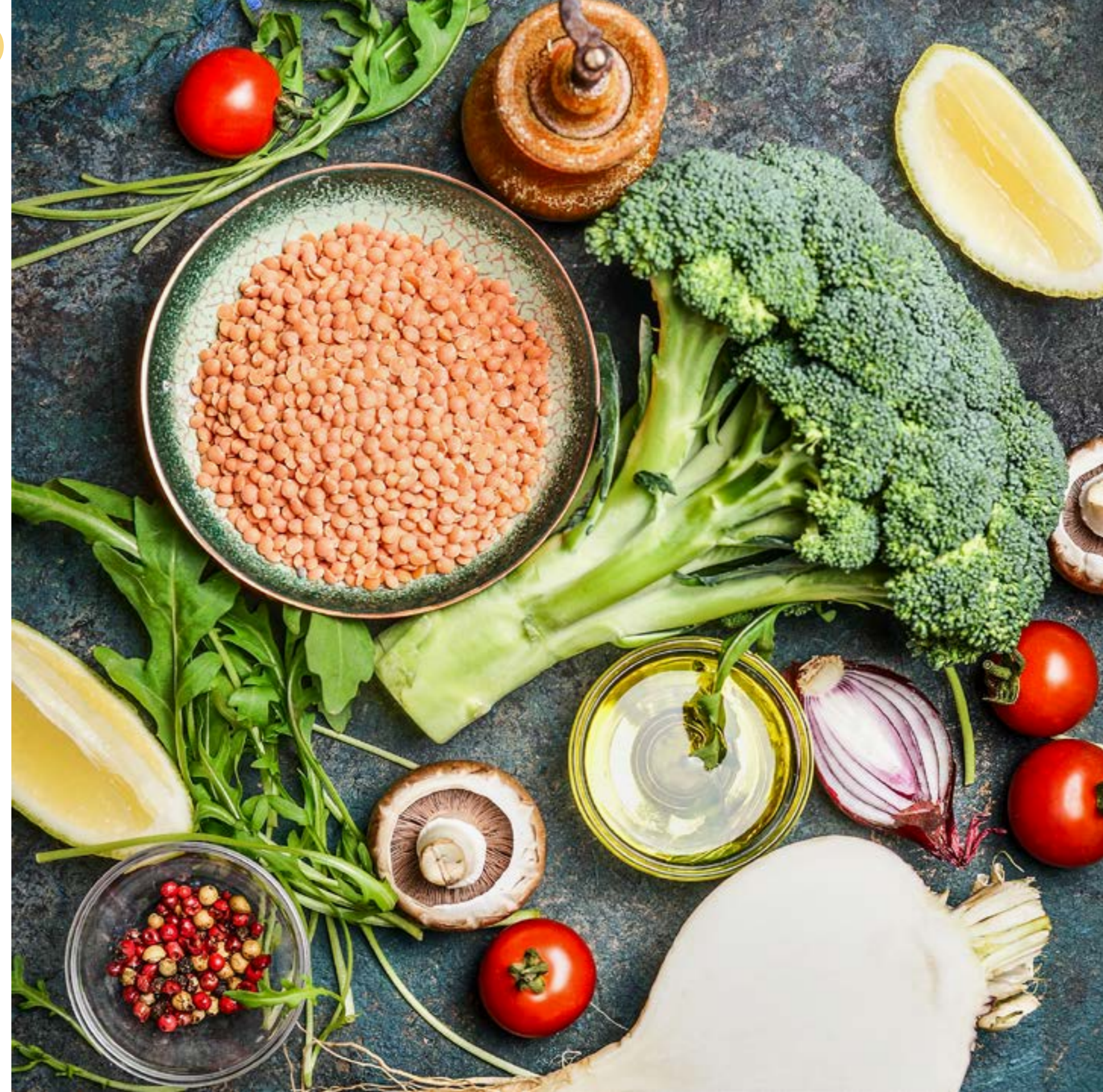
VEGAN EATS

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

Add to cart

DIRECTIONS

1. Line or lightly grease a baking sheet.
2. In medium bowl, mix all ingredients until well combined.
3. Scoop out dough and roll into bite-sized balls. Arrange balls on baking sheet and freeze.



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

Add to cart

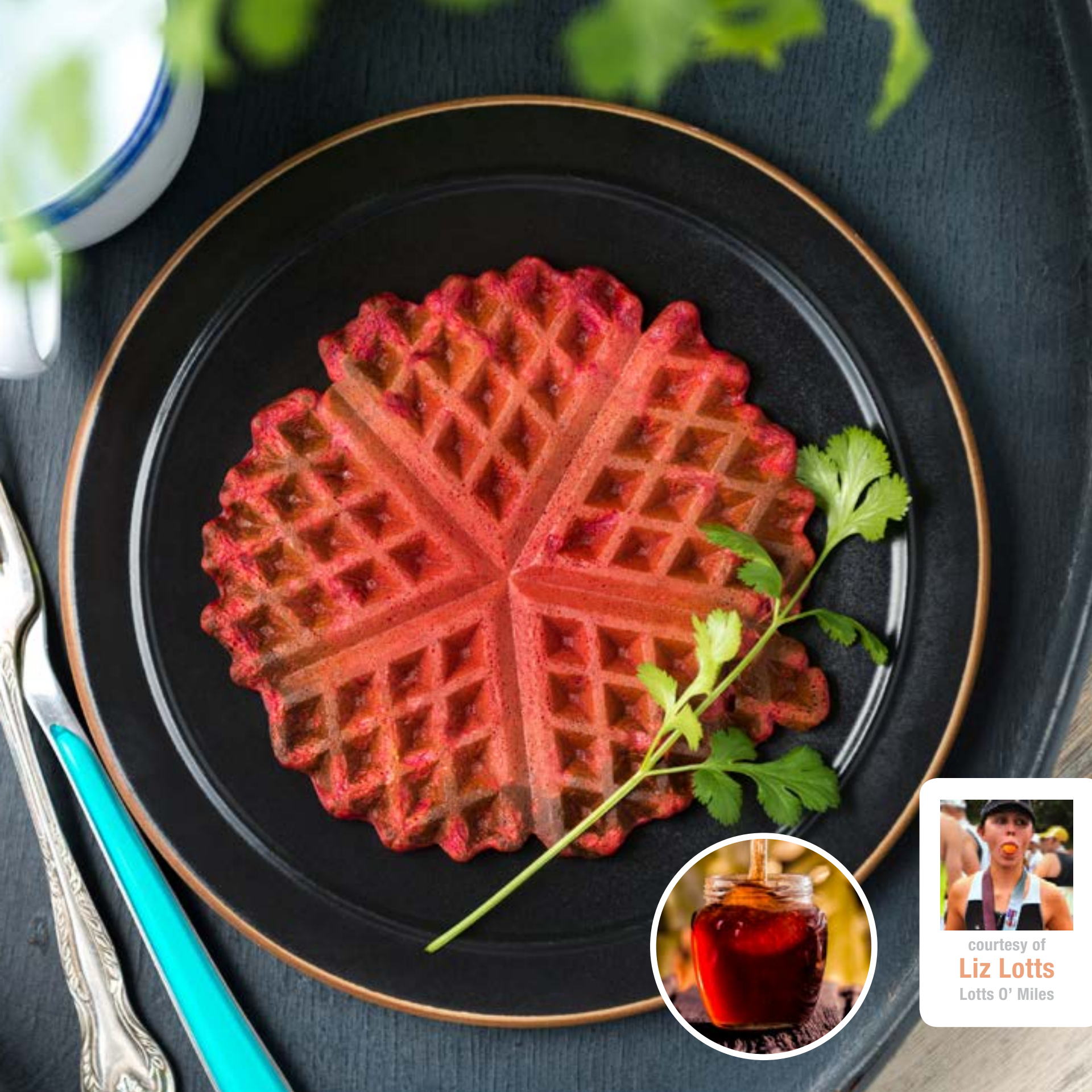
DIRECTIONS

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.

GLUTEN-FREE



courtesy of
Maura Knowles
Mo, the Morselist



RED VELVET WAFFLES

INGREDIENTS

Waffles

- 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

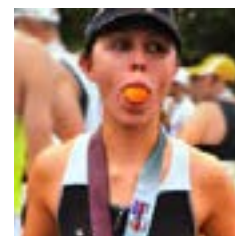
Sweet Maple Sauce

- 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

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.



courtesy of
Liz Lotts
Lotts O' Miles

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**

Add to cart

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.

NO-COOK



courtesy of

**Margaret
Chapman**

The Plant Philosophy



courtesy of
**Margaret
Chapman**
The Plant Philosophy

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**

Add to cart

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.

.....LET'S DO LUNCH.....



5-INGREDIENT • MAC AND “CHEESE” •

INGREDIENTS

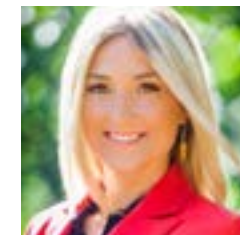
- 2 cups (uncooked) **brown rice pasta**
- 3-¼ cups water
- 3 Tbsp. **nutritional yeast**
- ½ Tbsp. **coconut oil**
- 1 tsp. sea salt

Add to cart

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.

GLUTEN-FREE



courtesy of
Liana
Werner-Gray
The Earth Diet





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**

Add to cart

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.

courtesy of

vega

RAW RAINBOW ROLL-UPS

• WITH ALMOND BUTTER SAUCE •

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

Add to cart

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.

2 WAYS
TO
ENJOY



courtesy of

**Margaret
Chapman**

The Plant Philosophy



HIGH IN
FIBER

FREEKEH SALAD — WITH MINT-PARSLEY PESTO —

INGREDIENTS

- 1 cup **cracked freekeh**
- 2 cups water
- 2 large tomatoes, diced
- 2 medium red bell peppers, diced
- 15 oz. **garbanzo beans**, cooked

Mint-Parsley Pesto

- 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

Add to cart

DIRECTIONS

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.

courtesy of



..... 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**

Add to cart

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.

PERFECT
FOR
DIPPING



courtesy of
Maura Knowles
Mo, the Morselist





OIL-FREE

ZESTY BLACK BEAN • HUMMUS •

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

Add to cart

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!



courtesy of
**Margaret
Chapman**
The Plant Philosophy

— ROASTED NACHO CHICKPEAS —

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

Add to cart

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.

TASTES
CHEESY



courtesy of

vega™



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

Add to cart

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

..... 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

Add to cart

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



courtesy of
Allison Day
Yummy Beet



10-MINUTE
MEAL

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
- 1/8 tsp. **cayenne pepper**
- 2 Tbsp. **extra virgin coconut oil**

Add to cart

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.



courtesy of
Liana
Werner-Gray
The Earth Diet

— 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**

Add to cart

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.

GLUTEN-FREE



courtesy of
**Pamela
Higgins**
Total Health
Counseling





MAKES
2 PIZZAS

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

Add to cart

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.



courtesy of
**Katie
Kaleita**
Vitacost Content
Manager

.....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**

Add to cart

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.



courtesy of

**Margaret
Chapman**

The Plant Philosophy

NO
ARTIFICIAL
SWEETENERS

• COCONUT-PEANUT BUTTER CUPS •

INGREDIENTS

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

Add to cart

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.



courtesy of
**Ciarra
Siller**
Peanut Butter Plus
Chocolate

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

Add to cart

DIRECTIONS

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

SERVES 2



courtesy of
**Amie
Valpone**
The Healthy Apple



ENERGY BOOSTERS

RAW CRANBERRY • BLISS BITES •

INGREDIENTS

Bites

- $\frac{3}{4}$ cup pecans
- $\frac{1}{2}$ cup **almond butter**
- $\frac{1}{2}$ cup pitted dates
- $\frac{1}{2}$ cup **shredded coconut**
- $\frac{1}{4}$ cup **coconut butter**
- $\frac{1}{2}$ tsp. vanilla
- Dash of nutmeg

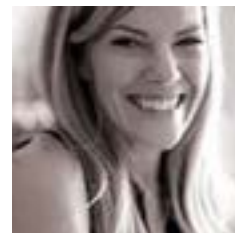
Toppings

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

Add to cart

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.



courtesy of
**Aomi
Coelho**
The Fearless Face

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

Add to cart

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.

NO-BAKE



courtesy of
Liana
Werner-Gray
The Earth Diet

