

# Everyday **EASY**

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Ann Arbor Vegan Kitchen



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Welcome to Everyday EASY! This special collection includes recipes that I make week after week. Each one is WFPB, oil-free, sugar-free, and easy enough to enjoy whenever you like. You deserve deliciously healthy food every single day, so I hope you'll find lots of new favorites to make in your kitchen too! :)



## **Everyday EASY**

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# GOOD MORNING VEGGIE TOSTADA

*This is one of our favorite easy savory breakfasts.  
Any veggies you have on hand will be perfect for this.*

Serves 1

1 large whole-grain tortilla (*such as Ezekiel*)  
hummus  
mixture of roasted, steamed and/or sautéed veggies  
*(like asparagus, bell peppers, zucchini, shallots, and broccoli)*  
raw fresh veggies (*like diced cucumbers and tomatoes*)  
fresh avocado  
hot sauce

## Instructions

Chop all the vegetables you will be using into bite-sized pieces, so they will be easy to sprinkle over the top.

Lightly toast tortilla. Spread warm tortilla with a layer of hummus.

Cover the hummus with lots of roasted, steamed, and/or sautéed vegetables, piled high. Top the cooked vegetables with the raw veggies. Garnish with avocado.

Finish with a generous splash of hot sauce. Serve immediately.



## OVEN-BAKED VEGGIE HASH

*This veggie hash is full of colorful veggies and bursting with flavor, and happily, the oven does all the heavy lifting.*

Serves 6 to 8

2 1/2 pounds Yukon Gold potatoes, scrubbed, unpeeled, and diced  
in 1/2-inch cubes  
1 pound sweet potatoes, peeled and diced in 1/2-inch cubes  
1 medium sweet onion, diced  
1 clove garlic, minced  
3 cups red cabbage, diced in 1/2-inch cubes  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
1 jalapeño or serrano pepper, seeded and minced  
kosher salt, to taste  
black pepper, to taste  
generous dash Creole seasoning

### Instructions

Preheat oven to 425 degrees.

Have ready a large nonstick roasting pan. Toss all ingredients together in the pan. Add 1/4 cup water to prevent sticking.

Roast uncovered for 30 minutes. Stir gently, and add another splash or two of water if vegetables begin to look like they are becoming too dry. Continue to roast for another 20 to 30 minutes, or until all of the vegetables are tender, scraping from the bottom of the pan as needed.

Once potatoes are tender and golden, remove from oven, and serve hot.



# RASPBERRY PEACH OVERNIGHT OATS

*Sweet without sugar, and full of health-enhancing fiber and antioxidants, these overnight oats help you feel your best all morning long.*

Serves 1

1/3 cup rolled oats

1/2 teaspoon cinnamon

unsweetened vanilla almond milk

1/3 cup frozen raspberries

1/4 cup frozen peaches, roughly chopped

1 tablespoon chopped pitted dates *(optional)*

1 tablespoon raw almonds or toasted slivered almonds *(optional)*

## Instructions

Add rolled oats and cinnamon to a small jar.

Carefully add enough almond milk into the jar to barely cover oats. Top with frozen fruit *(and dates and nuts, if using)*.

Cover jar tightly, and refrigerate overnight *(or longer)*.

In the morning, empty jar into another bowl, warm briefly, and enjoy. *(Tightly covered, overnight oats can stay fresh in the refrigerator for several days.)*



# CAULIFLOWER TOFU SCRAMBLE

*Tofu scrambles are a wonderful way to start the day, and this one is full of flavor, and brings the magic of cruciferous-rich nutrients and fiber.*

Serves 6 to 8

1 large onion, diced  
1 red bell pepper, diced  
1 jalapeño, minced  
1 head of cauliflower, cut into florets  
1 package extra firm tofu, crumbled  
2 tablespoons Scrambler Seasoning Mix\*  
sprinkle of curry or hot curry, to taste  
sprinkle of hot sauce, to taste  
kosher salt, to taste  
coarsely ground black pepper, to taste  
fresh cilantro (*optional*)

## **\* Scrambler Seasoning Mix**

1 cup nutritional yeast flakes  
5 tablespoons, plus  
1 teaspoon onion powder  
4 teaspoons curry powder  
4 teaspoons ground turmeric  
4 teaspoons ground cumin  
4 teaspoons kosher salt  
1 1/2 teaspoons black pepper

## **Instructions**

Heat a large nonstick sauté pan over high heat. Add onions and dry sauté until translucent. Sprinkle a little bit of water as needed to prevent sticking to the pan.

Add bell pepper, jalapeño, cauliflower, crumbled tofu, and Scrambler Seasoning Mix. Continue cooking over medium high heat for several minutes, stirring occasionally until cauliflower is tender and tofu begins to turn golden brown.

Season with extra curry, hot sauce, and salt and pepper, to taste. Remove from heat, and garnish with fresh cilantro, if desired. Serve hot, with sprouted whole grain Ezekiel English Muffins or tortillas.



# CARROT CAKE ZUCCHINI MUFFINS

*All of these fragrant spices in one little muffin!*

*Sweetened only with fruit, these gems are SOS-free and 100% delicious.*

Makes 14 muffins

4 ripe bananas, mashed  
1 cup unsweetened applesauce  
1/2 cup pitted dates  
1 cup shredded carrots  
1/4 cup raisins  
1/4 cup raw walnuts  
2 cups rolled oats  
2 tablespoons ground flax meal  
2 teaspoons cinnamon  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon ground nutmeg  
1/2 teaspoon ground ginger  
1/8 teaspoon ground cloves  
1 cup shredded zucchini

## Instructions

Preheat oven to 350 degrees. Line muffin pans with parchment paper liners or have a silicone muffin pan available. To a high-powered blender add bananas, applesauce, and dates. Process mixture until smooth. Briefly pulse in (*once or twice only*) shredded carrots, raisins, and walnuts, breaking up pieces slightly, but still leaving it mostly chunky.

In a large mixing bowl, stir together oats, flax meal, cinnamon, baking powder, baking soda, nutmeg, ginger, and cloves. Using a spatula, carefully add blended carrot mixture to dry ingredients. Add shredded zucchini. Combine well. Divide batter evenly into muffin cups. Bake 20 to 24 minutes, or until tops are golden and almost firm to the touch. Remove pan from the oven, and place on cooling racks. Serve warm or at room temperature.



# BAKED BEANS ON TOAST

*Queen Elizabeth, supposedly, loved beans on toast so much that she (jokingly) attributed catching COVID to going two whole days without eating her beloved beans! Here's my version of traditional beans on toast.*

Serves 8 to 10

1 onion, diced  
3 14-ounce cans navy beans, drained and rinsed  
1 8-ounce can tomato sauce  
4 tablespoons date syrup  
4 tablespoons unsweetened ketchup  
4 teaspoons yellow mustard  
1 teaspoon hot sauce  
1 teaspoon kosher salt  
1/2 teaspoon black pepper  
toasted Ezekiel bread or English muffins

## Instructions

Heat a large nonstick skillet over high heat. Add onions and dry sauté until translucent. Sprinkle a little bit of water as needed to prevent sticking to the pan. When soft and golden, remove from heat and set aside.

Meanwhile, mix all other ingredients in a large saucepan. Add in sautéed onions, and combine well. Bring to a simmer. Cover and continue cooking for a few more minutes, until sauce thickens a little bit, and the beans are tender and flavorful.

Spoon hot beans over Ezekiel toast or English muffins, and enjoy!



# MANGO BLUEBERRY PEAR OATMEAL

*Top this off with extra fresh berries and bananas,  
or with homemade granola for a little extra crunch.*

Serves 2 to 4

1 cup rolled oats  
1 1/2 cups water  
1 cup frozen mango  
1 cup frozen blueberries  
1 cup fresh pear, diced  
2 teaspoons cinnamon

## Optional Toppings

fresh berries  
sliced bananas  
homemade granola\*

## **Instructions**

Mix together oats, water, frozen mango, frozen blueberries, diced pear, and cinnamon in a saucepan. Bring to a simmer, stirring as needed for a few minutes, until oats are cooked through (*to taste*).

Serve warm, topped with extra fresh fruit and/or granola, if desired. Cover and refrigerate leftovers for another day.

*\* My easy recipe for “Simple Blueberry Granola” is available on [AnnArborVeganKitchen.com](http://AnnArborVeganKitchen.com).*



# SALADS IN JARS

## WITH HERBED RANCH DRESSING

*I love storing salads in jars! This version layers colors of the rainbow and has become a family favorite.*

Serves 1 or 2 per jar

### Herbed Ranch Dressing.

2 cups raw cashews

1 cup unsweetened soy milk

1 cup water

fresh herbs, handful each of cilantro, basil, and Italian parsley

6 tablespoons lemon juice

4 teaspoons brown mustard

2 teaspoons balsamic vinegar

1 1/2 teaspoons kosher salt

### Salads In Jars

roasted beets, diced (*or canned black beans, drained and rinsed*)

red cabbage, shredded

red bell peppers, diced

cooked sweet potatoes, chopped (*or shredded carrots*)

organic corn, steamed

mixed baby lettuces (*or power greens*)

roasted fennel (*or chopped celery*)

roasted asparagus (*or chopped sugar snap peas*)

### Extra Topping (optional)

BBQ tempeh\* (*instructions on page 23*)

## **Instructions**

Prepare and have ready roasted or steamed ingredients before proceeding, including beets, sweet potatoes, corn, fennel, asparagus and/or BBQ tempeh (*recipe on page 23*)\*. You can roast ingredients a day ahead and refrigerate them until time to assemble jars.

To prepare Herbed Ranch Dressing, place cashews, soy milk, water, herbs, lemon juice, mustard, vinegar, and salt in a high-powered blender, and process until smooth.

Refrigerate until ready to serve.

To build salads, start with clean 1-quart-size wide-mouth glass jars with lids.

Layer into the jar ingredients in the quantities of your choosing: roasted beets (*or black beans*), red cabbage, red bell peppers, cooked sweet potatoes (*or shredded carrots*), corn, mixed baby lettuces (*or power greens*), roasted fennel (*or chopped celery*), and roasted asparagus (*or sugar snap peas*). Top with BBQ tempeh, if using.

Close jars tightly with lids and refrigerate.

To serve, pour contents of one jar into a large bowl, toss with desired amount of dressing, and enjoy.

\* **BBQ TEMPEH**

1 8-ounce block tempeh

1/4 cup BBQ sauce (*no sugar-added*)

2 tablespoons flavored balsamic vinegar of your choice

dash hot sauce

dash yellow mustard

generous pinch kosher salt and black pepper

**Instructions**

Preheat oven to 425 degrees.

Slice block of tempeh crosswise into 16 pieces, and cut the slices into small cubes. In a flat dish, stir together the marinade: BBQ sauce, vinegar, hot sauce, mustard, salt, and pepper. Add tempeh and toss until each piece is evenly coated with sauce.

Line a large baking sheet with a silicone baking mat or parchment paper. Reserving as much of the sauce as you can, carefully place tempeh pieces onto prepared baking sheet. I like to use a fork or two to lift several pieces at a time, allowing some of the marinade to drip back through into the dish. (*You'll be using reserved sauce again after baking is complete, but extra sauce in the oven will just tend to burn.*)

Bake for about 20 minutes, or until caramelized. Remove from oven, and toss tempeh into the dish of reserved sauce.

Coat each piece of tempeh with remaining sauce. Set aside to cool until ready to prepare salads.



# EASY GREENS WITH CREAMY MICHIGAN CHERRY BALSAMIC DRESSING

*This dressing was originally inspired by sour Michigan cherries, but any fruit and balsamic combo you like will be equally delicious.*

Serves 4

## Easy Salad Greens

romaine lettuce, chopped, and/or mixed baby lettuces, baby spinach, microgreens, etc.

## Creamy Dressing

1/2 cup raw cashews

1/2 cup unsweetened soy milk

1/4 cup Michigan Cherry Balsamic Vinegar (*or balsamic of your choice*)

1/2 cup fresh or frozen sour cherries (*pitted*)

1/4 cup water

1/4 cup lemon juice

2 teaspoons yellow mustard

1/2 teaspoon kosher salt

## **Instructions**

Place chilled salad greens in a large bowl, and set aside.

To make dressing, place cashews, soy milk, balsamic vinegar, cherries, water, lemon juice, mustard, and salt in a high-powered blender, and process until smooth.

Drizzle salad with desired amount of dressing, and refrigerate the remainder. Serve immediately.



# RAINBOW SALAD WITH CREAMY BALSAMIC DRESSING

*This Rainbow Salad is your ticket to mix and match colorful veggies (and even fruits), with a Creamy Balsamic Dressing that pulls it all together.*

Serves 8

## Rainbow Salad

romaine lettuce, chopped  
mixed baby greens, chopped  
radicchio, chopped  
English cucumbers, chopped  
yellow bell pepper, diced  
carrots, sliced  
red bell pepper, diced  
red cabbage, shredded

## Extra Toppings (optional)

chopped apples, fresh cranberries, roasted butternut squash, or roasted beets

## Creamy Balsamic Dressing

1 cup raw cashews  
1/2 cup unsweetened soy milk  
1/2 cup balsamic vinegar  
1/2 cup water  
3 tablespoons lemon juice  
2 teaspoons brown mustard  
3/4 teaspoon kosher salt

## **Instructions**

Place salad greens in medium size bowl. Top with additional salad ingredients and set aside. Place dressing ingredients in a high-powered blender, and process until smooth. Drizzle salad with desired amount of dressing, and refrigerate the remainder. Serve salad immediately.



# VEGAN COBB SALAD WITH GREEN GODDESS DRESSING

*This satisfying main dish salad has it all...crispy, crunchy, and creamy. Instead of traditional Cobb Salad toppings (bacon, chicken, blue cheese, and hard-boiled eggs), this one has roasted chickpeas, tempeh, and steamed quinoa.*

Serves 6 to 8

## Cobb Salad

fresh salad greens, 1 to 2 cups per person

shredded red cabbage, 1/3 cup per person

sliced cucumbers or celery, 1/3 cup per person

cooked quinoa, 1/3 cup per person

sliced grape tomatoes, 1/4 cup, per person

BBQ tempeh\*, 1/4 cup per person (*instructions on page 23*)

Za'atar Roasted Chickpeas\*, 1/4 cup per person (*instructions on page 30*)

## Green Goddess Dressing

1/2 cup raw cashews

1 cup water

1/2 cup fresh basil, packed

1/2 cup fresh flat leaf parsley, packed

5 tablespoons fresh lemon juice

3 tablespoons tahini

4 teaspoons date syrup

1 teaspoon brown mustard

1 teaspoon kosher salt

1/8 teaspoon garlic powder

## **Instructions**

To prepare salads, place a bed of fresh lettuce at the bottom of each bowl. Over the greens, arrange the other salad ingredients in clockwise fashion, in the order listed above, finishing with the tempeh in the center of the bowl.

To prepare dressing, add cashews, water, herbs, lemon juice, tahini, date syrup, mustard, salt and garlic powder to a high-powered blender, and process until smooth. Refrigerate until time to serve. Drizzle desired amount of Green Goddess Dressing over salads, and serve immediately.

### **\* ZA'ATAR ROASTED CHICKPEAS**

1 15-ounce can chickpeas, drained  
2 tablespoons lemon juice  
1 tablespoon Za'atar seasoning  
sprinkle of Cajun seasoning  
sprinkle of kosher salt  
sprinkle of black pepper

## **Instructions**

Place rinsed chickpeas in a medium bowl. Toss with lemon juice, Za'atar seasoning, Cajun seasoning, salt, and pepper.

Place chickpeas in either an air fryer basket, and roast at 400 degrees for 11 or 12 minutes, OR in a traditional oven at 425 degrees for 22 to 24 minutes, or until golden and crispy.

Carefully remove from air fryer or oven. Allow to cool, and enjoy.  
*(These won't stay crispy for a super long time – because we aren't using any oil – so do serve them shortly after preparation.)*





# **SIMPLY STEAMED CARROTS WITH FRESH DILL**

*These carrots are extra colorful, deliciously sweet, and pair beautifully with just about any entrée.*

Serves 4

1 pound organic rainbow carrots  
sprinkle of kosher salt  
dash of coarsely ground black pepper  
sprinkle of fresh dill, to taste

## **Instructions**

To prepare carrots, trim the ends. Rinse carrots in cool water. Peel and slice carrots as desired to make them fairly uniform in size.

Add carrots to a steamer basket, and carefully place over an inch or two of simmering water. Cover the pan and steam until they turn brightly colored and are fork tender.

Remove from heat.

Season to taste with a sprinkle of salt, black pepper, and dill. Serve immediately.



# SAUTÉED SPINACH WITH SHALLOTS AND RICED CAULIFLOWER

*This easy side dish starts with frozen vegetables – perfect when your favorite fresh veggies are less accessible.  
It's a cold weather staple for us.*

Serves 4

1 large shallot, finely sliced  
12 ounces frozen spinach  
12 ounces frozen riced cauliflower  
kosher salt and black pepper, to taste  
dash Cajun seasoning, to taste

## **Instructions**

Heat a large nonstick sauté pan over medium high heat. Add shallots, and over the shallots, add the still-frozen spinach and frozen riced cauliflower, and distribute well.

Dry sauté together, until shallots become golden, scraping the pan as needed while it cooks until all moisture from the vegetables has been absorbed.

Remove from heat. Season with salt and pepper, and a dash of Cajun seasoning. Serve hot.



# BUFFALO-INSPIRED ROASTED CAULIFLOWER

*The flavors are reminiscent of Buffalo Cauliflower, but this version has no oil, no batter, and is everyday simple.*

Serves 8

2 heads of cauliflower, cut into florets  
1/2 cup tomato paste  
1/2 cup water  
2 teaspoons onion powder  
1 teaspoon smoked paprika  
generous dash of hot sauce (*such as Cholula*)  
kosher salt, to taste  
sprinkle of Cajun seasoning

## **Instructions**

Preheat oven to 400 degrees. Place cauliflower florets in a large nonstick roasting pan. Roast uncovered for 40 minutes.

While cauliflower is roasting, in a small bowl mix together the tomato paste, water, onion powder, and smoked paprika. Set aside.

After cauliflower has roasted for 40 minutes, remove pan from oven. Brush or drizzle sauce over cauliflower. Using a silicone spatula or wooden spoon, stir gently but thoroughly, until all florets are coated nicely with the sauce. Drizzle cauliflower with hot sauce. Sprinkle with salt and Cajun seasoning.

Roast cauliflower in the oven for another 10 to 20 minutes, or until tender and well caramelized.

Remove from oven and serve hot.



# SAUTÉED SHALLOTS AND ASPARAGUS

*I make this simple recipe almost weekly. Leftovers are great on toast, over mashed potatoes, added to pasta...you name it!*

Serves 8

2 large shallots, finely sliced  
2 bunches fresh asparagus, rinsed, trimmed,  
and sliced into 1-inch pieces  
sprinkle of kosher salt, to taste  
sprinkle of coarsely ground black pepper, to taste  
dash Cajun seasoning, to taste

## Instructions

Heat a large nonstick sauté pan over medium high heat. Add shallots, and sauté for 4 or 5 minutes, or until they become golden, scraping the pan as needed.

Once shallots are sautéed nicely, add asparagus, cover the pan, and lower the heat to medium. Continue to sauté until asparagus is almost fork tender, lifting the lid only to stir once or twice to add a splash of water, if needed. *(On my stove, the asparagus is ready in 4 or 5 minutes.)*

Remove from heat. Season with salt and pepper, and a dash of Cajun seasoning.

Serve immediately.



# ROASTED RED CABBAGE STEAKS WITH RED PEPPER TAHINI SAUCE

*These cabbage steaks pair well with just about everything savory,  
and are great with or without the Red Pepper Tahini Sauce.*

Serves 6 to 8

## Red Cabbage Steaks

1 head red cabbage

2 tablespoons balsamic vinegar *(or flavored balsamic)*

kosher salt and coarsely ground black pepper, to taste

2 tablespoons yellow mustard

1 tablespoon date syrup

## Optional Finishes:

Red Pepper Tahini Sauce\* *(instructions on page 43)*

1/4 cup chopped fresh cilantro

## **Instructions**

Preheat oven to 400 degrees.

Remove the tough outer leaves of the cabbage and discard. With head of cabbage standing upright on a cutting board, carefully slice “steaks” evenly from top to bottom, about 3/4-inch each. *(You’ll probably end up with around 6 to 8 of them.)*

### **Instructions, continued**

Place cabbage steaks on a nonstick roasting pan or baking sheet. Brush evenly with balsamic vinegar. Sprinkle with salt and pepper.

Roast cabbage steaks uncovered for 45 to 50 minutes, or until nice and tender.

While the cabbage is roasting, in a small bowl, mix together yellow mustard and date syrup. Set aside.

Prepare the Red Pepper Tahini Sauce (*page 43*) and set aside.

When the cabbage steaks are tender, remove from oven.

Brush top of cabbage steaks with the sweet mustard sauce mixture.

Drizzle with Red Pepper Tahini Sauce, if using, and sprinkle with fresh cilantro, if desired.

Serve warm.

\* **RED PEPPER TAHINI SAUCE**

1 medium red bell pepper, roughly chopped  
1 clove garlic, minced  
3/4 cup tahini  
1/2 cup water  
2 tablespoons fresh lemon juice  
1/2 teaspoon kosher salt  
1/2 teaspoon coarsely ground black pepper

**Instructions**

Heat a large nonstick skillet over high heat. Add bell pepper, and sauté just until tender. Add minced garlic and continue sautéing for just another moment or two, until you can smell the garlic.

Remove from heat.

In a food processor, blend red pepper and garlic with tahini, water, lemon juice, salt and pepper. Process until smooth.



# PASTA WITH CREAMY WALNUT ALFREDO SAUCE

*This sauce is so quick and easy,  
it's an elegant dinner solution any night of the week.*

Serves 6 to 8

1 large sweet onion, chopped  
1/2 cup raw walnuts  
1/2 cup raw cashews  
1 1/4 cup unsweetened plain nondairy milk  
1/2 cup water  
2 tablespoons lemon juice  
1 tablespoon nutritional yeast  
2 teaspoons brown mustard  
1 3/4 teaspoons kosher salt (*or to taste*)  
3/4 teaspoon black pepper  
1/8 teaspoon ground nutmeg  
2 dashes Cajun or Creole seasoning  
1 pound whole wheat pasta  
fresh cilantro, chopped (*optional*)

## Instructions

Heat a large nonstick skillet over medium-high heat. Add the onion, and dry sauté until translucent. Sprinkle a little bit of water as needed to prevent sticking to the pan. Once onions are tender, remove from heat. Add cooked onions to a high-powered blender, along with the next 11 ingredients (*walnuts through Cajun or Creole seasoning*). Process until very smooth.

Meanwhile, cook the pasta until al dente. Drain pasta.

Briefly warm the Creamy Walnut Alfredo Sauce in a saucepan over low heat. Serve immediately over warm pasta, and finish with fresh cilantro, if desired.



# PEANUT FRIED RICE

*Just sauté vegetables, and add cooked rice and a no-cooking-required peanut sauce! Simple and delicious!*

Serves 6

1 sweet onion, diced  
1 cup shredded carrots  
1 shallot, finely chopped  
2 tablespoons fresh ginger, minced  
12 ounces fresh or frozen baby broccoli  
10 ounces frozen riced cauliflower  
1 cup shredded red cabbage  
1 1/2 cups chopped radicchio  
4 cups cooked brown rice (*cold, leftover rice works best*)  
1 batch of Peanut Sauce\* (*instructions on page 48*)  
kosher salt and coarsely ground black pepper, to taste  
dash Cajun or Creole seasoning

## Garnishes (optional)

fresh cilantro, chopped  
unsalted dry-roasted peanuts, crushed

## **Instructions**

Prepare the Peanut Sauce (*page 48*) and set aside.

Heat a large nonstick skillet over high heat. Add the onion and carrots, and steam sauté with a little water to keep vegetables from sticking to the pan.

## **Instructions, continued**

Add shallot and ginger, and continue sautéing for another moment or two. Top with broccoli, cauliflower, cabbage, and radicchio. Continue to sauté, until vegetables are almost tender, stirring occasionally and adding another splash of water as needed.

Over the vegetables in the hot pan, top with brown rice and Peanut Sauce.

Season to taste with salt, pepper, and a dash of Cajun or Creole seasoning. Combine ingredients together and heat mixture all the way through.

Garnish (*if desired*) with cilantro and peanuts. Serve immediately.

### **\* PEANUT SAUCE**

1/4 cup natural peanut butter  
1 tablespoon date syrup  
1 tablespoon balsamic vinegar  
1 teaspoon hot sauce (*such as Cholula*)  
juice of one fresh lime  
water

### **Instructions**

To make the Peanut Sauce, add the first 5 ingredients to an 8-ounce liquid measuring cup. Fill with just enough water to bring mixture to just barely above the 3/4-cup line.

Stir ingredients to combine well.





# ROASTED SWEET POTATOES TOPPED WITH BEANS AND GREENS

*Power-packed fiber-rich nutrition, and perfect fuel  
for our bodies any time of day.*

Serves 4

4 sweet potatoes  
1 large shallot, finely sliced  
2 12-ounce packages frozen kale or spinach  
1 14-ounce can tri-bean blend (*black beans, red beans, and  
pinto beans*), drained and rinsed  
1/2 cup salsa  
kosher salt and black pepper, to taste (*optional*)  
dash of Cajun or Creole seasoning (*optional*)

## Fresh Raw Toppings

celery, chopped  
red bell pepper, diced  
red cabbage, finely shredded

## Garnish (*optional*)

fresh cilantro

## **Instructions**

Preheat the oven to 400 degrees.

Prepare sweet potatoes for baking by scrubbing, then slicing off the ends for steam to escape while baking. *(I like to use a roasting pan so that any juices that may bubble through won't drip in the oven.)*

Bake 50 to 60 minutes, or until fork tender. Remove from oven and allow to rest.

While sweet potatoes are baking, heat a large nonstick sauté pan over medium high heat. Add sliced shallots, and over the shallots, add frozen greens. Distribute well.

Dry sauté together, until shallots become golden, scraping the pan as needed while it cooks until all moisture from the greens has been absorbed. Remove from heat and set aside.

### **Instructions, continued**

Combine beans and salsa in a small saucepan over medium-high heat. Bring to a boil, then cover and reduce to simmer for 2 minutes, or until the mixture is hot and bubbling. Set aside until time to assemble.

Once sweet potatoes have rested for a few minutes but are still warm from the oven, split in half lengthwise. Mash (*just slightly*) with a fork.

Top each sweet potato generously with sautéed greens, and then with beans mixture.

Finish with fresh crispy raw veggies. Garnish (*if desired*) with fresh cilantro, and serve.



## UNSTUFFED CABBAGE

*This is flavorful and comforting, without all the work of traditional stuffed cabbage – and it's another family favorite.*

Serves 6 to 8

- 1 large onion, diced
- 1 clove of garlic, minced
- 1 large carrot, scrubbed or peeled
- 4 Medjool dates, pitted
- 1 small head cabbage, cored and  
chopped into 1-inch cubes (*around 8 or 9 cups*)
- 1 cup vegetable broth
- 1 15-ounce can tomato sauce
- 1/2 teaspoon Hungarian paprika
- 1/2 teaspoon Berbere seasoning
- 2 teaspoons kosher salt, or to taste
- 1/2 teaspoon black pepper
- 4 cups cooked brown rice

Garnish (*optional*).

fresh cilantro or Italian parsley, minced

## **Instructions**

In a large Electric Pressure Cooker, sauté the onion for a few minutes, using a little water to avoid sticking. Add garlic and stir for a minute (or less), and then select “Cancel” to stop the sauté process.

Meanwhile, in the bowl of a food processor, mince the carrot along with the dates, and set aside.

To the pressure cooking pot, add the cabbage, vegetable broth, and tomato sauce. Stir in minced carrots and dates. Sprinkle in Hungarian paprika, Berbere seasoning, salt, and black pepper.

Lock the lid in place. Select “High Pressure” and set the timer for 8 minutes. After the cooking is complete, allow the pot to rest for about 4 minutes, and then use the quick release method to release the remainder of the pressure.

When valve drops, carefully remove lid. Add cooked brown rice and combine well until heated through.

Garnish with fresh parsley or cilantro (*if desired*), and serve immediately.





# BBQ MAC AND CHEESE

*This sauce takes less time to prepare than it takes to cook the pasta, and it's addictively delicious.*

Serves 8 to 10

1 onion, diced  
16 ounces whole wheat pasta  
1 cup raw cashews  
1 cup unsweetened nondairy milk  
1/2 cup plus 2 tablespoons water  
6 to 8 ounces roasted red peppers, rinsed  
6 tablespoons BBQ sauce (*no sugar-added*)  
1/4 cup nutritional yeast  
2 tablespoons lemon juice  
2 teaspoons of yellow mustard  
2 teaspoons salt  
dash cayenne pepper (*optional*)

## Instructions

Heat a large nonstick skillet over high heat. Add onions and dry sauté until translucent. Sprinkle a little bit of water as needed to prevent sticking to the pan.

Meanwhile, cook pasta according to package directions. Drain and set aside.

In a high-powered blender, combine the cooked onion with cashews, milk, water, red peppers, BBQ sauce, nutritional yeast, lemon juice, mustard, salt, and cayenne pepper, and blend until smooth.

Pour sauce over hot pasta, combine well, and serve immediately.



# TEMPEH BEAN BURGERS

*Tempeh and kidney beans help these flavorful burgers hold their shape, and they make a great mid-week meal!*

Serves 12

1 8-ounce block tempeh  
1 15-ounce can kidney beans, drained and rinsed  
1 large onion, roughly chopped  
1 cup cooked brown or black rice  
1/3 cup ground flaxseed meal  
1/4 cup balsamic vinegar  
generous sprinkle Cajun or Creole seasoning  
kosher salt and black pepper, to taste

## Instructions

Preheat oven to 425 degrees.

Add all ingredients to a large food processor and process until almost *(but not entirely)* smooth.

Empty contents onto a clean cutting board. Divide mixture evenly into 12 portions, and form evenly into burger-shaped patties.

Place burgers on a nonstick baking sheet or oven-safe griddle. Bake for approximately 25 minutes, and carefully flip. Continue baking for an additional 7 minutes, or until golden brown and nice and crispy.

Remove tempeh burgers from oven, and serve on toasted sprouted whole-grain buns, along with your favorite flavorful toppings and condiments.



# CREAMY ROASTED ASPARAGUS SOUP WITH POTATOES, WHITE BEANS, AND SPINACH

*This soup is wonderful for a casual Sunday dinner,  
and makes great leftovers for the week ahead.*

Serves 6 to 8

2 pounds fresh asparagus, rinsed and trimmed  
1 large onion, diced  
1 clove garlic, minced  
1 14-ounce can navy beans (*or other white beans*), drained and rinsed  
1 3/4 pounds unpeeled red-skinned potatoes, scrubbed clean, trimmed,  
and divided: 1 pound diced in 1/2-inch cubes, and 3/4 pound left whole  
6 cups vegetable broth  
2 1/2 teaspoons salt, or to taste  
1/2 teaspoon black pepper  
dash Cajun or Creole seasoning  
2 cups fresh baby spinach, roughly chopped  
1/4 cup raw cashews

## **Instructions**

### Oven

Preheat oven to 400 degrees.

Place asparagus spears on a nonstick roasting pan or baking sheet.  
Sprinkle with salt and pepper.

Roast uncovered for 10 minutes, or until just tender crisp.

Remove from oven, and when cool enough to handle, carefully cut spears  
into 1-inch long pieces.

## **Instructions, continued**

### Electric Pressure Cooker

Into a large Electric Pressure Cooker, add onions, garlic, beans, and diced potatoes (*1 pound*). Add broth and the seasonings, plus about 2/3 of the roasted asparagus.

Lock the lid in place. Select “High Pressure” for 20 minutes. After pressure cooking is complete, use the quick release method to release pressure. When valve drops, very carefully remove lid.

Mix in the chopped fresh spinach.

While the soup is cooking in the pressure cooker, prepare the remainder of the potatoes. Poke each one several times with a fork or knife for steam to escape while baking. Place potatoes on a microwave-safe plate, and microwave on full power for around 5 minutes. (*Depending on size of potatoes and your microwave power, cooking time may vary, so please adjust as needed.*)

Once the potatoes are cool enough to handle, roughly dice them. Sprinkle with salt, and set aside.

To finish, in a high-powered blender, blend cashews with about 2 or 3 cups of the hot soup until smooth and creamy. Return blended mixture to soup pot. Stir well. Add in the last 1/3 of the roasted asparagus and the roughly diced potatoes.

Taste, add additional seasonings if desired, and serve hot.





# HEARTY LENTIL SOUP WITH BUTTERNUT SQUASH AND RED CABBAGE

*Your pressure cooker does all the work, so this soup is as easy as it is delicious.*

Serves 6 to 8

- 1 Vidalia onion, diced
- 3 cups butternut squash, chopped
- 2 cups celery, sliced
- 1 cup red cabbage, chopped
- 1 1/2 cups dried brown or green lentils, sorted and rinsed
- 1 red bell pepper, seeded and diced
- 1 jalapeño, seeded and diced
- 1 clove garlic, minced
- 6 cups vegetable broth
- 3 teaspoons kosher salt, or to taste
- 1 teaspoon coarsely ground black pepper
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1/2 teaspoon smoked paprika (*or more to taste*)
- 1/4 cup balsamic vinegar

## Garnish (optional)

fresh cilantro

## **Instructions**

Combine first 14 ingredients (*onion through smoked paprika*) in an Electric Pressure Cooker. Lock the lid in place. Select “High Pressure” and set the timer for 20 minutes.

After the cooking is complete, allow the pot to rest for about 10 minutes, and then use the quick release method to release the remainder of the pressure. When valve drops, carefully remove lid. Finish with balsamic vinegar, and stir well to combine flavors. Garnish with cilantro, if desired. Serve hot.



# CREAMY POTATO AND CORN CHOWDER

*A creamy, chunky, cozy soup with rich flavor and great texture.*

Serves 8

1 large sweet onion, diced  
1 clove garlic, minced  
6 medium Yukon Gold potatoes, peeled and diced  
2 cups frozen organic sweet corn (*still frozen, not thawed*)  
1 cup carrots, shredded  
1 cup celery, diced  
4 cups vegetable broth  
1/2 cup water  
kosher salt, to taste  
coarsely ground black pepper, to taste  
dash Cajun seasoning  
dash smoked paprika  
1 bay leaf  
1/2 cup raw cashews

## Garnish

fresh Italian parsley, minced

## **Instructions**

In a large Electric Pressure Cooker, sauté the onion for a few minutes, using a little water to avoid sticking. Add garlic and stir for a minute (*or less*), and then select “Cancel” to stop the sauté process. To the pressure cooking pot, add the next 11 ingredients (*potatoes through bay leaf*). Lock the lid in place. Select “High Pressure” and set timer for 8 minutes. After the cooking is complete, allow to rest for 10 minutes, and then use the quick release method to release any remaining pressure. When valve drops, carefully remove lid. Discard bay leaf.

In a high-powered blender, blend the cashews with about 2 cups of hot soup, until smooth and creamy. Return mixture to soup pot. Stir well. Taste and add additional seasonings, if desired. Garnish with fresh parsley, and serve.



# FEEL-BETTER-FAST VEGGIE LENTIL SOUP

*I made this for my neighbor when she told me her husband had COVID. She reported that he seemed to suddenly begin to feel better after having this soup that night, and believed this soup helped him turn the corner. Was she exaggerating? Not sure. But I do know this soup is soothing, nourishing and delicious.*

Serves 8 to 10

1 large Vidalia onion, chopped  
1 clove garlic, minced  
2 carrots, diced  
2 cups shredded cabbage  
1 pound red skinned or Yukon Gold potatoes, peeled and chopped  
1 sweet potato, peeled and chopped  
1 red or yellow bell pepper, diced  
1 cup dried green lentils, rinsed  
6 cups vegetable broth  
1 14-ounce can diced tomatoes  
1 teaspoon chili powder  
1 teaspoon cumin  
1 teaspoon curry  
1/2 teaspoon coriander  
1/2 teaspoon garam masala  
1/2 teaspoon smoked paprika  
2 teaspoons kosher salt, or to taste  
1/2 teaspoon coarsely ground black pepper, or to taste

## Finishes

2 cups baby spinach, roughly chopped  
sprinkle of cayenne pepper (*optional*)  
few dashes of balsamic vinegar

## **Instructions**

Combine soup ingredients (*onion through black pepper*) in an Electric Pressure Cooker.

Lock the lid in place. Select “High Pressure” and set the timer for 25 minutes.

After the cooking is complete, allow to rest for 10 minutes, and then use the quick release method to release the remainder of the pressure. When valve drops, carefully remove lid.

Use an immersion blender to create a slightly creamier texture, if desired.

Stir in spinach and allow it to wilt from the heat.

Add cayenne (*if using.*) Finish with a few dashes of balsamic.

Mix well, and serve hot.





## CREAMY VEGETABLE QUINOA SOUP

*This soup is bursting with colorful veggies, protein-rich quinoa, comforting potatoes, and a powerful punch of nutritious baby greens.*

Serves 8

- 1 large sweet onion, diced
- 3 large carrots, diced or shredded
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 2 stalks celery, diced
- 3 medium Yukon Gold potatoes, peeled and diced (*about 2 cups*)
- 2/3 cup uncooked quinoa
- 1 14-ounce can diced tomatoes
- 6 cups vegetable broth
- 2 teaspoons kosher salt, or to taste
- 1 teaspoon smoked paprika
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon coarsely ground black pepper, or to taste
- dash of cayenne
- 2 bay leaves
- 5 ounces fresh baby spinach or power greens, roughly chopped  
(*around 3 cups, packed*)
- 1/2 cup raw cashews

## **Instructions**

In a large Electric Pressure Cooker, sauté the onion for a few minutes, using a little water to avoid sticking. Add carrots, red bell pepper, and garlic and stir for a minute or less, just until you can smell the cooking garlic. Then select “Cancel” to stop the sauté process.

To the pressure cooking pot, add the next 11 ingredients (*celery through bay leaves*). Lock the lid in place. Select “High Pressure” and set timer for 15 minutes.

After the cooking is complete, allow to rest for 10 minutes, and then use the quick release method to release any remaining pressure.

When valve drops, carefully remove lid, and discard the bay leaves. Stir in chopped greens, and allow them to wilt from the heat.

In a high-powered blender, blend the cashews with about 2 or 3 cups of cooked soup, until smooth and creamy.

Return mixture to soup pot, stir well, and serve hot.





## VEGETABLE WELLNESS SOUP

*This soup has at least 10 veggies, and is clean, light, and deliciously satisfying all year round.*

Serves 8

1 large sweet onion, diced  
1 garlic clove, minced  
4 cups red skinned potatoes, peeled and diced  
2 cups carrots, sliced  
2 cups celery, sliced  
2 cups sweet potatoes, diced  
2 bulbs fennel, trimmed and sliced  
2 quarts vegetable broth  
4 cups cauliflower florets  
4 cups broccoli florets  
1 cup red cabbage, chopped  
2 teaspoons kosher salt, or to taste  
1/2 teaspoon coarsely ground black pepper, or to taste  
dash Cajun seasoning, or to taste

### Finishes

white miso paste (*1 teaspoon per bowl*)  
fresh cilantro, minced (*optional*)

## **Instructions**

In a large soup pot over medium-high heat, sauté onions in about 1/4 cup of water, for about five minutes, or until soft and translucent. Add garlic to the hot pan, and continue to sauté for 30 seconds.

Add in potatoes, carrots, celery, sweet potatoes, fennel, and broth. Bring to a boil, and then reduce heat to simmer.

Cover, and cook for about 15 minutes, or just until the potatoes are almost tender, but not entirely, and then carefully add cauliflower, broccoli, red cabbage, and seasonings.

Bring back up to a boil; then reduce heat to simmer. Cover, and cook for only about 5 or 10 minutes more, or just until veggies are tender crisp. Remove from heat.

Taste, and add additional seasonings if desired.

To serve, ladle soup into bowls. Whisk into each bowl 1 teaspoon of white miso paste.

Garnish with fresh cilantro, if desired, and serve hot.





# PINEAPPLE UPSIDE DOWN DONUTS

*Fresh pineapple is the star of these easy donuts.*

*Caution: these are ridiculously good!*

Makes 9 donuts

1 cup fresh pineapple, thinly sliced in small wedges  
1 3/4 cups, plus 2 tablespoons, rolled oats  
1 1/2 tablespoons baking powder  
1 1/2 teaspoons cinnamon  
1 1/2 cups pitted Medjool dates, tightly packed  
1 1/2 cups water  
1/4 cup, plus 2 tablespoons, nondairy milk

## **Instructions**

Preheat oven to 350 degrees. Have ready a silicone donut pan.

Place pineapple wedges evenly in the bottom of each well of the donut pan. Set aside.

Add the oats to a high-powered blender. Briefly turn up the power to grind the oats into flour. Then turn power off, remove the lid, and add the baking powder, cinnamon, dates, water, and milk. Process for a few moments to combine well.

Spoon batter into a large plastic zippered storage bag, and seal to close. Cut a 1/2-inch opening in the corner of the bag with a scissors, and carefully pipe batter into the donut pan, over the pineapple. With the back of a spoon, smooth tops of each donut to make sure batter is evenly distributed. Bake 16-20 minutes, or until donuts are firm to the touch and starting to crack a little bit on top. Remove from oven and allow to cool on a baking rack.

Once cool, very carefully release donuts from the pan, ensuring that the pineapple stays attached to the donuts. Serve donuts pineapple side up.



# DOUBLE CHOCOLATE SWEET POTATO COOKIES

*Simple cookies that are chewy, deliciously tender,  
extra chocolaty, and velvety smooth.*

Makes 9 cookies

- 1 medium sweet potato (*about 12 ounces*)
- 3 tablespoons tapioca flour (*also called tapioca starch*)
- 1 1/2 tablespoons date syrup
- 1 tablespoon cacao (*or cocoa*) powder
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon white miso OR dash of kosher salt (*optional*)
- 2 tablespoons unsweetened or date-sweetened vegan chocolate chips

## **Instructions**

Scrub and pierce sweet potato, and roast or microwave until tender. Allow to cool, remove skins and set aside.

Preheat oven to 350 degrees.

Into the bowl of a large food processor, add all ingredients, except chocolate chips.

Process for a couple of minutes, until mixture is very well combined. Remove bowl and blade from the base.

Evenly scoop batter (*for 9 cookies*) onto parchment- or silicone-lined baking sheet. Top each cookie with a few chocolate chips.

Bake for 18 to 20 minutes, or until firm. Remove cookies from oven and place pan on cooling rack. Allow to rest for a few minutes before serving.



# CHOCOLATE COVERED STRAWBERRIES

*An ode to the beauty of simplicity, nothing compares  
to the elegance of this classic.*

Makes about 20 to 25 bites

1 quart large fresh strawberries  
5 ounces unsweetened or date-sweetened vegan dark chocolate  
or chocolate chips

## **Instructions**

Wash strawberries, and dry gently (but really well) on paper towels.

Melt the chocolate carefully, using a double boiler or microwave.  
Stir until very smooth.

Dip each strawberry, one at a time, into the chocolate, turning  
evenly to coat well. Carefully place each chocolate-dipped  
strawberry onto a silicone baking mat or parchment-lined baking  
sheet.

Allow to set up at room temperature or in the refrigerator for a  
few minutes, and enjoy.



# PEANUT BUTTER AND JAM OATMEAL COOKIES

*This is my newest (and favorite) variation of the classic cookie  
I've been making for many years.*

Makes about 24 cookies (2-inches each)

3 ripe bananas, mashed  
2 cups rolled oats  
1/2 cup plus 2 tablespoons fruit-sweetened blueberry jam  
1/4 cup natural peanut butter  
1 1/2 teaspoons pure vanilla extract  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda

## **Instructions**

Preheat oven to 350 degrees.

In a large bowl, mix all ingredients until well combined with a large wooden spoon.

Evenly scoop batter (*around 3 tablespoons of batter for each cookie*) onto a parchment- or silicone-lined baking sheet. Bake for 20 to 22 minutes, or until tops feel firm and edges begin to caramelize.

Remove cookies from oven and place pan on cooling rack. Allow to rest for a few minutes before serving.



## **BLUEBERRY BANANA MINI-BUNDT CAKES**

*These little cakes are dressed up with blueberries!  
Super easy, yet elegant enough for company.*

Makes 8 mini-bundt cakes

1 cup frozen blueberries  
3 ripe bananas  
3/4 cup rolled oats  
1/4 cup almond or cashew powder  
1/4 cup pitted dates (*packed*)  
2 tablespoons water  
2 teaspoons baking powder  
1 1/4 teaspoons cinnamon  
1 teaspoon pure vanilla extract

## **Instructions**

Preheat oven to 350 degrees.

Have ready either a silicone mini-bundt cake pan or a silicone muffin pan.

Add blueberries evenly to the bottom of each of 8 wells in the mini-bundt cake pan or silicone muffin pan. Set aside.

Into the bowl of a large food processor, add bananas, oats, almond or cashew powder, pitted dates, water, baking powder, cinnamon, and vanilla.

Process until the mixture is well combined. Remove bowl and blade from the base. Spoon batter evenly over the blueberries in each of the wells.

Bake for 30 to 34 minutes, or until tops are golden and cakes are quite firm to the touch. Remove from oven and place on cooling rack.

Once cool, very carefully release cakes from pan, ensuring that the berries stay attached.

Serve flipped, with blueberries on top.





# PISTACHIO ICE CREAM

*Pure dairy-free, sugar-free WFPB ice cream.*

*Simple, creamy, and delicious!*

Makes about 1 quart

2 cups unsweetened nondairy milk  
3/4 cup raw pistachios  
1/2 cup pitted dates, densely packed  
1 1/2 teaspoons pure vanilla extract  
3/4 teaspoon pure almond extract  
sprinkle of salt

## **Instructions**

Pour milk into a high-powered blender.

Shell pistachios, and measure to 3/4 cup. Then roll pistachios between two cloth towels to release loose skins (*which can add a bitter flavor*).

Add the pistachios, and the remainder of the ingredients to the blender, and process until mixture is smooth and combined well.

Carefully pour mixture into the bowl of an automatic ice cream maker.

Process according to manufacturer's instructions.

Enjoy immediately, or harden further in freezer for an hour or more, as desired.



## **FRESH FRUIT TARTS IN PECAN COOKIE CRUSTS**

*These little fresh fruit tarts are elegant enough for guests,  
yet easy enough to make any day of the week.*

Make 24 to 26 tarts (1 1/2-inches each)

### Tart Shell Base

3/4 cup raw pecans  
1/2 cup fruit-sweetened cornflakes  
1/2 cup rolled oats  
1/2 cup date syrup  
1/2 cup almond butter  
2 tablespoons date sugar  
1 tablespoon ground flaxseed meal  
1 1/2 teaspoons pure vanilla extract

### Fruit Filling

1 1/2 cups fresh strawberries or fresh peaches, diced (*or other  
berry or stone fruit of your choice*) \*  
2 tablespoons fruit-sweetened (*no-sugar added*) strawberry or  
peach jam \* (*or to taste*)

## Instructions

Preheat oven to 350 degrees.

In a large food processor bowl, process pecans and cornflakes until crumbly.

Empty the nut/cornflake crumbs into a large mixing bowl. Add oats, date syrup, almond butter, date sugar, flax, and vanilla. Stir all ingredients together until well combined. (*Mixture will be a bit stiff and sticky.*)

Scoop about a 1-inch ball of batter for each tart into a silicone mini-muffin pan. Press down into the batter, using clean fingers, to form mini tart shells in each little well.

Bake for 6 to 8 minutes. Remove from oven and place pan on cooling rack. Cookie shells puff up a little bit during baking, so using the back of a spoon, press carefully into hot tart shells to make sure you have plenty of room for the fruit filling. Allow to cool for a few minutes.

To serve, mix fruit with jam in a small bowl. Fill tart shells and serve immediately.

### \* Note

*I like to match the fruit to the flavor of jam, but you can mix and match any way you like!*





# NO-BAKE FUDGY BROWNIES WITH PEANUT BUTTER CORNFLAKE FROSTING

*These are perfect when you want a little sweet bite of something extra special.*

Makes about 24 brownies

2 cups pitted dates  
1 cup almond butter  
1/2 cup unsweetened cocoa or cacao powder  
3 tablespoons prepared decaffeinated espresso (*about 1 shot*)  
1 teaspoon pure vanilla extract  
3/4 cup fruit-sweetened cornflakes, roughly crushed  
1/2 cup crunchy natural peanut butter  
1/4 cup date syrup

## Instructions

In a large food processor bowl, process dates, almond butter, cocoa powder, espresso, and vanilla. Continue processing until the mixture holds together well, which can take a few minutes. (*If needed, and depending upon the moisture level of the dates, you may want to add one additional tablespoon of espresso or water.*)

Once blended well, remove bowl and blade from the base. Press batter evenly into 24 sections of a silicone brownie-bites pan.

In a small bowl, prepare the topping. Mix together roughly crushed cornflakes, crunchy peanut butter, and date syrup, combining well.

Frost each brownie evenly. Cover and freeze for at least one hour before serving. Once frozen, remove brownies from pan, and store in a freezer-safe air-tight container.

When ready to serve, enjoy brownies straight from the freezer.

**THANK YOU**  
**so much for being here!**

Please reach out if you have questions at any time.  
I love hearing from you, and am always here to help.

Warmest plant-based hugs,  
-Vicki



Vicki Brett-Gach is a Certified Personal Chef, Master-Certified Vegan Lifestyle Coach, Plant-Based Culinary Instructor, and the author of ***The Plant-Based for Life Cookbook: Deliciously Simple Recipes to Nourish, Comfort, Energize and Renew.***

Vicki is Forks Over Knives Plant-Based Certified, and earned a Certificate in Plant-Based Nutrition through the T. Colin Campbell Center for Nutrition Studies. She is trained in Dietary Therapy for Reversing Common Diseases, and holds certificates in Wellness Counseling (through Cornell University) and in Culinary Coaching (through Harvard Medical School and The Institute of Lifestyle Medicine).

Vicki coaches individual clients across the country, helping them prevent (and often reverse) health challenges and chronic conditions, and teaches whole food plant-based cooking classes to groups of all sizes – with a focus on helping people learn how to make eating healthy EASY.

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Vicki is the creator of the Ann Arbor Vegan Kitchen blog, and her original recipes have been featured in multiple publications, including *Forks Over Knives Magazine*, *Health Science*, *VegWorld*, and *Global Vegan*.

Stay connected and subscribe to her mailing list for more recipes, to learn about her plant-based vegan coaching program, and to order ***The Plant-Based for Life Cookbook***, published by Brooklyn Writer's Press.

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