

FAMILY RECIPE COLLECTION



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PLANT-BASED RECIPES

Made with Love, Shared for Generations

Recipes



Grammy's Rice Pudding
Mémé's Cabbage Soup
Mom's Gingersnap Cookies
Auntie's Stuffed Peppers.
Nel's Bon Bons
Nel's Chewy Nips
Nel's French Toast
and more... ♥

The
best memories
are made
around the table.



TIMELESS. RECIPES.

From the Courchene-Cowdrey Family with Love.

MADE TO BE SHARED.



UNION OF SAINTS FAMILY RECIPE COLLECTION

A Plant Based Family Cookbook

FAMILY CONTRIBUTORS

- Grammy
- Mémé
- Mom
- Auntie
- Nel

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Auntie's Stuffed Peppers

Vegan Ground Beef Stuffed Peppers

Ingredients (serves 4)

- 4 large bell peppers (red, orange, or yellow for sweetness)
- 12 oz vegan ground beef (such as Beyond or Impossible)
- 1 cup cooked rice or quinoa
- 1 small red onion, finely diced
- 2 cloves garlic, minced
- 1 small zucchini, diced
- 1 cup diced tomatoes (fresh or canned, drained)
- 2 tbsp olive oil (or avocado oil)
- 2 tbsp tomato paste
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp oregano
- ½ tsp chili flakes (optional, for a little heat)
- Salt + black pepper, to taste
- ½ cup vegan shredded cheese (optional, for topping)
- Fresh parsley or basil, for garnish

Instructions

1. Prep the peppers

- Preheat oven to 375°F (190°C).
- Slice tops off peppers and remove seeds/membranes.
- Lightly drizzle with olive oil and sprinkle with salt. Place upright in a baking dish.

2. Cook the filling

- Heat olive oil in a skillet over medium heat.
- Add onion and garlic, sauté until fragrant (3 minutes).
- Add vegan ground beef, breaking it up into crumbles. Cook 5–6 minutes until browned.
- Stir in zucchini, tomato paste, and diced tomatoes. Cook another 5 minutes.
- Mix in rice/quinoa, smoked paprika, cumin, oregano, chili flakes, salt, and pepper. Taste and adjust seasoning.

3. Stuff the peppers

- Fill each pepper with the savory vegan ground beef mixture.
- Sprinkle with vegan cheese if desired.

4. Bake

- Cover dish with foil and bake for 25 minutes.
- Remove foil and bake another 10 minutes, until peppers are tender and tops are lightly browned.

5. Serve

- Garnish with parsley or basil.
 - Enjoy warm with a side salad, roasted veggies, or crusty bread.
- ✦ Optional variations:
- Stir in chopped mushrooms for an extra meaty texture.
 - Add a splash of soy sauce or balsamic vinegar for deeper umami flavor.
 - Top with marinara sauce before baking for an Italian-style version.

Vegan Chocolate Bon Bons

Ingredients (about 12–15 bon bons):

- 1 cup (150 g) medjool dates, pitted (or other sticky dried fruit)
- ½ cup (80 g) nuts or seeds (almonds, hazelnuts, sunflower seeds, or a mix)
- 2 tbsp nut butter (peanut, almond, cashew, or sunflower seed butter)
- 2 tbsp cocoa or cacao powder
- 1 tsp vanilla extract
- Pinch of salt
- 150 g dark vegan chocolate (70% or higher) for coating
- Optional fillings: dried cherries, raspberries, or whole nuts

Instructions:

1. Make the filling:

Blend dates, nuts, nut butter, cocoa, vanilla, and salt in a food processor until sticky and smooth.

2. Shape:

Roll into small balls. If you want a surprise center, press a dried cherry or nut inside each one.

3. Chill:

Place the balls on a tray lined with parchment paper and freeze for 20–30 minutes (this makes dipping easier).

4. Coat with chocolate:

Melt the chocolate gently over a double boiler or in short bursts in the microwave. Dip each ball into the chocolate, coating evenly, and place back on parchment.

5. Set:

Chill in the fridge until the chocolate hardens.

Variations:

- Mint bon bons → Add peppermint extract to the filling.
- Coconut bon bons → Use shredded coconut instead of nuts, plus a splash of coconut cream.
- Berry bon bons → Blend freeze-dried raspberries or strawberries into the filling for fruity bursts.

Classic Chewy Vegan Nips

Ingredients

For the Chewy Center:

- 1 cup full-fat coconut milk (or canned coconut cream + water)
- 1 cup organic cane sugar
- ¼ cup light corn syrup or maple syrup
- 3 tbsp vegan butter
- ¼ tsp salt
- ½ tsp vanilla extract

For the Chocolate Coating:

- 1 ½ cups vegan chocolate chips (semi-sweet or dark)
- 1 tbsp coconut oil

Instructions

1. Make the Chewy Candy Base

1. Line a baking sheet with parchment paper.
2. In a medium saucepan over medium heat, combine coconut milk, sugar, corn syrup, vegan butter, and salt.
3. Stir constantly until the sugar dissolves.
4. Increase heat and bring to a gentle boil, stirring often. Cook until mixture reaches 240°F (soft-ball stage) on a candy thermometer (approx. 10–12 minutes).
5. Remove from heat and stir in vanilla extract.
6. Let cool slightly until thick but still scoopable.

2. Shape the Candies

1. Using a small spoon or melon baller, scoop small dollops onto the prepared parchment.
2. Let them set at room temperature for 10–15 minutes so they firm up slightly.

3. Coat with Chocolate

1. Melt chocolate chips + coconut oil in a microwave or double boiler until smooth.
2. Dip each chewy candy into the melted chocolate, using a fork to coat fully.
3. Place back on parchment to set. Chill briefly in the fridge if needed.

Tips & Variations

Add ¼ tsp peppermint extract for minty Nips.

Use coconut cream for an extra creamy center.

Sprinkle finely chopped nuts or shredded coconut on top before chocolate sets for texture.

Store in an airtight container at room temperature for shelf life.

1–2 weeks or refrigerate for longer

Vegan French Toast (with JUST Egg & Nutritional Yeast)

Ingredients (serves 4, ~8 slices)

- 1 cup JUST Egg
- ½ cup non-dairy milk (oat, soy, almond, etc.)
- 2 tbsp nutritional yeast (optional, for a savory/eggy depth — use less if you want it sweet-forward)
- 2 tbsp maple syrup (or sugar)
- 1 tsp vanilla extract
- 1 tsp cinnamon (optional)
- 1–2 tbsp vegan butter or oil, for frying
- 8 slices thick bread (day-old works best so it soaks up the custard without falling apart)

Instructions

1. Make the custard

- In a shallow bowl or pie dish, whisk together JUST Egg, non-dairy milk, nutritional yeast, maple syrup, vanilla, and cinnamon until smooth.

2. Dip the bread

- Heat a skillet or griddle over medium heat with a little vegan butter/oil.
- Dip each bread slice in the mixture, coating both sides but not oversoaking.

3. Cook

- Place dipped bread onto the hot skillet.
- Cook 3–4 minutes per side, until golden brown and slightly crisp on the edges.

4. Serve

- Plate warm with maple syrup, powdered sugar, berries, or nut butter.

Tips & Variations

- Savory Version: Skip the vanilla + syrup and keep the nutritional yeast—add garlic/onion powder and serve with sautéed mushrooms or avocado.
- Crispier Texture: After dipping, press the bread lightly into a plate of crushed cornflakes or panko before frying.
- Custard Boost: For extra richness, add 1 tbsp of cornstarch to the mix—it thickens as it cooks.

Enjoy! ~Nel

Gluten-Free Potato Sandwich with Vegan Cheese Filling

Ingredients

For the Potato Sandwich Buns (makes 4 small buns):

- 1 cup mashed potatoes (about 2 medium potatoes, boiled and drained)
- 1 cup gluten-free flour blend (plus extra for dusting)
- 2 tsp baking powder
- 1/4 tsp salt
- 2 tbsp olive oil or melted vegan butter
- 2–3 tbsp plant-based milk (almond, oat, soy)

For the Cheese Filling:

- 1/2 cup vegan cheese (cheddar-style or your favorite)
- 1–2 tbsp vegan cream cheese or vegan sour cream (for creaminess)
- 1 scallion, finely chopped (optional)
- Salt & pepper to taste

Optional Cheese Snackers:

- 1/2 cup vegan cheese shreds
- Pinch smoked paprika or nutritional yeast
- Small dollops on baking sheet, baked 8–10 mins

Instructions

1. Make the Potato Buns:

1. Preheat oven to 375°F (190°C).
2. Mash boiled potatoes until smooth.
3. Mix mashed potatoes, gluten-free flour, baking powder, salt, and olive oil.
4. Add plant-based milk gradually until soft dough forms.
5. Shape into 4 small buns on a parchment-lined baking sheet.
6. Bake 20–25 minutes until golden and firm. Cool slightly.

2. Make Cheese Filling:

1. Mix vegan cheese with cream cheese or vegan sour cream until creamy.
2. Stir in scallions (optional) and season with salt and pepper.

3. Optional Cheese Snackers:

1. Place small mounds of vegan cheese on parchment, sprinkle paprika/nutritional yeast.
2. Bake at 375°F (190°C) for 8–10 minutes until golden. Cool slightly.

4. Assemble Sandwiches:

1. Slice buns in half horizontally.
2. Spread a generous layer of cheese filling on the bottom half.
3. Optionally add a baked cheese snacker inside for extra texture.
4. Cover with top bun.

5. Serve & Enjoy:

- Best warm.
- Sprinkle extra scallions or paprika if desired.

Grammy's Vegan Rice Pudding

Grammy always had rice pudding in the fridge. I loved this dessert. It is difficult finding vegan rice pudding on the shelves, so here is a recipe for you :)! A warm, comforting dessert — lightly spiced, and sweet.

Ingredients

- 1 cup short-grain white rice (arborio or sushi rice works best for creaminess)
- 4 cups unsweetened almond, oat, or soy milk (plus more if needed)
- ½ cup organic cane sugar (or coconut sugar for deeper flavor)
- 1 tsp vanilla extract
- 1 cinnamon stick (or 1 tsp ground cinnamon)
- ¼ tsp ground nutmeg
- Pinch of salt
- Optional: ½ cup raisins or dried cranberries (Grammy-style!)
- Optional garnish: toasted coconut, chopped nuts, or extra cinnamon

Directions

1. Cook the Rice

- Rinse rice briefly, then place in a medium saucepan with 2 cups plant milk and a pinch of salt.
- Bring to a gentle simmer, stir, and cook until rice absorbs most of the liquid (about 15 minutes).

2. Add Flavor & Creaminess

- Stir in remaining 2 cups of plant milk, sugar, cinnamon stick, and nutmeg.
- Simmer gently on low heat, stirring often, until mixture becomes thick and creamy (20–25 minutes). Add more milk if you prefer a looser pudding.

3. Finish with Love

- Remove cinnamon stick. Stir in vanilla and (optional) raisins.
- Taste and adjust sweetness or spice as desired.

4. Serve

- Enjoy warm for cozy comfort, or chill for a thicker, cold pudding.
- Top with a dusting of cinnamon, toasted coconut, or chopped nuts for extra goodness.

Tips

- Oat milk makes it extra creamy, almond milk keeps it light.
- Add a squeeze of lemon zest at the end for brightness.
- This pudding thickens as it cools, so add a splash of milk when reheating.

Grammy Inspired, Vegan Fudge Recipe Collection

All the recipes use the same melt + mix + chill method, with vegan swaps for butter, condensed milk, and chocolate. ✨

1. Classic Vegan Chocolate Fudge

Ingredients:

- 3 cups dairy-free chocolate chips
- 1 can (13.5 oz) full-fat coconut milk
- 2 tbsp vegan butter or coconut oil
- 1 tsp vanilla extract

2. Vegan Peanut Butter Fudge

Ingredients:

- 2 cups organic sugar
- ½ cup oat milk
- 1½ cups natural peanut butter
- 1 tsp vanilla extract

3. Vegan Rocky Road Fudge

Ingredients:

- 2 cups dairy-free chocolate chips
- 1 can coconut milk
- 2 tbsp vegan butter
- 1 cup vegan marshmallows (cut small)
- 1 cup chopped walnuts or almonds

4. Maple Walnut Fudge (Vegan)

Ingredients:

- 2 cups organic sugar
- ½ cup almond milk
- ½ cup vegan butter
- 1 cup vegan white chocolate chips
- ½ tsp maple extract
- 1 cup walnuts

5. Vegan Cookies & Cream Fudge

Ingredients:

- 3 cups vegan white chocolate chips
- 1 can coconut milk
- 20 crushed vegan sandwich cookies (Oreos are accidentally vegan!)

6. Vegan Salted Caramel Fudge

Ingredients:

- 2 cups vegan white chocolate chips

- 1 can coconut milk
- ½ cup vegan caramel sauce (date or coconut-based)
- 1 tsp sea salt

7. Peppermint Swirl Fudge (Vegan)

Ingredients:

- 2 cups vegan white chocolate chips
- 1 can coconut milk
- ½ tsp peppermint extract
- Few drops natural beet juice (for red swirl)

8. Vegan Strawberry Cream Fudge

Ingredients:

- 2 cups vegan white chocolate chips
- 1 can coconut milk
- 1 packet vegan strawberry gelatin (like Simply Delish)

9. Mocha Espresso Vegan Fudge

Ingredients:

- 2 cups dairy-free chocolate chips
- 1 can coconut milk
- 1 tbsp instant espresso powder

10. Vegan Almond Joy Fudge

Ingredients:

- 2 cups dairy-free chocolate chips
- 1 can coconut milk
- 1 cup shredded coconut
- 1 cup whole almonds

Grandma's Recipe, I love my Grandma so much. I am not really sure what ingredients she puts in this beautiful soup of hers, of course, I can ask her, but I guess that is why we call it: "Garbage Soup" (Macaroni & Vegetable Soup)

Ingredients

- 2 tbsp olive oil or butter
- 1 large onion, chopped
- 2–3 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 bell pepper, chopped (any color)
- 1 zucchini or yellow squash, chopped
- 1–2 potatoes, peeled and cubed
- 1 can (28 oz) crushed tomatoes (or 3–4 fresh tomatoes, chopped)
- 6 cups vegetable broth
- 1 cup small pasta (elbow macaroni is traditional!)
- 1 cup cabbage, shredded
- 1 cup corn kernels or peas (fresh or frozen)
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 bay leaf
- Salt & black pepper, to taste
- Fresh parsley, chopped (for garnish)
- Grated Vegan Parmesan or nutritional yeast (optional, for serving)

Instructions

1. Sauté the base: In a large soup pot, heat the olive oil over medium heat. Add onion, garlic, carrots, and celery. Cook until softened, about 5 minutes.
2. Add the hearty vegetables: Stir in potatoes, bell pepper, and zucchini. Cook for another 5 minutes to build flavor.
3. Tomatoes & broth: Pour in the crushed tomatoes and broth. Add oregano, basil, bay leaf, salt, and pepper. Stir well.
4. Simmer: Bring to a boil, then reduce to a gentle simmer for 20–25 minutes, until potatoes and carrots are tender.
5. Add pasta & lighter veggies: Stir in macaroni, cabbage, and corn/peas. Cook until pasta is tender, about 8–10 minutes.
6. Taste & finish: Adjust seasoning with extra salt and pepper. Remove bay leaf. Sprinkle with fresh parsley.
7. Serve: Ladle into bowls and top with Parmesan (or nutritional yeast for vegan). Serve

with crusty bread or buttered rolls.

Notes & Tips

- The beauty of this soup is flexibility — add whatever vegetables you have (green beans, spinach, leftover roast veggies, etc.).
- Can add oat milk or coconut milk on the side, if you like.
- It's even better the next day when the flavors mingle.
- What a beautiful childhood we had. We love our visits with Grandma and Grandpa.

Homemade Corn Chips

Ingredients (makes ~4 servings)

- 12 small corn tortillas (store-bought or homemade)
- 2–3 tbsp neutral oil (avocado, sunflower, or olive oil)
- 1 tsp salt (or to taste)
- Optional seasonings:
 - ½ tsp smoked paprika
 - ½ tsp chili powder or cayenne (for spicy chips)
 - ½ tsp garlic powder
 - Lime zest (for a fresh kick)

Instructions

1. Preheat oven (or air fryer)

- Oven: 350°F (175°C)
- Air fryer: 325°F (160°C)

2. Cut the tortillas

- Stack tortillas and cut into 6–8 wedges (like pizza slices).

3. Season the chips

- Place tortilla wedges in a bowl.
- Drizzle with oil, sprinkle with salt and any extra seasonings.
- Toss well so each chip is lightly coated.

4. Bake / Air Fry

- Arrange chips in a single layer on a parchment-lined baking sheet (or in air fryer basket).
- Bake 12–15 minutes, flipping halfway through, until golden and crispy.
- Air fry 8–10 minutes, shaking halfway.

5. Cool & Crisp

- Let chips cool completely — they'll crisp up even more as they cool.

6. Serve

- Enjoy with salsa, guacamole, vegan queso, or use them for nachos.

✦ Variations

- Lime chips: Toss with lime juice + zest right before baking.
- Spicy chips: Add cayenne, chili powder, or Tajín.
- Sweet twist: Brush with coconut oil + sprinkle cinnamon sugar before baking.

Homemade Potato Chips – My favorite are Cape Cod How about yours?

Ingredients (makes ~4 servings)

- 2 large russet potatoes (or Yukon Gold for a sweeter chip)
- 2–3 tbsp neutral oil (avocado, sunflower, or canola)
- 1 tsp salt (or to taste)
- Optional flavorings:
 - Fresh cracked black pepper
 - Smoked paprika
 - Garlic or onion powder
 - Vinegar powder (for salt & vinegar style)
 - Fresh herbs like rosemary or thyme

Instructions

1. Prep the potatoes

- Wash potatoes well. You can peel them or leave the skins on for rustic chips.
- Slice into very thin rounds (use a mandolin if you have one, about 1/16 inch).

2. Soak & dry

- Place slices in a bowl of cold water and soak for 20–30 minutes (this removes excess starch and helps them crisp).
- Drain and pat dry thoroughly with a clean towel.

3. Choose your cooking method:

Oven-Baked Chips:

- Preheat oven to 400°F (200°C).
- Toss potato slices with oil + salt.
- Arrange in a single layer on a parchment-lined baking sheet.
- Bake 15–20 minutes, flipping halfway, until golden and crisp.

Air-Fryer Chips:

- Preheat air fryer to 350°F (175°C).
- Toss slices with oil + salt.
- Cook in batches for 12–15 minutes, shaking basket halfway through.

Fried Chips (classic method):

- Heat neutral oil in a deep pot or skillet to 350°F (175°C).
- Fry potato slices in batches, 2–3 minutes, until golden brown.
- Remove with slotted spoon and drain on paper towels.
- Immediately sprinkle with salt or seasonings.

4. Cool & Serve

- Let chips cool completely — they'll crisp up even more as they sit.
- Store in an airtight container if not eating right away.

💡 Fun Variations

- BBQ Chips: Toss with smoked paprika, onion powder, garlic powder, and a pinch of brown sugar.
- Salt & Vinegar Chips: Soak slices in vinegar instead of plain water before cooking, then season with extra vinegar powder.
- Herb Chips: Toss hot chips with fresh rosemary, thyme, or dill.

Homemade Vegan Ranch Chickpea Tortilla Chips (HIPPEAS-Inspired) – Love these!

Description

Light, crunchy, and packed with ranch flavor — these homemade chips mimic the tangy, herby vibe of HIPPEAS Ranch chips, but you can make them right in your kitchen with simple plant-based ingredients.

Ingredients (makes ~4 servings)

For the chips:

- 1 cup chickpea flour
- ½ cup white corn flour (masa harina works best)
- ½ cup yellow corn flour
- 2 tbsp pea protein powder (or sub flax meal for fiber boost)
- ½ tsp sea salt
- ~½ cup water (add more as needed for dough)
- 1 tbsp oil (canola, sunflower, or olive)

For the ranch seasoning mix:

- 1 tbsp tapioca starch (helps coating stick)
- 1 tsp sea salt
- 1 tsp cane sugar (optional, balances tang)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp vinegar powder (or sub with 1 tbsp nutritional yeast + ½ tsp citric acid for tang)
- ½ tsp dried dill
- ½ tsp dried parsley
- ½ tsp tomato powder (optional, for extra savory depth)
- 1 tbsp nutritional yeast (umami + cheesy note)

Instructions

1. Make the dough

- In a mixing bowl, whisk together chickpea flour, white corn flour, yellow corn flour, pea protein/flax, and salt.
- Add oil and water, mixing until a soft dough forms. It should be pliable, not sticky.

2. Roll & cut chips

- Divide dough into small portions and roll each out thin (like tortilla thickness).
- Cut into triangles (like tortilla chips).

3. Bake or fry

- Oven: Preheat to 375°F (190°C). Place triangles on a parchment-lined baking sheet, lightly brush with oil, and bake 12–15 min, flipping once, until golden.
- Air fryer: Cook at 350°F (175°C) for 7–9 min, shaking halfway.

- Fry: Heat oil to 350°F, fry chips in small batches until crisp (2–3 min), drain on paper towels.

4. Season

- While still warm, toss chips in ranch seasoning until well coated.

5. Cool & Serve

- Let cool completely for max crunch. Enjoy on their own or with salsa, guac, or vegan ranch dip.

Notes & Tips

- Vinegar powder is what gives HIPPEAS that tang. If you can't find it, use citric acid + nutritional yeast for a similar punch.
- For a lighter crunch (closer to the packaged chips), roll the dough very thin and bake longer at a slightly lower temp (350°F).
- Store in an airtight container — they'll stay crunchy for several days.

Homemade Potato BBQ Chips

Ingredients (4 servings)

For the chips:

- 2 large russet potatoes (or Yukon Gold for sweeter chips)
- 2–3 tbsp neutral oil (avocado, sunflower, or canola)
- Cold water + ice (for soaking)
- Salt, to taste

For the BBQ seasoning:

- 2 tbsp smoked paprika
- 1 tbsp brown sugar (or coconut sugar)
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp black pepper
- ½ tsp salt (adjust to taste)
- ¼ tsp cayenne (optional, for heat)

Instructions

1. Prep the potatoes

- Wash potatoes well (peel if you prefer smooth chips, but skins add extra crunch).
- Slice into very thin rounds (1/16 inch or thinner) using a mandoline if possible.

2. Soak

- Place slices in a large bowl of cold water with ice. Soak for at least 30 minutes to remove excess starch.
- Drain and pat completely dry with a clean towel.

3. Seasoning mix

- In a small bowl, stir together smoked paprika, brown sugar, garlic powder, onion powder, chili powder, cumin, pepper, salt, and cayenne (if using). Set aside.

4. Choose your cooking method:

Oven-Baked:

- Preheat oven to 400°F (200°C).
- Toss potato slices with oil + a pinch of salt.
- Arrange in a single layer on parchment-lined baking sheets.
- Bake for 15–20 minutes, flipping once, until golden and crisp.

Air-Fried:

- Preheat air fryer to 350°F (175°C).
- Toss potato slices with oil + salt.
- Cook in batches for 10–15 minutes, shaking halfway through, until crisp.

Fried (classic method):

- Heat oil in a deep pan to 350°F (175°C).
- Fry chips in small batches, 2–3 minutes, until golden brown.
- Remove with slotted spoon, drain on paper towels, and sprinkle with salt.

5. Season while warm

- Immediately toss hot chips in the BBQ seasoning mix so it sticks.

6. Cool & Enjoy

- Let cool on a wire rack — they'll crisp more as they sit.
- Store in an airtight container for 2–3 days.

💡 Tips & Variations:

- For a tangy BBQ flavor, add ½ tsp vinegar powder or a tiny sprinkle of citric acid to the seasoning.
- For a sweeter BBQ chip, increase brown sugar to 2 tbsp.
- For smoky heat, use chipotle powder instead of cayenne.

Kettle-Cooked Salt & Vinegar Potato Chips

Ingredients (4 servings)

- 2 large russet potatoes (Yukon Gold also works, but russet gets crispier)
- 3 cups white vinegar (or apple cider vinegar for a fruitier tang)
- 1 tbsp sea salt, plus more for finishing
- 2–3 cups neutral frying oil (sunflower, avocado, canola, or peanut oil)

Instructions

1. Slice the potatoes

- Wash and peel potatoes (optional — leaving skins makes them rustic).
- Slice into 1/8-inch thick rounds (slightly thicker than regular chips for kettle style). A mandoline works best for even slices.

2. Soak in vinegar

- Place slices in a saucepan and cover with vinegar. Add 1 tbsp salt.
- Bring to a boil, then reduce to a simmer for 8–10 minutes.
- Drain well and pat completely dry with a clean towel.

This step infuses them with tang and also removes some starch for crispiness.

3. Heat the oil

- In a deep pot, heat oil to 325–350°F (165–175°C). Use a thermometer if possible to keep the temp steady.

4. Fry the chips

- Fry potato slices in small batches, stirring gently so they don't stick.
- Cook 4–6 minutes per batch, until golden brown and crisp.
- Remove with a slotted spoon and drain on paper towels or a wire rack.

5. Season

- While still warm, sprinkle with extra sea salt.
- For extra tang, dust lightly with vinegar powder (optional but amazing).

6. Cool & Enjoy

- Let chips cool fully to develop max crunch.
- Store in an airtight container for up to 3 days (if they last that long!).

💡 Tips & Variations

- For extra sour lovers: add a quick mist of vinegar (using a spray bottle) right before serving.
- For salt & malt chips (UK pub style), use malt vinegar instead of white vinegar in the boil.

Homemade “Hooray Foods” Vegan Bacon (Copycat Recipe)

Ingredients

Component

Ingredients

Base Batter ½ cup rice flour, ½ cup tapioca starch, ½ cup coconut oil (melted) — in two

Seasoning

#1

Seasoning

#2

bowls

¾ cup warm water, 1 tbsp umami powder, 1 tbsp maple syrup, 1 tbsp liquid

smoke, 1 tsp salt Additional Seasoning: 2 tbsp maple syrup, garlic powder,

smoked paprika, salt pepper

¾ cup warmed beet juice, plus same seasonings as above

On Label: Coconut oil, rice flour, tapioca starch, liquid smoke, umami seasoning

(shiitake mushrooms, salt, mushroom extract, calcium carbonate), maple syrup,

salt, beet juice concentrate.

Instructions

1. Mix the Batter

- In each of two bowls, whisk together rice flour, tapioca starch, and melted coconut oil until smooth. The VGN Way

2. Prepare Flavor Mixtures

- In one cup, whisk together warm water with umami powder, maple syrup, liquid smoke, and salt.

- In a second cup, do the same, but with warm beet juice instead of water. The VGN Way

3. Combine

- Pour the water-based mix into one of the flour bowls.
- Pour the beet-juice mix into the other. You'll have a “white” batter and a “red” batter. The VGN Way

4. Create the Bacon Pattern

- Grease a half-sheet pan with coconut oil. Pour the white batter in, spreading it evenly.
- Use a squeeze bottle to drizzle the red beet-juice batter in lines (and optional dots), then use a butter knife to lightly swirl for a marbled effect.

Saucestache The VGN Way

5. Bake

- Preheat the oven to 350 °F (175 °C).
- Bake for 5–7 minutes, until bubbling and set. Saucestache The VGN Way

6. Cut & Freeze

- Slice into bacon strips (across and along the marbling lines).
- Wrap in parchment and freeze—it firms up and makes handling easier.

Saucestache The VGN Way

7. Cook Before Serving

- Skillet: Cook directly (no added oil needed—the fat renders from the bacon) on medium-low, flipping frequently until crispy—about 90 seconds total. The VGN Way
- Air Fryer: Bake at 375 °F, 5–10 minutes until evenly browned and crisp.

Homemade Organic Vegan Baby Food

Stage 1 (Single-Ingredient Purées — 4–6 months)

1. Organic Carrot Purée

- Ingredients: 2 organic carrots
- Method: Peel, chop, steam until soft. Blend with water or breast milk until smooth.
- Storage: 3 days in fridge, 2 months frozen.

2. Organic Sweet Potato Purée

- Ingredients: 1 small organic sweet potato
- Method: Bake or steam until tender, scoop flesh, blend until smooth.
- Storage: 3 days in fridge, 2 months frozen.

3. Organic Butternut Squash Purée

- Ingredients: 1 cup organic butternut squash cubes
- Method: Steam until soft, blend until smooth.
- Storage: 3 days in fridge, 2 months frozen.

4. Organic Green Pea Purée

- Ingredients: 1 cup organic peas
- Method: Steam, then blend with a splash of water until smooth.
- Storage: 3 days in fridge, 2 months frozen.

5. Organic Zucchini Purée

- Ingredients: 1 organic zucchini
- Method: Steam until tender, blend into a smooth purée.
- Storage: 3 days in fridge, 2 months frozen.

6. Organic Apple Purée

- Ingredients: 1 organic apple (peeled, cored)
- Method: Steam or simmer until soft, blend until smooth.
- Storage: 3 days in fridge, 2 months frozen.

7. Organic Pear Purée

- Ingredients: 1 organic pear (peeled, cored)
- Method: Steam until soft, blend.
- Storage: 3 days in fridge, 2 months frozen.

8. Organic Banana Mash

- Ingredients: 1 ripe organic banana
- Method: Mash with a fork until smooth. No cooking needed.
- Storage: Best fresh; 1 day in fridge.

9. Organic Avocado Mash

- Ingredients: ½ ripe organic avocado
- Method: Mash with fork until smooth.
- Storage: Best fresh; 1 day in fridge (may brown).

10. Organic Pumpkin Purée

- Ingredients: 1 cup organic pumpkin
- Method: Steam or bake pumpkin, scoop flesh, blend until smooth.

- Storage: 3 days in fridge, 2 months frozen.

Stage 2 (Two-Ingredient Blends — 6–8 months)

11. Carrot + Apple Purée

- Steam carrots and apple, blend until smooth.

12. Sweet Potato + Pear Purée

- Steam sweet potato and pear, blend until smooth.

13. Banana + Avocado Mash

- Mash ripe banana + avocado together with fork.

14. Zucchini + Pea Purée

- Steam zucchini + peas, blend smooth.

15. Apple + Pumpkin Purée

- Steam apple + pumpkin, blend smooth.

16. Pear + Oatmeal Mash

- Cook oats in water, stir in pear purée, mash together.

17. Avocado + Mango Purée

- Mash avocado with ripe mango until creamy.

18. Sweet Potato + Lentil Purée

- Cook red lentils until soft, blend with sweet potato.

19. Butternut Squash + Apple Purée

- Steam both, blend smooth.

20. Carrot + Quinoa Purée

- Cook quinoa, steam carrot, blend together.

Stage 3 (More Variety & Protein — 8–10 months)

21. Broccoli + Pea Purée

- Steam broccoli + peas, blend until smooth.

22. Sweet Potato + Chickpea Purée

- Cook chickpeas until soft, blend with roasted sweet potato.

23. Lentil + Carrot Purée

- Simmer red lentils + carrots until tender, blend.

24. Quinoa + Pumpkin Purée

- Cook quinoa, steam pumpkin, blend smooth.

25. Spinach + Apple Purée

- Steam spinach lightly, blend with apple purée.

26. Blueberry + Banana Mash

- Mash ripe banana with blueberries.

27. Brown Rice + Zucchini Purée

- Cook rice, steam zucchini, blend smooth.

28. Millet + Pear Purée

- Cook millet until very soft, blend with pear.

29. Cauliflower + Potato Purée

- Steam cauliflower + potato, blend until smooth.

30. Mango + Oat Purée

- Cook oats, stir in ripe mango purée.

Stage 4 (Textured Blends — 10–12 months)

31. Chickpea + Sweet Corn Mash

- Cook chickpeas + corn, mash gently with fork.

32. Lentil + Rice + Veggie Blend

- Cook lentils + rice, mix with steamed veggies, mash lightly.

33. Broccoli + Quinoa + Apple Purée

- Blend lightly for texture.

34. Butternut Squash + Millet Mash

- Mash together, leaving a few soft chunks.

35. Banana + Strawberry Mash

- Mash ripe banana + soft strawberries.

36. Oats + Blueberries + Flaxseed Purée

- Cook oats, stir in blueberries + finely ground flaxseed.

37. Spinach + Potato + Pea Purée

- Blend spinach + potato + peas, keep slightly textured.

38. Apple + Carrot + Beet Purée

- Steam all until soft, blend smooth.

39. Mango + Coconut Rice Purée

- Cook rice in coconut milk, stir in mango purée.

40. Avocado + Chickpea Mash with Lemon

- Mash avocado + chickpeas with a tiny squeeze of lemon for freshness.

💡 Tips for all recipes:

- Always let food cool before serving.
- Use organic produce where possible.
- No added salt, sugar, or seasonings.

Homemade Organic Vegan Spaghetti

Can also make pierogis with this recipe & fry or bake.

Part 1: Fresh Vegan Spaghetti Pasta

Ingredients (4 servings):

- 2 cups organic all-purpose flour (or semolina flour for a more traditional pasta)
- ½ cup organic whole wheat flour (optional, for extra fiber)
- ½ tsp sea salt
- ¾ cup warm water
- 2 tbsp organic olive oil

Instructions:

1. Make the dough – In a large bowl, whisk together flours and salt. Make a well in the center, pour in water and olive oil. Mix until a shaggy dough forms.
2. Knead – Turn out onto a floured surface and knead for 8–10 minutes until smooth and elastic.
3. Rest – Cover with a clean towel and let the dough rest for 30 minutes.
4. Roll & cut – Divide dough into sections. Roll each out thin with a rolling pin (or pasta machine if you have one). Cut into long spaghetti strips. Dust lightly with flour to prevent sticking.
5. Cook – Bring a large pot of salted water to boil. Cook pasta for 3–4 minutes (fresh pasta cooks quickly). Drain.

Part 2: Organic Vegan Spaghetti Sauce with Herbs (from before)

Ingredients:

- 2 tbsp organic olive oil
- 1 medium organic onion, chopped
- 3–4 organic garlic cloves, minced
- 2 lbs organic tomatoes (peeled & chopped) or 2 cans organic crushed tomatoes
- 2 tbsp organic tomato paste
- 1 tsp organic oregano
- 1 tsp organic basil
- ½ tsp thyme
- 1 tsp sea salt
- Black pepper, to taste
- 1 tbsp fresh parsley, chopped
- 1–2 tsp balsamic vinegar (optional)

Instructions:

1. Heat olive oil in a pan. Sauté onion until translucent, then add garlic.
2. Stir in tomatoes and tomato paste. Add oregano, basil, thyme, salt, and pepper.
3. Simmer uncovered for 30–40 minutes, stirring occasionally until thickened.

4. Finish with fresh parsley and a splash of balsamic vinegar.

To Serve:

- Toss fresh spaghetti with sauce.
- Garnish with fresh basil or parsley.
- Optional: Sprinkle with vegan Parmesan (nutritional yeast + cashews + garlic powder blended).

“Junk Food Santa” Dessert

Layered Sunday Brownie Bar

Ingredients

- Base layer (brownie and, or cookie crumble):
- 1 batch vegan brownies (store-bought or homemade) or crushed vegan sandwich cookies
- Creamy layer:
- 1 pint vegan ice cream (favorite flavor, vanilla, chocolate, or cookie dough)
- Candy crunch mix-ins:
- Vegan chocolate chips
- Crushed pretzels
- Vegan peanut butter cups (Justin’s dark chocolate, Unreal, or homemade)
- Vegan gummy bears or sour candies (Wholesome brand works great)
- Sauce drizzle:
- Melted vegan chocolate
- Peanut butter or almond butter drizzle
- Caramel sauce (made with coconut cream + coconut sugar)
- Toppings:
- Whipped coconut cream
- Crushed potato chips (yes, for salty-sweet fun!)
- Rainbow sprinkles (vegan-friendly)

Directions

1. Build the base:

Press brownie chunks or cookie crumbles into the bottom of a bowl, pan, or jar.

2. Add ice cream:

Scoop vegan ice cream over the base.

3. Mix in the junk food fun:

Sprinkle in vegan candies, pretzels, chips, and gummies for a wild mix.

4. Drizzle:

Pour melted chocolate, caramel, and nut butter across the top.

5. Top it off:

Add whipped coconut cream, sprinkles, and an extra layer of crushed salty snacks.

6. Serve immediately:

Enjoy with spoons straight out of the dish or scoop into individual bowls.

Variation ideas:

- Make it into bars by layering brownies, ice cream, and toppings in a baking dish, then freezing and slicing.
- Make Junk Food Vegan Milkshakes by blending ice cream, plant milk, and crushed

vegan cookies, then topping with whipped cream + sprinkles.

- Make it a party platter with bowls of toppings so everyone can build their own chaos bowl.

“Junk Food Santa” ~Nachos

Ingredients

Base “nacho” layer:

- 1 large bag tortilla chips (or kettle-cooked potato chips for extra junk-food vibes)
- 1–2 cups vegan cheese shreds (cheddar-style works best)
- 1 can black beans (drained + rinsed)
- ½ cup corn kernels (fresh, canned, or roasted)

Toppings:

- Pickled jalapeños
- Diced red onion
- Fresh tomato or salsa
- Guacamole (or smashed avocado)
- Vegan sour cream (cashew-based or store-bought)
- Crushed pretzels or popcorn (for the “junk food” crunch twist!)

Optional extra junk food add-ins:

- Crumbled veggie burger patties or vegan sausage
- Vegan “pepperoni” slices or jackfruit carnitas
- Hot fries–style spicy chips (crushed) as a topping

Sauce drizzle:

- Vegan queso (made with cashews, nutritional yeast, roasted peppers)
- Or creamy chipotle mayo (vegan mayo + chipotle in adobo)

Directions

1. Preheat oven to 375°F (190°C).

Line a baking tray with parchment.

2. Build the base:

Spread chips in a thick layer. Top with beans, corn, and vegan cheese.

3. Bake for 10–12 minutes until cheese is melty and edges are toasty.

4. Pile on toppings:

Add jalapeños, onion, salsa, guac, and sour cream.

5. Add junk-food crunch:

Sprinkle crushed pretzels, popcorn, or spicy chips right on top.

6. Drizzle sauces:

Finish with vegan queso or chipotle mayo for over-the-top richness.

7. Serve hot and messy!

This dish is meant for sharing and finger food chaos.

Variations:

- Loaded Fries Version → swap tortilla chips for waffle fries or sweet potato fries.
- Stadium Platter → include vegan pepperoni, home fries, and onion rings alongside the

nachos, all piled onto one board.

- Mini Bar Bites → portion the toppings into little cups so each person has their own “junk food nacho cup.”

Maple-Glazed Nuts Recipe

Ingredients:

- 2 cups mixed nuts (or use just one type — pecans work especially well)
- ¼ cup pure maple syrup
- 1 tablespoon butter or coconut oil (optional for richness)
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon (optional but recommended)
- ¼ teaspoon sea salt
- Pinch of cayenne pepper or chili flakes (optional, for a sweet-heat combo)

Instructions:

1. Preheat oven to 325°F (160°C). Line a baking sheet with parchment paper.
2. In a medium saucepan over medium heat:
 - Add the maple syrup, butter/oil (if using), vanilla, cinnamon, salt, and cayenne.
 - Stir until melted and slightly bubbling (about 1–2 minutes).
3. Add nuts to the pan and stir to coat them evenly.
4. Spread nuts on the prepared baking sheet in a single layer.
5. Bake for 15–20 minutes, stirring halfway through, until nuts are golden and fragrant.
 - Keep a close eye on them during the last 5 minutes to avoid burning.
6. Cool completely: They'll be soft when they come out but will crisp up as they cool.
7. Store in an airtight container at room temperature for up to 2 weeks.

Flavor Variations:

- Smoky-sweet: Add a touch of smoked paprika.
- Maple-rosemary: Add 1 tsp chopped fresh rosemary to the maple mixture.
- Maple-espresso: Stir in ½ tsp instant espresso powder for depth.

Mémé's Cabbage Soup

A humble, hearty recipe passed down from my Mémé with love.

Ingredients (serves 6–8)

- 1 medium green cabbage, chopped
- 2 carrots, sliced into coins
- 2 celery stalks, chopped
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 can (14 oz) diced tomatoes (or fresh, peeled tomatoes)
- 6 cups vegetable broth
- 2 potatoes, diced
- 1 bay leaf
- 1 tsp dried thyme or oregano
- 1 tsp paprika (optional)
- Salt & pepper, to taste
- A drizzle of olive oil or knob of butter

Directions

1. In a large soup pot, warm olive oil or butter over medium heat.
2. Sauté onion, garlic, carrots, and celery until fragrant.
3. Stir in cabbage and potatoes, letting them soften slightly.
4. Pour in broth and tomatoes, add bay leaf, thyme/oregano, paprika, salt, and pepper.
5. Bring to a gentle boil, then reduce to a low simmer. Cover and cook 30–40 minutes, until vegetables are tender.
6. Taste and adjust seasoning. (Mémé, the last ingredient is love)

To Serve

- Ladle into big bowls, with crusty bread on the side.
- A sprinkle of fresh parsley or grated vegan cheese on top if desired.
- I used to use butter sprinkles to keep this recipe, “diet-friendly.” It is such a healthy light meal.
- Best enjoyed with family gathered around the table, a deck of cards, and a story or two about “the old days.”

Meme's Strawberry Shortcake (Vegan)

One of Meme's best recipes! A light, fluffy, and sweet biscuit layered with fresh strawberries and whipped cream.

Ingredients

For the Shortcake Biscuits

- 2 cups all-purpose flour
- 1 Tbsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- 3 Tbsp organic cane sugar
- ½ cup cold vegan butter (or refined coconut oil, solid)
- ¾ cup unsweetened oat or almond milk
- 1 tsp apple cider vinegar (or lemon juice)

For the Strawberries

- 1 lb fresh strawberries, hulled and sliced
- ¼ cup organic cane sugar (adjust to taste)
- 1 tsp lemon juice

For the Whipped Cream

- 1 (13.5 oz) can full-fat coconut milk or coconut cream (chilled overnight)
- 2–3 Tbsp powdered sugar
- 1 tsp vanilla extract

Directions

1. Prepare the Strawberries

- In a bowl, toss the sliced strawberries with sugar and lemon juice.
- Let sit for at least 20 minutes to release their juices and create a natural syrup ("macerating").

2. Make the Shortcake Biscuits

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment.
2. In a large bowl, whisk together flour, baking powder, baking soda, salt, and sugar.
3. Cut in the vegan butter (or coconut oil) until mixture resembles coarse crumbs.
4. Stir in the oat milk + vinegar mixture until dough just comes together. Do not overmix.
5. Turn dough onto a floured surface. Gently pat into a 1-inch thick round. Cut into 6–8 biscuits using a cutter or jar lid.
6. Place biscuits on baking sheet and bake 12–15 minutes, until golden on top.

3. Make the Whipped Cream

1. Scoop the solid part of the chilled coconut cream into a mixing bowl.
2. Whip with hand mixer until fluffy.
3. Add powdered sugar + vanilla and whip again until smooth.

4. Assemble the Strawberry Shortcakes

1. Split each biscuit in half.
2. Spoon macerated strawberries (with juice) onto the bottom half.
3. Add a dollop of whipped cream.
4. Top with the other half of the biscuit.
5. Garnish with more strawberries and cream on top.

Mom's Meatloaf ~ Vegan Beyond Beef & Fresh Tomato Meatloaf

Like "Mom's Meatloaf."

~ Ritz crackers instead of breadcrumbs.

Can use Just Egg for Egg.

Ingredients

Meatloaf Base

- 1 package (16 oz) Beyond Beef ground
- 2 medium whole tomatoes, peeled & finely chopped (half for loaf, half for glaze)
- 1 medium onion, finely diced
- 3 cloves garlic, minced
- 1 cup breadcrumbs (panko or gluten-free)
- ½ cup rolled oats
- 2 tbsp ground flaxseed + 5 tbsp water (flax "egg")
- 2 tbsp soy sauce or tamari
- 2 tbsp tomato paste
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1 tsp oregano
- ½ tsp black pepper
- ½ tsp salt (to taste)

Tomato Glaze

- Remaining 1 medium whole tomato, peeled & blended or finely chopped
- 2 tbsp tomato paste
- 2 tsp olive oil
- 1 tbsp balsamic vinegar (or apple cider vinegar)
- 1 tbsp maple syrup (or brown sugar)
- ½ tsp smoked paprika
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp salt
- Pinch black pepper

Instructions

1. Prepare flax egg: In a small bowl, whisk together flaxseed + water. Let sit 5–10 minutes until thick.
2. Cook aromatics: In a skillet, heat olive oil. Add onion and garlic; sauté 3–5 minutes until fragrant. Add 1 chopped tomato (from the loaf ingredients) and cook 2–3 minutes to reduce liquid. Remove from heat.

3. Mix the loaf: In a large bowl, combine Beyond Beef, the onion-tomato mixture, breadcrumbs, oats, soy sauce, tomato paste, flax egg, and spices. Mix gently until well incorporated.
4. Shape loaf: Preheat oven to 375°F (190°C). Line a loaf pan with parchment. Press mixture evenly into the pan.
5. Make tomato glaze: In a saucepan, heat olive oil. Add remaining chopped/blended tomato. Cook down 8–10 minutes until thick. Stir in tomato paste, vinegar, maple syrup, and spices. Simmer until glossy and spreadable.
6. Top & bake: Spread half the glaze over the meatloaf. Bake for 45–50 minutes. In the last 10 minutes, brush on the rest of the glaze for a caramelized finish.
7. Rest & serve: Let loaf sit 10 minutes before slicing. Serve with mashed potatoes, roasted vegetables, or greens.

The result:

- Fresh tomatoes inside the loaf keep it juicy.
- The homemade tomato glaze adds that nostalgic meatloaf tang without ketchup.

Mom's Gingersnap Cookies (Vegan)

Ingredients

- 2 cups all-purpose flour
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp ground ginger
- ½ tsp ground cloves
- ¼ tsp salt
- ¾ cup brown sugar
- ½ cup vegan butter (softened)
- ¼ cup molasses
- 2 tbsp plant milk (oat or almond)
- 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water, let sit 5 min)
- ¼ cup sugar (for rolling)

Directions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, whisk together flour, baking soda, cinnamon, ginger, cloves, and salt.
3. In another bowl, cream vegan butter with brown sugar. Add molasses, flax egg, and plant milk — mix well.
4. Slowly stir in dry ingredients until dough forms.
5. Roll dough into small balls and coat each in sugar.
6. Place on baking sheet, flatten slightly, and bake 10–12 minutes until cracked and golden.
7. Let cool and enjoy with tea, cocoa, or right out of the oven (the Mom way!).

Mom always made these cookies growing up :). Gingersnaps feel like the holidays and love.

Organic Vegan Swedish Fish Mix Bag

Base Recipe (per flavor):

- 1 cup organic fruit juice (see flavors below)
- 2 tbsp lemon juice
- 3–4 tbsp organic maple syrup, agave, or tapioca syrup
- 3 tbsp agar flakes (or 1 tbsp agar powder)
- Natural fruit/vegetable powder (for deeper color, optional)
- ½ tsp vanilla extract (optional for smoothness)

Flavors & Natural Colors

1. Classic Red (Strawberry-Cherry)

- Juice: ½ cup strawberry + ½ cup cherry
- Color boost: beet powder or pomegranate powder

2. Orange

- Juice: orange + carrot blend
- Color boost: turmeric or annatto powder (tiny pinch for vibrance)

3. Lemon

- Juice: lemonade (fresh lemon + water)
- Color boost: turmeric (very small amount for a sunny yellow)

4. Lime (Green)

- Juice: limeade (lime + water + sweetener)
- Color boost: spirulina powder or matcha (tiny pinch for green tone)

5. Grape (Purple)

- Juice: concord grape juice
- Color boost: blueberry powder or acai powder for depth

Instructions (same for all flavors):

1. Whisk juice, lemon juice, and sweetener in a saucepan.
2. Sprinkle agar on top, let sit 5 min.
3. Heat, whisk until agar dissolves (5–7 min).
4. Add natural coloring powders if needed.
5. Pour into silicone fish molds (or any candy mold).
6. Set at room temp, then refrigerate until firm.
7. Pop out and store in airtight container.

Extra Tips for a “Bag” of Fish

- Make each flavor separately, then mix them once firm.
- Store in parchment-lined tin or glass jar to prevent sticking.
- For a nostalgic feel, dust with organic cane sugar + cornstarch mix.

🌱 Live On!

Organic Vegan Spaghetti Sauce with Herbs

Ingredients (about 4 servings):

- 2 tbsp organic extra-virgin olive oil
- 1 medium organic yellow onion, finely chopped
- 4 organic garlic cloves, minced
- 2 lbs organic tomatoes (Roma or heirloom), peeled & chopped or 2 cans (28 oz) organic crushed tomatoes
- 2 tbsp organic tomato paste
- 1 tsp organic coconut sugar or maple syrup (to balance acidity)
- 1 tsp sea salt (to taste)
- ½ tsp freshly ground black pepper
- 1 tsp organic oregano (dried or 1 tbsp fresh, chopped)
- 1 tsp organic basil (dried or 2 tbsp fresh, chopped)
- ½ tsp organic thyme (dried or 1 tsp fresh, chopped)
- 1 tbsp organic fresh parsley, chopped
- 1–2 tsp organic balsamic vinegar (optional, for depth)
- Pinch of red chili flakes (optional, for a little heat)

Optional additions:

- Beyond Ground Beef
- Lentils
- 1 organic celery stalk, finely chopped (for depth)
- 1 bay leaf (remove before serving)

Instructions:

1. Sauté aromatics – Heat olive oil in a large pot over medium heat. Add onion and cook until soft and translucent (5–7 minutes). Stir in garlic and cook for 1 minute, fragrant but not burnt.
2. Add tomatoes – Stir in the fresh chopped tomatoes or crushed canned tomatoes. If using fresh, simmer a bit longer to break them down. Add tomato paste for richness.
3. Season & simmer – Add salt, pepper, oregano, basil, thyme, and (if using) carrot and celery. Stir well. Bring to a gentle boil, then reduce heat to low.
4. Slow cook – Cover partially and let the sauce simmer 30–45 minutes, stirring occasionally. This deepens the flavor and thickens the sauce.
5. Finish with herbs – Add fresh parsley and balsamic vinegar (if using). Taste and adjust seasoning (a touch more salt, pepper, or sugar if needed).
6. Serve – Toss with hot organic spaghetti or your favorite pasta. Garnish with fresh basil leaves.

💡 Tips & Variations:

- For a creamy twist, stir in a splash of organic cashew cream at the end.
- If you love roasted flavors, roast your fresh tomatoes and garlic before blending into

the sauce.

- Can be blended smooth with an immersion blender or left chunky for a rustic feel.

Vegan Raffaello Recipe

Ingredients (about 15–20 pieces):

- 1 cup (150 g) blanched almonds (whole, without skin)
 - 1 cup (80 g) unsweetened desiccated coconut (plus more for rolling)
 - ½ cup (120 ml) coconut cream (thick part from a chilled can)
 - 3–4 tbsp maple syrup or agave syrup (adjust to taste)
 - 2 tsp vanilla extract
 - Pinch of salt
 - Whole almonds (about 20, roasted or raw) for the centers
- Optional: 2–3 tbsp melted cocoa butter or vegan white chocolate for extra richness and firmness

Instructions:

1. Prepare the filling:

In a food processor, blend the blanched almonds until finely ground. Add desiccated coconut, coconut cream, syrup, vanilla, and salt. Blend until a sticky, creamy mixture forms.

- If the mixture feels too wet, add more coconut.
- If too dry, add a touch more coconut cream.

2. Chill the mixture:

Transfer to a bowl, cover, and refrigerate for 30–40 minutes until it firms up.

3. Shape the Raffaellos:

Take a teaspoon-sized scoop of the mixture, press a whole almond into the center, and roll into a smooth ball.

4. Coat in coconut:

Roll each ball in extra desiccated coconut until fully covered.

5. Set:

Chill in the fridge for 1–2 hours before serving.

They'll keep in the fridge for up to a week, or in the freezer for about a month.

Restaurant-Style Guacamole

Ingredients (serves 4–6)

- 3 ripe Hass avocados
- 1 medium lime (juiced, about 2 Tbsp)
- 1 small red onion (finely diced, about 3 Tbsp)
- 1 medium tomato (seeded and diced small)
- 1 jalapeño or serrano pepper (seeded and finely minced, adjust for heat)
- 2 Tbsp fresh cilantro (chopped)
- 1 small garlic clove (minced, optional)
- ½ tsp salt (or to taste)
- Freshly ground black pepper (to taste)

Method

1. Prep the avocados:

Cut avocados in half, remove pits, and scoop flesh into a mixing bowl.

2. Mash:

Use a fork or potato masher to mash until creamy with small chunks (restaurants rarely make it totally smooth).

3. Add lime juice:

Mix in immediately to keep the avocados from browning.

4. Mix in the rest:

Stir in onion, tomato, jalapeño, cilantro, garlic (if using), salt, and pepper. Taste and adjust seasoning.

5. Serve:

Transfer to a serving bowl. For extra restaurant flair, drizzle lightly with olive oil and sprinkle with a few cilantro leaves.

Tips for Restaurant Quality

- Ripe avocados are key (dark, slightly soft when pressed).
- Balance lime + salt carefully—restaurants season assertively.
- Optional add-ins: a pinch of cumin, roasted corn, or diced mango for variation.
- Serving trick: Place plastic wrap directly against the guacamole's surface to slow browning if holding before serving.

Nel's Vegan Scrambled “Eggs” & Bacon

Ingredients (serves 2)

- 1 cup JUST Egg (about 1 small bottle or half a large one)
- 1–2 tbsp non-dairy milk (optional, for fluffier texture)
- 1 tbsp vegan butter or olive oil
- Salt + black pepper, to taste
- 4–6 strips Hooray Foods bacon
- Optional: chopped chives, nutritional yeast, or shredded vegan cheese for topping

Instructions

1. Cook the bacon

- Heat a nonstick skillet over medium heat.
- Lay in Hooray Foods bacon strips.
- Cook 2–3 minutes per side until browned and slightly crisp (it crisps more as it cools).
- Transfer to a plate lined with paper towels.

2. Scramble the eggs

- In the same skillet (wipe out excess oil if needed), add vegan butter or a drizzle of olive oil.
- Pour in JUST Egg (with optional splash of non-dairy milk).
- Let it sit for 15–20 seconds, then stir gently with a spatula.
- Continue to cook, folding occasionally, until soft curds form (about 3–5 minutes).
- Season with salt and pepper to taste.

3. Serve

- Plate scrambled JUST Egg alongside crispy Hooray Foods bacon.
- Garnish with chives or nutritional yeast if desired.

💡 Tips & Variations

- For a cheesy twist, stir in a handful of vegan cheddar shreds during the last minute of scrambling.
- For breakfast sandwiches, stuff the scramble + bacon into a toasted bagel or English muffin.
- Serve with avocado toast or hash browns for a full diner-style breakfast.

Organic Vegan Sour Patch Kids Recipe

Ingredients (Gummies)

- 1 cup organic fruit juice (pick bright flavors: lemon, raspberry, lime, orange, grape)
- 2 tbsp organic lemon juice (extra tartness)
- 3–4 tbsp organic agave, maple syrup, or tapioca syrup
- 3 tbsp agar flakes (or 1 tbsp agar powder)
- Optional: natural fruit/veggie powders for color (beet, turmeric, spirulina, blueberry)

Ingredients (Sour Sugar Coating)

- ½ cup organic cane sugar (finely ground, almost like caster sugar)
- 2–3 tsp citric acid (organic food-grade — this is the sour punch!)
- Optional: 1 tsp fruit powder (like raspberry or lemon) to tint the sugar

Instructions

1. Make the Gummies

- In a saucepan, whisk fruit juice, lemon juice, and sweetener.
- Sprinkle agar over the liquid and let hydrate for 5 minutes.
- Heat over medium, whisking constantly, until agar fully dissolves (5–7 min).
- Stir in fruit/veggie powders if using.
- Pour quickly into silicone molds (kids, bears, or fish shapes work).
- Let cool at room temp 15–20 minutes, then refrigerate 30–40 minutes until firm.

2. Make the Sour Sugar Coating

- In a bowl, mix cane sugar + citric acid (adjust sourness to taste).
- Optional: add a little fruit powder for color and flavor boost.

3. Coat the Gummies

- Pop gummies from molds.
- Toss in sour sugar coating until fully covered.
- Let dry on a parchment-lined tray for 1–2 hours before storing.

4. Store

- Keep in an airtight jar at room temp for up to 2 weeks.
- If sugar melts off, re-toss in coating before serving.

Flavor Ideas for a Colorful Mix Bag

- Red: Strawberry + raspberry juice + beet powder
- Orange: Orange juice + carrot juice +
- Yellow: Lemon juice + a dash of pineapple juice
- Green: Lime juice + apple juice + spirulina powder
- Purple: Grape juice + blueberry powder

Organic Vegan Tootsie Rolls

Ingredients

- 1 cup organic cocoa powder (unsweetened)
- ½ cup organic almond butter (or sunflower seed butter for nut-free)
- ½ cup organic coconut nectar (or maple syrup, for sweetness & chewiness)
- ¼ cup organic coconut sugar (powdered, or blended to fine)
- 1 tsp organic vanilla extract
- Pinch of sea salt

(Optional: 1–2 Tbsp organic oat flour if you need extra firmness for rolling)

Instructions

1. Mix the base – In a medium bowl, stir together almond butter, coconut nectar, vanilla, and salt until smooth.
2. Add the cocoa – Sift in cocoa powder and powdered coconut sugar, mixing until it forms a thick dough.
3. Adjust texture – If too sticky, add a little oat flour until you can roll it without it sticking too much.
4. Shape – Roll into long ropes about ½ inch thick, then cut into bite-sized pieces.
5. Wrap – Roll each piece in parchment paper squares (like old-fashioned candy twists).
6. Set – Refrigerate for at least 1 hour to firm up.

Storage

- Keep in an airtight container in the fridge for up to 2 weeks.
- They also freeze beautifully—just let them soften a bit before eating.

Organic Vegan Fruity Tootsie Rolls

Ingredients (Base)

- ½ cup organic fruit purée (strawberry, raspberry, mango, blueberry, etc.)
 - ½ cup organic coconut nectar (or maple syrup for a deeper taste)
 - ¼ cup organic cane sugar (or coconut sugar, blended to fine powder)
 - 2 Tbsp organic coconut oil (or cacao butter for firmer texture)
 - ½ cup organic oat flour (or almond flour for richness)
 - 1 tsp organic lemon juice (enhances fruit tang)
 - Pinch of sea salt
- (Optional: natural food powders for color boost—like beet powder for red, spirulina for green, turmeric for yellow, blueberry powder for purple)

Instructions

1. Cook down the fruit – In a small saucepan, simmer fruit purée with coconut nectar and cane sugar for 5–7 minutes until slightly thickened.
2. Mix in fat – Stir in coconut oil (or cacao butter) until melted and combined.
3. Add dry ingredients – Remove from heat, stir in oat flour, lemon juice, and salt. The mixture should form a thick dough-like texture.
4. Shape – Once cool enough to handle, roll into ropes and cut into small pieces.
5. Wrap – Use parchment paper or biodegradable candy wrappers, twisting the ends.
6. Set – Refrigerate 1–2 hours until firm and chewy.

Flavor Ideas

- Strawberry Lemonade – Strawberry purée + extra lemon juice + beet powder for color
- Blueberry Acai – Blueberry purée + acai powder
- Mango Passionfruit – Mango purée + splash of passionfruit juice
- Raspberry Hibiscus – Raspberry purée + hibiscus tea concentrate for tang

Nel's Tinsel Pancakes (Drizzle Vegan Pancakes)

Ingredients (makes 8–10 thin pancakes)

- 1 cup all-purpose flour (gluten-free blend, I really like the rice flour for this recipe)
- 2 tbsp cornstarch (for extra crispiness)
- 2 tbsp sugar (optional, adjust for sweet or savory)
- 1 tsp baking powder
- ¼ tsp salt
- 1 cup non-dairy milk (plus more as needed — batter should be runny, like heavy cream)
- 1 tsp vanilla extract (skip if making savory)
- 1 tbsp neutral oil (like sunflower or canola)
- Oil for frying (enough to lightly coat skillet)

Instructions

1. Make the batter

- In a mixing bowl, whisk together flour, cornstarch, sugar, baking powder, and salt.
- Add non-dairy milk, vanilla (if using), and 1 tbsp oil.
- Whisk until smooth. The batter should be very thin and pourable (like crepe batter).

Add a splash more milk if needed.

2. Prepare your pan

- Heat a non-stick skillet or griddle over medium heat.
- Lightly oil the surface (just enough to coat).

3. Drizzle the pancakes

- Transfer batter to a squeeze bottle, piping bag, or even a measuring cup with a spout.
- Drizzle the batter in thin streams, swirling it in crisscrossing patterns so it looks like “spaghetti tinsel.”
- Cook 1–2 minutes until golden on the bottom, then flip carefully and cook another 1–2 minutes.
- They should be crispy, lacey, and slightly tangled.

4. Serve

- For sweet: dust with powdered sugar, drizzle with maple syrup, or serve with fruit compote.
- For savory: top with vegan cheese, herbs, or a garlicky tahini drizzle.

💡 Tips for Extra Crunch

- Use a slightly higher heat so the drizzle sizzles right away.
- Adding cornstarch makes them lighter + crispier.
- If you want them extra lacy, make sure your batter is very thin and pour in fast-moving patterns.

Vegan Black Bean Tacos & Vegan Quesadillas

Can use masa harina for taco shells

Ingredients

For the beans:

- 1 (15 oz) can black beans, drained & rinsed – Can make beans at home too.
- ½ cup water or veggie broth
- 1 tsp cumin
- 1 tsp chili powder
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt (adjust to taste)

For the vegan “creamy” sauce (Chipotle or Baja style):

- ½ cup vegan mayo (or unsweetened vegan yogurt for lighter version)
- 1 chipotle pepper in adobo + 1 tsp adobo sauce (or sub 1 tsp smoked paprika + hot sauce)
- 1 tsp lime juice
- ½ tsp garlic powder
- Pinch of salt

For assembling tacos:

- 6 small gf flour tortillas (taco-size)
- 1 cup shredded lettuce
- ½ cup diced tomatoes
- Optional: vegan shredded cheese (cheddar-style), avocado slices, or cilantro

Instructions

1. Prepare beans

- In a small saucepan, add beans, broth/water, and all spices.
- Simmer 5–7 minutes until warm and slightly thickened.
- Lightly mash with a fork or potato masher for that refried-style texture (leave some whole beans for bite).

2. Make sauce

- Blend or whisk all sauce ingredients until smooth.
- Adjust heat with more chipotle/adobo if you want it spicier.

3. Assemble tacos

- Warm tortillas.
- Spread a spoonful of beans in the center.
- Add shredded lettuce and tomatoes.
- Drizzle with vegan creamy chipotle sauce.

- Sprinkle vegan cheese or avocado if using.

✅ Tips:

- If you want them closer to Black Bean Soft Tacos, keep it simple: beans + lettuce + tomato + vegan creamy sauce.
 - You can swap flour tortillas with crunchy corn shells for a vegan black bean crunchy taco.
 - The beans also work great as a filling for burritos or quesadillas (with vegan cheese).
- Vegan Quesadilla

Ingredients

For the filling:

- 1 cup vegan shredded cheese (cheddar or a cheddar/mozzarella blend works best)
- 1 cup black beans (cooked or canned, drained & rinsed)
- ½ cup sautéed veggies (like onions, peppers, mushrooms, or spinach) – optional but delicious
- 1 tsp cumin
- ½ tsp chili powder
- Pinch of salt

For creamy jalapeño-style sauce:

- ½ cup vegan mayo (or vegan sour cream)
- 1 tbsp pickled jalapeños (plus 1 tsp brine from the jar)
- 1 tsp lime juice
- ½ tsp garlic powder
- ½ tsp smoked paprika
- Pinch of salt

For assembling:

- 4 large gf flour tortillas (burrito-size)
- Oil or vegan butter for grilling

Instructions

1. Make the sauce

- Blend or whisk all sauce ingredients until smooth and creamy.
- Chill in fridge until ready.

2. Prepare filling

- In a skillet, warm black beans with cumin, chili powder, and a little salt.
- Lightly mash some of the beans for texture.
- Stir in any sautéed veggies you want to add.

3. Assemble quesadillas

- Spread 1–2 tbsp of sauce on half of a tortilla.
- Sprinkle vegan cheese over the sauce.
- Add bean/veggie filling.

- Fold tortilla in half.

4. Cook

- Heat a skillet over medium heat with a little oil or vegan butter.
- Place folded tortilla in the pan. Cook 2–3 minutes per side until golden brown and the vegan cheese melts.
- Press gently with a spatula for even browning.

5. Serve

- Cut into wedges.
- Serve with extra creamy jalapeño sauce, salsa, or guacamole.

✅ Tips:

- If your vegan cheese doesn't melt easily, cover the skillet with a lid for a minute to trap steam.
- You can make a "Cheesy Gordita Crunch" style by wrapping your quesadilla with a soft tortilla and adding crunchy lettuce + sauce inside.
- Can use vegan nacho cheese sauce (cashew-based) in place of or in addition to shredded cheese.

Vegan Coconut Tofu Tenders

Ingredients (about 12 tenders):

- 14 oz (1 block) extra-firm tofu, pressed well
- ½ cup coconut milk (from a can, stirred smooth)
- 1 Tbsp lime juice
- 1 Tbsp soy sauce or tamari
- ½ cup all-purpose flour (or rice flour for gluten-free)
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp salt
- ½ cup panko breadcrumbs (use gluten-free if needed)
- ½ cup unsweetened shredded coconut
- Oil for pan-frying (coconut oil or neutral oil)

Instructions:

1. Prep tofu:

- Slice pressed tofu into long strips (like chicken tenders).
- Pat dry with a paper towel so coating sticks better.

2. Marinate:

- Mix coconut milk, lime juice, and soy sauce.
- Place tofu strips in marinade for at least 20–30 minutes (up to 2 hours in the fridge).

3. Set up coating station:

- Bowl 1: Flour + garlic powder + paprika + salt.
- Bowl 2: Leftover coconut marinade (or extra coconut milk).
- Bowl 3: Mix panko + shredded coconut.

4. Coat the tenders:

- Dip tofu strips in flour, then coconut milk, then the panko-coconut mixture.
- Press gently so the coating sticks.

5. Cook:

- Heat oil in a skillet over medium heat.
- Pan-fry tenders until golden and crispy on all sides (about 2–3 min per side).
- Drain on paper towels.

6. Serve:

- With sweet chili sauce, mango chutney, or vegan ranch.
- Great with rice, salad, or as finger food.

Optional twists:

- Bake instead of fry: place on parchment-lined sheet, spray lightly with oil, bake at 400°F (200°C) for 20–25 min, flipping halfway.
- Add chili flakes to the breadcrumb mix for a spicy version.

- Use tempeh or soy curls for different textures.

Vegan Scramble & Cooking Eggs

1. JUST Egg

A mung bean-based liquid egg substitute that scrambles like real eggs. Available in original, folded, and sous vide varieties. Widely praised for its taste and texture. Green Queen

2. Follow Your Heart VeganEgg

A soy-based powder that, when mixed with water, creates a scramble with a rich, egg like flavor. Ideal for those seeking a traditional scramble experience. Make It Dairy Free

3. Simply Eggless

A chickpea flour-based liquid egg replacer, offering a savory flavor profile. Suitable for scrambles and omelets. Green Queen

4. Zero Egg

A versatile product that can be used in scrambles, baking, and as a binder. Known for its neutral flavor and ease of use. Green Queen

Ready-to-Eat Vegan Egg Products

5. JUST Egg Folded

Pre-cooked, microwaveable patties made from mung beans. Convenient for breakfast sandwiches or quick meals. Green Queen

6. WunderEggs

Vegan hard-boiled egg alternatives made from nuts, coconut milk, and konjac. Mimic the appearance and texture of traditional hard-boiled eggs. Sporked

Vegan Egg Alternatives for Baking

7. Bob's Red Mill Egg Replacer

A versatile powder blend suitable for baking. Made from potato starch, tapioca flour, and leavening agents. Sentient

8. The Vegg Vegan Egg Yolk

A powder that, when mixed with water, creates a yolk-like consistency. Perfect for dishes like vegan benedict or deviled eggs. Sentient

Vegan Funny Bones Recipe

Ingredients

For the Chocolate Cakes:

- 1 cup all-purpose flour
- $\frac{1}{3}$ cup cocoa powder (unsweetened)
- 1 tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp salt
- $\frac{3}{4}$ cup sugar
- 1 cup unsweetened non-dairy milk (soy or oat for richness)
- $\frac{1}{3}$ cup neutral oil (canola, sunflower, or melted coconut)
- 2 tsp apple cider vinegar (for lift)
- 2 tsp vanilla extract

For the Peanut Butter Filling:

- $\frac{1}{2}$ cup creamy natural peanut butter
- $\frac{1}{4}$ cup vegan butter (softened)
- 1 cup powdered sugar (sifted)
- 2–3 tbsp non-dairy milk (adjust for smooth spreadable texture)
- Pinch of salt (if PB is unsalted)

For the Chocolate Coating:

- 1 $\frac{1}{2}$ cups dairy-free chocolate chips (semi-sweet or dark)
- 2 tbsp coconut oil (for shine + smooth coating)

Instructions

1. Make the Chocolate Cakes

1. Preheat oven to 350°F (175°C). Grease and line a jelly roll pan (10x15 inch) or similar baking sheet.
2. In a large bowl, whisk together flour, cocoa, baking soda, baking powder, salt, and sugar.
3. In another bowl, whisk milk, oil, vinegar, and vanilla.
4. Mix wet into dry until just smooth.
5. Spread batter evenly in pan. Bake 15–18 minutes, until a toothpick comes out clean.
6. Let cool completely.

2. Make the Peanut Butter Filling

1. Beat together peanut butter and vegan butter until creamy.
2. Add powdered sugar gradually, then mix in non-dairy milk until fluffy and spreadable.

3. Assemble the Funny Bones

1. Once cake is cool, cut into rectangles (about 1x3 inches).

2. Slice each rectangle in half horizontally.
3. Spread or pipe a generous layer of peanut butter filling on the bottom half, then sandwich with the top half.
4. Coat with Chocolate
 1. Melt chocolate chips + coconut oil until smooth.
 2. Dip each cake into chocolate or spoon chocolate over to cover completely.
 3. Place on parchment paper and refrigerate until set.

Tips & Variations

For extra indulgence, use

oat milk in the cake for a richer crumb.

Add a swirl of melted chocolate into the peanut butter filling for a Reese's-style vibe.

Try almond butter or sunflower seed butter if you want nut-free alternatives.

Vegan Heath Bar Recipe

Ingredients

For the Toffee Base:

- 1 cup organic cane sugar
- ½ cup vegan butter (like Miyoko's, Earth Balance, or Country Crock Plant Butter)
- 2 tbsp coconut cream (thick part from a chilled can)
- ¼ tsp salt
- 1 tsp vanilla extract

For the Chocolate Coating:

- 1 ½ cups dairy-free chocolate chips (semi-sweet or dark)
- 1 tbsp coconut oil (optional, for shine and smoothness)

Optional Topping:

- ½ cup chopped toasted almonds (classic Heath Bar style)

Instructions

1. Make the Toffee

1. Line a baking sheet with parchment paper or a silicone mat.
2. In a heavy-bottom saucepan, combine sugar, vegan butter, coconut cream, and salt.
3. Cook over medium heat, stirring constantly with a wooden spoon or silicone spatula, until the mixture reaches 300°F (hard crack stage) on a candy thermometer.
 - It should be golden brown and smell caramel-y.
4. Remove from heat, stir in vanilla extract, and quickly pour onto prepared sheet.
5. Spread evenly into a thin rectangle (work quickly — it hardens fast!). Let cool completely.

2. Coat with Chocolate

1. Melt chocolate chips + coconut oil in a double boiler or microwave (30-sec bursts, stirring).
2. Spread melted chocolate over cooled toffee in an even layer.
3. Sprinkle with toasted almonds if using.
4. Let set at room temperature, or chill briefly in the fridge until firm.

3. Break into Pieces

- Once set, break the sheet into shards or cut into rectangles for a more “bar-like” look.

Tips & Variations

Dip individual shards in chocolate for a thicker coating.

Swap almonds for pecans or hazelnuts for a twist.

For a softer caramel-like version, cook to

crack.

soft crack stage (270–290°F) instead of hard

Vegan Honey Buns Recipe

Ingredients

For the Dough:

- 2 ½ cups all-purpose flour
- ¼ cup sugar
- 1 tsp salt
- 2 ½ tsp instant yeast
- ¾ cup unsweetened non-dairy milk (warm, about 110°F / 43°C)
- ¼ cup vegan butter (melted)
- 2 tbsp maple syrup or agave
- 1 tsp vanilla extract

For the Cinnamon Filling:

- ¼ cup vegan butter (softened)
- ¼ cup brown sugar
- 1 tbsp cinnamon

For the Glaze:

- 1 cup powdered sugar (sifted)
- 2–3 tbsp non-dairy milk
- 1 tsp vanilla extract
- 1–2 tsp maple syrup (optional, for extra sweetness)

Instructions

1. Make the Dough

1. In a small bowl, combine warm milk, sugar, and yeast. Let sit 5–10 minutes until frothy.
2. In a large bowl, mix flour and salt. Add yeast mixture, melted butter, and vanilla.
3. Knead until smooth and elastic (5–7 minutes by hand or 3–4 minutes in a mixer).
4. Place in a greased bowl, cover, and let rise 1–2 hours, until doubled.

2. Prepare the Filling

1. Mix vegan butter, brown sugar, and cinnamon into a spreadable paste.

3. Assemble the Buns

1. Roll dough into a rectangle (about 12x8 inches).
 2. Spread cinnamon filling evenly over the dough.
 3. Roll tightly from the long side to form a log.
 4. Cut into 8–10 even pieces.
 5. Place on a greased baking pan, leaving a little space between each.
 6. Cover and let rise 30–45 minutes.
- ### 4. Bake
- Preheat oven to 350°F (175°C).

- Bake buns 20–25 minutes, until golden brown.
- Cool slightly before glazing.

5. Make the Glaze

1. Whisk together powdered sugar, non-dairy milk, vanilla, and maple syrup.
2. Drizzle over warm buns.

Tips & Variations

For extra “sticky” buns, brush the tops with a thin layer of maple syrup before glazing.

Add chopped nuts or raisins inside the filling for texture.

Drizzle melted vegan chocolate on top for a chocolate-cinnamon twist.

Vegan Meatball Sub Recipe

Ingredients

For the Vegan Meatballs:

- 1 cup cooked lentils (or 1 can, drained)
- 1 cup cooked quinoa or brown rice
- 1/2 cup breadcrumbs (use gluten-free if needed)
- 1/4 cup nutritional yeast
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 tbsp soy sauce or tamari
- 1 tbsp tomato paste
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp smoked paprika
- Salt & pepper, to taste
- 2-3 tbsp olive oil (for pan-frying)

For the Marinara Sauce:

- 1 can (15 oz) crushed tomatoes
- 2 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tbsp olive oil
- Salt & pepper, to taste
- Optional: pinch of sugar or maple syrup to balance acidity

For the Sandwich:

- Vegan sub rolls or baguette
- Vegan mozzarella or provolone shreds
- Fresh basil leaves (optional)
- Olive oil for drizzling

Instructions

1. Make the Vegan Meatballs:

1. Preheat oven to 375°F (190°C).
2. In a large bowl, mash the lentils slightly, leaving some texture.
3. Mix in cooked quinoa, breadcrumbs, nutritional yeast, garlic, onion, tomato paste, soy sauce, and spices.
4. Form into small balls (about 1.5 inches).
5. Heat olive oil in a skillet over medium heat and lightly brown the meatballs on all sides (about 2-3 minutes per side).

6. Transfer to a baking sheet and bake for 15-20 minutes until firm and heated through.

2. Make the Marinara Sauce:

1. Heat olive oil in a saucepan over medium heat.

2. Add garlic and sauté until fragrant (30 seconds).

3. Add crushed tomatoes, basil, oregano, salt, pepper, and optional sweetener.

4. Simmer on low heat for 10-15 minutes, stirring occasionally.

3. Assemble the Sub:

1. Slice the sub rolls lengthwise, keeping a hinge.

2. Spoon marinara sauce inside the rolls.

3. Place 3-4 vegan meatballs per sandwich.

4. Sprinkle with vegan cheese.

5. Optionally, broil for 2-3 minutes until the cheese melts.

6. Top with fresh basil and a drizzle of olive oil.

Serving Suggestion:

Serve with a side salad or roasted veggies for a full, hearty meal.

Vegan Monkey Bread Recipe

Ingredients

For the Dough:

- 2 ½ cups all-purpose flour
- 2 ½ tsp instant yeast
- ¼ cup sugar
- ½ tsp salt
- ¾ cup unsweetened non-dairy milk (warm, about 110°F / 43°C)
- ¼ cup vegan butter (melted)
- 1 tsp vanilla extract

For the Cinnamon Sugar Coating:

- ½ cup sugar
- 1 tbsp cinnamon
- 3 tbsp vegan butter (melted)

For the Sticky Glaze:

- ½ cup brown sugar (packed)
- ¼ cup vegan butter
- ¼ cup maple syrup or agave
- 2–3 tbsp non-dairy milk
- 1 tsp vanilla extract

Instructions

1. Make the Dough

1. In a small bowl, combine warm non-dairy milk, yeast, and 1 tbsp sugar. Let sit 5–10 minutes until foamy.
2. In a large bowl, whisk together flour, sugar, and salt.
3. Add yeast mixture, melted butter, and vanilla. Mix until a sticky dough forms.
4. Knead for 5–7 minutes until smooth and elastic.
5. Cover and let rise 1–1.5 hours until doubled in size.

2. Prepare Cinnamon Sugar Balls

1. Preheat oven to 350°F (175°C) and grease a bundt pan.
2. In a small bowl, mix sugar and cinnamon.
3. Pinch off small pieces of dough and roll into 1-inch balls.
4. Dip each ball into melted vegan butter, then roll in cinnamon sugar.
5. Layer balls in the greased bundt pan.

3. Make Sticky Glaze

1. In a small saucepan, melt vegan butter + brown sugar + maple syrup + non-dairy milk over medium heat.

2. Stir in vanilla and pour evenly over dough balls in the pan.

4. Bake

- Bake for 30–35 minutes, until golden and gooey.
- Let cool 5–10 minutes, then invert onto a serving plate.

Tips & Variations

Add mini vegan chocolate chips or chopped nuts between layers for extra indulgence.

Brush with extra maple syrup before serving for a shiny, sticky finish.

For a twist, add small banana slices between dough balls for “banana monkey bread.”

Vegan Mozzarella Sticks

Ingredients:

- 8 vegan mozzarella sticks (store-bought, or cut a vegan mozzarella block into sticks – Violife, Miyoko's, or Follow Your Heart work well)
- 1 cup unsweetened plant milk (soy or oat works best)
- 1 tsp apple cider vinegar or lemon juice (to make vegan buttermilk)
- 1 cup all-purpose flour, can also use gluten free
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 cup breadcrumbs (panko for extra crunch)
- 2 tbsp nutritional yeast (optional, for cheesy flavor)
- 1 tsp salt
- Oil for frying (canola, sunflower, or avocado oil)

Instructions:

1. Prep the cheese:

- If using a vegan mozzarella block, cut into finger-sized sticks.
- Freeze the sticks for at least 1–2 hours (this keeps them from melting too fast while frying).

2. Make vegan buttermilk:

- Mix plant milk with vinegar/lemon juice, let sit 5 minutes until slightly curdled.

3. Prepare dredging stations:

- Bowl 1: flour + garlic + onion + paprika + pinch of salt.
- Bowl 2: vegan buttermilk.
- Bowl 3: breadcrumbs + nutritional yeast + a little salt.

4. Coat the sticks:

- Dip each mozzarella stick in flour → then buttermilk → then breadcrumbs.
- For extra crispiness, repeat buttermilk + breadcrumbs for a second coat.

5. Fry or bake:

- Frying: Heat oil to 350°F (175°C). Fry sticks for 2–3 minutes until golden. Don't overcrowd the pan.
- Baking/air-frying: Bake at 425°F (220°C) or air fry at 400°F (200°C) for 8–10 minutes, flipping halfway.

6. Serve:

- Let cool for 2 minutes (they'll be molten inside!).
- Dip in marinara, vegan ranch, or spicy ketchup.

Tips:

- Freezing is the secret—otherwise the cheese can leak out.
- Panko gives the best crunch.
- For gluten-free, use rice flour + GF breadcrumbs.

Vegan Nutty Buddys Recipe

Ingredients

For the Wafer Layer:

- 1 cup all-purpose flour
- ½ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- ½ cup coconut sugar or organic cane sugar
- ½ cup unsweetened non-dairy milk (soy or oat)
- ¼ cup neutral oil (sunflower, canola, or melted coconut)
- 1 tsp vanilla extract

For the Peanut Butter Filling:

- ½ cup creamy natural peanut butter
- ¼ cup vegan butter (softened)
- 1 cup powdered sugar (sifted)
- 2–3 tbsp non-dairy milk (for smooth consistency)

For the Chocolate Coating:

- 1 ½ cups dairy-free chocolate chips
- 1–2 tbsp coconut oil

Instructions

1. Make the Wafer Cookies

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment.
2. Whisk together flour, baking powder, baking soda, salt, and sugar.
3. In another bowl, mix milk, oil, and vanilla.
4. Combine wet and dry ingredients until smooth.
5. Spread thinly (¼–½ inch) on the prepared baking sheet.
6. Bake 10–12 minutes, until just firm but not browned. Cool completely, then cut into rectangles.

2. Make the Peanut Butter Filling

1. Beat peanut butter and vegan butter until creamy.
2. Add powdered sugar gradually.
3. Mix in non-dairy milk until smooth and spreadable.

3. Assemble the Bars

1. Spread peanut butter filling on half of the wafer rectangles.
2. Top with remaining wafers to make a sandwich.

4. Coat with Chocolate

1. Melt chocolate chips + coconut oil until smooth.
2. Dip each bar in chocolate or drizzle chocolate over top to coat.
3. Chill until set.

Tips & Variations

Add chopped peanuts on top before chocolate sets for extra crunch.

Use almond butter or sunflower seed butter if you want a nut-free version.

For extra crispiness, lightly toast the wafers before assembling.

Vegan Oatmeal Cream Pies

Ingredients

For the Oatmeal Cookies:

- 1 cup vegan butter (softened)
- 1 cup brown sugar (packed)
- ¼ cup organic cane sugar
- ¼ cup unsweetened applesauce (egg replacer)
- 1 tbsp ground flaxseed + 3 tbsp water (flax egg)
- 1 tsp vanilla extract
- 1 ½ cups all-purpose flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ tsp salt
- 2 cups rolled oats

For the Cream Filling:

- ½ cup vegan butter (softened)
- ½ cup vegetable shortening (gives it that authentic fluffy texture, but can sub all butter)
- 2 cups powdered sugar (sifted)
- 1 tsp vanilla extract
- 1–2 tbsp non-dairy milk (to adjust consistency)

Instructions

1. Make the Cookies

1. Preheat oven to 350°F (175°C). Line baking sheets with parchment paper.
2. In a small bowl, mix flaxseed + water and let thicken (5 minutes).
3. In a large bowl, beat vegan butter, brown sugar, and cane sugar until creamy.
4. Add applesauce, flax egg, and vanilla, and mix well.
5. In another bowl, whisk together flour, baking soda, cinnamon, and salt.
6. Add dry ingredients to wet and mix until just combined. Stir in rolled oats.
7. Scoop dough (about 2 tbsp per cookie) onto baking sheets, spacing well apart.
8. Bake 10–12 minutes, until lightly golden but still soft in the center.
9. Let cool completely — they'll firm up as they cool.

2. Make the Cream Filling

1. Beat vegan butter + shortening until fluffy.
2. Add powdered sugar gradually.
3. Mix in vanilla and non-dairy milk until smooth and spreadable.

3. Assemble the Pies

1. Flip half the cookies upside down.

2. Pipe or spread cream filling onto each bottom.
3. Sandwich with another cookie and press gently.

Tips & Variations

Add mini vegan chocolate chips to the filling for a twist.

Use gluten-free oats + GF flour blend to make them gluten-free.

For a naturally sweet version, try a coconut cream + maple syrup filling instead of buttercream.

Vegan Payday Candy Bars

Ingredients

- 2 cups roasted salted peanuts (divided)
- 1 cup vegan caramel (see below)
- 2 tbsp coconut oil or vegan butter
- Pinch of sea salt

Vegan Caramel

- 1 cup coconut cream (thick part from canned coconut milk)
- 1 cup brown sugar or coconut sugar
- 2 tbsp maple syrup or agave
- 2 tbsp vegan butter or coconut oil
- 1 tsp vanilla extract
- Pinch of salt

Instructions

1. Make the caramel:

- In a saucepan, combine coconut cream, sugar, and syrup.
- Cook over medium heat, stirring until thick and golden (about 8–10 minutes).
- Stir in vegan butter, vanilla, and salt. Let cool slightly (it should be thick but still pourable).

2. Assemble the bar:

- Line a loaf pan with parchment paper.
- Sprinkle 1 cup of peanuts evenly on the bottom.
- Pour caramel over the peanuts, spreading gently.
- Top with the other cup of peanuts, pressing lightly so they stick.

3. Chill & cut:

- Refrigerate for at least 2 hours, until firm.
- Cut into bars and enjoy!

Tip: For a fun twist, drizzle with melted vegan chocolate before cutting — like a cross between a Payday and a Snickers.

Vegan Peanut Butter Cookies with “Hershey kiss”

Since traditional Hershey’s Kisses aren’t vegan, I’ll give you some vegan alternatives for the chocolate “kiss” part.

Ingredients (makes about 18–20 cookies)

For the cookies:

- 1 cup natural peanut butter (smooth or crunchy)
- 3/4 cup brown sugar or coconut sugar
- 1/4 cup non-dairy milk (soy, oat, or almond)
- 1 tsp vanilla extract
- 1 cup all-purpose flour (or gluten-free blend if needed)
- 1 tsp baking soda
- 1/4 tsp salt

For the chocolate centers (vegan “kisses”):

- Store-bought vegan chocolate drops (like Enjoy Life, Hu Kitchen Gems, or No Whey Kisses if you can find them)
- OR make your own by melting vegan chocolate chips and piping little “kiss” shapes onto parchment, then chilling until firm

Instructions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix wet ingredients: In a bowl, combine peanut butter, sugar, non-dairy milk, and vanilla until smooth.
3. Mix dry ingredients: In another bowl, whisk together flour, baking soda, and salt.
4. Combine: Slowly add dry ingredients into the wet mixture. Stir until a dough forms (it should be soft but not too sticky; if too dry, add a splash more non-dairy milk).
5. Shape: Roll dough into 1-inch balls. Place on the baking sheet about 2 inches apart. Flatten slightly with your palm.
6. Bake: Bake 9–11 minutes, until edges are lightly golden.
7. Add chocolate: Immediately after removing from oven, gently press a vegan chocolate “kiss” (or drop) into the center of each cookie.
8. Cool: Let sit on the baking sheet for 5–7 minutes before transferring to a rack to cool fully.

Tip: If you want the chocolate to stay glossy and not melt too much, freeze your vegan chocolate drops/kisses beforehand and press them in right after baking.

Vegan Pepperoni (Hooray-Style, Pepperoni-Spiced, Gluten-Free)

Ingredients

Base:

- ½ cup rice flour
- ½ cup tapioca starch
- ⅓ cup refined coconut oil (plus 1–2 tbsp extra solid chunks for “fat pockets”)
- ½ cup water or veggie broth (adjust as needed for dough)
- 1 tbsp tomato paste
- 1 tbsp soy sauce or tamari (or coconut aminos if soy-free)
- 1 tsp maple syrup (optional, for balance, but not sweet like bacon)
- 1–2 tsp beet juice or beet powder (for red cured-meat color)

Spice Blend (the pepperoni soul):

- 2 tsp smoked paprika
- 1 tsp sweet paprika
- 1 tsp crushed fennel seed
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- ½–1 tsp red chili flakes (adjust to heat level)
- ½ tsp ground mustard
- ¼ tsp allspice (optional, gives that cured-meat depth)
- ½–1 tsp salt (to taste)
- 3–4 drops liquid smoke (optional, for cured smokiness)

Optional tang:

- ½ tsp apple cider vinegar or a pinch of citric acid (mimics fermentation tang).

Instructions

1. Spice prep: Crush fennel seeds with a mortar & pestle (or the back of a spoon) to release aroma. Mix with all dry spices, rice flour, and tapioca starch.
2. Wet mix: Melt coconut oil gently. Stir in tomato paste, soy sauce, beet juice, maple (if using), vinegar/citric acid, and liquid smoke.
3. Combine: Mix wet into dry. Add water/broth gradually until you get a sticky, moldable dough. Fold in a few pea-sized solid chunks of coconut oil for “fatty flecks.”
4. Shape: Roll into a log ~1.5 inches thick. Wrap tightly in parchment, then foil (like a sausage).
5. Cook:
 - Steam: 45 minutes → best chewy texture.
 - Bake: 325°F (160°C) for ~60 minutes, turning halfway.
6. Set: Cool fully before unwrapping. Chill in the fridge 4+ hours (or overnight) to firm and

deepen flavor.

7. Slice & use: Thin slices for pizza (pan-fry if you want crispy edges) or thicker slices for sandwiches/snacking.

Key Differences from Bacon

- Less sweet: only a hint of maple for balance.
- Spicy, tangy, and garlicky: the paprika–fennel–garlic combo is what makes it pepperoni.
- Optional fermentation tang: a pinch of citric acid or vinegar makes a big difference in “cured” flavor.
- More umami depth: tomato paste + soy sauce boost savory notes.

Vegan Pumpkin Delights

Ingredients

For the Pumpkin Cake:

- 1 ½ cups all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground ginger
- ¼ tsp ground cloves (optional)
- ½ cup brown sugar (packed)
- ½ cup canned pumpkin puree
- ¼ cup unsweetened non-dairy milk (soy, oat, or almond)
- ¼ cup neutral oil (canola, sunflower, or melted coconut)
- 1 tsp vanilla extract
- 1 tbsp apple cider vinegar

For the Glaze/Frosting:

- ½ cup powdered sugar
- 1–2 tbsp non-dairy milk
- ½ tsp vanilla extract
- Optional: pinch of cinnamon or nutmeg for flavor

Instructions

1. Prepare the Cake

1. Preheat oven to 350°F (175°C). Grease or line an 8x8" pan with parchment paper.
2. In a large bowl, whisk together flour, baking powder, baking soda, salt, and spices.
3. In another bowl, mix brown sugar, pumpkin puree, non-dairy milk, oil, vanilla, and apple cider vinegar until smooth.
4. Add wet ingredients to dry and stir until just combined.
5. Pour batter into prepared pan and smooth the top.
6. Bake 25–30 minutes, or until a toothpick comes out clean. Cool completely.

2. Prepare the Glaze

1. Whisk powdered sugar, non-dairy milk, and vanilla until smooth.
2. Add a pinch of cinnamon or nutmeg if desired.
3. Drizzle over cooled pumpkin cake.

3. Serve

- Cut into squares or rectangles for bite-sized pumpkin delights.
- Optionally, sprinkle with chopped nuts, coconut flakes, or a light dusting of cinnamon

sugar.

Tips & Variations

For a

✦ more decadent version, top with vegan cream cheese frosting instead of simple glaze.

Add vegan chocolate chips to the batter for a chocolate-pumpkin twist.

Roll cubes in powdered sugar or coconut for mini “pumpkin bites.”

Vegan Riesen Candies

Ingredients

For the Chewy Caramel:

- 1 cup full-fat coconut milk or coconut cream
- 1 cup organic cane sugar
- ¼ cup light corn syrup or maple syrup
- 3 tbsp vegan butter (Earth Balance or Miyoko's works well)
- ¼ tsp salt
- 1 tsp vanilla extract

For the Chocolate Coating:

- 1 ½ cups vegan dark chocolate chips or chopped chocolate
- 1 tbsp coconut oil

Instructions

1. Make the Caramel

1. Line a square pan (8x8") with parchment paper and lightly grease.
2. In a medium saucepan over medium heat, combine coconut milk, sugar, corn syrup, vegan butter, and salt.
3. Stir constantly until sugar dissolves and the mixture comes to a gentle boil.
4. Reduce heat and continue cooking until the mixture reaches 245–250°F (firm-ball stage) on a candy thermometer, about 15–20 minutes.
5. Remove from heat and stir in vanilla extract.

2. Shape the Caramels

1. Pour the caramel into the prepared pan and let cool slightly until firm enough to cut.
2. Cut into small rectangles (bite-sized). Chill in the fridge to firm completely.

3. Coat with Chocolate

1. Melt chocolate chips + coconut oil until smooth.
2. Dip each caramel piece into the melted chocolate and place on parchment paper to set.
3. Chill briefly if needed until the chocolate coating firms.

Tips & Variations

Use a high-quality dark chocolate for a rich, authentic Riesen taste.

Coconut cream gives a slightly creamy, fudgy texture to the caramel.

For an extra touch, sprinkle a tiny pinch of sea salt on top before the chocolate sets.

Add finely chopped nuts in the caramel layer for a nutty version.

Vegan Rolos Recipe

Ingredients

For the Caramel Filling:

- 1 cup pitted soft Medjool dates (packed)
- 2 tbsp peanut butter, almond butter, or tahini (optional, for creaminess)
- 2 tbsp maple syrup (or agave)
- 1 tsp vanilla extract
- Pinch of sea salt
- 2–3 tbsp non-dairy milk (as needed for blending)

For the Chocolate Coating:

- 1 ½ cups dairy-free chocolate chips (semi-sweet or dark)
- 1–2 tbsp coconut oil (for shine + smoother coating)

Instructions

1. Make the Caramel

1. Soak dates in hot water for 10 minutes if not very soft, then drain.
2. Blend dates, nut butter (if using), maple syrup, vanilla, salt, and non-dairy milk until smooth and creamy.
3. Chill mixture in the fridge for 20–30 minutes so it firms up.

2. Shape the Centers

1. Line a tray with parchment paper.
2. Scoop small spoonfuls of caramel and roll into little balls (or flatten slightly for the Rolo “shape”).
3. Freeze for 20–30 minutes so they hold together.

3. Coat in Chocolate

1. Melt chocolate chips + coconut oil in a double boiler or microwave (30-second bursts, stirring).
2. Dip each caramel piece into the melted chocolate, coating fully.
3. Place on parchment and refrigerate until set.

Tips & Variations

For a

classic Rolo look, you can use silicone molds — add chocolate, chill, then spoon in caramel, and seal with more chocolate.

Sprinkle a little flaky sea salt on top before the chocolate sets for salted caramel Rolos.

Swap nut butter for coconut cream in the caramel if you want a silkier texture.

Vegan Shish Kabobs

Ingredients:

- Vegetables & Fruits (cut into bite-sized chunks)
- 1 red bell pepper
- 1 yellow bell pepper
- 1 zucchini
- 1 red onion
- 1 cup cherry tomatoes
- 1 cup mushrooms (button or cremini)
- 1 cup pineapple chunks (optional for sweetness)
- Marinade
- 1/4 cup olive oil
- 2 tbsp soy sauce (or tamari for gluten-free)
- 2 tbsp lemon juice
- 2 tbsp balsamic vinegar
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp oregano
- 1 tsp cumin
- Salt & black pepper to taste
- Pinch of chili flakes (optional)
- Extras
- Wooden or metal skewers
- Fresh parsley or cilantro for garnish

Directions:

1. Prepare Skewers

- If using wooden skewers, soak in water for at least 30 minutes to prevent burning.

2. Chop Veggies & Fruits

- Cut peppers, zucchini, onion, and pineapple into chunks similar in size to mushrooms and cherry tomatoes for even grilling.

3. Mix Marinade

- In a bowl, whisk together olive oil, soy sauce, lemon juice, balsamic vinegar, garlic, and spices until well combined.

4. Marinate

- Place veggies and pineapple in a large bowl or ziplock bag.
- Pour marinade over, toss well, and let sit for 30 minutes to 2 hours in the fridge.

5. Assemble Kabobs

- Thread vegetables and pineapple onto skewers, alternating colors for beauty.

6. Cook

- Grill Method: Preheat grill to medium heat. Grill kabobs for 10–12 minutes, turning every few minutes until veggies are tender and lightly charred.
- Oven Method: Preheat oven to 425°F (220°C). Place skewers on a baking sheet lined with parchment and bake for 20–25 minutes, flipping halfway.

7. Serve

- Garnish with fresh parsley or cilantro.
- Pair with hummus, tahini sauce, or couscous on the side.

Tip: You can also add

firm tofu or tempeh chunks to boost protein!

Sweet Vegan Dessert Kabobs

Ingredients:

- 1 cup strawberries (halved if large)
- 1 cup pineapple chunks
- 1 cup seedless grapes (red or green)
- 2 bananas (sliced into thick coins)
- 1 cup mango chunks (or peaches if in season)
- 1 cup vegan marshmallows (optional, for fun!)

Chocolate Drizzle:

- 1/2 cup vegan dark chocolate chips
- 1 tbsp coconut oil

Optional Toppings:

- Shredded coconut
- Crushed pistachios or almonds
- Fresh mint leaves

Directions:

1. Prepare Skewers

- If using wooden skewers, soak them in water for 15–20 minutes.

2. Assemble Kabobs

- Alternate fruits (strawberry, banana, grape, mango, pineapple, marshmallow) for a colorful rainbow effect.

3. Melt Chocolate

- In a heatproof bowl, melt chocolate chips and coconut oil together over a double boiler (or microwave in 20-sec bursts, stirring each time).

4. Drizzle

- Place assembled kabobs on a tray lined with parchment paper.
- Drizzle melted chocolate lightly over kabobs.

5. Optional Garnish

- Sprinkle with shredded coconut, crushed nuts, or fresh mint leaves.

6. Chill or Serve

- Chill in fridge for 10–15 minutes to let chocolate set, or serve immediately for a gooey treat.

These are perfect for parties, family gatherings, or a lighthearted picnic after enjoying the savory kabobs.

Vegan Star Crunch Recipe

Ingredients

For the Chocolate Cake Layer:

- 1 cup all-purpose flour
- $\frac{1}{3}$ cup cocoa powder (unsweetened)
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp salt
- $\frac{3}{4}$ cup sugar
- 1 cup unsweetened non-dairy milk (soy or oat works best)
- $\frac{1}{4}$ cup neutral oil (sunflower, canola, or melted coconut)
- 1 tbsp apple cider vinegar
- 1 tsp vanilla extract

For the Crispy Rice Layer:

- 2 cups vegan crispy rice cereal
- 3 tbsp vegan butter
- 3 tbsp maple syrup or agave
- 1 tsp vanilla extract

For the Cream Filling:

- $\frac{1}{2}$ cup vegan butter (softened)
- 1 $\frac{1}{2}$ cups powdered sugar (sifted)
- 2–3 tbsp non-dairy milk
- 1 tsp vanilla extract

For the Chocolate Coating:

- 1 $\frac{1}{2}$ cups dairy-free chocolate chips
- 1–2 tbsp coconut oil

Instructions

1. Bake the Cake

1. Preheat oven to 350°F (175°C) and line a small baking pan (8x8" works) with parchment.
2. Whisk flour, cocoa, baking soda, baking powder, salt, and sugar.
3. In another bowl, mix milk, oil, vinegar, and vanilla.
4. Combine wet and dry ingredients until smooth.
5. Pour into pan and bake 18–20 minutes. Cool completely.

2. Make the Crispy Rice Layer

1. In a small saucepan, melt vegan butter + maple syrup over medium heat.
2. Stir in vanilla extract, then remove from heat.

3. Toss with crispy rice cereal until evenly coated. Spread on parchment and let cool slightly.

3. Make the Cream Filling

1. Beat vegan butter until fluffy.

2. Add powdered sugar, then vanilla and non-dairy milk, until smooth and spreadable.

4. Assemble Star Crunch

1. Cut the cooled cake into rectangles or star shapes.

2. Spread a layer of cream filling on one piece.

3. Press a layer of crispy rice mixture on top.

4. Place another cake piece on top to sandwich.

5. Coat with Chocolate

1. Melt chocolate chips + coconut oil.

2. Dip each assembled “Star Crunch” into chocolate or spoon chocolate over to cover fully.

3. Chill until set.

Tips & Variations

For extra crunch, toast the rice cereal lightly before mixing.

Use peanut butter or almond butter in the cream filling for a nutty twist.

Cut into fun shapes (stars!) for a festive snack.

Vegan Steak and Cheese Recipe

Ingredients

For the “Steak”:

- 12 oz seitan strips (store-bought or homemade)
- 2 tbsp soy sauce or tamari
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1/2 tsp liquid smoke (optional, for extra smokiness)

For the Cheese Sauce, Or Use Any Storebought Vegan Cheese:):

- 1 cup raw cashews (soaked in water 4+ hours or boiled 15 min)
- 1/2 cup unsweetened plant milk
- 2 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt, to taste

For the Sandwich (Optional):

- Hoagie rolls or sub bread
- Sautéed onions and peppers (optional)
- Vegan butter or olive oil for toasting

Instructions

1. Prepare the “Steak”:

1. In a bowl, toss the seitan strips with soy sauce, olive oil, smoked paprika, garlic powder, onion powder, black pepper, and liquid smoke.
2. Heat a skillet over medium-high heat. Sear the seitan strips for 3-5 minutes until browned and slightly crispy on the edges.
3. Remove from heat and set aside.

2. Make the Vegan Cheese Sauce:

1. Drain the soaked cashews and blend them with plant milk, nutritional yeast, lemon juice, garlic powder, smoked paprika, and salt until smooth and creamy.
2. Adjust thickness with more plant milk if needed.

3. Assemble the Steak and Cheese:

1. Optionally, sauté onions and peppers in a bit of olive oil until soft and caramelized.
2. Toast your bread lightly with vegan butter or olive oil.

3. Layer the seitan “steak,” sautéed onions/peppers, and pour cheese sauce over the top.
4. Serve immediately while warm and melty.

Serving Suggestions:

- Serve with a side of fries, chips, or a crisp salad.
- For extra flavor, drizzle vegan garlic aioli or hot sauce on top.

Vegan Twinkies Recipe

Ingredients

For the Sponge Cakes:

- 1 cup all-purpose flour
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- ½ cup sugar
- ½ cup unsweetened non-dairy milk (soy or oat works best)
- ¼ cup neutral oil (like sunflower or canola)
- 2 tbsp unsweetened applesauce (egg replacer + moisture)
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar (helps with lift)

For the Cream Filling:

- ½ cup vegan butter (softened)
- 1 ½ cups powdered sugar (sifted)
- 2 tbsp coconut cream (from chilled can, thick part only)
- 2 tbsp vegan marshmallow fluff (optional, but very authentic — look for Dandies or homemade aquafaba fluff)
- 1 tsp vanilla extract

Instructions

1. Make the Sponge Cakes

1. Preheat oven to 350°F (175°C). Grease a canoe/Twinkie pan (or use a cupcake pan with foil ovals shaped into boats).
2. In a bowl, whisk together flour, baking powder, baking soda, salt, and sugar.
3. In another bowl, whisk milk, oil, applesauce, vanilla, and vinegar.
4. Combine wet into dry, stirring just until smooth (don't overmix).
5. Fill molds about ¾ full.
6. Bake for 12–15 minutes, until lightly golden and a toothpick comes out clean.
7. Cool completely before filling.

2. Make the Cream Filling

1. Beat vegan butter until fluffy.
2. Add powdered sugar gradually.
3. Mix in coconut cream, vanilla, and marshmallow fluff (if using). Whip until smooth and fluffy.

3. Fill the Cakes

1. Poke 2–3 holes in the bottom of each cake with a skewer.

2. Use a piping bag to inject filling until each feels slightly plump.
3. Wipe away excess filling.

Tips & Variations

For a

lighter filling, use aquafaba (whipped chickpea brine) instead of coconut cream.

For a fun twist, dip them halfway in melted vegan chocolate.

If you love coconut, dust the cakes with shredded coconut for a “snowball” vibe.

Vegan Werther's-Style Caramels

Ingredients

For the Caramel:

- 1 cup full-fat coconut milk or coconut cream
- 1 cup organic cane sugar
- ¼ cup light corn syrup or maple syrup
- ¼ cup vegan butter (like Earth Balance or Miyoko's)
- 1 tsp vanilla extract
- ¼ tsp salt

Optional Coating:

- 1–2 tsp powdered sugar or cornstarch (to prevent sticking)

Instructions

1. Prepare the Caramel

1. Line a square pan (8x8") with parchment paper. Lightly grease.
2. In a medium saucepan over medium heat, combine coconut milk, sugar, corn syrup, vegan butter, and salt.
3. Stir constantly until sugar dissolves and mixture comes to a gentle boil.
4. Reduce heat and continue cooking, stirring occasionally, until mixture reaches 245–250°F (firm-ball stage) on a candy thermometer (approx. 15–20 minutes).
5. Remove from heat and stir in vanilla extract.

2. Pour and Set

1. Pour caramel into the prepared pan and spread evenly.
2. Let cool to room temperature, then refrigerate for 1–2 hours until firm.

3. Cut and Finish

1. Once set, remove from pan and cut into small rectangles.
2. Optional: Dust lightly with powdered sugar or cornstarch to prevent sticking.

Tips & Variations

For

extra buttery flavor, use a vegan butter with a rich flavor like Miyoko's cultured butter.

Coconut cream gives a slightly tropical undertone — perfect for a vegan version.

Add a pinch of ground nutmeg or cinnamon for a spiced caramel twist.

Store in an airtight container at room temperature or in the fridge for up to 2 weeks.

Virgin Kahlúa Recipe

Ingredients (makes about 3 cups):

- 2 cups strong brewed coffee (espresso or very dark roast, cooled)
- 1 cup organic cane sugar or coconut sugar (make sure it's vegan)
- 2 tbsp cocoa powder (unsweetened, high quality)
- 1 tbsp molasses or maple syrup (for depth)
- 1 tsp vanilla extract (or ½ vanilla bean scraped)
- Pinch of sea salt (to round the flavors)

Optional for creaminess (like a Kahlúa & Cream vibe):

- ½ cup coconut milk (full fat) or oat cream, stirred in before serving

Instructions:

1. In a saucepan, combine the brewed coffee, sugar, cocoa powder, and molasses.
2. Heat gently over medium-low, whisking until the sugar and cocoa dissolve (about 5–7 minutes). Do not boil.
3. Remove from heat and stir in the vanilla and salt.
4. Let it cool completely, then transfer to a clean glass jar or bottle.
5. Store in the fridge for up to 2 weeks. Shake before use.

How to Enjoy It:

- Over ice like a mocktail.
- Mixed with oat milk or coconut milk for a “White Russian” style drink.
- Drizzled over vegan ice cream.
- Added to smoothies, hot cocoa, or iced coffee for a Kahlúa-inspired flavor.

Vegan Spicy Potato Tacos

Ingredients

For the potatoes:

- 2 large russet potatoes (or 3 medium), peeled & diced into ½-inch cubes
- 2 tbsp olive oil (or avocado oil)
- 1 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp black pepper

For the vegan chipotle sauce:

- ½ cup vegan mayo (soy- or aquafaba-based works well)
- 1–2 chipotle peppers in adobo sauce (start with 1 for less heat)
- 1 tsp lime juice
- ½ tsp garlic powder
- ½ tsp smoked paprika
- Pinch of salt

For assembling tacos:

- 6 small gluten free flour tortillas (taco-size)
- 1 cup shredded lettuce
- ½ cup diced tomatoes
- Optional: vegan shredded cheese (cheddar-style), avocado, or cilantro

Instructions

1. Prepare potatoes

- Preheat oven to 425°F (220°C) OR use an air fryer at 400°F.
- Toss diced potatoes with oil and all seasonings until well coated.
- Bake 25–30 minutes (or air fry 18–20 minutes), flipping halfway, until golden brown and crispy.

2. Make vegan chipotle sauce

- Blend all sauce ingredients in a blender or food processor until smooth.
- Taste and adjust heat/salt. Chill until ready to use.

3. Assemble tacos

- Warm tortillas.
- Spread vegan chipotle sauce inside each tortilla.
- Add a scoop of crispy potatoes.
- Top with shredded lettuce, diced tomatoes, and any extras.
- Drizzle more sauce if you like it saucy.

✔ Tips:

- If you want a lighter sauce, swap vegan mayo with unsweetened vegan yogurt.
- Potatoes crisp best if you parboil them 5 minutes before roasting.
- Extra sauce keeps in the fridge 5–6 days and tastes great on burritos, bowls, or fries.

FOOD IS LOVE.
MEMORIES ARE FOREVER.

This collection brings together our family's favorite plant-based recipes—passed down, shared often, and made to be enjoyed.

From cozy soups and comforting meals to sweet treats and morning favorites, may these recipes bring nourishment, connection, and joy to your table for generations to come.



*Made in our kitchen.
Made for yours.*

