

Jasmine Bylander

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My Typical Meals:

- ★ Breakfast: Waffles
- ★ Lunch: Pasta (Usually alfredo)
- ★ Dinner: Eggplant Parmesan

Easy Vegan Substitutions For different meals:

Meat: Tofu, mushrooms, and tempeh are major vegan meat substitutes and are easy to add to different meat-based recipes as replacements.

Cheese: There are vegan cheeses out there. They are usually made out of plant-based milk or soy.

Eggs: (In baking)
Applesauce, mashed banana, ground flax or chia seeds, silken tofu. When not baking you can use egg replacers that are usually made of potato starch.

Milk: Soy or almond alternates

Breakfast:

Vegan Waffles!!

INGREDIENTS

- 1 1/2 cups spelt flour (These were made using spelt flour, but sub in your favorite. I've also used both all-purpose and whole wheat flours, both worked well.)
- 2 heaping tablespoons coconut or turbinado sugar
- 1 tablespoon baking powder
- 1 1/2 cups unsweetened vanilla almond milk
- 3 tablespoons grapeseed or light flavored olive oil

Try with fresh fruit or
real maple syrup!!



INSTRUCTIONS

Preheat waffle maker according to manufacturers instructions. Also, preheat oven to 200 degrees F., for keeping the waffles warm.

In a medium sized mixing bowl, combine the flour, sugar, baking powder, oil and non-dairy milk, mix well, until most of the flour lumps are gone.

Scoop up batter and pour in the center of the heated waffle maker plate. Close the cover and wait until the light turns green.

Gently remove and place on a wire rack in the oven until the remaining waffles are made.

Store leftover waffles in the refrigerator for up to a week, or store in the freezer for up to a month. When ready to eat, pop them in the toaster oven.

Makes 4 waffles.

<https://simple-veganista.com/2018/09/easy-vegan-waffles-recipe.html>

Dinner: Vegan Garlic Alfredo Pasta Sauce



- 2 teaspoons vegan butter or olive oil
- 1/2 red onion, chopped
- 1 cup cashews, soaked overnight, or in hot water for one hour
- 1/4 cup pasta water
- 1 1/2 cups unsweetened almond milk
- 4 cloves roasted garlic*
- 2 tablespoons nutritional yeast
- 1/2 teaspoon sea salt
- 2 tablespoons vegan parmesan cheese + extra for topping
- 1 tablespoon lime juice

INSTRUCTIONS

- Cook egg free pasta according to package directions in a well salted pot of water. Reserve 1/4 cup of the pasta water.
- While the pasta is boiling/you're waiting for the water to boil, in a pan over medium high heat, heat the vegan butter or olive oil. Add the onion, stir and let cook until translucent, about 5 minutes.
- Remove the onions from the pan and add it to a blender. Add the rinsed off soaked cashews (without the water), the pasta water, the almond milk, the roasted garlic, the nutritional yeast, the sea salt the vegan parmesan cheese and the lime juice. Blend it all together until completely creamy. If you have a high powered blender this will happen quickly, about 1 minute, if not, just keep blending until completely smooth and creamy. Taste and add more salt or vegan parmesan cheese if necessary.
- When the pasta is finished boiling, drain and pour back into the pan you had used earlier or even into a Tupperware container if you want. Pour the Alfredo sauce over and stir to combine completely.
- When serving, top with parsley to garnish and more vegan parmesan cheese. Enjoy!

<https://jessicainthekitchen.com/vegan-garlic-alfredo-pasta/>

Vegan Butter:

Servings: 2 regular butter sticks

Ingredients

- 8 Tbsp. almond flour
- 10 Tbsp. unsweetened cashew milk
- 1 1/2 tsp. nutritional yeast
- 1/2 - 1 tsp. salt
- 1 tsp. coconut vinegar**
- 4 Tbsp. olive oil or canola oil
- 1 cup coconut oil, refined*

Recipe Notes:

*Make sure you use refined coconut oil. Unrefined coconut oil has a coconut flavor.

** If you can't find coconut vinegar, you can also use apple cider vinegar or lemon juice.



Instructions

1. Place almond flour, cashew milk, nutritional yeast, salt, and coconut vinegar into a blender and blend until smooth. The mixture should be completely smooth without any grainy bits.
2. Pour in the refined coconut oil and olive oil then blend on full speed until velvety smooth and light. Blend the mixture for at least 2 minutes so a lot of air gets in.
3. Pour the vegan butter into an old-fashioned butter mold or silicone molds. Place it in the fridge and let it set. Depending on the size of your container, it might take several hours for the butter to solidify.
4. You can use this vegan butter just like you would regular butter. However, I don't recommend using it when high temperatures are involved. This includes frying, broiling, and grilling.
5. Store leftover butter in an airtight container in the refrigerator for up to 2 weeks. (The shelf-life will be shorter if using homemade almond milk. The butter will last for however long your homemade milk lasts).
6. For longer term storage, freeze the butter in silicone ice cube trays. Once set, squeeze the butter cubes out and keep them in a sealed freezer bag for up to 3 months.

<https://nutritionrefined.com/vegan-butter/>

Supper: Vegan Eggplant Parmesan

Ingredients

Breaded Eggplant

- 2 large eggplant, cut into 1/2" slices
- salt
- 1/2 cup chickpea flour
- 1/2 cup water
- 2 cups panko bread crumbs
- 1/3 cup vegan parmesan
- 2 tsp oregano

Vegan Mozzarella

- 1 cup warm water
- 1/2 cup raw cashews
- 2 tbsp tapioca starch
- 2 tbsp nutritional yeast
- 1 tsp apple cider vinegar
- 1/2 tsp salt
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/8 tsp white pepper

Everything Else

- 1 (24 ounce) jar of marinara sauce
- fresh basil, chopped
- 2 tbsp vegan parmesan



Instructions

To make the Breaded Eggplant

1. Preheat the oven to 375. Line two baking sheets with parchment paper and set aside.
2. Liberally sprinkle salt over the sliced eggplant and place in a colander over the sink. Let set for 30 minutes. This will remove any bitterness from the eggplant.
3. Transfer eggplant to a paper towel and top with another paper towel to remove any excess liquid.
4. In a shallow dish combine the chickpea flour and water, whisking together until thick and smooth. In a separate shallow dish combine the Panko bread crumbs, vegan parmesan, and oregano.
5. Taking one sliced eggplant at a time, dip it in chickpea flour mixture until it's fully submerged. From there, dip the eggplant into the panko mixture, making sure each side is completely covered in breadcrumbs. Place breaded eggplant on the prepared baking sheet and continue the process until all the eggplant slices are breaded.
6. Bake for 30 minutes, until lightly brown and crispy, flipping halfway through. Remove from oven and let cool.

To make the vegan mozzarella

1. Combine all the ingredients in a high-powered blender and blend until completely smooth.
2. Transfer to a saucepan heated over medium heat. While the cheese sauce heats, stir constantly with a large wooden spoon. Within 2-3 minutes the cheese will start to get very thick. Keep stirring until the cheese begins to move together, separating from the sides of the pan, while stirring.
3. Remove from heat and let cool while preparing the other ingredients.

To assemble the Eggplant Parmesan

1. Spread 1/2 cup of marinara sauce evenly in the bottom of an 7x11 baking pan. Place 8 breaded eggplant over top, layering them slightly over one another. Top eggplant with 1/2 cup of marinara. Using a spoon, scoop about 1 heaping tbsp of mozzarella over each of the eggplants. Top with remaining eggplants, marinara, and mozzarella one more time. Sprinkle about 2 tbsp of vegan parmesan over the top.
2. Cover with foil and bake for 35 minutes. Remove foil and bake another 10 minutes until the sauce underneath starts to boil.
3. Remove from oven and let set 10 minutes before sprinkling with basil and serving.



Jasmine Bylander

Just now · 👤



My Vegan Day Meal Plan!! I honestly really want those waffles 🍌 Turning Green #PGC2018 Friends of the Earth

Waffles!!

INGREDIENTS

- 1 1/2 cups spelt flour (These were made using spelt flour, but sub in your favorite. I've used both all-purpose and whole wheat flours, both worked well.)
- 2 heaping tablespoons coconut or turbinado sugar
- 1 tablespoon baking powder
- 1 1/2 cups unsweetened vanilla almond milk
- 3 tablespoons grapeseed or light flavored olive oil

INSTRUCTIONS

Preheat waffle maker according to manufacturers instructions. Air oven to 200 degrees F. for keeping the waffles warm.

In a medium sized mixing bowl, combine the flour, sugar, baking powder and non-dairy milk. mix well, until most of the flour lumps are gone. Scoop up batter and pour in the center of the heated waffle maker. Close the cover and wait until the light turns green.

Gently remove and place on a wire rack in the oven until the remaining waffles are made.

Store leftover waffles in the refrigerator for up to a week, or store in the freezer for up to a month. When ready to eat, pop them in the toaster.

Makes 4 waffles.

<https://simple-veganista.com/2018/09/easy-vegan-waffles/>

Garlic Alfredo Pasta Sauce

INGREDIENTS

- 1/2 cup unsweetened almond milk
- 1/2 cup pasta water
- 1 cup water for one hour
- 2 cups cashews, soaked overnight, or in a bowl of water for one hour
- 1/2 cup pasta water
- 4 cloves roasted garlic
- 2 tablespoons nutritional yeast
- 1/2 teaspoon sea salt
- 2 tablespoons vegan parmesan cheese + extra for topping
- 1 tablespoon lime juice

INSTRUCTIONS

Boil egg free pasta according to package directions in a well salted pot of water. Reserve 1/2 cup pasta water.

When the pasta is boiling/you're waiting for the water to boil, in a pan over medium high heat, sauté the onion, stir and let cook until translucent, about 5 minutes.

Remove the onions from the pan and add it to a blender. Add the rinsed off soaked cashews, the pasta water, the almond milk, the roasted garlic, the nutritional yeast, and the lime juice. Blend it all together until completely smooth. If you don't have a high powered blender this will happen quickly, about 1 minute. If not, you can use a regular blender and blend for 2-3 minutes.

Transfer the sauce to a bowl and add the pasta. Toss to coat. Garnish with extra vegan parmesan cheese. Enjoy!

<https://jessicainthekitchen.com/vegan-garlic-alfredo-pasta/>

Vegan Butter

Servings: 2 regular butter sticks

Ingredients

- 3 Tbsp. almond flour
- 10 Tbsp. unsweetened cashew milk
- 1 1/2 tsp. nutritional yeast
- 1/2 - 1 tsp. salt
- 1 tsp. coconut vinegar**
- 4 Tbsp. olive oil or canola oil
- 1 cup coconut oil, refined*

Instructions

- Place almond flour, cashew milk, nutritional yeast, salt, and coconut vinegar into a blender and blend until smooth. The mixture should be completely smooth without any grainy bits.
- Pour in the refined coconut oil and olive oil then blend on full speed until velvety smooth and light. Blend the mixture for at least 2 minutes so a lot of air gets in.
- Pour the vegan butter into an old-fashioned butter mold or silicone molds. Place it in the fridge and let it set. Depending on the size of your container, it might take several hours for the butter to solidify.
- You can use this vegan butter just like you would regular butter. However, I don't recommend using it when high temperatures are involved. This includes frying, broiling, and grilling.
- Store leftover butter in an airtight container in the refrigerator for up to 2 weeks. (The shelf-life will be shorter if using homemade almond milk. The butter will last for however long your homemade milk lasts.)

Recipe Notes:

*Make sure you use refined coconut oil. Unrefined coconut oil has a coconut flavor.

** If you can't find coconut vinegar, you can also use apple cider vinegar or lemon juice.

Supper: Vegan Eggplant Parmesan

Ingredients

Breaded Eggplant

- 2 large eggplants, cut into 1/2" slices
- 1/2 cup chickpea flour
- 1/2 cup water
- 2 cups panko bread crumbs
- 1/3 cup vegan parmesan
- 2 tsp. oregano

Vegan Mozzarella

- 1 cup warm water
- 1/2 cup rice cookers
- 2 tbsp. tapioca starch
- 2 tbsp. nutritional yeast
- 1 tsp. apple cider vinegar
- 1/2 tsp. salt
- 1/8 tsp. onion powder
- 1/8 tsp. garlic powder
- 1/8 tsp. white pepper

Everything Else

- 1 (24 ounce) jar of marinara sauce
- fresh basil, chopped
- 2 tbsp. vegan parmesan

INSTRUCTIONS

to make the breaded eggplant

- Preheat the oven to 375. Line two baking sheets with parchment paper and set aside.
- Evenly sprinkle salt over the sliced eggplant and place in a colander over the sink. Let sit for 30 minutes. This will remove any bitterness from the eggplant.
- Transfer eggplant to a paper towel and top with another paper towel to remove any excess liquid.
- In a shallow dish combine the chickpea flour and water, whisking together until thick and smooth. In a separate shallow dish combine the panko bread crumbs, vegan parmesan, and oregano.
- Take one sliced eggplant at a time, dip it in chickpea flour mixture until it's fully submerged. From there, dip the eggplant into the panko mixture, making sure each side is completely covered in breadcrumbs. Place breaded eggplant on the prepared baking sheet and continue the process until all the eggplant slices are breaded.
- Bake for 10 minutes, until lightly browned and crispy, flipping halfway through. Remove from the oven and set aside.

To make the vegan mozzarella

- Combine all the ingredients in a high-powered blender and blend until completely smooth.
- Transfer to a saucepan heated over medium heat. While the cheese sauce heats, stir constantly with a large wooden spoon. Within 2-3 minutes the cheese will start to get very thick. Keep stirring until the cheese begins to move together, separating from the sides of the pan, while stirring.
- Remove from heat and let cool while preparing the other ingredients.

To assemble the Eggplant Parmesan

- Spread 1/2 cup of marinara sauce evenly in the bottom of an 11x17 baking pan. Place 4 breaded eggplant over top, layering them slightly over one another. Top eggplant with 1/2 cup of marinara. Using a spoon, scoop about 1 heaping tbsp of mozzarella over each of the eggplants. Top with remaining eggplants, marinara, and mozzarella one more time. Sprinkle about 2 tbsp of vegan parmesan over the top.
- Cover with foil and bake for 35 minutes. Remove foil and bake another 10 minutes until the sauce underneath starts to heat.
- Remove from oven and let sit 10 minutes before sprinkling with basil and serving.

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