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9 VEGAN RECIPES

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BREAKFAST

Agave Quinoa Fruit Medley

— Serves 2 —

INGREDIENTS

- ★ 1 Cup Organic Uncooked Quinoa (rinsed)
- ★ 1 ½ Cup Organic Strawberries (sliced)
- ★ 1 Cup Organic Blackberries
- ★ 1 Cup Organic Blueberries
- ★ 1 Organic Mango (sliced)
- ★ ¼ Cup Organic Agave Nectar Syrup
- ★ 1 Tablespoon Organic 100% Lime Juice
- ★ 1 Tablespoon Organic Fresh Basil (chopped)

INSTRUCTIONS

- 1 Follow Organic Uncooked Quinoa directions. Let cool to room temperature.
- 2 Mix Organic Cooked Quinoa, Organic Strawberries, Organic Blueberries, and Organic Mango in bowl.
- 3 Pour Organic Agave Nectar Syrup and Organic 100% Lime Juice mix over Fruit Salad. Toss and garnish with Organic Fresh Basil and serve.

UTENSILS

- » Slicer
- » 15-Piece Kitchen Gadgets
- » Wooden Spoons
- » Food Chopper
- » Pot
- » Bowls

Cinnamon Peach French Toast

🌿 Serves 2 🌿

INGREDIENTS

BATTER

- ★ 4 Tablespoons Organic Coconut Flour
- ★ 4 Tablespoons Organic Sesame Tahini
- ★ 1 Tablespoon Organic Chia Seeds (Whole or Ground)
- ★ ½ Tablespoon Ground Cinnamon
- ★ 1 Pinch Sea Salt
- ★ ½ Tablespoon Pure Vanilla Extract
- ★ 1 Cup Unsweetened Almond Milk
- ★ Organic Extra Virgin Coconut Oil (spray)

TOAST AND TOPPINGS

- ★ 4-5 Slices Organic 100% Whole Wheat (cut into sticks)
- ★ Pure Maple Syrup or Organic Agave Nectar Syrup
- ★ Sliced Peaches

INSTRUCTIONS

- 1 Mix batter in bowl. Whisk until creamy. Place in fridge for 15-20 minutes.
- 2 Preheat griddle to 350°F. Spray skillet with Organic Extra Virgin Coconut Oil.
- 3 Soak each stick of Organic 100% Whole Wheat in batter (20 seconds).
- 4 Place on skillet and sauté each stick until golden brown on all sides (3-4 minutes).
- 5 Place toppings and serve warm.

UTENSILS

- »» 15-Piece Kitchen Gadgets
- »» Whisk
- »» Electric Griddle or Non-stick Frying Pan
- »» Bowls



Potatofu Avocado and Lime Tacos

🌿 Serves 5 🌿

INGREDIENTS

BATTER

- ★ 1 Cup Organic Tofu (extra firm)
- ★ $\frac{1}{3}$ Cup Unsweetened Almond Milk
- ★ 2 Tablespoons Tapioca Flour
- ★ 2 Tablespoons Nutritional Yeast
- ★ $\frac{1}{4}$ Teaspoon Turmeric Powder
- ★ $\frac{1}{2}$ Teaspoon Garlic (chopped)

ADDITIONS

- ★ 1 Pinch Sea Salt
- ★ 1 Pinch Freshly Ground Pepper
- ★ 1 Pound Red Potatoes (halved)
- ★ Corn Tortillas
- ★ 1 Lime
- ★ Organic Extra Virgin Olive Oil

TOPPINGS

- ★ Avocado, Salsa, Onions, and/or Organic Cilantro (optional toppings)

INSTRUCTIONS

- 1 Preheat oven to 450°F.
- 2 Toss Red Potatoes with Organic Extra Virgin Olive Oil, Sea Salt, and Freshly Ground Pepper. Place on baking sheet.
- 3 Roast for 20 minutes or until crispy.
- 4 While roasting Red Potatoes, combine all Batter ingredients in blender and blend until smooth.
- 5 Heat skillet to 350°F. Add Batter to skillet and cook until golden brown.
- 6 Wrap Tofu mix and Roasted Red Potatoes in warm Corn Tortillas and top with Avocado, Salsa, Onions, and/or Organic Cilantro (optional toppings).

UTENSILS

- 15-Piece Kitchen Gadgets
- Non-stick Baking Sheet
- NutriBullet
- Non-stick Frying Pan





LUNCH ↑ DINNER

Veg-N-Bean Burger

~ Serves 4 ~

INGREDIENTS

- ★ 2 Cups Organic Kidney Beans (cooked)
- ★ 1 Cup Organic Basmati Rice (steamed)
- ★ ½ Cup Carrots (shredded)
- ★ ⅓ Cup Broccoli (shredded)
- ★ ⅓ Cup Mango (diced)
- ★ ⅓ Cup Red Onion (diced)
- ★ 2 Tablespoons Ginger (minced)
- ★ 2 Tablespoons Organic Cilantro (chopped)
- ★ 1 Tablespoon Organic Extra Virgin Coconut Oil
- ★ Vegan Dried Spices
- ★ Gluten Free Seeded Baguette (toasted)
- ★ Lettuce and/or Organic Cilantro (optional toppings)

INSTRUCTIONS

- 1 Add Kidney Beans in blender. Pulse until ground.
- 2 In bowl, add Kidney Beans, Broccoli, Carrots, Ginger, Cilantro, and Vegan Dried Spices.
- 3 Make 4 round patties. Cook over 450°F for 3 minutes (until golden). Place on toasted Gluten Free Seeded Baguette, add toppings, and serve.

UTENSILS

- » 15-Piece Kitchen Gadgets
- » NutriBullet
- » Non-stick Frying Pan
- » Organic Extra Virgin Olive Oil
- » Bowls

Spinach and Zucchini Pasta

Serves 4

INGREDIENTS

- ★ 1 Pound Spinach and Zucchini Pasta
- ★ 28 Oz Can Whole Peeled Tomatoes (with juice)
- ★ 1 Pound Cherry Tomatoes (halved)
- ★ ½ Cup Sun-Dried Tomatoes (chopped)
- ★ 2 Tablespoons Sun-Dried Tomato Oil
- ★ 4 Garlic Cloves (minced)
- ★ ½ Teaspoon Crushed Red Pepper
- ★ Sea Salt
- ★ Freshly Ground Black Pepper

UTENSILS

- » 15-Piece Kitchen Gadgets
- » Wooden Spoons
- » Non-stick Frying Pan
- » Garlic Press/Crusher
- » Pot
- » Strainer

INSTRUCTIONS

- 1 In boiling pot of water, cook Spinach and Zucchini Pasta. Drain and place back in pot.
- 2 In saucepan over 450°F, heat 2 Tablespoons Sun-Dried Tomato Oil.
- 3 Add Garlic and Crushed Red Pepper and cook for 1 minute.
- 4 Add Whole Peeled Tomatoes and Sun-Dried Tomatoes. Reduce to medium and cook for 15 minutes. Stir occasionally.
- 5 Add Cherry Tomatoes and cook for 10 minutes.
- 6 Add Tomato Mix to cooked Spinach and Zucchini Pasta. Add pinch of Sea Salt and pinch of Freshly Ground Black Pepper. Stir and serve.



G-Free Mac-N-Cheese

🌿 Serves 6 🌿

INGREDIENTS

- ★ 12 Oz Gluten Free Pasta
- ★ 1 Garlic Head (roasted)
- ★ 4 Cloves Garlic (minced)
- ★ 5 Tablespoons Nutritional Yeast
- ★ 4 ½ Tablespoons Arrowroot Starch
- ★ ¼ Teaspoon Sea Salt
- ★ ¼ Teaspoon Freshly Ground Black Pepper
- ★ 4 Tablespoon Organic Extra Virgin Olive Oil
- ★ 2 Cups Unsweetened Almond Milk
- ★ ½ Cup Vegan Parmesan Cheese

UTENSILS

- » 15-Piece Kitchen Gadgets
- » Non-stick Frying Pan
- » NutriBullet
- » Pot
- » Bowls
- » Strainer

INSTRUCTIONS

- 1 Roast Garlic Head.
- 2 In large pot, bring salted water to boil. Add Gluten Free Penne Pasta and stir. Follow package instructions. Drain and set aside.
- 3 In skillet over 450°F, add Organic Extra Virgin Olive Oil and Garlic (minced). Stir and cook for 2 minutes. Add Arrowroot Starch and stir for 1 minute.
- 4 Add Unsweetened Almond Milk and stir. Cook for 2 minutes.
- 5 Place Sauce, roasted Garlic Head, Nutritional Yeast, Sea Salt, Freshly Ground Black Pepper, and Vegan Parmesan Cheese in blender. Blend until creamy.
- 6 In skillet over 250°F, add Sauce, stir, and cook for 3 minutes. Slowly add Unsweetened Almond Milk 1 and let simmer.
- 7 Add cooked Gluten Free Penne Pasta to Sauce and stir. Top with Vegan Parmesan Cheese and serve.





DESSERT

Peanutty Butter Cups

Serves 4

INGREDIENTS

- ★ 1 ½ Cups **Vegan Chocolate Chips**
- ★ ¼ Cup **Organic Unsalted Peanut Butter**

INSTRUCTIONS

- 1 Line mini cupcake tin with paper cups.
- 2 Melt **Vegan Chocolate Chips** until creamy.
- 3 Place 1 Teaspoon of melted **Vegan Chocolate** in paper cups. Refrigerate for 10 minutes.
- 4 Place 1 Teaspoon of **Organic Unsalted Peanut Butter** on top of hardened **Vegan Chocolate** and spread evenly. Refrigerate for 30 minutes and serve.

UTENSILS

- » 15-Piece Kitchen Gadgets
- » Muffin Pan
- » Muffin Paper Cups

Strawberry "No Cheese" Cakes

Serves 6

INGREDIENTS

CRUST

- ★ 6 Dates
- ★ 1 Cup Raw Pecans
- ★ ¼ Cup Organic Coconut (shavings)
- ★ ¼ Teaspoon Sea Salt

FILLING

- ★ 1 Cup Raw Cashews (soaked)
- ★ ½ Cup Frozen Strawberries (sliced)
- ★ ¼ Cup Agave Nectar Syrup
- ★ ¼ Cup Organic Extra Virgin Coconut Oil
- ★ 2 Tablespoons Lemon Juice (freshly squeezed)

TOPPING

- ★ ½ Cup Frozen Strawberries (melted)

INSTRUCTIONS

- 1 For Crust, remove pits from Dates and soak in warm water for 10 minutes. Drain and place in blender with the remaining Crust ingredients. Blend until Crust holds together. Press 1 ½ Teaspoons of Crust into each mini muffin cup.
- 2 For Filling, drain and rinse Cashews. In blender, add Cashews, Frozen Strawberries, Agave Nectar Syrup, Organic Extra Virgin Coconut Oil, and Lemon Juice. Blend until smooth. Pour filling into bowl and set aside.
- 3 For Topping swirl, melt strawberries until soft. Place in blender and pulse until smooth.
- 4 Pour 1 Tablespoon of Cashew Filling on top of Crust. Drizzle ½ Teaspoon of Topping swirl on top. Take end of toothpick and swirl the 2 mixtures.
- 5 Freeze the Mini Cakes for 2 hours. Remove from mini muffin cups, thaw for 15 minutes, and serve.

UTENSILS

- »» 15-Piece Kitchen Gadgets
- »» NutriBullet
- »» Bowl
- »» Strainer
- »» Mini Muffin Cups



Banana and Date Ice Cream

🌿 Serves 2 🌿

INGREDIENTS

- ★ 1 Cup Raw Cashews (6-hour soak, then drain)
- ★ 1 Cup Unsweetened Almond Milk
- ★ 1 Teaspoon Pure Vanilla Extract
- ★ 6 Medjool Dates (pitted)
- ★ 2 Tablespoons Organic Banana Chips (ground powder)
- ★ 2 Tablespoons Organic Extra Virgin Coconut Oil
- ★ 1 Organic Banana (sliced)
- ★ Vegan Graham Crackers (crumbled)

UTENSILS

- 15-Piece Kitchen Gadgets
- Bowl
- Strainer
- Blender

INSTRUCTIONS

- 1 Chill ice cream churning bowl.
- 2 Fully drain soaked Raw Cashews.
- 3 Fully grind Organic Banana Chips.
- 4 Add all ingredients except Organic Banana and Vegan Graham Crackers to blender and blend until creamy.
- 5 Place mixture in freezer for 6 hours.
- 6 Place mixture in 2 glasses. Layer sliced Organic Banana and crumbled Vegan Graham Crackers and serve.

