

Vegan Plant Based Meal Plan

from

cotter CRUNCH

Healthy Gluten Free Recipes One Bite at a Time!



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Breakfast

Chia Matcha Overnight Breakfast Smoothie

Prep Time: 24 hours *Total Time:* 24 hours 5 minutes *Yield:* 2 servings

DESCRIPTION

Overnight chia matcha Breakfast smoothie – Energizing Breakfast to go! Gluten Free, Vegan Friendly.

INGREDIENTS

- 10 –12 ounces Coconut yogurt or Kefir yogurt (Plain or Vanilla) (Use Coconut yogurt for Vegan option. See notes for brand)
 - 2 to 4 tsp matcha powder
 - 1 large banana
 - Cinnamon
 - 8 oz Vanilla almond or coconut milk
 - Optional but recommended – 1 scoop vanilla protein (plant based or collagen protein work great)
 - 1/4 cup chia seed (2 tbsp per cup)
 - 1/4 cup to 1/3 cup to gluten free oats or granola
 - 1 tbsp honey or maple syrup (optional)
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INSTRUCTIONS

1. Add yogurt/kefir , banana, milk, and protein to a blender and blend until smooth. Add your matcha powder (carefully), and cinnamon. The more matcha you use, the stronger the green tea taste, adjust accordingly. Blend again.
2. Set out 2 bowls or 2 glasses (one large if you want to use if for multiple days).
3. To each bowl or glass, add 2 tbsp of chia seeds. Then add 2-3 tbsp or more of your oats. Pour half your matcha smoothie into each bowl or cup.
4. Mix each cup and let it sit overnight in fridge.
5. The next morning, top each bowl/cup with extra oats or granola, chia, and maple syrup.
6. I also made a little matcha latte and poured extra on top of that before eating

Immunity Boosting Berry Orange Smoothie

Prep Time: 5 min Total Time: 5 min Yield: 2

DESCRIPTION

Immunity Boosting Frozen Fruit Smoothie {Vegan Friendly}

INGREDIENTS

- 10 oz fresh squeezed orange juice
 - 1 cup frozen cranberries or berry of choice (can use fresh but will not be as thick)
 - 1/2 cup fresh or frozen strawberries
 - 4 oz unsweetened coconut or almond milk
 - 1 small banana (see notes for substitute to thicken)
 - 1 tbsp lemon juice
 - 1 tsp honey or maple syrup (omit for whole 30 option)
 - optional – mint to garnish
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INSTRUCTIONS

1. Place fruit, milk, and juice in blender.
2. Blend until smooth. Pour into 2 glasses.
3. Garnish with extra orange slice and mint leaf, if desired. Save for later or enjoy right away

Maple Buckwheat Homemade Granola (Refined Sugar Free)

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Yield: 9 to 13 servings

DESCRIPTION

This homemade granola recipe has buckwheat and is lightly sweetened with maple syrup. It's perfect for holiday food gifts! Vegan and refined sugar free.

INGREDIENTS

- 2 ½ to 3 cups old-fashioned rolled oats ([use certified gluten-free oats](#) for gluten-free granola)
 - [1 cup buckwheat groats](#)
 - 1 ½ cup raw nuts and/or seeds (I used 2/3 cup pecans, 1/2 cup cashew and 1/3 cup pepitas)
 - 1 teaspoon fine sea salt
 - ½ teaspoon ground cinnamon
 - 1 Pinch ground ginger or pumpkin spice
 - ½ cup melted refined coconut oil or olive oil. I found a nice hazelnut oil that worked lovely as well.
 - 2/3 cup maple syrup or dark agave
 - 1 teaspoon vanilla extract
 - Optional additional mix-ins: 2/3 c dried fruit or dark chocolate. 1/2 c unsweetened coconut may be added during the last 10 minutes of baking time if you want toasted coconut.
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INSTRUCTIONS

1. Preheat oven to 325F. Line a baking sheet with parchment paper. Set aside.
2. In a large bowl combine oats, buckwheat, nuts and seeds.
3. In a small saucepan, combine maple syrup, oil, cinnamon, ginger and salt. Bring to a boil and hold at a steady boil for 2 minutes. Remove from heat and add vanilla extract.
4. Pour syrup mixture over oat mixture and mix well to evenly coat. Spread granola on the prepared baking sheet in an even layer.
5. Bake granola until browned and crispy, about 35 minutes (give or take), stirring thoroughly every 10 minutes. You will know it's done when oats are slightly brown/toasted.
6. Let cool thoroughly (at least 30 minutes) before breaking into pieces. Store in airtight container at room temperature for 7 days.

Lunch

Grain Free Naan Bread (Quick Version)

Prep Time: 15 minutes *Cook Time:* 20 min *Total Time:* 35 minutes *Yield:* 4-6 pieces

DESCRIPTION

Grain Free Naan Bread with paleo/vegan options. With yeast, more fluff and softer texture. Yeast free and Yeast breads both delicious!

INGREDIENTS

Note – This recipe has been updated January 2020 adding a yeast option to soften bread. If you'd like the like the yeast option, you can print it here or see blog post. **Quick (no yeast) version below!**

- 1 1/4 cup [cassava flour](#)
 - 1/2 teaspoon baking soda
 - 1/2 tsp of salt
 - 1/2 tsp cream of tartar
 - 1–2 tablespoon avocado or olive oil
 - 1/4 c -1/3 cup plain yogurt or non dairy milk – adjust with thickness of batter if needed
 - 1 tsp apple cider vinegar or lemon juice
 - 1/2 c to 2/3 cup purified water (Add a little a time until you get dough like batter)
 - Pinch of black pepper
 - Extra high heat oil or butter for cooking (i.e avocado oil, butter, or coconut oil, naturally refined).
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INSTRUCTIONS

1. In a bowl, sift the flour, baking soda, cream of tartar, plus salt. Mix well!
2. Next slowly mix in your yogurt or milk, 2 tbsp oil, and a mix together. I use the dough hook on the stand mixer processor and mix until combined. You can also mix with your hands/spoon.
3. Next slowly add in your water a little at a time until you get a pizza dough like texture. 1. NOTE- You might need more or less water depending on the brand of cassava flour you use.
4. Roll the dough into 4 -6 medium size balls (a little smaller than a baseball)/
5. Place dough balls on wax paper and roll each one out between 2 pieces of wax paper in until you form an oval shape. Shape the corners to round after. Alternatively, you can use a tortilla press to make the dough even.
6. You can roll the dough thinner but you don't want to crack the dough when rolling. The thinner the dough, the crispier the bread on the outside and less dough texture in the middle.
7. Next, heat a non stick pan, cast iron, or grill pan with oil on medium high. Place each flattened dough on pan one at a time on medium high heat. Cover with lid and wait 1 + minutes. You will start to see the edges puff up.

8. Drizzle more a splash of more oil on top and flip to other side. Cover and cook an additional 1-2 minutes. The thicker the dough, the longer it takes to rise or puff/ cook through.
9. Remove and repeat for the next until you get 4-6 naan breads.
10. Serve with hummus or yogurt sauce. Store in ziplock bag or wrap in plastic wrap, once cooled. Best kept in fridge then reheat before use.

Tempeh Stir Fry Skillet with BBQ Sauce

Prep Time: 10 minutes *Cook Time:* 10 minutes *Total Time:* 20 minutes *Yield:* 4 Servings

DESCRIPTION

Tempeh Stir Fry Skillet with BBQ Sauce (Gluten Free)

INGREDIENTS

Maple BBQ sauce/marinade

- 2/3 cup gluten free BBQ sauce (I used [unsweetened BBQ sauce](#))
- 3 tsp fresh grated ginger or 1/2 tsp ground ginger
- 1/2 tsp minced garlic
- 1/2 to 1 tbsp maple syrup (adjust to your likeness)
- sea salt an pepper to taste

For the Pan/Skillet

- 8 ounce package gluten free tempeh cut into one inch by 2 inch rectangular strips or crumble by hand
 - 2/3 cup maple BBQ sauce (above) or BBQ marinade of choice
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INSTRUCTIONS

1. To prepare the maple bbq sauce, combine all ingredients for sauce into a small bowl and whisk together. Set aside. If you're quick on time, you may use 2/3 c prepared BBQ sauce of choice.
2. Place olive oil or sesame oil in a medium size pan/skillet. Heat pan to medium heat and place sliced or crumbled tempeh in the pan. Turn pan to medium high and sear the tempeh 3-5 minutes on each side until crispy.
3. After searing, add BBQ sauce to the pan, covering the tempeh. Mix thoroughly.
4. Cook again for 2-3 minutes, coating each side to caramelize the sauce on the tempeh.
5. Serve over your favorite salad, gluten free grain, on flatbread, in a sandwich or wrap, etc.

Vegan Quinoa Salad with BBQ Tempeh

Prep Time: 10 minutes *Cook Time:* 15 minutes *Total Time:* 25 minutes *Yield:* 3-4

DESCRIPTION

Vegan quinoa salad with BBQ tempeh is a protein-packed meal with southwest flavors. Make this salad recipe today for a nutritious lunch or dinner.

INGREDIENTS

QUINOA PREP-

- 1 cup quinoa, 2 cups water or veggie broth
- pinch of salt

BBQ TEMPEH

- 8 ounces tempeh (gluten free), crumbled
- 1/2 c to 2/3 c maple bbq sauce or bbq sauce of choice (gluten free) – If you're using my recipe [HERE](#), you will need the following:
 - 1/2 c gluten free BBQ sauce, 2 tsp fresh grated ginger or 1/2 tsp ground ginger
 - 1/2 tsp minced garlic
 - 1/2 tbsp maple syrup (adjust to your likeness)
 - sea salt and pepper to taste

SALAD FIXINGS:

- 1 small red onion, chopped.
 - 1 bell pepper, sliced
 - 1/2 to 1 cup cherry tomatoes, sliced
 - 3 to 4 cups chopped romaine or lettuce of choice
 - 1 cup corn kernels (cooked)
 - 1 cup torn fresh Cilantro
 - 1 large avocado, sliced
 - Kosher salt and pepper to taste
 - Olive oil and vinegar to drizzle (optional)
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INSTRUCTIONS

Prepare the quinoa

1. Cook quinoa according to package. I used 2 cups water to 1 cup quinoa. Bring the water or broth to a boil in a large saucepan. If using water, add a pinch of salt. Add the quinoa, stir once, and return to a boil. Reduce to medium low. Cook covered, over medium heat for 12 to 15 minutes or until quinoa has absorbed all the liquid.
2. Transfer the quinoa to a large bowl and fluff with a fork. Set aside.

Prepare the BBQ tempeh

1. Next, prepare tempeh. [Full recipe is here.](#)
2. To prepare the maple bbq sauce, combine all ingredients for sauce into a small bowl and whisk together. Set aside. If you're short on time, you may use 1/2 cup prepared BBQ sauce of choice. I reduced the amount needed for this salad, but feel free to use up to 2/3 cup.
3. Place olive oil or sesame oil in a medium size pan/skillet. Heat skillet to medium heat and place sliced or crumbled tempeh in the pan/skillet. Turn skillet to medium high and sear the tempeh 3-5 minutes on each side until crispy.
4. After searing, add BBQ sauce to the pan, covering the tempeh. Mix thoroughly.
5. Cook again for 2-3 minutes, coating each side to caramelize the sauce on the tempeh.

Assemble the Salad

1. Toss the quinoa with your chopped vegetables (bell pepper, tomatoes, romaine, corn). Place the BBQ tempeh on top and add any extra sauce of choice. Toss again.
2. Garnish with avocado, cilantro, salt and pepper to taste.
3. Serve into bowls or plates. Serves 1 large salad or 2 smaller individual salads.

Artichoke Avocado Pea Soup

Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 25 minutes Yield: 2-3

DESCRIPTION

Pea soup made with spring peas, artichoke hearts, and avocado is full of fresh flavor and it has a gorgeous color! This soup can be served warm or as a cold soup recipe. Vegan option, and gluten free.

INGREDIENTS

SOUP

- 1 tbsp olive oil or butter for the pan
- 2/3 cup chopped onion or shallot.
- pinch of sea salt or kosher salt
- 1 3/4 cups to 2 cups purified water or broth (the more liquid you use, the thinner the soup)
- 12 oz fresh or frozen green peas
- 1/3 cup artichoke hearts (canned or from jar)
- 1 medium avocado
- 1 garlic clove or 2 tsp minced
- 3–4 fresh basil leaves (extra to garnish)
- 1/2 cup greek yogurt (7 ounces) or coconut milk/cream
- 1/4 tsp ground black pepper
- 1/2 tsp red pepper flakes (reduce for less spicy version)
- sea salt and cracked black pepper to taste

TOPPING OPTIONS

- Garlic or herb infused oil
 - Gluten free cracker crumbs
 - Green onions and fresh herb
 - OPTIONAL – drizzle of or non dairy cream or creme fraiche.
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INSTRUCTIONS

1. Melt butter or oil in a medium pot over medium heat. Add onion and saute until onions are fragrant, but not too brown, 5 minutes or so.
2. Add pinch of sea salt and water or broth to a saucepan. Stir to combine and bring to a boil. Add peas and artichoke and cook, stirring occasionally, until peas are tender, about 2 -3 minutes. Reduce to medium low to low.

3. Peel avocado and remove pit.
4. Place pea soup mixture in a blender and add in avocado, garlic, basil, yogurt, black pepper, and chili flakes. (see notes for immersion blender option).
5. Blend on medium to medium-high for 2-3 minutes until creamy texture is formed.
6. Place soup back into pot. Add salt and pepper to taste and stir until combined. Serve warm or allow soup to chill in fridge for 30 minutes.
7. Spoon into bowls and drizzle with infused oil/and a touch of cream if desired.
8. Garnish with cracked pepper, toasted nuts or gluten free seed crackers (crushed), and extra basil.
9. Keeps best in fridge (covered and sealed) for up to 3 days or freeze for up to 3 months.

Dinner

Vegan Meal Prep Curried Chickpea Cauliflower Bake

Prep Time: 10 minutes *Cook Time:* 30 minutes *Total Time:* 40 minutes *Yield:* 4 -6

DESCRIPTION

This vegan meal prep recipe is quick and easy to put together, using just a few simple ingredients! It's a cauliflower bake full of fiber and plant-based protein.

INGREDIENTS

- 15 oz canned chickpeas, drained (see notes for substitutes)
 - 1 lb cauliflower florets (around 3–4 cups)
 - 1 tsp curry seasoning or 1–2 tbsp curry sauce of your choice
 - 1/4 tsp garlic powder or 1 tsp minced garlic
 - 1 tbsp olive oil
 - kosher salt and pepper to taste
 - 4–5 cups cooked rice and/or cauliflower rice (you can combine if desired)
 - Optional handful of spinach or leafy greens of choice
 - **See notes for extra ingredient options** – to top (i.e. cheese or nutritional yeast to top, herbs, lemon, etc.)
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INSTRUCTIONS

1. Preheat oven to 350 F and oil 12×8 casserole dish or glass meal prep container. 9×13 containers work as well but you might need extra rice to fill. If **meal prepping without baking**, skip preheat.
2. Toss your chickpeas and cauliflower florets in curry powder with 1 tbsp oil. Sprinkle with kosher salt and pepper to taste.
3. Next, layer your cooked rice or cauliflower rice (a mix of both will also work) at the bottom of your oven safe casserole dish.
4. Layer the chickpea and cauliflower on top.
5. Stuff spinach or herbs within the rice/cauliflower. Sprinkle with parmesan cheese or nutritional yeast for vegan option. See notes for substitutes.
6. 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)
7. Alternatively, you can also **SKIP BAKING** and just store prepped casserole in fridge, covered, until until ready to bake. Store in fridge for up to 5 days.
8. Sprinkle with extra curry powder, garlic, pepper, sliced lemon, etc before serving.

Creamy Hungarian Vegan Mushroom Soup (Dairy Free)

Prep Time: 15 minutes *Cook Time:* 45 minutes *Total Time:* 1 hour *Yield:* 4-5 servings

DESCRIPTION

This recipe for vegan mushroom soup makes a rich, creamy dairy free soup that's perfect for lunch or a light dinner. Gluten free and packed with nutrients!

INGREDIENTS

- 4 tablespoons unsalted butter* (I used plant-based butter. See notes for vegan option)
 - 1.5 cups chopped onions
 - 1 lb fresh mushrooms, sliced. (~3 to 4 cups sliced). **Cremini** or white button mushrooms.
 - 1/3 cup dry white wine, OPTIONAL. Can be left out.
 - 2 teaspoons dried dill weed or 1.5 tablespoons fresh (finely chopped)
 - 1 tablespoon hot paprika and pinch of smoked paprika (smoked paprika is optional)
 - 1 tablespoon tamari sauce or coconut aminos
 - 2.5 cups vegetable or chicken broth
 - 1 cup non dairy milk
 - 3 tablespoons arrowroot flour (tapioca starch may be subbed but texture will vary).
 - 1 teaspoon kosher salt
 - ground black pepper to taste
 - 2 teaspoons lemon juice
 - 1/4 cup chopped fresh parsley
 - 1/2 cup greek yogurt or full fat coconut milk (*canned and chilled for vegan option)
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INSTRUCTIONS

1. Heat a large pot over medium heat. Place butter* in pot and melt, coating the pan.
2. Place your onions in the pot and saute for 5 minutes. Add the sliced mushrooms and saute for an additional 5 minutes until mushroom are browned and coated in butter. Onions will brown as well.
3. Stir in the wine, dill, paprika, tamari sauce and broth. Reduce heat to low, cover and simmer for 15 minutes.
4. In a separate small bowl, whisk the thickening mixture; non dairy milk and arrowroot flour. Pour the flour milk mix into the soup and stir thoroughly to blend. Cover pot and simmer for 15 more minutes, stirring occasionally.
5. Finally, stir in the salt, ground black pepper, lemon juice, parsley and yogurt (or solid coconut cream). Mix together and allow to heat through over low heat, about 3 to 5 minutes. Do not boil.
6. Garnish with extra chopped parsley and cracked pepper. Serve immediately or let it cool and store in airtight container in fridge.

7. May be placed in freezer for up to 3 months.

Creamy Mushroom Risotto with Millet

Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35-40 minutes

Yield: 4 to 5 servings

DESCRIPTION

Millet mushroom risotto is a creamy and comforting plant-based main or side dish. It's easy to make on a stove top or in a slow cooker, and it's more wholesome than traditional rice risotto.

INGREDIENTS

- 1 tbsp olive oil
 - 1–2 tbsp butter or vegan butter
 - 1 shallot, or 1/2 small white onion, diced
 - 2 garlic cloves, minced (about 1 tsp)
 - 1 1/4 cups button mushrooms, thinly sliced
 - 1 cup [hulled millet](#) (arborio rice or quinoa can be subbed)
 - 2–3 cups vegetable stock
 - 1/4 cup white wine, optional* see notes for subs
 - 1/4 cup shredded Parmesan (or 1/4 cup nutritional yeast flakes for vegan option)
 - 1 cup or more loose leaf spinach
 - Fresh parsley, to serve
 - Sea salt and black pepper, to taste
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INSTRUCTIONS

STOVE TOP DIRECTIONS

1. Add oil to a large skillet or frying pan and bring to medium high heat; add shallots and garlic and cook until translucent, about 3 minutes. Add millet and mushrooms and stir to coat with oil.
2. Increase heat to high, add white wine. Let millet and mushrooms absorb the white wine while it cooks off, 2 to 3 minutes. Reduce heat to medium high and add in 1 cup stock. Stir all together.
3. The millet will start to absorb the stock after 10 minutes. Once it does, add another 1 cup of stock into the pot.
4. Continue cooking, stirring every couple of minutes, until the millet is almost all the way cooked through, around 17-20 min).
5. When millet is cooked, reduce heat to low. Add butter and stir, then stir in the parmesan (reserving some for topping) and spinach. Cover and let spinach wilt for 2 minutes. Stir again.
6. Garnish with parsley and sea salt/pepper to taste

SLOW COOKER DIRECTIONS

1. Using a skillet, saute the olive oil, shallots, garlic, and mushrooms over medium high heat. Add 1/4 cup of dry white wine. If you don't have white wine, you may skip or just add a touch (1 tbsp) of white wine vinegar. Cook for 5 minutes or until mushrooms have slightly softened. Do not overcook. Add in millet (or rice), stirring to coat for 2 minutes
2. Line the slow cooker or oil the sides. Add millet risotto mixture
3. Pour in stock and season with salt and pepper to taste
4. Stir to combine again. Place lid on slow cooker and cook on high for 1 hour 30 minutes or low for 2-3 hours, or until millet is tender and liquid is absorbed. If you can, check halfway through cooking and stir.
5. Once it's cooked, stir in spinach, nutritional yeast or Parmesan cheese and mix all together until creamy. Top with fresh parsley.

Baked Sweet Potato Cauliflower Patties

Prep Time: 15 minutes Cook Time: 20 minutes Total Time: 35 minutes Yield: 7

DESCRIPTION

Baked Sweet Potato Cakes- paleo and vegan friendly. **Air Fryer Option**

INGREDIENTS

- 1 medium to large sweet potato, peeled
 - 2 cup cauliflower florets
 - 1 green onion, chopped.
 - 1 tsp minced garlic
 - 2 tbsp organic ranch seasoning mix or [dairy seasoning mix of choice](#)
 - 1 cup packed cilantro (fresh)
 - 1/2 tsp chili powder
 - 1/4 tsp cumin
 - 2 tbsp arrowroot starch or gluten free flour of choice
 - 1/4 cup ground flaxseed
 - 1/4 cup sunflower seeds (or pumpkin seeds)
 - 1/4 tsp Kosher Salt and pepper (or to taste)
 - Dipping sauce of choice
-

INSTRUCTIONS

1. Pre-heat oven to 400F. Line a baking sheet (or oil) and set aside.
2. Next cut your peeled sweet potato into smaller pieces. Place in a food processor or blender and pulse until the larger pieces are broken up.
3. Add in your cauliflower, onion, and garlic and pulse again.
4. Add in you sunflower seeds, flaxseed, arrowroot (or flour), cilantro, and remaining seasonings. Pulse or place on medium until a thick batter is formed. See blog for picture.
5. Place batter in larger bowl. Scoop 1/4 cup of the batter out at a time and form into patties about 1.5 inches thick. Place on baking sheet.
6. Repeat until you have about 7-10 patties.
7. Chill in freeze for 10 minutes so the patties can set.
8. Once set, place patties in oven for 20 minutes, flipping halfway. If you made your patties extra thick, they could take closer to 25 minutes.
9. **See notes for Air fryer cooking option.**

NOTES

For Air Fryer Option- Place cauliflower patties (4 at a time) in air fryer at 360 to 370F for 18 minutes, flipping halfway. If your patties are extra thick, they could take closer to 20 minutes.

Snacks

No Bake Chocolate Pistachio Protein Ball Recipe

Prep Time: 15 minutes *Cook Time:* n/a *Total Time:* 59 minutes *Yield:* 15 -17 balls

DESCRIPTION

This protein ball recipe makes paleo and vegan friendly dark chocolate energy bites with pistachios. They're a crunchy, lightly sweet, delicious NO BAKE snack!

INGREDIENTS

- 1 cup pistachios, shell removed
 - 1/3 cup dark chocolate (finely chopped or finely ground in a food processor) – see notes for keto
 - 1 1/2 tbsp (20-25 grams) coconut flour, protein powder, or oat flour
 - 1/4 cup (heaping) unsweetened cocoa powder
 - 1/3 cup almond butter or tahini (smooth, no stir variety)
 - 1/4 to 1/3 cup maple syrup or honey (start with 1/4 c and adjust as needed) – see notes for keto
 - 1/2 tsp vanilla extract
 - Optional – extra ground pistachio or cocoa powder to coat bites
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INSTRUCTIONS

1. Blend pistachios in a food processor or chop finely with a chef's knife. Transfer into a large bowl and whisk in all the remaining dry ingredients. Add the syrup and vanilla extract and any other add ins.
 2. Mix well (I use my hands) then roll into bite size balls.
 3. If the batter is too dry add more almond butter and/or syrup. If it's too wet, add more protein powder, oat flour, or coconut flour.
 4. Freeze balls on a cookie sheet and once frozen, coat bites in extra cocoa or ground pistachios, if desired.
 5. Makes about 15-17 bites. Freeze or keep in refrigerator to maintain freshness.
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NOTES

Keto Substitutions

- shredded unsweetened coconut maybe be used in place of dark chocolate for keto option.
- Xylitol syrup to replace maple syrup. NOTE: the texture and consistency will vary.

Multiseed Homemade Healthy Crackers

Prep Time: 15 minutes *Cook Time:* 40 minutes *Total Time:* 55 minutes *Yield:* 15 large or 30 small crackers

DESCRIPTION

These healthy crackers will become your new favorite snack! With no flour or dairy products, this recipe makes a wholesome delicious snack that's Paleo, grain free, and vegan!

INGREDIENTS

- 1/3 cup Flax seeds whole, raw + 2 tbsp flax meal
 - 1/2 cup Chia seeds whole
 - 1/2 cup Sunflower seeds raw
 - 1/2 cup Pumpkin seeds raw
 - Optional sesame seeds to garnish
 - 1 teaspoon sea salt
 - 1 tsp dried herbs
 - Additional seasonings of choice. such as black pepper, chili, onion powder or garlic powder
 - 2 *tbsp* Nutritional yeast for cheese flavor (*Optional*)
 - 1 cup water
-

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a sheet pan with parchment paper and set aside.
2. In a large bowl, mix all the ingredients together plus seasonings. Mix together. Pour the water over the seed/seasoning mixture. Let sit 10 minutes to allow the flax meal and chia seeds to thicken, like a gel.
3. Once the seeds have thickened, use a rubber spatula or spoon to spread the mixture in an even layer onto the pan. Around 1/4 inch thick or less.
4. Bake for 25-30 minutes. Remove from oven and slice into squares with knife or pizza wheel.
5. Flip the crackers over and put them back in the oven for an additional 15-20 minutes, or until golden brown and crispy. Oven times may vary based on your oven.
6. Let cool then enjoy or store in an airtight container or ziplock bag for 7-10 days.

No Bake Apricot Oat Protein Bars

Prep Time: 30 minutes

Total Time: 30 minutes

Yield: 10 bars

DESCRIPTION

No Bake Apricot Oat Protein Bars are the perfect nutritious wholesome snack! Sweet, salty, chewy, and nutrient dense! Nut free, vegan, and gluten free.

INGREDIENTS

- 1 1/2 cup pumpkin seeds
 - 1 cup gluten free rolled oats
 - 1/2 cup flaxseed
 - 1 cup dried Turkish Apricots (+ extra chopped for topping)
 - pinch of sea salt
 - hot water
 - 1/2 tsp cinnamon
 - 1/4 cup maple syrup (or honey if not vegan)
 - 1/2 cup vanilla protein powder
 - optional toppings – 1/4 cup Optional melting Dark Chocolate (We use enjoy life vegan/gluten free) and/or gluten free granola for topping
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INSTRUCTIONS

1. Line a 8×8 or 9×9 pan with parchment paper. Set aside.
2. Blend together your pumpkin seed, gluten free oats, and flaxseed. Blend (in blender or food processor) until a “mealy” batter is formed.
3. Place batter in bowl.
4. Next blend/pulse your apricots until finely chopped/diced. Combine with oat/seed blend. Mix in your protein powder, salt, and cinnamon.
5. In a separate small mixing bowl, combine your maple syrup or honey, 1/3 cup of hot water, and vanilla extract. Stir all together and add to your dry ingredients (the apricot/oat/protein mix).
6. Mix well with hands then press into a baking dish. Sprinkle extra chopped apricots and oats on top. If you want to add [vegan chocolate](#) (dark chocolate) do so here. Just heat vegan chocolate chips in the microwave for 45 seconds, stir, then drizzle on top of bars.
7. Let bars cool in fridge to set. Around 30 minutes. See notes on batter texture.
8. Once batter is set, you can cut into 10 squares.
9. Keep refrigerated.