

Health-Full Eating & Nutrition



Favorite Vegan Recipes

Eating vegan is not all tofu and bland or raw vegetables! Tuck into these excited vegan recipes designed to swap out perfectly with their non-vegan alternatives!

Lentil & Broccoli Stalk Tacos (inspired by @maxlamanna's recipe)

Ingredients:

- 1 cup dry lentils. Cooked in vegetable broth
- 2-3 broccoli stalks, grated
- 1 onion, sliced
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- Salt & Pepper to taste
- Avocado, for topping (optional)



✓ Step 1

Stir mayonnaise, vinegar, mustard, salt, and pepper together. Adjust seasoning level by adding sugar or vinegar or mustard to achieve desired taste.

✓ Step 2

Pour dressing over cabbage and mix well. Set aside or in refrigerator for about an hour before serving to allow flavors to mingle

✓ Step 3

Sauté the onion and broccoli stalks until soft. Add cooked lentils and spices and cook on medium heat until fragrant.

Serve with sliced avocado & slaw in tortillas

Cabbage Slaw

- 2 cups shredded cabbage mix
- 1/3 cup mayonnaise
- ½ tbsp apple cider vinegar, more to taste
- ½ tbsp Dijon mustard or coarse ground mustard
- 1 tsp of sugar or honey (optional)
- Salt & Pepper to taste

Vegan Cashew Cream Pasta Sauce

Ingredients:

- 1 cup raw cashews
- 1 ½ cups of water or dairy free milk
- 2 cloves garlic, plus more to taste
- 1/3 cup nutritional yeast
- 1 teaspoon salt
- 1/8 teaspoon cracked pepper



✓ Step 1

Soak cashews in hot water for at least 15 minutes. Then drain and set aside.

✓ Step 2

Place all ingredients in a high-speed blender and blend until smooth. Add salt to taste.

✓ Step 3

Add to dish and cook to desired consistency.

Vegan Nacho Cheese Sauce

Ingredients:

- 2 cup raw cashews
- 4 cups of water, divide, plus more as needed to thin
- 1/2 cup nutritional yeast
- 3 Tablespoons lemon juice
- ½ teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon chili powder
- 2 teaspoons salt



✓ Step 1

Soak cashews in hot water for at least 15 minutes. Then drain and set aside

✓ Step 2

In a high-powered blender, place all ingredients and 3 cups of the water. Blend until smooth.

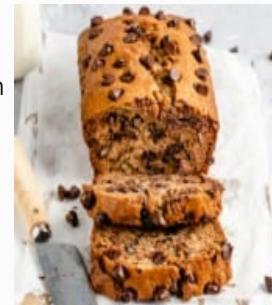
✓ Step 3

Place sauce in a medium saucepan. Whisk over medium heat until it begins to bubble and thicken. Add the last cup of water based on how thick or thin you want the sauce to be. Adjust salt to taste. Optional: Add Sriracha to spice it up or turmeric for color

Vegan Banana Bread

Ingredients:

- 3 Medium to large extra ripe bananas, mashed
- 1.3 cup melted and cooled coconut oil
- ½ cup packed brown sugar (or coconut sugar)
- ½ tablespoon vanilla extract
- 2 tablespoons dairy free milk of choice
- 1 ¾ cup AP Flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt



Optional Add-Ins

- ½ cup chocolate chips
- ½ cup chopped walnuts or pecans

✓ Step 1

Preheat your oven to 350 degrees F. Line an 8.5 x 4.5-inch pan with parchment paper and grease the inside of the pan to prevent sticking.

✓ Step 2

In a large bowl mix together the mashed banana, brown sugar, coconut oil, vanilla extract and milk until well combined

✓ Step 3

In a large bowl, whisk together the dry ingredients: flour, baking soda, cinnamon and salt. Add dry ingredients to wet ingredients and mix until just combined. Do not overmix, some lumps of bananas are fine. Fold in desired add-ins.

✓ Step 4

Add banana bread batter into the prepared pan. Bake for 40-50 minutes or until a tester inserted into the middle comes out clean or with just a few crumbs attached. Allow bread to cool in pan for 5-10 minutes, then remove and transfer to a wire rack to finish cooling.