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Plant Based



Going Vegetarian | Good Greens | Transition to Plant Based |
Food Recipes With Cruelty Free Ingredients | Food for Health & Wellness

This Book is a result of years of sampling the many foods that were available to me during my transition to a Cruelty free, plant based Eating Regimen. This was of course a 20-year journey. That was due to my lack of commitment and uncertainty that this was the right thing for me. But over-all I found my footing, overcame various health challenges and set the intention to hold space for others to do the same. I didn't know if I would share it with the world. But the vision of supporting myself and my community in transforming there lives still holds true to me. We are all on a journey to expand beyond what we thought was the norm or comfort. But we are all learning that we have the power and control to live the full vibrant lives that we deserve to. Starting with what we choose to consume is just one part of that expansion. I hope this Book inspires you to live beyond surviving and Thriving, with plant Based fueled igniting your energy. Good Eats!

Lisa Marie Jean-Pierre

Alkaline Avocado Shake:

2 Avocados

1 Sliced Cucumber

1 Bunch of Kale

Handful of Parsley, Cherry Tomatoes

Tablespoon of Lemon

Full Peeled Key Lime

Blend in Blender (Blendtec)

When smooth, pour in glass

Drizzle tsp of olive oil and hempseed oil

Top with one cherry tomato and a teaspoon of hempseeds

Sprinkle some ginger, sweet Basil on top & Enjoy!

Amaranth Greens

1 large bunch amaranth greens, about 6 to 8 ounces

3 stalks fresh green Onions, chopped fine

3 tablespoons Sesame oil

Sea Salt to taste, about 1/4 teaspoon

Cut the amaranth greens into small pieces.

Sautee Amaranth in skillet for 2-3 minutes add other ingredients, simmer for 1-2 minutes, let cool & enjoy!

Apple Chips

2 apples

1 key lime

1 cup of water

Date Sugar to taste and dust chips

Preheat oven to 200, and line 2 large baking sheets with parchment paper.

Juice the lime and combine with the water in a glass bowl, deep enough to put the apples in to rinse.

Cut the apples as thin as possible using a sharp knife. After apples are sliced, run them through the lime water, and then place them side by side on the lined baking sheet. Lightly Sprinkle with Date Sugar and place in the oven.

After 45 minutes, flip the apple slices. Remove when apples are crisp, approximately 1.5 hours total cooking time. The chips will further crisp as they cool. Keep leftover chips in airtight container in a cool place.

Arugula, Dried Cherry and Wild Rice Salad with a Zesty Lemon Dressing

Salad

1 cup wild rice, rinsed

½ cup chopped Pine nuts

4 cups arugula

½ cup coarsely chopped fresh basil

½ cup dried sour cherries chopped

⅓ cup crumbled baked chickpeas

Lemon dressing

¼ cup olive oil

2 tablespoons lemon juice (about 1 medium lemon, juiced)

1 teaspoon coconut milk powder

1 teaspoon date or agave syrup

¼ teaspoon Sea salt

Cayenne pepper, to taste

To cook the wild rice, bring a medium saucepan of water to boil. Add the rinsed rice and continue boiling, reducing heat as necessary to prevent overflow, for 35 minutes to 45 minutes, until the rice is tender not soft. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes, then remove the lid and let the rice cool.

To bake chick peas, add one tsp. Avocado oil in a small baking dish to 1/3 cup chick peas (pre-cooked). Bake at 350 degrees covered for 5 minutes, then uncover and let them brown for 5 minutes. Remove from oven. Crush with a fork. Set aside to cool.

In a small bowl, whisk together the dressing ingredients until emulsified.

To assemble the salad, transfer the cooled rice to a large bowl. Add arugula, chopped basil, chopped pine nuts, sour cherries and baked chick peas. Pour in dressing, toss well and season to your taste. Let cool for 10 minutes before serving.

Arugula & Watercress Salad with Dandelion Greens Dressing

¼ cup Arugula chopped

¼ cup Watercress chopped

¼ cup cherry tomatoes

¼ cup Bell peppers

Mix greens and vegetables in salad bowl, set aside

Dressing:

8 organic dandelion green leaves

cup water

tbsp lime juice

1/2 cup organic sunflower seeds

2 tablespoons olive oil

1/2 tsp turmeric powder

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Blend all dressing ingredients until creamy and smooth. Drizzle over mixed greens and vegetables and enjoy!

Avocado & Arugula Salad

1 Small Avocado

Handful Watercress

1 cup Arugula

½ Cup Raspberries

Dressing Recipe:

juice of 1/2 lemon

juice of 1 lime

1/3 Cup Avocado oil

fresh very finely grated ginger

1/2tsp Sunflower Lecithin

pinch Sea salt

1 Tsp of fresh chopped Sage

sweeten with Date Sugar until desired- approx. 1-2 tbsp

Avocado Dressing

2 small Ripe avocados, peeled and seeded

1/2 small red onion

¼ cup tomatoes peeled

1/4 cup fresh lime juice

4 tbs pure olive oil

Pinch Cayenne Pepper

Few sprigs of cilantro

1 tsp. chili powder

1 tsp. Oregano

1 tsp. Sage

1/2 tsp. sweet basil

1/2 tsp. sweet basil

1/2 tsp. Thyme

1/4 tsp. sea salt

Puree avocados in blender (Blendtec), Add remaining ingredients and 2 tablespoons of Distilled water Lightly blend and pour over your salad. Flavor to your taste and Enjoy!

Banana Sushi

1 banana

1 tablespoon Tahini

Sprinkle of Date Sugar

1 tablespoon Walnuts, chopped

Peel the banana and smear one side with the tahini

Sprinkle with Date Sugar and chopped Walnuts.

Slice and enjoy.

Berry/Cantaloupe Smoothie

¼ cup Cantaloupe peeled, seeded

4 strawberries

Combine in Blender(Blendtec)

Pour in a glass to serve

Blackberry/Blueberry Bowl

¼ cup Blackberries whole

¼ cup Blueberries

Combine in Bowl and top with 1/2 tsp Sweet Basil

Blueberry Spelt Muffins

1/4 tsp of sea salt

1/3 cup of agave syrup

1 tsp of flax meal

1/2 cup of sea moss

3/4 cup of spelt flour

3/4 cup of kamut flour

1 cup of hemp milk

1 cup of blueberries

Combine all ingredients in a mixing bowl. Pour into baking cups and bake for 25-30 minutes. Bake at 400F.

Breakfast Quinoa w/Amaranth Greens

1/8 cup **quinoa**

1/3 cup **vegetable broth**

1/3cup **fresh amaranth** (chopped, frozen would work just as well)

1/8 tsp **sesame oil**

Less than 1/8 tsp **Dulce**

Less than 1/8 cup **water**

1/8 tbsp **avocado oil**

1/8 tsp **dried sage**

Less than 1/8 tsp **dried thyme**

1/8 pinch **cayenne pepper**

1/8 pinch **nutmeg**

1/8 tbsp **agave syrup**

1/8 tbsp **herbal spice blend**

Rinse quinoa and put it in a saucepan with water and vegetable broth. Bring it to a boil and lower the heat to low.

Cover and let the quinoa cook for 15 minutes. After 15 minutes, fluff the quinoa and put it in a large serving dish.

Cover and keep warm.

While the quinoa are cooking, heat the sesame oil in a frying pan and add the chopped amaranth greens. Let it cool down and then add your seasonings. Combine the Greens with Quinoa mix well and serve.

Cacao Green Smoothie

2 cups Arugula

1 cup kale

1 Tsp. Moringa Powder

1 ½ cups (150g) Raw Peeled Green banana

¼ Cup Chickpea Powder

½ Cup of cacao powder Nibs

½ cup Coconut Milk

1 tbsp. flaxseeds

1 tsp. coconut oil

1 tbsp. Hemp seeds

½ tsp. Agave Syrup

Cactus (Nopales) Salsa

1 Cup Nopales (cactus) Chopped/Diced

¼ Cup cherry tomatoes

¼ Cup onions

1 Tbsp. Fresh chopped cilantro

Mix all ingredients and Flavor with Key Lime and Seaweed Salt

Cantaloupe & Grape Salad

¼ cup Cantaloupe-peeled, seeded

¼ cup Grapes- seeded

Mix in small bowl enjoy as a light snack

Chickpea Scramble

¼ **yellow onion** (or small white, chopped, about 1 - 1 1/4 cups)

¼ cup **red bell pepper** (seeded and chopped)

¼ cup **chopped green bell pepper** (seeded and diced)

2 1/2 oz. mushrooms (ground)

¼ tsp cayenne pepper

Less than 1/8 tsp **smoked paprika**

1/4 **habanero**

¾ cup **chickpeas** cooked

¾ cup **cooked quinoa**

Heat oil over medium heat in a large skillet. Add the onion and Bell peppers. Cook, stirring often, for 5 minutes, or until the onion is clear and soft. Add a few tablespoons of water as needed to prevent sticking.

Add mushrooms and a pinch of Dulce. Mix vegetables and cover skillet. Allow the mushrooms to cook for another five minutes.

While the vegetables cook, mix your spices (Dulce, turmeric, habanero, smoked paprika, and cayenne pepper) together. When the mushrooms are cooked, add the spice blend and the chickpeas 1/3 or ½ cup of water. Stir the mixture well. Continue to cook for another 3-5 minutes, or until everything is sauteed. season to taste with additional spices as needed.

To serve, pour chickpea scramble over quinoa and garnish with lime wedges and a sprinkle of parsley.

Chickpeas & Mushroom Stir Fry w/Wild Rice

1 cup Chickpeas (soaked & cooked)

1 cup Mushrooms (chopped)

1 cup Turnip Greens

1 tbsp. Avocado Oil

Herb Seasoning to taste

¼ cup Red Onion chopped

¼ cup cherry tomatoes (chopped)
1 tbsp. Tarragon (chopped)
1 tsp. Dried thyme
¼ cup water
1 ½ cup Wild Rice

Prepare Wild Rice with included Recipe below. Set aside and allow to cool

Sauté chickpeas in Skillet with Avocado Oil until Golden. Add Other vegetables and herbs, allow to simmer for about 5 min., stirring until done. Transfer desired amount of Wild Rice to a bowl, top with Stir Fried Chickpeas and other vegetables and enjoy

Coconut Milk Ice Cream-

2 Bars full-fat coconut milk cream
1/2 cup agave syrup or Date sugar
1/4 teaspoon salt
2 tablespoons Irish Moss powder
1 1/2 teaspoons organic Alcohol-Free Vanilla Extract (optional)

Combine all ingredients in Blendtec/Blender. Transfer mixture to freezer safe container. Freeze for about 30 minutes. Take it out of the freezer and whisk it briskly (or use the blendtec/blender). Return to the freezer. Repeat every whisking every 30 minutes until your ice cream is creamy and frozen through (as needed).

Cream of Kamut Cereal

4 cups of Hemp or Coconut Milk
2 cups of water
1 1/2 cup of kamut meal/ flour
1 1/2 tsp of vanilla bean extract
½ cup of Date Sugar
1 tsp of cinnamon
Make like cream of Wheat

Cream of Rye Cereal

4 cups of Hemp or Coconut Milk
2 cups of water
1 1/2 cup of Rye meal
1 1/2 tsp of vanilla bean extract
½ cup of Date Sugar
1 tsp of cinnamon
Make like cream of Wheat

Creamy Raw Zucchini Soup with Crushed Pistachios

1 cup diced zucchini
1 1/3 cup watercress, chopped
1 avocado
1 cup water
1/3 cup lime juice
1 teaspoon sea salt (to taste-optional)

½ tsp fresh thyme plus extra for garnish
1 teaspoon turmeric root (to taste)
Several shakes cayenne pepper
1 tbs cup crushed raw sesame seeds

In Blendtec/blender, process zucchini, watercress, avocado, water, lime juice, sea salt, thyme, turmeric and cayenne pepper until smooth. Pour into a bowl and top with 1 tablespoon of sesame seeds, fresh thyme and additional cayenne pepper(optional)

Cucumber Dressing

3 med. cucumbers, peeled
5 Brazil Nuts, raw, unsalted
4 tbs. pure olive oil
1/4 cup fresh lime juice
1/4 cup green onions, chopped fine
1/2 tsp. Thyme
1/2 tsp. sea salt
1/4 tsp. Dill
1-1/2 cup water

Few sprigs of cilantro, chopped

Blend 5 Brazil Nuts in water, 2 minutes, on high speed. Strain and set liquid aside Puree cucumbers in blender with Brazil Nut Paste, add olive oil, lime juice and remaining ingredients Lightly blend, adding liquid, if needed. Pour over your salad and enjoy!

Date & Walnut Salad

3 Dates Finely Chopped
¼ Cup Chopped Walnuts
1/3 Cup Blackberries
1/3 Cup Blueberries
¼ cup Mixed Greens Salad Blend
¼ Cup Arugula
Handful Watercress
1 small Avocado Cubed
¼ Cup Red Onion
1 tsp Black Sesame Seeds
6 small Plum Tomatoes

Dressing: -Sesame & Walnut Oil blended with 2 Dates and
a dash of Key Lime

Electric Vegan Taco w/ Spelt Flatbread

2 servings

¼ Cup Cherry tomatoes

¼ Cup onions

¼ Cup Bell peppers

sauteed in avocado oil.

¼ Cup Cooked wild rice

is added.

Sauté Bell Peppers, onions and tomatoes in avocado oil. Set aside to cool.

Flavor with: Onion powder, sea salt and cayenne.

Topped with a mango salsa (diced Mangoes in Lime juice)

Homemade spelt Flatbread:

1 Cup Spelt Flour

½ Tsp Sea Salt to Taste

¼ Cup Water

1 Tsp. Avocado Oil

Blend all ingredients and pour into lightly oiled nonstick pan your desired amount for the size you wish, let Flatbread lightly Brown, then Flip over and Repeat, Cook Time:5-8 mins. Each low to med. Heat.

Add ½ cup Wild Rice on Flatbread, top with Sauteed Vegetables with Mango salsa, roll in a taco shape and serve.

Fonio Casserole

1 cup Fonio

5 cups veggie broth (or water & organic vegetable bouillon powder)

1 cup chopped vegetable of your choice

1 large onion, chopped

¼ cup cooked chick peas

1 can chopped tomatoes

1 tablespoon thyme

1 teaspoon cayenne

2 teaspoons turmeric

1/2 cup fresh parsley, mixed in just before serving

Mix everything in a casserole dish, cover, and bake at about 350 degrees for 35mins. Remove from oven, stir, add some water if dry, and return to oven until all vegetables are cooked. Remove and Let it sit to cool while you chop the parsley), and add parsley Serve with cilantro sauce (chopped cilantro, a Dulce salt, lime juice, Sweet Basil and Coconut oil blended in blender).

Fruit Salad Bowl

¼ Cup Seeded Grapes

¼ Cup Apples Slices**onio Casserole**

¼ Cup Mango Chunks

¼ Pear Chunks

½ Cup Coconut Flakes/Chunks

Combine:

1/3 Cup Coconut Milk

1 tsp Sunflower Lecithin

Add to fruit for creamy Consistency

Top with ¼ Cup Chopped Walnuts

Garden Vegetables w/Avocado Hummus

Combine in a Bowl:(Raw/Fresh)

Bell Peppers-seeded and sliced

Cucumbers-seeded and sliced

Zucchini-seeded and sliced

For Avocado Hummus:

½ cup Chickpeas (soaked and cooked)

1 medium Avocado

small handful fresh Cilantro

1 tablespoons fresh Lime Juice

3 tablespoons Water

Pinch of Sea Salt

½ tsp. Onion Powder (optional)

Red Pepper Flakes (optional)

Pulse all ingredients together in a food processor/Blender until smooth.

Garnish with red pepper flakes (optional).

Ginger-berry Pops

1 Quart Blueberries

1-inch slice Ginger root

1 bunch Red Grapes-seeded

3-oz. Paper cups

small wooden popsicle sticks

Blend all ingredients in Blender/Blendtec, pour into paper cups, Add sticks and freeze until solid throughout. Eat leftovers within a week.

Ginger Juice

¼ inch Slice Ginger Root

½ apple, seeded

½ Key Lime Juice

Blend in Blender, Drink as needed to Curb Sugar cravings

Hazelnut Cherry Muesli

1/2 cup whole hazelnuts

1/4 cup pumpkin seeds

3/4 cup rye flakes

1/4 cup hempseeds

1/4 cup Pine nuts

1/2 cup dried cherries

1/4 teaspoon Organic cinnamon, optional

Agave or Date nectar and Coconut milk (or yogurt), for serving

Preheat the oven to 350 degrees. Lay hazelnuts on a rimmed baking sheet and toast until fragrant, about 5-7 minutes. Remove from the oven and allow to cool just a few minutes. Scoop nuts into the center of a clean dishtowel. Using the towel, rub nuts until the outer skins start to loosen. Set skinned hazelnuts on a cutting board and roughly chop.

Spread the rye flakes and pine nuts onto another baking sheet. Bake for about 12-15 minutes, stirring two or three times prevent burning.

Place everything once prepared hazelnuts, pumpkin seeds, pine nuts and grains into a large serving bowl and add the hemp seeds and dried cherries. Serve drizzled with nectar and coconut milk. Or serve cool on its own. Store leftovers in an airtight container.

Hot n Cold Salad Combo

Cold Salad

Romaine lettuce

Roma tomatoes

1 tsp. key lime juice

1 tsp. olive oil,

Pinch of Dulce to taste.

Hot Salad

¼ Cup Mushrooms

1/3 Cup onions

½ Cup kale

4 Plum tomatoes diced

Thyme & cayenne pepper for flavor

Combine all ingredients in a bowl and drizzle with Olive Oil

Kale Power Salad with Sweet Potato, Quinoa & Avocado Sauce

Quinoa and kale

1/4 cup quinoa

½ bunch kale, ribs removed and chopped into very small, bite-sized pieces

2 tablespoons olive oil

1 key lime, juiced

½ teaspoon Seaweed salt

Sweet potatoes

1 medium sweet potato (about ¼ pound), sliced into small, ¼-inch cubes

1 tablespoon olive oil

2 teaspoons ground coriander

1 teaspoon cayenne pepper

Avocado sauce

1 avocado, sliced into long strips

1 key lime, juiced

2 tablespoons olive oil

½ small habanero, seeded, membranes removed and roughly chopped

1 handful cilantro leaves

½ teaspoon ground coriander, optional

Everything else

½ cup cooked black beans

¼ cup pepitas (green pumpkin seeds)

To cook the quinoa: rinse. In a medium-sized pot, combine the rinsed quinoa and 2 cups water. Bring the mixture to a gentle boil, then cover the pot, reduce heat, simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, covered, for 5 minutes. Uncover and drain any excess water and fluff with a fork. Set it aside to cool.

To cook sweet potatoes: In a medium skillet, warm the olive oil over medium heat. Add the chopped sweet potatoes and toss to coat, then add coriander, smoked cayenne and Seaweed salt. Stir to combine. Once the pan is sizzling, add ¼ cup water, then cover the pan and reduce heat to low to avoid burning. Cook, stirring occasionally, until the sweet potato is tender and cooked through, about 10 minutes. Uncover the pan, raise the heat back to medium and cook until the excess moisture has evaporated and the sweet potatoes are caramelizing on the edges, about 3 to 7 minutes (add a dash of olive oil if the potatoes start sticking to the pan). Set aside to cool.

To prepare kale: Transfer the kale to a large mixing bowl. Whisk together 2 tablespoons olive oil, the juice of 1 lime. Drizzle over the kale and toss to coat.

To make the avocado sauce: Simply combine the ingredients as listed in a food processor or blender. Blend well and season to your taste.

To toast the pepitas: In a small skillet over medium-low heat, toast the pepitas, stirring frequently, until they are turning lightly golden on the edges and starting to make little popping noises, about 3 to 5 minutes.

Once the quinoa has cooled down a bit, pour it into the bowl of kale and toss to combine. Top with sweet potatoes, black beans, a large spoon of avocado sauce, and a sprinkle of pepitas.

Kamut Grits with Sauteed Veggies

½ cup Kamut Grain

¼ cup Bell Peppers-seeded & chopped

1/4 cup mix vegetables of your choice chopped

¼ cup chopped Red onion

1 Tbsp. Sesame Oil

Soak Kamut and prepare as you would grits, following cook time on package. Set aside in bowl and let cool. Sauté Bell Peppers and mixed vegetables with onions in Sesame Oil until soft. Top Grits with Sauteed Veggies and enjoy.

Kamut Salad with Chickpeas and Olives

½ cup raw Kamut (or spelt berries)

½ tsp sea salt

1 tbsp lemon juice

1 tbsp minced shallot

1/3 cup plus 1 tablespoon olive oil

¼ teaspoon freshly ground bird pepper

½ cup chickpeas

½ cucumber, peeled, seeded, diced

½ cup Dates Chopped

½ cup golden raisins

½ cup squash peeled, diced

1/3 cup pitted olives, cut in 1/2

1/3 cup chopped parsley

In a large saucepan, combine Kamut, ½ teaspoon salt and cover with water. Bring to a boil, then reduce to a simmer for about 30 minutes, until grain is tender but still firm. Drain well, and let cool.

To make the dressing, combine the lemon juice, shallots. Slowly add the olive oil while whisking, then add remaining ½ teaspoon salt and the bird pepper. Set aside.

Combine the remaining ingredients with the cooked grain, and toss with dressing. Adjust seasonings.

Low Heat Jerk Mushroom and Squash Stir Fry with Black Quinoa

1 cup raw Black quinoa, rinsed

1 salt free organic vegetable bouillon cube

1 tablespoon olive oil

1 medium onion, chopped

¼ pound squashes of your choice

(zucchini, yellow squash, etc.), cut into bite-sized pieces

½ cup mushrooms, sliced

1 to 2 small fresh Habanero pepper, seeded and minced (optional)

1/4 cup chopped fresh parsley to taste

1/2 teaspoon dried oregano, or 1 tablespoon fresh

1/2 teaspoon ground Sweet Basil

Pinch of Sea Salt to taste

1/3 cup Organic Home made Jerk Seasoning

Combine the quinoa and bouillon cube with 2 cups water in a medium saucepan and bring to a gentle boil. Lower the heat and simmer until the water is absorbed, about 15 minutes.

Heat the oil in a skillet, Add onions and sauté over medium heat until soft. Add squashes, mushrooms, and optional peppers, and sauté over medium-high heat until the squashes golden brown.

Stir in the cooked quinoa, followed by the parsley, oregano and Sweet Basil. Cook over low heat, stirring frequently, for 3 to 5 minutes longer. Serve warm.

Lunch Burger

Filling: Sautéed in Roasted Sesame Oil-Avocado, mushrooms, onion, peppers, nopales, cilantro- Blend filling ingredients together in food processor until they form a paste not smooth.

Form a Pattie in your hands. Brown lightly in a skillet with Avocado Oil until golden brown tuning as needed.

Buns: quinoa flour, hemp milk, sea salt and agave.

Top your Burger with oregano, and organic onion powder.

Melon Medley

1-2 cups each of diced watermelon, cantaloupe melon to a bowl. Dig in and enjoy!

Mixed Berries with Sweet Basil Sprinkles

Add 1 cup of your favorite berries to a bowl. Sprinkle with dried sweet Basil for a sweet refreshing snack.

Mock Tuna Salad

(serve with Sliced Avocado & small leafy green salad)

Chick Pea Mock Tuna

½ Cup Cooked chickpeas

Vegan Mayonnaise

chopped onions

dash of sea salt to taste

kelp powder

nori flakes

lime juice

cilantro.

Combine Mock Tuna ingredients in a bowl and mix and mash with a fork. Add Vegan Mayonnaise as needed to your

taste.

Vegan Mayonnaise

1 cup soaked brazil nuts, lime, water, olive oil, salt. Blend in Blender/Blendtec until smooth and Creamy.

Morning Vegetable Soup

1 Serving

¼ red onion

1 zucchini

½ red bell pepper

¼ cup Kale

1 cup Chayote (Cho Cho)

1 bay leaf

¼ cup fresh parsley

½ tsp. dried oregano

½ tsp. Dulce or Sea Salt

Cayenne to Taste

1 cup of Distilled water

Combine all ingredients a small pot, cook on low heat until vegetables are soft. Transfer to a small bowl to serve.

Mung Bean, Lentil Salad

¼ cup dry mung beans

¼ cup dry green lentils

¼ cup dry (uncooked) quinoa

¼ cup cucumber, finely chopped

1/3 cup bell pepper, finely chopped

1/3 cup red onion, finely chopped

1 tbsp cilantro, roughly chopped (or use parsley)

Sea Salt to taste

For the dressing:

2 tbsp lemon juice

4 tbsp Olive oil

(tiny) pinch of coriander

(tiny) pinch of pepper flakes (more to taste)

⅛ tsp cayenne

Prepare beans, lentils, and quinoa according to package directions, in separate saucepans.

Once beans, lentils, and quinoa cool, combine in a medium-sized bowl, add vegetables and cilantro.

To prepare the vinaigrette, combine lemon juice, olive oil, and spices and mix until completely combined. Add additional Seasoning to your taste.

Dress the salad with half of the prepared dressing. Taste, then add more to your liking.

Mushroom Patties & Stewed Turnip Greens

2 portabella mushrooms

1/2 cup bell peppers

¼ Cup Green Onions

1/4 tsp oregano

1 Pinch of cayenne pepper

1/4 bunch of cilantro

½ tsp. sea salt

1 tsp dill

2 tsp onion powder

1/4 cup of spelt flour

Soak mushrooms for 1 minute in water. Blend in food processor with scallions and bell peppers -Add cilantro, Spelt flour and other Natural Flavoring -Mix thoroughly and form patties -Place them in heated pan with 2 tbs Sesame Seed oil Brown Lightly on both sides until done (approximately 3 minutes each)

4 Cups Kale Chopped

½ Cup Red Onions

½ Cup Green Onions

1 Tbs. Avocado Oil

Sautee all ingredients in Skillet for 3-5 min on med Heat. Reduce heat after Kale reduces, cover and Simmer for 5 minutes.

Mushroom Salad

1/4 cup fresh Kale, torn

1/4 cup red leaf lettuce, torn

1/4 cup romaine lettuce, torn

½ cup fresh mushrooms

½ cup red bell pepper, chopped

1 sm. red onion, diced

1/2 cup olive oil

1/4 cup fresh lime juice

1/2 tsp. Dill

1/2 tsp. Basil

1/2 tsp. sea salt(optional)

Thoroughly wash all vegetables, wash mushrooms, dry, slice -Add onion, bell pepper, olive oil, lime juice, dill, sea salt, and basil -Marinate 1/2 hour in refrigerator -Place greens with mushrooms and mix thoroughly and Enjoy

Peach Arugula Salad

3 cups arugula 1 medium ripe peach, pitted and diced

1 yellow or orange bell pepper, diced

1/3 cup finely chopped raw walnuts

1 teaspoon olive oil, preferably organic

1 teaspoon key lime juice

1 teaspoon tart cherry juice

¼ teaspoon freshly grated lemon zest

¼ teaspoon cayenne pepper

In a large bowl, combine the arugula, peaches, bell peppers, and walnuts. In a small bowl, whisk together the oil, lime juice, tart cherry juice, lemon zest and cayenne pepper. Drizzle the dressing over the arugula mixture, toss, serve and enjoy!

Quick n Healthy Snack Mix

1 Tbsp Chopped Walnuts

¼ Cup Chopped Currants

1 Tbsp. Golden raisins

1 Tbsp. Hemp seed

1 Banana sliced

Agave nectar

Combine all ingredients in a bowl drizzle agave nectar and Top with dash Sweet Basil

Quinoa Falafel w/ Avocado Tahini Dressing

1 cup chickpeas pre-cooked

3 tbsp. Grapeseed Oil

1 medium onion (chopped)

⅓ cup cooked Quinoa

2 tbsp cilantro

1 tbsp Tarragon (chopped)

¼ tsp Sea salt

¼ tsp Cayenne pepper

2 tbsp flax meal

For Avocado Tahini Dressing

1 ripe avocado

¼ cup tahini

½ lime (juiced)

2 tbsp cilantro

½ cup water

Blend all dressing ingredients in a food processor/blender. Set aside.

Blend chickpeas until almost smooth.

Heat 1 tbsp oil in a frying pan on medium heat and fry onions until soft.

Combine chickpeas, onions, quinoa, cilantro, tarragon, sea salt, cayenne pepper, and flax meal together.

Form the mixture into 12 balls, and flatten them slightly.

Heat a couple tablespoons Grapeseed oil in a frying pan on medium heat. Add the falafel patties and cook for about 3 minutes on each side, or until lightly browned.

Serve with dressing, with lettuce, tomato on the side

Store left overs in air tight refrigerator safe container, use within 3 days.

Quinoa Frittata

For the Frittata:

1/2 large onion, chopped

2 Tbsp olive oil, preferably organic

2 cups (480 ml) cooked quinoa

1/2 medium green or yellow zucchini, diced

1 medium tomato, diced

1/4 cup parsley, chopped

1/2 cup chickpea flour

2/3 cup vegetable stock or broth or water

2 tsp Salt Free seasoning; or use your favorite spicy multi-seasoning blend

For the Lemon Tahini Sauce:

2 Tbsp tahini (sesame paste)

2 Tbsp fresh lemon juice

water, as needed

Make the frittata: In a large nonstick skillet, cook the onion with the oil over medium heat until the onion is translucent.

Meanwhile, in a medium bowl, mix together the quinoa, zucchini, tomato and parsley. Once the onion is cooked, add the onion mixture (along with any oil left in the pan) to the bowl and stir to mix.

In a small bowl, whisk the flour with the broth or water until smooth. Pour over the quinoa mixture and stir to coat everything evenly.

Reheat the pan over medium heat (you may want to brush the pan with additional oil). Spread the mixture evenly to fill the pan, and smooth the top. Allow to cook undisturbed at least 10-12 minutes before checking the bottom. It should be very brown, with a thick crust. Here is where you will need to be patient! If you try to flip the frittata before the crust is formed, it will fall apart.

To make flipping it easier, you can cut the frittata into 4 equal wedges, and flip each one at a time. Continue to cook

another 10-15 minutes, until the other side is equally browned. Serve with Lemon Tahini Sauce. May be frozen. While the frittata cooks, make the Lemon Tahini Sauce: In a small bowl, whisk all ingredients until smooth. Add water about a tablespoon at a time until desired consistency is reached. Makes 1/4 cup sauce. Serve with small side salad and enjoy!

Quinoa Veggie Scramble

½ cup **quinoa** (cooked)

½ cup **Callaloo**(chopped)

½ cup **mushrooms** (chopped)

½ cup **tomatoes** (chopped)

1 cup Kale(chopped)

1 tbsp Avocado Oil

1/8 tsp Dulce

habanero pepper (fresh, to taste)

Heat Avocado oil in a Skillet on medium heat

Add callaloo, mushrooms, tomatoes, and kale and allow to heat for about 10 minutes or until tender

Add quinoa, dulce, and habanero pepper and mix

Allow to cook for another 2- 3 minutes or until quinoa is warm and enjoy

Raw Gazpacho

1-2 cups of tomatoes.

1/4 cup of your choice of cilantro, parsley, arugula, basil, and/or onion.

1/2 cup sunflower sprouts.

1/2 large or 1 whole small avocado.

1 tablespoon lemon juice.

Blend all ingredients, adding water as needed for desired consistency. Top with a handful of pre-soaked (1-4 hours) seeds of your choice. Dive in and enjoy!

Raspberry Mango Smoothie Bowl

Blend Together:

1 cup Hemp or Coconut Milk

1 cup Frozen ½ cup Fresh mango

1 cup Frozen ½ cup Fresh raspberries

1/4 cup raw Hemp Seeds

(Add 1 tsp Sunflower Lecithin if using Fresh Fruit to Thicken)

Top with:

1/4 cup Hazelnuts

1/3 cup fresh berries

1 tbsp raw Sesame Seeds

Raw Cucumber soup

2 cups chopped cucumber

1 cup chopped zucchini

1 cup peeled and chopped avocado

1 tsp Cilantro, chopped

2 cups lukewarm water

½ lime, juiced

2 tablespoons olive oil

1/2 teaspoon Sea salt (optional)

Blend cucumber, zucchini, avocado, and cilantro in a food processor/blender until very finely chopped not fully smooth.

Whisk together water, lime juice, olive oil, and Sea salt in a bowl.

Turn on the food processor/blender and pour water mixture slowly through feed tube. Process until smooth, about 1 minute. Transfer to small bowl and enjoy.

Raw Sweet Pumpkin Soup

1 cup water

1 cup organic pumpkin, seeded and peeled

2 pitted dates

1/2-1 teaspoon date syrup

1/8 teaspoon clove powder

sea salt to taste(optional)

Chop the pumpkin into chunks and add to blender/Blendtec. Add all other ingredients and blend until smooth and creamy. Taste test to ensure smooth texture. Serve in a small bowl (top with roasted pumpkin seeds-optional)

Raw Tomato & Basil Soup

1 cup cherry tomatoes

3 sun-dried tomato slices

a pinch of onion powder(optional)

1 stalk green onion

1-2 sprigs basil

1/2 avocado

sea salt to taste (optional)

Cut the tomatoes in half and put in blender/blendtec. Add sun dried tomatoes and blend until smooth. While the blender is still going, add green onion, sea salt, onion powder and blend until mixed. Then add the basil and continue to blend. Lastly, add avocado, blend for just a few seconds to combine. Transfer to small bowl and serve.

Roasted Mushroom & Romaine Salad

The salad:

- 3 oz. (Baby Bella) mushrooms, quartered
- ½ tbsp olive oil
- 2 tbsp fresh cilantro chopped
- ½ tsp crushed rosemary
- ⅛ tsp Sea salt
- ⅛ tsp cayenne pepper
- 1½ cups shredded romaine lettuce
- ¼ cup walnuts, chopped and toasted

The dressing:

- 1 tbsp Lime Juice
- ½ tsp Date Syrup
- ½ tsp agave nectar
- ¼ tsp crushed dried rosemary
- Pinch of Seaweed Salt
- 1 tbsp olive oil

The salad:

Preheat oven to 450 degrees F. Line a baking sheet with parchment paper.

In a medium bowl, toss the mushrooms with the olive oil until coated. Add the cilantro, rosemary, sea salt and cayenne pepper and toss coat.

Spread the mushrooms evenly on the prepared baking sheet. Bake until the mushrooms are brown on the bottom side, about 15 minutes. Turn the mushrooms and bake for an additional 5 minutes.

Place the romaine lettuce in a large bowl and combine with the roasted mushrooms, toasted walnuts and dressing. Toss to coat. Serve and enjoy.

The dressing:

In a small bowl, whisk together the Lime Juice, Date Syrup, agave, rosemary and Seaweed salt. Slowly whisk in the olive oil until combined.

Spelt Pancakes

1/2 cup spelt flour

- 1/2 t cinnamon

- pinch sea salt

- 1 t flax meal

- 1/2 Hemp Protein Powder

- 1/2 c coconut milk

Mix all dry ingredients together the night before and place in container. In the morning, heat a skillet on medium

while mixing the batter. Add the milk to dry ingredients and stir well. Lightly grease skillet with Avocado Oil. spoon the batter onto the skillet on med-low temperature. Flip pancakes when bubbles pop and cook other side. Stack on plate one by one. Top with syrup and enjoy. This recipe makes 5 small pancakes.

Syrup :mix 1 tablespoon of coconut oil and 1/2 a tablespoon of pure date or agave syrup together, a delicious combination

Spelt Penne Pasta Salad

3 Cups of spelt penne (prepare per package instructions)

2 avocados cut in small pieces

1 1/2 cup of sun dried tomatoes

1/2 cup of chopped onions

1/4 cup of Hemp or Coconut milk

1/4 cup of fresh lime juice

3 tbs of agave syrup

4 tbs of sea salt

3-4 dashes of cilantro

1/2 cup of olive oil

Cook pasta as instructed. Set aside and allow to cool. Combine all ingredients in a bowl . Add vegetables to pasta. In a separate bowl, mix coconut/hemp milk, agave, lime juice, cilantro and olive oil, until thickened. Mix sauce with pasta, then add avocado chunks and serve. (season to your taste)

Steamed Veggie Bowl

¼ c Zucchini

¼ c Squash

¼ c Arugula

¼ c Kale

¼ c Dandelion Greens

½ c Onions

¼ c Tomatoes

¼ c Bell Peppers

¼ c Chayote (Cho-Cho)

¼ c Water

1 tbsp Avocado Oil

Combine Veggies in small skillet, sauté on low heat until soft. Add water as needed. Allow to cool. Transfer to bowl to serve.

Stewed Green Banana and Squash Bowl

4 small green bananas

1 squash (chopped)

Seasoning to taste

½ onion

1 tbsp. Avocado Oil

Spice to taste (optional)

Boil Green Bananas until cooked. Set aside, allow to cool.

Pan Fry Squash in Avocado Oil with onions, seasoning and Spices. Allow to cool and top over Green Bananas in small bowl.

Stuffed Bell Peppers

1 ½ cup of quinoa

1 lb. oyster or brown button mushroom

2 green bell peppers

3 tbs Avocado oil

1/2 red bell peppers chopped fine

1/4 tsp of ground Sage

1/2 tsp sweet basil

1/2 tsp dill

1/2 tsp sea salt

2 slices of kamut or spelt bread toasted, crumbled

Steam Whole bell peppers until tender, then hollow out inside each. place quinoa grain in saucepan with water covering the top -cook low heat until water is absorbed, then set aside -sauté mushrooms and red bell peppers in Avocado oil. season inside bell peppers with some spices and Avocado oil Mix quinoa, mushrooms, and red bell pepper with remaining seasonings -stuff bell peppers, then sprinkle bread crumbs on top -bake in preheated oven at 250 degrees for 10-15 minutes -serve hot and enjoy with a small leafy green salad

Tamarind Candy

10-20 fresh tamarind pods

5 Tablespoons Date sugar

1 Tablespoon powdered Habanero pepper (optional)

1 Tablespoon Sea salt (optional)

Remove the tamarind fruit from its shell and de-vein and seeded and gently mold into a ball. If you prefer, you can also keep the tamarind fruit intact.

Combine the date sugar, sea salt, and ground spice in a small bowl. Place the tamarind balls into this mixture and roll around until all of the balls are evenly coated.

You can eat the tamarind candy right away or store in an air tight container in the refrigerator for a day or two to sit and allow the flavors to meld together

Teff Porridge with Apples, Dates, and Brazil Nuts

1/2 cup teff

1 1/2 cup water

½ tsp Avocado Oil

6 dates, pitted and chopped

1 apple, cubed small

One small handful of Brazil nuts, chopped

1/2 teaspoon Organic cinnamon

1/4 cup Hemp or Coconut milk

Place a small heavy saucepan on medium-low heat, and add the teff. Toast it, stirring frequently to make sure it does not burn. After about 5 to 10 minutes, the grains will make little crackling sounds as they start to pop. Add the water, Avocado Oil, cinnamon, half of the dates and stir well. Bring to a gentle boil, cover, and cook for about 15 to 20 minutes. If the porridge becomes too thick, you can add a little water. Once the porridge is thickened to your liking and the grains are soft (about 15 to 20 minutes), remove from heat. Stir in the milk, ladle into bowl and top with chopped apple, Brazil Nuts and remaining chopped dates.

Sweeten with Date or agave syrup(optional)Dust with a little cinnamon and serve.

Tomato & Avocado Pate'

Pate:

1 cup tomatoes, diced

2 mangos, diced

1 small cucumber, julienned or processed into noodles or fine spaghetti

1/2 large or whole small avocado.

Blend all ingredients in a bowl mashing with a fork.

Spoon the pate over a bowl of Green lettuce, kale, or Green leaves and enjoy!

Vegetable Patties

1 bunch of Turnip Greens chopped fine

1 bunch of kale greens cut fine

2 chayote squash diced

½ Cup red and green peppers chopped

1 medium yellow onion chopped fine

1 pinch of African red pepper

3 tbs. Avocado oil

¼ Cup Thyme

1/4 cup Sea moss powder

Spring Water

Kamut Flour

Heat skillet with 3 tbs olive oil -add onion, bell pepper, chayote squash, African red pepper and ground Thyme, Sauté 2-3 minutes -add Turnip Greens and kale simmer 10-12 minutes

for Kamut flour Shell:

-mix Sea moss with enough Kamut flour and water to make a dough -roll out on floured board cut into 10" diameter circles -place cooked vegetables 1/2 of circle -fold other half to cover the vegetables -use a fork to pinch the edges closed -place patties on lightly greased baking sheet and bake 20-30 minutes or until golden brown

Vegetable Salad

¼ cup fresh Dandelion Greens torn into bits

1/4 cup romaine lettuce, torn

¼ cup watercress, torn

¼ cup cilantro, chopped fine

1/3 cup fresh Basil, chopped

1/2 tsp. Dill

1/4 tsp. Parsley

1/4 cup fresh lime juice

1/2 cup olive oil

Sweet basil to taste

Add dill, Parsley, basil, and lime juice to Dandelion Greens -

Marinate in refrigerator for 1-1/2 hours -Mix thoroughly with lettuce, watercress, and cilantro (add Blackberries for a bit of sweetness!, Enjoy!

Vegetable Stir Fry

1 pkg. mushrooms, sliced

2 zucchini, sliced

1/2 small yellow onion, chopped fine

8 cherry tomatoes, chopped

3 tbs Sesame oil

1 cup Dandelion Greens, chopped fine

1 small red and green pepper, chopped

Sauté all ingredients in Skillet with Sesame Oil 7-10 Minutes, Transfer to bowl and Serve

Vegan Chili

¼ c Tomato, ¼ c onion, ¼ c bell pepper, ¼ c mushroom, 1 scallion, ¼ habanero chopped, 1 c chickpeas, ½ c quinoa, ½ c Sun Dried Tomato Paste, 1 c water. Fresh Herbs: ½ tsp sage, dash of thyme, dash of rosemary, dash of oregano, ash of bay leaf. Flavor with Cayenne, onion powder, coriander, sea salt, to your taste. Top with diced avocado, cilantro, & coconut sour cream (coconut milk, lime, sea salt.)

Vegan Shish Kabobs w/Red Quinoa

2 Portobello Mushrooms Cubed

½ Cup Red Bell Pepper cubed

3 Stalks Green Onions Medium Chopped

½ Cup Chayote(Cho-Cho) Peeled and Cubed

mini kabobs skewers (preferably metal) (to be broiled in Oven @ 350 for 20 minutes covered)

Drizzle with black sesame oil

Flavor with ginger powder & Sea salt

1 Cup Red Quinoa cooked (prepare as package instructs)

Allow to cool, Remove shish kabobs from oven and serve over Quinoa on a plate.

Vegan Sushi (Raw)

½ Cup Distilled water

1 Cup Pre-soaked amaranth or Chick Pea

1 Cup Diced avocado

2 Nori Seaweed wraps

3 cherry tomatoes diced

½ Cup Cucumber seeded/diced

½ tsp. Cilantro

¼ tsp Crushed ginger

1 tsp tamarind paste

1/3 tsp. Chopped habanero

Mash Chick peas with water, flavor with chopped Habanero

Layer all ingredients to your taste on Nori Wrap, use bamboo roll to roll into seaweed roll, slice as you like.

Vegan Yogurt

Hemp Milk

Flax Seed-

Sunflower lecithin

Directions:

Pour one 32-ounce box (or a total of four cups combined) of desired plant milk into a sauce pan.

Bring to a boil. Add thickener. Return to boil, whisk for 2-3 minutes, and remove from heat.

Add 1/4 tsp Sunflower Lecithin directly to boiling milk. Whisk vigorously. Sweeten with favorite flavors Pure Organic Vanilla Beans/ Date Sugar

Vegetable Mushroom Soup

Vegetable Mushroom Soup

1 Cup mushrooms, chopped
 1 cup quinoa
 1 small red and green bell pepper chopped
 1 bunch dandelion greens, washed, and steamed
 2 tbsp grapeseed oil
 1/2 Cup kamut spiral pasta
 Distilled water
 1 Medium Red onion chopped finely
 1 large chayote (Cho Cho) squash, peeled and chopped
 2 cups kale chopped
 1 clove
 1/2 tsp: marjoram, rosemary, oregano, thyme, red pepper
 Sauté mushrooms, bell peppers, and onions in Grapeseed Oil
 Add mushroom Sauteed Veggies to Medium Soup pot and fill with Distilled water

 Add chayote squash, thyme, marjoram, rosemary, oregano, red pepper, cumin, clove, and quinoa
 Simmer 30-45 minutes
 Add Kamut Pasta simmer for 15 min
 Add chopped dandelion Last to retain texture, stir, and then serve when tender, Enjoy!

Walnut Salad Supreme

Salad: 2 cups tomatoes, diced. 2 cups green leaf lettuce, shredded. 1 cup kale, shredded. 4 Dandelion Greens, chopped. 1/2 cup Zucchini Diced

Combine all ingredients in a bowl and serve

Walnut Dressing

1 cup mango, diced. 1 cup tomato. 1/4 cup cucumber. 1/4 cup red bell pepper. 2-4 tablespoons of fresh-squeezed orange, lemon juice. 1/3 cup of walnuts. Blend until smooth. Pour the dressing over the salad and enjoy!

Watermelon Basil Cooler

1/3 cup **watermelon** (chunks, refrigerated or frozen)

½ leaf **fresh basil**

¼ cup lime **water**

Place the watermelon and basil in a blender and blend until liquid. Add lime water and stir very lightly (it will foam up a little—careful not to overflow!). Add ice cubes, if desired. Pour into serving glasses and savor the summer.

Wild Rice

1 ½ Cup Wild rice

Enough water to cover Rice

1 medium yellow onion chopped fine

1 small red pepper

1 cup mushrooms, chopped medium, fine (oyster or brown button)

1/8 cup Avocado oil

1 tsp. Thyme

2 tsp. Oregano

1 tsp. sea salt

1/8 tsp. African red pepper

Soak rice in water over night for best results -Cook rice according to package instructions and set aside -pour Avocado oil in hot skillet -Sauté vegetables and mushrooms 2-3 minutes -Add thyme, oregano, sea salt, and African red pepper -Fold in Cooked rice and simmer for 20 minutes, let cool and Enjoy with small Leafy green Salad.

Wild Rice Skillet

1 small onion, minced

1 tablespoon Avocado Butter

2 cups peeled, cubed butternut squash

¼ teaspoon Fresh chopped thyme (more to taste)

1 cup cooked wild rice

1 cup baby kale

1 cup chopped unpeeled apples

2 tablespoons Coconut cream, milk, or butter

Sea salt to taste

Sauté the onion and butter in a large skillet over medium high heat until the onions are soft and translucent. Add the squash and thyme; sauté for 5-8 minutes, until the squash is fork-tender but not mushy. Add the baby kale and wild rice and stir to combine. Add the Coconut cream, Coconut milk, or Coconut butter if the mixture needs a little moisture to blend together. Add the apples last to maintain their texture. Mix well and dress with a pinch of Sweet Basil, Enjoy!

Zucchini w/Chickpea & Mushroom Stuffing

4 zucchini, halved

1 tablespoon olive oil

1 onion, chopped

8 ounces mushrooms sliced

1 teaspoon ground coriander

1 1/2 teaspoons ground Thyme to taste

1 cup chickpeas, soaked and cooked

1/2 lime, juiced

2 tablespoons chopped fresh parsley

sea salt to taste

ground cayenne pepper to taste

Preheat oven to 350 degrees. Grease a shallow baking dish.

Scoop out the flesh of the zucchini; chop the flesh and set aside. Place the shells in the prepared dish.

Heat oil in a large skillet over medium heat. Sauté onions for 5 minutes. Stir in chopped zucchini and mushrooms; sauté 5 minutes. Stir in coriander, thyme, chickpeas, lime juice, parsley, sea salt and cayenne pepper. Spoon mixture into zucchini shells.

Bake in preheated oven for 30 to 40 minutes, or until zucchini are tender. Store leftovers in airtight freezer safe container and use in one week.

Take your time and create your own version of the recipes that I have shared with you. You never know what you will come up with. That is the Beauty of Plant Based cooking, at least for me. It encourages creativity. Using the flavors and spices that you are already familiar with in a plant-based way.