



**MY  
VEGAN  
MENU**

# BREAKFAST: Pancakes

In this recipe I replace regular milk with almond milk, butter with olive or coconut oil and regular bleached sugar with beet sugar.

## INGREDIENTS

- 1 c Flour
- 1 tbs baking powder
- ¼ tsp salt
- 1 c almond milk
- 2 tbs olive oil or melted coconut oil
- 2 tbs maple syrup or beet sugar
- 1 tsp pure vanilla extract
- More oil to grease your pan/skillet, if necessary

## INSTRUCTIONS

Combine dry ingredients and wet ingredients in 2 separate mixing bowls. (If your coconut oil solidifies on contact with the cold milk, gently warm it in the microwave just until it liquifies again.)

Pour the liquid mixture into the dry mixture. Stir until combined, so only a few lumps remain (don't over-mix or your pancakes will be tough!). Let the batter rest for 5 minutes so your pancakes will be nice and fluffy.

Meanwhile, if you'll be using an electric skillet, heat it to 350 ° Fahrenheit. Otherwise, heat a heavy cast iron skillet or nonstick griddle over medium-low heat. You're ready to start cooking your pancakes once the surface of the pan is hot enough that a drop of water sizzles on contact.

Using a ¼-c measure, scoop the batter onto the warm skillet. Cook for 2 to 3 minutes until small bubbles form on the surface of the pancakes (you'll know it's ready to flip when about ½-inch of the perimeter is matte instead of glossy), and flip. Cook on the opposite sides for 1 to 2 minutes, or until golden brown.

Repeat the process with the remaining batter, adding more oil as needed. You may need to adjust the heat up or down at this point. Serve the pancakes immediately or keep warm in a 200° Fahrenheit oven.



*Opt for organic and non-gmo ingredients for an even better recipe*

# LUNCH: Curry-Spiced Sweet Potato & Wild Rice Burgers

In this recipe meat is being substituted with chickpeas, sweet potato and wild rice mixture.

## INGREDIENTS

- 1 large sweet potato
- 1/2 c uncooked wild rice blend
- 1 - 15 oz can chickpeas, rinsed and drained
- 1 tsp curry powder
- 1 1/2 tsps cumin
- 1/4 tsp garlic powder
- freshly ground salt and pepper to taste
- 1/3-1/2 c breadcrumbs OR oat flour
- 1/3 c dried cranberries
- 2 tsps coconut oil, for cooking
- Optional: 1/4 c finely chopped pecans
- For topping: avocado, arugula, red onion



## INSTRUCTIONS

Preheat oven to 400 ° F.

Use a fork to poke sweet potato several times. Place sweet potato on a small pan lined with foil and bake in the oven for 30-45 minutes or until fork tender.

While sweet potato is cooking, cook the wild rice by adding 1 c water and wild rice to a medium saucepan. Bring to a boil, then cover, reduce heat to low and simmer for 30-40 minutes or until tender.

Add cooked sweet potato (not the skin) and chickpeas to a large bowl; mash with a fork or potato masher. Next stir in cooked wild rice, curry powder, cumin and garlic powder. Add salt and pepper to taste. Then stir in breadcrumbs (or oat flour), cranberries and pecans, if using. The pecans add a lovely flavor, but aren't necessary. Shape mixture into six patties. (It's easier to shape and cook the patties when they are cold)

Heat coconut oil over medium heat in a large pan. Once oil is hot, add patties and cook for about 7-9 minutes, then VERY carefully flip. Cook for an additional 7-9 minutes on the other side, adding more oil to the pan if necessary. Serve on their own or in a bun and add toppings to taste.

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# DINNER: Broccoli Mac and Cheese

In this recipe, broccoli acts as the “meat” and the active yeast acts as a cheese substitute.

## INGREDIENTS

8 oz whole-grain macaroni elbows

1 head of broccoli, florets cut into small bites \*

1 ½ tbs avocado oil or extra-virgin olive oil

1 small yellow onion, chopped (about 1 ½ c)

1 c peeled and grated russet potato

3 cloves garlic, pressed or minced

½ tsp garlic powder

½ tsp onion powder

½ tsp dry mustard powder

sea salt to taste

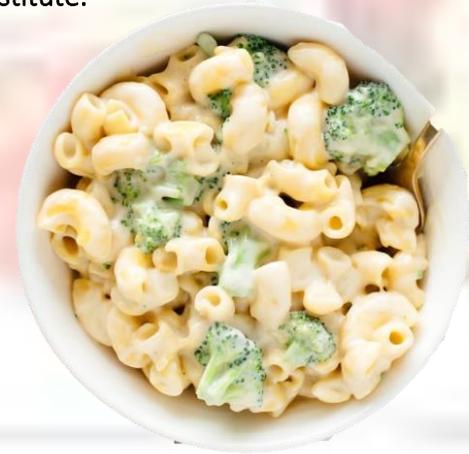
Small pinch of red pepper flakes

⅓ c raw cashews

1 c water

¼ c nutritional yeast

2 to 3 tps apple cider vinegar or distilled white vinegar, to taste



## INSTRUCTIONS

Bring a large pot of salted water to boil for the pasta. Cook according to package directions. If using broccoli, stir it into the pot when just 2 to 3 more minutes remain. Drain, and transfer to a large serving bowl.

Meanwhile, in a medium-to-large saucepan, warm the oil over medium heat. Add the onion and a pinch of salt and cook, stirring often, until the onion is tender and turning translucent, about 5 minutes.

Add the grated potato, garlic, garlic powder, onion powder, mustard powder, salt and red pepper flakes. Stir to combine, and cook, stirring constantly, for about 1 minute to enhance their flavors.

Add the cashews and water, and stir to combine. Let the mixture come to a simmer. Continue simmering, stirring frequently and reducing heat as necessary to avoid a rapid boil, until the potatoes are completely tender and cooked through, about 5 to 8 minutes.

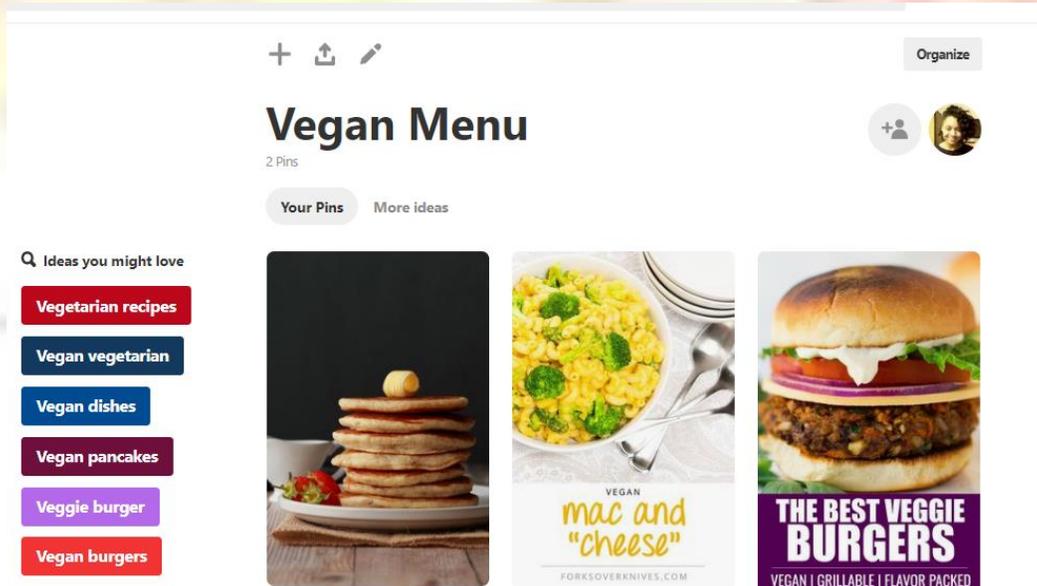
Carefully pour the mixture into a blender. Add the nutritional yeast and 2 tps vinegar. Blend until the mixture is completely smooth, about 2 minutes, stopping to scrape down the sides if necessary. If the mixture won't blend easily or if you would prefer a thinner consistency, add water in ¼ c increments, blending after each one.

Taste, and blend in additional salt until the sauce is utterly irresistible (I typically add at least another ½ tsp). If it needs a little more zip, add the remaining tsp of vinegar. Blend again.

Pour the sauce into the bowl of pasta. Stir until well combined, and serve immediately. Leftovers keep well, chilled and covered, for 3 to 4 days. Gentle reheat, adding a tiny splash of water if necessary to loosen up the sauce.

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