

A close-up photograph of a metal pot with steam rising from it, set against a dark background. The steam is thick and white, contrasting with the dark background. The pot is dark and has a handle visible on the left side. The lighting is warm and focused on the steam and the edge of the pot.

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by The Nourishing Plate

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BREAKFAST

Pumpkin Baked Oatmeal v

Ingredients

- 2 batches [flax eggs*](#)
- 1/3 cup pumpkin purée (unsweetened)
- 1/4 cup maple syrup
- 2 Tbsp avocado or melted coconut oil (if avoiding oil, sub applesauce or omit)
- 1/4 tsp sea salt
- 1 1/2 tsp pumpkin pie spice
- 1/2 tsp cinnamon
- 2 cups dairy-free milk
- 2 1/2 cups gluten-free rolled oats
- 3/4 cup chopped pecans (or sub other nut or seed of choice)
- 1/3 cup fresh or frozen cranberries or raisins (optional)

Directions

1. Preheat oven to 350 degrees F (176 C) and grease a 2-quart (or similar size) baking dish with oil (or vegan butter).
2. Prepare flax eggs in a large mixing bowl. Then add pumpkin purée, maple syrup, oil, salt, pumpkin pie spice, cinnamon, and whisk to combine.
3. Add milk and stir once more. Then add oats and pecans and stir to combine. Transfer mixture to the greased baking dish and top with additional pecans. Sprinkle cranberries (optional).
4. Bake for 30-35 minutes or until the top is golden brown, the edges are slightly caramelized, and it has some springiness in the center. Remove from the oven and let cool for a few minutes.
5. Serve warm with desired toppings and a drizzle of maple syrup.

Recipe by: The Nourishing Plate

Carrot Cake Baked Oatmeal v

Ingredients

- 2 ¼ cups of gluten-free oats
- 1 ½ tsp of baking powder
- 2 grated carrots
- ⅓ cup of raisins
- 2 ½ cups of dairy-free milk
- 1 tsp of vanilla
- 2 Tbsp of applesauce
- Pinch of salt
- 2 tsp of cinnamon
- 1 ½ tsp of grated ginger
- *Optional* ½ cup of chopped walnuts
- *Optional* ⅓ cup of maple syrup

Directions

1. Mix all the ingredients before transferring to a baking dish
2. Bake uncovered for 35 minutes on 375F.

Recipe by: The Nourishing Plate

Pumpkin Bread v

Ingredients

- 1 1/2 batches [flax eggs](#) (1 1/2 Tbsp (10 g) flaxseed meal + 4 Tbsp (60 ml) water)
- 1/4 cup olive oil
- 1/4 cup maple syrup
- 3/4 cup pumpkin puree
- 2 Tbsp mashed ripe banana (primarily for binding)
- 2/3 cup packed coconut sugar
- 1/2 tsp sea salt
- 2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1 tsp pumpkin pie spice
- 1/2 cup water
- 1 heaping cup gluten-free rolled oats
- 1/2 heaping cup almond meal
- 1 1/4 cup [gluten-free flour blend](#)*
- 3 Tbsp raw pepitas (or pecans)

Directions

1. Prepare flax eggs in a large mixing bowl and preheat the oven to 375 degrees F (190 C).
2. Prepare a loaf pan by lightly greasing or lining with parchment paper.
3. To flax eggs, add pumpkin, mashed banana, maple syrup, and olive oil and whisk to combine to flax eggs.
4. Next, add coconut sugar, baking soda, salt, cinnamon, and pumpkin pie spice and whisk.
5. Add water and whisk again.
6. Add oats, almond meal, and gluten-free flour blend and stir. If it appears too wet, add in another couple of Tbsp of oats or GF flour blend. It should be semi-thick and pourable.
7. Scoop into a loaf pan and top with raw pepitas (and/or pecans).
8. Bake for 40-47 minutes or until deep golden brown and a toothpick inserted into the center comes out clean.
9. Remove from oven and let set in pan for at least 20 minutes and then gently transfer to a plate to cool. Let cool completely before slicing, preferably for several hours. Otherwise, it can be a bit crumbly. Enjoy!

Recipe by: Minimalist Baker

Pumpkin Oatmeal Pancakes v

Ingredients

- 1 cup plus 2 Tbsp gluten-free rolled oats
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger powder
- 1/4 tsp cloves or allspice
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2/3 cup pumpkin purée
- 1/3 cup unsweetened applesauce
- 1/3 cup unsweetened coconut beverage or almond milk
- 2 Tbsp coconut oil, melted
- 1 Tbsp maple syrup
- 1 tsp vanilla extract

Egg replacer:

- 1/3 cup water
- 2 Tbsp ground flax seed

Directions

1. Prepare the egg replacer by mixing the ground flax and water. Allow it to sit for 5 minutes to gel.
2. Blend the oats in a high speed blender until finely ground, about 60 seconds. Add the spices, salt, and baking soda.
3. In another bowl, whisk together the pumpkin, applesauce, milk, melted coconut oil, maple syrup, vanilla, and egg replacer. Add the wet ingredients to the dry and stir until just combined. Do not over mix.
4. Heat a non-stick pan or cast iron skillet over medium heat (or 350° F for an electric griddle). Lightly oil or butter the surface
5. Once the pan is hot, pour 1/4 cup amounts of the batter, and gently spread the circles. Cook until bubbles form around the edges of the pancake. These pancakes take slightly longer to cook than regular pancakes so just keep the heat on medium and give them some time. Flip and cook for another 2 minutes on the other side.
6. Serve warm with a drizzle of organic agave nectar or maple syrup. (Note, neither agave or maple syrup were included in the nutrition analysis chart.)

Recipe by: IFM

Apple Spice Chia Seed Pudding v

Ingredients

- 2 tbsp chia seeds
- 1/2 cup almond milk or dairy-free milk of choice
- 1 cup of apple
- 1 tsp maple syrup, or monk fruit* (optional)
- 1 tsp of cinnamon
- Walnuts or pecans for topping (optional)

Directions

1. Pour ingredients into a jar and mix well. Let settle for 2-3 minutes, then mix again very well until you see no clumping.
2. Cover the jar and store it in the fridge overnight or for at least 2 hours.
3. When you're ready to eat it, top it with walnuts, pecans, or apples.

Recipe by: The Nourishing Plate

Easy Chickpea Shakshuka ▾

Ingredients

- 1 red onion
- 3 cloves of garlic
- 2 sliced red peppers
- 1 14 oz cans of chopped tomatoes
- 12 sun-dried tomatoes
- 12 cherry tomatoes
- 2 cans of drained chickpeas
- A handful of spinach
- Optional* pasture raised eggs

Seasonings

- A dash of lemon juice, red chili flakes, salt & pepper

Directions

1. Saute the onion and garlic in avocado oil
2. Add in the sun-dried and cherry tomatoes - stir for 2-3 minutes.
3. Next, add in a can of chopped tomatoes.
4. Add in 2 cans of drained chickpeas let simmer for 7-9 minutes.
5. Finally, add in a handful of spinach and top of with red chili flakes, lemon juice, salt & pepper.
6. If incorporating eggs, crack and cook 3-4 pasture raised eggs over shakshuka, put the lid over the pan to cook and enjoy!

Recipe by: The Nourishing Plate

Roasted Vegetable Breakfast Hash v

Ingredients

- ¾ cup raw cashews soaked overnight (or for 30 minutes in hot water)
- 2 tbsp coarse-ground mustard
- 1 tbsp lemon juice
- 2 tsp pure maple syrup
- 1 tsp smoked paprika
- 3 medium red potatoes
- 2 medium sweet potatoes
- 1 medium onion, coarsely chopped
- 2 carrots, cut into ½-inch cubes
- 2 parsnips, peeled and cut into ½-inch cubes
- 2 medium beets, peeled and cut into ½-inch cubes
- 8 oz. Brussels sprouts, quartered (2 cups)
- Sea salt and freshly ground black pepper, to taste
- Chopped fresh thyme (optional)
- Optional - add organic chicken sausage if desired

Directions

1. Preheat the oven to 400°F. Line two rimmed baking sheets with parchment paper.
2. For mustard sauce, in a small food processor or blender, combine cashews, mustard, lemon juice, and maple syrup. Cover and process until very smooth. Place 2 tbsp of sauce in a small bowl with 2 tbsp of water and paprika. Reserve remaining mustard sauce.
3. In a large bowl, combine the next five ingredients (through parsnips). Drizzle with most of the diluted paprika sauce. Place in prepared baking sheets, leaving an area for beets. Place beets in the same bowl and toss with remaining paprika sauce; place on a baking sheet. Roast vegetables for 20 minutes.
4. Sprinkle Brussels sprouts over vegetables in baking sheets, stirring to mix. Roast 20 to 30 minutes more or until all vegetables are tender and starting to brown.
5. In a large serving bowl, combine all vegetables. Add ¼ cup water to the reserved mustard sauce and drizzle over vegetables. Season with salt and pepper.
6. Serve hash topped with fresh thyme, if desired.

APPETIZERS

Classic Hummus ▾

Ingredients

- One 14oz cans of chickpeas
- 3 Tbsp of olive oil
- 2 cloves of garlic
- 2 Tbsp of smooth tahini (sesame paste)
- Juice of 1 lemon
- 1/3 cup of water - plus more if needed
- 1 tsp of cumin
- Pinch of salt
- Pinch of pepper
- *Optional* Pinch of red pepper flakes

Directions

1. Place all the ingredients in a food processor or high speed blender.
2. Blend until smooth and creamy, adding a little more water if needed until you reach the consistency you like.

Recipe by: The Nourishing Plate

Sweet Potato Hummus ▼

Makes 8 servings (1 serving ≈ 1/3 cup)

Ingredients

- 1 large sweet potato (12–14 ounces), cooked and mashed
- 1 can (15 ounces) chickpeas, drained, rinsed
- 1/4 cup tahini
- 1/4 cup fresh lemon juice
- 3 Tbsp extra-virgin olive oil
- 1 small clove garlic, halved
- 1 1/2 Tbsp fine sea salt
- 1 tsp ground cumin
- 1/2 tsp cinnamon (optional)

Directions

1. Add all ingredients to a blender or food processor. Purée until smooth.

Savory Seed Crackers ▾

Ingredients

- 1/3 cup chia seeds
- 1/3 cup flax seeds
- 1/3 cup sunflower seeds
- 1/4 cup water
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1/4 tsp salt
- More water, if needed

Directions

1. Preheat the oven to 300° F.
2. Mix all ingredients together and spread on greased parchment paper on a cookie sheet. Press flat (about 1/8-inch thick).
3. Bake for about 30 minutes on each side.
4. Immediately after removal from the oven, score the seeds (they will still be pliable at this point, but score right away, as they will firm up quickly). A pizza cutter works well.

Tips: Before spreading on a cookie sheet, oil hands or spatula, to keep seeds from sticking to hands. Watch closely so that you don't burn the seeds. May consider the longer duration of time at a lower cooking temp (i.e., 250° F).

Recipe by IFM

Almond Flour Crackers v

Makes 8 servings

Ingredients

- ¾ cup gluten-free flour blend (try Bob's Red Mill)
- ⅔ cup almond meal* (or sub gluten-free oat flour*)
- ¼ tsp baking powder
- 2 Tbsp flaxseed meal
- 1 tsp fresh chopped rosemary
- ½ tsp sea salt
- ⅛ tsp garlic powder (optional)
- 3.5 Tbsp avocado oil
- 3-5 Tbsp cold water

Directions

1. Preheat the oven to 325 degrees F and line 1 large or 2 small baking sheets with parchment paper (adjust the number of baking sheets if altering batch size).
2. Add dry ingredients to a food processor or a mixing bowl and process or whisk until thoroughly combined. Then add oil and pulse/use a pastry cutter or fork until crumbly.
3. Add cold water 1 Tbsp at a time, pulsing/stirring until it forms a semi-sticky dough that's moldable with your hands and not crumbly. It shouldn't need more than 5 Tbsp (amount as original recipe is written // adjust if altering batch size).
4. Remove from the processor or mixing bowl and form into a loose ball with your hands. Transfer to a clean surface lined with parchment paper. Lay another sheet of parchment paper on top and use a rolling pin to roll the dough out into a rectangle slightly less than 1/8th inch thick (see photo).
5. Use a knife, a pizza cutter, or a small cookie cutter to cut the dough into squares (or circles). Makes about 60 squares (amount as original recipe is written // adjust if altering batch size).
6. Transfer the dough (still on the parchment) to a baking sheet and pop in the freezer for about 10 minutes to stiffen. This will help them firm up and become easier to transfer to the baking sheet.
7. Once firm, use a spatula to carefully separate the crackers to ensure they aren't touching or too crowded. This will help them bake evenly.
8. Bake for 16-22 minutes or until slightly golden brown (be careful not to burn). Remove from the oven and let cool. - Enjoy immediately.

Super Seed Loaf ▼

Ingredients

- 2 cups of oat milk
- 1 cup pumpkin seeds
- 1 cup buckwheat flour
- ½ cup oats
- ½ cup almonds
- 3 oz sunflower seeds
- 3 Tbsp of ground flaxseed
- 3 Tbsp of chia seeds
- 1 Tbsp of dried rosemary
- 1 Tbsp of dried thyme
- Large pinch of Salt

Directions

1. Place the almonds, oats, and two thirds of pumpkin seeds in a food processor and blend for a couple of minutes until smooth flour forms. Transfer this flour into a bowl and stir in the remaining pumpkin seeds plus the buckwheat flour, sunflower seeds and chia seeds, flax seeds, dried herbs, and a large pinch of salt.
2. Stir the mix well before gradually pouring in the oat milk and 1 Tbsp of olive oil.
3. You'll then need to let the mixture sit to thicken up, this should take anywhere from 30minutes to an hour. During which time, you can heat the oven to 180c, fan setting.
4. Once the mix is nice and firm, grease the base of a loaf tin with some olive oil or line with a baking parchment, pour the mix in, and firmly press it down with a spoon or spatula.
5. Then place the bread in the oven and bake for 55-60 minutes, until the top begins to brown, and you can pull a knife out of the middle without any mix sticking to it.

Recipe by: Deliciously Ella

SALADS

Warm Roasted Butternut Squash Salad ▼

Ingredients

- 1 medium-sized butternut squash (peeled and cubed)
- 3-4 Tbsp olive oil (divided)
- Sea salt + black pepper
- 1/4 cup raw pecans
- 2 Tbsp coconut sugar
- 2 cups baby spinach or arugula (chopped)
- 1/4 cup dried cranberries
- 1 Tbsp balsamic vinegar (optional)

Directions

1. Preheat the oven to 400 degrees F (204 C) and position a rack in the center of the oven.
2. Toss butternut squash cubes in 1 1/2 Tbsp olive oil and 1 tsp sea salt, and 1/2 tsp pepper. Roast for 15-20 minutes or until just tender. You don't want it to get mushy, just tender.
3. While roasting, prepare your pecans by heating a medium skillet over medium heat. Once hot, add pecans and toss or stir until toasty and fragrant, being careful not to burn. Remove from the skillet.
4. To the same skillet add 1 Tbsp olive oil (or ghee) and 2 Tbsp coconut sugar and stir to combine. Then add pecans back in plus a pinch of salt and toss for a minute or two until fully coated and fragrant. Transfer to a plate to cool, spreading to make sure they don't stick together.
5. Chop or loosely tear your greens and add to a serving bowl along with the cranberries. Once the butternut squash is done, toss it right into the bowl along with the pecans.
6. Lastly, add the remaining 1 Tbsp olive oil and 1 Tbsp balsamic vinegar and toss. Add more salt or pepper if desired. Serve immediately.

Recipe by: Minimalist Baker

Shaved Brussels Sprout Salad with Apples & Dates v

Ingredients

- 4 Tbsp olive oil
- 2 ½ Tbsp apple cider vinegar
- 2 tsp maple syrup
- ¼ tsp sea salt
- 2 tbsp finely chopped shallot
- 4 cups thinly sliced Brussels sprouts (¾ lb Brussels sprouts yield ~4 cups)
- 2 cups finely chopped kale, stems removed (purple kale is pretty! // or sub more Brussels sprouts)
- 1 cup chopped apple (Pink Lady or other crunchy, sweet-tart apples are best // 1 medium apple yields ~1 cup)
- 4 pitted Medjool dates, finely chopped (4 Medjool dates yield ~1/2 cup)
- ¼ cup chopped roasted hazelnuts (see instructions if using raw)

Directions

1. Optional: If using raw hazelnuts, roast whole hazelnuts on a bare baking sheet at 350 F (176 C) for 12-15 minutes or until fragrant.
2. Prepare the dressing by adding olive oil, apple cider vinegar, maple syrup, salt, and shallot to a small jar with a lid and shaking to combine. Or, add to a bowl and whisk. Set aside.
3. Trim the Brussels sprouts, halve them lengthwise, and slice very thinly with a knife or the slicing disc on a food processor.
4. Add the Brussels sprouts and kale to a large mixing/serving bowl, shake or whisk the dressing again, and add about half of it. Then massage with clean hands for 1-2 minutes to infuse the Brussels sprouts and kale with the sauce and make them easier to chew and digest.
5. Add the remaining salad ingredients (apples, dates, and roasted hazelnuts) and the remaining dressing. Toss to coat, breaking any clumps of dates up into small pieces. Enjoy!

Recipe by: Minimalist Baker

Cauliflower Kale Cranberry Salad v

Ingredients

- 1 small head of cauliflower (about 3 ½ cups florets)
- 1 cup destemmed and finely chopped lacinato kale or 2 cups destemmed, packed (not chopped)
- ¾ cup dried cranberries
- ½ cup finely diced red onion or shallot
- 1 15oz can of garbanzo beans, drained and rinsed
- 3 Tbsp sprouted pumpkin seeds
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 clove garlic, minced or ⅛ tsp of garlic powder
- Pinch of salt
- Freshly ground black pepper to taste

Directions

1. Place the cauliflower florets in the bowl of a food processor until ¾ full. Use the pulse button to process the cauliflower until it is broken down into rice size pieces. Using a spatula, remove cauliflower from the food processor and place in a large mixing bowl.
2. Finely chop kale OR place destemmed kale in the food processor (no need to wipe out) with a squeeze of fresh lemon juice and a splash of balsamic vinegar and pulse until broken down to a fine chop.
3. Add kale, dried cranberries, red onion, garbanzo beans, and pumpkin seeds to the cauliflower. Mix well.
4. In a small bowl, whisk together the olive oil, balsamic vinegar, and garlic. Pour over the salad and mix well.
5. Season the salad with a pinch of salt and add black pepper to desired taste. Serve chilled.

(Modified) recipe by The Nutrition Adventure

Roasted Squash Salad with Crispy Shallot & Balsamic Reduction v

Ingredients

Squash

- 1 medium acorn squash (or similar winter squash // pick one with green and orange skin)
- 1 Tbsp avocado or olive oil
- 1 pinch each salt and black pepper

Dressing

- 1 cup balsamic vinegar

Shallot

- 2 medium shallots (thinly sliced)
- 3 Tbsp brown rice flour
- 1/8 tsp each sea salt
- ~2 Tbsp olive oil or avocado oil (for cooking – if avoiding oil, omit and use a non-stick pan)

Salad

- 1/4 cup [macadamia nut cheese](#) (or similar store-bought)
- 2 Tbsp roasted or raw pepitas (we preferred roasted)
- 5-6 cups arugula
- 2 Tbsp dried currants (or other dried fruit, such as cranberries)

Directions

1. Preheat the oven to 425 F (218 C). To prepare squash, use a sharp knife to carefully cut in half lengthwise (from root to tip), then remove seeds with a spoon or ice cream scooper. Slice squash halves into even wedges and leave the skin on.
2. Arrange squash on a parchment-lined baking sheet. Sprinkle with oil, salt, and pepper and toss to coat. Spread in an even layer. Roast squash for ~15-20 minutes or until tender and golden brown.
3. In the meantime, prepare the dressing by adding balsamic vinegar to a small saucepan. Bring to a gentle boil. Then allow to simmer until it is reduced by half and looks thick (about 10-15 minutes). Watch carefully near the end as it can go from reduced to burnt quickly. You'll know it's done when, swirled, it coats the sides of the pan.

4. At this time, prepare the nut cheese ([link to recipe above](#)), or if using store-bought, skip this step.
5. If toasting pepitas, add to a dry skillet over medium heat and cook, stirring occasionally, until lightly browned – about 3-5 minutes (being careful not to burn).
6. Next, add sliced shallots to a small bowl with brown rice flour, salt, and pepper and toss to coat. Heat a medium (preferably cast-iron) skillet over medium heat. Once hot, add oil and floured shallots and sauté, stirring occasionally, until lightly golden brown and crispy – ~5 minutes.
7. To serve, arrange arugula on a platter or serving bowl and top with roasted squash, crispy shallots, dollops of macadamia nut cheese, pepitas, and cranberries or currants. Drizzle with dressing.

Recipe by: Minimalist Baker

Roasted Pecans and Fresh Pears with Mixed Greens v

Ingredients

- 1/2 cup raw pecans
- 4 cups mixed greens of choice (spring mix, baby spinach, or arugula)
- 1/4 red onion, thinly sliced in rounds, cut in half
- 1 ripe pear

Vinaigrette

- 2 Tbsp vinegar of choice
- Juice of 1/2 lemon (≈1.5 Tbsp)
- 1/2 clove garlic (or 1/2 tsp minced garlic)
- 1/4 tsp ground cumin
- 1/2 Tbsp raw honey
- 1/2 tsp Dijon mustard
- 1/4 tsp sea salt
- 1/8 tsp pepper
- 1 Tbsp fresh minced parsley
- 2 chopped green onions
- 2 Tbsp extra-virgin olive oil

Directions

1. Roast raw pecans in a 350°F oven for 5–8 minutes or until browned. Be careful not to burn nuts.
2. In a large salad bowl, toss together greens and onions.
3. Top with cooled roasted pecans.
4. Just before serving, peel pears, cut in chunks, and place on top of salad.
5. Top with either variation of the Everyday Basic Vinaigrette below, and toss all of the other ingredients right before serving.

Recipe by: IFM

SOUPS

Roasted Butternut Squash Soup ▼

Ingredients

- 5 cups cubed butternut squash, skin removed (~1 small butternut squash)
- 2 cups carrots (peeled and cut on an angle into ~1-inch slices)
- 1/2 medium white or yellow onion, sliced (~1 cup or 120 g)
- 5 cloves garlic, peeled (left whole or slightly crushed)
- 2 tsp avocado oil (if oil-free, sub a bit more maple syrup and/or a little vegetable broth)
- 2 tsp maple syrup
- 1 healthy pinch each sea salt & black pepper
- 1 ½ – 2 cups vegetable broth
- 2/3 cup light coconut milk, plus more for serving (or sub cashew milk)
- 1/4 tsp ground cinnamon
- 1 pinch nutmeg (optional)
- 1 pinch cayenne (optional)

Instructions

1. Heat oven to 400 degrees F (204 C). Line two baking sheets with parchment paper
2. Add cubed squash, carrots, onion, and garlic to the baking sheet and drizzle with oil and maple syrup. Season with salt and pepper and toss to combine. Bake for 25-30 minutes, or until squash and carrots are tender.
3. Transfer to a large pot or [Dutch oven](#) and add vegetable broth, coconut milk, cinnamon, nutmeg (optional), and cayenne (optional). Stir to combine, then bring to a simmer over medium heat. Then reduce heat to low, cover, and simmer for 5-10 minutes to allow the flavors to meld.
4. Use an [immersion blender](#) or carefully transfer mixture to a [high-speed blender](#) (that's safe for hot foods) and blend until creamy and smooth. If you prefer thinner soup, add more vegetable broth at this time.
5. Taste and adjust flavor as needed, adding salt and pepper to taste, maple syrup for sweetness, cinnamon for warmth, nutmeg for nuttiness, or cayenne for heat

Recipe by: Minimalist Baker

Tuscan Kale Veggie Soup v

Ingredients

- 1 small yellow onion, finely diced
- 2 cloves garlic, minced
- 2 tbsp olive or avocado oil
- 2 celery stalks, diced
- 2 large carrots, diced
- 3 cups chopped kale
- 1 can 15 oz diced tomatoes
- 1 can 15 oz cannellini beans
- 2 tbsp tomato paste
- 4 cups vegetable broth

Seasonings

- 1 tsp salt
- 1 Tbsp (each) dried thyme, oregano, basil
- ½ tsp black pepper
- ¼ tsp red pepper flakes (adjust to the desired level of spice)

Directions

1. Heat the oil in a large soup pot over medium heat. Add the onion, celery, and carrots and cook until the vegetables begin to soften 6 to 8 minutes. Next, add the garlic and pepper flakes and cook for 1 minute. Add the chopped tomatoes (with juice), kale and chard, and cook until the kale is wilted, 8 to 10 minutes.
2. Puree 1 cup of the beans and 1 cup of the broth in a food processor. Add to the soup along with the remaining beans and 6 cups of broth. Bring to a boil over high heat. Reduce the heat to low and simmer for 20 minutes.
3. Stir in the rest of the spices

Recipe by: The Nourishing Plate

Squash, Apple, and Turmeric Soup v

Ingredients

- 2 Tbsp ghee or coconut oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 quart vegetable broth
- 2 to 2 ½ lbs. peeled butternut squash cut into 1 inch cubes (about 10 cups)
- 2 unpeeled Granny Smith apples, cored and cut into ½ inch cubes
- Freshly grated peel of ½ lemon
- 1 ½ Tbsp. grated fresh ginger root
- 1 ½ tsp. sea salt
- ½ cup coconut butter or coconut oil or a mix of both
- 2 Tbsp. freshly squeezed lemon juice
- 1 ½ tsp. turmeric powder
- ¼ tsp. freshly ground black pepper
- Fresh cilantro, chopped, for garnish

Directions

1. In a large saucepan over medium-high heat, melt ghee/ coconut oil. Add the onion and garlic and cook for 8-10 minutes or until brown.
2. Add the broth, butternut squash, apples, grated lemon peel, ginger, and salt.
3. Cover and cook to a boil. Reduce heat to medium-low and simmer 40 minutes or until the squash is soft.
4. Remove from the heat and stir in the coconut butter/ coconut oil and lemon juice and cool for 10 minutes.
5. Add the turmeric and black pepper. Puree in a glass blender in batches until smooth and creamy.
6. Pour into individual serving bowls and sprinkle with cilantro.

Three Bean Vegetable Chili v

Ingredients

- 1 Tbsp olive oil
- 1/2 large onion, diced
- 2 carrots, diced
- 1 red bell pepper, chopped
- 1 clove garlic, finely chopped
- 1 jalapeño, minced; seeds can be removed for less heat
- 1 1/2 Tbsp chili powder
- 2 tsp ground cumin
- 1 1/2 tsp dried oregano
- 1 can (28 ounces) no-salt added diced tomatoes
- 1 cup water
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) red kidney beans, rinsed and drained
- 1 can (15 ounces) Great Northern beans, rinsed and drained
- 1/2 tsp sea salt

Garnish:

- Fresh cilantro
- Chopped scallions

Directions

1. Heat oil in a large saucepan or stockpot. Add onions, carrots, bell peppers, garlic, and jalapeño and cook until onion is translucent (about 5 minutes).
2. Add dry spices (chili powder, cumin, and oregano), and cook for 1 minute, stirring frequently.
3. Add canned tomatoes including juices, water, beans, and salt. Bring to boil, reduce heat, and then simmer uncovered for 30 minutes.
4. Serve garnished with chopped cilantro and scallions.

Tips: Try to find low-sodium canned beans. Otherwise, be sure to rinse beans well after draining to reduce sodium.

Kale & White Bean Chili ▾

Ingredients

- 2 cups dried cannellini beans, soaked in water overnight, drained, and rinsed well
- 1 small bunch kale, washed, destemmed, and chopped
- 1 small onion, diced
- ½ green bell pepper, seeded and chopped
- 1-2 jalapeños, minced (optional); seeds can be removed for less heat
- 4 cups low-sodium vegetable broth
- ½ tsp garlic powder
- ¼ tsp paprika
- ¾ tsp ground cumin
- 2 Tbsp olive oil
- 1 avocado, peeled, pitted and chopped

Directions

1. In your slow cooker, combine the beans, kale, onion, bell pepper, jalapeño, broth, garlic powder, paprika, and cumin. Stir to mix the ingredients.
2. Cover the slow cooker and set to low. Cook for 6 to 8 hours.
3. Drizzle each bowl with olive oil, top with avocado, and serve.

Recipe by Madeline Given, NC has been modified.

Curried Red Lentil and Pumpkin Soup v

Makes 6 servings

Ingredients

- 1 Tbsp. avocado oil
- 1 yellow onion
- 2 cloves garlic
- 1 Tbsp. grated fresh ginger
- 1 15 oz. can of pumpkin puree
- 1 cup dry red lentils
- 6 cups low-sodium vegetable broth
- 1 Tbsp curry powder or to taste

Directions

1. Dice the onion, mince the garlic, and grate the ginger (use a small hole cheese grater).
2. Saute the onion, garlic, and ginger in a large pot with the oil over medium heat until the onions are soft and transparent.
3. Add the pumpkin puree, red lentils, broth, and curry powder, and stir to combine.
4. Place a lid on the pot, turn the heat up to medium high, and allow it to come to a boil.
5. Once it reaches a boil, turn the heat down and simmer on low for 20 minutes, stirring occasionally. After 20 minutes, the lentils should be soft and the soup slightly thickened. - Taste to adjust the curry powder or salt as needed, then serve.

Recipe by: Budget Bytes

ENTREES

Simple Roast Turkey

Ingredients

- Organic Turkey (10 to 12 pounds)
- Coarse kosher salt
- 1 tbsp black pepper
- 1 lemon, zested and quartered
- 1 bunch fresh thyme or rosemary
- 1 bunch fresh sage
- 12 garlic cloves, smashed and peeled
- 1 bottle hard apple cider (12 ounces)
- Dry white wine, as needed
- 2 onions, peeled and quartered
- 3 bay leaves
- Olive oil or melted ghee as needed

Directions

1. Remove any giblets from the cavity and reserve for stock or gravy. Pat turkey and turkey neck dry with a paper towel; rub turkey all over with 1/2 teaspoon salt per pound of turkey, the pepper and the lemon zest, including the neck. Transfer to a 2-gallon (or larger) resealable plastic bag. Tuck herbs and 6 garlic cloves inside the bag. Seal and refrigerate on a small rimmed baking sheet (or wrapped in another bag) for at least 1 day and up to 3 days, turning the bird over every day (or after 12 hours if brining for only 1 day).
2. Remove the turkey from the bag and pat dry with paper towels. Place turkey, uncovered, back on the baking sheet. Return to the refrigerator for at least 4 hours and up to 12 hours to dry out the skin (this helps crisp it).
3. When you are ready to cook the turkey, remove it from the refrigerator and allow it to come to room temperature for one hour.
4. Heat oven to 450 degrees. In the bottom of a large roasting pan, add the cider and enough wine to fill the pan to a 1/4-inch depth. Add half the onions, the remaining 6 garlic cloves and the bay leaves. Stuff the remaining onion quarters and the lemon quarters into the turkey cavity. Brush the turkey skin generously with oil or melted ghee.
5. Place turkey, breast side up, on a roasting rack set inside the roasting pan. Transfer pan to the oven and roast for 30 minutes. Cover breast with aluminum foil. Reduce oven temperature to 350 degrees and continue roasting until an instant-read thermometer inserted in the thickest part of a thigh reaches a temperature of 165 degrees, about 1 1/2 to 2 hours more. Transfer the turkey to a cutting board to rest for 30 minutes before carving.

Simple Roasted Butternut Squash ▾

Makes 4 servings

- 4 cups cubed butternut squash
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1/4 tsp pepper

Directions

1. Preheat the oven to 400° F.
2. In a large bowl, toss together butternut squash, olive oil, garlic, salt and pepper.
3. Pour coated squash on a baking sheet in a single layer.
4. Roast at 400° F until squash is tender and lightly browned (about 25–30 minutes).

Oven-Roasted Vegetables ▾

Ingredients

- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 cup carrots
- 1 cup bell peppers
- 1 cup onion
- 1 cup mushrooms
- 1 cup yellow squash
- 1 cup asparagus
- 1/4 cup avocado oil
- 1 tbsp minced garlic
- 1/2 tsp salt
- 1/2 tsp coarsely ground black pepper

Directions

1. Preheat the oven to 375° F while preparing vegetables. Chop vegetables so that all pieces are approximately the same size. This will ensure all vegetables are done cooking at the same time.
2. In a large roasting pan or cookie sheet, toss together all ingredients and spread in a single layer.
3. Roast approximately 25–30 minutes until veggies are tender and slightly brown, stirring occasionally.

Tips: To make preparation easier, you can reduce the variety of vegetables but keep to 8 cups total for nutrition consistency. For example, you could chop 8 cups of broccoli.

Recipe by: IFM

Broiled Lamb Chops with Rosemary

Ingredients

- 4 lamb chops (lean)
- 2 tsp avocado or coconut oil
- 1 tsp dried rosemary
- 1 Tbsp fresh rosemary
- ½ tsp sea salt
- ½ tsp pepper

Directions

1. Preheat the broiler.
2. Drizzle oil over lamb chops and rub to coat them.
3. In a small bowl, mix together the salt, pepper, and dried rosemary, and season both sides of the lamb chops. Rub spices into chops.
4. Move the lamb to a broiler pan, and broil for 8–10 minutes. Flip once during cooking. When done, lamb should be only slightly pink in the center.

Recipe by: IFM

Sheet Pan Salmon and Vegetables

Ingredients

- 2 Tbsp. avocado oil
- 1 small head cauliflower, stemmed and coarsely chopped
- 1 small head broccoli, stemmed and coarsely chopped
- 1 small zucchini, cut into ½ inch slices
- 1 tsp. sea salt divided
- 2 salmon fillets (about 1 lb.)
- 1 Tbsp ghee
- 1 tsp. dried dill or 2 tsp fresh dill

Directions

1. Preheat the oven to 400 degrees F
2. Grease the baking pan with avocado oil. Place the cauliflower, broccoli and zucchini in the pan. Sprinkle the vegetables with ½ tsp. sea salt, drizzle with avocado oil until well coated.
3. Bake uncovered for 5 minutes,
4. Remove from the oven and place salmon on top of the vegetables. Spoon the ghee over each fillet and sprinkle with ½ tsp. sea salt and the dill.
5. Bake uncovered for 15 to 20 minutes, or until the fish easily flakes away when tested with a fork.
6. Serve and eat right away.

Recipe by: Magdalena Wyzelaki has been modified.

Chickpea Tagine with Cinnamon, Cumin, and Carrots v

Ingredients

- 2 Tbsp. coconut or avocado oil
- 1 small onion, thinly sliced
- 3 cloves garlic, minced
- 2 14.5-oz. cans chickpeas, rinsed and drained
- 3 medium carrots, peeled and sliced into thin rounds
- ¼ cup dried currants
- 1 tsp. ground turmeric
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 2 tsp. honey
- ½ cup plain dairy-free Greek-style yogurt (coconut, almond, etc.)
- 3 Tbs. finely chopped parsley

Directions

1. Heat oil in a large skillet over medium heat. Add onion and garlic, and sauté 2 to 3 minutes, or until onion slices are soft. Stir in chickpeas, carrots, currants, spices, honey, and 2 cups water. Cover and simmer 20 to 25 minutes, stirring occasionally. Season with salt and pepper.
2. Divide tagine among 4 bowls. Garnish each serving with a dollop of yogurt, and sprinkle with parsley.

Shepherd's Pie-stuffed Sweet Potatoes

Ingredients

- 4 large sweet potatoes
- 1 pound ground lamb
- 1 onion
- 2 carrots
- ½ cup chicken bone broth
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 1 Tbsp Italian Seasoning
- 1 tsp garlic powder
- ½ cup frozen peas

Directions

1. Preheat the oven to 375°F- Wash the sweet potatoes and prick with a fork. Place on a large baking sheet and bake for 45 to 60 minutes, until fork tender.
2. While the sweet potatoes are cooking, in a large skillet over medium-high heat, brown the lamb, breaking it up as it cooks for 8 to 10 minutes.
3. Finely dice the onion and grate the carrots and add to the skillet when the meat is almost done. Cook until the carrots are tender and the onion is translucent, about 3 to 4 minutes.
4. Stir in the salt, pepper, Italian seasoning, and garlic powder.
5. Add the peas and cook until the peas are warmed through, about 3 minutes.- Remove from heat.
6. Remove sweet potatoes from the oven. Cut a slit in the top of each sweet potato, mash slightly with a fork to make room inside, and fill with the lamb mixture before serving.

Recipe by: Wellness Mama has been modified

Baked Chicken with Cabbage, Carrots, and Onions

Makes 4 servings

- 4 chicken breast halves (bone-in, skin-on)
- 1 head cabbage, chopped
- 1 large onion, cut into eighths
- 1 pound bag of baby carrots
- 1 tsp kosher salt, divided
- 1 tsp black pepper, divided
- 2–3 sprigs fresh rosemary, finely minced (2–3 teaspoons)
- 1 head garlic, cloves separated and left unpeeled (or 4–5 tsp minced garlic)
- 1 lemon, quartered
- 1/4 cup extra-virgin olive oil
- 3 Tbsp red wine vinegar

Directions

1. Preheat the oven to 450° F.
2. To a 12 x 16-inch glass dish or roasting pan, add chicken, cabbage, onion, and carrots. In a small bowl, mix together 1/2 tsp salt, 1/2 tsp pepper, and minced rosemary. Sprinkle over chicken and veggies. Toss well.
3. Arrange chicken so that it lies on top of veggies skin-side up. Also add garlic cloves and quartered lemon on top of veggies.
4. In another small bowl, use whisk to mix together oil, vinegar, and remaining 1/2 teaspoon salt and 1/2 teaspoon pepper. Drizzle over the chicken and veggies.
5. Roast in the oven for 50 minutes. Chicken should be browned and cooked through. Vegetables should be tender.

Tips: Alternatively, consider roasting a whole chicken, instead of chicken breast halves.

Penne with Butternut Squash and Fresh Fennel ▼

Ingredients

- 2 medium fennel bulbs
- 8 oz. dry gluten-free penne*
- 1 cup chopped onion
- 1 ½ cups peeled, cubed fresh butternut squash
- ¼ cup chopped sprouted walnuts

Directions

1. Bring a large pot of water to boiling.
2. Remove stems from fennel bulbs; trim and coarsely chop the fronds. Halve bulbs, then cut into ¼-inch thick slices.
3. Add penne and chopped onion to boiling water. Cook according to package directions for the penne, adding squash and sliced fennel bulb the last 7 minutes of cooking.
4. Reserve 3 cups of cooking water. Drain pasta and vegetables. Return pasta and vegetables to pot. Add 1 to 1 ½ cups of cooking water and ¼ to ½ cups chopped fennel frond to pot; toss to coat.
5. Add additional cooking water if desired for saucier pasta. Sprinkle with walnuts to serve.

*For brown rice pasta try Tinkyada brand, for chickpea pasta try Banza brand, or for cassava flour pasta try Jovial brand (all are located in the gluten-free section of Giant)

Recipe by Mary Margaret Chappell has been modified.

SIDES

Garlicky Green Beans with Slivered Almonds v

Ingredients

- 1/3 cup slivered or sliced raw almonds
- 1 pinch sea salt
- 1 lb green beans, stems and rough ends trimmed (organic when possible)
- 1 Tbsp avocado oil
- Sea salt and black pepper, to taste
- 3 cloves garlic, minced
- 1 Tbsp ghee (or sub organic dairy free butter as needed)

Directions

1. Heat a large rimmed skillet over medium heat. Once hot, add almonds and salt and toast for 4-5 minutes, stirring frequently, until toasted. Watch closely and be careful not to burn. Then remove from the pan and set aside.
2. Rinse and dry the green beans and remove any stems or rough ends with a knife or scissors.
3. Heat the same large rimmed skillet from earlier over medium-high heat. Once hot, add the oil. Wait 1 minute for the oil to get hot, then add green beans. Season generously with salt and pepper
4. Cover and cook for about 8 minutes, stirring / tossing occasionally. You want the heat to remain high and the cover tight so the green beans get browned but also tender. Turn down heat slightly if they're close to burning.
5. In the last few minutes of cooking, add the minced garlic and butter and toss to coat. Cook for 1-2 minutes more, tossing frequently until garlic is fragrant and the green beans are golden brown and tender. Add the almonds and toss. Serve immediately.

Recipe by: Minimalist Baker

Easy Mashed Potatoes v

Ingredients

- 6-8 medium yukon gold potatoes (if large, cut in half)*
- 1 tsp sea salt (divided)
- Water to cover
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 5-6 cloves raw or roasted garlic (or sub minced garlic sautéed for 3 minutes in olive oil)*
- 3-4 Tbsp vegan butter (such as Earth Balance // melted/softened)
- 1/4 cup fresh chives (for topping // optional)

Directions

1. For creamier mashed potatoes, peel your potatoes at this time. Otherwise, just halve your potatoes and place in a large saucepan or pot and cover with water by ~1 inch.
2. Bring to a light boil over high heat and add 1 tsp of sea salt (as original recipe is written // adjust if altering batch size), and cook for 25-30 minutes or until very tender. They should effortlessly slide off a knife when pierced with a knife.
3. While the potatoes are cooking, chop up your chives (optional) and measure your vegan butter.
4. Once tender, drain your potatoes and place them back in the hot pot off the heat for 1 minute to evaporate any additional water.
5. Mash your potatoes using a potato masher until fluffy.
6. Add in vegan butter, garlic, salt, and black pepper and stir to combine. Taste and adjust seasonings as needed.
7. Lastly top with chives (optional, stir and serve as is or with your favorite gravy (or [mushroom gravy](#))).

Recipe by: Minimalist Baker

Honey Mustard Roasted Brussels Sprouts v

Ingredients

- 2 tsp grainy mustard
- 2 Tbsp spicy mustard
- 2 – 2 ½ Tbsp honey, plus more to taste (if vegan, sub maple syrup)
- 1 Tbsp coconut aminos (for depth of flavor) Trader Joe's has a great one
- 1 pinch each sea salt and pepper (plus a pinch more for topping Brussels sprouts)
- 2 heaping cups halved Brussels sprouts
- 1 tsp avocado oil of choice

For serving optional*

- 1/4 cup slivered almonds, toasted
- 2 small pitted medjool dates, finely chopped (or sub other dried fruit of choice, such as cherries)

Directions

1. Preheat the oven to 400 degrees F (204 C) — use the convection setting if you have it for crispier Brussels sprouts.
2. Prepare sauce by adding grainy mustard to a medium mixing bowl, along with spicy mustard, honey (or maple syrup), coconut aminos, and salt and pepper. Stir to combine. Taste and adjust flavor as needed.
3. Add halved Brussels sprouts to the bowl and top with a pinch each salt and pepper for added flavor. Then gently toss / stir to coat. Allow Brussels sprouts to marinate for 10 minutes uncovered at room temperature.
4. In the meantime, toast slivered almonds (optional) in a skillet over medium-low heat until golden brown, stirring frequently. Also pit and chop dates (optional). Set aside.
5. Heat a large skillet over medium heat. Once hot, add just enough oil to coat the pan. Wait 1 minute, then use tongs or a slotted spoon to add the Brussels sprouts to the hot skillet, leaving the excess marinade behind (you'll use it later to glaze after cooking). Ensure the sprouts are arranged cut-side down to get a sear.
6. Pan fry for 3-4 minutes, then stir with a spoon to toss. Transfer to the preheated oven and roast at 400 degrees F for 8-12 minutes, or until the sprouts are golden brown and tender.
7. Remove from the oven and add remaining marinade, toasted almonds, and dates (optional). Serve immediately.

Recipe by: Minimalist Baker

Butternut Pecan Sweet Potato Mash v

Squash + Sweet Potatoes

- 3 large (~1/3 lb each) sweet potatoes (or sub 6 small per 3 large halved // skin on // organic when possible)
- 6 cups peeled, cubed butternut squash (1 small butternut squash yields ~6 cups)
- 2 Tbsp avocado or melted coconut oil (divided)
- 1 pinch each sea salt + black pepper
- 1 pinch ground cinnamon
- 1 Tbsp maple syrup
- 1 Tbsp vegan butter

Pecan topping

- 1 cup pecans (roughly chopped)
- 1 Tbsp coconut oil
- 1 Tbsp coconut sugar
- 1 Tbsp maple syrup
- 1 pinch ground cinnamon
- 1 pinch sea salt
- 1 Tbsp olive oil or ghee (optional)

Directions

1. Preheat the oven to 400 degrees F (204 C) and lightly grease (or line with parchment paper) 2 large, rimmed baking sheets (use fewer or more baking sheets, as needed, if altering batch size). Also lightly grease a small baking dish (8×8 inch is ideal // size as original recipe is written // adjust if altering batch size)).
2. Add halved sweet potatoes to one baking sheet, and the cubed butternut squash to another. Drizzle each with half of the avocado or melted coconut oil (1 Tbsp as original recipe is written // adjust if altering batch size).
3. Sprinkle with a pinch of salt and pepper. Rub sweet potatoes together to distribute the oil, and toss the butternut squash as well.
4. Roast butternut squash for 15 minutes, then remove from oven and test doneness. It should be very fork tender and easily mashed. Once it's done, remove from oven and set aside.
5. Depending on the size of your sweet potatoes, they should take anywhere from 20-35 minutes total. Remove from oven when very soft to the touch. Then reduce oven heat to 350 degrees F (176 C).
6. Heat a large skillet over medium heat. Add chopped pecans and toast for 5 minutes, stirring frequently. If smoking or browning too quickly, turn heat to medium-low or low.
7. At the 5-minute mark, add coconut oil, coconut sugar, maple syrup, cinnamon, and salt. Stir to coat and cook for another 1-2 minutes. Remove from heat and set aside.

8. Peel sweet potatoes and add to a large mixing bowl with butternut squash. Use a fork, potato masher, or whisk to thoroughly mash.
9. Add another pinch salt + pepper, ground cinnamon, maple syrup, and vegan butter. Mash once more to combine, then taste and adjust seasonings as needed.
10. Transfer mashed squash and potatoes to prepared baking dish and top with toasted pecans. Add vegan butter, cubed, to add additional moisture and flavor (optional).
11. Bake for 10-15 minutes or until completely warmed through and fragrant. Let cool briefly and then serve.

Recipe by: Minimalist Baker

Fluffy Gluten-Free Biscuits v

Ingredients

- 1 cup [potato starch](#) (NOT potato flour)
- 1 1/4 cup almond flour
- 1 Tbsp arrowroot
- 1 tsp sea salt
- 2 1/4 tsp baking powder
- 1 Tbsp organic coconut sugar
- 2 tsp [nutritional yeast](#) (optional)
- 4 Tbsp ghee or vegan butter (Miyokos Vegan Butter works well)
- 1/2 cup [light coconut milk](#) (canned, not carton)

Directions

1. Preheat the oven to 400 degrees F (204 C) and set out a baking sheet. To a large mixing bowl, add potato starch (not flour), almond flour, cornstarch, sea salt, baking powder, sugar, and nutritional yeast (optional) and whisk to combine.
2. Add ghee or vegan butter and use a pastry cutter, whisk, or fork to “cut” the oil into the flour until small bits remain.
3. Add the light coconut milk to the dry mixture and gently stir with a spoon to combine. You’re looking for a semi-sticky dough and you may not use all of the coconut milk. If it looks too wet, compensate with 1-2 Tbsp at a time of almond flour or potato starch. Add more coconut milk if it is too crumbly.
4. Transfer your dough onto a well (gluten-free) floured surface and dust the top with a little potato starch or almond flour. Handling as little as possible, form into a 1-inch-thick disc with your hands (these biscuits don’t puff up as much as their gluten-containing cousins, so only push the dough down as much as you desire them to be thick).
5. Then, using a well-floured biscuit cutter, small cookie cutter, or narrow drinking glass, cut out biscuits and transfer carefully to a baking sheet with a spatula. Arrange the biscuits so they are close but not touching
6. Continue, reforming dough as needed, until all of the dough is used (as the recipe is written, about 12-14 small biscuits or 6-8 medium biscuits). Brush the tops of the biscuits with melted vegan butter (optional).
7. Bake for 14-18 minutes or until they look dry and fluffy. Watch carefully and be sure not to burn. Remove biscuits from the oven and let rest on the pan for 10 minutes. Then transfer to a serving plate. Warm or room temperature is best for serving.
8. These would go well with [vegan gravy](#), and are especially delicious with a little vegan butter and jam or [compote](#)!

Mushroom Gravy v

- 2 Tbsp olive oil
- 2 cloves garlic (minced)
- 1/4 cup diced white or yellow onion
- 1 cup thinly sliced mushrooms (cremini or white button // chop finely for smoother texture)
- 2 Tbsp finely chopped walnuts (optional)
- 1 pinch each salt and pepper (plus more to taste)
- 1/2 tsp fresh sage or thyme (optional // chopped)
- 1 1/2 Tbsp gluten free all-purpose flour
- 1/2 cup vegetable broth ([DIY](#) or store-bought)
- 3/4 – 1 cup [unsweetened plain almond milk](#)

Directions

1. Preheat the oven to 450 degrees F (232 C) and prepare biscuits. Add to the baking sheet. Place in the oven once you get to step 6 (when adding the walnuts to the gravy).
2. Add butter or olive oil to a cast iron skillet or large saucepan over medium heat. Then add garlic, onion, mushrooms, and walnuts and season with a healthy pinch of salt and pepper. Cook for 3-4 minutes or until the onions are translucent. Near the end of cooking, add the herbs (optional).
3. Slightly reduce heat. Add flour and whisk to coat. Cook for 1 minute.
4. Then slowly whisk in broth then add almond milk 1/4 cup (120 ml) at a time, building up to desired thickness (it will continue thickening as it cooks). Season again with a pinch each salt and pepper.
5. Cook until thickened, stirring frequently, over medium-low heat. Taste and adjust seasonings as needed. I go heavy on the pepper out of preference.
6. Keep on low until you're ready to serve, adding more almond milk as needed if it gets too thick. (Bake biscuits for 10-15 minutes.)
7. To serve, split biscuits and top with gravy. Store leftovers separately – store gravy covered in the fridge for up to 3-4 days, and store biscuits (once completely cooled) at room temperature in a tupperware or plastic bag. Reheat in a 350-degree F (176 C) oven to keep flakiness intact.

Recipe by: Minimalist Baker

Perfect Cornbread

Ingredients

- 1 ½ batches [flax egg](#) (1 ½ Tbsp (11 g) flaxseed meal + 4 Tbsp (60 ml) water as original recipe is written)
- ¾ cup unsweetened plain almond milk
- 1 tsp lemon juice or apple cider vinegar
- ½ tsp baking soda
- ⅓ cup ghee
- ½ cup coconut sugar
- 2 Tbsp unsweetened applesauce
- ½ tsp sea salt
- ¾ cups organic fine yellow cornmeal
- ¾ cups gluten free flour

Directions

1. Preheat the oven to 350 degrees F (176 C) and grease an 8×8-inch baking dish (adjust number/size of baking dish if altering batch size).
2. Prepare flax egg in a small bowl and let set for a few minutes to achieve an "eggy" texture. Measure out almond milk, add lemon juice, and let curdle for a few minutes. Then add baking soda and stir once more. Set aside.
3. To a large mixing bowl, add melted butter and sugar and whisk vigorously to combine. Then add applesauce and flax egg, and whisk once more. Next, add almond milk mixture and whisk vigorously again to combine.
4. Add salt, cornmeal, and flour and stir with a spoon until just incorporated. It will look thin and somewhat lumpy. That's what you're going for.
5. Add batter to prepared dish(es) and bake for 28-37 minutes, or until the edges are golden brown and a toothpick inserted into the center comes out clean.
6. Let rest in the baking dish for a few minutes before serving. I highly recommend serving these with just a touch of non-dairy butter and maple syrup or honey if not vegan.

DRESSINGS, SAUCES, & CONDIMENTS

Lemon Vinaigrette v

Ingredients

- ⅓ cup garlic-infused olive oil
- 3 tbsp fresh lemon juice (about 1 lemon)
- 1 tsp red wine vinegar
- 1 tsp Dijon mustard
- ½ tsp dried oregano
- ¼ tsp salt

Orange Maple Miso Dressing v

Ingredients

- 3 Tbsp light soy-free miso
- 2 Tbsp rice vinegar
- 1 Tbsp toasted sesame oil
- 1 Tbsp tahini
- ¼ cup fresh orange juice
- 1 Tbsp water
- 1 tsp maple syrup

Directions:

1. In a mini or regular food processor, combine the miso, vinegar, sesame oil, tahini, orange juice, water, and maple syrup and process until well combined.

*For soy-free miso, try South River Miso's Chickpea miso

Recipe by: Oh She Glows

Caesar Dressing v

Ingredients

- 1/4 cup plain hummus or tahini
- 1 tsp spicy mustard
- 1/2 tsp lemon zest
- 2-3 Tbsp lemon juice, to taste
- 4-5 cloves garlic, minced
- 1 healthy pinch each sea salt + pepper (more to taste)
- 1-2 Tbsp olive oil (optional // for added creaminess)
- 1-2 tsp maple syrup (optional)
- 2 tsp capers (finely minced/smashed, plus 3 tsp brining juice as original recipe is written- adjust amount if altering batch size) (optional)

Directions

1. To a small mixing bowl, add hummus/ tahini, spicy mustard, lemon zest + juice, minced capers + brining juice, and minced garlic, and whisk thoroughly to combine. Olive oil is optional, but will add a bit more creaminess.
2. Add a little hot water to thin until pourable and whisk until creamy and smooth (see photo). Taste and adjust flavor as needed, adding more salt and pepper, lemon juice, or minced garlic if desired! Maple syrup will help offset how salty and briney this dressing is, if you find you need it (I did not).
3. Use immediately, or store in the refrigerator for up to 5-7 days.

Note: This dressing is delicious on kale, romaine, and arugula. It would also be great on roasted vegetables, especially Brussels sprouts and potatoes.

Recipe by: Minimalist Baker

Easy Vegan Ranch v

Ingredients

- 1 cup raw cashews (soaked in hot water 30 minutes, or overnight in cool water)
- 2/3 cup unsweetened almond milk
- 2 tsp lemon juice
- 1 clove garlic, peeled
- 1/2 tsp sea salt (plus more to taste)
- 1 pinch black pepper
- 1/4 tsp onion powder
- 1 1/4 tsp apple cider vinegar
- 1/2-1 tsp maple syrup

Herbs

- 1 Tbsp fresh minced dill (or 2 tsp dried)
- 1 Tbsp fresh minced parsley (optional)
- 1 tsp fresh chives (or 1/2 the amount dried chives // optional)

Directions

1. Soak cashews in very hot water for 30 minutes -1 hour (or overnight in cool water). While cashews are soaking, measure out almond milk and add lemon juice and set aside to curdle (this makes your vegan “buttermilk”).
2. Drain and rinse cashews several times and drain again. Then transfer to a small blender (a blender is preferred over a food processor for achieving a smooth texture) and add almond buttermilk, garlic, salt, pepper, onion powder, vinegar, and maple syrup. Blend on high for 1-2 minutes or until very creamy and smooth.
3. Add herbs and pulse several times to incorporate (you don’t want it fully puréed).
4. Taste and adjust flavor, as needed, adding more salt for saltiness, maple syrup for sweetness, lemon juice or vinegar for acidity, garlic for garlic flavor, or herbs for a more herbal flavor.
5. Use immediately at room temperature or refrigerate for 3-4 hours to chill. It will thicken in the refrigerator, so you can add more almond milk or water later on to thin if needed.

Recipe by: Minimalist Baker

Anytime Balsamic Vinaigrette ▼

Ingredients

- ¼ apple cider vinegar
- 3 Tbsp flaxseed oil or extra-virgin olive oil
- 2 Tbsp balsamic vinegar
- 2 Tbsp unsweetened applesauce
- 1 Tbsp pure maple syrup
- 1½ tsp Dijon mustard
- 1 clove garlic, minced
- ¼ tsp fine-grain sea salt, or to taste
- Freshly ground pepper

Directions

1. In a small bowl, whisk together all the ingredients or simply combine them in a jar, screw on the lid, and shake. This dressing will keep in an airtight container in the fridge for at least 2 weeks.

Recipe by: Oh She Glows

Lemon Tahini Dressing ▼

Makes 8 servings (1 serving ≈ 1 ½ Tbsp)

Ingredients

- ½ cup of tahini
- ½ cup of filtered water
- Juice of one lemon
- 3 cloves of garlic
- 2 Tbsp of olive oil
- Pinch of pink salt

Directions

Combine all ingredients- blend.

DESSERT

Chocolate Turtles v

Ingredients

- 1 cup raw pecan halves
- 1 ½ cups packed large pitted dates (if dry, soak in hot water 10 minutes, then drain // 16 dates yield ~1 ½ cups)
- 3 Tbsp almond meal (ground from raw almonds)
- 2/3 cup [chopped vegan dark chocolate](#)
- 1 Tbsp coconut oil

Directions

1. Preheat the oven to 350 degrees F (176 C) and roast pecans on a bare baking sheet for 10-12 minutes (watch carefully as not to burn). Set aside.
2. In the meantime, add pitted dates to a [food processor](#) and pulse/mix until small bits remain or a ball forms. Then add almond meal and pulse again. If dough appears too sticky to handle, add more almond meal and pulse to combine.
3. Using your hands, form the date mixture into 8 small, round discs and place on a parchment-lined pan. Add four toasted pecan halves to make the turtle “legs,” then freeze 10 minutes to harden.
4. In the meantime, melt chocolate and coconut oil over a double boiler on the stovetop (a ceramic or glass bowl set over a saucepan with 1 inch simmering water will work) or in the microwave in 30-second increments and set aside.
5. Remove turtles from freezer and top each with a generous spoonful of melted chocolate. Use the spoon to evenly coat the tops of the candies. If you have leftover chocolate, reserve it for another use, like dipping strawberries or bananas.

Recipe by: Minimalist Baker

Apple Crisp v

Ingredients

- 8 medium-large apples (half tart (like granny smith), half sweet (like honey crisp) // organic when possible)
- 1 lemon, juiced (1 lemon yields ~ 2 Tbsp or 30 ml)
- 2/3 cup coconut sugar
- 1 ½ tsp ground cinnamon
- 3 Tbsp arrowroot (for thickening)
- 1/4 cup fresh apple juice (or water)
- 3/4 tsp fresh grated ginger (optional // or sub 1/2 tsp ground ginger per 3/4 tsp fresh)
- 1 pinch nutmeg (optional)

Topping

- 1 cup gluten-free rolled oats
- 1/2 cup almond meal
- 1/2 cup unbleached gluten free flour
- 1/2 cup coconut sugar
- 1/2 cup pecans (roughly chopped)
- 1/4 tsp sea salt
- 1 tsp ground cinnamon
- 1/2 cup melted coconut oil or olive oil (or mix the two 1/2, 1/2)

Directions

1. Preheat the oven to 350 degrees F (176 C).
2. Peel apples, quarter, remove cores, and use a paring knife to thinly slice lengthwise (see photo).
3. Add to a large mixing bowl and top with remaining filling ingredients. Toss to combine. Add to a 9×13-inch (or similar size) baking dish (adjust pan size if altering number of servings).
4. Rinse and wipe out your mixing bowl and add all topping ingredients. Stir to combine, then use fingers to break down any clumps of sugar. Pour over apples in an even layer.
5. Bake for 50 minutes to 1 hour (uncovered) or until the filling is bubbly, the apples are very fork tender (especially in the center of the dish), and the topping is deep golden brown.
6. Let rest at least 30 minutes before serving. This is delicious with [coconut whipped cream](#) or [vanilla bean coconut ice cream](#).

Recipe by: Minimalist Baker

1-Bowl Pumpkin Pie v

Crust

- 1 ¼ cups raw cashews
- 1/2 cup rolled oats (gluten-free)
- 2 pitted medjool dates
- 1/4 tsp sea salt
- 2 ½ tsp ground ginger
- 3/4 cup [gluten-free flour blend](#) (if not gluten-free, sub spelt or all-purpose flour)
- 1/4 cup scoopable (firm) coconut oil (virgin or refined for less-prominent coconut flavor // or sub avocado oil for similar result)
- 1/4 cup maple syrup, plus more as needed

Filling

- 2 cups pumpkin purée (unsweetened // we like Libby's brand)
- 2 ½ Tbsp arrowroot starch (for thickening)
- 3/4 cup full fat coconut milk (canned)
- 1/4 cup [coconut sugar](#) (or sub organic brown sugar)
- 1/4 cup maple syrup
- 1 Tbsp [pumpkin pie spice](#) (or store-bought)

For serving optional

- [Coconut Whipped Cream](#)

Directions

1. Preheat the oven to 350 degrees F (176 C) and very lightly grease a 9-inch springform pan with coconut oil (or use a standard pie pan, but we prefer springform for easy serving). Set aside.
2. Prepare the crust by adding raw cashews, oats, dates, sea salt, and ginger to a [food processor](#) and pulsing for about 30 seconds to combine. You're looking for a fine meal — not too chunky, not a powder.
3. Next, add gluten-free flour and pulse again to combine. Then add coconut oil and maple syrup and pulse again until a dough forms. It shouldn't be too tacky or too crumbly and should hold its shape when squeezed between your fingers
4. Transfer crust to the greased pan and use clean hands to evenly distribute. Then use a flat-bottomed object (such as a drinking glass) to form into an even, flat crust, pushing the dough up the sides to form the side crust. Then use a fork and poke the crust 6 times to create little holes in the bottom so it doesn't puff up when baking.

5. Bake for 10 minutes (this is as a pre-bake to firm up the crust) or until very slightly golden brown (no longer than 12 minutes). Then remove from oven and set aside to cool.
6. In the meantime, prepare filling. To the same food processor (wipe clean first if you want but not necessary) add pumpkin purée, arrowroot starch, coconut milk, coconut sugar, maple syrup, and pumpkin pie spice. Blend on high, scraping down sides as needed, until creamy and smooth.
7. Taste and adjust flavor as needed, adding more pumpkin pie spice for warmth or coconut sugar for sweetness.
8. Add the filling to the slightly cooled crust and smooth into an even layer (see photo). Then return to oven and bake for 32-40 minutes, or until the edges of the crust appear golden brown and the top appears slightly dried out (it will still feel a little wet to the touch but will firm up more once chilled).
9. Remove from oven and let cool at room temperature for 20 minutes. Then transfer to the refrigerator to cool uncovered to continue letting steam escape. Once cooled (~2 hours or overnight), loosely cover to keep fresh.
10. Enjoy at room temperature or — our preference — chilled and topped with [whipped coconut cream](#) (optional).

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