

RISEN LIFE CHURCH

Recipe
Book

21 days of
prayer+
fasting



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Pancakes



INGREDIENTS:

1 tbsp Ground Flaxseed
2 1/2 tbsp Water, tap, well
1 medium banana
1/2 cup Rolled Oats
1 tsp coconut oil

INSTRUCTIONS:

In a small bowl, add flaxseed and water and stir to combine.

In a small food processor, add oats and pulse until ground.

Add banana and blend together.

Add the flax and water and blend until combined.

In a medium non-stick skillet over medium heat, add coconut oil and heat until melted.

Drop batter by the spoonful into the pan and smooth out to desired pancake size.

Wait 1 to 2 minutes for the pancake to start to firm up and flip

Heat another 1 to 2 minutes on the other side and remove from skillet.

All Fruit Smoothie

INGREDIENTS:

1 cup pineapple juice
1 large banana, cut into
chunks 1 cup frozen
strawberries
1 cup frozen blueberries

INSTRUCTIONS:

Pour pineapple juice into a blender and add banana, strawberries, and blueberries.

Cover and blend until smooth, about 1 minute.
Pour into 2 glasses.



Nutty Fruit Cereal

INGREDIENTS:

- 1 banana, peeled and sliced (about 1 cup)
- 1/3 cup fresh blueberries
- 1 tablespoon chopped almonds
- 1 tablespoon chopped walnuts
- 1 teaspoon unsweetened coconut flakes
- ½ cup unsweetened almond or rice milk

INSTRUCTIONS:

Place banana slices in a bowl and top with blueberries, almonds, walnuts, and coconut flakes. Pour in almond milk.

Yield: 1 serving (serving size: about 1 1/3 cups)



Tofu Scramble

INGREDIENTS:

Tofu Scramble:

12 to 14-ounce block extra firm tofu
2 tablespoons olive oil
Heaping 1/4 teaspoon turmeric
1 teaspoon kosher salt
Fresh ground pepper
1/2 teaspoon garlic powder
1/4 teaspoon cumin

Veggie Saute (optional):

2 tablespoons olive oil
1/2 red onion
1 red pepper
2 handfuls baby greens (like baby spinach, baby kale, or a baby greens mix*)

INSTRUCTIONS:

Tofu Scramble:

Drain the tofu container, then pat the tofu dry with a clean dish towel. Place the tofu in a large bowl and use your fingers to break the tofu into bite-sized irregular shaped pieces. Stir in the olive oil, turmeric, salt and pepper.

Add the cumin and garlic powder to a dry skillet. Cook on medium heat for 1 minute until fragrant. Stir in the tofu and increase the heat to medium high. Cook for 5 minutes, stirring occasionally, until heated through and starting to lightly brown. Remove the heat and place it on the serving plates.

Veggie Saute (optional):

Meanwhile, thinly slice the onion. Thinly slice the bell pepper. Heat the olive oil in a separate large skillet over medium high heat. When hot, add the onion and peppers. Cook 4 to 6 minutes until just starting to brown, stirring occasionally. Add a pinch of salt and the baby greens. Cook for 30 seconds until wilted. Remove from the heat and serve alongside the tofu scramble.



Vegan Oatmeal



INGREDIENTS:

1/2 tablespoon refined
coconut oil
2 cups Old Fashioned rolled
oats (do not use instant oats
or steel cut oats)*
1/4 teaspoon kosher salt
1/4 teaspoon cinnamon
1 1/2 cups water
For toppings: All natural
peanut butter or other nut
butter, date honey

INSTRUCTIONS:

Melt the coconut oil in a saucepan over medium heat.

Add the oats and toast for about 2 to 3 minutes, stirring often, until fragrant. Add the salt and cinnamon.

Remove the pan from the heat and carefully pour in the water, adding the lid immediately since the water will spit. Give the pan a swirl. Allow to sit for 7 minutes.*

Hash Browns



INGREDIENTS:

1 pound russet potatoes (450 g), peeled if desired
1/2 tsp salt
1/2 tsp garlic powder
1/2 tsp onion powder
1/8 tsp ground black pepper
3–4 tbsp extra virgin olive oil

INSTRUCTIONS:

Fill a bowl with cold water and set aside.

Grate or shred the potatoes on a box grater or food processor, and place them immediately into the cold water to prevent oxidation. Drain and rinse well until the water runs clear.

Remove as much liquid from the potatoes as possible using your hands, a kitchen towel or a potato ricer (you might need to do this in batches). Then transfer to a clean kitchen towel to dry them up a bit more.

Transfer the grated potatoes to a large mixing bowl and add the rest of the ingredients (except the oil). Stir with your hands until well combined.

Heat the oil in a large skillet or frying pan and spread the potatoes over the skillet in an even layer, then press them down with a spatula. Let the potatoes cook over medium-high heat, undisturbed, for about 2 minutes.

Stir and press them down again, and cook for 2 more minutes. Repeat this step in 2-minute intervals, flipping in sections, until golden brown and crispy (about 4–8 more minutes).

Transfer to a plate (lined with a couple of layers of paper towels to absorb excess oil), and serve immediately or keep leftovers in an airtight container for 4–5 days.

Breakfast Rice Cake

INGREDIENTS:

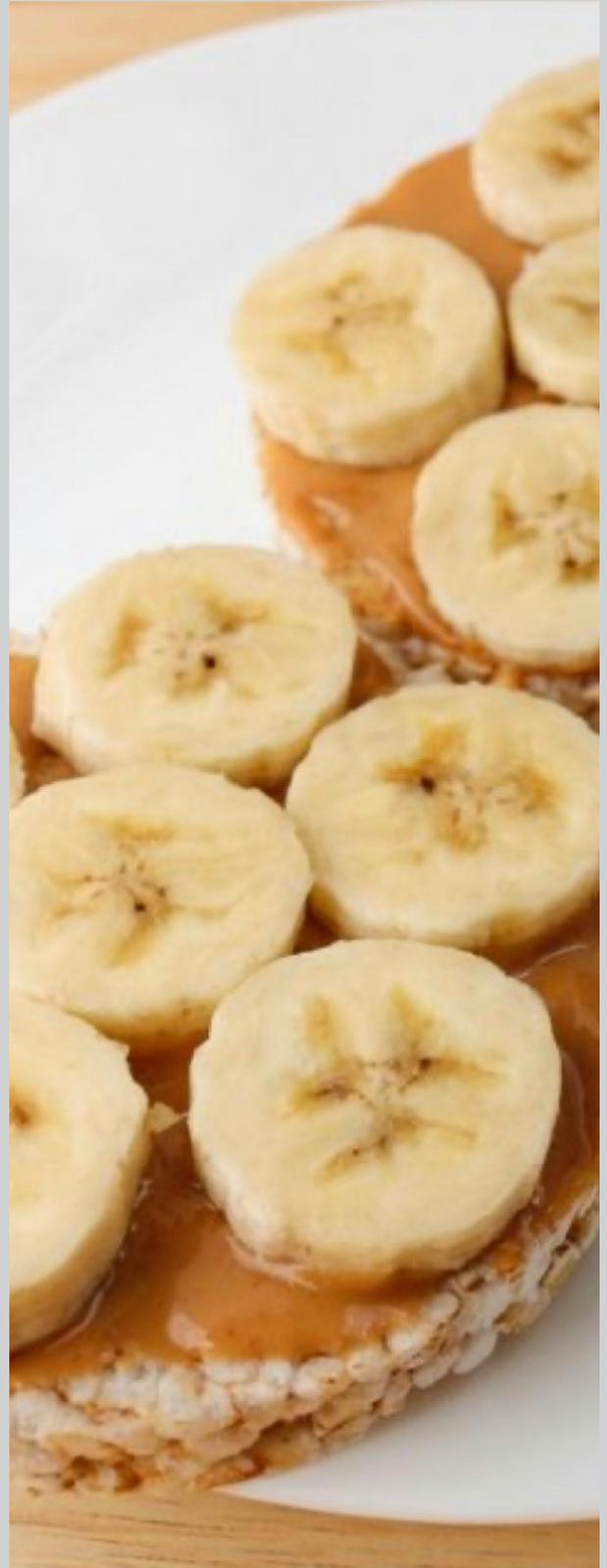
lightly salted rice cake
natural peanut butter
date honey
sliced banana

INSTRUCTIONS:

spread peanut butter on a rice cake
spread date honey on the rice cake
put sliced banana on top

NOTES:

You can make any variation of breakfast rice cake with your favorite vegan toppings!



Blueberry Lemon Oatmeal Muffins

INGREDIENTS:

2 tablespoons flaxseed meal
¼ cup coconut oil, melted and cooled, plus more 6
tablespoons distilled water
Just of 1 lemon (about 2 tablespoons)
1 ½ cups almond flour
1 cup homemade almond milk
1 cup old fashioned rolled oats
1 teaspoon pure vanilla extract
1 teaspoon cinnamon
1 cup fresh blueberries
½ teaspoon kosher salt

INSTRUCTIONS:

Set a rack in the center of the oven and preheat to 350 degrees

To make your flax eggs, whisk together the flaxseed meal and distilled water. Let sit for 5-15 minutes.

Brush 12 muffin cups with melted coconut oil

In a large mixing bowl, whisk together the almond flour, rolled oats, cinnamon, and salt. Add the coconut oil, lemon juice, almond milk, flax eggs, and vanilla extract. Whisk until smooth.

Use a wooden spoon to fold in the blueberries.

Divide the batter among the muffin cups and bake for 22-25 minutes, or until an inserted toothpick comes out clean.

Let cool for 5 minutes. Then transfer the muffins to a wire rack until cool enough to enjoy.

NOTES:

You can make any variation of breakfast rice cake with your favorite vegan toppings!

Date Honey

INGREDIENTS:

1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)
1 cup water
½ teaspoon cinnamon

INSTRUCTIONS:

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat.

Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down.

Remove from heat, and allow to cool slightly for about 15 minutes.

Pour mixture (including liquid) into a blender or food processor and puree until completely smooth.

Sprinkle in cinnamon and stir well. Store in a sealed container in the refrigerator.

Yield: 12 servings (serving size: about 1 tablespoon)



Fruit Compote

INGREDIENTS:

3 cups fresh or frozen fruit (ex. 1/2 strawberries, 1/2 bing cherries)
3 Tbsp orange juice

Add-ins (optional):
1/4 tsp ground cinnamon
1/4 tsp fresh or ground ginger
1 tsp date honey
1 tsp chia seeds (add after removing from heat)

INSTRUCTIONS:

Place fruit and juice in a small saucepan and bring to medium heat.

Once bubbling, reduce heat slightly and use a wooden spoon to muddle and mash the fruit.

Continue cooking over medium-low heat for 10-12 minutes, occasionally mashing fruit to combine.

Turn off heat and add optional add-ins at this point (cinnamon, ginger, sugar, chia seeds).

Remove from heat and transfer to a clean jar or container to cool thoroughly. Store in the fridge up to 1 week or freeze in ice cube molds up to 1 month. Reheat to serve with oats, pancakes, waffles, french toast, and more!



g'Oatmeal Bars



INGREDIENTS:

3 cups rolled oats
2 cups Irish steel-cut oats
5 ripe bananas, mashed
½ cup ground flax seeds
½ cup water
¼ cup peanut butter
¼ cup pitted, chopped dates
(Optional)
¼ cup chopped pecans
(Optional)
¼ cup chia seeds
2 tablespoons coconut oil
1 ½ teaspoons vanilla extract
½ teaspoon salt

INSTRUCTIONS:

Preheat oven to 375 degrees.
Line a 9x13-inch casserole dish with parchment paper.
Mix rolled oats, steel-cut oats, bananas, flax seeds, water, peanut butter, dates, pecans, chia seeds, coconut oil, vanilla extract, and salt together in a bowl; press into the prepared casserole dish. Drizzle honey over mixture.
Bake in the preheated oven until set, about 45 minutes.
Cool completely before cutting into bars.
Wrap bars in plastic wrap and freeze. Let defrost for 15 minutes before eating or heat in the microwave.

Coconut Date Bars

INGREDIENTS:

⅓ cup slivered almonds
½ cup flaked coconut
10 pitted dates, or to taste
¼ cup cashews, or to taste
1 teaspoon coconut oil

INSTRUCTIONS:

Blend almonds and coconut in a food processor; add dates and pulse until combined.

Add cashews and coconut oil; pulse until mixture is thick and sticks together.

Transfer to a sheet of waxed paper; form into a square, folding sides of waxed paper over the top.

Refrigerate until solid, at least 30 minutes.





Flat Bread

INGREDIENTS:

2 ½ cups fine whole wheat flour
2 cups water (or enough to make a soft dough)
1 pinch salt

INSTRUCTIONS:

Mix flour and salt in a large mixing bowl.

Make a hole in flour and, using your hand, mix in water to make soft dough.

Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.

Heat a cast iron skillet over medium high heat until very hot.

Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on each side.

Once turned, press gently with a towel, until brown.

Repeat until all dough is used.

Almond Butter Bites

INGREDIENTS:

½ cup almond butter
¼ cup raw sunflower seeds
¼ cup raisins
¼ cup chopped almonds
2 tablespoons unsweetened shredded
coconut
¼ teaspoon cinnamon

INSTRUCTIONS:

Mix all ingredients in a bowl until well combined.

Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls.

Place in an 8 by 8-inch baking dish, and freeze until firm.

Serve frozen or just slightly thawed.

Yield: 6-8 servings (serving size: 2-3 balls)



Roasted Chickpeas



INGREDIENTS:

1 (12 ounce) can chickpeas
(garbanzo beans), drained
2 tablespoons olive oil
1 pinch salt
1 pinch garlic salt
1 pinch cayenne pepper

INSTRUCTIONS:

Preheat oven to 450 degrees F.

Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using.

Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

Sweet Potato Fries



INGREDIENTS:

1 pound sweet potatoes, peeled
2 tablespoons olive oil
2 teaspoons cornstarch
1/2 teaspoon garlic powder
1/2 teaspoon smoked paprika
1/2 teaspoon freshly-cracked black pepper
Fine sea salt, to taste

INSTRUCTIONS:

Slice your sweet potatoes into long, thin strips, about 1/4-inch wide. It's important that the fries are uniformly sized for even cooking. Add the fries to a large bowl of cold water and soak for at least 30 minutes (or up to overnight).

Preheat the oven to 425°F. Line a large baking sheet (or two medium baking sheets*) with parchment paper, or mist with cooking spray. Set aside.

Drain the fries, rinse out and dry your bowl of water, then blot dry the fries with a clean towel. Add the fries back to the clean bowl.* Then drizzle evenly with the olive oil, and toss until they are evenly coated.

In a separate small bowl, whisk together the cornstarch, garlic powder, smoked paprika and black pepper until combined. Sprinkle the mixture evenly over the bowl of fries, then toss until the fries are evenly coated and the cornstarch has soaked into the oil.

Spread the fries out in an even layer on the prepared baking sheet. Be sure that the fries aren't overlapping, or else they will not cook evenly.

Bake for 15 minutes. Then remove pan from oven, and take the time to flip each fry with a spatula. Rearrange so that the fries are evenly spaced and not overlapping again. Then bake for 10-15 more minutes, or until the fries are crispy and have begun to brown a bit on the tips.

Transfer the baking sheet to a cooling rack, sprinkle with your desired amount of salt, then let the fries rest for 5 minutes. Serve warm.



Homemade Crackers

INGREDIENTS:

1 ¼ cups whole wheat flour, divided

½ teaspoon salt

2 tablespoons canola oil or olive oil; more as needed

4 tablespoons water; add more as needed

(optional) 1 teaspoon seasoning such as dried herbs, chili powder, garlic powder, onion powder, etc.

INSTRUCTIONS:

Preheat oven 400 degree

Using a food processor to mix 1 cup of the flour, ½ teaspoon salt and oil.

Add 3 tablespoons of water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour.

Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8th inch thickness, trying to get it fairly uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary to prevent sticking, dust your hands and the rolling pin with a little more flour.

Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet). You can score the dough into pieces of your choice if you like, leaving the dough intact.

Bake for 10 – 15 minutes, until light brown.

Cool and break into pieces. If making several batches, mix another while the first one bakes. You can re-use the parchment paper several times

Fully Loaded Guacamole

INGREDIENTS:

5 ripe avocados, mashed
1 cup rinsed and drained black beans
1 cup fresh corn (can use frozen, but let thaw completely)
1 small red onion, finely diced
4 roma tomatoes, finely diced
1 jalapeno, seeded and minced
1/4 cup minced cilantro
juice of two limes
fajita seasoning, to taste



INSTRUCTIONS:

Combine all ingredients in a large bowl. Mix to combine. Serve.

If making ahead, cover with plastic wrap, pressing the wrap down onto the surface of the guacamole to prevent it from browning. Refrigerate until ready to serve.

NOTES:

I like to use fajita seasoning in my guacamole – it's a tasty trick I learned from my mom. However, you can also just use salt and black pepper in its place.

Pizza Polenta Fries with Dipping Sauce

INGREDIENTS:

Fries:

1 18-ounce tube prepared polenta
1 tablespoon extra-virgin olive oil
½ teaspoon basil
½ teaspoon garlic powder
½ teaspoon oregano
½ teaspoon salt

Dipping Sauce:

1 8-ounce can tomato sauce
½ teaspoon basil
½ teaspoon garlic powder
½ teaspoon oregano
½ teaspoon salt

INSTRUCTIONS:

Preheat oven to 450 degrees.

Cut polenta in half horizontally. Using a French fry crinkle cutter, make about 80 fries (3 inches L x ½-inch W). Be careful because the polenta will crumble if you push too hard.

If you don't have a crinkle cutter knife, cut polenta tube in half lengthwise. Then make six 1-inch lengthwise cuts in each section (seven pieces each). You should have 28 fries at this point. Then slice all pieces crosswise to make fries about 2 ½ to 3 inches long and ½ inch thick.

Place fries on a baking sheet lined with a silicone mat or parchment paper. Make sure fries are not touching. Use a basting brush to rub olive oil over the tops of the polenta fries.

Add basil, garlic powder, oregano, and salt in a small bowl. Stir well. Sprinkle mixture evenly over fries.

Bake 30 minutes or until crisp and golden-brown. During the last 5 minutes of cooking time, prepare dipping sauce. Add ingredients to a small saucepan, and stir well over medium heat. If sauce begins to boil, lower heat.

Remove fries from oven when finished, and serve with heated dipping sauce.

Date Energy Balls

INGREDIENTS:

1/2 cup chopped dates, pitted
1/2 cup chopped walnuts
1/4 cup unsweetened shredded coconut
2 tablespoons almond butter, cashew butter,
or peanut butter
2 tablespoons chia seeds
1/4 teaspoon cinnamon
1/8 teaspoon salt

INSTRUCTIONS:

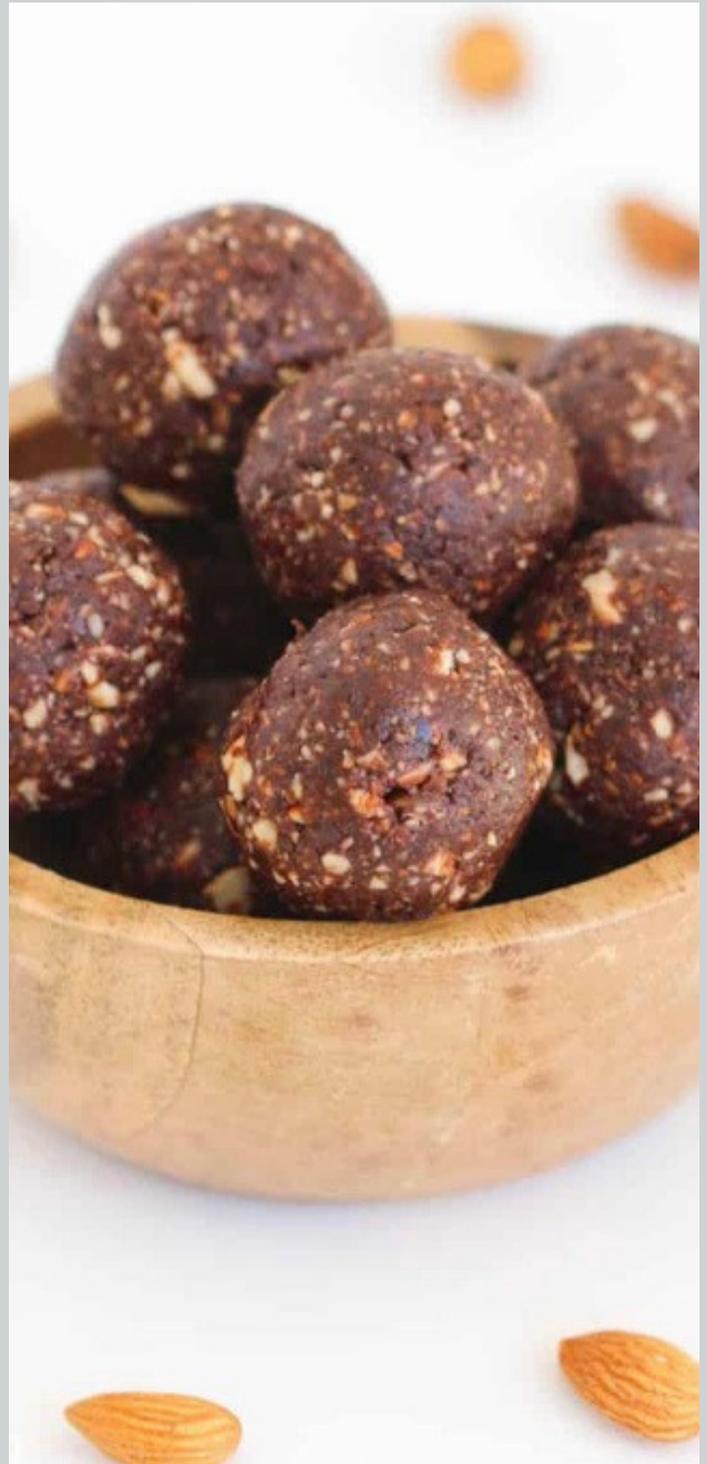
Add all ingredients to a food processor fitted with an “S” blade and mix until crumbly.

Scoop out 1 heaping tablespoon of dough and form into a ball with your hands. Repeat with remaining dough. Arrange date balls on a baking sheet lined with a silicone mat or parchment paper. You can also place them in a mini muffin pan.

Place in the refrigerator or freezer for at least 30 minutes before serving.

Store in a sealed glass container in the refrigerator for up to a week or in the freezer for longer storage.

Yield: 6 servings (2 energy balls)



Easy Homemade Salsa



INGREDIENTS:

1 can (14.5 ounce) tomatoes and green chiles
1 can (14.5 ounce) whole canned tomatoes (plus the juice)
4 teaspoons jalapenos (canned, diced, not pickled)
¼ cup yellow onion (diced)
½ - ¾ teaspoon garlic salt
½ teaspoon cumin
2 tablespoons of lime juice

INSTRUCTIONS:

In a food processor, place jalapenos and onions. Process for just a few seconds.

Add both cans of tomatoes, salt, cumin, and lime juice.

Process all ingredients until well blended but do not puree.

Place in a covered container and chill. A couple of hours of chilling will help blend and enrich the flavor.

Serve with your favorite tortilla chips.

Cajun Red Beans and Rice



INGREDIENTS:

½ tablespoon extra-virgin olive oil
½ cup chopped green pepper
½ cup chopped red onion
½ cup sliced celery
¼ cup water
2 teaspoons Creole Seasoning
1 15.5-ounce can red kidney beans, rinsed and drained
2 cups cooked brown rice
Sliced avocado and/or green onions

INSTRUCTIONS:

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Yield: 8 servings (serving size: ½ cup)

Serve with sliced avocado and/or sliced green onions.

Green Goodness Dressing

INGREDIENTS:

2 small avocados peeled and pitted
1 cup packed basil leaves
2 tablespoons apple cider vinegar
2 scallions, chopped
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ cup avocado oil

INSTRUCTIONS:

Put the avocado, basil leaves, apple cider vinegar, scallions, lemon juice, garlic, salt and pepper in a food processor or blender.

Blend the ingredients. While the blender is on, divide in the avocado oil until the mixture becomes smooth. (If the mixture becomes too thick, add in water 1 teaspoon at a time until the mixture reaches the consistency of salad dressing.)



Protein-Packed Spicy Vegan Quinoa with Edamame

INGREDIENTS:

3 ½ cups water	2 bell peppers, chopped
2 cups quinoa, rinsed	2 tablespoons minced fresh ginger
4 teaspoons vegetable bouillon (such as Better Than Bouillon®)	6 cloves garlic, minced
2 ½ cups frozen shelled edamame (green soybeans)	¼ cup reduced-sodium soy sauce
1 tablespoon olive oil	2 tablespoons chopped fresh cilantro
2 sweet onions, chopped	1 tablespoon hot chile paste (such as sambal oelek), or to taste (Optional)

INSTRUCTIONS:

Bring water, quinoa, and vegetable bouillon to a boil in a large pot; stir in edamame, cover, and simmer until quinoa is tender, 15 to 20 minutes.

Heat olive oil in a large skillet over medium heat; cook and stir onions and bell peppers until onions are translucent, about 5 minutes.

Add ginger and garlic; cook and stir until fragrant, about 2 minutes. Remove from heat; stir in soy sauce, cilantro, and chile paste.

Stir onion mixture into quinoa mixture; simmer, stirring occasionally, until excess broth has been absorbed, about 5 minutes.



Vegan Black Bean Soup



INGREDIENTS:

1 tablespoon olive oil
1 large onion, chopped
1 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon ground cumin
1 pinch black pepper
4 cups vegetable broth
4 (15 ounce) cans black
beans 1 (15 ounce) can whole
kernel corn
1 (14.5 ounce) can crushed
tomatoes

INSTRUCTIONS:

Heat oil in a large pot over medium-high heat.
Sauté onion, celery, carrots and garlic for 5
minutes.
Sauté with chili powder, cumin, and black pepper; cook for
1 minute.
Stir in vegetable broth, 2 cans of beans, and corn. Bring to a
boil.
Meanwhile, in a food processor or blender, process remaining
2 cans beans and tomatoes until smooth.
Stir into boiling soup mixture, reduce heat to medium,
and simmer for 15 minutes.

Roasted Cauliflower Soup

INGREDIENTS:

2 heads cauliflower, broken into florets
olive oil cooking spray
¼ cup olive oil
1 large onion, chopped
4 cloves garlic, chopped
6 cups water
salt and ground black pepper to taste



INSTRUCTIONS:

Place the cauliflower florets into a large bowl of lightly salted water; allow to stand for 20 minutes.

Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet.

Spray the olive oil cooking spray evenly on the cauliflower.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Broil the cauliflower until browned, 20 to 30 minutes.

Meanwhile, heat olive oil in a large soup pot, and cook the onion until translucent, about 5 minutes; stir in the garlic and roasted cauliflower.

Pour in the water, season with salt and black pepper, and simmer until all the vegetables are tender, about 30 minutes.

Blend the soup in the pot with an immersion hand blender until creamy and smooth.

Wild Rice Soup



INGREDIENTS:

1/2 cup cashews*

1 medium yellow onion

2 celery ribs

3 medium carrots

8 ounces baby bella mushrooms

6 cloves garlic

2 tablespoons olive oil

1 tablespoon dried thyme

1 tablespoon dried oregano

8 cups vegetable broth

1 cup wild rice (not a wild rice blend)

2 teaspoons kosher salt, divided

2 15-ounce cans white beans, drained and rinsed

1/2 teaspoon black pepper

2 teaspoons dried sage

1 tablespoon soy sauce, tamari, or liquid aminos

INSTRUCTIONS:

Place the cashews in a bowl and cover them with water. Leave them to soak while you make the recipe.

Dice the onion. Thinly slice the celery. Cut the carrot into rounds. Slice the mushrooms. Mince the garlic.

Add the olive oil to a Dutch oven. Add the onion, celery and carrot and cook, stirring occasionally for 5 minutes until lightly browned. Add mushrooms and saute for 2 minutes. Add garlic, thyme and oregano and stir for 2 minutes.

Add the broth, wild rice, 1 1/2 teaspoon kosher salt, and black pepper. Bring to a simmer. Simmer uncovered for 20 minutes. Then add the beans (drained and rinsed), and continue to simmer uncovered for 30 to 35 minutes more, or until rice breaks open.

Using a liquid cup measure, carefully remove 2 cups of the hot soup (including broth, veggies and rice) to a blender. Add 1 cup water. Drain the cashews and add them to the blender, along with the dried sage. Blend on high for about 1 minute until creamy. Then pour the creamy mixture back into the soup.

Add the soy sauce and the remaining 1/2 teaspoon kosher salt. Taste, and adjust seasonings as desired. Garnish with fresh ground pepper.

Ginger Veggie Stir-Fry

INGREDIENTS:

1 tablespoon cornstarch	2 tablespoons soy sauce
1 ½ cloves garlic, crushed	2 ½ tablespoons water
2 teaspoons chopped fresh ginger root, divided	¼ cup chopped onion
¼ cup vegetable oil, divided	½ tablespoon salt
1 small head broccoli, cut into florets	
½ cup snow peas	
¾ cup julienned carrots	
½ cup halved green beans	

INSTRUCTIONS:

In a large bowl, blend cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved.

Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat.

Heat remaining 2 tablespoons oil in a large skillet or wok over medium heat.

Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning.

Stir in soy sauce and water.

Mix in onion, salt, and remaining 1 teaspoon ginger.

Cook until vegetables are tender but still crisp.



Black Bean Stir-Fry



INGREDIENTS:

1 tablespoon extra-virgin olive oil
1/2 cup sliced onion
1 15-ounce can black beans, rinsed & drained
1 1/4 1/2-ounce can diced tomatoes, undrained
1 cup canned corn, drained
1/4 cup diced green pepper
1/4 cup diced red pepper
1 clove garlic
2 tablespoon lime juice
1/2 teaspoon cumin
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
Garnishes: Diced avocado and diced green onions

1 tablespoon extra-virgin olive oil
1/2 cup sliced onion
1 15-ounce can black beans, rinsed & drained
1 1/4 1/2-ounce can diced tomatoes, undrained
1 cup canned corn, drained
1/4 cup diced green pepper
1/4 cup diced red pepper
1 clove garlic
2 tablespoon lime juice
1/2 teaspoon cumin
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
Garnishes: Diced avocado and diced green onions

INSTRUCTIONS:

Heat olive oil in a large skillet over medium-low heat. Cook onions until slightly blackened and crispy.

Add black beans, tomatoes, corn, peppers, garlic, lime juice, cumin, salt, and pepper. Simmer 15-20 minutes. To serve, top with diced avocado and green onions.

Black Bean Burgers

INGREDIENTS:

1 26.5 oz can of black beans (rinsed well and drained)
¼ of a red onion - minced
1 garlic clove - minced
½ red pepper - chopped small
large handful of fresh cilantro - minced
½ tsp cumin
⅛ tsp cayenne pepper (you can add more to your liking)
½ cup cooked brown rice
½ cup (or less) vegan mayo IF NEEDED (for binding)
2 TBS coconut oil

INSTRUCTIONS:

Rinse and drain black beans. Then, mash with a fork. You'll want the majority of the beans broken up completely.

Add all other ingredients except Coconut Oil and mix well. You should be able to notice the mixture will be "moldable" ... if it isn't, add a large teaspoon of vegan mayo just so it binds all the ingredients together.

Form the mix into 6 individual patties and place them on a baking sheet lined with parchment paper or wax paper and refrigerate for 15 minutes (or up to an hour).

On medium heat, place 2 TBS coconut oil in pan - add the patties (they can touch, but not overlay).

Saute for about 3 - 5 minutes per side until crisp and browned.
Serve immediately. *Can be served with fresh guacamole and/or salsa





Taco Stuffed Peppers

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 cup cooked brown rice
- 1 15-ounce can black beans, rinsed and drained
- 1 10-ounce can diced tomatoes and green chilies, undrained
- 1 tablespoon lime juice
- 2 tablespoons Taco Seasoning
- ½ teaspoon salt
- Fresh cilantro, to taste
- 6 medium bell peppers (green, orange, red, and/or yellow)
- Toppings: Sliced avocado, green onions, sliced olives

INSTRUCTIONS:

Preheat oven to 350 degrees.

Heat olive oil in a large skillet over medium heat. Add onion. Cook 3-5 minutes or until softened.

Lower heat, and add garlic. Cook 30 seconds, stirring often so garlic doesn't burn. Add rice, black beans, tomatoes and chiles, lime juice, Taco Seasoning, and salt. Cook 10 minutes, stirring occasionally.

While sauce is cooking, prepare peppers. Cut in half lengthwise, and remove stems and seeds. Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish, cut side up.

When sauce is finished, spoon mixture into pepper halves (about ¼ to 1/3 cup, depending upon pepper size). Add hot water to baking dish to a depth of ½ inch. Bake uncovered for 20 minutes.

Taco Soup

INGREDIENTS:

1 tablespoon extra-virgin olive oil 15-ounce can pinto beans, rinsed, drained, 1/2 cup diced onion and mashed

1 15-ounce can corn, drained

4 cups Vegetable Broth or water see Recipe Notes

1/2 cup dry polenta

1 14.5 ounce can diced tomatoes

1 tablespoon Taco Seasoning

1 teaspoon salt

1/8 teaspoon pepper

INSTRUCTIONS:

Heat olive oil in large saucepan over medium heat. Cook onions until soft and translucent.

Add broth, tomatoes, black beans, mashed pinto beans, corn, polenta, Taco Seasoning, salt, and pepper. Heat to boiling. Reduce heat, and cook 30 minutes.

Yield: 8 servings (serving size: about 1 cup)



Loaded Guacamole Potato Poppers

INGREDIENTS:

Roasted Potato Cups:

1.5 pounds baby red potatoes, or 1 small bag

1/2 teaspoon olive oil

1/2 teaspoon cumin

1/2 teaspoon paprika

1/4 teaspoon garlic powder

1/4 teaspoon salt

1/8 teaspoon pepper

Loaded Guacamole:

1 and 1/2 avocado

1/2 cup corn kernels, frozen, canned, or fresh

1/2 cup black beans

1/2 cup chopped tomato

1/4 cup diced red onion

1 clove garlic, minced

Juice of 1/2 a lemon or lime

1 tablespoon chopped cilantro

1/2 teaspoon cumin

1/4 teaspoon salt

Radish, cut into matchsticks to garnish, if desired

Cilantro leaves for garnish, if desired



INSTRUCTIONS:

Preheat the oven to 400 degrees F.

Cut each potato in half and using a melon baller or sharp teaspoon, scoop out the inside of the potato leaving about 1/4 inch border.

Put potatoes in a large bowl and drizzle with olive oil and season with spices.

Place potatoes on a large sheet pan and put in the preheated oven for about 30 minutes, flipping once, until potatoes are fork tender. Let cool for a few minutes.

In a medium sized bowl add the avocado slices and mash them.

Then add the remaining guacamole ingredients and stir until combined.

Scoop a small spoonful of guacamole mixture into each potato cup.

Garnish with radish matchsticks and cilantro leaves, if desired.

Spicy Vegan Potato Curry



INGREDIENTS:

4 potatoes, peeled and cubed
2 tablespoons vegetable oil
1 yellow onion, diced
3 cloves garlic, minced
2 teaspoons ground cumin
1 ½ teaspoons cayenne pepper
4 teaspoons curry powder
4 teaspoons garam masala
1 (1 inch) piece fresh ginger root, peeled and minced
2 teaspoons salt
1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 (15 ounce) can peas, drained
1 (14 ounce) can coconut milk

INSTRUCTIONS:

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

Snickerdoodle Smoothie



INGREDIENTS:

6 ounces silken tofu
½ cup unsweetened almond or rice
milk
¼ cup Date Honey
2 frozen bananas, peeled, sliced
(about 2 cups)
1 teaspoon cinnamon
1/8 teaspoon nutmeg

INSTRUCTIONS:

Place tofu, almond milk, Date Honey, banana slices, cinnamon, and nutmeg in blender. Mix until smooth.

Yield: 2 servings (serving size: about 1 ½ cups)

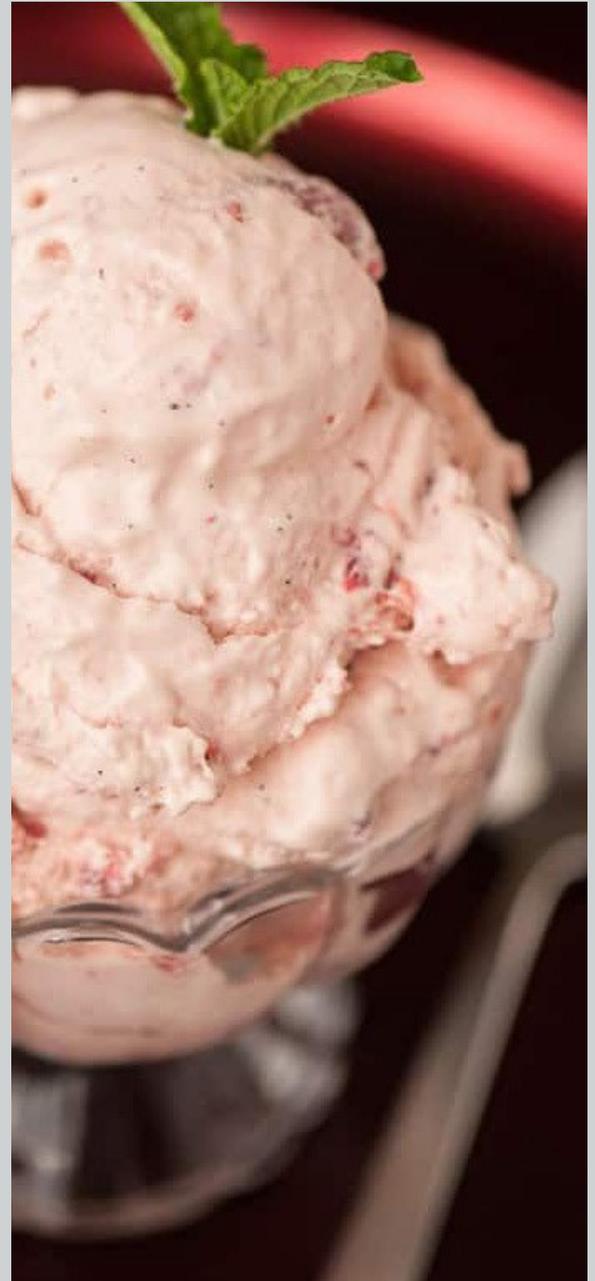
Strawberry Ice Cream

INGREDIENTS:

2 cups of sliced frozen bananas
2 cups of sliced strawberries
1/2 cup unsweetened coconut cream

INSTRUCTIONS:

Place bananas in a food processor or blender.
Mix 30 seconds or until bananas are crumbly.
Add strawberries and mix another 30 seconds.
Scrape sides of processor or blender as needed.
Pour in coconut cream, and mix until creamy and smooth (about 1 minute).
Store in a covered glass bowl in freezer 3-4 hours or until firm (but not solid). If the ice cream gets too hard to scoop, set it out on the kitchen counter to thaw until soft enough to serve (about 15-20 minutes).



Oatmeal Raisin Cookies



INGREDIENTS:

1 cup old-fashioned rolled oats
1 cup almond flour or oat flour
1 cup creamy cashew butter,
almond butter, or peanut
butter
1/2 cup unsweetened
applesauce
1/3 cup Date Honey
1/2 cup raisins
2 tablespoons chopped
walnuts
1 teaspoon cinnamon

INSTRUCTIONS:

Preheat the oven to 350 degrees. Prepare an 11 x 17-inch baking sheet by lining with a silicon mat.

Mix oats, almond flour, cashew butter, applesauce, and Date Honey in a large bowl until well combined.

Add raisins, walnuts, and cinnamon. Stir well.

Drop by spoonfuls, two inches apart, on baking sheet. Flatten and shape into circles.

Bake 10-12 minutes.

Yield: 18-20 servings (serving size: 1 cookie)

Banana Coconut Ice Cream

INGREDIENTS:

2 14-ounce cans coconut milk
2 bananas, peeled, sliced
¼ cup Date Honey

INSTRUCTIONS:

Place ingredients in a food processor or blender.
Mix until smooth.

Place in a covered glass bowl in freezer 5-6 hours
or until firm (but not solid). If the mixture gets
too hard, set it out on the kitchen counter to
thaw until soft enough to serve.

Yield: 12 servings (serving size: 1/2 cup)



Date Honey Banana Pops



INGREDIENTS:

8 wooden popsicle sticks

4 medium bananas (7-8 inches long, peeled and halved)

½ cup Date Honey

½ cup chopped nuts (almonds, pecans, walnuts, etc.)

2 ½ tablespoons unsweetened shredded coconut

INSTRUCTIONS:

Line an 11 x 17-inch baking sheet with parchment or wax paper.

Insert a popsicle stick into one end of every banana half.

Place bananas on sheet so they're not touching, and put in freezer.

Freeze at least two hours or until firm.

Remove pops from freezer. Using a butter knife, spread a thin layer of Date Honey on all sides of each banana piece.

Place chopped nuts and unsweetened shredded coconut on a plate. Roll banana pops in the toppings. Use your fingers to push toppings into the bananas, if necessary.

Place the coated bananas on the parchment paper and freeze for 1-2 hours.

Yield: 8 servings (serving size: one banana pop)

Pineapple Ice Cream

INGREDIENTS:

2 cups frozen banana slices
2 cups frozen pineapple
2 Tablespoons toasted coconut

INSTRUCTIONS:

Place the frozen bananas and frozen pineapple in the food processor and blend on high speed until it becomes creamy.

It will take a few minutes, so be patient! Top your nice cream with toasted coconut or any other toppings you desire!



Peanut Butter Banana Ice Cream

INGREDIENTS:

3 frozen bananas (12 ounces)

3 Tablespoons all-natural peanut butter
(45 grams)

1/2 teaspoon vanilla extract (optional)

pinch of salt (optional)



INSTRUCTIONS:

Cut the frozen bananas into coins, so they will process faster. Then add them to the bowl of a large food processor fitted with an “S” blade. Add in the peanut butter, vanilla, and salt, too.

Process until the bananas are smooth, stopping to scrape down the sides of the food processor, as needed. It is ready to serve when it has a soft-serve consistency, which can take 2 to 3 minutes of processing. Add a tablespoon of water or almond milk, if you want to speed the process, but keep in mind that might make your ice cream more runny in texture.

Serve immediately for a soft-serve style dessert, or transfer to a sealed container and store in the freezer for 1 to 2 hours for a firmer, scoop-able ice cream. Banana ice cream can be stored in an airtight container in the freezer for up to 2 weeks without the flavor being affected, but see the notes in this post about making it scoop-able again.