

Hanna's Quick & Easy VEGAN Cookbook

50
Trouble-Free
Recipes

Effortless Breakfast,
Lunch & Dinner Meals
Uncomplicated Between Meal Snacks
All Healthy & Delightfully Delicious



Hanna Getty

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www.VeganBlogger.com



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Dear Reader!

Having published a handful of previous eBooks which are all related to the vegan or plant-based diet and having an ongoing presence at my [Vegan Blogger](#) Facebook page as well as at my [VeganBlogger.com](#) website, I feel like I am fairly known in the community and that our paths might have already cross. If that is not the case, though, allow me a few moments to introduce myself.

My name is [Hanna Getty](#) and I am very pleased to make your acquaintance. I also thank you very sincerely for acquiring my most recently published book — *Hanna's Quick & Easy Vegan*

Cookbook.

If you are looking to be challenged with complexity in the kitchen and if you enjoy laboring over a hot stove for hours at a time, this is not the book for you.

However, if you are seeking a cookbook that contains recipes that are quick and easy and produce dishes that are healthy and delicious, you've made the right choice and I appreciate the fact that you trust me enough to deliver.

Having been vegan for over four decades, I have long discovered that nutritious plant-based foods need not be boring or tasteless. I have also

discovered that preparing animal-free meals does not have to be labor intensive or overly time consuming. This and all my other books are summations of my personal experiences in and out of the vegan kitchen and the highlights of my findings in the plant-based culinary world.

One caveat before I bring this letter to a close — ***Hanna's Quick & Easy Vegan Cookbook*** as well as my other books ([*Vegan Diet & Animal-Free Lifestyle - A Journey Into Veganism*](#), [*Smoothie Recipes For Weight Loss: The Daily Diet, Cleanse & Green Smoothie Detox Book*](#) and [*Hanna's Vegan Desserts Cookbook*](#)) are perfectly suited for

everyone and anyone who is looking for healthy, mouthwatering foods that don't require a culinary degree, whether they are vegan or otherwise.

And one more thing before I let you go — please have fun with it!

To your health and wellbeing!



Hanna Getty

Vegan since 1968

Acknowledgements

Someone very wise once advised me to always follow my passions and to relentlessly pursue my dreams and that is exactly what I have been doing.

I spend a great deal of my time in the confines of my vegan kitchen, creating exciting new plant-based dishes, documenting the proceedings which I then transform into the books I happily share with all those who are interested in the healthy, delicious animal-free diet.

I am able to do all that thanks to the generosity and benevolence of my sponsor who tirelessly stands behind my

vegan endeavors.

Likewise, I am eternally thankful to my readers without whom my efforts would be utterly pointless.

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Author's Final Statement

Chapter 1: Introducing Hanna's Quick & Easy Vegan Cookbook

You are probably at the moment wondering what it is that I mean by “quick & easy ...” and I can’t say that I blame you. As a matter of fact, if I were in your shoes, I would be asking what is “quick”? How much time is “quick” considered to be? I would also be questioning “easy”. “Easy” how? “Easy” for whom?

Well, here are my criteria for dubbing this cookbook of recipes as “quick & easy”:

- If preparing a particular dish takes under an hour of ACTUAL work although downtime such as baking, freezing, soaking, chilling or dehydrating may require a much long time, I still consider it to be “quick”. Why? Because you could be doing a thousand other unrelated things while waiting for the downtime to pass.

However, please be assured that the great majority of the recipes within this book require but very short periods of downtime or none at all.

- If the instructions of a particular dish are clearly stated and if the step-by-step directives are uncomplicated

enough for the average cook to follow, I consider that to be “easy”.

All my instructions are explicit and precise. There will never be a need to second guess anything related to the advised methods or the suggested kitchen equipment to be used. If you can read and are tall enough to reach the kitchen counter, you can follow everyone of my recipes without any difficulties.

Thus, all 50 of the recipes within this book are indeed “quick & easy”.

In naming this book, I’ve also claimed that the 50 quick and easy recipes are

“all healthy & delightfully delicious.” If you are skeptic about the truthfulness of my assertion, please allow me to put your skepticism to rest by stating the following:

- All my recipes call for natural ingredients that are plant-based, pure and organic. With no animal products or byproducts involved, all the fats are unsaturated and cholesterol-free while all the carbohydrates are complex and rich in dietary fiber, essential vitamins and vital minerals.

Furthermore, the caloric value of each and every recipe in this book is by far much lower than its

conventional non-vegan counterpart that may include dairy, eggs, meat, refined grains and/or bleached sugars.

If that is not healthy, I don't know what is!

- I have tested out each one of the 50 recipes on fellow vegans as well as vegetarians and meat-eaters of all ages. The verdict was unanimous, "These are delicious."

Need I say more? The recipes in this book result in foods which are good for you while they simultaneously delight your senses.

Oh, I almost forgot to mention something very important. I organized *Hanna's Quick & Easy Vegan Cookbook* in accordance with conventional meals such as breakfast, lunch, dinner, snacks and party times with each one being included in a separate chapter. However, I want you to realize that due to the fact that all the recipes within each chapter are plant-based, every one of the dishes can easily and quite appropriately be prepared for any meal or occasion. In other words, recipes listed here among breakfast items can be made for lunch or dinner, recipes listed among lunch items can be cooked for breakfast and dinner and recipes listed among dinner items can be

put together for lunch and breakfast. Likewise, snacks can be made up for parties and vice versa. I encourage you to put on our thinking caps, get into your creative moods and have fun mixing and matching.

OK, let us begin! Wash your hands put on an apron and start cooking.



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**AND BROWSE THROUGH MY
OTHER eBOOKS.**

Chapter 2: Quick & Easy Breakfast Recipes

Too many people have a tendency to skip breakfast because they are, either, too busy and harried or they are attempting to lose weight. Whichever the case may be, leaving breakfast off daily menus is a grave mistake because research has shown, time and time again, that breakfast is the most important meal of the day.

So, please enjoy a daily breakfast with my yummy **Quick & Easy Breakfast Recipes** and ensure great starting points of very good days.



Eggless French Toast

Traditional French toast recipes require eggs, the more the better. Well, guess what! This French toast tastes even better without the eggs.



Batter Ingredients:

4 Tablespoons Soy or Spelt Flour

4 Tablespoons Organic Sesame Tahini
1/2 Cup Filtered Water
1 Teaspoon Pure Maple Syrup
1 Pinch Sea Salt

Toast Ingredients:

6 Slices 100% Whole Grain Bread

You Will Also Need:

- 1 Medium Size Mixing Bowl
- 1 Whisk
- 1 Medium Size Skillet
- 1 Canola Oil Spray

Instructions:

1. Place all the batter ingredients in a medium size mixing bowl and whisk briskly until you obtain a smooth and

creamy batter.

2. Dunk the bread slices into the batter and soak them thoroughly on both sides.
3. Lightly coat a skillet with oil spray and set over medium heat.
4. Transfer the soaked bread slices into the skillet and sauté until they become brown on both sides.
5. Serve warm.

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Homespun Hot Multi-Grain Cereal

There is nothing like a breakfast of hot cereal to fortify you for the rest of the day and there is nothing like one which you've made in your very own kitchen.



Multi-Grain Cereal Ingredients:

1/2 Cup Amaranth
1/2 Cup Whole Barley
1/2 Cup Brown Rice
1/2 Cup Buckwheat Flakes
1/2 Cup Millet
1/2 Cup Oats
1/2 Cup Rye Flakes
1/2 Cup Whole Wheat Flakes

Hot Breakfast Cereal Ingredients:

1 Cup Filtered Water
1/3 Cup Multi-Grain Cereal
1/4 Teaspoon Sea Salt

Hot Breakfast Cereal Topping Ingredients:

1/4 Cup Fresh Berries (Strawberries,
Blueberries, raspberries, blackberries,

etc.)

1/2 Tablespoon Organic Turbinado Sugar

1/4 Teaspoon Ground Cinnamon

1/2 Teaspoon Flax Seed Powder

You Will Also Need:

- 1 Large Size Skillet
- 1 Wooden Spoon
- 1 Food Processor
- 1 Large Size Freezer-Safe Airtight Container
- 1 Medium Size Saucepan
- 1 Medium Size Serving Dish

Instructions:

1. Combine the brown rice and whole barley in a large skillet.

2. While frequently stirring with a wooden spoon, set the skillet over medium heat and toast for about 10 minutes or until the mixture emits a savory odor.
3. Add the remaining ingredients and, while continually stirring, toast for another 5 minutes.
4. Remove from the heat source and allow the grain mixture to cool down.
5. Pour the grain mixture into a food processor and allow it to be crushed to a grainy consistency.
6. Pour the coarse mixture into a freezer-safe airtight container and store in the refrigerator or freezer for

later use.

7. When ready to prepare for your next breakfast, bring the water to a rapid boil in a medium size saucepan.
8. Stir in the multi-grain cereal and sea salt.
9. Bring to a second rapid boil for about 30 seconds while continually stirring.
10. Reduce the heat to low, cover the saucepan and allow the cereal to simmer for about 10 more minutes.
11. Pour cereal into a serving dish and top it with one or more of the topping ingredients.

12. Serve while the cereal is still hot.

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Scrambled Veggie Tofu

Very closely resembling scrambled eggs, this veggie tofu scramble makes a perfect breakfast, especially when served with potatoes or brown rice. It is also terrific as a breakfast sandwich rolled in a whole wheat tortilla, stuffed inside a whole wheat pita bread pocket or piled on top of a whole wheat toast.



Ingredients:

1 Small Size Organic White Onions

1/2 Medium Size Organic Green Bell Peppers

1 Cup Cubed or Chopped Fresh Veggies (celery, carrots, cauliflower, broccoli, red cabbage, corn kernels, mushrooms, green beans, zucchini)

1 Tablespoon Filtered Water
1 Teaspoon Soy Sauce
8 Ounces Firm Tofu
1/2 Teaspoon Turmeric Powder
1/4 Teaspoon Sea Salt
1/8 Teaspoon Ground Black Pepper

You Will Also Need:

- 1 Cutting Board
- 1 Sharp Knife
- 1 Medium Size Skillet with Cover
- 1 Metal Fork
- 1 Potato Masher

Instructions:

1. Peel and chop the onion.
2. Core and dice the green pepper.

3. Cube or dice the fresh veggies.
4. Drop all the vegetables, water and soy sauce into a skillet and set over medium heat.
5. When it begins to sizzle, reduce the heat to low.
6. Cover the skillet and, stirring occasionally, cook for about 12 minutes or until all the veggies are tender when pierced with a fork.
7. Add the tofu to the vegetables in the skillet and, using a potato masher, crush it into course lumps.
8. Sprinkle the turmeric powder over the entire scramble and combine

thoroughly.

9. Raise the heat to medium and stirring while cooking until the tofu heats up sufficiently.
10. Remove from the heat source, season with the salt and pepper.
11. Serve yourself and a loved one.

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Crispy Vegan Hash Browns

These crispy vegan hash brown potatoes are so delicious, that once you've tasted them you will never be able to tolerate any other kind.



Hash Brown Ingredients:

1 Large Size White Potato

1/2 Teaspoon Sea Salt

1/2 Cup Canola Oil

1/4 Cup Shredded Daiya Cheese
(choose your own flavor)

Topping Ingredients:

- 1 Bottle Ketchup, Mustard and/or Hot Sauce

You Will Also Need:

- 1 Stainless Steel Grater
- 1 Flat Working Surface
- 1 Kitchen Terry Cloth Kitchen Towel
- 1 Roll Paper Towels
- 1 Medium Size Skillet with Lid
- 1 Metal Spatula

Instructions:

1. Pour the canola oil into a medium size skillet and set over medium-high heat.
2. Spread a terry cloth kitchen towel on a flat working surface and two layers of paper towels on top of it.
3. Peel the potato and shred it in a coarse grater.
4. Evenly spread out the shredded potato on top of the paper towels and cover them with another double layer of paper towels.
5. Grab an edge of the terry cloth kitchen towel and roll it up tightly along with all its contents.

6. Take the roll between both of your hands and squeeze as hard as you can.
7. Unroll the towel and its contents and sprinkle evenly with sea salt.
8. Immediately transfer the salted shredded potato into the skillet and spread it out evenly.
9. Reduce the heat to medium-low and, using the back of a metal spatula, press the shredded potato against the bottom of the skillet.
10. While occasionally pressing them down, allow the caked potato shreds to cook undisturbed until they have turned brown on the bottom side.

11. Using the metal spatula very carefully, turn the caked potato shreds over.
12. Sprinkle with Daiya cheese, turn the heat down to low, cover the skillet and cook for another 3 or 4 minutes.
13. Lift one corner to ensure that the caked potato shreds have browned on the bottom side.
14. To soak up excess oil, slide the caked hash brown potatoes onto a double layer of paper towels.
15. While still hot, slice into wedges and serve with ketchup, hot sauce and/or mustard.

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Heavenly Pancakes

Breakfast

These heavenly breakfast pancakes are the best you will ever taste, whether vegan or none.



Wet Ingredients:

1/4 Cup Unsweetened Applesauce
1 Teaspoon Pure Vanilla Extract
1 Cup Soy or Almond Milk
2 Tablespoons Canola Oil

Dry Ingredients:

1 Cup Whole Wheat All-Purpose Flour
2 Teaspoons Baking Powder
1/2 Teaspoons Sea Salt
3 Tablespoons Organic Raw Cane Sugar

Ingredients for Topping:

1 Container of Vegan Margarine or Butter
1 Bottle Pure Maple Syrup

You Will Also Need:

- 1 Medium Size Non-Stick Frying Pan

- 1 Medium Size Mixing Bowl
- 1 Large Size Mixing Bowl
- 1 Whisk
- 1 Wooden Spoon
- 1 Medium Size Ladle
- 1 Metal Spatula
- 1 Serving Platter

Instructions:

1. Set a medium size non-stick frying pan over medium-high heat.
2. Combine all the wet ingredients in a medium size bowl and whisk them thoroughly.
3. Combine all the dry ingredients in a large bowl and mix thoroughly with a wooden spoon.

4. Pour the wet mixture into the dry mixture and, using the wooden spoon, mix until you obtain a velvety smooth batter.
5. Lower the heat under the frying pan to medium.
6. Scoop up a ladleful of batter and pour it into the frying pan.
7. When the pancake begins to form bubbles, flip it over with a metal spatula.
8. When the pancake begins to bubble again on its flipped side, transfer the pancake onto a serving platter.
9. Repeat #6 through #8 until all the

batter has been used up.

10. Top with a teaspoonful of vegan margarine or butter plus maple syrup to taste.

11. Serve while pancakes are still hot.

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Buckwheat Porridge in the Raw

Believe me! The three little bears had never tasted porridge that is nearly this good.



Porridge Ingredients:

2 Cups Raw Buckwheat Grouts

4 Cups Tap Water

1 1/2 Cups Vanilla Flavored Soy or Almond Milk

2 Teaspoons Chia Seeds

4 Tablespoon Agave Nectar or Maple Syrup

1 Pinch Sea Salt

1 Teaspoon Pure Vanilla Extract (non-alcoholic)

1 Teaspoon Cinnamon Powder

Topping Ingredients:

1/2 Cup Assorted Fresh Fruits (chopped)

1/4 Cup Raisins

1/4 Cup Assorted Raw Nuts (chopped)

You Will Also Need:

- 2 Medium Size Mixing Bowl
- 1 Medium Size Sieve
- 1 Food Processor
- 1 Rubber Spatula
- 4 1-Cup Serving Dishes
- 1 Wooden Spoon

Instructions:

1. Pour the raw buckwheat grouts into a medium size mixing bowl, add the water and set aside to soak overnight.
2. Drain the water from the grouts and rinse themn thoroughly with running tap water.
3. Transfer the grouts into a food

processor.

4. Add the milk, chia seeds and vanilla extract, and blend until the mixture becomes semi smooth.
5. Add the sweetener, salt and the cinnamon and continue blending for a few more seconds.
6. Using a rubber spatula, scoop the mixture into four 1-cup serving dishes.
7. Throw all the topping ingredients into a medium size bowl and mix thoroughly with a wooden spoon.
8. Portion out the topping mixture evenly over the porridge that's in the

four dishes and serve.

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All Vegan Egg Omelet

What? Vegan egg omelet? Is that possible? Yes it is and it's filled with all round goodness without any eggs.



Omelet Ingredients:

6 Ounces Extra Firm Tofu

1 Tablespoon Unflavored Organic

Soymilk

1 Tablespoon Nutritional Yeast

1 Tablespoon Potato Starch

1 Teaspoon Organic Tahini

1/8 Teaspoon Onion Powder

1/8 Teaspoon Turmeric

1/4 Teaspoon Sea Salt

1/8 Teaspoon Chipotle Pepper Powder

Filling Ingredients:

1 Fresh Green Onion (chopped)

10 Fresh Spinach Leaves

5 Medium Size White Mushrooms
(slivered thin)

You Will Also Need:

- 1 High Speed Blender

- 1 Medium Size Non-Stick Skillet with

Cover

- 1 Olive Oil Spray
- 1 Metal Spatula
- 1 Serving Plate

Instructions:

1. Throw in all the omelet ingredients into a blender and blend to a smooth batter mixture.
2. Coat a skillet with olive oil spray and heat it at medium-high temperature.
3. When the oil is very hot, pour the batter into the center of the skillet.
4. Using a metal spatula, spread out and smooth the batter to roughly 8

inches in diameter.

5. Ensuring that all the filling ingredients are completely dry, arrange them on top of the omelet and lower the heat to medium-low.
6. Cover the skillet and continue cooking for about 4 minutes or until its edges and center have dried.
7. Using the spatula, lift up an edge to verify that the omelet is solid and that it is spotted golden brown.
8. Using the spatula, loosen it within the skillet and fold it in half over its filling.
9. Continue cooking for another minute

and then slide it onto a serving plate.

10. Enjoy your omelet but if you want to share your breakfast with others, prepare a separate omelet for each person.

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Breakfast Muffins Vegan Style

These vegan muffins are the smart way to start any day with plenty of great taste and tons of healthy nutrients.



Dry Ingredients:

3 3/4 Cups Organic Whole Wheat Flour
1 Cup Organic Raw Cane Sugar
2 Teaspoons Baking Powder

Wet Ingredients:

1/2 Cup Vegan Butter (melted)
1 3/4 Cups Almond Milk (warmed)
1/2 Teaspoon Pure Vanilla Extract

Additional Ingredients:

1 Cup Frozen Unsweetened Berry
Medley (thawed)
1/4 Cup Raw Almonds (slivered)

You Will Also Need:

- 1 Large Size Mixing Bowl
- 1 Small Size Microwave-Safe Mixing Bowl

- 1 Whisk
- 1 Cupcake Tin
- 1 Package Cupcake Liners
- 1 Wooden Toothpick

Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Combine all the dry ingredients in a large bowl and, using a whisk, mix until you obtain a lump-free mixture.
3. Place the vegan butter in a small, microwave-safe bowl and microwave for about 1 minute or until the butter melts completely.
4. Remove from the microwave and

whisk in the rest of the wet ingredients.

5. While continually whisking, gradually pour the wet ingredient mixture into the large bowl with the dry ingredients.
6. Whisk only long enough to obtain a smooth batter, then stop.
7. Fold in the additional ingredients.
8. Arrange the liners in a cupcake tin and fill them to the top with the muffin batter.
9. Bake for 25 to 30 minutes or until an inserted toothpick emerges clean.

Cashew Butter & Granola Wrap

Finally a breakfast that your kids will love and so will all the busy adults in your household.



Ingredients:

- 1 Whole Wheat Flour Tortilla
- 1 1/2 Pure Organic Cashew Butter
- 1 Small Size Ripe Banana (sliced very thin)
- 1/3 Cup Organic Vegan Granola
- 1 Tablespoon Pure Maple Syrup

You Will Also Need:

- 1 Butter Knife

Instructions:

1. Evenly spread the cashew butter over the entire surface of the flour tortilla.
2. Arrange the banana slices on top of the cashew butter and sprinkle the granola over that.

3. Drizzle the maple syrup on top of the granola and form the tortilla into a mouthwatering wrap.

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Vegan Buttermilk Waffles

These vegan buttermilk waffles are better tasting than dairy buttermilk waffles and they are a whole lot more beneficial to your health.



Wet Waffle Ingredients:

2 Cups Unflavored Organic Soy Milk

4 Teaspoons Apple Cider Vinegar
1 Teaspoon Pure Vanilla Extract
3 Tablespoons Filtered Water

Dry Waffle Ingredients:

1 Tablespoon Golden Flax Meal
5 Tablespoons Vegan Butter (melted)
3/4 Cup Whole Wheat Flour
2/3 Cup Whole Wheat All Purpose Flour
1/3 Cup Oat Bran
1/4 Cup Small to Medium Grind
Cornmeal (toasted)
2 Tablespoons Organic Raw Cane Sugar
1 1/2 Teaspoons Baking Powder
1/2 Teaspoon Baking Soda
1/2 Teaspoon Sea Salt

Topping Ingredients:

2 Cups Fresh Berries

1 Container Pure Maple Syrup

You Will Also Need:

- 1 Waffle Iron
- 1 Small Size Mixing Bowl
- 1 Medium Size Mixing Bowl
- 1 Large Size Mixing Bowl
- 1 Whisk
- 1 Large Size Skillet
- 1 Wooden Spoon
- 1 Can Canola Oil Spray
- 1 Large Size Ladle
- 1 Large Size Serving Platter

Instructions:

1. Preheat a waffle iron.

2. Pour the soy milk with the apple cider vinegar and vanilla extract into a medium size bowl and whisk thoroughly.
3. Pour the water and golden flax meal into a small bowl, whisk thoroughly and allow to rest for approximately ten minutes.
4. Pour the cornmeal into a large skillet.
5. Set over low heat and, while continually stirring with a wooden spoon, allow it to toast for about 10 minutes or until the cornmeal turns golden brown.
6. Combine all the dry ingredients in a

large mixing bowl.

7. Add in the soy milk and flax meal mixtures as well as the melted vegan butter.
8. Using a wooden spoon, mix everything thoroughly.
9. Generously coat the hot waffle iron with the canola oil spray.
10. With the help of a ladle, scoop up the waffle batter and pour onto the waffle iron covering $\frac{3}{4}$ of its surface.
11. Cook for about 5 minutes or until the waffles turn golden brown.
12. Transfer the waffles onto a serving

platter.

13. Repeat #10, #11 and #12 until you've used up all the batter to form 6 delicious waffles.
14. Top the waffles with fresh berries and maple syrup and serve warm.



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8,500+ MEMBERS.**

Chapter 3: Quick & Easy Lunch Recipes

While breakfast is the most important meal of the day, I think that lunch is the most fun. Why? Because it comes in the middle of the day and that is usually the time when we aren't yet totally exhausted from too much work and too many stressful responsibilities.

Needless to say, I love my lunchtimes and with the following **Quick & Easy Lunch Recipes** at your finger tips, I suspect that you will too.



Animal-Free Green Ham & Eggs

No, you have not misread the name of this dish because it is indeed animal-free yet it's the perfect vegan substitute for ham and eggs.



Ingredients:

1 Package Extra Firm Tofu
1 Tablespoon Nutritional Yeast
3 Tablespoons Whole Wheat Flour
1/8 Teaspoon Sea Salt
1/8 Teaspoon Ground Black Pepper
1 1/2 Tablespoons Canola Oil
4 Slices Whole Wheat Bread
1 Container Vegan Mayonnaise
1 Medium Size Ripe Avocado
1 Package Cheddar Flavored Daiya
Vegan Cheese

You Will Also Need:

- 1 Medium Size Mixing Bowl
- 1 Cutting Knife
- 1 Medium Size Frying Pan
- 1 Metal Spatula
- 1 Microwave-Safe Dish

- 1 Serving Platter
- 1 Metal Tablespoon

Instructions:

1. In a medium size bowl, thoroughly combine the nutritional yeast with the flour, salt and pepper.
2. Completely drain the water out of the tofu.
3. With the help of a sharp knife, cut the tofu into 1/4" slices and dunk them into the nutritional yeast mixture until both sides are coated.
4. Pour the oil into a frying pan and set over medium-high heat.
5. Transfer the coated tofu slices into

the hot oil.

6. Fry the tofu slices for about 5 minutes or until they've turned golden brown.
7. Using a metal spatula, flip the tofu slices over and fry until golden brown on the other side as well.
8. Remove from heat source and place on a microwave-safe dish.
9. Sprinkle a generous amount of Daiya cheese and microwave for about 25 seconds or until it has begun to slightly melt.
10. Toast the bread and slice the avocado.

11. Transfer the toasted bread onto a serving platter.
12. Top the bread with tofu slices, avocado slivers and a scoop of vegan mayonnaise.
13. Enjoy your green ham and eggs.

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Black Bean & Corn Salad

This Southwestern style black bean & corn salad is filled with just the right amount of spice and tang. I love it and so will you.



Ingredients:

3 Large Size Ears of Organic Corn

1/3 Cup Raw Pine Nuts
1/4 Cup Freshly Squeezed Organic Lime
Juice
2 Tablespoons Extra Virgin Olive Oil
1/4 Cup Fresh Cilantro
1/2 Teaspoon Sea Salt
1/4 Teaspoon Freshly Ground Black
Pepper
2 Cups Organic Red Cabbage
1 Large Size Fresh Organic Tomato
1/2 Cup Fresh Organic Red Onion
2 15-Ounce Cans Black Beans

You Will Also Need:

- 1 Dutch Oven
- 1 Sharp Cutting Knife
- 1 Cutting Board
- 1 Medium Size Mixing Bowl

- 1 Large Size Mixing Bowl
- 1 Large Size Skillet
- 1 Wooden Spoon
- 1 Whisk
- 1 Pack Plastic Wrap

Instructions:

1. Fill a Dutch oven with one inch of tap water and bring it to a rapid boil.
2. Add the ears of corn, cover the Dutch oven and cook for about 3 minutes or until the corn is tender.
3. Remove the corn from the oven and allow them to cool.
4. Using a sharp cutting knife over a large bowl, husk the kernels off their

ears.

5. Pour the pine nuts into a skillet and set it over medium-low heat.
6. While stirring continually with a wooden spoon, toast the pine nuts for about 3 minutes or until they become slightly brown and emit a nutty fragrance.
7. Using a sharp knife and a cutting board, chop the fresh cilantro into fine bits.
8. Place the cilantro into a large bowl and add the lime juice, olive oil, salt and pepper.
9. Thoroughly whisk the contents

within the large bowl.

10. Using a sharp knife and a cutting board, shred the red cabbage, dice the tomato and mince the onion.
11. Add the cabbage, tomato and onion to the mixture within the large bowl.
12. Drain and rinse the beans and add to the large bowl.
13. Using a wooden spoon, toss all the ingredients within the large bowl and cover it with plastic wrap.
14. Store in the refrigerator for about 30 minutes and then serve.

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Yam & Oatmeal Casserole

Sweet, crunchy and delicious! This yam and oatmeal casserole will satisfy your cravings for something extraordinarily delicious while filling your system with a whole lot of nutritious goodness.



Casserole Ingredients:

1 Small Size Yam (peeled & chopped)
2 Cups Tap Water
1/2 Cup Organic Rolled Oats
2 Cups Unflavored Soy Milk
1 Teaspoon Chia Seeds
1 Large Size Ripe Banana (peeled)
2 Teaspoons Pure Vanilla Extract
1 Teaspoon Cinnamon Powder
1/8 Teaspoon Nutmeg
1/4 Teaspoon Sea Salt
2 Tablespoons Pure Maple Syrup

Topping Ingredients:

1/3 Cup Raw Pecan Nuts (chopped)
2 Tablespoons Vegan Butter
2 Tablespoon Spelt Flour
1/4 Cup Turbinado Sugar

Your Will Also Need:

- 1 Medium Size Saucepan
- 1 Metal Fork
- 1 Medium Size Mixing Bowl
- 1 Whisk
- 1 Wooden Spoon
- 1 Potato Masher
- 1 8" Casserole Dish

Instructions:

1. Preheat Oven to 350 degrees Fahrenheit.
2. In a medium size saucepan, bring 2 cups of water to a rapid boil and toss in the chopped yam pieces.
3. Cook over medium heat for

approximately 5 minutes or until the yams feel tender when pierced with a fork.

4. Remove the saucepan from the heat source, drain out all the water and transfer the yams to a medium size mixing bowl.
5. Rinse out the saucepan and fill it with the oats, milk and chia seeds.
6. Thoroughly whisk the contents of the saucepan and set over medium-high heat to rapidly boil.
7. Decrease the heat to low and continue cooking for about 6 minutes while frequently stirring with a wooden spoon.

8. Remove the saucepan from the heat source, add in the yam pieces and the banana.
9. Using a potato masher, mash and combine all the ingredients within the saucepan to a slightly chunky mixture.
10. Add in the rest of the casserole ingredients and set over low heat to cook for about 3 minutes while continually stirring.
11. Using the medium size mixing bowl, thoroughly combine all the topping ingredients.
12. Pour the mixture from the saucepan into the casserole dish and smooth it out evenly.

13. Sprinkle the topping mixture over the casserole and baked for 20 minutes.
14. Switch your oven to a low broiler setting and broil for two minutes.
15. Remove from the oven, cut into three or four rectangles and serve hot or cold.

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South of the Border Chickpea Salad

Colorful and refreshing, this chickpea salad is topped with zesty Mexican flavors. Delicioso!



Salad Ingredients:

1 19-Ounce Chickpeas (drained & rinsed)

1 Medium Size Fresh Red Bell Pepper

3 Medium Size Fresh Carrots

1/2 Medium Size Jicama

1 Medium Size Ripe Avocado (peeled and diced)

1/2 Cup Fresh Cilantro (chopped)

Dressing Ingredients:

1 Medium Size Ripe Mango (peeled & diced)

1/4 Cup Freshly Squeezed Lime Juice

2 Tablespoon Olive Oil

1/4 Teaspoon Sea Salt

1 Pinch Cayenne Pepper

1 Pinch Chili Flakes

Topping Ingredients:

1/2 Cup Roasted Pumpkin Seeds

You Will Also Need:

- 1 Chopping Block
- 1 Sharp Chopping Knife
- 1 Large Size Mixing Bowl
- 1 Wooden Spoon
- 1 Airtight Storage Container
- 4 Serving Dishes

Instructions:

1. Throw all the dressing ingredients into a high speed blender and puree to a smooth mixture.
2. Transfer the chickpeas into a large mixing bowl and pour the dressing

mixture over them.

3. Chop the pepper, carrots and jicama to similar size pieces and add to the chickpea mixture.
4. Using a wooden spoon, toss in the avocado and cilantro.
5. Transfer the mixture into an airtight container and store in the refrigerator for about 2 hours.
6. Portion the salad out into 4 serving dishes, top with roasted pumpkin seeds and serve.

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Asian Rolls with Zesty Peanut Sauce

The following recipe yields eight spicy rolls over which your taste buds will celebrate with joy.



Peanut Sauce Ingredients:

2 Tablespoons Creamy Organic Peanut Butter

2 Tablespoons Pure Rice Vinegar

1 Tablespoon Soy Sauce

2 Tablespoons Organic Turbinado Sugar

1/2 Teaspoon Red Pepper Flakes

1 Tablespoon Filtered Water

Noodle Filling Ingredients:

1 1/2 Ounces Cellophane Noodles or Bean Threads

1/2 Teaspoon Sesame Oil

1/4 Teaspoon Red Pepper Flakes

Vegetable Filling Ingredients:

1/3 Medium Size Organic Seedless Cucumber

1/2 Medium Size Organic Carrot

1/2 Medium Size Organic Red Bell Pepper

3 Medium Size Organic Radishes

1 Medium Size Organic Scallion

Vegetable Dressing Ingredients:

1/2 Tablespoon Pure Rice Vinegar

1/2 Teaspoon Turbinado Sugar

1/2 Tablespoon Freshly Squeezed Lime Juice

Roll Ingredients:

8 Rice Paper Wrappers

3 Cups Hot Filtered Water

20 Fresh Cilantro Leaves

20 Fresh Mint Leaves

Your Will Also Need:

- 2 Small Size Mixing Bowl
- 2 Medium Size Mixing Bowl
- 1 Whisk
- 1 Medium Size Saucepan
- 1 Box Grater
- 1 Sharp Knife
- 1 Cutting Board
- 1 Wooden Spoon
- 1 Medium Size Round Cake Pan
- 1 Medium Size Platter
- 1 Cookie Sheet
- 1 Damp Cloth Towel
- 8 Medium Size Serving Plates
- 8 Tiny Bowls

Instructions:

1. Place all the peanut sauce ingredients in a small bowl and

whisk them briskly to a smooth and creamy mixture, then set aside.

2. Break the noodles into small bits and follow the cooking direction found on their package.
3. Drain the noodles, place them into a medium size bowl, add the sesame oil and red pepper flakes and toss thoroughly.
4. Using a box grater over a medium size bowl, slice the cucumber, carrot and red bell pepper into ultra thin strips.
5. Using a sharp knife over a cutting board, dice the scallion and add to the other sliced vegetables.

6. Place all the vegetable dressing ingredients into a small bowl and whisk them briskly.
7. Pour the vegetable dressing over the vegetables and toss thoroughly with a wooden spoon.
8. Pour the hot water from the roll ingredients into a round cake pan and allow it to cool off for about five minutes.
9. Immerse a rice paper wrapper into the hot water for about 30 seconds or until it softens while repeatedly flipping it over from side to side.
10. Spread it out immediately on a platter.

11. Repeat #9 and #10 for the remaining 7 rice paper wrappers.
12. Arrange a few herb leaves in the center of a rice paper wrapper.
13. On top of that, place 1/8 of the noodles, then 1/8 of the vegetables, 1/8 of the cilantro and 1/8 of the mint leaves.
14. Fold the top and bottom edges of the rice paper wrapper over the filling.
15. Then fold the remaining two edges toward the center and roll it up until it is snugly closed.
16. Transfer roll to a cookie sheet and cover it up with a dampened cloth

towel.

17. Repeat #12 through #16 for the remaining 7 rice paper wrappers.
18. Pour the peanut sauce into 8 tiny bowls.
19. Using a sharp cutting knife, slice each roll in half, place both halves on a plate along with one tiny bowl filled with peanut sauce and serve.

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Raisin, Pine Nut & Caper Couscous

This raisin, pine nut & caper couscous is quick and easy to prepare and it is brimming with incredible flavor. You will most likely want a second helping once you've tried the first one. But that's OK because there are 4 servings here.



Ingredients:

- 1 1/2 Cups Filtered Water
- 2 Tablespoons Extra Virgin Olive Oil
- 1/3 Cup golden Raisins
- 1/2 Teaspoon Sea Salt
- 1 Cup Organic Couscous
- 1 Small Size Red Onion
- 1/3 Cup Raw Organic Pine Nuts

2 Tablespoons Capers
1/2 Teaspoon Sea Salt
1/4 Teaspoon Freshly Ground Black Pepper

You Will Also Need:

- 1 Medium Size Saucepan with Lid
- 1 Sharp Knife
- 1 Cutting Board
- 1 Medium Size Frying Pan
- 1 Wooden Spoon
- 1 Metal Fork
- 1 Small Size Skillet
- 1 Sieve

Instructions:

1. Pour the water into a saucepan and add 1 tablespoon olive oil along with

the raisins and salt.

2. Set the saucepan over high heat and bring to a rapid boil.
3. Add the couscous and immediately cover the saucepan and remove it from the heat source.
4. Let the covered saucepan stand for about 15 minutes.
5. Using a sharp knife and a cutting board, peel the onion and slice it extra thin.
6. Pour the remaining olive oil into a medium size frying pan and add the onion slices.
7. While continually stirring with a

wooden spoon, sauté the onion pieces until they become golden brown.

8. Drop the pine nuts into a small skillet and toast until they become golden brown.
9. Drain and rinse the capers through a sieve.
10. Using a metal fork, fluff up the couscous while adding the pine nuts, capers, salt and pepper.
11. Serve while it's still warm or wait till it chills.

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Vegan Eggless Egg Salad Sandwich

If you love egg salad but are attempting to reduce fat and eliminate cholesterol in your diet or if you are vegan who avoids eating animal byproducts, this is the eggless egg salad you should be trying out.



Ingredients:

- 1 Package Firm Tofu
- 6 Tablespoons Vegan Mayonnaise
- 6 Tablespoons Dill Relish
- 1 Teaspoon Freshly Squeezed Organic Lemon Juice
- 1 Medium Size Fresh Organic Celery Stalk
- 1 Small Size Fresh Organic Red Onion
- 1 Teaspoon Onion Powder
- 4 Teaspoon Yellow Mustard
- 1/4 Teaspoon Paprika
- 1/2 Teaspoon Sea Salt
- 1/4 Teaspoon Ground Black Pepper
- 1 Bunch Organic Kale
- 1 Loaf Whole Wheat Bread (lightly toasted)

You Will Also Need:

- 1 Medium Size Mixing Bowl
- 1 Metal Fork
- 1 Sharp Knife
- 1 Cutting Board
- 1 Pack Plastic Wrap

Instructions:

1. Drain the water out of the tofu.
2. Place the tofu into a medium size bowl and mash it with a metal fork.
3. Using a sharp knife and a cutting board, mince the celery and dice the onions.
4. Add the veggie bits to the tofu mix.

5. Leaving out the bread and the lettuce, add the rest of the ingredients and continue mashing thoroughly.
6. Cover the bowl with plastic wrap and refrigerate for at least 20 minutes.
7. When ready to serve, place a generous helping of the eggless egg salad on top of a lightly toasted slice of bread.
8. Cover the eggless egg salad with a crisp kale leave or two and enjoy an open-faced sandwich or top it with another lightly toasted slice of bread for a closed sandwich.

Dairy-Free Bagel Pizzas

This bagel pizza is the quickest and easiest way to make pizza lovers happy.



Ingredients:

- 2 Whole Wheat Bagels
- 4 Tablespoon Tomato Sauce
- 2 Teaspoons Garlic Salt

1 Teaspoon Oregano
1 Teaspoon Basil
8 Tablespoons Grated Vegan Cheese
(Daiya)
20 Black Olives
1 Vegan Italian Sausage
2 Organic Fresh Green Onions

You Will Also Need:

- 1 Sharp Knife
- 1 Cutting Board
- 1 Toaster Oven
- 1 Small Size Mixing Bowl
- 1 Medium Size Mixing Bowl
- 1 Wooden Spoon
- 1 Metal Tablespoon

Instructions:

1. Using a sharp knife and a cutting board, slice the bagels in half and arrange them on a toaster oven tray.
2. Using the same sharp knife and the cutting board, chop the vegan sausage into thin slices, mince the black olives and dice the green onions.
3. Place the sausage, olives and onions into a medium size bowl and mix well with a wooden spoon.
4. Combine the garlic salt, oregano and basil in a small bowl and mix well.
5. Spread each half bagel with 1 tablespoon of tomato sauce and evenly sprinkle with the garlic salt mixture.

6. Arrange 2 tablespoons of grated vegan cheese on each bagel half and then top it all with sausage and veggie mixture.
7. Slide the tray with the 4 bagel pizzas into a toaster oven and allow it to toast until the vegan cheese has melted.
8. Remove from the toaster oven and serve while it's still hot.

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Fried Rice and Veggies

This easy-to-make dish of fried rice and veggies is light yet filling and it's delicious while also being nutritious.



Ingredients:

2 Cup Brown Rice

2 Cup Vegan Vegetable Broth

1/2 Cup Egg Substitute

4 Teaspoons Flaxseed Oil

1 Pound Fresh Organic Asparagus
(trimmed & cut to 1" pieces)

2 Medium Size Organic Red Bell
Peppers (seeded & sliced to 1" pieces)

8 Organic Scallions (trimmed & cut to
1" pieces)

2 Medium Size Organic Garlic Cloves
(peeled & minced)

2 Tablespoons Fresh Organic Ginger
Root (minced)

8 Teaspoons Reduced-Sodium Soy
Sauce

4 Tablespoons Pure Rice Vinegar

2 Teaspoons Toasted Sesame Oil

1/2 Teaspoon Hot Red Pepper Sauce

You Will Also Need:

- 1 Medium Size Saucepan with Lid
- 1 Large Size Saucepan
- 1 Medium Size Colander
- 1 Large Size Platter
- 1 Large Size Nonstick Skillet
- 1 Canola Oil Spray
- 1 Wooden Spoon
- 1 Medium Size Mixing Bowl

Instructions:

1. Rinse the rice thoroughly through a colander and then transfer it to a medium saucepan.
2. Add the vegetable broth and bring to a rapid boil over high heat.
3. Reduce the heat, cover the saucepan and allow to simmer for about 12

minutes or until all the liquid has been absorbed by the rice.

4. Transfer the cooked rice onto a platter, spread it out evenly and let it cool for about 5 minutes.
5. Coat the skillet with a thin layer of oil spray and set over medium heat.
6. Prepare the egg replacer and pour it into the skillet.
7. Allow to cook for about 45 seconds while gently stirring with a wooden spoon.
8. Transfer the cooked egg replacer into a medium size bowl.
9. Prepare all the vegetables.

10. Pour flaxseed oil into a large saucepan, add the asparagus and set over medium-high heat.
11. Allow the asparagus to cook for 2 minutes while continually stirring.
12. Stir in the rest of the prepared vegetables and allow to cook for another 2 minutes or until the veggies are all tender.
13. Transfer the cooled rice into the vegetable mix that's in the large saucepan and mix in the soy sauce and vinegar.
14. Let it cook for about 45 seconds or until all the liquid disappears.

15. Fold in the cooked egg beater and remove from the heat source.
16. Add the sesame oil and hot sauce and toss.
17. I could eat it all by myself but it's really intended for 5 or 6 hungry diners.

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Vegan Spinach Quinoa Pancakes

With these vegan spinach quinoa cakes being so scrumptiously delicious as well as nutritious, your cravings will be sated as your body gets filled with the nutrients it needs to thrive.



Quinoa Ingredients:

- 1 Cup Dry Quinoa
- 2 Cups Water

Pancake Ingredients:

- 1 Cup Garbanzo Bean Flour
- 1 Cup Filtered Water
- 2 Teaspoons Extra Virgin Olive Oil
- 2 Medium Size Fresh Organic Carrots (shredded)
- 2 Cups Fresh Organic Spinach (finely chopped)
- 1/2 Teaspoon Sea Salt
- 1/2 Teaspoon Pure Garlic Powder
- 1/2 Teaspoon Paprika
- 1/2 Teaspoon Cumin
- 1/2 Teaspoon Dried Rosemary

2 Tablespoons Fresh Organic Parsley
(chopped)
2 Tablespoons Nutritional Yeast
1 Tablespoon Grape Seed Oil

Topping Ingredients:

1 Container Vegan Ketchup
1 Container Yellow Mustard
10 Fresh Organic Parsley Leaves

You Will Also Need:

- 1 Medium Size Saucepan
- 1 Medium Size Mixing Bowl
- 1 Large Size Nonstick Skillet
- 1 1/3 Measuring Cup
- 8 Serving Plates

Instructions:

1. Using a medium size saucepan and following the direction on its box, prepare the dry quinoa with 2 cups of water and a pinch of sea salt.
2. Leaving out the grape seed oil, incorporate all the pancake ingredients into a medium size bowl and mix thoroughly.
3. Let the pancake mixture stand for about 5 minutes or until all the liquid has been soaked up by the flour.
4. Pour the grape seed oil into the skillet and set over medium heat.
5. Using a 1/3 measuring cup, scoop up the pancake mixture and transfer it to the skillet.

6. Use the bottom of the measuring cup to flatten it out into a nicely formed pancake.
7. Allow the pancake to sauté for about 3 minutes before flipping it over with a spatula and continuing to cook for another 3 minutes or until the pancake is crispy on the outside and well cooked on the inside.
8. Repeat #5 through #7 for seven more times or until all the pancake mixture is used up.
9. Place each pancake into its own serving plate, top it with ketchup and mustard and enjoy a most delicious meal.

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Chapter 4: Quick & Easy Dinner Recipes

Do you remember me telling you that I consider lunch to be the most fun of all meals? Well, I meant what I said but then there is dinner which is actually my favorite meal. After all, this is that special time at the end of the day when the whole family, mom and dad and kids, gets to sit down and dine together while talking about their day.

To me, dinner is intimate family time which deserves to be celebrated with extraordinary foods. The following **Quick & Easy Dinner Recipes** are just that, extraordinary.



French Onion Soup

No Parisian would hesitate to call this animal-free French onion soup délicieux or exquis. Likewise, you will most certainly dub it deliciously exquisite or exquisitely delicious!



Soup Ingredients:

2 Pounds Yellow Onions
2 Cloves Large Garlic Cloves (peeled & diced)
2 Tablespoons Extra Virgin Olive Oil
1 1/2 Tablespoons Pure Maple Syrup
1/2 Teaspoon Sea Salt
1/8 Teaspoon Ground Black Pepper
1 Teaspoon Ground Coriander
8 Cups Low-Sodium Vegan Vegetable Broth

Thickening Ingredients:

1/4 Cup Extra Virgin Olive Oil
1/3 Cup Whole Wheat Flour

Garnishing Ingredients:

8 Slices Whole Wheat Bread

You Will Also Need:

- 1 Large Cutting Board
- 1 Sharp Cutting Knife
- 1 Large Size Stock Pot with Cover
- 1 Wooden Spoon
- 1 Small Size Frying Pan

Instructions:

1. Peel the onions and slice them widthwise to create very thin rings.
2. Pour the 2 tablespoons of olive oil into a stock pot and set over medium-low heat.
3. Add the onion rings and, stirring frequently with a wooden spoon, cook for about 8 to 10 minutes or

until the onions lose their crispness.

4. While constantly stirring, add the maple syrup, salt and pepper and continue cooking for another 20 minutes or until the onions become golden.
5. Add the garlic, coriander and vegetable broth.
6. Increase the heat to high and bring to a rapid boil.
7. Lower the heat again and then simmer for another 30 minutes with the pot covered.
8. During the last 10 minutes of the soup's simmering time, pour the oil

from the thickening ingredients into a small frying pan and set over medium-low heat.

9. When the oil becomes sizzling hot but not burnt, add the flour and stir continually for about 10 minutes or until the flour turns dark brown and emits a nutty aroma.
10. Add the flour mixture to the soup, stir well and continue cooking for another 5 minutes.
11. Cut the bread slices to 1" cubes and allow a few to float on top of the soup of each of the 6 to 8 serving.

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Black Bean Burgers

You do not need meat in order to create succulent burgers. Try these out and you will undoubtedly be convinced that I'm right.



Ingredients:

2 Tablespoons Ground Flax Seeds

1/2 Cup Filtered Water
1 16-Ounce Can Black Beans
1/2 Cup Organic Sweet Potatoes
1/2 Medium Size Organic Yellow Onion
1 Teaspoon Garlic Powder
1/2 Teaspoon Ground Black Pepper
1 Teaspoon Sea Salt
1 Teaspoon Hot Sauce
1 Tablespoon Soy Sauce
1 1/2 Cups Oatmeal

You Will Also Need:

- 1 Small Size Mixing Bowl
- 1 Large Size Mixing Bowl
- 1 Whisk
- 1 Strainer
- 1 Potato Masher
- 1 Baking Sheet

- 1 Canola Oil Spray

Instructions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Place the flax seed powder and water into a small bowl and whisk briskly until the mixture resembles egg yolks.
3. Open a can of black beans, drain over a strainer, rinse thoroughly and then transfer to a large bowl.
4. Peel the sweet potato, cook it, mash it and then add it to the large bowl.
5. Peel the onion, chop it into tiny bits and add it to the large bowl.

6. Add the garlic powder, black pepper, flax seed mixture, salt, hot sauce and soy sauce into the large bowl and mash everything together.
7. When the mixture is uniform and spongy, fold in the oatmeal.
8. Coat a baking sheet with a light layer of oil spray.
9. Using your bare hands, form 4 large, 6 medium or 8 small burger patties and place them on the greased baking sheet.
10. Transfer the baking sheet with its contents into the hot oven and bake for 15 minutes.

11. Flip the burger patties over and continue to bake for 15 more minutes.
12. Remove the baking sheet and its contents from the oven and allow the burgers to cool for a few minutes.
13. Serve the black bean burger patties on a whole wheat hamburger bun or on a plate and garnish them with the condiments of your choice – sliced tomatoes, minced onions, relish, mustard, vegan mayonnaise, etc.

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The Best Vegan Macaroni & Cheese

You might wonder why I claim this macaroni and cheese to be the very best and I will tell you. First of all, it tastes like heaven. Secondly, it is ridiculously easy to make. Thirdly, it is loaded with nutritional value.



Ingredients:

1 1/2 Pounds Whole Wheat Elbow Pasta

Cheese Sauce Ingredients:

1 1/2 Cups Unflavored Soy Milk

1 1/2 Cups Nutritional Yeast

1 Cup Flax Seed Oil

1 Cup Filtered Water

1/3 Cup Soy Sauce

12 Ounces Firm Tofu

1 Tablespoon Garlic Powder

1 Tablespoon Paprika

1 Tablespoon Yellow Mustard

1/2 Tablespoon Sea Salt

You Will Also Need:

- 1 Large Size Pot

- 1 Large Size Rectangular Casserole Dish
- 1 High Speed Electric Blender

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Using a large pot, prepare the pasta in accordance with the cooking direction provided on its package.
3. Transfer the cooked pasta to a rectangular casserole dish.
4. Combine all the cheese sauce ingredients in a blender and allow it to work until the mixture is smooth and creamy.

5. Pour the cheese sauce over the pasta that's already inside the casserole dish.
6. Bake for about 15 minutes or until the pasta turns golden brown and the top layer becomes crispy.
7. Remove the casserole dish and its contents from the oven, allow it to cool for 15 minutes and then serve to your hungry diners, who will absolutely love you for it.

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Vegan Thai Jambalaya

Who would have believed that a jambalaya stew that tastes this good is purely vegan!



Stew Ingredients:

3 Tablespoons Extra Virgin Olive Oil
1 Cup Yellow Onions (peeled &

chopped fine)

2 Large Size Garlic Cloves (peeled & minced)

2 Dry Bay Leaves

2 Cups Sweet Potatoes (skinned & chopped)

2 Cups Shiitake Mushrooms (stemmed & sliced)

2 Medium Size Fresh Red Bell Peppers (chopped)

1 Inch Fresh Ginger (minced & squeezed)

1 Tablespoon Lemongrass

1 Teaspoon Cayenne Pepper

1 Teaspoon Sea Salt

1/4 Teaspoon Ground Black Pepper

3 1/2 Cups Low-Sodium Vegetable Broth

1 28-Ounce Can Whole Tomatoes with Juice

Roux (Thickener) Ingredients:

1/4 Cup Extra Virgin Olive Oil

1/3 Cup Whole Wheat Flour

Garnish Ingredients:

1/4 Cup Fresh Basil Leaves

You Will Also Need:

- 1 Large Size Stock Pot
- 1 Medium Size Skillet
- 1 Wooden Spoon

Instructions:

1. Pour the oil from the stew ingredients into a large stock pot and

set it on medium-high heat.

2. Add the onions, garlic and bay leaves and cook until the onions become translucent.
3. Add the sweet potatoes, mushrooms and bell peppers.
4. Add in the seasoning — ginger juice, lemongrass, cayenne pepper, sea salt, black pepper.
5. Cook for another 7 minutes.
6. Stir in the vegetable broth and tomatoes.
7. Reduce the heat to low, cover pot and simmer for about 15 minutes.

8. While the stew is simmering, pour the oil from the roux ingredients into a skillet and set it over medium-high heat.
9. When the oil is sufficiently hot, add the flour and still vigorously until it turns dark brown.
10. Remove the skillet off the heat source and pour the roux into the stew.
11. Stir thoroughly and continue to cook uncovered for another 5 minutes.
12. Remove the bay leaves and serve hot with bits of basil leaves floating on top.

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Zucchini Leek Pie Turkish Style

Whether Turkish or any other nationality, your children will love this zucchini leek pie. And since all adults have perpetual kids within them, they too will love this delicious dinner pie for four.



Pie Ingredients:

- 1 Medium Size Fresh Leek
- 2 Medium Size Fresh Zucchini
- 12 1/2 Ounces Extra Firm Tofu
- 3 Tablespoons Cornstarch (heaping)
- 1/2 Teaspoon Sea Salt
- 1/4 Teaspoon Ground Black Pepper
- 1 Cup Unflavored Organic Soy or Almond Milk
- 2 Tablespoons Nutritional Yeast
- 1 Cup Non-Dairy Cheese
- 1/4 Cup Fresh Parsley

Topping Ingredients:

- 1/2 Cup Daiya Cheese

You Will Also Need:

- 1 Vegetable Slicer
- 1 Small Size Mixing Bowl
- 1 Wooden Spoon
- 1 Sharp Knife
- 1 Cutting Board
- 1 Sieve
- 1 Food Processor
- 1 Pie Dish
- 1 Canola Oil Spray
- 1 Wooden Toothpick
- 1 Cooking Rack

Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Using a vegetable slicer, chop the zucchini and leek to thin pieces and, using a wooden spoon, mix them

thoroughly in a small bowl.

3. Leaving out the parsley and vegan cheese, throw the tofu, cornstarch, salt, pepper, milk and nutritional yeast into a food processor and let it run for 30 seconds or until the mixture is completely smooth.
4. Using a sharp knife and a cutting board, chop the parsley.
5. Using a sieve, drain all the water out of the tofu.
6. Add in the chopped parsley and the drained tofu into the food processor and allow it to run for another 10 seconds.

7. Coat a pie dish with the oil spray.
8. Transfer half the zucchini and leek mix into the pie dish.
9. Pour half of the tofu cheese mixture from the food processor on top of the veggies.
10. Transfer the remaining zucchini and leek mixture on top of the tofu cheese mix.
11. Empty the remaining tofu cheese mixture onto the zucchini and leek mixture.
12. Sprinkle the topping on top of the pie and back for about 40 minutes or until the top turns golden brown and

an inserted toothpick emerges almost clean.

13. Remove the pie dish from the oven, set it on a cooling rack and let it stand for about 20 minutes before cutting it up into servings.

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Orange Cashew Velvet Soup

This richly smooth orange velvet soup provides 6 cups of warmth to your soul and that much nurturing to your entire body.



Ingredients:

3/4 Cups Organic Raw Cashew Nuts

1 1/2 Cups Tap Water
1 Teaspoon Extra Virgin Olive Oil
3 Cloves Fresh Garlic (peeled & minced)
2 Cups Fresh Sweet Onions (peeled & diced)
5 Cups Fresh Carrots (chunked)
1 Cup Freshly Squeezed Orange Juice
5 1/2 Cups Vegan Vegetable Broth
2 Teaspoons Fresh Ginger Root (grated)
2 Tablespoons Nutritional Yeast
1/2 Teaspoon Sea Salt
1/4 Teaspoon Ground Black Pepper

Garnishing Ingredients:

2 Tablespoons Fresh Parsley (minced)
2 Tablespoons Orange Zest

You Will Also Need:

- 1 Medium Size Bowl
- 1 Large Size Soup Pot with Lid
- 1 Wooden Spoon
- 1 Metal Fork
- 1 Sieve
- 1 High-Speed Blender
- 1 Large Soup Bowl

Instructions:

1. Place cashews into a medium size bowl, add tap water to completely cover the nuts and allow them to soak for one or more hours.
2. Pour the oil into a large soup pot and set it over medium heat.

3. Add the garlic and onions and allow them to sauté for approximately 4 to 5 minutes.
4. Add the rest of the ingredients, stir thoroughly with a wooden spoon and bring to a rapid boil.
5. Cover the pot, reduce the heat to low and allow it to simmer for approximately 20 minutes or until the veggie feel tender when poked with a fork.
6. Turn the heat off and allow the soup to somewhat cool for about 10 minutes.
7. Transfer the soup into the jar of a blender.

8. Using a sieve, drain all the water from the bowl in which the cashew nuts had been soaking.
9. Add the cashew nuts to the soup in the blender and blend until the mixture is velvety smooth.
10. Pour the soup into a large soup bowl, garnish with minced parsley and lemon zest and serve hot.

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Chunky Smoky Brunswick Stew

This hardy Brunswick stew is full of zesty spices and a whole lot to chew on. It may not be all that quick but it sure is easy.



Sauce Ingredients:

1/4 Cup Vegan Margarine
1 3/4 Cup Vegan Ketchup
1/4 Cup Yellow Mustard
1/4 Cup White Vinegar
2 Cloves Fresh Garlic (peeled & minced)
1 Teaspoon Ground Black Pepper
1/2 Teaspoon Crushed Red Pepper
1/2 Ounce Liquid Smoke
1 Ounce Vegan Worcestershire Sauce
1 Ounce Vegan Hot Sauce
1/2 Tablespoon Freshly Squeezed Lemon Juice
1/4 Cup Dark Turbinado Sugar

Stew Ingredients:

1/4 Cup Vegan Margarine
1/4 Cup Liquid Smoke

3 Cups Fresh Potatoes (peeled & diced)
1 Small Size Yellow Onion (peeled & diced)
20 Ounces Vegan Vegetable Stock
2 Packages Vegan Beef or Chicken Crumbles
1 8.5-Ounce Can Green Peas
1 14.5-Ounce Can Stewed Tomatoes (chopped)
1 16-Ounce Bag Frozen Lima Beans (defrosted)
1 14.5-Ounce Can Creamed Corn
1/4 Cup Liquid Smoke

You Will Also Need:

- 1 2-Quart Saucepan
- 1 Wooden Spoon
- 1 Large Size Stock Pot

Instructions:

1. Place a saucepan over low heat and melt half the amount of margarine while stirring with a wooden spoon.
2. Continually stirring over the heat, add the ketchup, mustard and white vinegar.
3. Once the mixture is completely smooth, add the garlic, black pepper, red pepper, 1/2 ounce liquid smoke, Worcestershire sauce, hot sauce and lemon juice.
4. Continue stirring until you obtain a smooth mixture and then add the sugar.

5. Simmer for about 10 minutes while constantly stirring.
6. Remove from the heat source and set aside for later.
7. Add the margarine from the stew ingredients to a large stock pot and set over low heat to melt.
8. Add the potatoes, onions, vegetable stock and faux meat.
9. Bring to a rapid boil while constantly stirring with the wooden spoon.
10. Add the contents of the three cans with their liquids and stir.
11. Add the lima beans, creamed corn

and liquid smoke and stir.

12. Cover pot and simmer for 2 hours while stirring every once in a while.
13. Serve with a generous helping of cornbread and dig in.

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Vegan Chicken and Noodle Soup

Taste this chicken and noodle soup and you will never believe that it is all vegan.



Ingredients:

2 Tablespoon Flex Seed Oil
3 Cloves Fresh Garlic (peeled & minced)
2 Medium Size Fresh Yellow Onions (peeled & diced)
2 Cups Fresh Green Beans (cut to bite-size pieces)
2 Medium Size Fresh Carrots (chunked)
1 Medium Size Fresh Celery Stick (chunked)
2 Teaspoons Vegan Chicken-Style Seasoning
1 Dry Bay Leaf
1 Cup Brown Lentils (rinsed & drained)
4 Ounces Organic Soba Noodles
4 Cups Vegan Chicken-Style Broth

You Will Also Need:

- 1 Medium Size Soup Pot with Lid
- 1 Wooden Spoon

Instructions:

1. Pour the oil into a soup pot and set over medium-high heat.
2. Add the garlic, onions, green beans, carrots and celery and sauté for about three minutes.
3. Add the seasoning along with the bay leaf and stir with a wooden spoon.
4. Add the lentils and the broth and bring to a rapid boil.
5. Reduce the heat to medium-low, cover the pot and simmer for about

15 minutes.

6. Increase the heat to medium-high until it begins to boil rapidly and add the soba noodles.
7. Allow to cook for about 4 minutes or until the noodles are done.
8. Reduce the heat to low, cover pot and cook for another 10 minutes.
9. Remove the pot from its heat source, let it stand for about 5 minutes and then serve hot to 4 lucky diners.

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All Vegan Sloppy Joe's

No sloppy Joe's can possibly be any quicker or easier to prepare, and none can possibly be any more delicious and nutritious.



Ingredients:

1 Large Size Organic Yellow Onion

1 Large Size Organic Green Bell Pepper
2 Tablespoons Extra Virgin Olive Oil
1 1/2 Cups Boiling Filtered Water
2 1/2 Cups Organic Tomato Sauce
1 1/2 Tablespoon Chili Powder
1/8 Teaspoon Ground Black Pepper
1 Teaspoon Sea Salt
1 Tablespoon Soy Sauce
1 Tablespoon Yellow Mustard
1 Tablespoon Turbinado Sugar
1 1/2 Cups Dry Textured Vegetable Protein
5 Whole Wheat Buns

You Will Also Need:

- 1 Cutting Board
- 1 Sharp Knife
- 1 Large Saucepan

- 1 Wooden Spoon

Instructions:

1. Using a sharp knife over a cutting board, peel and chop the onion and then seed and dice the bell pepper.
2. Pour the olive oil into a large saucepan and set over medium-high heat.
3. Add the chopped onion and diced pepper to the hot oil in the saucepan and sauté until the onion pieces become slightly translucent.
4. Leaving out the buns, add the rest of the ingredients, reduce the heat to low and simmer for 20 minutes while

periodically stirring with a wooden spoon.

5. Serve inside or atop 5 whole wheat buns while the sloppy Joe's are still warm.

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Authentic Vegan Chili Dogs

These chili dogs are not only authentically vegan but they surpass conventional chili dogs in flavor as well as in nutritional value. I can't imagine why you'd ever want any other kind.



Chili Ingredients:

1 Tablespoon Flaxseed Oil
1 Large Size Organic Yellow Onion
1 Large Size Organic Garlic Cloves
1/4 Cup Tomato Paste
1 1/2 Cups Filtered Water
3/4 Cup Textured Vegetable Protein
1/2 Teaspoon Allspice
1/2 Teaspoon Cumin Powder
1 1/2 Tablespoons Chili Powder
2 Teaspoons Cocoa or Carob Powder
1 Tablespoon White Vinegar
1/4 Teaspoon Ground Cloves
1 Teaspoon Vegan Worcestershire
Sauce
2 Tablespoons Vegan Ketchup
1 Teaspoon Cinnamon
1 Teaspoon Sea Salt

Dog Ingredients:

12 Vegan Hot Dogs

12 Whole Wheat Hot Dog Buns

Condiment Ingredients:

1 Container Yellow Mustard

1 Container Vegan Mayonnaise

1 Large Size Organic Yellow Onion

1 Package Shredded Daiya Cheese

You Will Also Need:

- 1 Cutting Board
- 1 Sharp Knife
- 1 Large Size Saucepan
- 1 Wooden Spoon
- 1 Large Size Serving Platter
- 1 Butter Knife

Instructions:

1. Using a sharp knife over a cutting board, peel the onion and garlic then chop and mince them respectively.
2. Pour the oil into a large saucepan and set it over medium heat.
3. Add the chopped onion and minced garlic into the hot oil and sauté for about 9 minutes or until the onion bits become somewhat translucent.
4. Add the tomato sauce and the water and stir to an evenly blended mixture.
5. Increase the heat to high and bring the mixture to a rapid boil.
6. Add the textured vegetable protein and the rest of the chili ingredients.

7. Reduce the heat and allow the mixture to simmer for about 20 minutes or until the textured vegetable protein softens.
8. Prepare the vegan hot dogs as indicated on their packaging.
9. Open the hot dog buns on top of a large serving platter.
10. Using a butter knife, smear each hot dog bun with a combination of mustard and mayonnaise.
11. Put one hot dog into each bun and slop on the prepared chili.
12. Using a sharp knife over a cutting board, peel and chop the onion from

the condiment ingredients into fine bits and sprinkle them generously over the chili.

13. Top it all off with shredded Daiya cheese and serve while it's all nice and warm.



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Chapter 5: Quick & Easy Snack Recipes

I fully understand people who avoid snacks because they are on weight loss diets and are attempting to reduce their caloric intakes. I also understand people who turn down snacks because they fear losing their appetites for upcoming meals. However, I do not and cannot ever understand those who claim not to like snacks.

The flavors, textures, colors, shapes and smells of snack foods are so widely varied that everyone and anyone can, if they choose to, find a snack with which they could easily fall in love.

I, for one, have fallen in love with many snack foods and I am about to introduce some of them to you right here in this chapter on **Quick & Easy Snack Recipes**.



Tofu-Free Carob Pudding

Luxurious but not decadent, this tofu-free carob pudding will blow you away and it requires merely 10 short minutes for preparation.



Ingredients:

4 Medium Size Ripe Avocados (pitted

& scooped)

1/3 Cup Almond Milk

2/3 Cup Pure Maple Syrup

1 Teaspoon Creamy Peanut Butter

1 Teaspoon Arrowroot Powder

1/4 Teaspoon Kosher Salt

1 Teaspoon Pure Vanilla Extract

1/4 Cup Raw & Unsweetened Carob Powder (sifted)

1 Cup Vegan Carob Chips (melted)

You Will Also Need:

- 1 Food Processor
- 1 Medium Size Microwavable Bowl
- 1 Rubber Spatula
- 2 3/4 Cup Serving Dishes

Instructions:

1. Leaving out the carob chips, combine all the ingredients in a food processor and let it run until you obtain a smooth mixture.
2. Place the carob chips in a microwavable bowl and melt them in your microwave.
3. Add the melted carob chips to the mixture inside the food processor and let it run long enough to form a velvety creamy pudding.
4. Using a rubber spatula, divide the pudding into 2 serving dishes, place in the refrigerator for about 30 minutes and serve.

Whole Grain Wheat Thins

Perfect for scooping up dips, these whole grain wheat thins are deliciously crisp and chewy while delivering healthy alternatives to snacking.



Dry Ingredients:

1 1/4 Cups Whole Wheat Flour

1 1/2 Tablespoons Raw Organic Cane Sugar

1/2 Teaspoon Sea Salt

1/4 Teaspoon Paprika

Wet Ingredients:

4 Tablespoons Vegan Butter

6 Tablespoons Filtered Water

1/4 Teaspoon Pure Vanilla Extract

Topping Ingredients:

2 Tablespoons Sea Salt

3 Tablespoons Toasted Sesame Seeds

You Will Also Need:

- 2 Baking Sheets
- 1 Pack Parchment Paper
- 1 Large Size Mixing Bowl

- 1 Medium Size Mixing Bowl
- 1 Small Size Mixing Bowl
- 1 Whisk
- 2 Metal Forks
- 1 Well Floured Working Surface
- 1 Roll Pin
- 1 Pizza Cutter
- 1 Metal Spatula
- 2 Cooling Racks
- 1 Airtight Container

Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Line 2 baking sheets with parchment paper.
3. Place all the dry ingredients into a

large mixing bowl and whisk them thoroughly.

4. Add the vegan butter into the flour mixture and, using 2 metal forks, break it up until it crumbles.
5. Pour the water into a medium bowl and mix it thoroughly with the vanilla extract.
6. Pour the water mixture into the flour mixture and, using your hands, fold the two mixtures together until they form a smooth dough.
7. Divide the dough into two even portions and place one of them onto a flat working surface.

8. Using a roll pin, roll the dough to an even 1/16" thickness.
9. Use a pizza cutter to cut rectangular shapes out of the extra thin dough.
10. With the help of a spatula, carefully lift each wheat thin off the working surface and transfer it to a baking sheet.
11. Repeat #8 through #10 until both baking sheets are filled with wheat thins.
12. Combine the topping ingredients in a small mixing bowl and sprinkle the mixture over the wheat thins.
13. Transfer both baking sheets into the

oven and bake for 4 minutes.

14. Rotate the sheets and continue to bake for another 4 minutes.
15. Remove the baking sheets from the oven and set them over cooling racks.
16. Store the wheat thins in an airtight container.

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Vegan Power Balls

If you are looking for a snack that is quick and easy to make while also being very healthy, these vegan power balls would be exactly what you are after.



Ball Ingredients:

15 Medium Size Dried Dates (pitted &

quartered)

1 Cup Organic Raw Cashew Nuts

1 Cup Organic Unsweetened Coconut
Flakes

1/2 Teaspoon Maple Syrup

Topping Ingredients:

1/2 Cup Course Grain Salt

You Will Also Need:

- 1 Food Processor
- 1 Medium Size Platter
- 1 Medium Size Airtight Container

Instructions:

1. Toss the dates into a food processor and chop them.

2. Add the cashew nuts, coconut flakes and maple syrup and process until the mixture becomes nice and sticky.
3. Pour the coarse grain salt into a medium size platter.
4. Using your slightly moistened hands, form bits of the gooey mixture into about 24 balls.
5. Dunk the balls into the salt and roll them until they become completely covered.
6. Transfer the balls into an airtight container and refrigerate for several hours before serving.

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Do-It Yourself Vegan Caramel Apples

An apple a day keeps the doctor away and a caramel apple satisfies the sweet tooth like nothing else can.



Apple Ingredients:

3 Cups Ice Water

6 Small Size Organic Sweet Apples

Caramel Ingredients:

1/4 Cup Unflavored Soy Half and Half Creamer

1/2 Cup Plain Unflavored Soy Yogurt

1 Cup Organic Raw Cane Sugar

1/4 Cup Pure Organic Maple Syrup

1 Tablespoon Vegan Butter

You Will Also Need:

- 1 Small Size Saucepan
- 1 Wooden Spoon
- 1 Medium Size Shallow Dish
- 6 Wooden Sticks
- 1 Medium Size Baking Sheet
- 1 Sheet Parchment Paper

Instructions:

1. Pour the ice water into a shallow pan.
2. Remove the stem off each apple and insert a stick in its stead.
3. Line a baking sheet with parchment paper.
4. Pour the soy half and half creamer into a small saucepan and add the soy yogurt, the sugar and the maple syrup.
5. Set the saucepan and its contents over medium-high heat and stir with a wooden spoon until the sugar dissolves completely.
6. Stop stirring but continue cooking

for 10 minutes.

7. Add the vegan butter and stir vigorously until it melts completely.
8. Remove the saucepan from the heat source and set it immediately into the ice water.
9. Working as rapidly as you can, hold an apple by its inserted stick and dip it into the caramel.
10. You might need to use a spoon to ensure that the apple is completely coated.
11. Transfer the caramel apple onto the parchment paper that's lining a baking sheet.

12. Repeat #9 through #11 until all 6 apples are done.
13. Store the baking sheet and its contents in the refrigerator for about 30 minutes or until the caramel has hardened completely.

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Crispy Crackers

Powerhouse

Light weight and crunchy, these crackers are packed with energy boosting ingredients while they are also free of gluten, soy, nuts, sugar or oil.



Ingredients:

1/2 Cup Chia Seeds
1/2 Cup Raw Sunflower Seeds
1/2 Cup Raw Pumpkin Seeds (Pepitas)
1/2 Cup Raw Sesame Seeds
1 Cup Filtered Water
1 Large Size Organic Garlic Clove
1 Teaspoon Organic Sweet Onion
1/4 Teaspoon Sea Salt
1/8 Teaspoon Ground Black Pepper

You Will Also Need:

- 1 Large Size Baking Sheet
- 1 Sheet Parchment Paper
- 1 Large Size Mixing Bowl
- 1 Small Size Mixing Bowl
- 1 Wooden Spoon
- 1 Whisk
- 1 Sharp Knife

- 1 Metal Spatula
- 1 Cooling Rack

Instructions:

1. Preheat oven to 325 degrees Fahrenheit.
2. Line a baking sheet with a sheet of parchment paper.
3. Pour all the seeds into a large bowl and, using a wooden spoon, mix them up thoroughly.
4. Grate the garlic and onion to extra fine bits.
5. Pour the water into a small bowl, add the grated garlic and onion and whisk thoroughly.

6. Pour the water mixture into the large bowl containing the seeds and stir with a wooden spoon until it is all combined thoroughly.
7. Add the salt and pepper.
8. Transfer the mixture onto the baking sheet that you already covered with parchment paper.
9. Using the back of the wooden spoon, evenly spread out the cracker mixture to a thickness of about 1/8 inch.
10. Transfer the baking sheet and its contents into the oven and bake for 30 minutes.
11. Remove the baking sheet and its

contents from the oven and, using a sharp cutting knife, cut about 22 large crackers.

12. Using a spatula very carefully, flip each cracker over within the baking sheet.
13. Transfer the baking sheet and the crackers back into the oven and continue baking for another 25 or 30 minutes.
14. When the crackers turn golden brown, remove their baking sheet from the oven and set it on a cooling rack.
15. When the crackers have completely cooled, they are ready to be served or

to be stored in an airtight container.

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No Bake Peanut Butter Cookies

Requiring no baking and but a small handful of ingredients, these peanut butter cookies have got to be the world's easiest to prepare without compromising on incredible flavor and aroma.



Cookie Ingredients:

1 Cup Rolled Oats
2 Slices Whole Wheat Bread
1/2 Cup Chunky Peanut Butter
6 Dried Figs (stemmed)
1/2 Cup Pure Maple Syrup
1/4 Cup Filtered Water
1 Cup Vegan Chocolate or Carob Chips

You Will Also Need:

- 1 Food Processor
- 1 Wooden Spoon
- 1 Large Size Mixing Bowl
- 1 Serving Platter

Instructions:

1. Pour the rolled oats into a food

processor and pulse until it turns to flour.

2. While the food processor is still working and leaving out the chocolate or carob chips, add the rest of the cookie ingredients and continue blending until you obtain a semi-lumpy dough.
3. Transfer the cookie dough to a large bowl and mix in the chocolate or carob chips.
4. Scoop out a spoonful of dough and, using your hands, form into a ball which you will then flatten into a round disc-shaped cookie.
5. Place the cookie a serving platter.

6. Repeat #4 to form about 24 cookies.
7. Transfer the serving tray with its contents into the refrigerator until you are ready to serve.

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Raw Chocolate Cream Cakes

These mini raw chocolate cream cakes are so delicious, you would swear that this is exactly the kind of snack which is served in heaven and you would probably be right.



Crust Ingredients:

1 Cup Pecan Meal
4 Medium Size Dried Dates (pitted)
1/2 Cup Raw Cocoa Powder
1/8 Teaspoon Sea Salt
1 Teaspoon Pure Vanilla Extract

Filling Ingredients:

2 Cups Raw Cashew Nuts (broken into pieces)
1/2 Cup Coconut Oil (melted)
1/2 Cup Pure Maple Syrup
1/2 Cup Filtered Water
2 Teaspoons Pure Vanilla Extract
3/4 Cup Raw Cocoa Powder

You Will Also Need:

- 1 High Speed Electric Blender
- 1 Small Size Mixing Bowl
- 12 Mini Cake Pans
- 1 Pack Plastic Wrap

Instructions:

1. Combine all the crust ingredients in a blender and let it work until you obtain a sticky dough.
2. Fill 12 mini cake pans with the crust dough and firmly press them down toward the bottom of each pan.
3. Place cashew nuts into a small bowl and soak them for about 15 minutes and then rinse them with tap water.
4. Transfer the cashew nuts to the

blender, add the maple syrup, vanilla extract and filtered water and blend until the mixture becomes creamy.

5. Add the cocoa powder and coconut oil and continue blending to form a creamy smooth mixture.
6. Pour the filling mixture onto the 12 crusts.
7. Cover the mini chocolate cream cakes with plastic wrap and transfer them into the freezer for about 3 or 4 hours.
8. Remove the chocolate cream cakes from the freezer and gently coax them out of their pans.

9. Let the mini cakes stand at room temperature for about 30 minutes before serving.

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Raw Vegan Cocoa Brownies

These raw vegan cocoa brownies are so lusciously scrumptious that you may be in danger of becoming addicted.



Ingredients:

- 1 Cup Raw Walnuts
- 1 Cup Dried Dates (pitted)

1/4 Cup Raw Cocoa Powder
1/2 Tablespoon Coconut Oil

You Will Also Need:

- 1 High Speed Electric Blender
- 1 Medium Size Cake Pan
- 1 Wooden Spoon
- 1 Pack Plastic Wrap

Instructions:

1. Combine all the brownie ingredients in a blender and blend for approximately 30 seconds.
2. Transfer the brownie mixture to a cake pan and, using the back of a wooden spoon, smooth it out evenly.
3. Cover the pan with plastic wrap and

store in the refrigerator for about two hours.

4. Remove the pan and its contents from refrigeration and cut it into squares or rectangles before serving.
5. Store whatever is left over, if there is anything left over, in an airtight container which you should then keep in the refrigerator or the freezer.

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Fried Vegan Apple Fritters

These apple fritters are guaranteed to warm your soul and satisfy your craving for something yummylicious!



Dry Fritter Ingredients:

1 Cup Whole Wheat All Purpose Flour
1/4 Cup Organic Raw Cane Sugar

3/4 Teaspoon Sea Salt
1 1/2 Teaspoon Baking Powder
2 Teaspoons Cinnamon Powder
1 Teaspoon Ginger Powder
1/2 Teaspoon Nutmeg

Wet Fritter Ingredients:

1/3 Cup Almond Milk
3 Tablespoon Egg Beaters
2 Medium Size Organic Apples
2 Cup Coconut Oil

Glaze Ingredients:

2 Cups Vegan Powdered Sugar
1/4 Cup Almond Milk
1/4 Teaspoon Pure Vanilla Extract
1/4 Teaspoon Cinnamon Powder

You Will Also Need:

- 1 Medium Size Mixing Bowl
- 2 Small Size Mixing Bowl
- 1 Wooden Spoon
- 1 Large Skillet
- 1 Medium Size Ladle
- 1 Metal Spatula
- 1 Roll Paper Towels
- 1 Cooling Rack
- 1 Whisk
- 1 Serving Platter

Instructions:

1. Combine all the dry fritter ingredients in a medium size bowl and mix thoroughly with a wooden spoon.

2. In a small mixing bowl, prepare the egg beaters by following the direction provided on their packaging.
3. Mix in the milk from the wet fritter ingredients to the egg beaters.
4. Transfer the contents of the small bowl to the dry ingredients in the medium size bowl and mix well to a smooth batter.
5. Peel the apples, core them and then chop each one into 8 pieces.
6. Add the apple chunks into the medium bowl with the batter and mix thoroughly.
7. Pour the coconut oil into a large

skillet and set it over maximum heat until it begins to sizzle then lower the heat to medium.

8. Using a ladle, scoop up the batter and very carefully add it to the hot oil in the skillet.
9. Quickly repeat #8 until all the batter is used up.
10. Cook the apple fritters for about 2 minutes on one side or until they turn golden brown.
11. Flip the apple fritters over with a metal spatula to cook for an additional 2 minutes on their other side.

12. Transfer the browned apple fritters onto paper towels, flip them over and then move them to a cooling rack for several minutes.
13. Arrange the apple fritters on a large serving platter.
14. Place all the glaze ingredients into another small bowl and thoroughly whisk them together.
15. Sprinkle half of the glaze mixture on top of the apple fritters and allow it to harden for about 3 minutes.
16. Turn the apple fritters over and sprinkle them with the remaining glaze mixture.

17. Serve while the apple fritters are still warm or after they've cooled. Either way, they make a terrific snack.

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Chocolate Hazelnut Tart

This raw chocolate hazelnut tart is so rich and delicious, no one will believe that it's also vegan and so easy to make.



Crust Ingredients:

1/2 Pound Organic Vegan Chocolate Cookies (crumbled)

1/4 Cup Coconut Oil

Filling Ingredients:

1 1/2 Cups Raw Cashew Nuts (soaked 2 hours & drained)

1/2 Cup + 2 Tablespoons Filtered Water

1/2 Cup + 2 Tablespoons Maple Syrup

1/2 Cup Coconut Oil

1/2 Teaspoon Pure Vanilla Extract

1/4 Teaspoon Sea Salt

1 Cup + 2 Tablespoons Raw Cocoa Powder

3/4 Teaspoon Hazelnut Extract

You Will Also Need:

- 1 Medium Size Mixing Bowl
- 1 Wooden Spoon
- 1 Medium Size Tart Pan

- 1 Food Processor
- 1 Serving Platter

Instructions:

1. Crumble the cookies into a medium size bowl.
2. Add the coconut oil from the crust ingredients and, using a wooden spoon, mix thoroughly until the cookie crumbs stick.
3. Press the crust mixture into a tart pan and transfer into the freezer.
4. Combine all the filling ingredients in a food processor and pulse it until you obtain an extra smooth mixture.
5. Remove the crust from the freezer

and fill it with the mixture from the food processor.

6. Transfer the tart back into the freezer for overnight chilling.
7. Remove the tart from the freezer.
8. Take it out of the pan and place it onto a serving platter.
9. Cut into wedges and serve.



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Chapter 6: Quick & Easy Party Recipes

Ah! It's time to party! Some people like parties that are loud, crowded and boisterous while others like them quiet and intimate. But I don't know anyone who doesn't like parties of some kind.

Whichever is your personal preference and whatever happens to be the occasion, follow the recipes in this chapter of **Quick & Easy Party Recipes** and your guests will gleefully swarm around your serving platters and then beg for more and more.



Kettle Corn Popcorn

Combining crunchiness with the sweet and salty flavoring, this kettle corn popcorn is the perfect party treat. Just be sure to make enough of it.



Ingredients:

1 Cup Unpopped Popcorn

4 Tablespoons Pure Maple Syrup
4 Tablespoons Chunky Peanut Butter
1/2 Teaspoon Sea Salt

You Will Also Need:

- 1 Popcorn Popper
- 1 Large Size Mixing Bowl
- 1 Small Size Microwave-Safe Mixing Bowl

Instructions:

1. Pop the popcorn by whichever method you prefer and transfer it into a large bowl.
2. Combine the peanut butter with the maple syrup in a small bowl and heat in a microwave for 30 seconds.

3. Pour the hot peanut butter and maple mixture over the popcorn.
4. Add the salt and toss with your bare hands.
5. Serve and enjoy.

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Candied Raw Almonds

These candied raw almonds are sweet and crunchy and perfect for party munching.



Ingredients:

1 Cup Filtered Water

2 Cup Raw Organic Cane Sugar

2 Tablespoons Ground Cinnamon
4 Cups Raw Whole Almonds

You Will Also Need:

- 1 Large Size Saucepan
- 1 Wooden Spoon
- 1 Baking Sheet
- 1 Pack Vegan Wax Paper
- 1 Metal Fork

Instructions:

1. Pour the water into a large saucepan and combine it with the sugar and cinnamon.
2. Set the saucepan over medium heat and bring to a rapid boil

3. Using a wooden spoon, stir in the almonds and continue cooking until all the liquid evaporates and the almonds are coated with a syrupy mixture.
4. Line a baking sheet with wax paper.
5. Transfer the coated almonds onto the lined baking sheet.
6. Using a metal fork, separate the almonds and spread them out evenly.
7. Allow the almonds to cool off and dry for about 20 minutes before serving.

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Fruity Chocolate Truffles

These fruity chocolate truffles provide the chocolaty sweetness your guests will love and then they will, of course, bet for more and more and more.



Ingredients:

12 Ounces Vegan Chocolate

3/4 Cups Unflavored Almond Milk
2 Medium Size Organic Tangerines
2 Teaspoons Pure Vanilla Extract
2 Teaspoons Coffee Extract
2 Teaspoons Orange Extract
1/8 Teaspoon Sea Salt
1 Teaspoon Pure Maple Syrup
1/4 Cup Raisins
2 Medium Size Dried Figs
1/4 Cup Raw Cocoa Powder

You Will Also Need:

- 1 Medium Size Double Boiler
- 1 Wooden Spoon
- 1 High Speed Electric Blender
- 1 Large Size Mixing Bowl
- 1 Medium Size Mixing Bowl
- 1 Pack Plastic Wrap

- 1 Metal Tablespoon
- 1 Large Serving Platter

Instructions:

1. Place the chocolate into a double boiler and melt over medium-high heat.
2. Remove the melted chocolate from the heat source and stir in the almond milk.
3. Peel and seed the 2 tangerines.
4. Throw the tangerines into a blender and blend until you get pulpy juice.
5. Pour the pulpy tangerine juice onto the chocolate mixture and stir thoroughly.

6. Add the extracts, salt, maple syrup and fruits while stirring vigorously.
7. Pour the mixture from the double boiler into a large bowl and allow it to cool off a bit.
8. Cover the bowl with plastic wrap and refrigerate for about an hour or until it becomes nice and firm.
9. Pour the cocoa powder into a medium size mixing bowl.
10. Scoop out a heaped tablespoonful of truffle mix and form a round ball between the palms of your hands.
11. Roll the truffle ball in the cocoa powder and transfer it onto a serving

platter.

12. Using up the rest of the truffle mixture, repeat #10 and #11 until you've ended up with roughly 25 fruity chocolate truffles.

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Chocolate Strawberries

Coated

Personally, I cannot imagine a social gathering without these wonderful delicacies. But that's me — the lover of chocolate coated strawberries!



Ingredients:

2 Pint Baskets Fresh Organic
Strawberries with Stems
1 1/2 Cups Vegan Chocolate Chips
3/4 Cup Raw Pistachio Nuts

You Will Also Need:

- 1 Large Size Baking Sheet
- 1 Pack Vegan Wax Paper
- 1 High Power Electric Blender
- 1 Medium Size Microwave-Safe Bowl
- 1 Small Size Mixing Bowl
- 1 Small Size Saucepan
- 1 Wooden Spoon
- 1 Serving Platter
- 1 Pack Plastic Wrap

Instructions:

1. Cover the inside of a large baking

sheet with wax paper.

2. Place the raw pistachio nuts into a blender and allow it to crush the nuts to a grainy consistency.
3. Pour the crushed pistachio nuts into a saucepan and set over medium-low heat to toast for about 2 minutes while continually stirring with a wooden spoon.
4. Remove the saucepan with the toasted pistachios off the heat source.
5. Pour the vegan chocolate chips into a medium size microwave-safe bowl and microwave at medium temperature for about 2 minutes or until the chips melt.

6. Using a wooden spoon, stir thoroughly.
7. Hold a strawberry by its stem, dunk about three fourth of its body into the melted chocolate and then transfer it into the toasted nuts.
8. Place the coated strawberry with the stem pointing downwards on a serving platter.
9. Repeat # 7 and #8 until all the strawberries have been used up.
10. Cover the serving platter and its contents with plastic wrap and store in the refrigerator for about 1 hour or until the chocolate coating has hardened.

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No-Fry Yam Fries

Delight your senses with mouth-watering no-fry yam fries which are must healthier than conventional fries and ever so much more scrumptious.



Ingredients:

2 Pound Fresh Organic Yams

2 Tablespoon Vegan Butter
1/2 Teaspoon Seasoning Salt
1/8 Teaspoon Nutmeg

You Will Also Need:

- 1 Sharp Cutting Knife
- 1 Cutting Board
- 1 Large Size Baking Pan
- 1 Can Canola Oil Spray
- 1 Small Size Microwave-Safe Bowl
- 1 Whisk
- 1 Basting Brush

Instructions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Coat a large baking pan with oil

spray.

3. Scrub the yams and chop them into 1” chunks.
4. Spread the yam chunks in one single layer within the oil coated baking pan.
5. Place the vegan butter in a microwave-safe bowl and microwave for about 30 seconds or until the butter melts.
6. Add the salt and the nutmeg and whisk thoroughly.
7. Using a basting brush, smear the butter mixture over the yams.
8. Bake for about 20 minutes or until

the yams become nice and tender.

9. Transfer the yams to a serving bowl and enjoy the compliments from your delighted guests.

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Cashew Stuffed White Mushrooms

Whether your guests are vegans or not, everyone is sure to love these stuffed mushrooms.



Stuffing Ingredients:

3 Slices Whole Wheat Bread
1 Cup Raw Cashew Nuts
4 Medium Size Organic Garlic Cloves
1/2 Teaspoon Sea Salt
1/4 teaspoon Ground Black Pepper
1/2 Teaspoon Onion Powder
2 Cup Fresh Spinach
1 Cup Fresh Basil
1 Cup Nutritional Yeast
1/2 Cup Extra Virgin Olive Oil

Mushroom Ingredients:

24 Large Size White Mushrooms

You Will Also Need:

- 1 Food Processor
- 1 Toaster
- 1 Large Size Mixing Bowl

- 1 Wooden Spoon
- 1 Large Size Ceramic Baking Dish
- 1 Can Canola Oil Spray
- 1 Metal Teaspoon

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Toast the bread.
3. Throw the toasted bread along with the cashew nuts into a food processor and grind them to a grainy powder.
4. Transfer the bread and cashew mixture to a large bowl.
5. Leaving out the olive oil, throw all the remaining ingredients into the

food processor and blend them to a creamy mixture.

6. Transfer the creamy mixture from the food processor to the large bowl containing the bread and cashew mix.
7. Using a wooden spoon, mix everything within the large bowl thoroughly while drizzling in the olive oil.
8. Coat a large ceramic baking dish with oil spray.
9. Wash and dry the mushrooms, then remove their stems.
10. Arrange the stemmed mushrooms like little bowls within the oiled

baking dish.

11. Scoop out 2 teaspoons of stuffing mixture onto the palm of your hand and form a tight ball.
12. Squeeze the stuffing ball into the mushroom.
13. Repeat #11 and #12 until all the mushrooms have been stuffed.
14. Bake for about 20 minutes and serve.

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Roasted Chickpeas

These roasted chickpeas are crunchy, munchy and full of spicy flavors that may be habit forming. But that is quite alright because they are also good for you.



Ingredients:

4 Cans Chickpeas (a.k.a. Garbanzo

Beans)

3 Teaspoons Cajun Seasoning

2 Teaspoon Garlic Powder

2 Teaspoon Onion Powder

1/2 Teaspoon Cayenne Pepper

You Will Also Need:

- 1 Can Canola Oil Spray

- 1 Strainer

- 1 Medium Size Shallow Casserole Dish

- 1 Roll Paper Towels

- 1 Small Size Mixing Bowl

- 1 Wooden Spoon

- 1 Airtight Container with Lid

Instructions:

1. Empty the two cans of chickpeas

into a strainer and then rinse them thoroughly.

2. Shake the strainer vigorously to remove access water and allow the chickpeas to dry off for a while.
3. Coat a shallow casserole dish with a thin layer of canola oil spray.
4. Pour the chickpeas from the strainer onto several layers of paper towels, cover with a few more paper towels and pat them dry.
5. Transfer the chickpeas to the oiled casserole and spread them out evenly in a single layer.
6. Combine all the seasoning

ingredients in a small bowl and mix thoroughly.

7. Spray the chickpeas with canola oil and then sprinkle them with the seasoning mixture.
8. Move the casserole dish onto the lowest rack of your oven, set the temperature to 350 degrees Fahrenheit and bake for 15 minutes.
9. Using a wooden spoon, stir up the chickpeas within the casserole dish and continue baking for another 15 minutes.
10. Repeat #8 and #9 twice more or until the chickpeas become golden brown and crispy.

11. Remove the casserole dish and its contents from the oven.
12. Pour the chickpeas into an airtight container and close its lid.
13. Allow the chickpeas to cool before serving.

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Corned Hush Pups

Fun and flavorfully zesty, these corn pups will have your guests begging for more.



Dry Ingredients:

1 Cup Whole Wheat Flour
3 Cups Cornmeal

3 Teaspoons Baking Powder
3 Teaspoons Sea Salt
1 Teaspoon Ground Black Pepper

Wet Ingredients:

1 Medium Size Organic White Onion
1 Medium Size Organic Jalapeno Pepper
6 Tablespoons Egg Replacer
6 Tablespoons Virgin Flaxseed Oil
2 Cups Unflavored Soy Milk
1 1/2 Cups Canola Oil
2 12-Ounce Packages Vegan Hot Dogs

You Will Also Need:

- 1 Large Size Mixing Bowl
- 1 Wooden Spoon
- 1 Cutting Board
- 1 Sharp Knife

- 1 Skillet
- 1 Package Paper Towels
- 1 Large Serving Platter

Instructions:

1. Combine all the dry ingredients in a large mixing bowl and mix well with a wooden spoon.
2. Using a cutting board and a sharp knife, mince the onion and jalapeno pepper.
3. Add the minced onion and jalapeno pepper to the dry mixture that's in the large bowl.
4. Add the egg replacer, flaxseed and soy milk into the mixture that's in the

large bowl and combine thoroughly to form a smooth batter.

5. Remove the vegan hotdogs from their packaging and chop them into thirds.
6. Pour the canola oil into a skillet and set over high heat.
7. Immerse the chopped hotdogs into the batter and then transfer them to the hot oil that's in the skillet.
8. Continue frying until the corn pups turn golden brown.
9. Remove the corn pups from the skillet and arrange them in a single layer over paper towels.

10. Cover the corn pups with additional paper towels and pat them in order to absorb the access oil.
11. Transfer the corn pups to a large serving platter and enjoy the praise which you are sure to receive.

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Buffalo Tofu Wings

Brimming with flavor, these buffalo tofu wings are crispy on the outside while being tender on the inside — an utterly irresistible culinary combination.



Ingredients:

3 12-Ounce Packages Extra Firm Tofu

1 1/3 Cups Cornstarch
1 Teaspoon Cayenne Pepper
1 Cup Canola Oil

Sauce Ingredients:

1 1/2 Cups Vegan Hot Sauce
3/4 Cups Vegan Butter

You Will Also Need:

- 1 Flat Working Surface
- 1 Pack Paper Towels
- 1 Sharp Knife
- 1 Large Plastic Bag
- 1 Medium Size Frying Pan
- 1 Metal Spatula
- 1 Small Saucepan
- 1 Wooden Spoon
- 1 Serving Platter

Instructions:

1. Store the tofu in the freezer overnight then thaw it out.
2. Drain all the water from the tofu.
3. Press the tofu by setting it on a double layer of paper towels, covering it with another double layer of paper towels and then weighing it down with a pot full of water for about an hour or two.
4. Being careful that the tofu doesn't crumble, use a sharp knife to cut it into rectangles measuring approximately 1" x 3" or cubes measuring 1" x 1".

5. Drop the cut tofu into a large plastic bag, add the cornstarch and cayenne pepper, and shake until the tofu bits are completely coated.
6. Pour the canola oil into a medium size frying pan and set over medium-high heat.
7. Add the coated tofu bits and fry.
8. Using a metal spatula flip the tofu bits over from side to side until they are slightly browned all over.
9. Remove the pan from the heat source and transfer the tofu bits onto a surface covered with paper towels.
10. Combine the vegan hot sauce and

vegan butter in a small saucepan and set over medium heat.

11. Using a wooden spoon, stir continually until the butter melts, then remove from the heat source.
12. Arrange the fried tofu bits on a serving platter, sprinkle them with the hot sauce mixture and serve while still warm.

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Raw Banana Chips

These raw banana chips are naturally delicious and healthful — what more can you expect from a quick and easy party recipe?



Ingredients:

6 Medium-Large Organic Bananas

2 Teaspoons Freshly Squeezed Lemon Juice

You Will Also Need:

- 1 Cutting Board
- 1 Sharp Cutting Knife
- 1 Dehydrator
- 1 Deep Serving Bowl

Instructions:

1. Choose bananas that are still firm and whose skins have not yet developed brown spots.
2. Using a sharp knife over a cutting board, peel the bananas and chop them lengthwise to rounded discs that are about a 1/4" in thickness.

3. To prevent them from browning, sprinkle freshly squeezed lemon juice over the chopped bananas.
4. Arrange the bananas on the shelves of a dehydrator.
5. Follow the direction provided by the manufacturer of your appliance.
6. Transfer the dehydrated banana chips onto a deep serving bowl and watch everyone dig in with gusto.

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Author's Final Statement

I wholeheartedly hope that you have by now tried at least a few, if not all, of the recipes within this **Quick & Easy Vegan Cookbook** and that your expectation were fully met. Therefore, I would also hope that you would be willing to recommend it to others as well as to taken a brief pause from your very busy schedule to leave me an honest review at [Amazon.com](https://www.amazon.com), where you had originally acquired it.

Customers who purchased this **Quick & Easy Vegan Cookbook** also enjoy my other books and you might too:

- [*Smoothie Recipes For Weight Loss: The Daily Diet, Cleanse & Green Smoothie Detox Book*](#)
- [*Vegan Diet & Animal-Free Lifestyle – A Journey Into Veganism*](#)

For more information about myself and what I do in and for the vegan community, please follow these links:

- [**Hanna Getty author page at Amazon.com**](#)
- [**VeganBlogger.com website**](#)
- [**Vegan Blogger Facebook page**](#)

I will be writing and publishing more

books in the near future. Please stay tuned. But for now, I want to thank you ever so much for helping me out with my efforts to feed the world healthy plant-based foods which are every bit as delicious as they are quick and easy to prepare.



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