

PLANT-BASED COOKBOOK



RECIPES

BREAKFAST

Chickpea Omelette with Asparagus
Buckwheat Breakfast Cereal
Coconut Yogurt Chia Pudding
Peanut Butter & Banana Shake
Roasted Tomato & Basil on Toast
Curried Tofu Scramble

LUNCH

Buckwheat Sweet Potato Bowl
Sunflower Seed butter & Strawberry
Sandwich
Eggplant & Zucchini Pasta

DINNER

Lentil & Squash Stew
Crispy Sweet & Sour Tofu
Chickpea & Potato Curry

SNACKS

Hazelnut Cocoa Bites
Vanilla Protein Yogurt Parfait
Chocolate Chip Pumpkin Oat Muffins
Chocolate avocado pudding

breakfast

chickpea omelette with asparagus

buckwheat breakfast cereal

coconut yogurt chia pudding

peanut butter & banana shake

roasted tomato & basil on toast

curried tofu scramble

Chickpea Omelette with Asparagus

10 ingredients · 15 minutes · 1 serving



Directions

1. In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
2. In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
3. In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
4. Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one omelette with all the toppings.

More Flavor

Add chili flakes or black pepper.

Additional Toppings

Top with goat cheese or feta.

Ingredients

- 1/2 cup Chickpea Flour
- 1/2 cup Water
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/8 tsp Sea Salt
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 cup Asparagus (trimmed, chopped)
- 2 tbsps Fresh Dill (chopped)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)

Buckwheat Breakfast Cereal

9 ingredients · 30 minutes · 3 servings



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
2. In a separate pan over medium heat, add the coconut oil and maple syrup. Add the apples and butternut squash and cook for 15 minutes or until soft.
3. Transfer the cooked buckwheat into bowls. Add the almond milk and top with the apples, butternut squash, pumpkin seeds and unsweetened shredded coconut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add cinnamon to apples and butternut squash as they cook.

Additional Toppings

Top with berries or other nuts and seeds.

Ingredients

- 2 cups** Water
- 1 cup** Buckwheat Groats
- 1 tbsp** Coconut Oil
- 1 tbsp** Maple Syrup
- 1** Apple (cubed, core removed)
- 1 cup** Butternut Squash
- 2 cups** Unsweetened Almond Milk
- 1/4 cup** Pumpkin Seeds (divided)
- 1/4 cup** Unsweetened Shredded Coconut (divided)

Coconut Yogurt Chia Pudding

5 ingredients · 30 minutes · 1 serving



Directions

1. In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
2. Place in the fridge for 25 to 30 minutes, until thickened.
3. Remove from the fridge and stir in the almond butter. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 1 cup of chia pudding.

Nut-Free

Use tahini and coconut milk instead of almond butter and almond milk.

More Flavor

Add a pinch of cinnamon or vanilla.

Likes it Sweeter

Add a drizzle of honey or maple syrup.

No Coconut Yogurt

Use regular yogurt or Greek yogurt.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

3 tbsps Chia Seeds

1/4 cup Unsweetened Almond Milk

1/2 cup Frozen Strawberries

1 1/2 tbsps Almond Butter

Peanut Butter & Banana Shake

8 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add a pinch of cinnamon or sea salt.

Make it Green

Add spinach or kale.

No Almond Milk

Use oat milk instead.

Consistency

Adjust consistency to your liking by adding more or less liquid to the blender.

Ingredients

1 1/2 cups Unsweetened Almond Milk

1 cup Frozen Cauliflower

1 Banana

4 Ice Cubes

1/4 cup Chickpeas (cooked, rinsed)

2 tbsps All Natural Peanut Butter

1 tbsp Ground Flax Seed

1 tsp Maple Syrup (optional)

Roasted Tomato & Basil on Toast

5 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with foil or parchment paper.
2. Place the tomatoes on the baking sheet. Gently toss with the oil, half the basil, and salt. Roast for 15 minutes.
3. Spread the roasted tomatoes and basil overtop each slice of toast and sprinkle with the remaining basil. Enjoy!

Notes

Leftovers

Refrigerate the roasted tomatoes in an airtight container for up to five days.

Serving Size

One serving equals approximately two slices.

Additional Toppings

Add garlic, balsamic vinegar or parmesan.

Ingredients

- 2 Tomato (large, cut into quarters)
- 2 **tsps** Extra Virgin Olive Oil
- 3 **tbsps** Basil Leaves (finely chopped, divided)
- 1/4 **tsp** Sea Salt
- 4 **slices** Gluten-Free Bread (toasted)

Curried Tofu Scramble

8 ingredients · 25 minutes · 3 servings



Directions

1. In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
2. Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
3. Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Vegetable Broth

Use avocado oil or extra virgin olive oil instead.

More Flavor

Add mushrooms or fresh herbs to the dish.

Ingredients

- 1 **tbsp** Vegetable Broth
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 15 **3/4 ozs** Tofu (extra firm, drained and pressed to remove water)
- 1 **tsp** Curry Powder
- 1 **tbsp** Nutritional Yeast
- 1/4 **tsp** Sea Salt
- 3 **cups** Arugula

lunch

buckwheat sweet potato bowl

sunflower seed butter &

strawberry sandwich

eggplant & zucchini pasta

Buckwheat Sweet Potato Bowl

8 ingredients · 30 minutes · 2 servings



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
2. In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
3. Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 2 cups.

More Flavor

Add diced onions or minced garlic.

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 1/3 cup Cilantro (chopped)

Sunflower Seed Butter & Strawberry Sandwich

3 ingredients · 5 minutes · 1 serving



Directions

1. Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

Ingredients

2 slices Gluten-Free Bread

2 tbsps Sunflower Seed Butter

1/4 cup Strawberries (stems removed, sliced)

Eggplant & Zucchini Pasta

10 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the eggplant, zucchini, tomatoes, and garlic with half the salt and then add to the baking sheet. Place in the oven and cook for 18 to 20 minutes.
3. Remove the veggies from the oven and toss with half of the lemon juice. Place back in the oven for eight to ten minutes or until cooked through and brown around the edges.
4. Meanwhile, cook the pasta according to the directions on the package.
5. Once cooked, strain the pasta, reserving the indicated amount of pasta water. Add the pasta water back to the pot with the chili flakes, roasted veggies, and cooked pasta. Add the remaining lemon juice and salt. Stir to combine.
6. Divide the pasta onto plates and top with basil. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to 3 days.

Serving Size

One serving is equal to approximately 1 1/3 cup.

Additional Toppings

Top with nutritional yeast, olives, and/or black pepper.

No Basil

Omit, or use parsley.

Ingredients

- 1 Eggplant (stem removed, cubed)
- 1 Zucchini (cut into matchsticks)
- 2 cups Cherry Tomatoes (halved)
- 6 Garlic (cloves, chopped)
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Lemon Juice (divided)
- 10 ozs Chickpea Pasta (dry)
- 2 tbsps Water (reserved from cooking pasta)
- 1/2 tsp Chili Flakes
- 1/3 cup Basil Leaves (finely chopped)

dinner

lentil & squash stew

crispy sweet & sour tofu

chickpea & potato curry

Lentil & Squash Stew

10 ingredients · 45 minutes · 4 servings



Directions

1. Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
2. Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
3. Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
4. Turn off the heat. Divide the stew between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size

One serving is equal to approximately 2 cups of stew.

No Squash

Use sweet potato instead.

More Vegetables

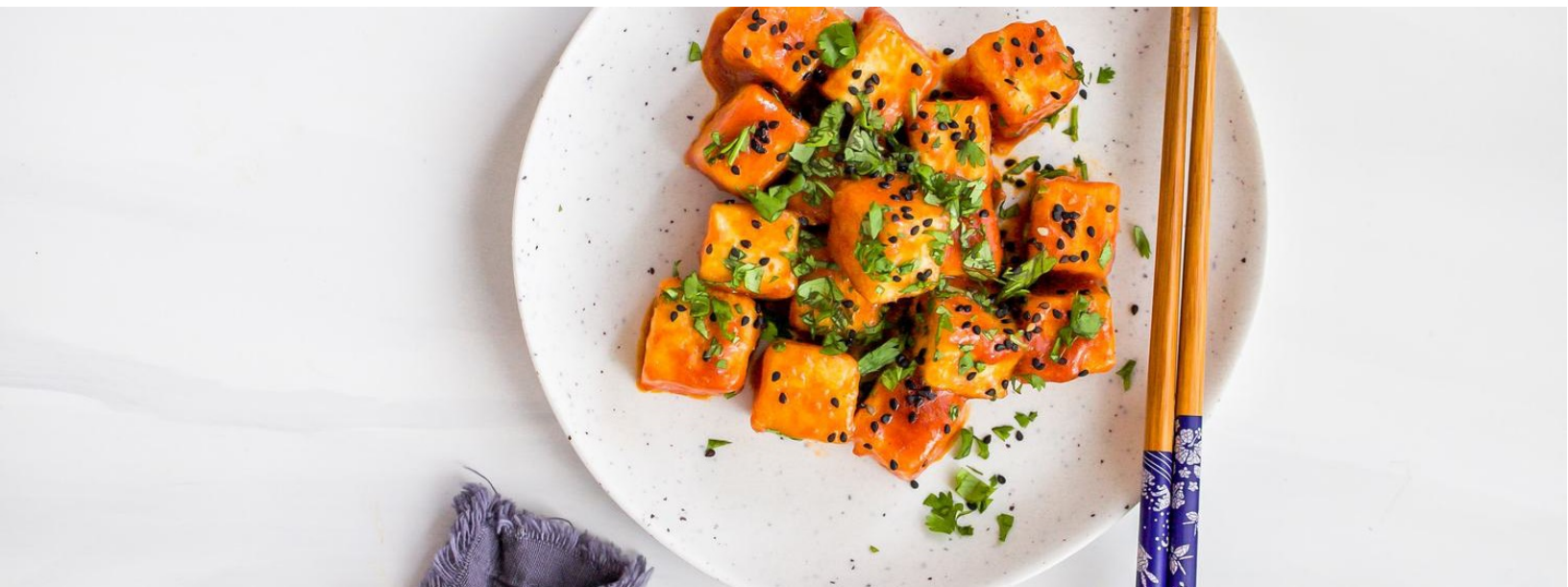
Add celery, mushrooms, kale or peas.

Ingredients

- 6 cups** Vegetable Broth (divided)
- 1** Yellow Onion (chopped)
- 4** Garlic (clove, minced)
- 1 tsp** Dried Thyme
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 1** Carrot (medium, peeled & chopped)
- 1** Yellow Potato (large, peeled and cut into small cubes)
- 3 cups** Butternut Squash (peeled and cut into small cubes)
- 1 cup** Dry Green Lentils

Crispy Sweet & Sour Tofu

12 ingredients · 20 minutes · 4 servings



Directions

1. In a small bowl add 1/4 of the arrowroot powder to the water and whisk well. Set aside.
2. In a small saucepan over medium-low heat, add 1/4 of the oil. Once hot, add the garlic and ginger and cook until fragrant, about 1 to 2 minutes. Then add the sriracha, ketchup, rice vinegar, tamari and the arrowroot mixture. Whisk well to combine and let it come to a boil. Reduce the heat and let it simmer for about 5 minutes. Turn off the heat.
3. In a large bowl, toss the tofu with the remaining arrowroot powder and remaining oil. Toss gently to combine, ensuring the tofu is coated and no white powder remains.
4. Heat a cast-iron skillet over medium heat. Once hot, add the cubed tofu and cook until crispy on one side, about 5 minutes. Flip and cook for another 5 minutes, until crispy.
5. Turn the heat off, but leave the skillet on the same burner. Add the sweet and sour sauce to the tofu and toss to combine. Divide onto plates and top with cilantro and sesame seeds, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1 cup cubed tofu.

No Ketchup

Use tomato paste instead.

No Sriracha

Use red pepper flakes instead, or omit for no spice.

No Rice Vinegar

Use lime juice instead.

How to Serve

Serve with rice, quinoa, cauliflower rice or noodles.

Ingredients

- 1/4 cup Arrowroot Powder (divided)
- 1/2 cup Water
- 3 tbsps Avocado Oil (divided)
- 2 Garlic (cloves, minced)
- 1 tsp Ginger (minced)
- 1 tsp Sriracha
- 1/4 cup Sugar Free Ketchup
- 2 tbsps Rice Vinegar
- 1 tbsp Tamari
- 1 1/16 lbs Tofu (extra-firm, pressed and cubed)
- 1/4 cup Cilantro (finely chopped, optional)
- 1 tsp Sesame Seeds (optional)

Extra-Firm Tofu

To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.

Chickpea & Potato Curry

12 ingredients · 20 minutes · 3 servings



Directions

1. Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
2. Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
3. Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

Serving Size

One serving is approximately one cup of curry.

More Flavor

For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

Additional Toppings

Fresh cilantro or lime wedges.

No Chickpeas

Use cooked lentils instead.

Ingredients

- 1/2 cup** Water
- 1** Yellow Onion (medium, chopped)
- 3** Garlic (cloves, minced)
- 1 tbsp** Ginger (fresh, grated or minced)
- 1 tbsp** Curry Powder
- 2 tsp** Garam Masala
- 1 1/2 tsp** Chili Powder
- 1/2 tsp** Sea Salt
- 2 cups** Chickpeas (cooked, rinsed)
- 1** Yellow Potato (medium, peeled, diced)
- 1 1/2 cups** Canned Coconut Milk
- 2 cups** Baby Spinach

snacks

hazelnut cocoa bites

vanilla protein yogurt parfait

chocolate chip pumpkin oat muffins

chocolate avocado pudding

Hazelnut Cocoa Bites

4 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
2. Add the cocoa powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
3. Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

Ingredients

- 1 cup Hazelnuts
- 2 tbsps Cocoa Powder
- 2 tbsps Maple Syrup
- 1/4 tsp Sea Salt

Notes

Leftovers

Refrigerate in an airtight container for up to seven days or freeze for up to three months.

Serving Size

One serving is equal to one ball.

More Flavor

Add vanilla extract.

Vanilla Protein Yogurt Parfait

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mix together the coconut yogurt and protein powder.
2. In a jar, layer the strawberries on the bottom. Top with coconut yogurt, more strawberries, granola, and cashew butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Omit the cashew butter or use tahini or sunflower seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

No Protein Powder

Use collagen powder instead or omit.

Ingredients

1 cup Unsweetened Coconut Yogurt

2 tbsps Vanilla Protein Powder

1/2 cup Frozen Strawberries

1/4 cup Granola

1 tbsp Cashew Butter

Chocolate Chip Pumpkin Oat Muffins

5 ingredients · 25 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C).
2. In a large bowl, combine the oats, pureed pumpkin, maple syrup and cinnamon. Gently fold in the chocolate chips until well combined.
3. Scoop the mixture into a muffin tray. Bake for 20 minutes or until cooked through.
4. Let cool before serving and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving equals one muffin.

More Flavor

Add nutmeg, crushed nuts or dried fruit into the batter before baking.

Additional Toppings

Nut butter, whipped coconut cream, vegan or nut-based cream cheese, or a dab of coconut oil.

Ingredients

- 4 cups** Oats (rolled)
- 4 cups** Pureed Pumpkin
- 1/3 cup** Maple Syrup
- 1 tbsp** Cinnamon
- 1 cup** Dark Chocolate Chips

Chocolate Avocado Pudding

5 ingredients · 10 minutes · 3 servings



Directions

1. Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
2. Add the cocoa powder and blend again until combined.
3. Serve chilled. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1/2 cup of pudding.

More Flavor

Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings

Fresh berries or toasted coconut.

Dates

Medjool dates were used to create this recipe.

No Coconut Milk

Use another non-dairy or dairy milk instead.

No Food Processor

Use a blender instead.

Ingredients

2 Avocado

1/2 cup Pitted Dates (chopped, soaked and drained)

2 tbsps Maple Syrup

1/2 cup Plain Coconut Milk (from the carton)

1/3 cup Cocoa Powder