

30 TOP

# Easy & Delicious Superfood Plant-Based RECIPES



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Founder of The Art of Anti-Aging  
Host of *The Age-Defying Secrets Summit*

# 30 Top Easy & Delicious Superfood Plant-Based Recipes

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# THE AGE-DEFYING SECRETS SUMMIT

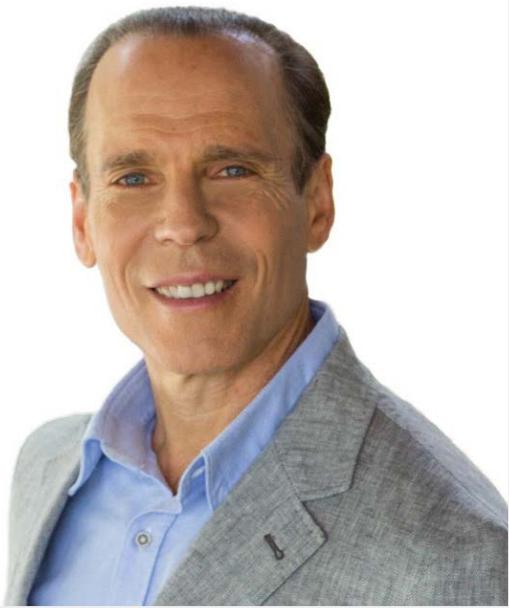
THE MOST POWERFUL HEALTHY AGING & LONGEVITY STEPS YOU AREN'T HEARING ABOUT

In *The Age-Defying Secrets Summit*, you are about to discover the proven most effective yet largely *unknown* natural steps you must take to look and feel your best, avoid and overcome disease, and live long and well.

**Each of the 21 interviews truly holds the potential to change your life, so you don't want to miss a moment of this once-in-a-lifetime online event!**

In this brand-new special report, meanwhile, you're about to discover delicious, healthy and easy vegan recipes loaded with a variety of flavors, textures, ingredients, and colors. It's never been easier to maintain a healthy and satisfying vegan diet!

**Please DO share this useful report with loved ones!**



*"What steps are you NOT hearing about that will make the most powerful difference in how long and well you live?*

*Twenty one of today's most trusted healthy aging and longevity doctors and researchers are about to reveal the life-changing answers in *The Age-Defying Secrets Summit*. My good friend and natural health veteran, Brian Vaszily, is an outstanding host, the secrets you'll learn are as essential as it gets, so be sure to listen closely to this important event!"*

**Dr. Joel Fuhrman**

World-Renowned M.D., 7-Time NY Times Bestselling Author

# How Do **YOU** Really Feel About the Following?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, where over 700,000 people in their “middle years” and “golden years” have signed up for our healthy aging insider insights. I’m also your host for *The Age-Defying Secrets Summit: The Most Powerful Healthy Aging & Longevity Steps You Aren’t Hearing About*, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for over 20 years.

And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, **the “anti” means we’re *against* all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond, with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re *against* all the toxic “solutions” and toxic thinking so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And we are **100% committed to providing you with the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community ☺



# TOTAL CLARITY on the Most Effective Steps

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents **two very big problems** that frustrate and even mislead many people.

One, so much of it is not evidence-based from sources you can trust.

Two, it causes serious confusion, because people are unclear on what steps to invest their precious time and energy in that will actually make the fastest and most powerful difference in their health and life.

That's why *The Age-Defying Secrets Summit* truly may be THE most life-changing and possibly even life-saving event you ever experience.

You see, in *The Age-Defying Secrets Summit*, I'm getting straight to the heart of the matter for you. That's because I'm gathering 21 of today's most renowned healthy aging and longevity doctors and researchers, each from different areas of expertise. And I'm challenging them each to reveal their answers to this one MISSION-CRITICAL question for you:

***"From your specific area of expertise, what are 3 to 5 things that almost no one knows about – but that everyone needs and deserves to know – because of how powerfully it can help them look and feel their best, avoid and possibly even overcome disease, and live long doing it?"***

Yes, that means you're getting TOTAL CLARITY on only the most important and effective secrets that will make the most difference in your health and life.

True, you don't yet know from which of the 21 top doctors and researchers the insights will come that lead to the biggest breakthroughs for you in particular...

However, considering these world-renowned experts are each revealing only their proven most powerful secrets, you can be certain those life-changing insights WILL come.

That is why **you truly do not want to miss a moment** of this unique summit. If you miss even a single expert, after all, you may well miss that one crucial gem that makes ALL the difference for you. Therefore...

[Head here now to sign up for the FREE online \*The Age-Defying Secrets Summit: The Most Powerful Healthy Aging & Longevity Steps You Aren't Hearing About\*](#) if you aren't signed up already and...

[Head here to get the COMPLETE recordings and written transcripts of the entire summit](#) if you don't feel you'll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.



With that noted, the summit actually starts **NOW**, with this useful new report...

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# 30 Top Easy & Delicious Plant-Based Superfood Recipes

Many research studies have established the health, longevity, and anti-aging benefits of eating a plant-based diet.

One large-scale review reported in 2012 in *Annals of Nutrition and Metabolism*<sup>1</sup> analyzed 7 studies totaling 124,706 participants. Results suggested that vegetarians had a 29% lower risk of death and an 18% lower risk of cancer than nonvegetarians.

Another major study reported in 2013 in *JAMA Internal Medicine*<sup>2</sup> looked at North American Seventh Day Adventists, who typically eat a plant-based diet rich in whole foods. Results here also demonstrated a lower mortality rate in vegetarians and vegans compared to people who ate meat. What's more, vegetarian diets were associated with reduced rates of chronic diseases, including high blood pressure, diabetes, metabolic syndrome, and others.

Much research on anti-aging has focused on the link between the aging process and the length of telomeres, which are the "caps" on the end of our chromosomes.

In his own research<sup>3</sup> renowned physician Dr. Dean Ornish found that eating a plant-based diet slows down the shortening or deterioration of telomeres by increasing the activity of a cellular enzyme called telomerase.

Keeping telomeres and their enzymes intact helps prevent cellular breakdown and slows the aging process.

A number of studies, including one published in *The Lancet*<sup>4</sup>, have shown that people with longer telomeres tend to live longer, healthier lives compared to those with short telomeres.

All these scientifically proven health benefits inspired our new cookbook, **30 Top Easy & Delicious Plant-Based Superfood Recipes**.

From vegan breakfasts, lunches, and dinner ideas (plus delicious vegan desserts), you'll enjoy a variety of meals loaded with nutritious whole foods, such as:

- Roasted Carrot & Wild Mushroom Ragout

1 <https://pubmed.ncbi.nlm.nih.gov/22677895/>

2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4191896/>

3 <https://www.ornish.com/wp-content/uploads/increased-telomerase-activity-and-comprehensive-lifestyle-changes.pdf>

4 [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(03\)12384-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(03)12384-7/fulltext)

- Pecan Pesto Spaghetti Squash with Peas & Kale
- Buffalo Cauliflower Wings with Blue Cheese Dip
- Maple-Peanut Butter Pancakes
- Chocolate-Peanut Butter Truffles

Fortunately, eating the plant-based way doesn't have to be tasteless or boring. Whether you're already following a mostly-plant-based, vegetarian, or vegan diet — or whether you'd just like to try it out and experience its health and anti-aging benefits — you'll love this cookbook full of mouthwatering, simple-to-prepare recipes.

## RECIPES

### VEGAN STAPLES

### IN THIS CHAPTER



Quick Bacon Crumbles

Basic Cashew Cheese Sauce

Pepita Parmesan

Pickled Red Cabbage & Onion Relish

Cream of Mushroom Soup

Avocado Ranch Dressing

Lemon Tahini Sauce



## QUICK BACON CRUMBLES

**MAKES 2 CUPS**

**PREP TIME:** 5 minutes

**ACTIVE TIME:** 30 minutes

- One 8-oz. Package tempeh (soy-free if necessary)
- $\frac{1}{4}$  cup liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)

- $\frac{1}{4}$  cup low-sodium vegetable broth
- 2 tablespoons olive oil
- 1 tablespoon liquid smoke
- 1 tablespoon maple syrup
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon garlic powder
- Black pepper to taste

Line a plate with paper towels. Crumble the tempeh into small pieces and set aside.

1. Combine the liquid aminos, broth, 1 tablespoon of the olive oil, the liquid smoke, maple syrup, cumin, and garlic powder in a cup. Stir until combined.
2. Heat the remaining olive oil in a large frying pan, **preferably cast iron, over medium heat. Add the tempeh crumbles and toss to coat in oil. Cook for about 1 minute**, then add the sauce. Cook, stirring every few minutes, until the liquid has been absorbed and the tempeh is tender with a crispy exterior.
3. Transfer the tempeh to the prepared plate to absorb any excess oil. Sprinkle with black pepper. Serve immediately. Leftovers will keep in an airtight container in the fridge for 4 to 5 days.



## BASIC CASHEW CHEESE SAUCE

**MAKES  $\frac{3}{4}$  CUP**

**PREP TIME:** 5 minutes

**ACTIVE TIME:** 10 minutes

- $\frac{1}{2}$  cup raw cashews, soaked in warm water for at least 1 hour and drained, water reserved
- 5 to 6 tablespoons reserved soaking water
- 2 tablespoons lemon juice
- 2 tablespoons nutritional yeast
- $\frac{1}{2}$  teaspoon white soy miso (or chickpea miso)

1. Combine the cashews,  $\frac{1}{4}$  cup of the reserved soaking water, the lemon juice, nutritional yeast, and miso in a food processor or blender and process until smooth. Add up to 2 tablespoons more water for a thinner sauce. Store in an airtight container in the refrigerator for up to 7 days. The cheese will thicken when chilled, so you may need to add more water to thin it back out.

### VARIATIONS

- ▶ Smoked Gouda Cheese Sauce: Add 1 teaspoon smoked paprika,  $\frac{1}{2}$  teaspoon garlic powder, and  $\frac{1}{2}$  teaspoon dried dill.
- ▶ Pepper Jack Cheese Sauce: Add  $\frac{1}{2}$  teaspoon onion powder,  $\frac{1}{2}$  teaspoon garlic powder, and 1 teaspoon red pepper flakes.
- ▶ Mixed Herb Cheese Sauce: Add 2 teaspoons of dried mixed herbs of your choice. I prefer  $\frac{1}{2}$  teaspoon

dried thyme,  $\frac{1}{2}$  teaspoon dried parsley,  $\frac{1}{2}$  teaspoon dried oregano, and  $\frac{1}{2}$  teaspoon dried basil, but any blend will do.

- ▶ Melty Cheese: For cheese that seems melty and browns when baked—for the main recipe or any of the variations—increase the water to  $\frac{2}{3}$  cup and add 1 tablespoon arrowroot powder or cornstarch. Transfer the cheese to a small pot and heat over medium heat, stirring constantly, 3 to 4 minutes, until it's thickened but still drips slowly off a spoon. Pour it on top of whatever you're baking and proceed with that recipe's instructions.
- ▶ Cheese Spread: Use only 3 tablespoons of water, or use the regular amount and chill the cheese sauce for at least 24 hours. The sauce will thicken into a spread.



## PEPITA PARMESAN

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**MAKES 3 CUPS**

**PREP TIME:** 5 minutes

**ACTIVE TIME:** 2 minutes

- 2½ cups pepitas (pumpkin seeds)
- ½ cup nutritional yeast
- 1½ teaspoons lemon juice

1. Combine all of the ingredients in a food processor and pulse until broken down into a coarse powder.
2. Transfer to an airtight container. Leftovers will keep in the fridge for up to 2 weeks.



## PICKLED RED CABBAGE & ONION RELISH

**MAKES 5 CUPS**

**PREP TIME:** 10 minutes

**ACTIVE TIME:** 10 minutes

**INACTIVE TIME:** 3 to 4 hours

- 2 cups apple cider vinegar, plus more if needed
- $\frac{2}{3}$  cup brown sugar (or coconut sugar)
- 1 teaspoon salt
- 3 allspice berries
- 3 cloves
- 1 medium red onion, halved and very thinly sliced
- 3 cups shredded or very thinly sliced red cabbage

1. Combine the vinegar, sugar, salt, allspice, and cloves in a small pot and bring to a boil. Once the sugar has completely dissolved, after about 1 minute, remove from the heat and set aside.
2. Pack the onion and cabbage in a large pickling jar or an airtight container. Pour the vinegar mixture over the vegetables. If the vegetables are not completely submerged, add more vinegar until they are. Seal the container and shake to fully combine. Refrigerate for 3 to 4 hours before using. Leftovers will keep in the fridge for 7 to 10 days.



## CREAM OF MUSHROOM SOUP

**MAKES 3½ CUPS**

**PREP TIME:** 8 minutes

**ACTIVE TIME:** 20 minutes

**INACTIVE TIME:** 30 minutes

- ½ large (1½- to 2 lb) head cauliflower, broken into florets
- 2 teaspoons vegan butter (soy-free if necessary)
- 8 ounces cremini mushrooms (or button mushrooms), sliced
- 2 teaspoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
- ½ cup raw cashews (if you don't have a high-speed blender, soak in warm water for at least 30 minutes and drain; discard the water)
- 1 cup unsweetened non-dairy milk (soy-free if necessary)
- 2 tablespoons nutritional yeast
- 1 tablespoon arrowroot powder (or cornstarch)
- 1 teaspoon dried thyme
- ½ teaspoon garlic powder
- ½ teaspoon salt

1. Place the cauliflower in a steamer basket over a pot of boiling water and cover. Steam the cauliflower until tender, 7 to 10 minutes.
2. Meanwhile, melt the butter in a large frying pan over medium heat. Add the mushrooms and liquid aminos and cook until tender, about 8 minutes. Remove from the heat.
3. Combine the steamed cauliflower, cashews, milk, nutritional yeast, arrowroot powder, thyme, garlic powder, and salt in a blender and blend until smooth. Add the mushrooms (and if desired, their cooking liquid) and pulse until they're in small bits incorporated throughout. You can use the soup right away in a recipe that calls for mushroom soup, or add water until you reach the desired consistency and it's ready to serve!
4. If you are not using it right away, let it cool completely before transferring to an airtight container. The soup will keep for 5 to 7 days in the fridge or 2 months in the freezer. If you freeze it, let it thaw completely before using.



## AVOCADO RANCH DRESSING

**MAKES 1½ CUPS**

**PREP TIME:** 5 minutes

**ACTIVE TIME:** 5 minutes

- 1 avocado, pitted and peeled
- 1 cup unsweetened non-dairy milk (nut-free and/or soy-free if necessary)
- 2 tablespoons lemon juice

- 1 tablespoon apple cider vinegar
- 1 teaspoon agave syrup
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon celery seed
- ¼ teaspoon dried dill

In a food processor or blender, combine all of the ingredients. Process until smooth. For a thinner dressing, you can add more non-dairy milk until it reaches your desired consistency. Refrigerate the dressing until ready to use. Leftovers will keep in an airtight container in the fridge for 1 to 2 days.

## LEMON TAHINI SAUCE

**MAKES 1 CUP**

**PREP TIME:** 5 minutes

**ACTIVE TIME:** 5 minutes

- ½ cup tahini (gluten-free if necessary)
- ¼ cup unsweetened non-dairy milk (nut-free and/or soy-free if necessary)

- 3 tablespoons lemon juice
- 2 tablespoons maple syrup
- 1 tablespoon liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
- ½ teaspoon ground ginger
- ¼ teaspoon garlic powder

Combine all of the ingredients in a cup or small bowl and stir with a fork until combined and smooth. Chill until ready to use. The sauce will thicken the longer it chills, so you may need to add water to thin it out before using it. Refrigerate in an airtight container for up to 7 days.

## RECIPES



### VEGAN BREAKFAST

#### IN THIS CHAPTER



Tofu Rancheros

Maple-Peanut Butter Pancakes

Savory Breakfast Casserole

Everyone's Favorite Oatmeal

Vanilla French Toast with Strawberry Sauce

Mushroom-Kale Skillet Hash



## TOFU RANCHEROS

SERVES 4 OR 5

PREP TIME: 10 minutes

ACTIVE TIME: 20 minutes

### Scrambled Tofu

- 1 teaspoon olive oil
- $\frac{1}{2}$  medium yellow onion, diced
- One 14-ounce block extra firm tofu
- 2 tablespoons vegetable broth, plus more if needed
- 1 teaspoon black salt (kala namak; or regular salt)
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon paprika
- $\frac{1}{4}$  teaspoon ground turmeric
- 3 tablespoons nutritional yeast, optional
- 1 tablespoon lemon juice
- Black pepper to taste

### Rancheros

- 8 to 10 corn tortillas (2 per person)  $\frac{1}{2}$  cup
- Refried Beans
- Salsa
- Chopped fresh cilantro
- Sliced avocado, optional
- Shredded cabbage or lettuce, optional
- Sliced radishes, optional
- Chopped green onions, optional
- Lime wedges

1. To make the scrambled tofu: Heat the olive oil in a large skillet over medium heat. Add the onion and sauté for 3-4 minutes. Crumble the tofu into the pan. Cook, stirring gently, until the tofu is no longer releasing any water and is starting to brown on the edges, about 10 minutes. Meanwhile, combine broth, black salt, cumin, paprika, and turmeric in a small cup.
2. Once the tofu has stopped releasing water, add the broth mixture. Cook for about 5 minutes more, until the liquid is absorbed. If it begins to stick, add another tablespoon of broth to deglaze the pan and reduce the heat. Add the nutritional yeast (if using) and lemon juice and cook for about 1 minute more. Remove from the heat and cover the pan to keep warm.
3. To make the rancheros: Heat a small pan over medium heat. Place a tortilla in the pan and cook for about 1 minute, flip it, and cook for about 30 seconds more. Transfer to a plate and cover with a cloth. Repeat with the remaining tortillas.
4. Spread some refried beans over each tortilla. Top with tofu scramble, a little salsa, and cilantro. If desired, you can also top with avocado slices, shredded cabbage, radish slices, and/or green onions. Serve immediately with a lime wedge. Any leftover scramble can be kept in an airtight container in the fridge for 3 to 4 days.



## MAPLE-PEANUT BUTTER PANCAKES

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**MAKES 8 PANCAKES**

**PREP TIME:** 10 minutes

**ACTIVE TIME:** 25 minutes

- $\frac{3}{4}$  cup oat flour (certified gluten-free)
- $\frac{3}{4}$  cup gluten-free flour blend (soy-free if necessary)
- 1 tablespoon cornstarch
- 1 tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt
- $1\frac{1}{4}$  cups non-dairy milk (nut-free and/or soy-free if necessary)
- $1\frac{1}{2}$  cup maple syrup, plus more for serving
- $\frac{1}{4}$  cup unsalted, unsweetened peanut butter (or nut or seed butter of your choice)
- 1 tablespoon apple cider vinegar
- 1 teaspoon vanilla extract
- Vegan cooking spray (soy-free if necessary)
- Vegan butter (soy-free if necessary), optional

1. If you're not serving the pancakes immediately, see Tip below. In a large bowl, whisk together the oat flour, gluten-free flour, cornstarch, baking powder, and salt. In a medium bowl, whisk together the milk, maple syrup, peanut butter, vinegar, and vanilla. Add the wet ingredients to the dry and stir until combined.

2. Heat a large frying pan or griddle over medium heat for a couple of minutes. Lightly spray with cooking spray. Using a  $\frac{1}{3}$ -cup measuring cup, scoop the batter onto the pan and cook until the top begins to bubble and the edges begin to lift. Use a spatula to flip the pancake. Cook for another minute or two. Gently lift the edge of the pancake to make sure it's golden brown, then transfer the pancake to a plate (or the oven, as in Tip below). Repeat with the remaining batter, taking care to re-grease the pan between pancakes.
3. Serve the pancakes topped with a bit of butter (if desired) and a drizzle of maple syrup. Keep leftovers in an airtight container in the fridge for 1 to 2 days.

## VARIATIONS

- ▶ These can also be made by replacing the oat flour, gluten-free flour, and cornstarch with  $1\frac{1}{2}$  cups unbleached all-purpose flour. If the batter is too thick, you may need to add a few tablespoons of nondairy milk to thin it out.
- ▶ You can also use this batter to make waffles by cooking it in a waffle maker according to the machine instructions.

## TIP

- ▶ If you're not planning to serve the pancakes right away, preheat the oven to its lowest setting before you start preparing your batter. Place a cooling rack on a baking sheet. Once a pancake is done, transfer it to the cooling rack and place the sheet in the oven. Continue transferring all pancakes to the rack (avoiding overlapping if possible) and keep them there for up to 20 minutes.



## SAVORY BREAKFAST CASSEROLE

**SERVES 10 TO 12**

**PREP TIME:** 10 minutes **10 minutes** (not including time to make Quick Bacon Crumbles)

**ACTIVE TIME:** 20 minutes

**INACTIVE TIME:** 40 to 45 minutes

- Olive oil spray
- One 14-ounce block extra firm tofu
- 3 cups unsweetened non-dairy milk (nut-free if necessary)
- 2½ cups chickpea flour
- 2 tablespoons lemon juice
- 2 tablespoons nutritional yeast
- 1½ teaspoons black salt (kala namak; or regular salt)
- 1½ teaspoons garlic powder
- 1 teaspoon mustard powder
- ¾ teaspoon ground turmeric
- Black pepper to taste
- 1 teaspoon olive oil
- ½ medium yellow onion, diced
- 1 red bell pepper, diced
- One 16-ounce bag frozen hash browns
- [Quick Bacon Crumbles](#) (recipe in Vegan Staples Section)
- 4 green onions, chopped (green and white parts)

1. Preheat the oven to 400°F. Lightly spray a 9 × 13-inch baking dish with olive oil.
2. Gently squeeze the tofu over the sink, releasing any extra water. Add the tofu, milk, chickpea flour, lemon juice, nutritional yeast, salt, garlic powder, mustard powder, turmeric, and pepper to a blender and blend until smooth. Pour into your largest bowl.
3. Heat the olive oil in a large frying pan over medium heat. Add the onion and bell pepper and sauté until just barely tender. Pour them into the bowl and return the pan to the stove. Add the hash browns to the pan and cook for about 5 minutes, stirring occasionally, until thawed and golden in color. Remove from the heat and pour into the bowl.
4. Add the bacon crumbles to the bowl and stir until combined. Pour into the prepared baking dish and sprinkle the green onions over the top. Bake for 35 minutes, or until firm and a toothpick inserted in the center comes out clean. Remove from the oven and let rest for 5 to 10 minutes before serving. Leftovers will keep in an airtight container in the fridge for 4 to 5 days. Serve the pancakes topped with a bit of butter (if desired) and a drizzle of maple syrup. Keep leftovers in an airtight container in the fridge for 1 to 2 days.



## EVERYONE'S FAVORITE OATMEAL

**SERVES 1**

**PREP TIME:** 2 minutes

**ACTIVE TIME:** 8 minutes

- 1½ cups water
- 1 cup rolled oats (certified gluten-free if necessary; see Tip)
- ¼ cup non-dairy milk (nut-free and/or soy-free if necessary)
- 1 to 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- Salt to taste

1. Combine the water and oats in a small saucepan or pot and bring to a boil. Reduce to a simmer and cook, untouched, for 3 to 4 minutes, until slightly thick and sticky.
2. Add the milk, maple syrup, cinnamon, and salt and cook for 1 to 2 minutes more, until it's heated through and has reached your desired thickness. Remove from the heat and transfer to a serving bowl. Serve immediately with your choice of toppings.

### VARIATIONS

- ▶ **Simple Fruit and Nut Oatmeal:** Once cooked, top oatmeal with ½ cup fresh fruit (sliced banana, chopped strawberries, sliced nectarine or peach, blueberries, raspberries, blackberries) and/or 2 tablespoons chopped dried fruit (peaches, apricots, apple, cherries, raisins) and/or 1 tablespoon chopped nuts (almonds, pecans, walnuts, cashews, peanuts, macadamia nuts). If desired, drizzle with a little more maple syrup.

- ▶ Cinnamon Raisin Oatmeal: Increase the amount of cinnamon to 1½ teaspoons and add 1 tablespoon blackstrap molasses and ¼ cup raisins to the oatmeal when you add the milk. Top with an additional 1 tablespoon raisins, a drizzle of maple syrup, and/or 1 tablespoon chopped nuts.
- ▶ Peanut Butter and Banana Oatmeal: When adding the milk, add ½ cup sliced bananas and 1 tablespoon peanut butter. Top with a few more banana slices, 1 tablespoon chopped peanuts, and drizzles of peanut butter and maple syrup. You could also add a couple of tablespoons of chocolate chips to take it over the top.
- ▶ Double Chocolate Oatmeal: Stir in 2 tablespoons cocoa powder when you add the milk. After removing from the heat, stir in 1 to 2 tablespoons of chocolate. Top with chopped nuts and/or cacao nibs.
- ▶ Fruit Pie Oatmeal: Add ½ cup chopped fruit of your choice (apple, pear, strawberries, bananas, blueberries, blackberries, cherries, peach, pear, persimmon) to the pot when adding the oats. Top with ¼ cup of the same fruit and/or 1 tablespoon chopped nuts.



## VANILLA FRENCH TOAST WITH STRAWBERRY SAUCE

SERVES 4

PREP TIME: 15 minutes

ACTIVE TIME: 35 minutes

### French Toast

- 1 vanilla bean
- 1 cup plain or vanilla nondairy milk (nut-free and/or soy-free if necessary)
- $\frac{1}{2}$  cup canned coconut milk (or vegan creamer)
- $\frac{1}{2}$  cup chickpea flour
- 2 tablespoons maple syrup
- $1\frac{1}{2}$  tablespoons arrowroot powder
- 1 teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon salt
- Vegan cooking spray (soy-free if necessary)
- 8 vegan bread slices (the thicker the better; gluten-free if necessary)
- Vegan Vanilla Whipped Cream, optional
- Powdered sugar (or xylitol) for dusting, optional
- Sliced almonds, optional

### Strawberry Sauce

- 4 cups chopped strawberries (fresh, frozen or dried)
- 1 tablespoon cornstarch
- 1 to 2 tablespoons agave syrup (or maple syrup; depending on sweetness preference)
- 1 tablespoon lemon juice
- 1 tablespoon water

1. Use a paring knife to make a slit lengthwise down the side of the vanilla bean. You don't want to cut it in half—just split it open. Use the knife to scrape out the tiny seeds. Place the seeds in a large shallow bowl or baking dish.
2. Add the non-dairy milk, coconut milk, flour, maple syrup, arrow-root, vanilla extract, and salt. Stir until combined.
3. Preheat the oven to its lowest setting. Place a cooling rack on a baking sheet. Set aside.
4. Heat a large frying pan or griddle over medium heat for a couple of minutes. Spray the pan generously with cooking spray. Dip 1 or 2 slices of bread (depending on how many will fit in your pan) in the milk mixture and soak for 10 to 15 seconds on each side. Place the slices in the pan and cook until golden and crispy, 3 to 4 minutes on each side. Transfer to the cooling rack and place the baking sheet in the oven to keep warm until ready to serve. Repeat with the remaining slices of bread, respraying the pan each time before adding new slices.
5. **To make the strawberry sauce:** Combine the sauce ingredients in a small pot and bring to a boil. Reduce the heat and simmer, stirring frequently, for 3 to 5 minutes, until thickened. Remove from the heat and keep warm.
6. If you want, slice the pieces of toast in half diagonally before serving. To serve, place two slices of bread (or four halves) on a plate, a scoop of strawberry sauce, and if you desire, a light dusting of powdered sugar. Sprinkle with a few sliced almonds and serve.



## MUSHROOM-KALE SKILLET HASH

SERVES 4

PREP TIME: 10 minutes

ACTIVE TIME: 20 minutes

- 2 teaspoons olive oil
- $\frac{1}{2}$  medium red onion, diced
- 2 garlic cloves, minced
- 3 or 4 red potatoes (about 18 ounces, chopped into  $\frac{1}{2}$ -inch cubes)
- 8 ounces cremini mushrooms, sliced
- $1\frac{1}{2}$  teaspoons Old Bay Seasoning
- Low-sodium vegetable broth, optional
- 1 bunch (12 to 16 ounces dino kale (aka lacinato or black kale), stems removed, chopped
- Salt and black pepper to taste

1. Heat the olive oil in a large frying pan, preferably cast iron, over medium heat for a minute. Add the onions and sauté just until translucent.
2. Add the garlic, potatoes, mushrooms, and Old Bay and cook, stirring occasionally, until the mushrooms and potatoes are tender and the potatoes are golden, 15 to 20 minutes. If sticking occurs, add a splash of vegetable broth and lower the heat.
3. Once the veggies are tender, add the kale and cook until wilted. Add salt and pepper and remove from the heat. Serve immediately. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

## RECIPES



### VEGAN LUNCH

#### IN THIS CHAPTER



Pecan Pesto Spaghetti Squash with Peas & Kale

Buddha Bowl

Beet Hummus Collard Wraps

Green Quinoa Salad

Fillet o' Chickpea Sandwich with Tartar Sauce Slaw

Buffalo Cauliflower Wings with Blue Cheese Dip



## PECAN PESTO SPAGHETTI SQUASH WITH PEAS & KALE

SERVES 4 TO 6

**PREP TIME:** 15 minutes (not including time to make Pepita Parmesan)

**ACTIVE TIME:** 20 minutes

**INACTIVE TIME:** 35 minutes

- 1 medium (2-pound) spaghetti squash, halved lengthwise, seeds removed
- Olive oil spray
- Salt and black pepper to taste
- 1 teaspoon olive oil
- 1 shallot, chopped
- 1 bunch (12 to 16 ounces) kale, stems removed, chopped
- 1½ cups green peas (fresh or thawed frozen)
- Pepita Parmesan (recipe in Vegan Staples Section), optional

### Pecan Pesto

- ½ cup pecan pieces
- 2 garlic cloves
- 2 cups loosely packed chopped greens of your choice (spinach, kale, or chard)
- 1 cup loosely packed chopped fresh basil
- 3 tablespoons low-sodium vegetable broth (or water)
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and black pepper to taste

1. Preheat the oven to 400°F . Line a baking sheet with parchment paper or a silicone baking mat. Place the two halves of the squash on the baking sheet, cut side up. Lightly spray the top with olive oil and sprinkle with salt and pepper. Bake for 35 to 45 minutes, until the flesh is easily pulled apart with a fork. Remove from the oven and set aside to cool.
2. While the squash is roasting, make the pesto : Combine all the ingredients in a food processor and process until mostly smooth (teeny chunks or pieces are okay), pausing to scrape the sides as needed. Set aside until ready to use.
3. Once the squash is cool enough to touch, use a fork to tear the flesh into spaghetti-like strands.
4. Heat the olive oil in a large shallow saucepan over medium heat. Add the shallot and cook until just translucent. Add the kale, peas, and squash strands and cook, stirring occasionally, until the kale begins to wilt. Stir in the pesto sauce. Taste and add salt and pepper if necessary. Serve immediately, topped with Pepita Parmesan, if desired. Keep leftovers in an airtight container in the fridge for up to 2 days.

## VARIATIONS

- ▶ In the mood for pasta? Replace the spaghetti squash with cooked pasta of your choice. Rice would be another good option. In either case, pick up the recipe at step 2, making the pesto.
- ▶ To make this oil-free, you can replace all the olive oil with low-sodium vegetable broth or water.



## BUDDHA BOWL

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**SERVES 4**

**PREP TIME:** 10 minutes (not including time to make [Pickled Red Cabbage & Onion Relish](#) and [Lemon Tahini Sauce](#) or [Avocado Ranch Dressing](#))

**ACTIVE TIME:** 40 minutes

- 2 medium sweet potatoes or yams, peeled and chopped into 1-inch cubes
- Olive oil spray
- 2 pinches of smoked paprika
- Salt and black pepper to taste
- 3 cups water
- 1½ cups roasted buckwheat groats (kasha)
- 2 to 3 cups chopped spinach
- 1½ cups cooked, warm kidney beans (or one 15-ounce can, rinsed and drained; or use another bean of your choice)
- 1 cucumber, sliced
- 1 avocado, pitted, peeled, and sliced
- [Pickled Red Cabbage & Onion Relish](#) (recipe in Vegan Staples Section)
- [Lemon Tahini Sauce](#) (recipe in Vegan Staples Section) or [Avocado Ranch Dressing](#) (recipe in Vegan Staples Section)
- ½ cup toasted pepitas (pumpkin seeds)

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone baking mat. Spread out the sweet potato cubes on the pan and spray with olive oil. Add the paprika, salt, and pepper and toss to coat. Bake for 30 minutes, or until tender and browned, tossing once halfway through to ensure even cooking. Set aside to cool.
2. While the sweet potatoes are cooking, cook the buckwheat groats: Bring the water to a boil in a medium pot. Add the buckwheat groats and return to a boil. Reduce the heat, cover, and simmer until most of the water has been absorbed, 11 to 12 minutes. Remove from the heat and add salt.
3. To serve, fill each bowl with spinach, buckwheat groats, beans, sweet potato, cucumber, avocado, and cabbage relish. Drizzle with dressing and top with toasted pepitas.

#### VARIATION

- ▶ You can switch out the buckwheat groats with 3 cups of cooked grain of your choice, such as rice, quinoa, millet, amaranth, or even farro (though that won't be gluten-free).



## BEET HUMMUS COLLARD WRAPS

**SERVES 4 TO 6**

**PREP TIME:** 10 minutes

**ACTIVE TIME:** 20 minutes

**INACTIVE TIME:** 20 minutes

### Beet Hummus

- 1 large beet, peeled and chopped
- 1½ cups cooked chickpeas (or one 15-ounce can, rinsed and drained)
- 2 tablespoons tahini (gluten-free if necessary)
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 garlic clove, peeled
- Pinch of smoked paprika
- Salt and black pepper to taste

### Wraps

- 6 large collard leaves, cleaned, dried, stems removed
- 2 carrots, peeled and julienned
- 1 yellow bell pepper, sliced
- 1 avocado, pitted, peeled, and sliced
- Bean sprouts (or other sprouts)

1. Place the beet in a small pot and cover with water. Bring to a boil, then reduce to a simmer and cover. Cook until the beet is tender enough to be easily pierced by a fork, 8 to 10 minutes. Remove from the heat.
2. Use a slotted spoon to transfer the beet to a food processor (reserving the cooking water) and add the chickpeas, tahini, olive oil, lemon juice, garlic, and paprika. Process until smooth, pausing to scrape the sides as necessary. If it's too thick, add beet water by the tablespoon until it reaches your desired consistency. Taste and add salt and pepper as needed. Chill for 30 minutes or until ready to use.
3. Lay a collard leaf flat, bottom up, and carefully run a knife down the spine of the stem, shaving off the bulk of the thick stem. Spread some beet hummus on the leaf, leaving about an inch around the perimeter. On one half of the leaf, parallel to the spine, lay out a small bit of carrots, bell pepper, and avocado slices, then top with a small pile of sprouts. Starting with that edge (the one nearest the fillings), roll the collard leaf over the filling and continue to roll, tucking in the filling as needed, until the leaf is completely rolled up. Slice in half and place on a plate, seam side down. Repeat with the remaining leaves. Serve immediately. Leftover hummus will keep in an airtight container in the fridge for 4 to 5 days.



## GREEN QUINOA SALAD

**SERVES 6**

**PREP TIME:** 25 minutes (not including time to cook Quinoa)

**ACTIVE TIME:** 20 minutes

- 1 pound brussels sprouts
- $\frac{1}{2}$  cup diced yellow onion
- 1 garlic clove, minced
- 1 tablespoon water, plus more if necessary

- $1\frac{1}{2}$  cups diced zucchini
- $1\frac{1}{2}$  cups shelled edamame
- $\frac{1}{4}$  cup lemon juice
- 1 tablespoon grated lemon zest
- 1 tablespoon maple syrup
- 3 cups cooked quinoa
- 3 cups chopped chard leaves
- $\frac{1}{2}$  cup chopped fresh basil
- $\frac{1}{2}$  cup chopped pistachios
- Salt and black pepper to taste

1. Slice a brussels sprout in half lengthwise through the stem. Turn each half cut side down and thinly slice into shreds. Repeat with all of the brussels sprouts. Set aside.
2. Heat a large shallow saucepan over medium heat. Add the onion, garlic, and water and cook until the onion is just becoming translucent. Add more water as needed to prevent sticking.
3. Add the brussels sprouts, zucchini, and edamame. Cook for about 3 minutes, until the brussels sprouts are just beginning to wilt. Remove from the heat and stir in the lemon juice, lemon zest, and maple syrup.
4. Stir in the quinoa, chard, basil, and pistachios. Taste and add salt and pepper if needed. Serve immediately or chill until ready to serve. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.



## FILLET O' CHICKPEA SANDWICH WITH TARTAR SAUCE SLAW

**MAKES 6 SANDWICHES**

**PREP TIME:** 10 minutes (not including time to cook brown rice and make Basic Cashew Cheese Sauce)

**ACTIVE TIME:** 50 minutes

**INACTIVE TIME:** 2 hours

### Chickpea Fillets

- 1½ cups cooked chickpeas (or one 15-ounce can, rinsed and drained)
- 1 tablespoon liquid aminos (use coconut aminos to be soy-free)
- One 14- to 15-ounce can artichoke hearts rinsed and drained
- 1 cup cooked brown rice
- ¼ cup + 1 tablespoon chickpea flour, plus more if needed
- 1 tablespoon Old Bay Seasoning
- ½ to 1 teaspoon kelp granules
- ½ teaspoon dried dill
- Salt and black pepper to taste
- 1½ cups vegan bread crumbs (gluten-free if necessary)
- Vegetable oil for pan-frying

### Slaw

- 3 cups shredded cabbage
- 1 cup grated carrot

### Tartar Sauce

- ½ cup raw cashews, soaked in warm water for 1 hour and drained, water reserved
- ¼ cup reserved soaking water
- ¼ cup vegan mayonnaise (soy-free if necessary)
- ¼ cup lemon juice
- 1 tablespoon caper brine
- 1 teaspoon dried dill
- ½ cup chopped pistachios
- Salt and black pepper to taste

### Sandwiches

- Basic Cashew Cheese Sauce (recipe in Vegan Staples section)
- 6 vegan sandwich rolls or burger buns (gluten-free if necessary), split horizontally
- Sliced avocado

- 1. To make the tartar sauce :** Combine the tartar sauce ingredients in a food processor or blender and process until smooth.
- 2. To make the slaw :** Combine the shredded cabbage and carrots in a large bowl and add  $\frac{1}{2}$  cup of the tartar sauce. Mix until fully combined and chill for at least 1 hour. Transfer the remaining tartar sauce to a small bowl and refrigerate until needed.
- 3. To make the chickpea fillets :** Heat a large frying pan, preferably cast iron, over medium heat. Add the chickpeas and cook for a couple of minutes. Add the liquid aminos and cook for 5 to 7 minutes, stirring occasionally, until the liquid has been absorbed. Remove from the heat. Use a fork or pastry cutter to gently mash the chickpeas. You only have to mash them a bit; you still want them a little chunky.
4. Place the artichoke hearts in a food processor and pulse 5 to 7 times, until the artichokes are broken down into little pieces but not mushy.
5. Combine the chickpeas, artichokes, rice, and chickpea flour in a large bowl. Use your hands to mash the mixture until it's fully combined and will hold together when you squeeze it. If it doesn't hold together, add more chickpea flour by the tablespoon until it holds. Add the Old Bay, kelp granules to taste, the dill, salt, and pepper and mix until combined.
6. Line a baking sheet with parchment paper or a silicone baking mat. Line a plate with paper towels to drain the cooked fillets.
7. Pour the bread crumbs into a shallow bowl. Divide the chickpea mixture into six equal portions. One at a time, shape each into the fillet shape of your choice (round, square, rectangle), place in the bread crumbs, and gently flip until all sides are covered. Gently shake off the excess crumbs and place on the prepared baking sheet.
8. Heat a large frying pan over medium heat. Add oil until the bottom of the pan is thinly coated. Once the oil begins to shimmer, add 2 or 3 fillets. Cook for 2 to 3 minutes on each side, until both sides are golden. Transfer the fillets to the paper-towel-lined plate to drain the excess oil. Cover with a clean kitchen cloth to keep warm while you repeat with the remaining filets (adding more oil to the pan if necessary).
- 9. To assemble each sandwich :** Spread cheese on the bottom half of a roll and spread tartar sauce on the top half. Place a fillet on top of the cheese sauce, then add some avocado slices, a pile of slaw, and cover with the top half of the roll. Serve immediately. If you plan to eat the sandwich later, store it in an airtight container and refrigerate it for up to 5 hours. Leftover fillets will keep in an airtight container in the fridge for 3 to 4 days.



## BUFFALO CAULIFLOWER WINGS WITH BLUE CHEESE DIP

**SERVES 4, WITH EXTRA DIP**

**PREP TIME: 10 minutes**

**ACTIVE TIME: 20 minutes**

**INACTIVE TIME: 15 minutes**

- Olive Oil spray

### Buffalo Cauliflower

- 1 cup unsweetened non-dairy milk (nut-free if necessary)
- 1 cup chickpea flour
- 2 tablespoons cornmeal (gluten-free if necessary)
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon smoked paprika
- 1 large or 2 small heads cauliflower (2 lb), broken into florets
- 1 cup hot sauce
- 2 tablespoons apple cider vinegar
- 1 tablespoon no-salt-added tomato paste
- 1 tablespoon maple syrup

### Blue Cheese Dip

- $\frac{1}{2}$  cup plain coconut yogurt (or soy yogurt; unsweetened)
- $\frac{1}{2}$  cup vegan mayonnaise
- 2 tablespoons white wine vinegar
- $\frac{1}{2}$  teaspoon vegan Worcestershire sauce (gluten-free if necessary)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon onion powder
- $\frac{1}{4}$  teaspoon dried marjoram
- $\frac{1}{4}$  teaspoon dried oregano
- Half a 14-ounce block extra firm tofu, drained and crumbled
- Black pepper to taste

1. Preheat the oven to 450°F . Lightly spray a 9 × 13-inch baking dish with olive oil.
2. To make the cauliflower : Mix the milk, chickpea flour, cornmeal, garlic powder, and paprika in a large bowl. Dredge one cauliflower floret at a time in the mixture and place in the prepared baking dish. Bake for 20 minutes.
3. While the cauliflower is baking, mix together the hot sauce, apple cider vinegar, tomato paste, and maple syrup in a cup or small bowl.
4. Remove the cauliflower from the oven and use a spatula to loosen any florets sticking to the baking dish. Pour the hot sauce mixture over the cauliflower, toss to coat, and bake for 7 to 8 minutes more, until the hot sauce has thickened and caramelized.
5. While the cauliflower is baking the second time, make the dip : Mix the yogurt, mayonnaise, white wine vinegar, Worcestershire sauce, salt, garlic powder, onion powder, marjoram, and oregano in a medium bowl. Once combined, fold in the tofu. Taste and add pepper as needed.
6. Serve the cauliflower immediately with the dip. Leftovers will keep in airtight containers in the fridge for 2 to 3 days.

## RECIPES



### VEGAN DINNER

#### IN THIS CHAPTER



Roasted Carrot & Wild Mushroom Ragout

Sweet Potato Shepherd's Pie

Lasagna Soup

Cauliflower Parmigiana

Herbed Tofu Burgers

Green Bean Casserole with Crispy Onion Topping



## ROASTED CARROT & WILD MUSHROOM RAGOUT

SERVES 4

**PREP TIME:** 30 minutes (not including time to make Polenta)

**ACTIVE TIME:** 40 minutes

- 8 large carrots, peeled and chopped into 1-inch pieces
- Olive oil spray
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- Salt and black pepper to taste
- 3 cups water
- 2 ounces dried mushrooms (porcini or a mixed variety)
- 2 tablespoons vegan butter (soy-free if necessary)
- $\frac{1}{2}$  red onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 8 ounces button mushrooms (or cremini mushrooms), halved
- 8 ounces wild mushrooms (shiitake, chanterelle, oyster, morel, lobster, etc.; see Tip), sliced
- 2 tablespoons oat flour (certified gluten-free if necessary)
- $\frac{1}{2}$  cup vegan red wine
- 3 tablespoons lemon juice
- Cooked polenta or other grain or pasta
- Chopped fresh parsley, optional

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or a silicone baking mat. Spread the carrots on the sheet and lightly spray with olive oil. Sprinkle with the dried thyme, dried parsley, and salt and pepper. Toss to coat. Roast for 25 minutes, or until caramelized and tender. Set aside until ready to use.
2. Once the carrots are in the oven, bring the water to a boil in a medium pot, then remove from the heat. Add the dried mushrooms and set aside.
3. Melt the butter in a large shallow saucepan over medium heat. Add the onion and sauté until translucent. Add the garlic, rosemary, and fresh thyme and cook until fragrant, about 2 minutes. Add the button and wild mushrooms. Use a slotted spoon to scoop the rehydrated mushrooms from the water into the pan (do not discard the water). Cook for 8 to 10 minutes, stirring occasionally, until the mushrooms are tender but still hold their shape.
4. Add the oat flour and cook, stirring constantly, until the flour is fully incorporated. Add the wine and cook, stirring frequently, until the liquid has reduced. Add  $\frac{1}{2}$  cup of the reserved mushroom soaking water, bring to a boil, then reduce to a simmer. Cook for about 5 minutes, until most of the liquid has been absorbed.
5. Add the carrots, lemon juice, salt, and pepper and remove from the heat. Serve over creamy polenta, garnished with fresh parsley, if desired. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.



## SWEET POTATO SHEPHERD'S PIE

SERVES 6

**PREP TIME:** 15 minutes (not including time to make Pepita Parmesan)

**ACTIVE TIME:** 35 minutes

**INACTIVE TIME:** 15 minutes

- Olive Oil spray

### Topping

- 2 pounds sweet potatoes or yams, peeled and chopped
- 2 tablespoons unsweetened non-dairy milk (nut-free and/or soy-free if necessary)
- 2 tablespoons olive oil
- 1 tablespoon nutritional yeast, optional
- $\frac{1}{2}$  teaspoon garlic powder
- Salt and black pepper to taste
- Pepita Parmesan (recipe in Vegan Staples section)
- Chopped fresh rosemary

### Filling

- 1 teaspoon olive oil
- 1 red onion, diced
- 2 garlic cloves, minced
- 2 large carrots, peeled and chopped
- 3 celery stalks, chopped
- 3 cups cooked great Northern beans (or two 15-ounce cans), rinsed and drained
- 8 ounces cremini mushrooms (or button mushrooms), sliced
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- $\frac{1}{2}$  cup low-sodium vegetable broth
- 2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
- 2 tablespoons no-salt-added tomato paste
- $\frac{1}{4}$  cup chopped sun-dried tomatoes (rehydrated in water and drained, if necessary)
- $\frac{1}{4}$  cup chopped pitted green olives
- 1 tablespoon lemon juice
- Salt and black pepper to taste

1. Preheat the oven to 400°F . Lightly spray an 8-inch square or 10-inch round baking dish with olive oil. Alternatively, if you have a shallow Dutch oven or large cast-iron skillet, you can use that to cook the filling, then bake the casserole.
2. To make the topping : Place the sweet potatoes in a medium pot and cover with water. Bring to a boil and cook for 8 to 10 minutes, until easily pierced with a fork. Remove from the heat and drain. Add the milk, olive oil, nutritional yeast (if using), and garlic powder and mash until smooth. Alternatively, you can use a hand mixer or food processor. Once smooth, add salt and pepper.
3. While the sweet potatoes are boiling, make the filling : Heat the olive oil in a large, shallow saucepan that can go into the oven (or a Dutch oven or cast-iron skillet) over medium heat. Add the onion and garlic and sauté for 2 to 3 minutes, until the onion just becomes translucent. Add the carrots and celery and cook for another 3 minutes. Add the beans, mushrooms, rosemary, and thyme. Cook for about 5 minutes, stirring occasionally.
4. Combine the broth, liquid aminos, and tomato paste in a cup or small bowl and stir until combined. Add to the vegetables with the sun-dried tomatoes and olives and cook for about 5 minutes more. Remove from the heat and add the lemon juice, salt, and pepper.
5. Pour the filling into the prepared pan (or leave it in the Dutch oven). Spread the mashed sweet potato over the top. Sprinkle with the Pepita Parmesan and rosemary. Bake for about 15 minutes, until the top is crispy and golden. Serve immediately. Leftovers will keep in an airtight container in the fridge for up to 4 days.



## LASAGNA SOUP

**SERVES 6**

**PREP TIME:** 20 minutes

**ACTIVE TIME:** 35 minutes

- 1 teaspoon olive oil
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 1½ cups cooked chickpeas (or one 15-ounce can, rinsed and drained)
- 8 ounces cremini mushrooms (or button mushrooms), sliced
- 1 medium zucchini, sliced
- 1 medium yellow squash, sliced
- 1 tablespoon dried basil
- 2 teaspoons dried oregano
- 1 teaspoon dried parsley
- Pinch of cayenne pepper
- One 15-ounce can no-salt-added tomato sauce
- One 15-ounce can no-salt-added crushed tomatoes
- 1 quart low-sodium vegetable broth
- 12 ounces lasagna noodles (gluten-free if necessary), broken in half
- 3 tablespoons nutritional yeast, optional
- 1 tablespoon lemon juice
- Salt and black pepper to taste
- 3 cups loosely packed chopped fresh spinach
- 1 cup loosely packed chopped fresh basil

1. Bring a large pot of water to a boil.
2. Heat the olive oil in another large pot over medium heat. Add the onion and garlic and sauté until the onion is translucent. Add the chickpeas, mushrooms, zucchini, yellow squash, dried basil, oregano, parsley, and cayenne pepper and cook for about 5 minutes, stirring occasionally, until the vegetables are just becoming tender. Add the tomato sauce, tomatoes, and broth. Bring to a boil, then reduce to a simmer and cook for about 10 minutes.
3. While the soup is simmering, cook the lasagna noodles according to the package instructions until al dente. Drain the noodles and add to the soup. Stir in the nutritional yeast (if using), lemon juice, salt, and pepper. Add the spinach and fresh basil and remove from the heat. Serve immediately. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.



## CAULIFLOWER PARMIGIANA

SERVES 4

PREP TIME: 20 minutes

ACTIVE TIME: 40 minutes

- 2 large heads cauliflower (3 to 4 pounds), leaves trimmed

### Coating

- $\frac{1}{2}$  cup unsweetened non dairy milk (soy-free if necessary)
- 3 tablespoons plain coconut yogurt (or soy yogurt; preferably unsweetened)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- $\frac{1}{2}$  teaspoon smoked paprika
- 1 cup vegan panko bread crumbs (gluten-free if necessary)
- $\frac{1}{2}$  cup oat flour (certified gluten-free if necessary)
- $\frac{1}{4}$  cup nutritional yeast
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- Olive oil spray
- 3 cups vegan marinara sauce of your choice, warmed
- [Basic Cashew Cheese Sauce](#)
- $\frac{1}{2}$  cup chopped fresh basil

1. Preheat the oven to 450°F . Line a baking sheet with parchment paper.
2. On a cutting board, hold one cauliflower upright and cut two 1½-inch-thick slices from the center of the head (without removing the core/base of the cauliflower). Repeat with the second head, so that you have four large slices. You can save the remaining cauliflower to use in other recipes, such as the [Cream of Mushroom Soup](#).
3. In a wide, shallow bowl, combine the milk, yogurt, onion powder, garlic powder, and paprika. In a second wide, shallow bowl, combine the bread crumbs, oat flour, nutritional yeast, dried basil, oregano, salt, and pepper.
4. One at a time, place a cauliflower steak in the milk mixture, flipping it to fully coat (use a spoon to drizzle the liquid over the steak to coat it fully, if necessary). Transfer the steak to the bread crumbs, gently flipping until coated. Pat the bread crumbs onto the steak as needed. Place the steak on the prepared baking sheet. Once you've prepared each steak, you can coat the remaining cauliflower slices, if serving.
5. Spray the tops of the steaks liberally with olive oil. Bake for 20 minutes. Remove from the oven, gently flip each steak, and spray with olive oil again. Return to the oven and bake for 20 minutes more, or until golden and crispy.
6. To serve, scoop some marinara sauce onto each plate. Place a steak on top (along with a couple of other smaller pieces, if serving them). Sprinkle with fresh basil.



## HERBED TOFU BURGERS

**MAKES 6 BURGERS**

**PREP TIME:** 10 minutes

**ACTIVE TIME:** 45 minutes

**INACTIVE TIME:** 30 minutes

- 1 teaspoon olive oil
- 1 cup chopped yellow onion
- 2 garlic cloves, minced
- One 14-ounce block extra firm tofu, pressed for about 30 minutes
- 2 tablespoons liquid aminos (or gluten-free tamari)
- 1 teaspoon vegan Worcestershire sauce (gluten-free if necessary)
- $\frac{1}{2}$  teaspoon liquid smoke
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon dried thyme
- $\frac{1}{2}$  teaspoon dried oregano
- $\frac{1}{2}$  teaspoon dried basil
- $\frac{1}{2}$  teaspoon dried parsley
- $\frac{3}{4}$  cup rolled oats (certified gluten-free if necessary)
- $\frac{1}{2}$  cup vegan bread crumbs (gluten-free if necessary)
- 2 tablespoons sesame seeds
- Salt and black pepper to taste
- Olive oil spray
- 6 vegan burger buns (gluten-free if necessary)

Burger fixings (all are optional): lettuce, sliced tomato, sliced avocado, sliced red onion, sautéed mushrooms, pickles, [Pickled Red Cabbage & Onion Relish](#) (recipe in the Vegan Staples section), ketchup, mustard, barbecue sauce, [Basic Cashew Cheese Sauce](#) (recipe in the Vegan Staples section) or other vegan cheese.

1. Heat the olive oil in a large frying pan over medium heat. Add the onion and garlic and sauté until the onion is translucent.
2. Transfer to a food processor. Add the tofu, liquid aminos, Worcestershire sauce, liquid smoke, cumin, thyme, oregano, basil, parsley, and  $\frac{1}{4}$  cup of the oats. Process until smooth.
3. Transfer the mixture to a large bowl and add the remaining oats, the bread crumbs, and sesame seeds. Mix until combined. Add salt and pepper.
4. Line a baking sheet with parchment paper or a silicone baking mat. Divide the mixture into six equal parts. Using your hands or a greased biscuit cutter (sized to fit the buns), form the mixture into patties and place on the baking sheet.
5. Heat a large grill pan or frying pan, preferably cast iron, over medium heat. Generously spray the pan with olive oil. Place 2 or 3 patties in the pan (however many will fit without being crowded) and cook for 4 to 5 minutes on each side, a few minutes longer if your patties are more than  $\frac{3}{4}$  inch thick, until firm, crisp, and browned on the outside. Place the burgers on buns. Repeat with the remaining patties, respraying the pan between batches.
6. Let everyone assemble their burger with their choice of fixings. Leftover burgers will keep in an airtight container in the fridge for up to 4 days.



## GREEN BEAN CASSEROLE WITH CRISPY ONION TOPPING

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**SERVES 6 TO 8**

**PREP TIME:** 15 minutes (not including time to make [Cream of Mushroom Soup](#))

**ACTIVE TIME:** 25 minutes

**INACTIVE TIME:** 25 minutes

- Olive oil spray
- 1 pound fresh green beans, trimmed
- [Cream of Mushroom Soup](#) (recipe in the Vegan Staples section)
- 1 tablespoon vegan butter (soy-free if necessary)
- 1 sweet onion, quartered and thinly sliced
- $\frac{3}{4}$  cup vegan panko bread crumbs (gluten-free if necessary)
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon salt
- 3 tablespoons nutritional yeast, optional

1. Preheat the oven to 400°F . Lightly spray a 9 × 13-inch baking dish with olive oil.
2. Place the green beans in a steamer basket over a pot of boiling water and cover. Steam for 5 minutes, then transfer to a large bowl. Pour the soup into the bowl and stir to combine. Set aside.
3. While the green beans are steaming, melt half of the butter in a large frying pan over medium heat. Add the onion and cook, stirring occasionally, until soft and golden, 5 to 7 minutes. Transfer the onions to a medium bowl. (Don't bother to clean the pan.) Melt the remaining butter in the frying pan and add the breadcrumbs. Cook, stirring frequently, until the crumbs are crispy. Stir in the garlic powder and salt and remove from the heat. Add to the onions along with the nutritional yeast (if using). Stir to combine.
4. Pour the green bean mixture into the prepared baking dish. Spread the onion mixture over the top. Bake for 25 minutes, or until the topping is crispy and the casserole is bubbly. Serve immediately. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

#### TIP

- To prepare this in advance, bake the casserole without the topping for 25 minutes. Refrigerate until ready to serve. Prepare the onion topping, spread it on the top, and bake the casserole at 400°F for 15 to 20 minutes, until heated through.

## RECIPES

### VEGAN DESSERTS

### IN THIS CHAPTER



Chocolate Layer Cake

Salted Vanilla Maple Blondies

Pumpkin Chai Scones

Strawberry-Peach Crisp with Vanilla Whipped Cream

Chocolate-Peanut Butter Truffles



## CHOCOLATE LAYER CAKE

**SERVES 12**

**PREP TIME:** 15 minutes

**ACTIVE TIME:** 40 minutes

**INACTIVE TIME:** 60 minutes

### Chocolate Cake

- Vegan cooking spray (or vegan butter; soy-free if necessary)
- 2½ cups unsweetened vanilla nondairy milk (nut-free and/or soy-free if necessary)
- 3 tablespoons apple cider vinegar
- 3 cups white rice flour
- 1½ cups cocoa powder
- ¼ cup + 2 tablespoons oat flour (certified gluten-free if necessary)
- ¼ cup + 2 tablespoons coconut sugar
- 1 tablespoon baking powder

- 1 tablespoon baking soda
- 1½ teaspoons salt
- 1 cup maple syrup
- 12 tablespoons vegan butter (soy-free if necessary), melted
- ½ cup + 1 tablespoon aquafaba (liquid leftover from cooked or canned chickpeas)
- 1 tablespoon vanilla extract

### Frosting

- 1 cup vegan chocolate chips (or chunks)
- 3 cups pitted Medjool dates
- 1 cup unsweetened vanilla nondairy milk (nut-free and/or soy-free if necessary)
- ¼ cup cocoa powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- Vegan chocolate shavings, optional

1. Preheat the oven to 350°F. Lightly spray three 9-inch cake pans with cooking spray or grease them with a bit of butter.
2. **To make the cake :** Combine the milk and vinegar in a medium bowl. Set aside.

3. Whisk together the rice flour, cocoa powder, oat flour, sugar, baking powder, baking soda, and salt in a large bowl.
4. Add the maple syrup, butter, aquafaba, and vanilla to the milk mixture and whisk until combined. Add the wet ingredients to the dry ingredients and stir until thoroughly combined and smooth.
5. Distribute the batter evenly among the three pans. Bake for 35 to 40 minutes, until a toothpick inserted into the center comes out clean. Let the layers cool in the pans for about 30 minutes. Run a knife around the inside edge of the cake pans and gently transfer the layers to cooling racks to let them cool completely.
6. Once the layers come out of the oven, make the frosting : Melt the chocolate chips in a double boiler or a heatproof bowl on top of a pot of boiling water, stirring occasionally, until smooth. Remove from the heat. Combine the dates and milk in a food processor and process until smooth. Add the melted chocolate, cocoa powder, vanilla, and salt and process until smooth. Transfer the frosting to a jar and refrigerate for at least 30 minutes, or until ready to use.
7. Once the frosting has chilled and thickened, place one of the layers on a plate or serving dish. Using a thin silicone spatula or a butter knife, evenly spread a layer of frosting on top. Place another layer on top of the frosting. Evenly spread frosting on the top of the second layer, then top with the third layer. Spread the rest of the frosting evenly over the top and around the sides until the entire cake is covered. Top with chocolate shavings, if desired. Slice and serve. The cake will keep, covered, at room temperature or in the fridge for 3 to 4 days.

## VARIATION

- To make 12 cupcakes, divide the quantity of the cake ingredients by three and the frosting ingredients by two. Line the cups of a 12-cup muffin tin with paper or silicone liners and distribute the batter evenly among the cups. Bake for 18 to 20 minutes, until a toothpick inserted into the center comes out almost clean. Let the cupcakes cool in the tin for 30 minutes before transferring them to the cooling rack. Cool completely before frosting.

## TIP

- The frosted cake will gain moisture and firmness if refrigerated in an airtight container overnight.



## SALTED VANILLA MAPLE BLONDIES

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**MAKES 12 BARS**

**PREP TIME:** 15 minutes

**ACTIVE TIME:** 15 minutes

**INACTIVE TIME:** 35 minutes

- 1½ cups oat flour (certified gluten-free if necessary)
- ¼ cup sweet white rice flour
- ¼ cup coconut sugar (or brown sugar)
- 2 tablespoons tapioca powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup cashew butter (see Tip)
- ½ cup maple syrup
- ½ cup unsweetened applesauce
- 1 tablespoon coconut oil, melted
- 1 tablespoon apple cider vinegar
- Scrapings from inside 1 vanilla bean (or 1 teaspoon vanilla powder)
- 1 teaspoon vanilla extract
- Flaked sea salt

1. Preheat the oven to 350°F. Line an 8 × 8-inch baking dish with parchment paper. Let some hang over the edges, to make it easy to remove the blondies from the pan.
2. Whisk together the oat flour, rice flour, coconut sugar, tapioca powder, baking soda, and salt in a medium bowl.
3. Use a hand mixer to mix together the cashew butter, maple syrup, applesauce, and coconut oil in a large bowl. Stir in the vinegar, vanilla bean scrapings, and vanilla extract. Gradually stir the dry ingredients into the wet ingredients until well incorporated. Pour the batter into the prepared baking dish and lightly sprinkle sea salt flakes over the top.
4. Bake for 30 to 35 minutes, until the top is golden brown and firm and a toothpick inserted into the center comes out clean. Remove from the oven and let cool completely in the pan.
5. Once cool, use the parchment paper to lift the blondie out of the baking dish. Slice into 12 pieces. You can store the blondies in an airtight container at room temperature, but they'll hold their moisture longer when refrigerated. They'll keep for 3 to 4 days.

## VARIATION

- ▶ I'm sure I don't need to tell all you crazy chocoholics out there that these blondies are just begging for chocolate chips. Fold  $\frac{1}{2}$  cup vegan chocolate chips into the batter before transferring to the baking dish.



## PUMPKIN CHAI SCONES

**MAKES 8 SCONES**

**PREP TIME:** 15 minutes

**ACTIVE TIME:** 30 minutes

**INACTIVE TIME:** 30 minutes

### Scones

- $\frac{1}{2}$  cup unsweetened vanilla nondairy milk (nut-free and/or soy-free if necessary)
- 1 teaspoon apple cider vinegar
- 2 cups unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary)
- $\frac{1}{3}$  cup coconut sugar (or brown sugar)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground cardamom

- $\frac{1}{4}$  teaspoon ground cloves
- $\frac{1}{4}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon xanthan gum (exclude if using all-purpose flour or if your gluten-free blend includes it)
- 8 tablespoons very cold vegan butter (soy-free if necessary)
- $\frac{1}{2}$  cup pureed pumpkin (not pumpkin pie filling)
- 1 teaspoon vanilla extract
- Oat flour (certified gluten-free if necessary) for dusting and kneading

### Icing

- $\frac{1}{2}$  cup powdered sugar (or xylitol)
- 1 tablespoon unsweetened vanilla nondairy milk (nut-free and/or soy-free if necessary)
- Pinch of ground cinnamon

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. Combine the milk and vinegar in a medium bowl and set aside.
3. Combine the flour, coconut sugar, baking powder, baking soda, cinnamon, ginger, cardamom, cloves, nutmeg, salt, and xanthan gum (if using) in a large bowl. Whisk together until fully combined. Cut in

the butter until all the pieces are smaller than your pinkie fingernail and the mixture has the texture of wet sand.

4. Add the pumpkin and vanilla to the milk mixture and stir until combined. Add the wet ingredients to the dry ingredients and stir until combined. The dough will be wet and sticky.
5. Generously flour your work surface with oat flour. Turn the dough out onto the surface and use your hands to scoop flour onto the ball of dough until all sides are coated. Gently flatten the dough a bit, then fold it over on top of itself. It's okay if it tears, just patch it up the best you can. Flatten the dough again, then sprinkle some more flour on top and spread it out so that the top is coated. Fold it over on itself again. Repeat flouring and folding about five more times, until the dough is still soft and pliable and doesn't fall apart when folded, but don't overdo it to the point where the dough gets tough.
6. Shape the dough into an 8-inch circle. Slice into eight equal-size triangles. Place them on the prepared baking sheet. Bake for 15 to 20 minutes, until lightly browned and firm. Let the scones cool on the pan for about 10 minutes before transferring them to a cooling rack to cool completely.



7. While the scones are cooling, make the icing: Combine all the ingredients in a small bowl and whisk with a fork until smooth.
8. Once the scones are cool, drizzle the icing over the tops. The scones will keep in an airtight container at room temperature for 2 to 3 days.

#### TIP

- ▶ For those who are patience deficient, just let the scones cool for 10 minutes, skip the icing, and enjoy right away.



## STRAWBERRY-PEACH CRISP WITH VANILLA WHIPPED CREAM

**SERVES 8**

**PREP TIME:** 20 minutes (not including time to chill coconut cream)

**ACTIVE TIME:** 20 minutes

**INACTIVE TIME:** 30 minutes

### Filling

- Vegan cooking spray (soy-free if necessary)
- 1 pound strawberries, hulled and quartered (fresh, frozen or dried)
- 3 medium peaches, pitted and thinly sliced
- 3 tablespoons coconut sugar (or brown sugar)
- 2 tablespoons lemon juice
- 1 tablespoon arrowroot powder
- 1 teaspoon grated fresh ginger

### Vanilla Whipped Cream

- One 14.5-ounce can unsweetened coconut cream (or full-fat coconut milk)
- 1 tablespoon powdered sugar (or xylitol)
- $\frac{1}{2}$  teaspoon vanilla extract

### Streusel

- $\frac{3}{4}$  cup oat flour (certified gluten-free if necessary)
- $\frac{1}{2}$  cup corn flour (certified gluten-free if necessary)
- $\frac{1}{4}$  cup brown rice flour
- 8 tablespoons cold vegan butter (soy-free if necessary)
- $\frac{1}{2}$  cup rolled oats (certified gluten-free if necessary)
- $\frac{1}{2}$  cup coconut sugar (or brown sugar)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground cinnamon
- Scrapings from inside 1 vanilla bean, optional

1. The day before you plan to serve, refrigerate the can of coconut cream.
2. Preheat the oven to 400°F . Lightly spray a 10-inch cake pan, pie pan, or cast-iron skillet with cooking spray.
3. To make the filling : Combine the strawberries, peaches, coconut sugar, lemon juice, arrowroot, and ginger in a large bowl and stir until combined. Pour into the prepared baking dish.
4. To make the streusel : Whisk together the oat flour, corn flour, and rice flour. Cut in the butter until no piece is larger than your pinkie fingernail and the mixture has the texture of wet sand. Stir in the oats, sugar, salt, cinnamon, and vanilla bean scrapings (if using), just until evenly mixed. You want it to be clumpy but evenly distributed. Evenly spread the streusel over the fruit. Bake for 30 minutes, or until the topping is crispy and golden. Remove from the oven and let rest for 5 to 10 minutes before serving.
5. While the crisp is cooling, make the whipped cream : Carefully spoon the solid coconut cream into a large bowl, leaving the coconut water in the can (which you can totally keep to use for something else). Add the powdered sugar and vanilla to the cream and, using a hand mixer (fitted with a whisk attachment, if possible), mix on high speed until it has the texture of whipped cream. Transfer the bowl to the refrigerator until ready to serve.
6. Serve each helping of crisp topped with a dollop of whipped cream. Both the crisp and the whipped cream will keep in airtight containers in the fridge for 2 to 3 days.

## VARIATIONS

- ▶ Strawberries and peaches not in season? Try using different pairings of fruit, such as cranberries and persimmons, apples and pears, or blueberries and mango. Just try to replace with similar quantities as much as possible, although if you get a little more or a little less, it's not going to hurt the final product.
- ▶ Also try different combinations of dried fruit in similar quantities for the same results.



## CHOCOLATE-PEANUT BUTTER TRUFFLES

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**MAKES 10 TO 12 TRUFFLES**

**PREP TIME:** 5 minutes

**ACTIVE TIME:** 20 minutes

**INACTIVE TIME:** 55 minutes

- $\frac{1}{2}$  cup unsalted, unsweetened natural peanut butter
- $\frac{1}{4}$  cup oat flour (certified gluten-free if necessary)
- 2½ tablespoons powdered sugar (or xylitol)
- Pinch of salt (exclude if using salted peanut butter)
- 1 cup vegan chocolate chips (or chopped vegan chocolate)
- 1 teaspoon coconut oil
- Chopped peanuts, optional
- Flaked sea salt, optional

1. In a medium bowl, use a fork to stir together the peanut butter, oat flour, sugar, and salt (if using). Place the bowl in the freezer and leave it for 20 minutes, until firm.
2. Line a baking sheet with parchment paper or a silicone baking mat. Remove the peanut butter mixture from the freezer. Scoop up 1 tablespoon and use your hands to roll it into a ball. Place the ball on the prepared baking sheet. Repeat with the remaining peanut butter mixture. Place the sheet in the freezer to chill while you melt the chocolate, or for at least 15 minutes. If you don't plan on coating them with chocolate until later, just put the sheet in the refrigerator for at least 30 minutes.

3. Melt the chocolate with the coconut oil in a double boiler or heatproof bowl on top of a pot of boiling water, stirring frequently, until completely smooth. Remove from the heat.
4. Remove the peanut butter balls from the freezer. Use a fork to scoop up a ball and dunk it in the melted chocolate. Roll it around to cover it completely, then use the spoon to lift it out and drain off the excess chocolate. Place the truffle back on the baking sheet. Repeat with the remaining balls. Sprinkle the tops with chopped peanuts and/or flaked sea salt (if using).
5. Return the baking sheet to the refrigerator and chill until completely set, 15 to 20 minutes, or until ready to serve. The truffles will keep in an airtight container in the fridge for 4 to 5 days.

#### TIP

- ▶ If your peanut butter is very runny, add an additional 1 tablespoon oat flour and 1½ teaspoons powdered sugar or xylitol to help thicken it.

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