VEGAN

ALL VEGAN
GLUTEN FREE
OIL FREE
GUILT FREE



Over 50 Healthy Recipes

Dr.Treen

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Welcome to my vegan, gluten free, oil free kitchen! The purpose of this book is to share with you some of my and Luis' favorite "go-to" recipes that make living a healthy, whole food, plant-based, vegan lifestyle a simple abundant joy. We have made these recipes over the nearly 8 years that I have been vegan and cover dishes that will please everyone from the seasoned raw foodist to the newly transitioned vegan and even those who are just looking to add more plant foods into their lives.

Our goal was to make the most simple, quick, and easy-to-follow recipes without sacrificing any taste or flavor. Be prepared to be amazed at how delicious simple eating can be and how veganizing anything can make life so much sweeter.

NOTE: Every single food that we use in this book is Organic. We did not list this to avoid redundancy but unless otherwise noted, we only use organic produce, condiments, spices, etc. It is important to eat organic food whenever possible in order to avoid toxic chemical pesticides, genetically modified food, and dangerous carcinogens. Organic foods also contain exponentially more nutrient value since they have to be grown in high quality nutrient dense soil, free from chemicals and GMO's.



WHY VEGAN?

Eating vegan is the foundation of living a vegan lifestyle. Eating vegan means you are taking the most scientifically substantiated step towards improving your overall health and well-being. A whole food plant based vegan diet is the only diet proven in the literature to prevent AND reverse almost all chronic disease known to man.

Eating vegan is also the number one most impactful thing a human can do to improve environmental sustainability. According to lead author, Joseph Poore from a recent article that was published in Science: "A vegan diet is probably the single biggest way to reduce your impact on planet Earth, not just greenhouse gases, but global acidification, eutrophication, land use and water use." If you think that you are only one person, and this won't make a difference, think again! One vegan will save in only ONE DAY: 1100 gallons of water, 40 pounds of grain used to feed farm animals, 30 square feet of rainforest land, 20 pounds of CO2, at least one farm animal's life (if not more), and thousands of wild animals that would be killed in the process of deforestation for land used to farm agricultural animals! Imagine what you could do in a year!

Eating vegan is also the most compassionate way to live if you do not want to contribute to the torture, abuse and slaughter of innocent animals. Making the connection that a dead animal on your plate is actually the flesh of a beautiful, intelligent, sentient animal is the most kind and empowering thing that you can do.

WE ARE FED MYTHS SUCH AS:

- Animals are killed "humanely". There is no humane way to kill someone who does not want to die, and slitting one's throat is not what I would consider humane. A question that I heard a vegan activist ask someone once was, "so if I slit your dog's throat, that would be humane?" Of course the interviewee was horrified. Please, think this one through.
- Animals do not feel pain. Actually, most vertebrates have a central nervous system and by definition, they
 feel pain just like human animals do.
- Animals are not sentient. False! Animals are sentient. They feel scared, they feel pain, they feel anxiety,
 they feel sadness, they feel joy, and they feel love. Anyone who has ever bonded with a dog, cat, or
 other pet can tell you this. We also have scientific data proving this, and we see stress hormones go up
 when animals are approaching slaughterhouses, being separated from their young or families, and are
 being abused.
- Animals would take over the world and overrun us if we did not slaughter them for food. No. They would not. If we did not have a consumer demand for them, we would not breed them and we would never be overrun by them.
- Animals don't have it thaaat bad. We currently breed animals unnaturally (using a rape-rack...and yes that is as awful and barbaric as it sounds...and makes for a whole other issue of supporting rape culture/violence towards women, and anti-feminism). Then we farm them and inject them with steroids, hormones, antibiotics, and vitamins whilst they remain in an area so small they must stand knee deep

in their own manure, get trampled by each other, not be able to even turn around or walk, never see the light of day, and have horrible atrocities done to them such as steeling their babies, and abusing them. This is until about a fifth or less of their normal lifespan where they are then drug to a horrifying slaughter.

Finally, eating a vegan diet is the most compassionate way to vote for social justice. The issues around human rights and animal agriculture include: the confiscating of lands in developing countries (and in developed countries) by big agri-businesses to grow food that is fed to farm animals. This takes away a source of food for the local people, in addition to a source of income and culture. Much of the world's hunger issue is a result of the food we grow being fed to agriculture animals for westerners, instead of directly to the local people. We could literally solve world hunger if everyone went vegan. Think about that for a minute.

Another issue of human rights involves the workers in factory farms and slaughter houses. Could you slit the throats of scared, innocent animals all day, everyday and be unaffected? Well, neither can they, apparently, because this industry yields some of the highest rates of PTSD, spousal abuse, child abuse, and suicide of any job out there. It is also a very dangerous job, leading to high risk of injury, deformity, and death. In addition, these workers are often caught abusing and torturing animals as a result of the mental trauma of their jobs and are paid unfairly, immigrated by the farms illegally, and unsupported when they are caught working in a western country which often results in deportation, separation of families and poverty.

WHY GLUTEN-FREE?

We created this book as a 100% gluten-free book because that is how we eat. The reason for this is because we have intolerances to gluten, just as so many people do. We wanted to accommodate those who are eating gluten-free due to Celiac's Disease, gluten allergies, and gluten intolerances. We also know that many people try to avoid gluten due it's inflammatory nature which is due to debatable causes but could involve genetic modification, pesticide and herbicide chemical contamination, and the overconsumption of processed food products. I actually believe that most people should try to avoid gluten because the allergies and intolerances are so prevalent. This said, I do not believe that everyone needs to give up GRAINS if they are eating whole cooked foods. There are many gluten-free grains to enjoy such as: rice, quinoa, millet, kamut, oats (make sure they are certified gluten free), buckwheat, and amaranth to name a few.

WHY OIL-FREE?

We learned, later than I'd like to admit, that anything cooked using oil can also be cooked without oil using a non-toxic non-stick pan and some water, or by simply omitting the oil in the roasting process or in sauces. We also learned that there are great substitutes for oil in baked recipes such as apple sauce!

We believe that oil is not a health food, and actually, is not a food at all. We try to stick to whole natural unprocessed foods as the foundation of our diets. Oil in any form is a processed, isolated extract of a food and does not act in the body the way a whole food fat does. It serves no nutritional purpose whatsoever

and adds a staggering amount of unnecessary nutrient devoid fat to the diet, which can contribute to weight gain, insulin resistance, blood sugar dys-regulation, skin conditions, sluggishness, performance issues in athletes, and heart and vascular diseases. If you want to eat whole food sources of fat, reach for the whole avocado, coconut meat, hemp or chia seeds, nuts and nut butters, and various seeds!

RECOMMENDED TOOLS:

- BLENDER
- SHARP KNIFE
- FOOD PROCESSOR
- TOASTER OVEN
- NONSTICK PANS (CERAMIC)
- RICE COOKER

STOCKING YOUR PANTRY:

To be successful eating a whole food plant based vegan diet, I recommend having some staples on hand at all times that can be added to meals, sauces, smoothies, etc. The following are my go-to's for many of the recipes in this book and also for general plant based cooking/food prepping at home.

SPICES:

- NUTRITIONAL YEAST
- TURMERIC
- CINNAMON
- NUTMEG
- CUMIN
- GARLIC POWDER
- BLACK PEPPER

- HIMALAYAN SEA SALT
- A SALT FREE ALL PURPOSE SEASONING
- ITALIAN HERBS
- BASIL
- DULSE FLAKES
- PAPRIKA

NUTS AND SEEDS (STORE IN THE FREEZER):

- CASHEWS (MAKES MANY SAUCES AND DRESSINGS)
- ANY OTHER NUTS THAT YOU LOVE
- HEMP SEEDS
- CHIA SEEDS
- FLAX SEEDS
- FAVORITE SEEDS OF CHOICE (SUFLOWER OR PUMPKIN)

SUPERFOODS AND WHOLE FOOD NUTRITION FOR ENHANCING SMOOTHIES/RECIPES

- HEALTH FORCE NATURALS VITAMINERAL GREENS POWDER (OR A GREEN'S POWDER OF CHOICE)
- BARLEY GRASS JUICE POWDER
- SPIRULINA POWDER
- OTHER SUPERFOOD POWDERS FOR SMOOTHIES OR RECIPE COLORING
- MACA POWDER
- ALOE VERA JUICE

FROZEN PRODUCE:

- FROZEN FRUIT OF CHOICE (KEEP 2-3 VARIETIES ON HAND) SUCH AS MANGO, BLUEBERRIES, MIXED BERRIES, PINEAPPLE, PEACHES, ETC.)
- Frozen mixed veggies for lazy days
- Frozen easy rice (Trader Joe's makes a great one in brown or jasmine)
- Simple frozen meal components for busy days (such as cauliflour pizza crusts, etc.)

PRODUCE:

- At least two or more varieties of fresh fruit (we usually do these plus bananas and dates which are always on-hand)
- Potatoes (I usually keep sweet, japanese, and gold at all times)
- Lemons and limes
- Greens (you can keep a variety or rotate through, my faves are power greens for smoothies, spring/ mixed greens/spinach/romaine for salads)
- Favorite veggies: at least two or more for eating raw (such as red bell pepper, cucumber, tomato, celery)
- · Optional* at least one bundle of fresh herbs/garnish such as cilantro or parsley or green onion
- Veggies (and fungi) for cooking (at least one) such as: broccalini, mushrooms, zuchini, carrots, etc.
- Staples for all meals: garlic, onion (I prefer sweet or red), avocados

GRAINS AND DRIED GOODS:

- a variety of two or more beans/legumes (ex: black beans, chickpeas, lentils, red beans, etc.) you can also store some bpa free cans/boxes of these for lazy days
- a few different rices such as basmati rice, brown rice, sushi rice
- an alternate savory grain such as quinoa
- breakfast grains such as oats (rolled oats are the most versatile but I usually stock rolled oats, quick cooking oats and steel-cut oats for a variety of options)

CONDIMENTS:

- COCONUT AMINOS
- ORGANIC KETCHUP (WE LIKE THESE BRANDS: WOODSTOCK FARMS OR ANNIE'S)
- YELLOW MUSTARD
- DIJON MUSTARD
- HOT SAUCE/SRIRACHA
- BALSAMIC VINEGAR
- APPLE CIDAR VINEGAR
- MAPLE SYRUP

OPTIONAL/AS NEEDED CONIDMENTS:

- SWEET RELISH
- SWEET CHILI SAUCE
- SWEET WHITE MISO
- VEGAN JELLY OR JAM

NUT BUTTERS:

- TAHINI (USED IN MANY DRESSINGS AND SAUCES)
- SOME FORM OF OTHER VERSATILE NUT BUTTER (MY FAVES ARE SUNFLOWER BUTTER OR PEANUT BUTTER)
- OPTIONAL SUPERFOODS FOR TOPPINGS ON SALADS/SMOOTHIE BOWLS/NICE-CREAM/TRAIL MIXES (THESE ARE MY FAVORITE BUT I DO NOT KEEP ALL OF THIS ON HAND AT ONCE):
- CACAO NIBS
- COCONUT FLAKES

- DRIED MULBERRIES
- OTHER DRIED BERRIES OF CHOICE
- SESAME SEEDS
- GOJI BERRIES
- DULSE FLAKES
- NORI OR OTHER SEAWEEDS
- MOLASSES (AS A SUPPLEMENT AND FOOD TO GET YOUR DAILY IRON)

NON-STAPLES THAT YOU CAN BUY NOW AND THEN/AS NEEDED:

- COCONUT WATER (WE LIKE TASTE NIRVANA)
- GLUTEN FREE VEGAN BREAD
- VEGAN BUTTER (EARTH BALANCE)
- GLUTEN FREE PASTA
- RICE PAPER FOR VEGGIE ROLLS
- RAW WRAPS
- VEGAN MAYO
- TORTILLAS OR WRAPS (WE LIKE THE SWEET POTATO WRAPS AND OIL FREE TORTILLAS)
- KELP NOODLES FOR EATING RAW/LOW CALORIE QUICK MEALS OR ADDING TO SALADS
- SNACKS (TRY TO AVOID PROCESSED FOOD MOST DAYS BUT SOME HEALTHY OPTIONS INCLUDE: DATE ROLLS, DRIED FRUIT, RICE CAKES, CRACKERS, SEAWEED, RAW GRANOLA, PUFFED RICE CEREAL, MACRO BARS, ETC.)

TIPS/TRICKS/HACKS TO VEGANIZING ANYTHING:

When recipes call for a non-vegan food, it is helpful to know a few swaps in order to be able to veganize

foods that you may have loved before going vegan. We also have a few tips for eliminating oil and gluten as well as just keeping it healthier! We made the following list to show you when a recipe calls for this (non-vegan item), then you can use this (vegan item) in its place!

- EGG → CHIA OR FLAX EGG (MIX 1 TBS CHIA SEEDS AND 3 TBS WATER AND ALLOW TO SOAK FOR 5 MIN)
- EGG → BANANA
- MILK → ANY PLANT BASED MILK WILL WORK. I FIND SOY, OAT OR CASHEW TO BE THE MOST NEUTRAL
- BUTTERMILK → CASHEW MILK WITH APPLE CIDAR VINEGAR (FOR 1C. CASHEW MILK, USE 1TBS ACV)
- HEAVY CREAM → CASHEW MILK (BUT MADE THICK 1 PART CASHEWS 2 PARTS WATER) OR CANNED COCONUT MILK
- OIL→ APPLESAUCE
- MAYO → OUR CASHEW SOUR CREAM (SEE RECIPE)
- SUGAR → MAPLE SYRUP
- HONEY → MAPLE SYRUP OR AGAVE NECTAR
- SUGAR FOR BEVERAGES SUCH AS TEA/COFFEE → STEVIA (A FEW DROPS IS MUCH SWEETER THAN A FEW TBS OF SUGAR)
- CHEESE → NUTRITIONAL YEAST OR OUR PARMESAN CHEESE (SEE RECIPE)
- ICECREAM → NICECREAM USING BANANAS (SEE OUR RECIPES)
- SCRAMBLED EGGS → TOFU SCRAMBLE (SEE OUR RECIPE)
- CHICKEN BROTH → VEGETABLE BROTH (NO OIL LOW SODIUM)
- PULLED PORK → JACKFRUIT
- GROUND BEEF → LENTILS
- YOGURT → COCONUT YOGURT OR COCONUT KEIFER
- ALL PURPOSE FLOUR -> GLUTEN FREE ALL PURPOSE FLOUR (I PREFER A BLEND OF GRAINS)
- SWEET FLOUR FOR DESERTS → SWEET SORGHUM FLOUR (GLUTEN FREE)
- FLOUR (ANY TIME) → OAT FLOUR (SIMPLY BLEND ROLLED OATS!)



— tropical —

MANGO CASHEW OATMEAL









INGREDIENTS

1/2 CUP ROLLED OATS

1 CUP FROZEN MANGO CHUNKS (THAWED)

1/2 CUP CASHEW MILK (SEE RECIPE)

1/2 TSP CINNAMON

1/2TSP NUTMEG

1/2 BANANA

TSP HEMP SEEDS

1TSP CHIA SEEDS

I CUP WATER

1-2 TSP MAPLE SYRUP

RECIPE

-COOK OATS BY COMBINING OATS AND WATER AND BRING TO BOIL
MEANWHILE: THAW MANGO CHUNKS BY WARMING IN A SEPARATE
PAN OR USE PRE-THAWED MANGO AND SET ASIDE

- -ONCE BOILING, REDUCE HEAT ON OATS TO A SIMMER AND STIR
- -ADD CINNAMON AND NUTMEG AND STIR
- -ADD SLICED BANANA AND ALLOW BANANA TO MELT INTO
- -ONCE COOKED, STIR IN MANGOS AND SPRINKLE HEMP AND CHIA SEEDS, AND MAPLE SYRUP ON TOP
- -FINISH WITH A GENEROUS POUR OF CASHEW MILK OVER TOP AND ENJOY!





— spiced —

PUMPKIN PIE OATMEAL









INGREDIENTS

1/2 CUP ROLLED OATS

1/2 CUP WATER

1/2 CUP PLANT MILK OF CHOICE

1/4 CUP PUMPKIN PUREE

1 SMALL RIPE BANANA

1 TBS MAPLE SYRUP (PLUS 1 TBS FOR

DRIZZLE TOPPING)

1/2 TSP CINNAMON

1/4 TSP VANILLA EXTRACT

1 TBS CRUSHED PECANS FOR GARNISH

OPTIONAL:

1/2 TSP EA: CHIA AND HEMP SEEDS FOR TOPPING

IF YOU LOVE PUMPKIN LIKE
I DO, AND WANT A FAST
WAY TO INCORPORATE IT
INTO YOUR DIET, THESES
OATS ARE FOR YOU!

PUMPKIN IS VERY GOOD FOR DIGESTION, A GOOD SOURCE OF VITAMIN A, HIGH ANTI-OXIDANT, AND LOW CALORIE FOOD.

IT ALSO CREATES A GOOEY TEXTURE WHEN HEATED SO GOES WELL WITH OATS, BAKED GOODS, AND EVEN PASTAS!

- PLACE RIPE BANANA IN BOTTOM OF POT AND TURN HEAT TO
 HIGH TO MELT BANANA
- COMBINE OATS, PUMPKIN PUREE, WATER AND PLANT MILK
 WITH MELTED BANANA AND STIR
- 3. BRING TO BOIL, AND REDUCE TO SIMMER ONCE BOILING
- 4. ADD CINNAMON, VANILLA EXTRACT, AND MAPLE SYRUP.
- 5. -ALLOW TO SIMMER UNTIL THICKENED, STIR OCCASIONALLY.
- SERVE AND TOP WITH PECANS, MORE MAPLE SYRUP,
 OPTIONAL HEMP/CHIA SEEDS, AND ADDITIONAL PLANK MILK
 OF CHOICE!









— simple —

SEEDY OATMEAL









INGREDIENTS

1/2 CUP ROLLED OATS

1/2 CUP WATER

1/2 CUP PLANT MILK OF CHOICE

(OR 1/2 CUP ADDITIONAL

WATER)

1/2 TSP CINNAMON

1/4 TSP VANILLA EXTRACT

MAKING PLAIN OATMEAL WITH WATER OR CREAMY OATMEAL WITH WATER AND PLANT MILK IS A GREAT WAY TO MAKE A FAST AND EASY MEAL THAT GOES WITH ANY TOPPING COMBO YOU LOVE.

DID YOU KNOW THAT 1 CUP OF OATS HAS THE SAME AMOUNT OF PROTEIN AS AN

TOPPINGS:

ANY NUT, SEED, FRUIT COMBO OF CHOICE PLUS MAPLE SYRUP AND PLANT MILK

RECIPE

- COMBINE ALL INGREDIENTS (EXCEPT TOPPINGS) INTO A POT AND STIR.
- 2. TURN HEAT TO HIGH AND BRING TO A BOIL.
- 3. ONCE BOILING, REDUCE HEAT TO LOW SIMMER
- 4. STIR OCCASIONALLY UNTIL THICKENED.
- TOP WITH YOUR CHOICE OF NUTS, SEEDS, FRUIT, MAPLE SYRUP AND PLANT MILK
- 6. SERVE AND ENJOY!



EGG!?



— decadent —

PB AND BANANA OATMEAL







INGREDIENTS

1 TBS PEANUT BUTTER POWDER

1 RIPE BANANA

1/2 CUP ROLLED OATS

1/2 CUP WATER

1/2 CUP PLANT MILK OF CHOICE

(PLUS MORE FOR TOPPING)

1/2 TSP CINNAMON

1 TBS MAPLE SYRUP FOR

TOPPING

OATS ARE SUCH A VERSATILE FOOD AND CAN

BE MADE TO TASTE LIKE

DESSERT!

THEY TEND TO WORK WELL WITH ANY COMBINATION OF NUT BUTTERS, FRUITS, VEGAN YOGURTS, AND PLANT MILKS.

TOPPINGS:

1 TSP EACH: HEMP AND CHIA SEEDS 1 TSP PEANUT BUTTER DRIZZLE

RECIPE

PLACE RIPE BANANA IN POT AND TURN HEAT TO HIGH TO MELT BANANA.ONCE BANANA IS HOT AND SOMEWHAT MELTED, ADD OATS, WATER, AND PLANT MILK TO POT AND STIR.

BRING MIXTURE TO BOIL AND THEN REDUCE HEAT TO SIMMER.

ADD POWDERED PEANUT BUTTER AND CINNAMON STIR OCCASIONALLY UNTIL THICKENED.

SERVE AND TOP WITH OPTIONAL FRESH BANANA, MAPLE SYRUP AND MORE PLANT MILK!









- any t i m e -

OVERNIGHT OATS







INGREDIENTS

1/2 CUP ROLLED OATS

1TSP CHIA SEEDS

1 TSP HEMP SEEDS

1 CUP PLANT MILK OF CHOICE

OPTIONAL ADD INS:

1 TBS EACH: PUMPKIN SEEDS, WALNUTS, PECANS, MAPLE SYRUP FRESH FRUIT FOR TOPPING

- COMBINE ALL INGREDIENTS INTO A PORTABLE JAR SUCH AS A MASON JAR AND STIR.
- 2. (I RECOMMEND LEAVING SPACE ON TOP TO ADD FRUIT WHEN IT'S READY)
- 3. ADD TOP TO JAR AND PUT INTO FRIDGE FOR 1 HOUR OR OVERNIGHT
- 4. WHEN OATS ARE THICKENED AND READY, TOP WITH FRESH FRUIT SUCH AS BERRIES AND BANANAS!





- M E G A -

GREEN MACHINE









INGREDIENTS

1 RIPE BANANA

1 CUP FROZEN MANGO

1 LARGE HANDFUL OF

POWER GREENS

1/4 CUP WILD FROZEN

BLUEBERRIES

1 TSP HEMP SEEDS

1 TSP CHIA SEEDS

OPTIONAL NUTRITION BOOST:

1 TSP SPIRULINA POWDER
1 TSP VITAMINERAL GREEN
1 TSP BARLEY GRASS JUICE

1 TSP MACA POWDER

THIS SMOOTHIE IS MY GO-TO COMBINATION WHEN I REALLY WANT TO PACK IN THE NUTRITION!

THIS IS ALSO A GREAT SMOOTHIE TO MAKE IF YOU HAVE NOT GOTTEN INAS MANY GREENS FOR THE DAY AS YOU WOULD LIKE.

SMOOTHIES ARE THE NUMBER ONE WAY TO ADD A NUTRITION BOOST TO YOUR DIET. SO FIND A COMBO YOU LOVE AND DRINK UP!

- COMBINE ALL INGREDIENTS INTO HIGH SPEED BLENDER AND FILL WATER OR COCONUT WATER TO ABOUT 2/3 OF THE DRY INGREDIENTS.
- 2. BLEND!
- NOTE: I USE ALL OF THE SUPERFOODS IF I DRINK THIS SMOOTHIE. IF I MAKE IT A BOWL, I JUST SAVE THE HEMP AND CHIA SEEDS FOR TOPPING!









-s i m p l e -

MANGO SMOOTHIE





INGREDIENTS

2 CUPS FROZEN MANGO

1/4 CUP MAPLE SYRUP

1 CUP WATER

NOTE: YOU CAN SUBSTITUE COCONUT SUGAR FOR MAPLE SYRUP

SOMETIMES SIMPLE IS THE HEALTHIEST AND TASTIEST OPTION. EATING SIMPLE MEALS WITH FEW INGREDIENTS IS EASIER ON DIGESTION, CLEANSING IN NATURE, AND LOW MAINTAINENCE.

ANY TIME YOU CAN EAT A FRUIT MONO MEAL OR A SINGLE FRUIT SMOOTHIE, YOU ARE DOING YOUR GUT A HUGE SERVICE.

THERE IS TRULY GENIUS IN SIMPLICITY.

- COMBINE INGREDIENTS INTO BLENDER AND FILL WATER TO 2/3 OF DRY INGREDIENTS.
- 2. BLEND!





— refreshing —

MANGO PITAYA SUNRISE









INGREDIENTS

2 CUPS FROZEN MANGO

1/2 PACKET

FROZEN PITAYA

OR 3 TSP

PITAYA POWDER

1 RIPE BANANA

1/4 CUP MAPLE SYRUP

- 1. BLEND MANGO, BANANA AND MAPLE SYRUP WITH WATER AND POUR HALF INTO A LARGE JAR
- 2. BLEND REMAINING MANGO SMOOTHIE WITH PITAYA AND MORE WATER
- 3. POUR THIS LAYER INTO JAR FOR BEAUTIFUL ORANGE-PINK OMBRE EFFECT!









- c o p γ c a t -

GREEÑA COLADA











INGREDIENTS

1 RIPE BANANA

1/2 CUP FROZEN PINEAPPLE

1 CUP FROZEN MANGO

HANDFUL POWER GREENS

1 LIME (JUICE OF)

TOPPINGS:

1 TSP SPIRULINA POWDER
1 TSP VITAMINERAL GREENS

1 TSP BARLEY GRASS JUICE POWDER

1 TSP HEMP SEEDS

- 1. COMBINE ALL INGREDIENTS INTO BLENDER
- 2. FILL WATER OR COCONUT WATER TO 2/3 DRY INGREDIENTS
- 3. BLEND AND ENJOY!







BERRY-LICIOUS









INGREDIENTS

RIPE BANANA (SPOTTED)

1 CUP FROZEN BERRY BLEND

(STAWBERRIES,

RASPBERRY, BLUEBERRY)

1 CUP FROZEN MANGO

1 PACKET FROZEN PITAYA

BERRIES ARE SOME OF THE MOST NUTRIENT DENSE AND ANTI-OXIDENT RICH FOODS ON THE PLANET!

THEY ARE ALSO LOW
CALORIE FOODS GREAT FOR
WEIGHT LOSS AND BLOOD
SUGAR REGULATION!

OPTIONAL: SPIRULINA, HEMP/CHIA
1 TSP EACH OR ANY: SEEEDS, MACA POWDER,
GREENS POWDERS

RECIPE

1. COMBINE ALL INGREDIENTS IN BLENDER, AND FILL WITH WATER TO 2/3 THE DRY INGREDIENTS.

2. BLEND AND ENJOY!







- b o u n t i f u l -S M O O T H I E B O W L S

CHOOSE ANY OF THE ABOVE SMOOTHIES, ADD GREENS POWDER AND MACA POWDER, AND MAKE IT A BOWL! SIMPLY USE LESS WATER (ABOUT ½ FULL INSTEAD OF ¾), TO MAKE A THICKER CONSISTENCY. FILL A BOWL ABOUT ¾ FULL AND LOAD UP THE TOPPINGS BY DECORATING YOUR SMOOTHIE BOWL USING THE FOLLOWING DR. TREEN FAVORTIES (ABOUT 1-2 TSP EACH):

- CHIA SEEDS
- HEMP SEEDS
- DRIED MULBERRIES (OR OTHER DRIED FRUIT SUCH AS GOJI BERRIES, DATE PIECES, CRANBERRIES, RAISINS, ETC.)
- 1-2 KINDS OF YOUR FAVORITE RAW NUTS: WALNUTS, BRAZIL NUTS, ALMOND SLICES, ETC.)
- COCAO NIBS
- COCONUT FLAKES
- FRESH RAW BERRIES
- HALF OF A FRESH BANANA SLICED

OPTIONAL FINAL TOUCHES:

- A DRIZZLE OF TAHINI
- A DRIZZLE OF MAPLE SYRUP

- creamy-

BANANA NICECREAM



INGREDIENTS

3 FROZEN BANANAS

1/4 TSP VANILLA EXTRACT

1/2 CUP WATER

OPTIONAL TOPPING:

1 TSP MAPLE SYRUP DRIZZLE

FRESH SLICED BANANAS OR OTHER FRUIT, NUT, SEED COMBO! BANANA NICECREAM CAN BE MADE INTO ANY FLAVOR USING STEVIA, CACAO, BERRIES, OTHER FRUITS, ETC.

THE KEY IS TO USE VERY RIPE BANANAS AND PEEL THEM BEFORE FREEZING.

THEN, ONLY ADD ENOUGH WATER TO KEEP YOUR BLENDER RUNNING, AND USE THE TAMPER TO AID IN THE BLENDING PROCESS.

- 1. COMBINE INGREDIENTS IN BLENDER AND USING A TAMPER BLEND UNTIL THE CONSISTANCY IS CREAMY LIKE "ICE-CREAM".
- 2. TOP WITH YOUR FAVORITES AND ENJOY!









- r i c h -

CHOCOLATE PB NICECREAM









INGREDIENTS

3 FROZEN BANANAS

1 TBS CACAO POWDER

1 TBS PEANUT BUTTER POWDER

1/4 CUP WATER

OPTIONAL TOPPINGS:

1 TSP CACAO NIBS

1 TSP MAPLE SYRUP

1 TSP PEANUT BUTTER DRIZZLE

THE AMOUNT OF WATER WILL VARY DEPENDING ON THE TYPE OF BLENDER YOU HAVE.

MAKE SURE BLENDER IS A HIGH-SPEED BLENDER SUCH AS A VITAMIX.

DO NOT USE SO LITTLE WATER THAT YOU CAN'T BLEND, BUT ADDING TOO MUCH WATER WILL MAKE BANANA SMOOTHIE INSTEAD OF NICE-CREAM SO ADD WATER SLOWLY!

RECIPE

1. COMBINE ALL INGREDIENTS IN BLENDER AND BLEND USING TAMPER UNTIL CONSISTANCY IS CREAMY LIKE "ICE-CREAM".

2. ADD OPTIONAL TOPPINGS, SERVE AND ENJOY!





— delicious —

STRAWBERRY NICECREAM







INGREDIENTS

2 FROZEN BANANAS

1/4 CUP WATER

1 CUP FROZEN STRAWBERRIES

OPTIONAL NUTRITION BOOST:

1 TSP MAPLE SYRUP

1 TSP FRESH STRAWBERRIES OR

OTHER FRUIT

1 TSP NUTS, SEEDS, DRIED FRUIT,

COCONUT FLAKES OF

CHOICE

USE THIS RATIO OF

BANANAS TO FROZEN FRUIT TO MAKE ANY FLAVOR NICE-CREAM YOU CAN

DREAM UP!

TOPPINGS CAN BE AS CREATIVE AS WITH SMOOTHIE BOWLS SO HAVE FUN AND ENJOY HAVING NICECREAM FOR BREAKFAST, LUNCH, DINNER

OR DESSERT!

- 1. COMBINE INGREDIENTS IN BLENDER AND BLEND USING TAMPER UNTIL CONSISTANCY IS CREAMY LIKE "ICE-CREAM"
- 2. ADD OPTIONAL TOPPINGS, SERVE AND ENJOY!







nutrient boost —

JUICES

WE USE AN OMEGA MASTICATING JUICER AND RECOMMEND MASTICATION FOR JUICING AS BLENDING WOULD BE CONSIDERED A SMOOTHIE FOR OUR PURPOSES. THERE A MANY JUICERS AVAILABLE SUCH AS THE OMEGA SERIES, NORWALK, PURE, AND CHAMPION JUICERS.

POWER JUICE

- 2 CARROTS
- 5 LEAVES KALE
- LARGE HANDFUL SPINACH
- 1 APPLE INCLUDING CORE/SEEDS
- LEMON INCLUDING SKIN/RIND

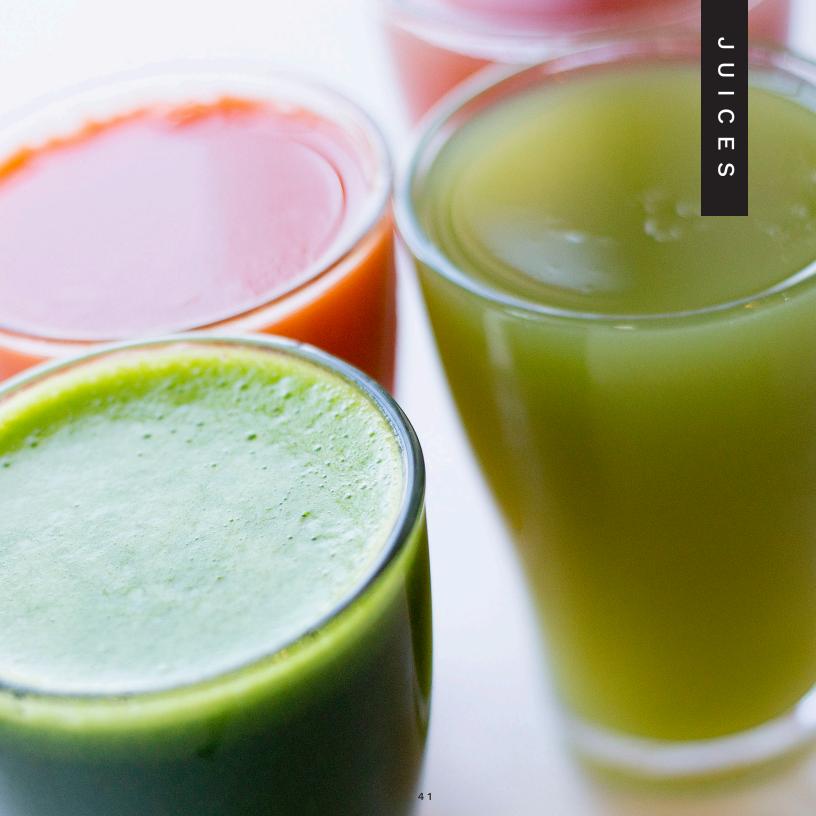
MINTY PINA REFRESHER

- 1 CUCUMBER
- 1 CUP CUBED FRESH OR FROZEN PINEAPPLE
- 1 GREEN APPLE CORE/SEEDS INCLUDED
- 5 SPRIGS OF MINT











- JUICES continued

CARROT GINGER ZINGER

- 4 CARROTS
- 1 ½ INCH THUMB OF GINGER
- 1 LEMON SKIN/RIND INCLUDED
- 1 APPLE CORE/SEEDS INCLUDED

COPYCAT DIRTY BLOND

- LARGE HANDFUL POWER GREENS (OR DARK GREENS OF CHOICE LIKE KALE/ CHARD)
- LARGE HANDFUL SPINACH
- 1 LEMON SKIN/RIND INCLUDED
- ½ C. STRAWBERRIES FRESH OR FROZEN
- 1 C. CUBED CUT PINEAPPLE FRESH OR FROZEN
- 1 GREEN APPLE CORE AND SEEDS INCLUDED

WATERMELON JUICE

- RIPE WATERMELON
- STRAINER
- LIME

CUT THE FLESH OF WATERMELON INTO CHUNKS

BLEND IN A HIGH SPEED BLENDER UNTIL SMOOTH

STRAIN THE JUICE TO REMOVE ANY PULP (THIS IS THE SECRET)

ADD THE JUICE OF 1-2 LIMES TO TASTE (THIS IS THE GAME CHANGER!

SERVE AND ENJOY!

— satisfying— SHANNON'S SUPER CEREAL BOWL









INGREDIENTS

1/2 PINK LADY OR HONEYCRISP

APPLE, CHOPPED.

3 STRAWBERRIES, SLICED

1/4 CUP BLUEBERRIES

TBSP HEMP SEEDS

1 TBSP CHIA SEEDS

1 TBSP MAPLE SYRUP

1-2 TBS LIVING INTENTIONS

ACTIVATED SUPERFOOD

CEREAL (CACAO CRUNCH)

1 CUP CASHEW MILK (SEE PLANT

MILK RECIPES)

(CAN SUB GRANOLA WITH HOME-MADE GRANOLA OR LONI JANE'S RAWNOLA: EQUAL PARTS DATES, COCONUT FLAKES, ROLLED OATS, CACOA POWDER BLENDED IN FOOD PROCESSER)

RECIPE

- 1. COMBINE ALL INGREDIENTS EXCEPT MAPLE SYRUP AND CASHEW MILK INTO BOWL AND MIX UP.
- 2. TOP WITH MAPLE SYRUP THEN FILL GENEROUSLY WITH CASHEW MILK AND EAT COLD LIKE CEREAL!



HOWEVER, I RECOMMEND KEEPING APPLES IN THE RECIPE FOR THE "CRUNCH" THAT FEELS LIKE EATING CEREAL!









- c r u n c h γ -

SHANNON'S MORNING MUESLI









INGREDIENTS

1 TBS EACH: GLUTEN FREE ROLLED OATS

1-2 NUT VARIETIES OF CHOICE

PUMPKIN SEEDS SUNFLOWER SEEDS DRIED SUPERFRUITS COCONUT FLAKES CACAO NIBS

1 TSP EACH: HEMP SEEDS

CHIA SEEDS

MAPLE SYRUP DRIZZLE

1/4 CUP EACH: FRESH BERRIES OF CHOICE

OTHER FRUIT OF CHOICE (SUCH AS

BANANA SLICES)

3/4-1 CUP PLANT MILK OF CHOICE

THIS BOWL IS A POWERFUL WAY TO GET IN THE MEGA-NUTRITION OF NUTS, SEEDS, AND SUPERFOODS FOR A FILLING AND SATISFYING MEAL!

IT ALSO TRAVELS WELL TO-GO AND IS AN EXCELLENT MAKE AHEAD MEAL! SIMPLY ADD YOUR FRUIT AND MILK SEPARATELY BEFORE YOU EAT IT!

RECIPE

1. COMBINE ALL INGREDIENTS (EXCEPT MAPLE SYRUP) IN A BOWL

2. TOP WITH A DRIZZLE OF MAPLE SYRUP

3. POUR A GENEROUS AMOUNT OF PLANT MILK OF CHOICE OVER TOP AND EAT LIKE CEREAL!





— e a s y — CH-CH-CHIA PUDDING









STEVIA (WE USED VANILLA









NORI AVO WRAP







INGREDIENTS

2 RAW NORI WRAPS

1 AVOCADO

1 TBS HEMP SEEDS

OPTIONAL BUT RECOMMENDED:

1/2 TSP GARLIC POWDER

1/2 TSP HIMALAYAN SEA SALT

HEMP SEEDS ARE A
SUPERFOOD THAT CONTAIN
NUTRIENTS THAT MAY BE
LACKING IN A STANDARD
OR EVEN VEGAN DIET, SUCH
AS MAGNESIUM, VITAMIN
E, FOLATE, AND OTHER B
VITAMINS.

HEMP SEED FACTS:

-SHOW POTENTIAL FOR
PROTECTING AGAINST AND
IMPROVING NEUROLOGIC
CONDITIONS SUCH
AS ALZHEIMER'S AND
PARKINSON'S DISEASES

- -ARE ANTI-INFLAMMATORY
- -PROMOTE HEALTHY SKIN AND HAIR
- -ARE A COMPLETE PROTEIN, GOOD SOURCE OF OMEGA-3 FATS AND FIBER

- 1. SLICE AVOCADO IN HALF AND DIVIDE HALF IN TWO (1/4 AVOCADO PER WRAP)
- 2. ARRANGE AVOCADO IN EACH NORI SHEET IN A THIN LINE LEAVING ABOUT 1 INCH ON THE SIDE SO IT CAN BE ROLLED
- 3. SPRINKLE HEMP SEEDS AND OPTIONAL GARLIC/ SALT ON TOP





LETTUCE BOATS







INGREDIENTS

LETTUCE LEAVES

1/4 AVOCADO PER BOAT

SOUR KRAUT PER BOAT 1 TBS

1 TSP HEMP SEEDS PER BOAT

SLICE OF TOMATO PER

BOAT

LIME (JUICE OF FOR ~ 4

BOATS)

OPTIONAL:

1/4 TSP EACH: GARLIC POWDER HIMALAYAN SEA SALT

- 1. IN A SMALL BOWL, MASH THE AVOCADO, LIME, AND SOUR KRAUT TOGETHER
- 2. SPREAD MIXTURE ONTO LETTUCE BOATS SPRINKLE HEMP SEEDS ON TOP
- 3. LAYER SLICED TOMATOES ONTO AVO MIX
- 4. ADD OPTIONAL GARLIC AND SALT WRAP IT UP AND EAT LIKE A "TACO"!







WRAW WRAPS









INGREDIENTS

1 WRAW WRAP (BRAND WE

USE IS WRAWP IN SPICY)

1/2 CUCUMBER SLICED

~1/4 CUP SPROUTS

1 TBS RAW SOUR KRAUT

1/4 AVOCADO SLICED

2-3 LETTUCE LEAVES

1/4 TOMATO SLICED

~1/8 SMALL RED ONION SLICED

1-2 TBS TAHINI COCO AMINOS

SIMPLE SAUCE (SEE

RECIPE)

RECIPE

LAYER ALL INGREDIENTS IN THE WRAP AND DRIZZLE WITH SAUCE OR SAVE AS A DIPPING SAUCE.

ROLL IT UP AND FOLD THE ENDS AS A WRAP!

CAN ALSO BE MADE INTO A RAW SANDWICH BY CUTTING WRAP IN HALF AND LAYERING BETWEEN THE HALVES.









SPRING ROLLS W PEANUT SAUCE



INGREDIENTS

4 RICE PAPERS (FOLLOW

PACKET INSTRUCTIONS)

1 PACKET KELP NOODLE

1 BELL PEPPER JULIENNED

1 CUCUMBER JULIENNED

6 FRESH BASIL LEAVES

1 AVOCADO SLICED

1 CARROTS JULIENNED

PEANUT SAUCE:

1/4 TSP POWDER GINGER

1 GARLIC CLOVE

1/2 CUP PEANUT BUTTER

1 TBSP TAMARI GF SOY SAUCE

1 TBSP FRESH LIME JUICE

1 TBSP MAPLE SYRUP

RECIPE

SOAK WRAP IN WARM WATER FOR 5 SECONDS

PLACE ONTO A CUTTING BOARD AND LOAD WITH OTHER NGREDIENTS ROLL IT UP AND ENJOY!

PEANUT SAUCE:

BLEND ALL REMAINING INGREDIENTS TOGETHER UNTIL SMOOTH. FOR A THINNER SAUCE ADD A BIT OF WATER.





AVO PESTO ZOODLES









INGREDIENTS

AVOCADO RIPE

GARLIC CLOVE

BUNCH FRESH BASIL

LEMON JUICE

WATER AS NEEDED

SAPT PEPPER TO TASTE

2-3 ZUCCHINIS SPIRALIZED

TOPPINGS:

OPTIONAL RED PEPPER FLAKES NUTRITIONAL YEAST SPRINKLE SALT & PEPPER TO TASTE

- 1. SPIRALIZE RAW ZUCCHINI ONTO A PLATE.
- 2. MIX ALL THE REMAINING INGREDIENTS IN A FOOD PRECESSOR OR BLENDER
- 3. POUR OVER ZOODLES AND ENJOY!









RAINBOW RAW ZOODLES









INGREDIENTS

2-3 BEETS AND/OR ZUCHINI,

SPIRALIZED

1 CUP RAW CASHEW DRESSING

(CASHEW ALFREDO)

1 TBSP LEMON JUICE

...T.Q O.P.P I N.G.S:.....

OPTIONAL SPRINKLE TO TASTE RED PEPPER FLAKES NUTRITIONAL YEAST SALT & PEPPER

- 1. SPIRALIZE BEETS INTO A BOWL
- 2. POUR 1 CUP ALFREDO SAUCE ONTO ZOODLES AND MIX
- 3. ADD TOPPINGS AND ENJOY!







— big bowl—

EPIC RAINBOW SALAD









INGREDIENTS

1	HEAD ROMAINE LETTUCE
1/2	CUCUMBER
1/4	AVOCADO
6-8	CHERRY TOMATOES
1/4	RED BELL PEPPER
1/8	RED ONION
2=3 TBS	RAW SOUR KRAUT
1/4 CUP	BLACK BEANS
1/4 CUP	JASMINE RICE
1	SHEET NORI
1 TSP	HEMP SEEDS
~1/4 CUP	CASHEW SOUR CREAM AS DRESSING
1	LIME (JUICE OF)

SALADS DO NOT HAVE TO BE BORING!

HERE ARE SOME IDEAS ON HOW YOU CAN MAKE ANY SALAD EPIC:

-CREATIVE TOPPINGS: sour kraut, nori, kelp noodles, quinoa or rice, beans, potato wedges, hummus, oil free tortilla chips

-DELICIOUS DRESSINGS: cashew sour cream, tahini coco aminos, guacamole, salsa, avo pesto

-FINAL TOUCHES: sprinkle of hemp seeds, chia seeds, sesame seeds, sunflower seeds, dulse flakes, pepper, organic sriracha

- 1. CHOP ALL RAW VEGGIES INTO BITE SIZED PEICES.
- 2. COMBINE INTO BOWL
- 3. ADD SOUR KRAUT, BEANS, RICE AND A GENEROUS SQUEEZE LIME ONTO SALAD
- 4. TOP WITH CASHEW SOUR CREAM SAUCE (SEE RECIPE) A ND ENJOY!





— s i m p l e —

CHILI LIME NUT SALAD









INGREDIENTS

3 CUPS SPRING MIX LETTUCE

1/4 RED BELL PEPPER

1/2 CUCUMBER

1/2 SMALL CARROT

2-3 TBS CHILI LIME SEASONED

CASHEWS OR ALMONDS

(TRADER JOE'S)

3 TBS-1/4 CUP TAHINI, COCO AMINOS,

MAPLE DRESSING (TO

TASTE)

1 LIME (JUICE OF)

TOPPINGS:

OPTIONAL SPRINKLE OF THAI CHILI SEASONING

- 1. CHOP ALL RAW VEGGIES INTO BITE SIZED PEICES
- 2. SHRED OR CHOP CARROT
- 3. COMBINE INTO BOWL AND TOP WITH CASHEWS, TAHINI/COCO AMINO/MAPLE DRESSING AND LIME!









— b o u n t i f u l —

BUDDHA BOWL









INGREDIENTS

1 COOKED JAPANESE SWEET

POTATO

1/2 AVOCADO SLICED

1/4 CUP BLACK BEANS

1/4CUP JASMINE RICE

1/4 RED BELL PEPPER SLICED

1-2 CUPS SPRING SALAD MIX

1-2 TBS TAHINI MUSTARD DRESSING

1 LIME (JUICE OF)

TOOPPINGS:

OPTIONAL GARNISH FRESH PARSLEY OR

CILANTRO AND

SESAME OR HEMP SEEDS

BUDDHA BOWLS CAN REALLY BE ANY COMBINATION OF THE FOLLWING:

POTATO OF CHOICE AND OR RICE, BEANS/LEGUMES OF CHOICE, BED OF GREENS, A COOKED AND RAW VEGGIE, AVOCADO, AND DRESSING/SAUCE OF CHOICE.

I ALWAYS TRY TO PACK
IN JUST A LITTLE MORE
NUTRITION WITH SOME
FORM OF SEED TOPPING
AS WELL! BE CREATIVE
AND HAVE FUN WITH YOUR
BUDDHA BOWLS!

RECIPE

LAY DOWN A BED OF SPRING MIX LETTUCE OR GREENS OF CHOICE

ADD ALL OTHER INGREDIENTS TO BOWL

TOP WITH A DRIZZLE OF DRESSSING AND A GENEROUS SQUEEZE OF LIME! ENJOY!





— c r e a m y — A V O H U M M U S









INGREDIENTS

15oz CAN OF CHICK PEAS

DRAINED.

RIPE AVOCADOS

1 1/2 TAHINI

3 TBS FRESH LIME JUICE

1 GARLIC CLOVE

CUMIN 1/2 TSP

WATER AS NEEDED FOR THINNING

TOOPPINGS:

OPTIONAL RED PEPPER FLAKES SPRINKLE NUTRITIONAL YEAST SPRINKLE TO TASTE SALT & PEPPER



- 1. BLEND ALL INGREDIENTS IN A FOOD PROCESSOR OR BLENDER.
- 2. ENJOY WITH SOME WARM PITA BREAD, OR YOUR FAVORITE CHIPS!









— addictive —

ELOTE





INGREDIENTS

6 EARS

ROASTED CORN, SHUCKED

1/4 CUP

CASHEW SOUR CREAM (SEE RECIPE)

1 TSP

GARLIC POWDER

1 TSP

CHILI POWDER

1/2 TSP

CAYENNE PEPPER

1/2 CUP

CHOPPED CILANTRO

LIME JUICE

TOPPINGS:

OPTIONAL SPRINKLE TO TASTE RED PEPPER FLAKES NUTRITIONAL YEAST SALT & PEPPER THE BEST PART OF MEXICAN STREET CORN IS HOW EASY IT IS TO MAKE!

THIS VERSION IS A MUCH HEALTHIER ALTERNATIVE WITH ALL THE SAME FLAVORS, AND LESS OF THE GUILT!

ENJOY AS A SNACK OR SMALL MEAL!

RECIPE

- 1. ROAST CORN AND CUT ALL KERNELS OFF INTO A MIXING BOWL.
- 2. MIX ALL INGREDIENTS TOGETHER AND SERVE WITH WARM TORTILLA CHIPS! ADD SALT, PEPPER AND LIME TO TASTE.

3. ENJOY!!!







— fresh—

PICO DE GALLO



INGREDIENTS

1 RED ONION

2 SERRANO PEPPERS

1 TOMATO

2 LIMES

1/4 CUP CILANTRO

SEA SALT TO TASTE

IN MEXICAN CULTURE, PICO DE GALLO (ROOSTER'S BEAK) IS SOMETIMES CALLED SALSA FRESCA, OR SALSA CRUDA.

PICO DE GALLO HAS A SMALL REFRESHING KICK PERFECT FOR ANY PARTY!

- 1. CHOP ALL INGREDIENTS AND PUT INTO A BOWL.
- 2. ADD LOTS OF LIME AND SALT TO TASTE.
- 3. ENJOY WITH SOME CHIPS, OR PUT ON YOUR FAVORITE MEALS!





SALSA









INGREDIENTS

2 CAN DICED TOMATOES

(150Z)

1 RED ONION

SERRANO PEPPERS

3 GARLIC CLOVES

1/2 CUP FRESH CILANTRO

3 TBSP FRESH LIME JUICE

TO TASTE SALT & PEPPER

Salsa originated with the Incapeople.

Salsa (combination of chilies, tomatoes and other spices) can be traced to the Aztecs, Mayans and Incas.

- 1. BLEND ALL INGREDIENTS IN A FOOD PROCESSOR OR BLENDER ON LOW, THEN HIGHER UNTIL DESIRED CHUNKYNESS.
- 2. READY TO EAT! RAW, FRESH, AND HEALTHY.









G U A C









INGREDIENTS

3 RIPE AVOCADOS

1/2 RED ONION

2 TOMATOES (YOUR CHOICE)

1/4 CUP FRESH CILANTRO

2 SERRANO PEPPERS

1/2 TSP GARLIC POWDER

1 LIME JUICED

TO TASTE SALT & PEPPER

AVOCADOS ARE A SUPERFOOI WITH VERY HEALTHY FATS THAT YOUR BODY CAN EASILY USE FOR FUEL.

PROCESSED FATS SUCH AS OILS ARE NOT SEEN THE SAME WAY BY OUR BODIES AS FRESH WHOLE-FOOD FATS.

RECIPE

- 1. CHOP ALL INGREDIENTS EXCEPT AVOCADOS. PUT IN LARGE MIXING BOWL.
- 2. IN A SEPERATE BOWL, MASH ALL AVOCADOS WITH A FORK UNTIL SMOOTH.
- 3. ADD FRESH CHOPPED VEGGIES TO MASHED AVOCADO. ADD SALT AND PEPPER TO TASTE.





-READY TO EAT! RAW, FRESH, AND HEALTHY.

PARMESAN







INGREDIENTS

3/4 CUP **RAW CASHEWS**

NUTRITIONAL YEAST 1/4 CUP

1 TSP **GARLIC POWDER**

1/2 TSP ONION POWDER

1/2 TSP SALT HERE'S AN AMAZING

ALTERNATIVE TO PARMESAN

CHEESE POWDER!

USE THIS ON ALL YOUR PASTA DISHES, SALADS, OR VEGAN LASAGNA!

RECIPE

PULSE. CONSISTENCY SHOULD BE A GRAINY POWDER. YOU CAN GO LONGER FOR A FINER PARM.

2. PUT IN A GLASS JAR WITH LID FOR STORAGE!







CASHEW QUESO









INGREDIENTS

1 CUP CASHEWS

NUTRITIONAL YEAST (TO 1/4-1/2 CUP

TASTE)

LEMON (JUICE OF)

2-3 TBS APPLE CIDAR VINEGAR

1/2 TSP **GARLIC POWDER**

TO TASTE SALT AND PEPPER THIS QUESO CAN BE USED HOWEVER YOU WOULD USE REGULAR QUESO OR CHEESE SAUCE.

USE AS A SAUCE, HEAT UP FOR A QUESO DIP OR POUR OVER GLUTEN FREE PASTA FOR MAC-N-CHEESE!

- 1. COMBINE ALL INGREDIENTS INTO HIGH SPEED BLENDER
- 2. ADD WATER JUST TO COVER DRY INGREDIENTS
- 3. BLEND UNTIL FULLY SMOOTH AND ENJOY!





— nutritious —

VEGGIE CHEESE SAUCE





INGREDIENTS

1/2 CUP	CASHEWS
1	SMALL BAKED SWEET
	POTATO (ORANGE FLESH)
1	SMALL RIPE TOMATO
1	GARLIC CLOVE
1/2 CUP	NUTRITIONAL YEAST
4-6 TBS	APPLE CIDAR VINEGAR (OF
	TOTASTE)
1/2 TSP	ITALIAN HERBS
TO TASTE	SALT AND PEPPER

NUTRITIONAL YEAST BENEFITS:

-CONTAINS THE FULL SPECTRUM OF B VITAMINS

-CONTAINS IMPORTANT MINERALS

-IS A COMPLETE PROTEIN

-TASTES LIKE CHEESE!

- 1. COMBINE ALL INGREDIENTS INTO HIGH SPPED BLENDER
- 2. COVER WITH WATER
- 3. BLEND UNTIL FULLY SMOOTH
- 4. ENJOY THE SAME WAYS AS QUESO, PASTA SAUCE, NACHO CHEESE DIP, ETC!









— соруса t —

ROTEL "VELVEETA" DIP











INGREDIENTS

1 CAN (150Z) DICED TOMATOES

1 MEDIUM ONION DICED

3 GARLIC CLOVES

JALAPENO PEPPERS DICED

1/3 CUP CILANTRO

3 TBSP FRESH LIME JUICE

1 TSP SALT PEPPER (TO TASTE)

1 CUP SHANNON'S CASHEW

QUESO (see recipe)

TOPPINGS:

OPTIONAL RED PEPPER FLAKES
SPRINKLE NUTRITIONAL YEAST

RECIPE

Sorgo (see recipe)

1. PUT ALL INGREDIENTS IN A BLENDER AND PULSE UNTIL YOU HAVE A PERFECT CHUNKY CONSISTENCY.

2. MIX EQUAL PARTS SALSA, AND SHANNON'S VEGAN QUESO

3. TRANSER TO A POT AND WARM ON STOVE.

4. SERVE WARM WITH HOMEMADE OIL-FREE CORN CHIPS OR DIPPER OF CHOICE AND ENJOY!

THIS DIP CAN ALSO
BE MADE BY SIMPLY
COMBINING A STORE
BOUGHT SALSA WITH
SHANNON'S CASHEW QUESO
AND WARMED ON THE
STOVE!

THIS ONE WILL DUPE ALL OF YOUR FRIENDS!





CASHEW SOUR CREAM





INGREDIENTS

1 CUP CASHEWS (SOAKED)

6 TBSP APPLE CIDER VIBEGAR

1 TSP SWEET WHITE MISO PASTE

1 LEMON SQUEEZED

SALT & PEPPER TO TASTE

WATER AS NEEDED TO THIN IT

OUT.

USE ANY WAY THAT YOU WOULD USE REGULAR SOUR CREAM FOR A HEALTHIER AND TASTIER OPTION!

CAN ALSO BE USED AS A SUB FOR MAYO!

RECIPE

1. COMBINE ALL INGREDIENTS
IN HIGH SPEED BLENDER BLEND
UNTIL SMOOTH (ABOUT 1-2 MIN)

3. SERVE AND ENJOY!







SAUCES

SIMPLE KETCHUP SRIRACHA

- 1/2 CUP ORGANIC SIMPLE KETCHUP
- 2 TBSP SRIRACHA
- 2 TBSP LIME JUICE
- 1 TBSP MAPLE SYRUP

TAHINI DIJON

- 1 TBS TAHINI
- 1 TSP DIJON MUSTARD
- 1 TSP YELLOW MUSTARD
- 1 TSP COCONUT AMINOS
- 1 TBS WATER

EASY MAPLE MUSTARD

- 1 TBSP YELLOW MUSTARD
- 1 TBSP DIJON MUSTARD
- 2 TBSP MAPLE SYRUP

WHEN MAKING TAHINI DRESSINGS/SAUCES, THE SECRET IS:

**ADD A VERY SMALL
AMOUNT OF WATER AND
STIR UNTIL CREAMY/
SMOOTH. THEN ADD A TINY
BIT MORE AND STIR AGAIN
UNTIL THE CONSISTENCY IS
TO YOUR LIKING. **

IF YOU DO NOT DO THIS, IT WILL HAVE A "CURDLED" APPEARANCE.

TAHINI COCO-AMINOS MAPLE

- 1 TBSP COCONUT AMINOS
- 1 TBSP TAHINI
- 1 TBSP MAPLE SYRUP
- 1 TBSP WATER

COMBINE IN A BLENDER, OR MIX IN A SMALL BOWL!

. 88





- g o o e y -

CARAMEL DATE DIP

- 6 DATES PITTED (SOAK IN WATER FOR 1 HOUR OR OVERNIGHT IF HARD)
- 1/2 TSP CINNAMON

COMBINE IN A BLENDER, OR MIX WITH A FORK IN A SMALL BOWL!

MAKES A GREAT SWEET DIP FOR FRUIT SUCH AS APPLES,
TOPPING FOR OATMEAL, OR USED AS A SWEETENER IN BAKED
RECIPES!

CASHEW MILK

- 1 CUP CASHEWS
- 2-3 CUPS WATER
- 1 TSP VANILLA (OPTIONAL)

-COMBINE ALL INGREDIENTS IN A HIGHSPEED BLENDER AND BLEND INTIL SMOOTH.

— creamy—

OAT MILK

- 1 CUP OATS
- 2-3 CUPS WATER
- 1 TSP VANILLA (OPTIONAL)
- 1 PITTED DATE (OPTIONAL)

-COMBINE ALL INGREDIENTS IN A HIGHSPEED BLENDER AND BLEND INTIL SMOOTH.

n u t t γ

HEMP MILK

- 1 CUP HEMP SEEDS
- 2-3 CUPS WATER
- 1 TSP VANILLA (OPTIONAL)

-COMBINE ALL INGREDIENTS IN A HIGHSPEED BLENDER AND BLEND INTIL SMOOTH.

ALMOND MILK

- 1 CUP ALMONDS
- 3-4 CUPS WATER
- 1 TSP VANILLA (OPTIONAL)
- 1 PITTED DATE (OPTIONAL)
- -COMBINE ALL INGREDIENTS IN A HIGHSPEED BLENDER AND BLEND INTIL SMOOTH.
- -STRAIN THROUGH A NUT MILK BAG OR CHEESE CLOTH
- -SQUEEZE THE NUT MILK BAG TO EXTRACT ALL OF THE ALMOND MILK
- -SAVE DRIED PULP FOR USE AS FLOUR IN BAKED GOODS



— homemade —

HOT BEVERAGES

MACA HOT CHOCOLATE

- 1 TBS CACAO POWDER
- 1 TSP MACA POWDER
- 2 TBS MAPLE SYRUP
- 1 TSP CINNAMON
- 1 CUP PLANT MILK (CASHEW RECOMMENDED)

MATCHA GREEN TEA LATTE

- 1 TBS MATCHA POWDER
- 2 TBS MAPLE SYRUP
- 1 CUP PLANT MILK OF CHOICE

TURMERIC GOLDEN MILK LATTE

- 1 TSP TURMERIC POWDER
- 2 TBS MAPLE SYRUP
- 1 TSP CINNAMON
- 1/2 TSP GINGER
- 1/2 TSP NUTMEG
- 1/2 TSP BLACK PEPPER
- 1 CUP PLANT MILK OF CHOICE (CASHEW RECOMMENDED)

BLEND ALL INGREDIENTS IN A HIGH SPEED BLENDER. TRANSFER TO STOVE TO WARM AND ENJOY!



PINK DRINK

- 1/2 CUP TRADER JOE'S "TO THE POWER OF SEVEN JUICE"
- 1/2 CUP COCONUT MILK
- TOP WITH FREEZE DRIED STRAWBERRIES

COMBINE THE JUICE AND COCONUT MILK AND TOP WITH STRAWBERRIES! ENJOY COLD!



— n o - o i l —

SIMPLE FRIES







INGREDIENTS

1 BAG RUSSET POTATOES

1 TBSP PAPRIKA

TO TASTE SALT & PEPPER

CAN YOU BELIEVE

ANYTHING CAN BE COOKED

OIL FREE!?

THESE ARE MY FAV SNACK AFTER A LONG RUN.

LOTS OF GOOD COMPLEX CARBS TO KEEP YOU FUELED UP!

- 1. PREHEAT THE OVEN TO 450 DEGREES.
- 1. WASH, AND CUT POTATOES INTO FRIES.
- 1. SPRINKLE PAPRIKA ON TOP BEFORE COOKING. PUT ON BAKING SHEET.
- 1. BAKE FOR 20 MIN OR UNTIL GOLDEN BROWN.





CINNAMON TURMERIC SWEET POTATOES







INGREDIENTS

3 LARGE SWEET POTATOES

2 TBSP CINNAMON

2 TBSP THYME

2 TBSP TURMERIC

TO TASTE SALT & PEPPER

THESE POTATOES ARE FULL OF FLAVOR FOR ANY FAMILY GATHERING.

SERVE THEM AS A SNACK OR AS A SIDE DISH!

PERFECT WITH A SIDE OF MAPLE SYRUP.

- 1. PRE-HEAT OVEN TO 450 DEGREES
- 1. PEEL AND CHOP SWEET POTATOES AND PUT IN A MIXING BOWL.
- 2. ADD ALL SPICES TO POTATOES AND MIX WITH A SPOON UNTIL FULLY COVERED IN SPICE.
- 3. PUT ONTO BAKING SHEET AND COOK IN THE OVEN FOR 25 IN OR UNTIL CRISPY ON THE OUTSIDE.









— si_mp_le__

CURRY POTATOES







INGREDIENTS

1 BAG GOLD POTATOES

1/2 TBSP CURRY POWDER

1/2 TBSP GARLIC POWDER

1/2 TSP PAPRIKA POWDER

TO TASTE CAYENNE
TO TASTE SALT & PEPPER

THESE CURRY POTATOES ARE FULL OF FLAVOR FOR ANY MEAL.

SERVE THEM AS A SNACK OR AS A SIDE DISH!

PERFECT WITH A SIDE OF HOMEMADE KETCHUP!

- 1. PRE-HEAT OVEN TO 450 DEGREES
- 1. CHOP POTATOES AND PUT IN A MIXING BOWL.
- 2. ADD ALL SPICES TO POTATOES AND MIX WITH A SPOON UNTIL FULLY COVERED IN SPICE.
- 3. PUT ONTO BAKING SHEET AND COOK IN THE OVEN FOR 25 IN OR UNTIL CRISPY ON THE OUTSIDE.





— v e g a n —

POTATO SALAD







INGREDIENTS

GOLD YUKON POTATOES

1/2 CUP CELERY CHOPPED

1/2 CUP SWEET PICKLE RELISH

3/4 CUP CASHEW SOUR CREAM

(NO-OIL) / OR VEGAN MAYO

3 TSP DIJON MUSTARD

TO TASTE *BLACK SALT & PEPPER

TOPPINGS:

TO TASTE: DILL & GREEN ONIONS

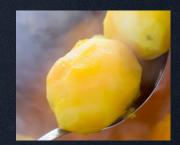
RED PEPPER FLAKES NUTRITIONAL YEAST THIS DISH TAKES ME WAY BACK TO WHEN I WAS A KID.

ALL THE SAME FLAVORS!

*Indian Black Salt has a very distinctive sulfurous taste, often compared to hard-boiled egg yolks.

- 1. WASH AND CHOP POTATOES INTO INCH SIZE PIECES.
- 2. PUT IN A POT AND COVER WITH WATER, BOIL THEN SIMMER FOR 20 MIN.
- 3. IN A LARGE BOWL, STIR THE CELERY, RELISH, AND SOUR CREAM TOGETHER. ADD *BLACK SALT AND PEPPER TO TASTE. REFRIGERATE UNTIL POTATOES COOK.
- 4. ONCE POTATOES COOK, STRAIN AND PUT BACK INTO POT. LET COOL FOR 20 MIN. THEN LIGHTLY FOLD EVERYTHING TOGETHER!









MASHED POTATOES









INGREDIENTS

8 GOLD YUKON POTATOES

3 GARLIC CLOVES CHOPPED

1/2 CUP PLANT MILK (SEE RECIPES)

1 TSP BLACK PEPPER

1/2 TSP SALT

3 TBSP NUTRITIONAL YEAST

THIS RECIPE WILL FOOL
ANYONE INTO THINKING
THERES CHEESEY DAIRY IN
IT!

WHAT A GREAT ALTERNATIVE WITH ALL THE SAME CREAMY FLAVORS WITHOUT ANY PROCESSED OILS, CREAMS, OR BUTTERS!

TOPPINGS:

OPTIONAL RED PEPPER FLAKES
SPRINKLE NUTRITIONAL YEAST
TO TASTE SALT & PEPPER

- 1. WASH POTATOES AND PUT IN LARGE BOWL.
- 2. COVER POTATOES WITH WATER AND PUT TO BOIL.
- 3. ONCE POTATOES ARE COOK STRAIN AND PUT INTO POT TO
- 4. IN A BLENDER MIX ALL REMAINING INGREDIENTS TO MAKE A SMOOTH CREAM SAUCE.
- 5. MASH POTATOES WITH A MASHER, THEN SLOWLY START
 ADDING THE CREAM SAUCE. MIX UNTIL YOU GET CHUNKY SMOOTH
 CONISTENCY. ADD WATER IF NEEDED. TOPPINGS AND ENJOY!





TURMERIC POTATOES





INGREDIENTS

1 BAG GOLD YUKON POTATOES

2 TBSP TURMERIC POWDER

TO TASTE SALT

TO TASTE PEPPER

COOKING POTATOES WITH TURMERIC GIVES THE POTATOES A BUTTERY FLAVOR!

TURMERIC CAN PLAY A HUGE PART IN MANAGING INFLAMMATION.

ADD MORE TURMERIC TO YOUR LIFE!

- 1. WASH, PEEL POTATOES AND PUT IN LARGE BOWL.
- 2. COVER POTATOES WITH WATER, ADD TURMERIC AND PUT TO ROLL
- 3. ONCE POTATOES ARE COOK STRAIN AND PUT INTO POT TO COOL FOR 10 MIN.
- 4. ENJOY!







- hearty -

STUFFED BAKED POTATO









INGREDIENTS

BAKED POTATOES (SWEET

OR WHITE OR BOTH)

1/2 CUP ONE POT CHILI (SEE

RECIPE)

2 DOLLOPS SIMPLE GUAC

1-2 TBS CASHEW SOUR CREAM

GARNISH CILANTRO AND SRIRACHA

SIMPLE GUAC:

1 AVOCADO 1/2 TSP GARLIC POWDER JUICE OF 1/2 LIME

- 1. FOR THE SIMPLE GUAC: MASH AN AVOCADO WITH GARLIC POWDER, HIMALAYAN SEA SALT, AND LIME JUICE
- 2. CUT POTATOES LENGTH WISE AND FILL WITH CHILI, GUAC, AND CASHEW SOUR CREAM
- 3. TOP WITH GARNISHES AND ENJOY!









CORN TORTILLA CHIPS







1 BAG CORN TORTILLAS

TO TASTE SALT

WHO DOESN'T LOVE TORILLA CHIPS? I KNOW I DO.

THIS IS A GREAT WAY TO MAKE FRESH, OIL FREE TORTILLA CHIPS.

- 1. PRE-HEAT OVEN TO 450 DEGREES
- 1. CUT CORN TORTILLAS INTO QUARTERS
- 2. PUT ON BAKING SHEET AND BAKE FOR 10-15 MIN OR UNTIL GOLDEN AND CRISPY!





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TAHINI KALE







INGREDIENTS

HEAD KALE (DE-RIBBED)

1-2 TBS TAHINI

1 TBS NUTRITIONAL YEAST

1/2 LEMON, JUICE OF

RECIPE

PLACE KALE INTO A NON-STICK PAN ON HIGH HEAT, STIR

ONCE WILTED, DRIZZLE TAHINI INTO PAN ON TOP OF KALE AND STIR UNTIL COATED

TURN HEAT OFF AND SQUEEZE LEMON JUICE OVER THE MIXTURE WHILE STILL IN PAN

TOP WITH NUTRITIONAL YEAST AND ENJOY!







-vegan-

SOUTHERN GREENS









INGREDIENTS

1/2 LARGE ONION CHOPPED

1 TSP RED PEPPER FLAKES

2 GARLIC CLOVES

1 LB COLLARD GREENS

1 BOX VEGETABLE STOCK

2 TOMATOES CHOPPED

Collard greens are among the highest in vitamin C, and they're a good source of vitamin K and soluble fiber.

They also contain multiple nutrients with potent anticancer properties, such as diindolylmethane and sulforaphane.

TOPPINGS:

OPTIONAL RED PEPPER FLAKES
SPRINKLE NUTRITIONAL YEAST
TO TASTE SALT & PEPPER

- IN A LARGE POT OVER MEDIUM HEAT SAUTE THE ONIONS UNTIL SOFTENED.
- 2. ADD THE RED PEPPER FLAKES AND GARLIC, COOK ANOTHER MINUTE.
- 3. ADD COLLARD GREENS AND COOK ANOTHER MINUTE. ADD THE VEGETABLE STOCK, COVER AND BRING TO A SIMMER.
- 4. COOK UNTIL GREENS ARE TENDER, ABOUT 40 MINUTES. ADD TOMATOES AND SEASON WITH SALT AND FRESHLY GROUND BLACK PEPPER. 116









CAPRESE SALAD







INGREDIENTS

TOMATO SLICED

1 FIRM TOFU BLOCK SLICED

6 FRESH BASIL LEAVES

2 TBSP BALSAMIC VINEGAR

THIS IS A FRESH, AND EASY SALAD TO MAKE WITH THE RIGHT AMOUNT PROTEIN AFTER ANY WORKOUT.

ENJOY AS A SNACK OR APPETIZER TO ANY MEAL!

RECIPE

1. CUT TOMATO AND TOFU INTO QUARTER INCH SLICES SIMILAR TO EACH OTHER.

- 2. STACK THE INGREDIENTS ON A PLATE:
- TOFU
- BASIL
- TOMATO
- BASIL
- ETC.

3. DRIZZLE BASAMIC OVER THE ENTIRE LENGTH OF THE SALAD. FRESH, DELICIOUS, AND NO DAIRY!

— n o o i l —

AVO TOAST







INGREDIENTS

14 CHERRY TOMATOES

1 TSP CHIA SEEDS

AVOCADO (RIPE)

TO TASTE SALT & PEPPER
TO TASTE BALSAMIC VINEGAR

2 SLICES OF GLUTEN-FREE,

VEGAN TOAST

TOPPINGS:

OPTIONAL RED PEPPER FLAKES SPRINKLE NUTRITIONAL YEAST



- 1. MASH AVOCADO IN A BOWL UNTIL SMOOTH, ADD SALT AND GARLIC POWDER TO TASTE.
- 2. CUT CHERRY TOMATOES IN HALVES.
- 3. TOAST BREAD!
- 4. PUT GUAC ON TOAST, TOP WITH CHERRY TOMATOES, CHIA SEEDS, AND BALSAMIC!









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TLT SAMMY









INGREDIENTS

1 BLOCK TEMPEH

3 ROMAINE LEAVES

2 BREAD SLICES

2 TBS CASHEW CREAM SAUCE

(SEE RECIPE)
AVOCADO SLICED

TOFU MARINADE

1/4 CUP MAPLE SYRUP
1/4 CUP TAMARI SAUCE
1 TSP CAYENNE
1 TSP PAPRIKA



- 1. PRE-HEAT OVEN TO 400 DEGREES.
- 2. CUT TEMPEH INTO THIN SLICES, AND MARINADE IN SAUCE WHILE YOU OVEN PRE-HEATS.
- 3. COOK TEMPEH FOR ABOUT 15 MIN, YOU CAN BASTE THE TEMPEH WITH MORE SAUCE IF NEEDED.
- 4. TOAST BREAD, AND START BUILDING YOUR SANDWICH! ITS SO AMAZING YUM!!





— Shannon's —

CUCUMBER HUMMUS TEA SANDWICHES







INGREDIENTS

1 CUCUMBER

2 TBS HUMMUS

2 BREAD SLICES

1 TBSP SRIRACHA SAUCE

OPTIONS:

RED PEPPER FLAKES
NUTRITIONAL YEAST
SALT & PEPPER TO TASTE

RECIPE

- 1. TOAST BREAD
- 2. SPREAD HUMMUS
- 3. ADD CUCUMBER SLICES
- 4. ADD SRIRACHA!

WOW!! EASY!! OTHER IDEAS >>









— refreshing

VEGGIE SANDWICH









INGREDIENTS

2 SLICES SLICED BREAD

2 TBSP **CASHEW CREAM SAUCE**

1/2 SLICED **AVOCADO**

1/2 SLICED **RED ONION**

SMALL HANDFUL **SPROUTS**

1 TBSP SRIRACHA SAUCE

2 TBS **HUMMUS**

TOP NGS:

OPTIONAL **RED PEPPER FLAKES** SPRINKLE **NUTRITIONAL YEAST** TO TASTE

SALT & PEPPER

NOTHING LIKE A

REFRESHING VEGGIE

SANDWICH WHEN YOU HAVE NO IDEA WHAT TO MAKE!

THIS PAIRS BEAUTIFULLY WITH ANY HOT SOUP!

RECIPE

1. SLICE ALL VEGGIES AND GET READY FOR THE SANDWICH

2. TOAST BREAD, THEN SPREAD CASHEW CREAM SAUCE (OR VEGAN MAYO) AND HUMMUS ON THE BREAD. ADD ALL INGREDIENTS AND WOW! THAT WAS EASY!

ENJOY!

OTHER IDEAS PICTURED TO THE RIGHT >





LENTIL SLOPPY J









INGREDIENTS

1 170Z PACKET LENTILS COOKED STEAMED

FROM TRADER JOES

3 CLOVES MINCED GARLIC

1 1/2 TBSP CHILLIE POWDER

1 TBSP CUMIN

1/2 TSP CINNAMON

1/2 TSP MOLASSES

1 CAN (150Z) TOMATO SAUCE

1/4 CUP WATER

1 TBSP APPLE CIDER VINEGAR

TAMARI SAUCE 1 TSP

DICED ONION

RECIPE

1. PUT ALL INGREDIENTS IN A POT ON MEDIUM HIGH HEAT

2. COOK UNTIL DESIRED THICKNESS IS REACHED STIRRING

3. TOAST YOUR VEGAN HAMBURGER BUNS, ADD SLOPPY JOE MIX AND WOW!!







— h a t c h —

GREEN CHILE POTATO SOUP







INGREDIENTS

4 ROASTED, PEELED, CHOPPED GREEN CHILES.

1 CHOPPED ONION

3 GARLIC CLOVES

1 TOMATO CHOPPED

RUSSET POTATOES CUT
INTO QUARTERS

2 CUPS PLANT MILK (GOES LAST)

TO TASTE SALT & PEPPER

1 BOX VEGGIE STOCK



- 1. CUT POTATOES NTO QUARTERS
- 2. PLACE INTO LARGE POT, AND COVER WITH VEGGIE STOCK.
- 3. BOIL POTATOES THEN SIMMER FOR 20 MIN.
- 4. CHECK THAT POTATOES ARE COOKED. THEN ADD ALL REMAINING INGREDIENTS AND CONTINUE COOKING FOR ANOTHER 10 MIN.







— *L u i s '* — **V E G G I E S O U P**









INGREDIENTS

3 CARROTS

8 POTATOES

1 HANDFUL KALE

3 CELERY

3 GARLIC

1 ONION

1TSP THYME

TO TASTE SALT & PEPPER

1 BOX VEGGIE STOCK

1/4 CUP NUTRITIONAL YEAST



- ROUGHLY CHOP ALL INGREDIENST AND PUT IN A POT. PUT KALE ASIDE.
- 2. TOP WITH VEGGIE STOCK AND ADD WATER IF NEEDED.
- 3. BOIL THEN SIMMER. COOK FOR 20 MIN UNTIL POTATOES ARE COOKED.
- 4. ONCE ALL INGREDIENTS ARE TENDER, MAKE A BOWL OF SOUP ADD SALT AND PEPPER, AND KALE PIECES. ENJOY!!









— v e g a n —

ONE POT CHILI





INGREDIENTS

1/2 CAN EACH: BLACK, KIDNEY, PINTO

BEANS AND DICED

TOMATOES

1/2 SMALL CAN TOMATO PASTE

1/2-1 CUP VEGGIE BROTH (TO

DESIRED THICKNESS)

1TBS BLACKSTRAP MOLASSES

1 TBS MAPLE SYRUP

1/2 SMALL SWEET ONION

DICED

3 CLOVES GARLIC DICED

1 TSP CUMIN

1 TSP CHILI POWDER
TO TASTE SALT AND PEPPER

NOTHING LIKE A POT OF WARM CHILI ON A COLD WINTER DAY!

THIS VEGAN CHILI IS LOADED WITH FLAVOR, PROTEIN, AND VITAMINS AND MINERALS.

PUT THIS ON YOUR FAVORITE DISHES!

RECIPE

COOK THE ONIONS AND GARLIC FOR \sim T MIN ON MEDIUM HEAT WITH A TSP WATER IN A POT

ADD ALL OTHER INGREDIENTS TO POT AND STIR TO COMBINE

COOK ON MEDIUM-HIGH HEAT UNTIL A SMALL BOIL IS REACHED, THEN TURN HEAT TO LOW

CONTINUE TO SIMMER FOR 10 MIN, THEN SERVE AND ENJOY!





— с h e e s y —

ZUCCHINI LASAGNA









INGREDIENTS

6 ZUCCHINIS SLICED LENGTH

WISE

1 BOX MUSHROOMS SLICED

1 JAR TOMATO MARINANAR

SAUCE

2 CUPS ALFREDO CREAM SAUCE

(SEE RECIPE)

1 BUNCH FRESH BASIL

1/2 CUP NUTRITIONAL YEAST

1/2 CUP VEGAN PARMESAN (SEE

RECIPES)



RECIPE

- 1. PREHEAT OVEN TO 350 DEGREES
- 2. LAYER ALL INGREDIENTS IN A LARGE BAKING DISH.

LAYER:

- -MUSHROOMS
- -TOMATO SAUCE
- -SPINACH
- -ALFREDO
- -MUSHROOMS ETC..





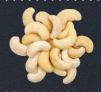
^{3.} BAKE UNTIL CRISPY ON TOP. LET COOL BEFORE SERVING



- cream γ -

ALFREDO MAC 'N' CHEESE









INGREDIENTS

1 BOX PASTA

1 CUP RAW CASHEWS

1 TBSP LEMON

1 TSP APPLE CIDER VINEGAR

1 TSP ITALIAN SEASONING

4 FRESH BASIL LEAVES

3 GARLIC CLOVES

TOOPPINGS:

OPTIONAL RED PEPPER FLAKES
SPRINKLE NUTRITIONAL YEAST
TO TASTE SALT & PEPPER

RECIPE

COOK PASTA ACCORDING TO PACKAGE DIRECTIONS, COOKING TIME MAY VARY DEPENDING ON TYPE OF PASTA. MY FAVORITE IS GLUTEN FREE 100% BROWN RICE PASTA. ONCE PASTA IS COOKED, DRAIN AND PUT BACK INTO POT WITH HEAT TURNED OFF.

ALFREDO CASHEW CREAM SAUCE:

BLEND ALL REMAINING INGREDIENTS TOGETHER UNTIL
SMOOTH. FOR A THINNER SAUCE ADD A BIT OF WATER. POUR
SAUCE ONTO THE COOKED PASTA.









— vegan —

MAC 'N' CHEESE









INGREDIENTS

1 BOX PASTA

1 CUP RAW CASHEWS

1 TBSP LEMON

1 TSP APPLE CIDER VINEGAR

3 TBSP NUTRITIONAL YEAST

2 GARLIC CLOVES

THIS OIL FREE VERSION OF MAC'N' CHEESE IS TO DIE FOR!

THIS IS AN EASY, QUICK MEAL THAT ANYONE CAN MAKE. IT'S VERY FILLING, AND FULL OF B VITAMINS!

NUTRITIONAL YEAST IS A GREAT WAY TO GET YOUR B VITAMINS AND PROTEIN!

TOPPINGS:

SALT & PEPPER TO TASTE RED PEPPER FLAKES OPTIONAL SRIRACA ARUGULA LETTUCE

RECIPE

COOK PASTA ACCORDING TO PACKAGE DIRECTIONS, COOKING TIME MAY VARY DEPENDING ON TYPE OF PASTA. MY FAVORITE IS GLUTEN FREE 100% BROWN RICE PASTA. ONCE PASTA IS COOKED, DRAIN AND PUT BACK INTO POT WITH HEAT TURNED OFF.

MAC 'N' CHEESE SAUCE:

BLEND ALL REMAINING INGREDIENTS TOGETHER UNTIL SMOOTH. FOR A THINNER SAUCE ADD A BIT MORE WATER. POUR SAUCE ONTO THE COOKED PASTA.







SESAME RAMEN NOODLES







INGREDIENTS

1 PACKET LOTUS FOODS RICE

RAMEN PASTA

1 TBS TAHINI

2 TBS COCONUT AMINOS

2 TBS MAPLE SYRUP

PINCH GINGER POWDER

1 CUP CHOPPED BROCCOLINI

ARNISH SESAME SEEDS AND

SRIRACHA

RECIPE

Cook pasta per instructions (I simply add boiling water to pasta, cover completely, and cover dish to allow to cook for a few minutes)

Meanwhile: Add 1 tbs water to a non-stick pan and add broccoli. Cover and allow to steam on med-high heat until bright green and soft (about 5 min)

Meanwhile: Make your sauce:





LAZY SUSHI









INGREDIENTS

2 CUP SUSHI RICE

1 AVOCADO

RED PEPPERS

CARROTS

CUCUMBER

1 CUP CASHEW SOUR CREAM

1 SHEET NORI WRAP CUT INTO

PIECES

TOPPINGS:

- -SESAME SEEDS
- -CASHEW SOUR CREAM AND SRIRACHA MIXED TOGETHER (SPICY MAYO)
- WASABI AND GINGER, TAMARI SOY

SAUCE.

- 1. COOK SUCHI RICE ACCORDING TO PACKAGE INSTRUCTIONS.
- 2. CHOP AND JULIENNE ALL VEGGIES TO PREPARE FOR THE LAZY SUSHI.
- 3. ONCE RICE IS COOKED, PUT ON A PLATE AND TOP WITH YOUR FAV INGREDIENTS!
- 4. USE WASABI AND GINGER ON THE SIDE FOR EXTRA AMAZINGNESS!









QUINOA VEGGIE LAZY DINNER









INGREDIENTS

2 CUPS QUINOA COOKED

RED PEPPER

1 ZUCCHINI

1/4 CUP CILANTRO

10 CHERRY TOMATOES

3 GARLIC

1 BOX VEGGIE BROTH

1/2 ONION

1 TBSP TAMARI SOY SAUCE

TO TASTE SALT & PEPPER

THIS MEAL IS LOADED WITH NUTRITION, AND PROTEIN!

IT'S PERFECT FOR ANYONE ON THE RUN, AND PERFECT FOR A LIGHT LUNCH!

YOU NEED MORE QUINOA IN

- 1. COOK QUINOA IN A RICE COOKER WITH VEGGIE BROTH
- 2. SAUTE ONION AND GARLIC FOR 2 MINUTES, THEN ADD ALL VEGGIES (NOT CILANTRO) AND TAMARI SAUCE.
- 3. ONCE VEGGIES SAUTED AND QUINOA COOKED, MIXED EVERYTHING TOGETHER AND ADD CILANTRO.
- 4. ADD SALT PEPPER TO TASTE!







— o i 1 - f r e e —

SPANISH RICE









INGREDIENTS

2 CUPS RICE

1 CAN TOMATO SAUCE

3 CLOVES GARLIC CHOPPED

1/4 CUP CILANTRO

1 CAN DICED TOMATOES

1 BOX VEGGIE BROTH

TO TASTE SALT & PEPPER

THIS SPANISH RICE RECIPE IS FLUFFY, AND GOES WITH LOTS OF DIFFERENT DISHES.

I LIKE TO EAT A NICE BOWL WITH SOME VEGGIES AND RICE ON THE BOTTOM.

NOTHING LIKE SOME AMAZING COMPLEX CARBS!

- 1. BROWN RICE IN A LARGE SAUCE PAN ON HIGH HEAT, KEEP STIRRING UNTIL GOLDEN BROWN. NO OIL! MIGHT WANNA OPEN SOME WINDOWS LOL.
- 2.IN A SAUCE POT, COMBINE ALL OTHER INGREDIENTS WHILE BROWNING RICE. HEAT UP AND GET READY TO TRANFER TO SAUCE PAN.
- 3. ONCE RICE IS BROWNED, SLOWLY ADD ALL WET INGREDIENTS WITH A LADEL. BE CAREFUL! CAN SPLATTER.
- 4. STIR, AND SIMMER FOR 30 MIN WITH LID ON.
- 5. DONT TOUCH UNTIL DONE! ENJOY~





__ L u i s '

CHICKPEA TUNA SALAD



INGREDIENTS

1 CAN (150Z) CHICK PEAS

3 TBSP SWEET RELISH

3 TBSP HEMP MILK

2 TSP APPLE CIDER VINEGAR

1 TSP YELLOW MUSTARD

1 TSP DILL

TO TASTE SALT & PEPPER

TOPPINGS:

OPTIONAL RED PEPPER FLAKES SPRINKLE NUTRITIONAL YEAST

RECIPE

1. MASH CHICK PEAS WITH FRK

2. MIX ALL REMAINING INGREDIENTS AND ENJOY!







LENTIL TACOS



INGREDIENTS

1 17oz PACKAGE COOKED LENTILS

1 TBSP TACO SEASONING

1 TBSP MAPLE SYRUP

TOMATO DICED

1 HANDFUL MIXED GREENS

SLICED AVOCADO

1 PACKAGE CORN TORTILLAS

TO TASTE SALT & PEPPER THESE TACOS ARE SO EASY TO MAKE!

THEY ARE FILLED WITH PROTEIN AND NUTRITION WITHOUT ANY OIL!

- 1. IN A POT, PUT LENTILS AND TACO SEANING TOGETHER STIR. ADD MAPLE SYRUP AND HEAT UP UNTIL THICKER.
- 2. HEAT UP TORTILLAS ON A SKILLET, PUT LENTIL MIXTURE INTO TORTILL AND TOP WITH FAVORITE VEGGIES!





— vegan—

TOFU LETTUCE WRAPS







INGREDIENTS

1/2 BLOCK EXTRA FIRM TOFU

1 TBS BALSAMIC VINEGAR

1 TSP GARLIC POWDER

1/2 TSP HIMALAYAN SEA SALT

1 TBS YELLOW MUSTARD

6 ROMAINE LETTUCE LEAVES



- DRAIN TOFU AND PAT DRY WITH TOWEL
- CUT INTO CHUNKS AND PLACE INTO NONSTICK PAN
- TURN HEAT TO HIGH AND BROWN TOFU ~ 2 MIN
- FLIP TOFU OVER AND ADD BALSAMIC, GARLIC, AND SEA
 SALT
- DOUBLE UP LETTUCE CUPS AND ADD MUSTARD TO TASTE.
- FLIP ONCE MORE AND THEN REMOVE FROM HEAT AND ADD
 TO LETTUCE CUPS (DOUBLED UP!)
- WRAP UP AND EAT LIKE TACOS!







KABOCHA VEGGIE CURRY









INGREDIENTS

3 CUPS WATER

1 TSP CUMIN

4 CLOVES GARLIC

1 TSP PAPRIKA

1 TSP CORIANDER

1 TSP MUSTARD SEED POWDER

3 BAY LEAVES

TOPPING CILANTRO

1 CAN DICED TOMATOES

1 FRESH TOMATO

2 CUPS JASMINE RICE COOKED

1 LIME JUICE

TO TASTE SALT & PEPPER

1 CAN COCONUT MILK

1 KABOCHA SQUASH SLICED

- 1. ROAST KABOCHA SQUASH IN THE OVEN AT 350 DEGREES FOR 20 MIN.
- 2. IN A LARGE SAUCE POT, COMBINE ALL THE REMAINING INGREDIENTS AND BRING TO A BOIL. COVER AND SIMMER SO THE FLAVORS COME OUT.
- 3.ONCE THE KABOCHA IS COOKED, TRANSFER OVER TO THE CURRY POT. STIR AND SERVE ON WARM JASMINE RICE. GARNISH WITH CILANTRO!







CHOCOLATE MOUSSE W/STRAWBERRIES







INGREDIENTS

2 TBSP

CACAO POWDER

1/2 CUP

RAW CASHEWS

1 TSP

CINNAMON

2 TBSP

MAPLE SYRUP

1 TSP

VANILLA EXTRACT

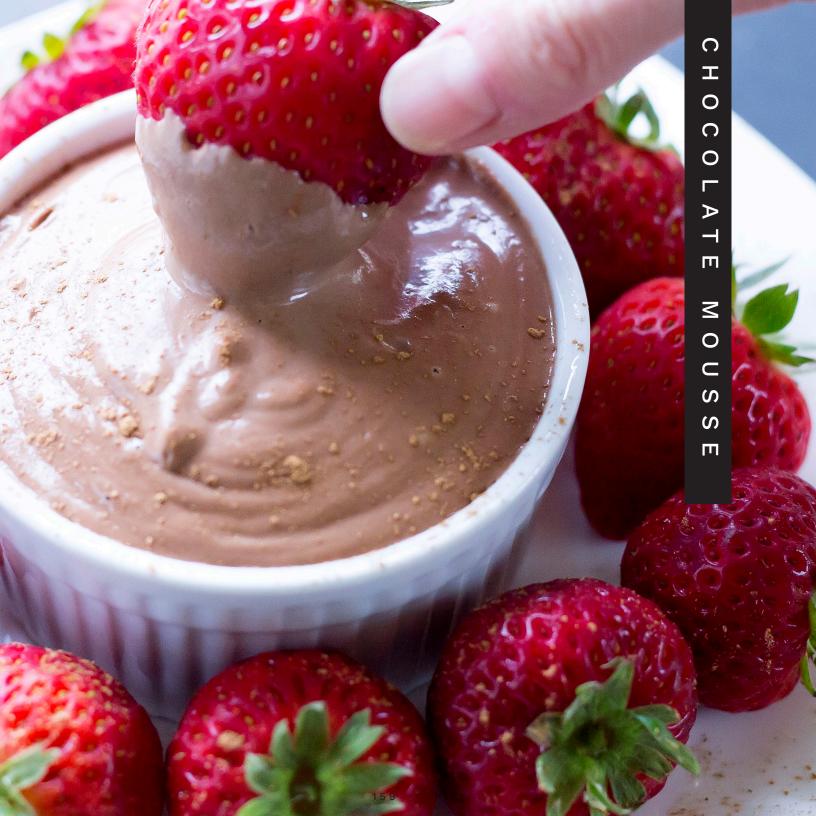
1 BOX

STRAWBERRIES

- 1. IN A HIGH SPEED BLENDER, BLEND ALL INGREDIENTS WITH 1 CUP OF WATER UNTIL CREAMY SMOOTH.
- 2. DIP THOSE STRAWBERRIES AND GO TO TOWN!







MANGO SORBET W/RASPBERRY COMPOTE







INGREDIENTS

1 CUP FROZEN MANGOD

1/2 CUP FRESH RASPBERRIES

2 TBSP LIME JUICE

2 TBSP MAPLE SYRUP



RECIPE

MANGO SORBET:

IN A BLENDER, COMBINE MANGO, 1 TBS LIME JUICE, 1/2 CUP WATER, 1 TBSP MAPLE SYRUP AND BLEND INTO A SMOOTH TEXTURE. POUR INTO RAMIKENS.

RASPBERRY COMPOTE:

IN A SMALL SAUCE POT, COMBINE 1 TBS LIME JUICE,
RASPBERRIES, 2 TBSP MAPLE SYRUP AND MASH WITH A FORK
INTO A SMOOTH TEXTURE. SIMMER AND STIR UNTIL IT THICKENS.
POUR ONTO MANGO SORBET! YUM!





- amazing -

MAPLE OAT MOLASSES CHOCO BALLS







INGREDIENTS

6 TBS ROLLED OATS

1/2 TBS BLACKSTRAP MOLASSES

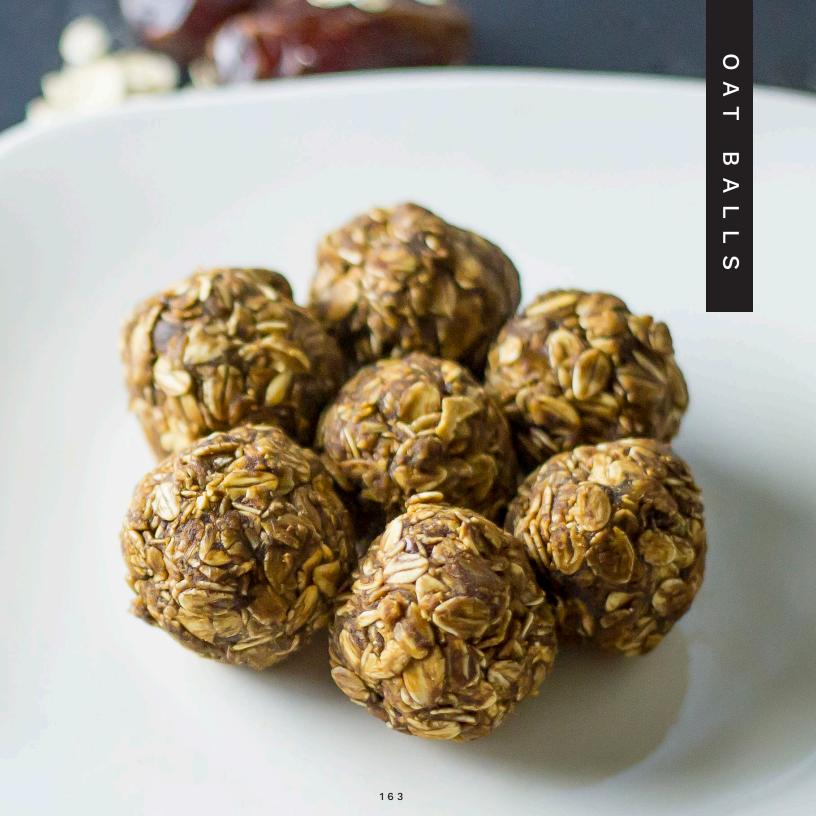
1 TBS MAPLE SYRUP

1 TSP CACAO POWDER

- MIX ALL INGREDIENTS IN A BOWL UNTIL FULLY COMBINED.
- PUT INTO FRIDGE FOR 1 HOUR OR UNTIL SLIGHTLY HARD
- FORM INTO BALLS AND STORE FOR SNACKS LATER









MIGHTY MUTT HOME-MADE DOG-FOOD

(Makes a decent sized batch as it will keep in fridge for 3-4 days. Feel free

to double or quadruple recipe if you have big dogs or multiple dogs, or if you are freezing. We have six small rescue dogs that will eat from one batch for about 3-4 days)

We recommend giving half of your normal kibble serving per meal and sub the other half with double the volume of this home-made blend. Our favorite kibble is V-dog.

(ex: if you normally give 1 cup kibble, give half c. kibble and 1 cup home-made blend as it will have fewer calories)

MANDATORY TAURINE POWDER TO BE ADDED TO EACH MEAL!

Note: Dogs cannot produce this amino acid and it is the one and only nutrient that they cannot get on a vegan diet. Always add this to vegan dog food! We like the brand: Designs for Health Taurine Powder. We also add L-carnitine powder to each meal especially for any pups with cardiac issues or predisposition to cardiac issues.

- 3 C. DRY GREEN LENTILS
- 3 C. DRY BROWN RICE
- 3-4 C. POWER GREENS
- 1 LARGE OR 2 SMALL CARROTS
- ½ ZUCHINI
- 2 TBS. FIVE LEAF PHARMACY DOG GREEN'S POWDER
- 1 TSP SPIRULINA
- 1TBS CHIA SEEDS AND OR 1 TBS HEMP SEEDS
- 3 TBS. NUTRITIONAL YEAST
- OPTIONAL: FROZEN GREEN PEAS.
- OPTIONAL: CINNAMON
- OPTIONAL: SMALL SPOON OF PUREED PUMKIN ON THE SIDE
- OPTIONAL: VEGAN DOG MULTI VITAMINS FOR EACH MEAL.

Directions:

Place the lentils and brown rice into a rice cooker with water per rice cooker instructions.

Meanwhile: blend all other ingredients with water (fill water in blender about half way to top of dry ingredients) except for the nutritional yeast and taurine/carnitine powders.

Optional: thaw out peas to add to the lentil rice mixture

When lentil/rice is done, top with the nutritional yeast and stir.

Optional: add in peas to the mix and sitr.

Next, add the blended veggie smoothie to the lentil/rice and stir together into a mush.

Optional: Top with cinnamon

**Add a min of 500 mg taurine powder for small dogs (more depending on dog's size) (and carnitine powder if using) to each meal just before serving.

Optional: finish with a small spoonful of pumpkin puree for dog digestion.

Store in a glass or hard plastic container with lid in the fridge for 3-4 days, or in freezer for 6 months.



I would like to thank my husband, Luis, for partnering with me on this E-book! It was so much fun to collaborate and utilize each other's strengths for creating this work of passion. We would also like to thank our families and friends for their unwavering support. Finally, we would like to thank you for supporting us and this project we have worked so hard on. We hope that it inspires you to eat a little more healthy, a little less processed, and a lot more plants!

