

# Recipes from



*Let Food Transform How You Feel!*

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# APPETIZERS

## Savory Kale Chips

Serves 2-3

Total Time: 50 min + cooling time

1 bunch green curly kale  
2 tbsp olive oil  
1 tbsp nutritional yeast (optional)  
Sea salt or kosher salt, to taste



1. Preheat oven to 225F. Wash kale and pat dry. Tear or cut from stem into 4-inch pieces.
2. Place in large bowl and coat with olive oil. Massage oil into the kale to evenly distribute.
3. Place kale on a cookie sheet in a single layer (some overlap is okay, because it will shrink).
4. Sprinkle with salt and nutritional yeast.
5. Bake for approximately 30-35 minutes until crisp but not brown, turning once halfway through cooking time.
6. Let cool. Store in a ziplock bag or container for up to two weeks. Enjoy!

## Lemon & Dill Cashew Cheese Spread

Serves 6-8 as an appetizer

Total Time: 15 min + overnight soaking time

2 cups cashews, soaked overnight  
4 tbsp apple cider vinegar  
2 tbsp lemon juice  
2 garlic cloves, roughly chopped  
Zest of 1 lemon  
Sea salt and ground black pepper, to taste  
1 tbsp dried dill  
3 tbsp chopped parsley



1. Soak cashews overnight then drain.
2. In a food processor, blend cashews with vinegar, lemon juice, garlic, zest, salt and pepper to a smooth consistency, adding about 3 tbsp water if needed to slightly thin.
3. Place mixture in a bowl and add dill and parsley. Adjust seasoning as needed. Serve with crackers or crudites. To store, wrap in cheesecloth and keep in an airtight container for up to 6 days. (Cheesecloth step can be omitted if you like a softer consistency).

## White Bean Dip

Serves 2-4

Total Time: 10 min prep + 1 hour refrigeration (optional) + overnight soaking time (optional)

2 1/2 cups white beans soaked overnight, or one 15 oz can drained and rinsed

1 1/2 tbsp of tahini or nutritional yeast

1 1/2 tbsp extra virgin olive oil

1 tbsp fresh lemon juice

1 1/2 cloves of garlic, crushed

1/2 tsp salt

Splash of water or use white wine, apple cider, or red wine vinegar

1. In a blender or food processor, blend the white beans.
2. Add tahini, olive oil, lemon juice, garlic, and salt until the ingredients form a creamy, paste-like consistency. Add small amounts of water as needed until desired texture.
3. Pour the mixture into a large serving bowl. Cover and refrigerate for one hour or serve immediately.

## French Lentil Mushroom Pate

Serves 4-6 as an appetizer

Total Time: 40 min + lentil cooking time

4 tbsp olive oil

1 medium onion, diced

3 cloves garlic, minced

1 cup cremini mushrooms, chopped

1 cup pecan halves

2 cups cooked green lentils

2 tsp fresh thyme

3 tbsp sherry vinegar

1 tbsp lemon juice

1 tbsp tamari or soy sauce

2 tbsp fresh parsley

Salt and ground black pepper



1. In a small dry skillet over medium heat, toast pecans, stirring frequently, about 2-5 minutes.
2. In a large skillet, heat 2 tbsp of olive oil. Add the onions and garlic and sauté until translucent, about 5 minutes. Set onions and garlic aside.
3. Add the other 2 tbsp of oil to the skillet. Add the mushrooms and sauté until golden brown and seared. Add the onion and garlic back to the pan and heat for 2 more minutes until combined. Remove from heat.
4. In a food processor, pulse the pecans until fine then add the cooked lentils, mushroom/onion mixture, thyme, sherry vinegar, lemon juice, tamari, parsley, salt and pepper and process until smooth. Adjust seasoning to taste. Serve in a small bowl with crostini or crackers.

## Grilled Avocado Toast With Fresh Dill

Serves 1-2

Total Time: 5 min

Sliced bread of choice, grilled or toasted  
1 avocado, lightly mashed  
Fresh dill, to taste  
Sea salt and ground black pepper to taste

While bread is toasting, mash the avocado, salt and pepper together in a small bowl. Mound this on top of the toast and top with fresh dill. Enjoy!



## Tender Kale Salad with Smoked Almonds

Serves 6

Total Time: 30 min

2 bunches lacinato kale, stemmed and thinly sliced crosswise  
2 medium shallots, thinly sliced  
5 tbsp sherry vinegar  
1 tbsp agave syrup  
5 tbsp olive oil  
1 cup smoked almonds  
1 cup fresh mint leaves, chopped  
Salt and ground black pepper

1. In a small bowl, whisk together the shallots, vinegar and 1/4 tsp salt. Whisk in the agave, olive oil and a dash of pepper and set aside.
2. In a food processor, pulse the almonds until coarsely chopped.
3. Place the chopped kale in a large bowl and add the crushed almonds. Massage the kale until it softens and darkens, about 1 minute. Add the dressing and mint and toss to combine. Season if needed with salt and pepper. (Recipe adapted from Milk Street)

# SOUPS

## Creamy Broccoli, Leek & Tarragon Soup

Serves 4-6

Total Time: 50 min

2 tbsp olive oil  
2 large leeks (white and light green parts), chopped  
2 cloves garlic, minced  
4 small Yukon gold potatoes, diced  
3 veggie bouillon cubes ("chicken" flavor)  
5 cups water  
2 large heads broccoli, chopped  
1 tbsp fresh tarragon, chopped  
Salt and black pepper, to taste

1. Heat olive oil in a large stock pot and add leeks and garlic. Sauté about 5 minutes until soft.
2. Add potatoes and sauté another 3 minutes. Add bouillon and 5 cups hot water. Bring to a boil then simmer until potatoes are tender, about 7 minutes.
3. Add broccoli and simmer about 5 minutes more until bright green and tender. Adjust seasoning with salt and pepper.
4. Remove from heat and add tarragon. Transfer to a Vitamix or blender in two batches and puree until creamy. Enjoy!

## Savory Sweet Potato Curry Soup

Serves 8

Total Time: 1 hour

1 large yellow onion, diced  
1/2 tbsp coconut oil or olive oil  
5 cloves garlic, minced  
2 large sweet potatoes, cubed  
2 tbsp yellow curry powder  
1/4 tsp chipotle powder  
Sea salt and black pepper, to taste  
3 cups full-fat canned coconut milk



1. Begin by sweating the onions in a large pot over medium heat in coconut or olive oil. Cook for a few minutes, then add garlic and stir.
2. Season with salt and pepper, and stir. Stir in sweet potatoes, curry powder and chipotle powder. Cook for 5 minutes, stirring frequently.
3. Add more salt and pepper if needed and the coconut milk, then cover. Bring to a simmer then reduce heat to low. Simmer for 25 minutes more.
4. At the end of 25 minutes, taste and adjust seasonings as needed (we added about 1/4 tsp more salt and a pinch more chipotle). Then puree using an immersion blender, food processor or blender. Transfer back to the pot if needed and keep heat on low until ready to serve.

# Cauliflower & White Bean Soup

Serves 4-6

Total Time: 1 hour

1 tbsp olive oil or coconut oil  
2 medium yellow onions, diced  
1 bay leaf (don't forget to pull it out before you blend the soup)  
2 tsp ground cumin  
2 tsp kosher salt  
1 tsp ground turmeric  
1 tsp ground coriander  
1/8 tsp ground cardamom  
Ground black pepper, to taste  
Sprinkling of crushed red pepper flakes  
4 garlic cloves, minced  
4 1/2 cups vegetable broth  
1 15-oz can of white beans  
1 large head of cauliflower, roughly chopped into same size chunks  
1 cup canned coconut milk  
1 tbsp apple cider vinegar  
Fresh herbs for garnish, such as dill or chives (optional)

1. In a large soup pot, heat the oil over medium. Add the onion and seasonings, except for the garlic. Sauté, stirring occasionally until the onions become translucent, about 5-10 minutes. Then add the garlic and sauté another few minutes.
2. Add the vegetable broth, white beans and cauliflower and bring to a boil over high heat. Reduce to a simmer and allow to cook for about 15 minutes, until the cauliflower is tender.
3. Remove from heat and transfer carefully in batches to a Vitamix or blender. Blend on high (allowing steam to vent) for a few minutes, until silky and smooth.
4. Transfer back to the soup pot and stir in the coconut milk and vinegar. Adjust seasonings if needed. Heat soup on low, ensuring it doesn't boil. Serve hot with optional toppings of fresh herbs and ground black pepper.



# Butternut Squash & Pear Bisque

Serves 6-8

Total Time: 1 hour and 15 min

3 tbsp olive oil  
1 medium yellow onion, diced  
2 firm ripe pears, cored and cut into 1-inch cubes  
4 cups butternut squash, cut into 1-inch cubes (about one 2 lb squash)  
1 cup apple cider or unfiltered apple juice  
4 cups vegetable broth  
1/2 cup coconut milk  
Chopped chives for garnish

1. Heat oil in a medium stock pot over medium-low heat. Add onion, pear and squash and sauté for 10-15 minutes, stirring occasionally until onions are translucent.
2. Add the cider or juice and bring to a boil over medium-high heat. Add the broth, reduce heat to medium-low and simmer for about 30 minutes, partially covered, until squash is tender.
3. Carefully transfer soup in batches to a blender or Vitamix and puree until smooth. Return soup to stock pot and stir in the coconut milk. Reheat over low heat, being careful not to boil. Adjust seasoning as needed and serve.

## MAINS

### Savory Marinated White Beans with Fresh Herbs

Serves 2-3

Total Time: 15 min

1/3 cup chopped fresh herbs of choice (like cilantro, chives, parsley, dill, etc.)  
2-3 cloves of garlic, minced  
1/2 cup of finely chopped onion, scallions or shallots  
1 can of beans (cannellini or navy), drained and rinsed  
2 tbsp olive oil  
1/2 tsp of whole spices (like mustard seeds, fennel seeds, chili flakes, etc)  
2-3 splashes of white wine vinegar or another acid like apple cider vinegar or caper juice  
1 tbsp lemon juice  
Zest of 1 lemon  
Salt and ground black pepper, to taste

1. In a medium bowl, mix the fresh herbs, garlic and onion then add the beans.
2. Heat 1 tbsp of oil in a small skillet. Add spices and let cook (bloom) for 30 seconds until fragrant. Add spices to bean mixture.
3. Add in the vinegar, 1 tbsp of oil, lemon juice and zest. Mix until the beans are nicely coated. Season to taste with salt and pepper.

# Vegan Crab Cakes

Makes about 18 small to medium patties

Total Time: 1 hour + overnight soaking time

1 1/2 cups chickpeas, soaked overnight (or use 2 cans cooked chickpeas, drained)

1/4 cup Vegenaïse

1 tbsp bay seasoning

1/4 cup bread crumbs

Juice of 1/2 lemon

Salt and ground black pepper, to taste

2 tbsp ground flax seeds

1 tbsp water

6 green onions, diced (both white and green parts)

1/3 red pepper, diced

2/3 can artichoke hearts, chopped

Coconut oil or olive oil

1. In a food processor pulse the soaked chickpeas a few times to break down.
2. Add the Vegenaïse, bay seasoning, bread crumbs, lemon juice, salt and pepper, flax seeds and 1 tbsp water, and pulse to combine. Transfer mixture to a large bowl.
3. Add the green onions and red pepper and mix well. Adjust seasonings, if needed.
4. Gently break apart the artichoke hearts and add to mixture. Fold into mixture with a fork to give a crab-like texture.
5. With hands, form balls from the mixture, pressing down on the ball to form a small patty shape.
6. Heat oil in a large non-stick or cast iron skillet on medium-high. In batches, place patties in skillet and cook until lightly browned and crisp, about 4 minutes each side, adding more oil for each batch if needed.
7. Serve with a dollop of Garlic Dill Aioli (recipe included in "Sauces & Dressings").



# Walnut "Meat" Tacos with Cilantro & Pickled Red Onions

Tacos serve 3-4; Pickled Red Onions makes 1 1/2 cups

Total Time: 10 min prep for onions + marinating time; 10 min for tacos

Pickled Red Onion Ingredients (make at least 1 hour in advance of eating):

1 large red onion, sliced thinly or minced

3 tbsp vinegar (apple cider, red wine, white wine, or balsamic)

1-2 tsp agave, honey, or sugar

1/4 tsp salt

Taco Ingredients:

2 cups walnuts

2 tbsp olive oil

1-2 tbsp tamari or soy sauce

2 tsp dried oregano

2 tsp cumin

1 tsp chili powder

Sea salt, to taste

1/8-1/4 tsp cayenne

Toppings such as fresh cilantro and pickled red onions (recipe below)

Taco shells or tortillas for serving

1. For pickled red onions, boil water in a kettle. Place onion slices in a colander in the sink.
2. In a bowl large enough to fit all the onion, combine the vinegar, sweetener, and salt and whisk until blended.
3. Pour the boiling water over the onion and shake to drain. It's fine if a little water still clings.
4. Add the onion to the vinegar solution and stir to coat. Let it sit for at least an hour or up to several days, covered and refrigerated, occasionally stirring and/or shaking to allow maximum exposure to the liquid. Store in a jar with a tight-fitting lid in the refrigerator.
5. For tacos, combine all of the taco ingredients (except salt, tortillas and toppings) and process until desired consistency. Adjust seasoning if needed. Mound onto tortillas and add toppings.



## Mini Jackfruit Tostadas

Makes 16-18 mini tacos or 6 regular tacos

Total Time: 30 min

1 tbsp olive oil

1/2 cup yellow onion, thinly sliced

2 garlic cloves, minced

7 oz package unseasoned shredded jackfruit (we used Edward & Sons)

1/2 cup vegetable broth or water

Juice of 1/2 lime

1 tsp coconut sugar or agave

2 tsp chili powder

1 tsp ground cumin

1 tsp smoked paprika

1/4 tsp salt

Round tortilla chips for mini version, or taco shells for regular size

Optional toppings: fresh cilantro, lime juice, pickled red onions (see included recipe under “Walnut ‘Meat’ Tacos”)

1. Heat the oil in a large skillet over medium-high heat. When hot, add the onions and sauté for about 5 minutes until the onions have softened and begin to brown. Then add the garlic and sauté for 2 minutes more.
2. Add the shredded jackfruit, broth, lime juice, sweetener and all the spices to the pot and cover. Reduce heat and let it simmer until about 1/2 of the liquid is absorbed, about 5 minutes.
3. Assemble on tortilla rounds or inside taco shells and sprinkle on toppings such as cilantro, lime juice and pickled red onions.

## Roasted Sweet Potatoes with Pesto & Vegan Feta

Serves 4

Total Time: 1 hour

4 large sweet potatoes, cut into 1/2-inch squares

2 tbsp olive oil

Salt and black pepper, to taste

1/4 cup red onion, diced

1/4 cup basil

1 15-oz can chickpeas, rinsed and drained

1/3 cup basil pesto or Raw Pumpkin Seed Pesto (recipe included in Sauces & Dressings)

1/3 cup feta cheese (for vegan option, we used Violife brand vegan feta)



1. Preheat oven to 400F. Place sweet potatoes on a baking sheet and toss with olive oil, salt and pepper.
2. Roast for about 40 minutes until caramelized, stirring occasionally.
3. Place sweet potatoes in a large bowl and gently toss with remaining ingredients and season to taste. Serve hot, cold or at room temperature.

# Roasted Butternut Squash with Cranberries, Brussels Sprouts & Dijon Vinaigrette

Serves 4-6

Total Time: 1 hour 15 min

## Roasted Butternut Squash Ingredients:

1 lb butternut squash, peeled and cut into 3/4-inch chunks

1 lb small Brussels sprouts, stems trimmed and sliced lengthwise in half

2 tbsp + 1 tsp extra virgin olive oil

1 tsp kosher salt

Ground black pepper, to taste

1/4 cup dried unsweetened (or sweetened) cranberries

## Dijon Vinaigrette Ingredients:

2 tsp Dijon mustard

1 tbsp rice wine vinegar (or rice vinegar)

2 tbsp extra virgin olive oil

2 pinches of kosher salt

Ground black pepper



1. Preheat the oven to 450F. Place the butternut squash chunks and halved Brussels sprouts on a large baking sheet. Drizzle them with the 2 tbsp of extra virgin olive oil, and toss them with your hands to distribute the oil evenly.
2. Sprinkle the vegetables evenly with salt and pepper then toss them again with your hands. Spread the vegetables out evenly onto the baking sheet. Tip: flip the Brussels sprouts so they are cut side down, they will caramelize much more evenly this way.
3. Roast the vegetables in the oven for 20 to 30 minutes (this will vary depending on the size of your Brussels sprouts and butternut squash chunks), tossing them gently 1 to 2 times during the roasting time to ensure that they caramelize evenly on all sides.
4. Scatter the dried cranberries onto the baking sheet in the last 5 minutes of roasting time. Place the baking pan on a cooling rack, toss the vegetables with the remaining tsp of olive oil, and allow them to cool slightly while you prepare the Dijon vinaigrette.
5. In a small bowl, whisk together the Dijon mustard and rice wine vinegar. Slowly pour in the olive oil, whisking continuously with your other hand, until the ingredients are emulsified. Season with salt and pepper to taste.
6. Gently place the roasted vegetables in a large serving bowl or platter. Pour on the Dijon vinaigrette and toss the vegetables gently until they are lightly dressed. Serve warm, lukewarm, or cold.

## Beet, Carrot & Celeriac Salad

Serves 1-2

Total Time: 15 min

1 large carrot, peeled  
1 medium beet root, peeled  
A large handful of mint, chopped  
1 jalapeño or bird's eye chili pepper, minced  
Juice of one lemon  
A few good flings of olive oil  
Sea salt and fresh ground black pepper (to taste)

1. Finely shred carrot, beet root and celeriac using mandolin, food processor or grater, keeping each vegetable separate from each other.
2. Combine carrot and celeriac in bowl. Add beet root at the end because it colors everything else.
3. Add mint and chili, and mix well. Dress with lemon juice and olive oil. Season with sea salt and pepper. Serve immediately.

## Shaved Brussels Sprouts with Maple & Dijon

Serves 4

Total Time: 25 min

2 tbsp olive oil  
3/4 cup chopped onion  
7 oz Brussels sprouts cut into thin strips (about 2 cups)  
2 tsp Dijon mustard  
1 tbsp maple syrup  
Salt and black pepper to taste

1. Heat the oil in a large skillet over medium-high heat. Add onions and cook for 2 minutes until soft.
2. Add Brussels sprouts and sear until lightly browned, stirring only once or twice, about 5 minutes.
3. Add mustard, maple syrup, salt and pepper and stir to coat. Let sear for another few minutes until some of the sprouts caramelize and crisp up. Remove from heat and serve.



## Raw Zucchini Pasta with Cashew 'Alfredo' Sauce

Serves 4-8

Total Time: 25 min + cashew soaking time

1 1/4 cups cashews, soaked for at least 4 hours then drained

1/2 cup water

1 tsp agave

1/3 cup fresh lemon juice

1/2 tsp sea salt

1 tsp white miso

4 zucchini, spiralized or julienned

1/2 cup fresh basil leaves, chopped

1 to 2 cups cherry tomatoes, halved

1. Place soaked cashews, water, agave, lemon juice, salt and miso in a blender. Blend until smooth.
2. Combine zucchini, basil and cherry tomatoes in a large bowl. Toss with sauce to taste. Serve immediately and store remainder in fridge.

## Kale, Brussels Sprouts & Cranberry Salad with Dijon Vinaigrette

Serves 4-6

Total Time: 20 min prep + 1 hour refrigeration

2 cups kale leaves, cut into thin ribbons

2 cups Brussels sprouts, cut into thin ribbons

1/2 cup dried cranberries

Vinaigrette Ingredients:

2 tbsp agave or honey

1/4 cup lemon juice

2 tbsp Dijon mustard

1 shallot, minced

1 garlic clove, minced

1/3 cup olive oil

1. To make the vinaigrette, combine agave or honey, lemon juice, Dijon, shallot and garlic. Slowly whisk in olive oil. Cover and refrigerate.
2. Combine kale, Brussels sprouts and cranberries in a large bowl. Massage in dressing about 1 hour before serving to soften kale.

# Sauces and Dressings

## Raw Pumpkin Seed Pesto

Makes about 3 cups

Total Time: 10 min

4 oz fresh basil  
2 cups pumpkin seeds  
5 medium cloves garlic  
2 1/2 tbsp olive oil  
1-2 tsp salt

Place basil, pumpkin seeds, garlic, olive oil and 1 tsp salt in a food processor or high-speed blender and pulse for about 15 seconds, until the pesto is relatively coarse. Adjust the salt to taste and add olive oil if needed, for desired consistency. Serve on toast, crackers, over pasta, in salad, on protein-of-choice, the ideas are limitless!

## Creamy Cashew Caesar Salad Dressing

Serves 4

Total Time: 20 min + optional longer cashew soaking time

1/2 cup raw cashews, softened (see instructions)  
1/2 cup water, or if you used soaked cashews then 1/4 cup + 1 tbsp water  
1/4 cup lemon juice  
2 tbsp nutritional yeast  
1 tbsp Dijon mustard  
2 tsp capers  
1 clove garlic

1. Soften the cashews by putting them in a medium pot and covering with water. Boil for about 10 minutes until the cashews are tender. Drain and rinse with cold water. Alternatively, you can soften the cashews by covering them with cold water in a bowl and letting soak for 4 hours or overnight. Drain before use.
2. Add the drained cashews to a blender along with the remaining ingredients and blend until smooth and creamy. Store in an airtight container in the refrigerator.



## Garlic Dill Aioli

Makes about 1 cup

Total Time: 5 min prep + 1 hour refrigeration

1 cup Veganaise  
1 tbsp dried crushed dill  
1 tiny clove garlic, minced

Mix all ingredients together and let sit in refrigerator for at least 1 hour for flavors to blend. Serve with Vegan Crab Cakes (see included recipe).



## Raw Sundried Tomato & Basil Marinara

Makes about 1 cup or 2 servings

Total Time: 10 min

1/2 cup fresh tomato  
1/2 cup sundried tomatoes (chopped and pre-soaked in olive oil)  
1 1/2 tbsp olive oil  
1 1/2 tsp dried basil or dried oregano  
1/2 clove garlic, minced  
1/4 tsp sea salt

1. Place all ingredients into food processor. Pulse briefly to incorporate everything – do not over-process as it's nice to leave this raw recipe a bit chunky.
2. Serve over pasta-of-choice. Store leftover raw tomato sauce in the fridge.



## Almond Ricotta

Makes about 1 cup

Total Time: 20 min prep + almond soaking time

- 1 1/2 cups slivered almonds (not whole), soaked for at least 6 hours (see instructions)
- 5 tbsp water
- 2 tsp white vinegar
- 2-4 tbsp unsweetened plain yogurt (we used So Delicious brand dairy-free coconut yogurt)
- 3/4 tsp fine salt
- Optional variations: 1 garlic clove, 1 tbsp lemon juice

Note: You will need a food processor. A blender will not work due to the small amount of water. Using a blender will result in gritty ricotta and adding more water will make it bland.

1. Add almonds to a large glass bowl and cover with boiling water. Soak for a minimum of 6 hours or overnight. Since so little liquid is used to blend the almonds, the soaking is required to yield a richer ricotta.
2. Drain and rinse. Add almonds to food processor and process into small pieces.
3. Add the remaining ingredients starting with 2 tbsp of yogurt and process until it resembles ricotta. You'll need to scrape down the sides a couple times, as needed. It may seem too dry at first, but keep processing until it is smooth. Once it reaches the texture you like, taste and add the remaining yogurt if you'd like more tang. Optional variations: Add a garlic clove or 1 tbsp lemon juice to enhance flavor.
4. Use with lasagna, pizza, stuffed shells, soups, on crackers and much more! It is delicious spread on a baguette topped with pesto.

## Pecan Parmesan

Makes about 1 cup

Total Time: 20 min

- 1 cup pecan halves
- 1 1/2 tbsp nutritional yeast
- 1 tbsp extra virgin olive oil
- 2 pinches sea salt (fine grain if available)

1. Preheat oven to 300F. Place pecan halves on a baking sheet and toast in oven for 8-10 minutes until fragrant and lightly golden, then remove from oven.
2. Using a food processor, chop the toasted pecans to the size of peas.
3. Add the nutritional yeast, oil, and salt and process again until it's a coarse crumb. Be sure not to over-process – you want a nice crunchy texture, not powder.

## Vegan Ranch Dressing

Makes about 2 cups

Total Time: 10 min prep + optional overnight refrigeration

2 cups Veganaise  
3 tsp garlic powder  
3 tsp onion powder  
2 tsp dried dill  
3 tbsp fresh chives  
4 tbsp water (amount may vary depending on desired thickness)  
1 tbsp apple cider vinegar

Combine all ingredients and blend until creamy. Adjust water to create desired consistency. For best results, let sit overnight in refrigerator to combine flavors.

## Peach Vinaigrette

Makes 1 cup

Total Time: 35 min

1/2 cup peach balsamic vinegar (we used Fustini's brand)  
1/2 cup extra virgin olive oil  
1 tsp agave or honey

1. In a small sauce pan, heat the vinegar on medium-low heat until it reduces to 1/4 cup, approximately 20 to 30 minutes. Let cool.
2. Transfer the reduced vinegar to a mixing bowl and add the sweetener, whisking to combine.
3. Slowly drizzle in the olive oil while whisking continuously, until it emulsifies into the dressing.



# Desserts and More!

## Vegan Key Lime Cheesecake

Makes 24 mini cups

Total Time: 55 min prep + 1 hour soaking time + 3 hour freezing time

### Pecan Crust Ingredients:

1 1/2 cups raw pecans

1 cup medjool dates, soaked in warm water for 10 minutes

Pinch of sea salt

### Key Lime Filling Ingredients:

1 cup raw cashews, soaked overnight or in hot water for 1 hour

3/4 cup coconut milk, well shaken

1/4 cup coconut oil, melted

3-4 large limes to make 1 tbsp zest and 1/2 cup juice

1/3-1/2 cup agave nectar

1. If not already done, soak the cashews overnight or in hot water for one hour and soak the dates in warm water for 10 minutes, then drain. Line a mini-muffin tin with plastic wrap or paper liners.
2. To make the crust, in a food processor blend the pecans until ground, then add the soaked dates and sea salt. Pulse until well combined and sticky. Transfer the mixture into the muffin tins and press down until a crust is formed. The crust is super sticky and it helps if you run your fingers under warm water before pressing down the crust. Place tin in freezer for 15 minutes.
3. To make the key lime filling, in a high-speed blender such as a Vitamix, blend all the filling ingredients except the lime zest until smooth, adjusting lime juice and agave depending on desired sweetness.
4. Remove muffin tin from freezer and pour the filling over the crusts, tapping on counter to release bubbles. Top with lime zest and loosely cover with saran wrap. Freeze until firm, about 3 hours. Serve frozen or slightly defrosted for 10 minutes. Store in freezer for up to 2 weeks.



# Vegan Pumpkin Cheesecake

Makes 24 mini cups

Total Time: 55 min prep + 1 hour soaking time + 4 hour freezing time

## Pecan Crust Ingredients:

1 1/2 cups raw pecans

1 cup medjool dates, soaked in warm water for 10 minutes

Pinch of sea salt

## Pumpkin Pie Filling Ingredients:

1 cup cashews, soaked in hot water for 1 hour

1/2 cup coconut milk

1/2 cup pumpkin purée (not pumpkin pie filling)

1/2 cup maple syrup

2 tbsp coconut oil, melted (or olive oil)

1 tsp pumpkin pie spice

1 tsp vanilla extract

Juice of 1/2 lemon

1. If not already done, soak the cashews in hot water for one hour and soak the dates in warm water for 10 minutes, then drain. Line a mini-muffin tin with plastic wrap or paper liners.
2. To make the crust, in a food processor blend the pecans until ground, then add the soaked dates and sea salt. Pulse until well combined and sticky. Transfer the mixture into the muffin tins and press down until a crust is formed. The crust is super sticky and it helps if you run your fingers under warm water before pressing down the crust. Place tin in freezer for 15 minutes.
3. To make the filling, in a high speed blender such as a Vitamix, blend all the filling ingredients until smooth and creamy. Remove muffin tin from freezer and pour the filling over the crusts. Top with a few extra pecans and freeze for about 4 hours, or until firm. Enjoy! Store any leftovers in the freezer for up to 2 weeks.

## Goji Berry & Pecan Chocolate Drops

Makes 40 servings

Total Time: 35 min + cooling time

20 oz (2 bags) chocolate chips (we used Lily's stevia-sweetened chocolate chips)

4-6 oz goji berries

8 oz pecans, chopped roughly

1/4 tsp sea salt + additional for sprinkling

1. Fill a small pot 1/4-full with water and heat to simmer.
2. Place a large bowl on top of pot (creating a double boiler).
3. Fill bowl with chocolate chips and slowly melt. Once all chocolate is melted, stir in goji berries, pecans and sea salt.
4. Use a 1 tablespoon-sized spoon to drop mixture onto wax or parchment paper.
5. Top each drop with a small sprinkle of sea salt, and a couple pecans and goji berries.
6. Refrigerate to allow chocolate drops to cool. (Recipe adapted from foodbabe.com).



## Chia Pudding

Serves 2-3

Total Time: 5 min + overnight refrigeration

1 can organic coconut milk

2 tbsp raw honey, agave or sweetener of choice

1/2 tsp vanilla extract

1/2 cup chia seeds

Fresh fruit of choice for topping

Whisk together coconut milk, sweetener and vanilla in a bowl. Blend in chia seeds. Refrigerate overnight. Serve cold with fresh fruit.



## Chocolate Coconut Mousse

Serves 4

Total Time: 15 min prep + a few hours in refrigerator to thicken

2 cans full fat coconut milk

1/2 cup cocoa powder

1/2 cup palm sugar, sifted so there are no clumps

3 tbsp maple syrup

1/2 tsp vanilla extract

Optional topping: So Delicious Coco Whip

1. Open coconut milk cans and separate the coconut cream from the water (see note). Add the cream to a bowl and add all remaining ingredients.
2. Beat together with an electric mixer or fork until creamy. Let sit in the fridge to thicken for a few hours before serving. When ready to serve, add optional topping.

Note: If can of coconut milk is not easily separated, place in freezer to harden before making mousse. Coconut cream is also available for purchase in cans.

## Chocolate Coconut Truffles

Makes 10 individual truffles

Total Time: 40 min prep + 2-3 hour refrigeration time

4 oz dark chocolate bar

3 oz coconut milk

1 tsp vanilla extract

2 tsp maple syrup

Pinch of sea salt

Cocoa powder for coating

1. Break chocolate into pieces and place in a bowl. In a small saucepan, heat coconut milk on low heat until it comes to a full simmer. Do not let it boil.
2. Take off the heat and pour hot coconut milk over broken chocolate. Let sit for a minute or two, then stir with a spatula until all the chocolate has melted and you have a smooth chocolate ganache.
3. Add vanilla, maple syrup, and sea salt to the ganache. Stir well.
4. Chill the bowl of ganache in the refrigerator until it is firm, thickened and scoopable, about 2-3 hours. Stir every 30 minutes or so to ensure it chills evenly.
5. Once firm, using a teaspoon, scoop out portions of ganache and roll into balls with clean, cool hands. Roll each ball in cocoa powder to coat. Store in refrigerator and let thaw for 5-10 minutes before serving.

# Nutty Chocolate Truffles

Makes about 14 truffles

Total Time: 1 hour prep + setting time

1 cup raw pecans

1 cup raw walnuts

10 medjool dates, pitted (if dried out, soak in warm water for 10 minutes then drain)

1 tbsp cacao powder or unsweetened cocoa powder

1 1/4 cups dark chocolate bar, roughly chopped

1 tsp coconut oil

Optional toppings: 1/2 tsp ground cinnamon, 1/4 cup cacao nibs, crushed nuts, cocoa powder, coconut flakes and/or sea salt

1. Place pecans and walnuts in a food processor or high speed blender and process until it reaches the consistency of a meal. Remove and set aside in a dish.
2. Place pitted dates in the food processor and process until small bits remain and/or it forms into a ball.
3. Add in the cacao powder and 1/2 of the nut meal and pulse. Continue pulsing and adding the nut meal a little at a time until a loose dough is formed. You may not need to use all of the nuts, which is fine because you can use any leftovers for topping the truffles.
4. Once you have a dough that is easy to form into balls, scoop out 1 tbsp amounts and roll carefully into balls. If they aren't quite forming, hold in your palm and let the heat of your hand warm them, then gently shape into a loose ball. Set on parchment paper and place in freezer to chill.
5. In the meantime melt the dark chocolate in a double boiler or in the microwave in 30 second increments. Be careful not to overheat. Once melted, stir in coconut oil to help the chocolate thin and to ease the dipping process.
6. Remove truffles from freezer and, one at a time, dip them into the melted chocolate. Use a fork to remove them and tap away excess chocolate. Transfer back onto parchment paper and top with any or all of the toppings.
7. Let set at room temperature. Store leftovers in an airtight container at room temperature. Transfer to freezer for longer term storage.



# Gluten Free Cherry & Pistachio Biscotti

Makes approximately 10-12 biscotti

Total Time: 45 min prep + 55 min baking and cooling time

- 1/4 cup liquid coconut oil or avocado oil
- 3/4 cup organic sugar
- 2 tsp vanilla extract
- 1 tsp almond extract
- 2 tbsp Bob's Red Mill egg replacer mixed with 4 tbsp water
- 1 & 3/4 cup gluten free flour (we used Bob's Red Mill Gluten Free 1 to 1 Flour)
- 1/4 tsp salt
- 1 tsp baking powder
- 1/2 cup dried cranberries or cherries
- 1 cup chopped pistachio nuts

1. Preheat oven to 300F.
2. In a large bowl mix together oil and sugar. Mix in the vanilla extract, almond extract and then the egg replacer mixture.
3. In a small bowl, combine the flour, salt and baking powder. Then, gradually stir this dry mixture into the wet mixture.
4. Mix in cranberries/cherries and pistachios and combine well. Add a little more water if too dry. The dough should stick together easily and be moldable with hands.
5. Line a baking sheet with parchment paper and divide mixture into two logs 10-inches by 2-inches. The dough may be sticky – wet hands with cool water if needed to handle more easily.
6. Bake for 35 minutes in preheated oven or until logs are light brown. Remove and let cool for 10 minutes.
7. Cut logs into 3/4-inch diagonal pieces. Place slices back on cookie sheet and bake for an additional 8 minutes until mostly dry. Let cool and serve.



# Creamy Vegan Pumpkin Mousse

Serves 2-4

Total Time: 25 min prep + 2 hour refrigeration

1 cup coconut cream – place unopened can in refrigerator for 4-12 hours to harden  
2 tbsp maple syrup  
1 cup organic canned pumpkin  
1 tbsp coconut sugar  
1 tsp ground cinnamon  
1/4 tsp fresh ground ginger  
1/2 tsp ground nutmeg  
Pinch of salt

1. In a mixing bowl whip coconut cream and maple syrup with electric beaters until stiff. Set aside 1/4 cup of cream in fridge to use as topping.
2. In a separate bowl mix together all other ingredients until combined.
3. Fold coconut cream into pumpkin mixture until it is fully incorporated and has a mousse-like texture. Adjust sweetness or spice to taste, if needed.
4. Refrigerate for at least 2 hours before serving. Top with reserved coconut cream and enjoy!

