

Nel's Restaurant – Vegan Recipe Book

Vegan Avocado Toast with Tarragon Spirulina Dressing

Ingredients:

- 2 slices whole grain bread, toasted
- 1 ripe avocado, smashed
- 1 tsp spirulina powder
- 2 tbsp vegan mayo
- 1 tsp fresh tarragon, minced
- Juice of ½ lemon
- Salt & pepper to taste

Instructions:

- Whisk spirulina, vegan mayo, tarragon, lemon juice, salt, and pepper to make the dressing.
- Spread smashed avocado on toast.
- Drizzle with spirulina dressing and top with sprouts or seeds if desired.

Vegan Answer Your Nation's Call Smoothie Bowl

Ingredients:

- 1 frozen banana
- 1 cup frozen berries
- ½ cup spinach or kale
- 1 tbsp almond butter
- 1 cup oat milk
- Toppings: granola, coconut flakes, hemp seeds

Instructions:

- Blend banana, berries, greens, almond butter, and oat milk until smooth.
- Pour into a bowl and decorate with toppings.

Vegan Ruby-Reuben Sandwich**Ingredients:**

- 2 slices rye bread
- 4 slices tempeh, marinated in soy sauce & smoked paprika
- ½ cup red sauerkraut
- 2 slices vegan cheese
- 2 tbsp vegan Thousand Island dressing

Instructions:

- Pan-fry marinated tempeh until golden.
- Grill bread slices lightly.
- Assemble sandwich: bread, tempeh, cheese, sauerkraut, Thousand Island dressing, top with bread.
- Grill sandwich until cheese melts.

Flower Petal Tempeh Burger with Mango Salsa**Ingredients:**

- 1 vegan burger patty or grilled tempeh
- 1 whole wheat bun
- ½ cup mango, diced
- ¼ cup red onion, diced
- 2 tbsp cilantro, chopped
- Juice of ½ lime
- Lettuce & tomato slices

Instructions:

- Mix mango, onion, cilantro, and lime juice for salsa.
- Grill vegan patty or tempeh.
- Assemble burger: bun, lettuce, patty, mango salsa, tomato, top bun.
- Flower Petals On the Side & In Beverage of Choice

Vegan Rugged High Protein Bowl**Ingredients:**

- 1 cup quinoa, cooked
- ½ cup roasted chickpeas
- ½ cup steamed broccoli
- ½ avocado, sliced
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 garlic clove, minced
- Water to thin dressing

Instructions:

- Mix tahini, lemon juice, garlic, and water into a creamy dressing.
- In a bowl, arrange quinoa, chickpeas, broccoli, and avocado.
- Drizzle tahini dressing on top.

Lime Basil Pesto Pasta**Ingredients:**

- 2 cups cooked angel hair pasta
- 1 cup fresh basil leaves
- Juice & zest of 1 lime
- 2 tbsp pine nuts or walnuts

- 2 tbsp nutritional yeast
- 2 tbsp olive oil
- Salt & pepper to taste

Instructions:

- Blend basil, lime juice/zest, nuts, nutritional yeast, olive oil, salt, and pepper.
- Toss with cooked pasta and serve.

Greek Platter (Vegan)

Ingredients:

- 1 cup hummus
- ½ cup olives
- 1 cucumber, sliced
- 1 tomato, sliced
- 1 pita bread, warmed and cut into wedges
- ½ cup dolmas (stuffed grape leaves, vegan)

Instructions:

- Arrange hummus, olives, cucumber, tomato, pita, and dolmas on a platter.
- Serve as a shareable appetizer.

Vegan Nachos

Ingredients:

- Tortilla chips
- 1 cup vegan cheese sauce
- vegan cheese
- can add vegan meat of choice, like ground Beyond
- ½ cup black beans
- ½ cup salsa

- ¼ cup jalapeños, sliced

- ¼ cup guacamole

Instructions:

- Spread tortilla chips on a baking sheet.
- Top with beans and vegan cheese sauce, then bake at 350°F for 10 minutes.
- Remove and add salsa, jalapeños, and guacamole before serving.
- Homemade Guacamole the best! <3

Green Dream Juice

Ingredients:

- 2 stalks celery
- 1 cucumber
- ½ bunch parsley
- 1 cup pineapple chunks

Instructions:

- Juice celery, cucumber, parsley, and pineapple.
- Serve fresh over ice.

Açaí Shot

Ingredients:

- 2 tbsp açaí puree
- ½ cup water or coconut water
- 1 tsp agave or maple syrup

Instructions:

- Blend açaí puree, water, and sweetener until smooth.
- Serve chilled in a shot glass.

Ginger Shot

Ingredients:

- 2 inches fresh ginger root
- 1 lemon, juiced
- 1 tsp maple syrup (optional)

Instructions:

- Juice ginger root and mix with lemon juice.
- Add maple syrup if desired for sweetness.
- Serve in a small shot glass.

Wheatgrass Shot

Ingredients:

- 1 oz fresh wheatgrass
- ½ oz apple juice (optional, for sweetness)

Instructions:

- Juice wheatgrass using a juicer.
- Add apple juice if desired.
- Serve immediately for maximum nutrients.

Homemade Vegan Hummus

Ingredients:

- 1 can chickpeas, drained & rinsed
- 2 tbsp tahini
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 garlic clove
- Salt to taste

- Water as needed for texture

Instructions:

- Blend chickpeas, tahini, olive oil, lemon juice, garlic, and salt in a food processor.
- Add water a little at a time until smooth and creamy.
- Serve with pita bread or fresh veggies.

Vegan Forest Rain Mushroom Soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 3 cups mushrooms, sliced
- 4 cups vegetable broth
- 1 cup coconut milk
- 2 tbsp nutritional yeast
- 1 tsp thyme
- Salt & pepper to taste

Instructions:

- Heat olive oil in a pot, sauté onion and garlic until fragrant.
- Add mushrooms and cook until softened.
- Pour in vegetable broth, thyme, salt, and pepper. Simmer 15 minutes.
- Stir in coconut milk and nutritional yeast, blend partially for creamy texture.
- Serve hot with bread.

Vegan Quesadilla

Ingredients:

- 2 whole wheat tortillas

- ½ cup vegan cheese
- ½ cup sautéed peppers & onions
- ¼ cup black beans
- 2 tbsp salsa

Instructions:

- Place tortilla in pan, sprinkle with vegan cheese, peppers, onions, and beans.
- Top with second tortilla and cook until golden brown on both sides.
- Slice and serve with salsa.

Vegan Brute! BBQ Tempeh Bowl

Ingredients:

- 1 block tempeh, cubed
- ¼ cup vegan BBQ sauce
- 1 cup brown rice, cooked
- 1 cup steamed broccoli
- ½ cup corn kernels
- ¼ avocado, sliced

Instructions:

- Pan-fry tempeh until golden, then toss with BBQ sauce.
- In a bowl, arrange rice, broccoli, corn, avocado, and BBQ tempeh.
- Serve warm.