

Daniel Fast-Friendly Recipe Book

Breakfast, Lunch, Dinner, & More!



HARRISON FAITH
CHURCH

Breakfast

Banana Bread

Serves 12

Ingredients:

- 2 ½ cups almond flour
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 3 large overripe bananas, mashed
- 1/3 cup coconut oil, melted
- 2 flaxseed “eggs” (see instructions)
- ½ cup chopped pecans

(Optional)

- Add 1 tsp of vanilla extract
- Substitute chia seeds for flax seeds.

Instructions:

- Preheat the oven to 350 degrees. Use about 1/2 teaspoon coconut oil to grease a 9” x 5” x 2 ½” loaf pan.
- Make flaxseed “eggs” by putting 2 tablespoons of flaxseed meal and ¼ cup + 2 tablespoons of water in a small bowl. Stir, and let sit for about 10 minutes.
- In a large bowl, mix dry ingredients (except pecans). Add mashed banana, coconut oil, and flaxseed “eggs.” Stir well. Pour in pecans and stir again until thoroughly combined.
- Pour mixture into the prepared loaf pan. Bake for 40 minutes or until the toothpick in the center comes clean.
- Let bread cool in the pan for 10 minutes. Remove bread from the pan and let cool completely on a wire rack. Store tightly wrapped in aluminum foil or plastic for up to 3 days, or freeze up to 3 months.

To make 1 flaxseed “egg”.... Mix one tablespoon of ground flaxseed meal with three tablespoons of water. Mix and let sit in the fridge for 15 minutes.

Strawberry Banana Smoothie

Serves 1

Ingredients:

- 1 cup UNSWEETENED Almond or Soy Milk
- ½ cup strawberries, fresh or frozen
- 1 frozen banana
- 1 tsp vanilla extract

Instructions:

- Toss all ingredients in your blender or Nutri-Bullet, add ice if you like, and hit that button for a nutritious Daniel Fast approved breakfast!

Apple Cinnamon Oatmeal

Serves 1

Ingredients:

- *1/2 cup oats*
- *1/4 cup unsweetened applesauce*
- *1/4 cup 100% apple juice or cider**
- *1/2 cup almond milk*
- *Cinnamon to taste*
- *Dash of salt*

Instructions:

- *Combine all ingredients in a microwave-safe bowl and stir. Microwave on high for 1.5-2 minutes.*

Pumpkin Spice Waffles

Makes 4 Waffles

Ingredients:

- *1 cup brown rice flour*
- *1 1/2 cups all-purpose gluten-free flour*
- *2 tablespoons cinnamon*
- *A dash of nutmeg*
- *1 teaspoon baking powder*
- *1 teaspoon baking soda*
- *1 teaspoon kosher or sea salt*
- *1 cup pumpkin puree (canned or fresh)*
- *1 cup unsweetened almond milk (vanilla or plain)*
- *2 tablespoons coconut, oil melted, plus extra for greasing*

Instructions:

- *In a medium mixing bowl, combine the flours, baking powder, baking soda, cinnamon, nutmeg, and salt.*
- *In a separate medium mixing bowl, whisk together the pumpkin puree, milk, and oil.*
- *Pour the liquid mixture into the dry and mix together until you have a smooth consistency (the batter will be very thick).*
- *Heat a waffle iron to medium and grease well before spreading 1/4 of the batter onto the waffle iron.*
- *Close the waffle iron (press completely closed to help the batter spread evenly) and cook for 3-5 minutes. When the steam coming from the sides of the iron lessens, check the waffle to see if it is ready. It should be lightly browned and crispy.*

Fruit Pizza

8 Servings

Ingredients:

Crust

- 1 ½ cups almond flour (meal)
- ½ cup roughly chopped pitted dates
- ½ cup chopped pecans
- ¼ cup unsweetened apple juice

Fruit Sauce

- ¼ cup Date Honey
- ½ cup sliced strawberries

Topping Ideas

- Sliced apples, bananas, blueberries, grapes, kiwifruit, mangoes, oranges, peaches, pineapples, strawberries

Instructions:

1. Preheat the oven to 350 degrees.
2. Place almond flour, dates, pecans and apple juice in a food processor. Process until mixture forms a ball.
3. Press dough into a 10-inch circle, about ¼-inch thick, on an 11 x 17-inch baking sheet or pizza pan (rub a little olive oil on your hands if dough gets too sticky).
4. With a fork, poke holes all across crust dough.
5. Bake for 10 minutes, or until edges are browned and slightly crispy.
6. Remove from the oven and let cool completely, about 45 minutes.
7. Put Date Honey and strawberries in a food processor or blender. Process about 30 seconds or until smooth and creamy.
8. Spread fruit sauce onto cooled crust. Top with your favorite assortment of sliced fruit.
9. Refrigerate 3 hours or until chilled

Roasted Skillet Breakfast

Potatoes

4-6 Servings

Ingredients:

- 2 lbs Red Skinned Potatoes (cubed)
- 3 Cups Sliced Bell Peppers (any colors)
- 1 Medium Vidalia Onion (sliced and chopped)
- 1/2 Tsp Smoked Paprika
- 1/2 Tsp Cumin
- 1/2 Tsp Garlic Powder
- 1/4 Tsp Black Pepper
- 2 TB Extra Virgin Olive Oil (optional)

Instructions:

1. Preheat the oven to 450°F.
2. Prep all potatoes and veggies and add them to a large bowl or right into a large seasoned cast iron skillet.
3. Toss the potatoes and veggies with the spices (and optional oil). Transfer to the cast iron skillet if you did this step in a bowl.
4. Bake the potatoes, add veggies in the preheated oven for 45 minutes (toss half-way through), until potatoes are nicely browned and crisp.
5. Serve

Apple-Cinnamon Hot Cereal

8 Servings (½ cup servings)

Ingredients:

- 1 (14.5-ounce) can coconut milk
- 2 cups cooked brown rice
- 1 apple, chopped, unpeeled (about 1 1/2 cups) 1 banana, mashed (about 1 cup)
- 1 cup roughly chopped dates
- 1 1/2 teaspoons cinnamon
- Pinch nutmeg
- 1/2 cup toasted pecans or walnuts

Instructions:

1. Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan.
2. Cook over medium-low heat about 10 minutes or until heated through.
3. Stir frequently to prevent burning on the bottom of the pan.
4. Sprinkle 1 tablespoon pecans or walnuts over each serving.

Cinnamon Baked Apples

4 Servings (½ cup servings)

Ingredients:

- 2 cups thinly-sliced apples, unpeeled (about 2 apples)
- 1 cup unsweetened apple juice
- 1/8 teaspoon cinnamon

Instructions:

1. Preheat the oven to 350 degrees.
2. Place sliced apples in an 8 x 8-inch baking dish.
3. In a small bowl, whisk apple juice and cinnamon, and pour over apples.
4. Bake for 15 minutes, stir, and bake for another 15 minutes.
5. Serve warm.

Pineapple Citrus Muffins

8 Servings

Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup oat flour
- 1 cup unsweetened applesauce
- 1/2 cup diced pineapples
- 1/4 cup chopped pecans or walnuts
- 1/4 cup Date Honey
- 1/4 cup flaxseed meal
- 2 teaspoons unsweetened coconut flakes
- 2 teaspoons grated orange zest
- 1/2 teaspoon ground ginger

Instructions:

1. Preheat the oven to 350 degrees.
 2. Lightly rub 8 cups of a 12-cup muffin tin with olive oil, and set aside.
 3. Combine all ingredients in a large bowl, and stir well to combine.
 4. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin.
 5. Bake for 20 minutes, or until muffin tops are lightly browned.
 6. Serve warm.
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Banana Nut Oatmeal

1 Serving

Ingredients:

- 1/4 cup oats steel-cut
- 2 tsp almond butter(no sugar added)
- 1/2 banana
- 1 1/2 Tbsp walnuts

Instructions:

1. Prepare the steel-cut oats according to the directions on the box.
2. Stir in the almond butter while oats are still warm. I use Justin's, but you can use any brand as long as it does not contain sugar.
3. Top with walnut pieces and sliced bananas.

Carrot Banana Breakfast Bakes

Servings: 5 bakes or 10 muffins

Ingredients:

- 1 1/2 cups grated carrot (about 2 large carrots)
- 1 1/2 cups mashed banana (about 2-3 large bananas)
- 1/2 cup applesauce
- 2 tsp vanilla
- 1 cup buckwheat flour **or** wholewheat flour (if you can eat gluten)
- 1 cup oatmeal, ground*
- 2 tsp baking powder

Instructions:

1. Preheat the oven to 355°F.
2. Prepare 5 single serve ramekins, baking dishes, springform tins, a small cake/loaf tin, or 10 muffin cups.
3. Combine your carrot, banana, applesauce, and vanilla.
4. Mix your flour, oatmeal and baking powder into the wet ingredients, stirring until just combined.
5. Pour your mixture into your muffin tins, ramekins or baking dishes.
6. Depending on which way you decide to bake them, bake for 15-45 minutes or until cooked through and a skewer inserted removes clean. Single serve ramekins/baking dishes will take about 30 minutes.

Lunch

Brown Rice Stir Fry

Serves 2-4

Ingredients:

- *1/2 cup uncooked brown rice (100 g)*
- *1 cup chopped red cabbage (80 g)*
- *1/2 head of broccoli, chopped*
- *1/2 chopped red bell pepper*
- *1/2 chopped zucchini*
- *2 tbsp extra virgin olive oil*
- *4 cloves of garlic, minced*
- *1 handful fresh parsley, finely chopped*
- *1/8 tsp cayenne powder*
- *2 tbsp tamari or soy sauce*

Instructions:

1. *Cook the brown rice according to package directions.*
2. *Place some water in a wok or frying pan and bring it to a boil. Then add the veggies (they must be covered by the water) and cook for 1 to 2 minutes over high-heat. Drain the veggies and set aside.*
3. *Heat the oil in the wok and add garlic, cayenne powder and parsley. Cook over high-heat for about 1 minute, stirring occasionally.*
4. *Add the vegetables, rice and tamari. Cook for about 1 to 2 minutes more.*
5. *Add some sesame seeds for garnish (optional).*
6. *Store the brown rice stir-fry in a sealed container in the fridge for up to 5 days.*

Southwestern Black Bean Tacos

Ingredients:

- *1/3 cup of lime juice*
- *salt and pepper*
- *2 tbsp olive oil*
- *2 cups of frozen corn kernels*
- *2 cans (or about 3 1/2 cups) of black beans*
- *1 ripe avocado, chopped*
- *1/4 green bell pepper, chopped*
- *1/4 red bell pepper, chopped*
- *1 small onion, chopped fine*
- *1/4 cup finely chopped cilantro*

Instructions:

1. *Whisk the first three ingredients (for the dressing) in a small bowl; set aside.*
2. *Heat a lightly oiled frying pan over medium high. Lightly toast corn until spotty brown but not charred, about five minutes. Remove from heat.*
3. *In a large bowl, add the remaining ingredients and the toasted corn. Drizzle with the dressing and mix well. Season with additional salt and pepper if desired.*
4. *In the same skillet that you used to toast the corn, heat about three tablespoons of oil and lightly toast the Ezekiel sprouted grain tortillas, or tortillas of your choice, one at a time. You may need to add more oil to the skillet as you go.*
5. *Spoon the bean mixture over the tortillas and serve.*

Strawberry Spinach Salad

4 Servings (1 ½ cup servings)

Ingredients:

- 8 cups torn fresh spinach, loosely packed
- 2 cup chopped strawberries
- 4 teaspoons sunflower seed kernels
- 1 teaspoon sesame seeds
- 1/2 teaspoon poppy seeds

Apple-Cinnamon Salad Dressing:

- 1/4 cup extra-virgin olive oil
- 1/4 cup unsweetened apple juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon diced red onion
- 1/4 teaspoon cinnamon

Instructions:

1. For each serving, place 2 cups spinach and 1/2 cup strawberries on each salad plate.
2. Sprinkle 1 teaspoon sunflower seeds, 1/4 teaspoon sesame seeds, and 1/8 teaspoon poppy seeds on top.
3. Drizzle Apple-Cinnamon Salad Dressing over all, and serve.

Garden Vegetable Soup

6 Servings

Ingredients:

- 4 Tbsp olive oil
- 2 cups chopped leeks, white part only
- 2 Tbsp finely minced garlic
- Salt
- 2 cups carrots, peeled and chopped into rounds
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn, kernels removed
- 1/2 tsp freshly ground black pepper
- 1/4 cup packed, chopped fresh parsley leaves
- 1-2 tsp freshly squeezed lemon juice

Instructions:

1. Heat the olive oil in a large, heavy-bottomed stock pot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt.
6. Serve immediately.

Quinoa-Stuffed Avocados

Serves 1

Ingredients:

- 2 avocados, pitted
- 1 c. cooked quinoa
- 1 can black beans, drained and rinsed
- 2 scallions, sliced
- 1 red bell pepper, chopped
- 1 c. corn (fresh, frozen, or canned)
- 2 tbsp. Extra virgin olive oil
- Juice of 2 limes
- Kosher salt

Instructions:

1. Scoop out avocados, leaving a small border. Dice avocado and set aside.
2. Make quinoa salad: In a large bowl, combine quinoa, beans, scallion, peppers, and corn. Add olive oil and lime juice and toss to combine. Season with salt.
3. Divide salad among 4 avocado halves.

Vegan Loaded Sweet Potatoes

Yields 4 Potatoes

Ingredients:

- 4 medium sweet potatoes
- 1 tbsp extra virgin olive oil
- 1 clove garlic, minced
- 1 bunch kale, chopped
- Salt and pepper to taste
- 1 can black beans, drained and rinsed

Green Goddess Dressing to serve:

- 1 garlic clove
- 1 1/2 small – medium avocados
- 1/4 cup Extra Virgin Olive Oil
- 1/3 cup water
- 3/4 cup packed basil leaves
- 1/4 cup chopped parsley
- 1/4 cup chopped chives (approx 8 chives roughly chopped)
- 1/2 cup chopped scallions (white parts removed; approx 2–3 scallions)
- Juice of 1 medium lemon
- 2 tablespoons apple cider vinegar
- 1 teaspoon salt

Instructions:

1. Preheat the oven to 375 degrees. Line the baking sheet with parchment paper.
2. Using a fork, poke multiple holes into sweet potatoes. Place potatoes in the oven and bake for about 45-60 minutes, or until tender.
3. In the meantime, heat olive oil over medium-high heat in a medium saucepan. Add garlic and cook for 60 seconds, or until fragrant. Add kale and toss to coat. Add 1/4 cup water and cover for 3-5 minutes. Remove cover, toss kale, reduce heat to low, and cook for another 10-15 minutes, or until kale is desired texture, adding more water as needed. Season with salt and pepper to taste.
4. Cut sweet potatoes in half lengthwise. Top with sautéed kale, beans and Green Goddess Dressing.

Vegan Stuffed Poblano Peppers

2 Servings

Ingredients:

Rice mixture

- 2 cups of cooked brown rice
- 2 Poblano Peppers
- 1 tbsp of olive oil, and then some extra for brushing on the peppers
- 1 can of black beans (low sodium)
- 2 roma tomatoes chopped
- 1 clove of garlic minced
- 1 small onion chopped
- 2 tsps of ground tumeric seasoning

Avocado Topping

- 1 avocado, peeled and mashed
- 1 tsp of fresh lime juice
- pink Himalayan sea salt to taste

Instructions:

1. Preheat the oven to the high broil setting.
2. Cook the brown rice according to package instructions.
3. While the rice is cooking, line a baking sheet with foil.
4. Lightly brush the poblano peppers with olive oil, and place them on the baking sheet. Broil on each side for about 3 minutes each. (The skin on the pepper will start to peel and crackle. This is normal.)
5. Once the peppers are done, remove them from the oven for cooling and turn off the broil setting. Then, preheat the oven to 350 degrees.
6. Heat a large skillet to medium high heat, then add 1 TBSP of olive oil.
7. Saute the onions and garlic until fragrant and translucent.
8. Add the beans and chopped tomatoes, and saute until cooked through.
9. Season with the turmeric seasoning. (More or less to taste)
10. Once the rice mixture is cooked through, remove from the skillet from the heat.
11. Peel off the blistered skin on the peppers, and then cut out the stem from the center. Then, cut a slit down the side of each pepper. Use your hand to remove any seeds.
12. Place the peppers on a baking sheet, and then spoon the rice mixture into each pepper filling them up.
13. Bake at 350 degrees for about 25 minutes.
14. In a medium bowl, combine the mashed avocado, lime juice, and pink Himalayan sea salt. Stir until smooth and set aside.
15. Once the peppers are done, remove them from the oven and let them cool for about 5 minutes. Once cooled, top with avocado topping and serve.

White Bean & Avocado Baked Burritos

12 Servings

Ingredients:

- *1½ cups brown rice*
- *½ tsp vegetable bouillon*
- *½ cup vegetable broth for sauteing*
- *5 cloves garlic, diced*
- *1½ cups white onion, chopped (2 medium)*
- *1 tsp cumin*
- *7 cups mushrooms, chopped*
- *1 red pepper, 1 yellow pepper, 1 green pepper*
- *1-2 jalapeno peppers*
- *1 sprig fresh cilantro, chopped*
- *3 heaping cups white beans*
- *½ cup tomato sauce*
- *¼ cup nutritional yeast**
- *Sea Salt and Pepper*
- *1½ cups corn*
- *3 cups plain tomato sauce*
- *1½ tsp garlic powder*
- *1½ tbsp cane sugar*
- *2 sprigs fresh cilantro, chopped*
- *½ tsp cumin*
- *Handful fresh cilantro, chopped*
- *3 avocados, chopped*
- *12 large tortilla wraps*
- *Fresh Cilantro*
- *Green Onion*
- *Zesty Avocado Lime Dressing*

Instructions:

1. *Preheat: Oven to 350F. Lightly spray two casserole dishes with a bit of oil OR line the casserole dishes with parchment paper.*
2. *Prepare the rice while making the burrito filling. Boil and simmer the brown rice and vegetable bouillon in water 1¾ cup water (you might need to use a bit more or less water depending on the brown rice you use).*
3. *In a large pot, over medium-high heat, saute the garlic and onions with cumin in a couple splashes of vegetable broth for a couple of minutes.*
4. *Add the mushrooms and peppers. Saute for 5-7 minutes until the mushrooms and peppers are lightly cooked. Add splashes of vegetable broth when necessary so the vegetables don't stick to the pan.*
5. *Add the fresh cilantro and white beans. Saute for 2 minutes. Stir in the tomato sauce and nutritional yeast. Add sea salt and pepper to taste.*
6. *Turn off the heat and blend ⅓ of the mixture. Stir in the corn.*
7. *Stir together tomato sauce, garlic powder, cane sugar, cumin and fresh cilantro.*
8. *Lay the tortilla wrap on a plate. Stuff with ½ cup of the Burrito Filling, ¼ heaping cup of brown rice, a small handful of chopped avocado and a few pieces of cilantro.*
9. *Roll the tortillas and place them in the casserole dish seam down. Cover with the tomato sauce mixture.*
10. *Bake for 25 minutes uncovered. Garnish with Creamy Zesty Avocado Lime Dressing, fresh cilantro and green onion.*

Zucchini Pasta w/ Avocado Sauce

2 Servings

Ingredients:

- 2 large zucchini
- 2 avocado
- 1 teaspoon salt
- 1 teaspoon lemon juice
- ground pepper
- Homemade Cashew Parmesan

Instructions:

1. Wash and spiralize your zucchini using a Spiralizer (or a Julienne Peeler).
2. Put the spiralized zucchini in a large bowl, sprinkle half of the salt over the zucchini and give it a good mix. Set aside for about 20 minutes.
3. Meanwhile peel the avocado, remove the seed and put it in a blender or food processor - mix it with the rest of the salt, the lemon juice and ground pepper until it's a smooth Avocado Cream. Taste it and add more salt or lemon juice to taste.
4. After 20 minutes the zucchini should have lost quite a bit of its water - drain it and put it back in the bowl.
5. Add the Avocado Cream and give it a good mix.
6. Put the Zucchini Pasta on a plate and enjoy. Don't forget to top it with the Cashew Parmesan!

Cilantro Edamame Hummus

8 Servings

Ingredients:

- 1 (12 ounce) package frozen shelled edamame (green soybeans)
- 2 cloves garlic
- 1/2 cup tahini
- 1/2 cup water
- 1/2 cup packed cilantro leaves
- 1/4 cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 3/4 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper

Instructions:

1. Place edamame into a large pot and cover with salted water. Place over medium-low heat, bring to a simmer, and cook until tender, about 5 minutes; drain.
2. Puree garlic in the food processor until minced. Add edamame, tahini, water, cilantro, lemon juice, olive oil, kosher salt, cumin, and cayenne pepper; blend until smooth.

Dinner

Slow-Cooker Chilli

Serves 10-15

Ingredients:

- 1 tablespoon olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 package frozen chopped spinach
- 1 cup frozen corn kernels, thawed
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 6 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 (14.5 ounce) cans diced tomatoes
- 1 (15 ounce) can black beans
- 1 (15 ounce) can garbanzo beans
- 1 (15 ounce) can kidney beans
- 2 (6 ounce) cans tomato paste
- 1 (8 ounce) can tomato sauce, or more if needed
- 1 cup vegetable broth, or more if needed

Instructions:

1. Heat olive oil in a large skillet over medium heat, and cook the green, red, and yellow bell peppers, onions, and garlic until the onions start to brown, 8 to 10 minutes. Place the mixture into a slow cooker. Stir in spinach, corn, zucchini, yellow squash, chili powder, cumin, oregano, parsley, salt, black pepper, tomatoes, black beans, garbanzo beans, kidney beans, and tomato paste until thoroughly mixed. Pour the tomato sauce and vegetable broth over the ingredients.
2. Set the cooker on Low, and cook until all vegetables are tender, 4 to 5 hours. Check seasoning; if chili is too thick, add more tomato sauce and vegetable broth to desired thickness. Cook an additional 1 to 2 hours to blend the flavors.

Black Bean Quesadilla

Serves 4

Ingredients:

- 1 can great Northern beans
- 3/4 cup diced tomatoes
- 1 clove garlic
- 1/3 cup nutritional yeast
- 1 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1 pinch cayenne pepper, or to taste
- 1/2 cup black beans, drained and rinsed
- 1/4 cup diced tomatoes
- 1 tablespoon olive oil, or as needed
- 8 corn or whole grain tortillas

Instructions:

1. Blend great Northern beans, tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again.
 2. Transfer bean mixture to a bowl. Stir black beans and tomatoes into bean mixture.
 3. Heat olive oil in a skillet over medium-high heat.
 4. Place a tortilla in the hot oil. Spread about 1/4 cup filling onto the tortilla.
 5. Place another tortilla on top
 6. Flip quesadilla to cook for 3 to 5 minutes.
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Roasted Cauliflower Soup

Serves 6

Ingredients:

- 2 heads cauliflower, broken into florets
- olive oil cooking spray
- 1/4 cup olive oil
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 6 cups water
- salt and ground black pepper to taste

Instructions:

1. Place the cauliflower florets into a large bowl of lightly salted water; allow to stand for 20 minutes. Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray cooking spray evenly on the cauliflower.
2. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
3. Broil the cauliflower until browned, 20 to 30 minutes.
4. Meanwhile, heat olive oil in a large soup pot, and cook the onion until translucent, about 5 minutes; stir in the garlic and roasted cauliflower. Pour in the water, season with salt and black pepper, and simmer until all the vegetables are tender, about 30 minutes. Blend the soup in the pot with an immersion hand blender until creamy and smooth.

Sweet Potato Black Bean

Burgers

Serves 6

Ingredients:

- 1 tablespoon ground flaxseed meal+3 tablespoons water
- 1 cup cooked mashed sweet potato (from 1 large or 2 smaller sweet potatoes)
- 1/2 cup cooked quinoa
- 1 (15 ounce) can black beans, drained and rinsed
- 1/4 cup loosely packed fresh chopped cilantro
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon oregano
- 1/8 teaspoon garlic salt
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- oil (I like avocado oil for this)

Instructions:

1. Mix together your flaxseed meal and water and set it aside until it gels.
2. Place all ingredients in a bowl and mix well. Use a potato masher or the back of a large spoon to mash the beans, leaving a few intact for texture.
3. In a large skillet, heat a thin layer of oil over medium high heat.
4. Form the sweet potato mixture into 6 patties.
5. When the skillet is hot enough to sizzle, add the patties, in batches if necessary. Cook on one side until a crispy exterior is formed, about 5-7 minutes.
6. Carefully flip each patty and cook an additional 5 minutes on the second side.
7. Serve with your favorite toppings like guacamole. Enjoy!

Spicy Vegan Potato Curry

6 Servings

Ingredients:

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk

Instructions:

1. Place potatoes into a large pot and cover with salted water.
2. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes.
3. Drain and allow to steam dry for a minute or two.
4. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes
5. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more.
6. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer for 5 to 10 minutes before serving.

Wild Rice Soup

6-8 Servings

Ingredients:

- 1/2 cup cashews*
- 1 medium yellow onion
- 2 celery stalks
- 3 medium carrots
- 8 ounces baby bella mushrooms
- 6 cloves garlic
- 2 tablespoons olive oil
- 1 tablespoon dried thyme
- 1 tablespoon dried oregano
- 8 cups vegetable broth
- 1 cup wild rice (not a wild rice blend)
- 2 teaspoons kosher salt, divided
- 2 15-ounce cans white beans, drained and rinsed
- 1/2 teaspoon black pepper
- 2 teaspoons dried sage
- 1 tablespoon soy sauce or tamari

Instructions:

1. Place the cashews in a bowl and cover them with water. Leave them to soak while you make the recipe.
 2. Dice the onion. Thinly slice the celery. Cut the carrot into rounds. Slice the mushrooms. Mince the garlic.
 3. Add the olive oil to a Dutch oven. Add the onion, celery and carrot and cook, stirring occasionally for 5 min. until lightly browned. Add mushrooms and saute for 2 min. Add garlic, thyme and oregano and stir for 2 minutes.
 4. Add the broth, wild rice, 1 1/2 teaspoon kosher salt, and black pepper. Bring to a simmer. Simmer uncovered for 20 minutes. Then add the beans and continue to simmer uncovered for 30-35 min. More.
 5. Using a liquid cup measure, carefully remove 2 cups of the hot soup to a blender. Add 1 cup water. Drain cashews and add them to the blender, along with the dried sage. Blend on high for about 1 min. until creamy. Then pour the creamy mixture back into the soup.
 6. Add the soy sauce and the remaining 1/2 teaspoon kosher salt. Taste, and adjust seasonings as desired. Garnish with fresh ground pepper.
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Vegan Lasagna

12 Servings

Ingredients:

- 8 ounces baby bella mushrooms
- 1 cup roasted Southern Grove Cashews with Sea Salt, divided (roasted salted cashews)
- 1/2 teaspoon dried rosemary
- 2 tablespoons Simply Nature Organic Extra Virgin Olive Oil
- 5 ounces Simply Nature Organic Baby Spinach
- 1/4 teaspoon kosher salt
- 1 tablespoon lemon juice + 1 teaspoon lemon zest, divided (1/2 lemon)
- 1/8 teaspoon garlic powder
- 2 25-ounce jars Simply Nature Organic Tomato & Basil Pasta Sauce (or marinara sauce)
- 2 8-ounce cans Happy Harvest Tomato Sauce
- 10 to 13 ounces Reggano Oven Ready (No Boil) Lasagna Noodles* (see note!)
- 8-ounce container Simply Nature Organic Garlic Hummus
- Dried oregano, for sprinkling
- Fresh ground black pepper

Instructions:

1. Preheat the oven to 375°F.
 2. Pull out stems of mushrooms. In a food processor or with a large knife, roughly chop the mushrooms, 1/2 cup of cashews and the rosemary. Add 2 tbsp. olive oil to a skillet and bring to medium heat. Sauté mushrooms and cashews for 3 min. until soft but still hold their shape. Add the spinach and sauté until wilted, 1 to 2 mins. Remove from heat and stir the kosher salt, a few grinds of pepper, and the lemon juice. Let stand until assembling.
 3. In a food processor or blender, blend 1/2 cup cashews w/ garlic powder and lemon zest until it's ground into the texture of grated Parmesan.
 4. In a large bowl, mix together the pasta sauce and tomato sauce.
 5. In a 9 x 13" baking dish, spread tomato sauce on the bottom of the pan. Then top with 1 layer of noodles breaking noodles as necessary**. Spread with half of the hummus, half of the mushrooms and a tomato sauce layer. Repeat again: 1 layer of noodles, half of the hummus, half of the greens and tomato sauce. Finally, top with noodles, then tomato sauce again. Sprinkle the entire top with the "Parmesan" and dried oregano.
 6. Cover the pan with aluminum foil and bake for 40 minutes, then 10 minutes uncovered. Let stand for 15 minutes before serving. If you'd like, finely chop spinach leaves to use as a garnish (for looks only!). Cut into pieces and enjoy.
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Flatbread Pizza w/ Macadamia Nut Cheese

8 Servings

Ingredients:

- 2 1/2 cups whole wheat flour
- 2 tablespoon flaxseed meal
- 1 teaspoon salt
- 1 cup warm water
- 1 cup Spinach Artichoke Dip
- 1 cup Classic or Eggplant Tomato Sauce
- 1/2 cup raw macadamia nuts

Instructions:

1. Mix flour, flaxseed meal, salt, and water in a food processor until dough forms a ball.
2. Turn dough onto a floured work surface, and knead for 5 minutes.
3. Transfer to a bowl, and cover tightly with plastic wrap. Let the dough rest at least 30 minutes.
4. Preheat the oven to 450 degrees.
5. Rub a little flour on a rolling pin, and roll dough out onto a preheated pizza stone or an oiled pizza pan into a 12-inch or 14-inch circle (depending upon the thickness of crust you prefer). If dough is too sticky to roll, put some flour on your fingertips and press dough to edges.
6. With a fork, poke holes all across crust dough.
7. Bake for 10 minutes, and remove from the oven.
8. Spread Spinach Artichoke Dip across crust, and top with Classic Tomato Sauce.
9. Place 1/2 cup of macadamia nuts in a food processor until finely ground like grated Parmesan cheese. Sprinkle on top of cooked pizza.
10. Add desired toppings. Bake for 20 minutes or until the edges of the crust are brown and slightly crispy. Remove from the oven, and let sit for 5 minutes before slicing and serving.

Quinoa & Lentil Stuffed Vegan Cabbage Rolls

4 Servings

Ingredients:

- 1 head of green cabbage, see note

For the Filling

- 3/4 cup brown lentils
- 3 cups water
- 1/2 cup uncooked quinoa
- 1 cup vegetable broth
- 1 small onion, diced
- 1 tablespoon vegetable oil
- 1 tablespoon red wine vinegar
- 2 tablespoons soy sauce
- 1 teaspoon smoked paprika

For the Sauce:

- 1 (28 ounce) can tomato puree
- 1 tablespoon maple syrup, or sweetener of choice
- 1 1/2 teaspoons red wine vinegar
- salt and pepper to taste

Instructions:

1. Place about 3 inches of water into a large pot and add cabbage. Place over high heat. Bring to a boil, lower heat and cover. Allow to steam until leaves peel off easily, about 20 minutes. Remove from heat and allow to cool for a few minutes.
 2. While the cabbage steams, begin preparing the filling. Place the water into a small saucepan and add lentils. Bring the water to a boil, lower heat and allow to simmer until lentils are just fully cooked, about 35 minutes, adding water to the pot as needed. When lentils are finished cooking, drain any excess liquid.
 3. While the lentils simmer, place broth into a small saucepan and add quinoa. Place over high heat and bring to boil. Lower heat, cover and allow to simmer until all of the water is absorbed, about 20 minutes. Remove from heat and allow it to sit with the lid on the pot for 5 minutes.
 4. Coat the bottom of a large skillet with oil and place over medium heat. Add onion and cook until soft and translucent, about 5 minutes. Add 1 1/2 cups of the cooked lentils and 1 cup of the cooked quinoa, along with red wine vinegar, soy sauce, smoked paprika, salt and pepper to taste. Flip a few times just to combine the ingredients, then remove from heat.
 5. Preheat the oven to 350°.
 6. Stir all sauce ingredients together in a small bowl, then distribute about 1/2 cup of the sauce into the bottom of the 9 x 9 inch baking dish.
 7. Peel a leaf off of the cabbage head and place it onto a work surface with the stem side facing you. Trim any very thick portions of the leaf near the base. Spoon 3 to 4 tablespoons of filling onto the center of the leaf. Fold the base side over the filling, then wrap the sides inward over the filling. Roll the center away from you to wrap everything up. Place the roll, seam side down, into the baking dish. Repeat until all of the filling is used.
 8. Spoon remaining sauce over the rolls, cover and bake for 1 hour. Cool for a few minutes before serving.
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Snacks & Desserts

Peanut Butter Balls

24 Servings

Ingredients:

- *3/4 cup honey*
- *1/2 cup coconut oil*
- *1 cup natural peanut butter*
- *1 teaspoon vanilla extract*
- *3 cups oats, or more to taste*
- *1 cup raisins*
- *1/2 cup unsweetened flaked coconut*

Instructions:

1. *Combine honey and coconut oil together in a saucepan over medium heat; cook and stir until melted and boiling, 3 to 4 minutes. Remove saucepan from heat.*
2. *Mix peanut butter and vanilla extract into syrup mixture until smooth. Add oats, raisins, and coconut to peanut butter mixture and mix well. Refrigerate mixture until cool, at least 30 minutes. Form mixture into balls and freeze until set, at least 1 hour.*

Spinach Artichoke Dip

8 servings (1/4 cup servings)

Ingredients:

- *8 ounces firm tofu, drained*
- *1 cup chopped canned artichokes, drained, reserve 2 tablespoons canned juices*
- *1/2 (10-ounce) package frozen chopped spinach, thawed, squeezed dry*
- *1 teaspoon dried basil*
- *1 teaspoon salt*
- *1/8 teaspoon pepper*
- *2 teaspoons extra-virgin olive oil*
- *1/4 cup diced onion*
- *2 cloves garlic, minced*

Instructions:

1. *Preheat the oven to 375 degrees.*
2. *Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth.*
3. *Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.*
4. *Heat oil in a small skillet, and cook onions and garlic until onions are translucent.*
5. *Remove from heat, and stir into spinach artichoke mixture.*
6. *Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil.*
7. *Bake for 20 minutes, or until the edges start to brown.*
8. *Serve warm.*

Trail Mix

12 Servings

Ingredients:

- 1 cup whole raw almonds or Cinnamon-Roasted Almonds
- 1 cup cashew halves & pieces
- 1 cup walnut halves
- 1/2 cup golden raisins
- 1/2 cup raisins
- 1/4 cup raw sunflower seed kernels
- 1/4 cup raw pumpkin seeds (pepitas)

Instructions:

1. Mix ingredients together, and store in an airtight container for 2 weeks at room temperature or 1 month in the refrigerator.

Plantain Chips

4-5 Servings (1/2 cup servings)

Ingredients:

- 2 green plantains
- 2 teaspoons extra-virgin coconut oil, melted
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon

Instructions:

1. Preheat the oven to 400 degrees. Line an 11 x 17-inch baking sheet with parchment paper.
2. Trim ends of plantains. Score the plantains vertically in three places without cutting through to the fruit. Remove the peel and discard, along with the trimmed ends. Cut plantains in 1/4" slices (should make about 3 cups).
3. In a large bowl, add plantain chips, coconut oil, salt, and cinnamon. Stir well to coat. Place plantain chips on the baking sheet in rows. Cook for 15 minutes. Flip, and then bake for another 10-15 minutes. Serve immediately.

Pecan Energy Bars

14 Servings

Ingredients:

- 15 Medjool dates (9 ounces)
- 1 cup raw pecan halves
- ½ cup gluten free oats
- 1 Tbsp chia seeds
- 1 tsp. pure vanilla extract
- ½ tsp cinnamon
- ¼ tsp kosher salt

Instructions:

1. Preheat the oven to 200F.
2. Remove the pits from the dates with your fingers. Place the dates in the food processor and process or pulse until they are mainly chopped and a rough texture forms.
3. Add the remaining ingredients and process for a minute or so until a crumbly dough forms.
4. Line a baking sheet or jelly roll pan with parchment paper. Dump the dough into the center of the parchment paper and use a rolling pin to roll it into a rectangle that is 6" x 10.5". Cut the dough into 14 bars that are 1.5" x 3".
5. Bake the bars for 30 minutes.
6. Cool the bars to room temperature, then store refrigerated in a sealed container between sheets of wax paper. (If you'd like to package them for on the go snacking, cut out 4" x 6" rectangles of wax paper, wrap them around the bars, and secure them with tape.)

Peanut Butter Bars

Yields 5 Bars

Ingredients:

- 1 cup dates, pitted
- 1 cup peanuts, dry-roasted

Instructions:

1. Combine dates and peanuts in a food processor or high-powered blender. Pulse until mixture sticks together and small chunks of peanuts remain.
2. Press mixture into a 9x5 loaf pan, using a piece of wax paper or a spatula to smooth out the top.
3. Refrigerate for about an hour or until set.
4. Slice and enjoy!

Guacamole

Ingredients:

- 2 medium avocados
- 1/2 medium tomato, diced
- 1/4 cup diced red onions
- 1/2 medium jalapeno pepper, seeded & diced
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lime juice
- 1 tsp salt

Instructions:

1. Cut avocados in half. Remove seed.
2. Scoop out avocado from the peel, put in a small mixing bowl, and mash until smooth.
3. Stir in the rest of the ingredients.
4. Chill in the refrigerator for 1-2 hours.

Strawberry Oat Bars

6 Servings

Ingredients:

- 1 1/2 cups pitted dates
- 1/4 cup raw macadamia nuts
- 2 tablespoons old-fashioned rolled oats
- Pinch sea salt
- 1 cup strawberries, hulled and thinly sliced

Instructions:

1. Pulse dates, nuts, oats, and salt in a food processor until combined.
2. Press the date mixture into the bottom of a 9-by-5-inch loaf pan.
3. Mash half the strawberries and spread on top of date mixture. Top with remaining strawberries. Slice into rectangles.

Peanut Butter Oatmeal Raisin Cookies

12 Servings

Ingredients:

- *½ cup Whole Wheat Flour*
- *⅛ cup Peanut Butter*
- *½ cup Oats (Quaker Oats - Old Fashioned - dry)*
- *¼ cup Raisins*
- *½ tsp. Cinnamon, ground*
- *⅛ tsp. Ginger, ground*
- *4 oz. Applesauce, Natural (unsweetened)*

- *Raisins, 1/4 cup (not packed)*
- *Ripe Banana, 1/8 cup*
- *Water, tap, 1/4 cup*

Instructions:

1. *Food process the 1/4 c. raisins, water and banana.*
2. *Mix all ingredients together in a bowl. Roll into loose balls, smash down with fingers, forming cookie, place on cookie sheet.*
3. *Bake for 10-12 min.*

BANANA-COCONUT ICE CREAM

12 Servings (½ cup servings)

Ingredients:

- *2 (14-ounce) cans coconut milk*
- *2 bananas, peeled, sliced*
- *¼ cup Date Honey or 6-7 soaked dates, drained*

Instructions:

1. *Place ingredients in a food processor or blender. Mix until smooth.*
2. *Place in a covered glass bowl in the freezer 5-6 hours or until firm (but not solid).*
3. *If the mixture gets too hard, set it out on the kitchen counter to thaw until soft enough to serve.*

Blueberry Mango

Sorbet

4 Servings (½ cup servings)

Ingredients:

- 2 cups frozen blueberries
- 2 cups frozen mango chunks (1-inch cubes)

Instructions:

1. Mix blueberries and mango in a blender until smooth, or feed through a juicer with the blank attachment in place.

Strawberry Ice Cream

Ingredients:

- 2 cups of sliced frozen bananas
- 2 cups of sliced strawberries
- 1/2 cup unsweetened coconut cream

Instructions:

1. Place bananas in a food processor or blender. Mix 30 seconds or until bananas are crumbly. Add strawberries and mix for another 30 seconds. Scrape sides of processor or blender as needed.
2. Pour in coconut cream, and mix until creamy and smooth (about 1 minute).
3. Store in a covered glass bowl in the freezer 3-4 hours or until firm (but not solid). If the ice cream gets too hard to scoop, set it out on the kitchen counter to thaw until soft enough to serve (about 15-20 minutes).

Raw Apple Crumble

6 Servings

Ingredients:

For the crumble topping:

- 2 ounces walnuts or pecans (about ½ cup)
- 1 ounce pitted dates

For the apple filling:

- 4 medium apples, peeled or unpeeled, cored and chopped (about 4 cups)
- 1 tablespoon lemon juice

For the applesauce:

- 2 medium apples, peeled or unpeeled, cored and chopped
- 2½ ounces pitted dates (4 to 5 Medjool or 8 to 10 Deglet Noor), chopped
- ¼ cup raisins
- 2 tablespoons lemon juice
- ¼ teaspoon cinnamon
- ¼ teaspoon ground nutmeg

Instructions:

1. *To make the crumble topping, place the nuts and dates into a food processor, and process until the mixture resembles Grape Nuts cereal (don't overprocess; it should be loose). Transfer to a small bowl and set aside. (Keep the food processor handy for step 3.)*
2. *To make the apple filling, toss the chopped apples and lemon juice together in a medium bowl. Set aside.*
3. *To make the applesauce, place all of the ingredients (apples, dates, raisins, lemon juice, cinnamon, and nutmeg) into the food processor, and process to the consistency of applesauce, adding a little water as needed.*
4. *Stir the applesauce into the bowl of chopped apples and lemon juice. Serve on small dessert plates or bowls sprinkled with the crumble topping.*