

Plant-Based Foods (Vegan) Meal Plan

from

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Healthy Gluten Free Recipes One Bite at a Time!



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Breakfast

Vegan Mushroom Bacon Breakfast Toast (Gluten Free)

Prep Time: 5 minutes Cook Time: 30 minutes Total Time: 35 minutes Yield: 5

DESCRIPTION

Mushroom Bacon Breakfast Toast with hummus! A plant-based, gluten free breakfast recipe that will transform the way you think of toast!

INGREDIENTS

For the Smoky Vegan Bacon (Mushroom Bacon)

- 1 1/4 cup or 6 ounces finely diced or chopped mushrooms (shiitake or oyster mushrooms work best). For quick crispier mushroom bacon, use dried mushrooms.
- Olive oil to drizzle
- kosher salt and pepper to taste
- 1/2 tsp smoked paprika and/or 1 tsp liquid smoke
- 1/8 tsp onion powder or garlic powder (or pinch of both!)
- 1 tsp coconut sugar or maple syrup

For the breakfast toast –

- 4–5 pieces Gluten free whole grain bread –
- 1/2 c + plain hummus or garlic hummus ([Sabra](#))
- Grape or cherry tomatoes
- Chopped Herbs (fresh parsley or basil to top)
- kosher salt and pepper
- Olive oil to drizzle

Other Optional toppings –

- Nutritional yeast “for Cheesy” taste
 - Large sea salt flakes or smoked sea salt flakes
 - Crushed red pepper flakes
 - Cracked black pepper or peppercorns
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INSTRUCTIONS

FIRST: See instructions for making toast to save time on meal prep in the oven!

For the smoky mushroom vegan bacon:

- Preheat oven to 375 F. Line a baking sheet with parchment paper, or well oiled the sheet pan.
- Finely chop the mushrooms into smaller pieces and place on sheet in a single layer. Drizzle 1 tsp olive oil on top of mushrooms and season with kosher salt and optional pepper.
- Place mushroom in the oven and bake for 12- 15 minutes. After 12- 15 minutes, remove from the oven and toss or carefully flip mushrooms over. Return mushrooms to the oven and continue cooking until browned and crispy, about 12-15 minutes.
- Remove from the oven. Place mushrooms in a bowl or plate and blot the oil off. Then toss with coconut sugar or maple syrup, garlic and/or onion powder, smoked paprika, and optional liquid smoke. Return mushroom back to the pan and in the oven to **caramelize**. about 5 minutes longer.
- Remove and set aside for breakfast toast topping.

Make your breakfast toast –

- Before returning the mushrooms to the oven the second time, prep the a sheet pan with your toast and tomatoes. Oil the pan and place toast on top and tomatoes in a foil pack or on another pan. The toast and the tomatoes pan will be placed on top or bottom rack. All can cook in the oven at the same time I like to place the toast and tomatoes in a separate pan and bake with the last 10 minutes. The tomatoes will blister and soften. The toast will brown.
- After the toast and mushrooms are ready, layer your ingredients.
- Spread 2 tablespoons of hummus on each piece of toast, then add a few blistered tomatoes, followed by vegan mushroom bacon bits, herbs, and cracked pepper, sea salt.
- Repeat for each piece of toast.

NOTES

- I used whole grain [gluten free vegan bread](#) (larger sandwich slices around 80 – 100 calories each)
- Mushroom Bacon recipe adapted from [serious eats.](#)

Vegan Cookie Dough Oatmeal Breakfast Bars {Gluten Free}

Prep Time: 20 min *Cook Time:* 20 min *Total Time:* 40 minutes *Yield:* 9 Bars

DESCRIPTION

Easy and Healthy Vegan Cookie Dough Oatmeal Breakfast Bars {Gluten Free}

INGREDIENTS

For the base:

- 3/4 Cup very ripe banana, mashed 180g
- 2 1/2 Tbsp Coconut sugar
- 1 tsp Raw apple cider vinegar
- 1/2 Cup Gluten free [Rolled oats](#), old-fashioned (50g)
- 5 Tbsp Powdered peanut butter (this is in the peanut butter section at local grocer)
- 1/4 Cup Oat flour (see how Taylor Makes [here!](#)) (26g)
- 2 Tbsp Cocoa powder
- 1/2 tsp Baking soda
- 1/8 tsp Salt

For the cookie dough top:

- 2/3 Cup Skinned chickpeas (110g or about 1/2 a can) *
 - 3 Tbsp Powdered peanut butter
 - 2 Tbsp Agave
 - 2 Tbsp Very ripe banana, mashed
 - 1 Tbsp Peanut butter
 - 3/4 tsp Vanilla extract
 - Pinch of salt
 - Pinch of baking soda
 - 1 1/2 Tbsp Mini, [dairy-free chocolate chips](#) + additional for sprinkling (optional)
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INSTRUCTIONS

1. Preheat your oven to 350 degrees and rub an 8x8 inch pan with coconut oil.
2. In a large bowl, using an electric hand mixer, beat together the banana, coconut sugar and apple cider vinegar and until well mixed.

3. Add in the oats, powdered peanut butter, oat flour, cocoa, baking soda and salt and stir until well mixed. Spread the mixture evenly into the bottom of the pan and set aside.
4. If you haven't already, remove the skins from the chickpeas by gently rubbing them between your fingers and peeling off the papery thin skin that lifts up. Add the skinned chickpeas into a SMALL food processor (mine is 3 cups.)
5. Add in all the remaining ingredients, up to the chocolate chips, and blend until smooth and creamy. You'll need to stop and scrape down the sides every so often. Transfer to a small bowl and stir in the chocolate chips.
6. Gently spread the cookie dough evenly on top of the oatmeal base until it's fully covered. Sprinkle with extra chocolate chips, if desired.
7. Bake until the edges are lightly golden brown, begin to pull away from the sides and a tooth pick inserted in the center comes out clean, about 17-18 minutes.
8. Let cool COMPLETELY in the pan before slicing.
9. Once cool, slice and DEVOUR

NOTES

* Indicates Measurement is for chickpeas after removing the skin.

Gluten Free Breakfast Power Bowls

Prep Time: 30 minutes up to 24 hours *Total Time:* 30 minutes up to 24 hours *Yield:* 2

DESCRIPTION

Gluten Free Breakfast Power Bowls, vegan friendly!

INGREDIENTS

- 2/3 to 1 cup cooked quinoa
 - 1/4 cup to 1/3 c or less gluten free rolled oats (you can also use this as a topping versus mix in, if you prefer).
 - 2 –3 tbsp chia seed
 - 8 oz coconut milk or almond milk (save extra for topping before serving)
 - 1 –3 tbsp maple syrup or or honey (to taste)
 - splash of lemon juice
 - 1/4 tsp cinnamon
 - 3 tbsp slivered or chopped nuts or seeds
 - 1 tbsp cocoa nibs or dark chocolate chips
 - Fruit of choice – berries, banana, kiwi fruit, etc. 1 cup or less.
 - Toss fruit in a dash of lemon juice to keep fruit from browning. This is if preparing the power bowls a day ahead, for meal prep.
 - Optional toppings or mix in – 1 tbsp creamy nut butter or plain yogurt to top.
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INSTRUCTIONS

1. First cook your quinoa according to package instructions. Or use leftover cooked quinoa. Brown rice or millet may be substituted.
2. In a large bowl, mix together 2/3 cup to 1 cup of cooked quinoa, optional oats, and chia seed. Pour the milk on top to cover the grain/seed mix. Stir in sweetener (maple syrup or honey) and pinch of cinnamon.
3. Let this mix sit in the fridge for 30 minutes up to overnight. This mixture will thicken into a chia pudding like texture.
4. Once the grain/seed mix has thickened to your liking or you're ready to eat, remove from fridge and layer with toppings: nuts, chocolate, oats, fruit, etc. Pour a splash more of non-dairy milk or honey on top, if desired.
5. Keeps well in fridge for up to 5 days. Makes for the perfect overnight (make ahead) breakfast bowl! You can also spoon portions into mason jars for breakfast on the go!

NOTES

1. Keeps well in fridge for up to 5 days. Makes for the perfect overnight (make ahead) breakfast bowl! You can also spoon portions into mason jars for breakfast on the go!
2. Nutrition below based on using almond milk (unsweetened).

Plant-Based Lunches

Moroccan Salad with Quinoa and Chickpeas

Prep Time: 10 min

Cook Time: 15 min

Total Time: 25 minutes *Yield:* 3-4

DESCRIPTION

Healthy Moroccan Salad recipe with Chickpea and Quinoa. Plant-based and rich in protein. Great for meal prep too!

INGREDIENTS

- 1 1/2 cup to 2 cups cooked quinoa
- 2/3 cup chickpeas (canned/drained chickpeas or pre roasted if you can find them)
 - toss fresh chickpeas in a pinch of ground turmeric, pepper, sea salt, and ginger (optional, but delicious.)
- 1/3 cup chopped onion (red onion or green work best)
- 4–6 cups leafy greens
- 2/3 cup diced tomatoes
- 1/2 cup crumbled or cubed feta cheese (about 1 ounce)
- 4 figs (dried or fresh) or pitted dated (sliced or diced)
- 1 cup diced carrot or zucchini
- 1/2 to 1 ounce pistachios

Dressing and garnishes:

- 1/4 c extra virgin olive oil
 - 2 tbsp balsamic vinegar or red wine vinegar
 - Lemon + splash of juice
 - 2 tsp honey
 - 1/4 tsp each ground paprika and cumin,
 - sea salt and pepper to taste
 - 1/4 c chopped parsley leaves (fresh)
 - 2 tbsp chopped mint (or 3 mint leaves)
-

INSTRUCTIONS

1. First, prepare your quinoa according to package. Fluff with fork and set aside.
2. Rinse your chickpeas (if using canned) and then toss them with pinch of turmeric, ginger, and pepper. Mix together with cooked quinoa.
3. Next, layer your salad. Greens, grains, vegetables, figs, feta, chickpeas, onion, pistachio and so on.
4. Whisk together honey, 1/3 cup olive oil, 2 tbsp of balsamic vinegar, and remaining dressing spices.
5. Pour over salad and toss. Mix in your chopped parsley.
6. Add a splash of lemon and lemon slices to garnish.
7. Fresh Mint on top to garnish (chopped or whole)
8. Serve immediately or cover and place in fridge for up to 2 days. For longer storage or meal prep, keep the dressing separate until ready to serve.

NOTES

- Optional protein to toss in or layer on top of salad – grilled chicken, prosciutto, salmon, seared lamb, etc.

Satay-Style Spiralized Vegetable Stir Fry

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

DESCRIPTION

Spice things up with this spiralized vegetable stir fry recipe! The stir fry is cooked in a cashew satay sauce for a simple, delicious, one pan dinner that takes just 20 minutes to make. Paleo and vegan friendly. For a Whole 30 recipe option, see the notes.

INGREDIENTS

- 3 zucchini and/or yellow squash (spiralized into noodles)
 - 1 cup chopped Napa cabbage (more if you want more veggies)
 - 1/4 c chopped red or green onion
 - 1 tbsp sesame oil
 - 3 to 4 tbsp creamy nut or seed butter (Cashew butter or almond butter. Adjust according to how much zucchini you use).
 - 1/2 to 1 tsp red chili flakes
 - 2 tbsp tamari or gluten free soy sauce
 - 1 tsp agave nectar (optional)
 - 1 tsp garlic (minced)
 - 1/4 tsp five spice Asian seasoning
 - dash of sea salt
 - black pepper to taste
 - optional topping – Asian chili sauce (gluten free)
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INSTRUCTIONS

1. Spiralize your zucchini and squash. Clean and press excess water from zucchini with paper towel. See notes for presenting watery spiralized vegetables and zoodles!
2. Next, chop your cabbage and red onion. Set aside.
3. Heat a wok or skillet to medium high or high and add in your creamy nut butter. (Make sure it's smooth or slightly creamy beforehand), sesame oil, tamari, garlic, and chili flakes.
4. Mix all together and let is melt in pan on medium to medium low, until combined.
5. Toss in your onion and cabbage and stir fry on medium high for 1-2 minutes.
6. Add in your zucchini noodles and remaining seasoning and spices.
7. Stir fry all together for a few minutes until veggies are cooked and coated but not soggy. Remove and garnish with more chili flakes, cilantro, green onion, Thai pepper, splash of lime juice if desired. Drizzle with optional asian chili sauce for a nice kick!
8. Great with cooked chicken or beef or shrimp! Or by itself! Keeps well in fridge in airtight container for up to 3-4 days.

NOTES

- *For whole 30 option- omit agave or honey, and use coconut aminos in place of gluten-free soy sauce.*

HOW TO STIR FRY SPIRALIZED VEGGIES WITHOUT THEM BECOMING TOO WATERY OR SOGGY

1. Bake the zoodles first. Or let them sit in a colander with a pinch of sea salt. This will extract a lot of the water and then you can press them dry.
2. If baking, preheat the oven to 350 degrees F. Arrange the veggies noodles on a very large baking sheet or casserole dish. Space them out so they are not clumped. Toss with a bit of kosher salt.
3. Bake for 10-15 minutes and then place on a towel and press dry. Bam! They are ready for noodle stir fry!

Vegan Spring Rolls with Ginger Curry Dipping Sauce

Prep Time: 30 minutes

Total Time: 30 minutes

Yield: 4-6

INGREDIENTS

Ginger Curry Dipping Sauce (2 cups)

- 6–8 ounces Pacific Foods Cashew Carrot Ginger Soup
- 3/4 cup soaked raw cashews – drained. Best to soak/soften the cashews in purified water for 30 minutes or up to 24 hours in fridge. See notes if you don't have time to soak cashews.
- 1/2 c chopped cilantro
- Splash of lime juice
- 3 – 4 teaspoons curry powder
- 3 teaspoons grated fresh ginger root
- 1 Thai pepper or jalapeño pepper – sliced and deseeded if you prefer less spicy
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground black pepper
- Pinch kosher salt

For the spring roll wraps

- Rice paper wrappers (16 sheets) – You should be able to find these in the international aisle in most grocery stores. Or [online](#).
- Variety of vegetables, julienned cut or shaving – carrots, cucumbers, zucchini, radish, sprouts, cabbage (shredded)
- Optional rice vermicelli noodles or [mung bean threads](#) (cooked or soaked) – Also found at most grocery stores.
- 1–2 green onions (green portion, chopped)
- 1/2 c chopped cilantro

INSTRUCTIONS

1. First prepare your sauce. Place soup, soaked cashews, cilantro, ginger, curry powder, Thai pepper, and spices in a blender or food processor. Blend until creamy thick sauce is made. If you want to thin out your sauce, add more soup or olive oil, blend again. Taste to see if the spice is to your liking. Adjust spice/salt as needed. Pour 1 cup of the curry sauce into dipping bowl and keep the rest in a sealed jar, to use for other tasty recipes!

2. Next, prepare your spring rolls/rice paper rolls.
 3. Fill a large bowl or deep plate with warm water. Wide enough to place the rice paper sheets in. Submerge the 2 rice papers into the water (at the same time) for 8-10 seconds to soften. 2 rice paper sheets hold better when filling, so it's best to start off with 2 versus one.
 4. Place softened rice paper sheets on cutting board or clean counter.
 5. Place Sliced vegetables in the center, then add your sprouts/onion, herbs on top. If using vermicelli noodles or mung bean noodles place those inside a lettuce leaf then set next to the thinly sliced vegetables
 6. Fold the left and right edges of the rice paper (as seen in photo), then starting rolling up the sheet from the bottom. Keep rolling firmly all the way up until the end of the rice paper. The rice will seal itself.
 7. Place on serving tray and serve immediately with dipping sauce, or store in airtight container in fridge for later. Tip – If you separate each spring roll with portion of wax paper, they should not stick together when storing.
-

NOTES

- **If you don't have time to soak your cashews**, you can skip that part and just blend cashews as is. It just might take a little more blending and to make the dip sauce creamy. Add more soup or almond milk if you need to thin out the sauce. Adjust spices as needed.
- Pacific Foods Cashew Carrot Ginger Soup, the rice paper wrappers, and mung bean threads can all be found at most grocery stores and online.
- **OTHER WAYS TO serve the dip!** This **spring roll curry dip recipe is also great to serve at your next party**. Just follow the make-ahead directions and simply place it on the table with fresh vegetables or rice paper/spring rolls before the party starts.
- **The nutrition stats below** are based off of 2 rolls and 2 tbsp dipping sauce serving, without mung bean noodles added.

Meatless Dinner Ideas

Curried Cauliflower and Chickpea Bake (Vegan Meal Prep Casserole)

Prep Time: 10 minutes Cook Time: 30 minutes Total Time: 40 minutes Yield: 4 -5

DESCRIPTION

Meal Prep Recipe – Curried Cauliflower and Chickpea Bake (vegan, gluten free)

INGREDIENTS

- Two 15 oz canned drained chickpeas
 - 3 cups cauliflower florets
 - 1 tsp + Curry powder or seasoning
 - 1 tbsp oil
 - kosher salt and pepper to taste
 - 3 cups cooked white rice or brown rice
 - Pinch of garlic powder
 - Optional handful of spinach or herbs
 - See notes for extra ingredient options – to top
-

INSTRUCTIONS

- Preheat oven to 350 F and oil [12x8 glass casserole dish/meal prep container](#). If **meal prepping without baking**, skip preheat.
 - Toss your chickpeas and cauliflower florets in curry powder with 1 tbsp oil. Sprinkle with kosher salt and pepper to taste.
 - Next mix in your rice and toss again. Layer all in oven safe casserole dish.
 - Stuff spinach or herbs within the rice/cauliflower.
 - Bake at 350F for 25-30 minutes or until top is golden brown. Freeze after cooked if using for meal prep. (Freeze for up to 3 months)
 - Alternatively, you can also **SKIP BAKING and just store prepped casserole in fridge, covered, until ready to bake. Store in fridge for up to 5 days.**
 - Sprinkle with extra curry powder, garlic, pepper, etc before serving.
-

NOTES

- Feel free to mix in your favorite curry sauce or add a tbsp of nutritional yeast for “cheesy” vegan option.
- Oven safe [meal prep casserole](#) dish I use.

Southwestern Black Beans Polenta Casserole {Vegetarian, Gluten Free}

Prep Time: 10 minutes Cook Time: 35 minutes Total Time: 45 minutes Yield: 6

DESCRIPTION

Southwest black beans polenta casserole is a gluten-free, vegetarian casserole made with black beans, polenta, peppers, cheese, and more. An easy, healthy, freezer friendly dinner recipe!

INGREDIENTS

- 3 1/2 cups cooked non-gmo polenta (see notes for cooking instructions if needed) – water to cook polenta
 - 1 tbsp butter or olive oil
 - 6 oz shredded natural cheese (Monterey jack, etc) – Divided. See notes for dairy free.
 - 1 tsp minced garlic (1 clove)
 - 1/4 to 1/3 cup chopped onion
 - 1/2 tsp sea salt – divided
 - 1/2 tsp chili powder
 - 2–3 tbsp coconut flour or other gluten-free flour of choice
 - 2 –3 eggs (Use 3if you prefer more egg like casserole. 2 eggs if you want the polenta to be denser) *See notes for **EGG FREE VERSION**)
 - [10 ounces chili ready diced tomatoes with green chili](#) added. Or you can add 4 ounces canned green chiles to regular diced tomatoes (canned 10 ounces). See notes.
 - 13– 15 oz (around 3 cups) organic cooked black beans, drained and rinsed (canned works if not soaking or making from scratch)
 - 1/2 tsp cumin
 - 1/2 tsp garlic powder
 - 1/4 tsp cayenne
 - 1/2 tsp black pepper
 - Fresh Cilantro to garnish – chopped
 - Optional topping when plating – red pepper flakes, avocado slices, sour cream, jalapeño (if desired)
-

INSTRUCTIONS

1. Preheat oven to 350F. Oil a 9x13 casserole dish and set aside.
2. In another large pot, cook you polenta according to package instructions. See notes.
3. When polenta is almost done cooking, add in butter or oil, and 4 ounces of shredded cheese. Stir until creamy.
4. Next mix in your, garlic, onion, salt, chili powder, 2 eggs, and coconut flour. Mix thoroughly.
5. Pour polenta/cheese/egg mix at the bottom of the casserole dish and pack it evenly into the sides. It should make a nice bottom layer for the casserole. If your polenta is too runny or moist, I suggest baking it first at 350F for 15-20 minutes, then removing and add the rest of your layers to bake again.
6. After the polenta has been set first int the casserole dish, layer your tomatoes/chiles peppers (drained if using canned) on top of your polenta. Spread it out evenly.
7. Next, drain and rinse your black beans.
8. Place in a bowl. Add your cumin, garlic, the other 1/4 tsp salt, pepper, cayenne, and onion. Toss all together.
9. Layer the black beans on top of the tomatoes/green chiles peppers mix
10. Finally, add your remaining shredded cheese evenly on top of beans. Feel free to add more than 2 oz if desired.
11. Place casserole dish in oven middle row for 30 to 35 minutes until edges start to brown.
12. Remove and Cover with foil then bake an additional 5 -10 minutes or until center of casserole in baked through and edges are golden.
13. Broil last minute if you want crispy edges and cheese. Remove from oven and let cool 5 minutes before slicing.
14. Add any additional seasoning if desired. Salt, pepper, red pepper flakes and garnish with cilantro (1/2 cup or more).
15. **Optional topping** when plating – avocado slices, sour cream, jalapeño (if desired).

NOTES

Notes On polenta – I prefer to cook polenta with less water/broth to make it thicker. This was great for the base of the casserole

- For cooking polenta, bring 3 1/2 c to 4 cups broth to a boil. Slowly add in 1 1/4 cup polenta, whisking while adding it to pot so it doesn't clump. Reduce and cover for 20 minutes until liquid is absorbed. Add salt/pepper to taste. Stir in butter/olive oil if desired.
- **notes on texture** – When using this in the casserole, you want it more thick, not creamy. Almost like steel cut oats texture.
- **Notes for polenta** – I prefer to cook polenta with less water/broth to make it thicker. This was great for the base of the casserole.

- **Tips** for different ways to cook [polenta](#) You can also buy the precooked polenta at stores and slice into circles, then layer in casserole.

DAIRY FREE and/or EGG FREE OPTION – Omit cheese and use nutritional yeast to mix with polenta. Or you can use dairy free meltable cheese like DAIYA. Polenta should thicken by itself without the eggs. You can omit the eggs if needed, but if you're polenta seems to be too runny, then I would mix in an egg replacer or flaxseed to help thicken it. I added the eggs to the cooked polenta because it helps to form a thicker base for the casserole.

Freezer Friendly Homemade Vegan Veggie Burgers

Prep Time: 25 min

Cook Time: 25 min

Total Time: 50 minutes

Yield: 5-7

DESCRIPTION

Freezer Friendly Homemade Vegan Veggie Burgers {Grain free and soy free options}

INGREDIENTS

- 1 cup cooked, drained chickpeas beans (or navy beans)
 - 1 cup chopped mixed vegetables (I used carrot, cauliflower, and broccoli)
 - 1/4 cup red onion, diced
 - 1/2 cup sunflower seeds
 - 1 Tbsp pine nuts or pumpkin seed
 - 1/2 tsp dried herbs or 2 tbsp fresh dill (i.e dill, oregano, etc.)
 - 1/4 cup fresh basil leaves
 - 2 tsp ground flaxseed seed
 - 1 Tbsp tamari sauce or coconut aminos for **soy free option**
 - 1 tsp minced garlic
 - 1/4 tsp kosher salt
 - Optional spices – dash paprika, red pepper, or cayenne (to taste)
 - 1/4 cup gluten free flour (cassava flour, arrowroot, potato flour, or 1:1 GF all work). You can also use around 3 tbsp coconut flour.
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INSTRUCTIONS

1. Preheat oven to 375F.
2. Place everything except the flour in a food processor or blender and blend until almost smooth. You can leave it a little chunky so that vegetable pieces still remain visible.
3. Next, add in a little of your flour (1/4 cup gluten free flour) and pulse gently to mix. If the batter is too thin, add a little more flour. You want to make sure the batter can hold together. Form batter into a ball, wrap in plastic and let it chill in fridge for 20 minutes. This is optional, but it helps hold better before baking.
4. Next, oil a baking sheet or line with parchment paper.

5. Shape the veggie/nut mixture into 5-7 burger patties, about 1/2 inch thickness and width of the palm of your hand. Flatten and place on the baking sheet. The burgers will not expand so you can line them up close.
 6. Bake about 15 minutes on one side, then GENTLY take a spatula and flip them to the other side.
 7. Bake again another 10-12 minutes or so. Burgers will be a little golden brown and slightly crispy on the edges when they are finished.
 8. Feel free to freeze them in foil or wax paper, but let them cool first before doing so. You may also freeze the uncooked burgers between wax paper to keep/store before cooking.
 9. For grilling or skillet → See notes.
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NOTES

These veggie burgers may also be cooked on a skillet or grill, but be sure to oil it well in order to prevent veggie burgers from sticking, and flip them very carefully. Grill/fry 8-10 minutes on one side, then flip and cook another 5-8 minutes on the other side.

Roasted Cauliflower Steaks with Cashew Cream

Prep Time: 10 min *Cook Time:* 12 min *Total Time:* 22 min *Yield:* 6 steaks

DESCRIPTION

Meatless yet satisfying! These Roasted Cauliflower Steaks with Paprika Cashew Cream are healthy, paleo, vegan, and whole 30 friendly.

INGREDIENTS

- 1 medium head of cauliflower or 2 small heads of cauliflower
- 2 –3 tbsp olive oil
- Pinch of salt, pepper, and onion powder
- Squeeze of lemon
- Cherry tomatoes, sliced

For the Paprika Cashew Cream Sauce:

- 1/2 – 2/3 cup [cashew cream sauce](#) (this includes 1 1/2 cup raw cashews and water)
- 1 tsp smoked paprika
- Pinch of cayenne
- 1/2 tsp minced garlic
- Ground black pepper, kosher salt to taste
- 1– 2 tsp of fresh lemon juice

GARNISHES:

- Lemon slices to garnish
 - Optional Crushed nuts
 - Garnish with fresh parsley or cilantro
 - 1/2 cup to 2/3 c Stuffed green olives
 - Olive oil to drizzle
 - Sea Salt and Crushed red pepper, to taste
-

INSTRUCTIONS

1. Preheat oven to 450F.

2. If you haven't made your [cashew cream sauce](#), go ahead and make the quick 10 minute version. Recipe is found here. Place in bowl and set aside or in fridge.
3. Next slice your cauliflower lengthwise through the core. If you have a medium you should get 4 to 5 'steaks.' If you using 2 small heads, you will most likely get 2-3 slices per head.
4. Slice 1 cup cherry tomatoes, length wise.
5. Place cauliflower and tomatoes on flat baking sheet. Drizzle with the olive oil and spices (pinch of sea salt, pepper, and onion powder).
6. Roast at 450 for 9 minutes. Broil an addition 1 to 2 minutes or until the edges the cauliflower steaks have browned and tomatoes blistered.
7. Remove and set aside.
8. Next make your paprika Cashew Cream. Whisk together your cashew cream with paprika, cayenne, garlic, salt/pepper, lemon. Feel free to sweeten it with a 1 tsp of honey or maple syrup if desired.
9. Plate your Cauliflower steaks and tomatoes.
10. Garnish each plate with lemon slices, olives, parsley, and additional seasoning of choice.
11. Spoon paprika cashew cream on top of each steak or serve in dip bowl along side it.

NOTES

Don't have time to make cashew cream? Feel free to use the dairy version. Replace cashew cream with sour cream or plain yogurt. Then add your spices.

Snacks

Cinnamon Vanilla Protein Breakfast Bites

{No Bake, Gluten Free, Vegan Friendly}

Prep Time: 12 minutes

Total Time: 12 minutes

Yield: 16-18 bites

DESCRIPTION

These Cinnamon Vanilla Protein Breakfast Bites are super easy to make, with NO BAKING required! Healthy, great for snacks or breakfast on the go. Kid-friendly, gluten-free, and vegan-friendly!

INGREDIENTS

- 3/4 cup of gluten free rolled oats or gluten free cereal of choice
 - 1/4 cup (around 65–75 grams) Vanilla Protein Powder (see notes for substitutes)
 - 1/2 cup almond flour or more oat flour if can't have nuts. (You can also just finely grind raw almonds) ·
 - 1 heaping tablespoon ground Cinnamon (extra for coating)
 - 1/4 to 1/3 cup nut butter or sunflower seed butter (creamy no stir works best)
 - 1/2 tsp to 1 tsp Vanilla extract
 - 1/4 to 1/3 cup maple syrup or honey if you are not vegan
-

INSTRUCTIONS

1. Grind up your oats or cereal in a food processor and transfer into a mixing bowl. This is optional. You can keep them whole as well and adjust the addition of honey.
 2. Add your almond meal, protein powder, cinnamon, and nut butter. Stir ingredients all together.
 1. **Alternatively** (you can blend all at once by placing ingredients (minus the honey) in the food processor or blender and blend until a mealy batter is formed. Scrap sides and transfer to bowl (see blog post pictures).
 3. Add in your honey and vanilla then mix again well with hands.
 4. You might need to add more honey or nut butter if the batter gets to dry. (see notes)
 5. Roll into 1-1.5 inch balls and place on a cookie tray or plastic ware with parchment paper underneath.
 6. Let them freeze for 20-30 minutes then transfer into a Ziploc bag.
 7. Dust with additional cinnamon and vanilla protein if desired.
 8. Keep in fridge or freezer for up to 6 weeks.
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NOTES

- Don't have protein powder? You can substitute with peanut flour or Oat flour (but will need to add a little vanilla) or if you would prefer a paleo friendly protein, then Egg white protein or [Collagen Protein Powder](#) will do the trick!
- You might need to add more honey or nut butter if the batter gets too dry. It depends on the types of protein and flour you use, adjust as you mix, before rolling.

Maple Sesame Quinoa Bars

Prep Time: 10 minutes *Cook Time:* 5 minutes *Total Time:* 15 minutes *Yield:* 14 squares

DESCRIPTION

Maple Sesame Quinoa Bars are a delicious vegan breakfast or energy bar. Maple syrup, sesame, sunflower seed butter, & quinoa make for a sweet nutty flavor. Vegan, gluten free, and a nut-free option.

INGREDIENTS

- 1/4 cup sesame seeds (toasted)
- 1/3 cup pumpkin seeds
- 1 cup gluten free rolled oats
- 3 cups cooked quinoa (see notes)
- 1 tsp cinnamon
- 1/3 cup unsweetened shredded coconut
- 7 tbsp coconut oil (solid), butter, or vegan butter (chopped)
- 1/3 cup maple syrup
- 1/3 to 1/2 cup sunflower seed butter for nut free option (or creamy peanut butter or almond butter)
- 1/3 cup coconut sugar
- 1 tsp vanilla

For the shell topping:

- 1/2 c sunflower seed butter or nut butter of choice.
 - 1/4 c coconut oil
 - pinch of cinnamon
-

INSTRUCTIONS

1. Preheat oven to 350°F. Line an 8x11 pan with parchment paper. (see notes for pan size options)
2. Place sesame seeds on baking sheet and toast in oven for about 5 minutes or until toasted lightly.
3. Next combine your dry ingredients. Place cooked quinoa, [gluten free oats](#), sesame seeds, pumpkin seeds, cinnamon, coconut, and in a large bowl. Mix all together. Set aside.
4. Place butter (or coconut oil), maple syrup, sunflower seed butter or nut butter of choice, coconut sugar, and vanilla in a small saucepan and cook over medium heat until butter and nut butter are

melted. Then turn heat to a quick boil for 1 minute. Reduce and simmer for 5 minutes until mix is thickened, stirring often.

5. Pour nut/seed sugar mixture into dry ingredients. Mix all together and then press firmly into pan; Place in refrigerator to set, covered.
6. While bars are setting, make your [sunflower seed butter](#) (or almond butter) shell. You don't have to use all of the shell coating if you prefer to make these bars less dense.
7. In a small sauce pan, mix together the 1/2 c sunflower seed butter (or nut butter), coconut oil, and 1 tsp cinnamon on medium heat until melted.
8. Pour this mix over your pan of bars and place back in refrigerator or freezer until set. Once set, slice bars and wrap each one in foil or wax paper to hold.
9. Store in fridge or freezer.

NOTES

- **pan size:** If you want thicker bars, use a 9x9 or 8x8 square pan.
- If you don't need the nut free option, you can use any creamy nut butter of choice for the batter and shell coating.
- Be sure to have cooked quinoa that's fluffy and dried out a little before using. If quinoa is too moist it will not set.
- **For the coating:** You don't have to use all of the shell coating if you prefer to make these bars less dense.

Estimated nutrition for 14 bars, using 1/3 cup of the shell frosting to frost all bars:

Detoxifying Super Green Smoothie

Prep Time: 5 minutes *Cook Time:* 1 minute *Total Time:* 6 minutes *Yield:* 2

DESCRIPTION

Detoxifying Super Green Smoothie with Kiwi and Celery Juice {Paleo, Vegan}

INGREDIENTS

- 2 kiwis (peeled)
 - 1 lime (juiced)
 - 1 lemon (juiced)
 - 6 ounces fresh celery juice or unsweetened coconut water (5 to 6 large celery stalks juiced)
 - 4 oz fresh squeezed orange juice
 - 1 sprig of parsley
 - 1/2 tsp ground ginger
 - Pinch of sea salt
 - Optional – Small handful of baby spinach (for better digestion, slightly steam beforehand)
 - Optional – 1 tbsp chia seed or 2 tbsp vegan protein
 - Optional 1 tsp maple syrup or honey
-

INSTRUCTIONS

1. Blend and serve! Ice is optional.
-

NOTES

- You can also use 1-2 tbsp of vegan protein or 1 tbsp chia seed if you'd like to boost protein it.
- [Hurom slow Juicer](#) is our juicer of choice

Bonus: Desserts

Raspberry Chocolate Chip Edible Cookie Dough

Prep Time: 45 minutes

Total Time: 45 minutes

Yield: 13 -15

DESCRIPTION

This edible cookie dough, packed with fresh raspberries and allergy-friendly, non-GMO dark chocolate chips, is the perfect healthy sweet treat for Valentine's Day! This no-bake dessert recipe is gluten-free, vegan and paleo-friendly, and DELICIOUS. Just slice and eat!

INGREDIENTS

- 1 1/2 c cashew halves
 - 3/4c almonds (to grind) or 1 cup almond flour
 - 1/4 c coconut flour, oat flour, or arrowroot flour
 - 1/2 tsp vanilla extract
 - 2 tbsp cocoa powder
 - 1/4 c maple syrup
 - 1 tbsp room temperature coconut oil (naturally refined) (see notes)
 - sea salt
 - [1 ounce dark chocolate chips \(Enjoy life foods\)](#)
 - 12–15 raspberries (or other berry of choice) – sliced or small berries work best.
 - parchment paper and/or wax paper
-

INSTRUCTIONS

1. Line a small baking sheet (7×11 or 8×11 works best) with parchment paper.
2. Place nuts (a cup at a time) in food processor and pulse until nuts form fine crumbs. Repeat until you have a texture similar to an energy bite batter.
3. Add the vanilla, arrowroot starch (or other flour), and cocoa. Plus again until mixed.
4. Next, add your maple syrup, coconut oil, and pinch of sea salt. Pulse until a soft texture forms; it will be quite sticky.
5. Press dough into lined baking sheet, using a spoon dipped in a little cold water. Sprinkle dark chocolate chips over the batter and press into dough. Then gently press your fresh raspberries, making sure they do not extract too much juice.

6. Place the dough sheet in the freezer for 10 minutes or refrigerate for 25 minutes (just until dough is firm).
7. Remove from fridge and lift parchment paper and dough from tray. Using the paper as an aid, roll dough into a log shape, like a real cookie dough roll. Feel free to add more chocolate chips here on top if you'd like! Re-roll in parchment or wax paper and then in foil (if needed) Twist ends of cookie dough roll so it forms a tight log. Place in freezer for 10 to 15 minutes until firm.
8. Cut into thick slices; serve. **Alternatively**, you can slice and roll into a cookie dough ball! Either works.
9. Store cookie dough in fridge or freezer.

NOTES

If the batter is too moist to roll, add more flour or starch.

If batter is too dry, blend in 1/2 to 1 tbsp more coconut oil.

Banana Soft Serve Vegan Ice Cream

Prep Time: 1-2 hours

Total Time: 1-2 hours

Yield: 3 small cups

DESCRIPTION

This banana soft serve vegan ice cream recipe makes a creamy vegan dessert with tropical flavors! Healthy soft serve, made in a blender! Paleo + Whole30 options, too.

INGREDIENTS

FOR THE ICE CUBES

- 3/4 c to 1 cup coconut milk or coconut cream
- Ice tray
- 1/2 cup mango or pineapple slices – peeled

FOR THE BANANA SOFT SERVE

- 1 frozen banana
 - unsweetened coconut flakes or shreds to garnish
 - 1/2 tsp grated fresh ginger or 1/4 tsp ground ginger
 - [\[url\] Homemade coconut whipped cream topping](https://www.cottercrunch.com/how-to-make-coconut-cream-vegan-frosting/) [≈https://www.cottercrunch.com/how-to-make-coconut-cream-vegan-frosting/\[/url\]](https://www.cottercrunch.com/how-to-make-coconut-cream-vegan-frosting/) – optional but so GOOD!
 - optional 1–2 tbsp maple syrup to sweeten more
 - optional extracts and/or spices – 1/2 tsp vanilla, coconut, rum (not paleo), cinnamon, etc.
-

INSTRUCTIONS

1. Peel and cut your fruit.
2. In a small ice tray, pour your coconut milk into the ice tray cubes.
3. Place your fruit slices inside the milk cubes.
4. Freeze coconut milk and mango/pineapple slices together in ice tray cubes.
5. Once frozen add the cubes and a frozen banana to a blender. Add any other spices or extracts.
6. Blend well. Be patient. Takes a little time. Scoop down edges of blender if need be.
7. Mix in optional honey or maple syrup once blended for extra sweetness.
8. Garnish with unsweetened coconut flakes
9. Top with [Homemade coconut whipped cream topping](#) that has been placed in freezer for 30 minutes so it hardens (see photo in post). Topping is optional, and addicting!
10. Serve immediately

NOTES

- Be patient with the blending, it will get there, just let the blender go for a while and keep pushing down the sides if stuck. It's worth it. Probably blends for 5 minutes or so.