LENTEN RECIPES

***Breakfasts***

Homemade Baked Beans

10-Minute Cinnamon Raisin Brown Rice Breakfast Porridge

Flourless Pumpkin Muffins

Tempeh Patties

Sea Salt Dark Chocolate Granola

Creamy Avocado Banana Smoothie

Peanut Butter and Jelly Chia Pudding

Dark Chocolate Quinoa Breakfast Bowl

Quinoa Porridge with Baked Pear

Banana Acai Bowl

**HOMEMADE BAKED BEANS**

Prep time: 5 mins

Cook time: 10 mins

Total time: 15 mins

Serves: Serves 2

Ingredients

* 1tbsp oil
* 1/2 onion, finely diced
* 2 cloves garlic, minced
* 1tbsp tomato purée
* 1/2tsp smoked paprika
* 1/4tsp dried thyme
* 1tbsp brown sugar
* 1tbsp soy sauce
* 1 x 400g tin cannellini beans, drained (240g when drained)
* 100g passata
* Black pepper

Instructions

1. Heat the oil in a saucepan, and add the onion and garlic. Cook over a medium heat for 5 minutes until soft and translucent. Add the tomato purée, paprika, thyme, brown sugar and soy sauce, and cook for a couple more minutes.
2. Add the beans and passata, and simmer for at least 5 minutes, until the mixture is piping hot and the sauce has thickened a little. Season generously with black pepper ­- you probably won’t need salt because of the soy sauce but add it if you think it needs it.

Serve warm on toast.

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**10-MINUTE CINNAMON RAISIN BROWN RICE BREAKFAST PORRIDGE**

{Gluten-Free; Vegan}

Prep time: 2 mins

Cook time: 8 mins

Total time: 10 mins

Yield: 4 servings

Gluten-free and vegan 10-Minute Cinnamon Raisin Brown Rice Breakfast Porridge is great to warm up with on a chilly morning!

Ingredients

Porridge:

3 cups cooked brown rice

1¾ cups (415 ml) plain, unsweetened almond “milk” (or any kind of milk you like)

3-4 tablespoons coconut sugar (or lightly packed light brown sugar)

2 tablespoons golden flaxseed meal

2 tablespoons raisins (I used golden raisins/sultanas)

¾ teaspoon ground cinnamon

1 pinch salt

¾ teaspoon pure vanilla extract

Topping Ideas:

Pomegranate arils

Chopped nuts

Shredded coconut

Chia seeds

Cacao nibs

Instructions

Combine the rice, milk, sugar, flaxseed meal, raisins, cinnamon, and salt in a medium saucepan. Bring to a boil over medium heat, and then turn the heat down slightly and cook until thickened to your liking, about 2 to 3 minutes, stirring frequently. Turn off the heat and stir in the vanilla extract.

Serve warm with any toppings you like.

**FLOURLESS PUMPKIN MUFFINS**

Ingredients

1 1/2 cup [gluten free rolled oats](javascript:void(0);)

1/2 cup [pumpkin](javascript:void(0);)

1/4 cup [maple syrup](javascript:void(0);)

1 tsp [cinnamon](javascript:void(0);)

1/4 tsp [ginger](javascript:void(0);)

1/4 tsp [nutmeg](javascript:void(0);)

1/3 cup [cranberries](javascript:void(0);), raisins or pecans

Instructions

Preheat oven to 180 degrees.

In a [food processor](http://www.amazon.com/gp/product/B00004S9EM/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00004S9EM&linkCode=as2&tag=myw0c1-20&linkId=NZFVWCZNYEDUEBEH), combine all the ingredients except the cranberries. Mix until well combined.

Add the cranberries and pulse a few more times until they are well mixed.

Spoon batter into lined [muffin cups](http://www.amazon.com/gp/product/B001ET5ZI8/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B001ET5ZI8&linkCode=as2&tag=myw0c1-20&linkId=JJB3QHZKYYDZEZBB).

Bake for 10 minutes.

Let cool before removing from the pans.

**TEMPEH PATTIES**

Ingredients

* 8 ounces tempeh\*
* 1/4 medium white onion (diced)
* 4 cloves garlic (minced // 4 cloves yield ~2 Tbsp)
* 1 tsp organic brown sugar or coconut sugar
* 1/2 tsp sea salt
* 1 tsp ground black pepper
* 1 1/2 tsp dried sage
* 1 1/2 tsp dried thyme
* 1 1/2 tsp smoked paprika
* 2 Tbsp fresh chopped rosemary
* 1/8 tsp ground nutmeg
* 1/4 tsp ground cayenne pepper
* 1/4 tsp red pepper flake (plus more for spicier sausage)
* 2 Tbsp [*vegan Worcestershire sauce\**](https://www.amazon.com/dp/B0078DP7GY/ref=as_at?creativeASIN=B000GIGZXM&linkCode=w61&imprToken=Zbc.2iKfak4kMJvtruCPuA&slotNum=6&tag=minimalistbaker-20)(I like [*Annie’s brand*](https://www.amazon.com/dp/B0058NJA8C/?tag=minimalistbaker-20) or this [*GF brand*](https://www.amazon.com/dp/B0078DP7GY/?tag=minimalistbaker-20)!)
* 1 Tbsp avocado, grape seed, or olive oil\* (or other neutral oil // plus more for cooking)
* 1 pinch allspice (*optional*)
* 1/2 tsp dried marjoram *optional*

Instructions

1. Finely chop tempeh and add to a mixing bowl (or a [*food processor*](https://aax-us-east.amazon-adsystem.com/x/c/Qn0yW-6DKOHu3-ySoUAJhX8AAAFkXUEDWAEAAAFKAZRg5Us/https:/www.amazon.com/dp/B00LBZOYAK/ref=as_at?creativeASIN=B00LBZOYAK&linkCode=w61&imprToken=kBhtZv0uU1Om-ICGeIpMQw&slotNum=39&tag=minimalistbaker-20)) along with remaining ingredients.
2. Mix with clean hands (or pulse in the food processor) until very thoroughly combined. The texture should resemble sausage.
3. Taste a small amount and adjust flavour as needed, adding more cayenne pepper or red pepper flake for heat, salt and pepper for overall flavour, brown sugar for sweetness, or paprika for smokiness.
4. Cover and refrigerate for at least 2 hours, preferably 24 hours, and up to 3 days to allow the flavours to develop.
5. When ready to cook, line a 1/3 cup measuring cup with plastic wrap and fill with "sausage." Fold plastic wrap over the top and pack down. Then gently remove and set on a clean plate. Press down to form a 1/2-inch thick disc. Repeat until the mixture is used up - about 5 "sausages" (amount as original recipe is written // adjust if altering batch size)
6. Heat a large skillet over medium heat. Once hot, add 1-2 Tbsp oil (or enough to coat the surface) and add only as many patties as will comfortably fit in the pan. Sprinkle with a bit more salt and pepper. (If trying to cut back on oil, see notes for baking instructions.)
7. Cook for 3-4 minutes or until the underside is browned. Then gently flip (they can be fragile) and cook on the other side for 3-4 minutes more or until the underside is browned.
8. Serve immediately. Store leftovers in the refrigerator up to 3-4 days or in the freezer up to 1 month. You can also make patties ahead of time (up to 1 month), freeze (uncooked), and then thaw before cooking.

Notes

\*To keep this recipe gluten-free, ensure your tempeh and Worcestershire sauce are both gluten-free.  
\* If cutting back on oil, you can bake these at 375 degrees F (190 C) on a parchment-lined baking sheet for 20-30 minutes or until golden brown and semi firm on the edges.

**SEA SALT DARK CHOCOLATE GRANOLA**

9-ingredient granola infused with cocoa powder, naturally sweetened, and full of plant-based protein and fiber! The perfect plant-based breakfast or snack.

***Author:*** *Minimalist Baker*

**PREP TIME**10 minutes

**COOK TIME**24 minutes

**TOTAL TIME**34 minutes

***Servings:***  (1/2-cup servings)

***Category:****Breakfast, Snack*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****1 month*

***Does it keep?****2-3 weeks*

Ingredients

* 3 cups gluten-free rolled oats
* 1 cup chopped raw nuts (almonds, pecans, and/or walnuts are best)
* 1/4 cup desiccated or shredded coconut (unsweetened)
* 2 Tbsp chia seeds
* 3 Tbsp coconut or organic cane sugar (or other dry sweetener of choice)
* 1 tsp sea salt
* 1/3 cup cocoa powder
* 1/4 cup coconut (or avocado) oil
* 1/2 cup maple syrup (plus more to taste // or other liquid sweetener of choice)
* 1/2 cup vegan dark chocolate chips or chunks (*optional* // sweeter chocolate is best - I like Trader Joe’s 72% dark chocolate bar)

Instructions

1. Preheat oven to 340 degrees F (171 C).
2. To a food processor (or mixing bowl), add the oats, nuts, coconut, chia seeds, coconut sugar, salt, and cocoa powder. Pulse a few times (or stir) to combine.
3. In a small saucepan over medium-low heat, warm the coconut oil and maple syrup until melted and combined. Pour over the dry ingredients and mix or stir well. If using a food processor, this breaks down the oats and nuts a bit more so it's a finer texture, but this is optional.
4. Spread the mixture evenly onto a baking sheet (or more baking sheets if making a larger batch) and bake for 17-24 minutes (or until fragrant and deep golden brown), stirring a bit near the halfway point to ensure even baking.
5. Let cool completely. Then add chocolate (optional). Place in a container that has an air-tight seal, and it should keep for a few weeks. Or store in the freezer up to 1 month or longer.

**CREAMY AVOCADO BANANA GREEN SMOOTHIE**

Creamy, nutritious, 5-ingredient Avocado Banana Green Smoothie loaded with greens, healthy fats, and protein. The perfect plant-based way to start your day.

***Author:*** *Minimalist Baker*

**PREP TIME** 5 minutes

**TOTAL TIME** 5 minutes

***Servings:***  (smoothies)

***Category:****Beverage, Breakfast*

***Cuisine:****Gluten-Free, Grain-Free, Vegan*

***Freezer Friendly****2 Weeks*

***Does it keep?****24 hours.*

Ingredients

SMOOTHIE

* 1 large rozen banana (ripe // peeled // sliced)
* 1/4 - 1/2 medium ripe avocado (more avocado = creamier, thicker smoothie)
* 1 scoop plain or vanilla protein powder
* 1 large handful greens of choice (spinach, kale, rainbow chard // I like mine frozen)
* 3/4 - 1 cup [*unsweetened plain almond milk*](https://minimalistbaker.com/how-to-make-almond-milk/)(or any [*dairy-free milk*](https://minimalistbaker.com/guide-making-dairy-free-milk/))

ADD-INS *optional*

* 1 Tbsp seed of choice (hemp, flax, sesame, sunflower, chia, etc.)
* 1/2 tsp adaptogen of choice (*[maca](https://www.amazon.com/dp/B00HES7572/ref=as_at?creativeASIN=B000GIGZXM&linkCode=w61&imprToken=Dv0ftonulIbBVcnwI79Y4Q&slotNum=4&tag=minimalistbaker-20&th=1" \t "_blank)*, [*ashwagandha*](https://www.amazon.com/dp/B00TUDDCJ4/ref=as_at?creativeASIN=B000GIGZXM&linkCode=w61&imprToken=Dv0ftonulIbBVcnwI79Y4Q&slotNum=4&tag=minimalistbaker-20), etc.)
* 1/2 cup sliced frozen (or fresh) cucumber or berries (organic when possible)

Instructions

1. To a [*high-speed blender*](https://aax-us-east.amazon-adsystem.com/x/c/Qh5p7ovF4zgPhMigaWGpTFYAAAFfWh8I-wEAAAFKAe7kw_k/http:/www.amazon.com/dp/B000GIGZXM/ref=as_at?creativeASIN=B000GIGZXM&linkCode=w61&imprToken=Dv0ftonulIbBVcnwI79Y4Q&slotNum=4&tag=minimalistbaker-20), add frozen banana, avocado, protein powder of choice, greens, and dairy-free milk. At this time, add any desired add-ins, such as adaptogens, seeds, or additional fruits and vegetables (such as berries or cucumbers).
2. Blend on high until creamy and smooth, scraping down sides as needed. If smoothie is too thick, add more dairy-free milk to thin. If too thin, add more frozen banana or avocado.
3. Taste and adjust flavor as needed, adding more banana for sweetness, avocado for creaminess, or greens for vibrant green color. Protein powder can also be used to add more sweetness (depending on brand / flavor).
4. Divide between serving glasses and enjoy! Best when fresh, though leftovers will keep covered in the refrigerator up to 24 hours or in the freezer up to 2 weeks.

**PEANUT BUTTER AND JELLY CHIA PUDDING**

Easy, 7-ingredient peanut butter chia pudding that's naturally sweetened and layered on top of blueberry-chia compote! A delicious, healthy, and satisfying snack or breakfast.

***Author:*** *Minimalist Baker*

**PREP TIME**1 hour 30 minutes

**TOTAL TIME**1 hour 30 minutes

***Servings:***

***Category:****Breakfast, Dessert, Snack*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****No*

***Does it keep?****3-4 Days*

Ingredients

COMPOTE

* 1 cup wild blueberries (frozen or fresh)
* 1 Tbsp orange juice
* 1 Tbsp [*chia seeds*](https://aax-us-east.amazon-adsystem.com/x/c/QjDwi8MCB7XbSqpirV9-KaIAAAFjsbfzdgEAAAFKAZHrDEE/https:/www.amazon.com/dp/B00OZYNGUS/ref=as_at?creativeASIN=B00OZYNGUS&linkCode=w61&imprToken=CNHQe5CHsX9LMYmppY9QKQ&slotNum=26&tag=minimalistbaker-20)

CHIA PUDDING

* 1 cup [*unsweetened plain almond milk*](https://minimalistbaker.com/how-to-make-almond-milk/)
* 1/2 cup [*light coconut milk*](https://minimalistbaker.com/how-to-make-coconut-milk/)(I used canned // or sub more almond milk)
* 1 tsp vanilla (*optional*)
* 1-2 Tbsp maple syrup (to taste)
* 3 Tbsp [*natural salted peanut butter*](https://aax-us-east.amazon-adsystem.com/x/c/QpjBGXc8Biz6ykQmAZmA1kEAAAFpK2xsoQEAAAFKAT_aUhQ/https:/www.amazon.com/gp/product/B079Y638HY/?creativeASIN=B079Y638HY&linkCode=w61&imprToken=SEzN6hwhFuLyRhfMgyRHYg&slotNum=19&tag=minimalistbaker-20)(creamy or crunchy // plus more for serving)
* 1/3 cup [*chia seeds*](https://aax-us-east.amazon-adsystem.com/x/c/QjDwi8MCB7XbSqpirV9-KaIAAAFjsbfzdgEAAAFKAZHrDEE/https:/www.amazon.com/dp/B00OZYNGUS/ref=as_at?creativeASIN=B00OZYNGUS&linkCode=w61&imprToken=CNHQe5CHsX9LMYmppY9QKQ&slotNum=26&tag=minimalistbaker-20)
* Fresh blueberries (*optional* // for topping)

Instructions

1. To a small skillet or saucepan, add the blueberries and orange juice. Warm over medium-high heat until bubbling. Then lower heat to medium and cook for 2 minutes - stirring occasionally. Remove from heat and add chia seeds. Stir to combine.
2. Divide the compote between three (amount as original recipe is written // adjust if altering batch size) small serving dishes ([*like these from Weck*](http://rstyle.me/n/e64hgbnp57)), and set in the refrigerator to chill.
3. In the meantime, add almond and coconut milk to a blender, along with vanilla (optional), maple syrup, and peanut butter. Blend on high to fully combine. Taste and adjust flavors as needed, adding more maple syrup for sweetness or peanut butter for saltiness.
4. Add chia seeds and pulse a few times to incorporate, being careful not to blend as you want the chia seeds left whole.
5. Transfer to a liquid measuring cup or jar (or just set your whole blender in the fridge), and set in the fridge to begin chilling.
6. Wait 10 minutes for the chia compote to cool. Then remove the chia pudding and compote from the refrigerator. Give the chia pudding a stir to redistribute the chia seeds, then divide between the three serving dishes right on top of the compote.
7. Cover well and set in the refrigerator to chill for at least 1-2 hours (preferably overnight), or until chilled through and pudding-like in consistency.
8. To serve, top with extra peanut butter and fresh blueberries (optional). Will keep covered in the refrigerator for 3-4 days.

**CRISPY HASH BROWN HAYSTACKS**

7-ingredient crispy hash brown haystacks with corn and fresh parsley. Crunchy on the outside, slightly tender on the inside, and perfect alongside breakfast items, like tofu scrambles!

***Author:*** *Minimalist Baker*

**PREP TIME**15 minutes

**COOK TIME**35 minutes

**TOTAL TIME**50 minutes

***Servings:***  haystacks

***Category:****Breakfast, Side*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****3-4 Weeks*

***Does it keep?****Best when fresh.*

Ingredients

* 4 cups loosely packed finely grated russet potatoes\* (3 potatoes yield ~4 cups)
* 1 medium shallot, very thinly sliced
* 1/4 cup fresh chopped parsley (or other herb of choice)
* 1/2 cup corn (if canned, very well drained)
* 2 Tbsp melted vegan butter (or sub coconut oil // plus more for cooking)
* 1 Tbsp cornstarch or arrowroot starch (for binding)
* 1/2 tsp each sea salt and black pepper (plus more to taste)

Instructions

1. Preheat oven to 375 degrees F (190 C) and arrange a rack in the center of the oven. Also generously grease a standard muffin tin with oil of choice, otherwise the potatoes will stick.
2. Add finely grated potatoes (see notes for my go-to method) to a large mixing bowl with shallot, parsley, corn, melted vegan butter, cornstarch, salt and pepper and stir to thoroughly combine.
3. Divide mixture evenly between 12 muffin tins (amount as original recipe is written // adjust if altering batch size), filling each tin with about 1/4 cup of the potato mixture. Press down gently to form. Sprinkle the tops with a pinch more salt and pepper and bake for 20 minutes.
4. At the 20-minute mark, increase oven temperature to 425 degrees F (218 C) and bake for 10-12 minutes more, or until the tops appear golden brown, and the edges are dark golden brown.
5. Remove from oven and let rest for 5 minutes, then loosen the sides with a butter knife and gently lift out with a fork. Serve immediately as is or with hot sauce. These are especially great alongside tofu scrambles (see my favorite three scrambles: [***here***](https://minimalistbaker.com/southwest-tofu-scramble/)**,**[***here***](https://minimalistbaker.com/masala-spiced-tofu-scramble/)**, and**[***here***](https://minimalistbaker.com/roasted-sweet-potato-kale-breakfast-hash/)**)**.
6. Best when fresh. To freeze, arrange baked haystacks in a single layer on a baking sheet and freeze until firm. Then store in a freezer-safe container up to 3-4 weeks. Reheat in the microwave or a 350-degree F (176 C) oven until completely warmed through.

Notes

\*To grate my potatoes, I used the grater attachment on my food processor, which you can find in our [*shop*](https://minimalistbaker.com/product-category/kitchen-essentials/)!  
\*I haven't tried substituting russet potatoes for sweet potatoes, but if you do let me know! I'm sure they would be delicious.  
\*Nutrition information is a rough estimate calculated without additional toppings.

**DARK CHOCOLATE QUINOA BREAKFAST BOWL**

Simple, 7-ingredient dark chocolate quinoa breakfast bowl naturally sweetened with maple syrup and infused with rich cocoa powder! A healthy, hearty plant-based breakfast or snack.

***Author:*** *Minimalist Baker*

**PREP TIME**5 minutes

**COOK TIME**25 minutes

**TOTAL TIME**30 minutes

***Servings:***

***Category:****Breakfast, Snack*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****No*

***Does it keep?****2-3 Days*

Ingredients

QUINOA BOWL

* 1 cup uncooked white quinoa
* 1 cup [*unsweetened almond milk*](https://minimalistbaker.com/how-to-make-almond-milk/) (plus more for serving)
* 1 cup [*coconut milk*](https://minimalistbaker.com/how-to-make-coconut-milk/)(light canned, or the beverage in a carton)
* 1 pinch sea salt
* 2 Tbsp unsweetened cocoa powder
* 2-3 Tbsp maple syrup or coconut sugar
* 1/2 tsp pure vanilla extract (*optional*)
* 3-4 squares vegan dark chocolate (roughly chopped)

FOR SERVING *optional*

* Mixed berries
* Sliced banana
* [*Coconut sugar*](https://aax-us-east.amazon-adsystem.com/x/c/QniFWEuk9Nw5fHkR_aHoD1IAAAFjn6RBjAEAAAFKAVNiMns/https:/www.amazon.com/dp/B00HVNR5FW/ref=as_at?creativeASIN=B00HVNR5FW&linkCode=w61&imprToken=3EOfmMq8O1iRR3VhqxIgow&slotNum=0&tag=minimalistbaker-20)
* Hemp seeds or chia seeds

Instructions

1. Thoroughly rinse quinoa in a fine mesh strainer for 2 minutes, using your hands to sort through and pick out any discolored pieces or pebbles that may remain.
2. Heat a small saucepan over medium heat. Once hot, add rinsed, drained quinoa and toast for 3 minutes, stirring frequently, to dry up water and slightly toast.
3. Add almond milk, coconut milk, and a pinch of salt, and stir. Bring to a boil over high heat, then reduce heat to low and cook for 20-25 minutes, uncovered, stirring occasionally. If it stops simmering, increase heat to medium-low. You’re looking for a slight simmer throughout the cooking time.
4. Once the liquid is absorbed and the quinoa is tender, remove from heat and add cocoa powder, maple syrup and vanilla (optional). Stir to combine.
5. Taste and adjust flavor as needed. Add a bit more almond milk if you prefer the texture thinner. I added more cocoa powder and maple syrup for a more intense chocolate flavor.
6. Serve each bowl of quinoa with a small square of vegan dark chocolate, and any other desired toppings (listed above). I preferred mine with a bit more coconut milk, hemp seeds, and fresh fruit (optional).
7. Best when fresh, though leftovers will keep covered in the refrigerator for 2-3 days. Reheat in the microwave, or in a small saucepan with additional almond milk to add moisture back in.

**QUINOA PORRIDGE WITH BAKED PEAR**

GF : DF : SF : V : VG : PALEO

Serves 1

1/2 cup quinoa

1 1/2 cups milk of choice (dairy or nut milk)

1 tablespoon walnuts

1/2 teaspoon honey (optional)

1 whole pear

cinnamon (optional)

Preheat oven to 200C and place a whole (washed) pear in the oven on a tray lined with greaseproof paper to cook for 40 minutes.

When the pear is half way through cooking, rinse quinoa then pop in a small saucepan with milk, cover with lid and place on medium heat on the stove.

Bring to boil, reduce heat and simmer 10-12 minutes (covered) so there is some liquid remaining at the end of the cooking time.

Serve quinoa porridge in a bowl topped with the whole baked pear, or slice and serve as you desire, sprinkled with cinnamon.

**BANANA ACAI BOWL**

GF: DF: SF: V: PALEO

Serves 2

2 small frozen bananas

2 sachet frozen acai puree (we used Sambazon)

pinch vanilla powder

2 tablespoons brown rice protein

1/2 cup water

To serve:

1 small red apple sliced

1/2 cup sliced pineapple

1 orange, peeled and sliced

2 tablespoons goji berries

2 teaspoons pepitas

1 tablespoons macadamia nuts, crushed

1 tablespoon activated buckwheat (quinoa flakes or oats work well too)

1 teaspoon chia seeds

2 teaspoons cacao nibs

2 tablespoons pomegranate arils (optional)

dried cornflowers or other edible flowers (optional)

Blend bananas, acai, protein, vanilla and water in a high speed blender. Pour into bowls and garnish with topping ingredients or those of your choice and serve.

***Mains***

Ajapsandali

Mushroom Mexi Bowl with Baked Potatoes

Crispy Peanut Tofu and Cauliflower Rice Stir-Fry

Poblano and Portobello Fajitas

Smoky Black Bean Beet Burgers

30-minute Coconut Curry

Noodle-free Tofu Pad Thai

Banh Mi Spring Rolls

Baked Falafel Burgers

Vegan Green Pea, Spinach & Mung Bean Curry

Spiced Cauliflower & Pumpkin

Lentil Chilli Con Carne

Tofu Bowl

Vongole with Zucchini Noodles

Quinoa Prawn Paella

Carrot and Kale Dahl

Satay Kelp & Carrot Noodles

Rainbow Nourish Bowl

Roasted Rainbow Vegetable Bowl

**AJAPSANDALI**

SERVES 8-10  ·  PREP 25 minutes  ·  COOK 45 minutes

* 500g/1lb 2oz potatoes
* 300g/10 oz carrots
* 30g/1 oz/2 tbsp butter
* 6 tbsp sunflower oil
* ¼ tsp dried summer savory (*kondari*) or wild thyme
* 675g/1lb 8 oz small aubergines/eggplants, sliced crosswise
* 2 red peppers, cut into bite-size chunks
* 115g/4oz smaller, pale green peppers, seeded and quartered
* 450g/1lb tomatoes, peeled and sliced
* 400g/14 oz onions, chopped
* 30g/1 oz garlic/8 garlic cloves, or to taste, roughly chopped fresh green chilli, to taste
* 1 tsp salt
* freshly ground black pepper
* 20g/2/3 oz/½ cup red and/or green basil, chopped
* 20g/2/3 oz/½ cup coriander/cilantro, chopped
* 10g/1/3 oz/¼ cup parsley, chopped
* 2 tbsp chopped fresh dill

Peel and chop the potatoes and carrots into large, bite-size pieces. Heat the butter and oil with the *kondari* or thyme in a large heavy saucepan. Add the potatoes and carrots, cover, and cook them over medium heat for 10-15 minutes, or until they start to soften. Stir occasionally.

Add the aubergines/eggplants to the pan, stirring well. Cover and cook for 10 minutes. Add the red and green peppers, tomatoes, onions, garlic, chilli and salt and stir well. Cover. Cook over medium heat until the vegetables give up their juices, about 15 minutes. Stir occasionally to prevent sticking.

Test the aubergines/eggplants and potatoes for doneness. When they are tender, and the other vegetables seem cooked too, add the herbs. Stir them into the vegetables and cook for 5 minutes more. Remove from the heat. Allow the ajapsandali to stand for at least 5 minutes before serving.

**MUSHROOM MEXI BOWL WITH BAKED POTATOES**

Gluten free : Dairy free : Refined sugar free : Vegan

Serves 4

3 tablespoons olive or coconut oil

1 large (250g) onion

3 garlic cloves, sliced

2 teaspoons ground cumin

1 teaspoons ground coriander

2 teaspoons smoky paprika

1/2 teaspoon chilli flakes

3 cobs corn (230g kernels)

650g button mushrooms, chopped small

2 tablespoons tomato paste

1 tin black beans

3 large (500g) potatoes, cut into wedges

sea salt and black pepper

To serve: fresh coriander, avocado, chilli, chopped fresh tomatoes

Heat oven to 200C and line a large tray with greaseproof paper.

Place potato wedges on tray, drizzle with 1 tablespoon oil, sprinkle with sea salt, toss and place in oven to cook for 30-40 minutes.

Whilst potatoes are cooking, make the chilli by heating a large saucepan on medium heat.

Add 2 tablespoons oil to pan, followed by onion and garlic and cook, lid on for 6-8 minutes.

Remove lid, add cumin, coriander, smoky paprika and chilli and cook a further 1-2 minutes.

Add corn, mushrooms, tomato paste, black beans, season with sea salt and black pepper, cover and cook for 10 minutes, stirring frequently.

Once potatoes are cooked and chilli is ready, serve together with fresh coriander, avocado, chilli and fresh chopped tomatoes.

**CRISPY PEANUT TOFU & CAULIFLOWER RICE STIR-FRY**

Crispy tofu that's baked, not fried, and tossed in a 5-ingredient peanut glaze! Serve over cauliflower rice with sautéed veggies for a completely plant-based meal that's entirely vegan + gluten free!

***Author:*** *Minimalist Baker*

**PREP TIME**30 minutes

**COOK TIME**1 hour

**TOTAL TIME**1 hour 30 minutes

***Does it keep?****2-3 Days*

Ingredients

STIR-FRY

* 12 ounces extra-firm tofu (organic & non-GMO if possible\*)
* 1 Tbsp toasted sesame oil
* 1 small head cauliflower
* 2 cloves garlic (minced // 2 cloves yield ~1 Tbsp or 6 g)

SAUCE

* 1 1/2 Tbsp toasted sesame oil
* 1/4 cup low sodium soy sauce (tamari for GF eaters)
* 1/4 cup light brown sugar (or honey if not vegan)
* 1/2 tsp [*chili garlic sauce*](https://www.amazon.com/dp/B000LO25RG/ref=as_at?creativeASIN=B000LO25RG&linkCode=w61&imprToken=.6csbbG-X9jkJMCNN2BEcA&slotNum=28&tag=minimalistbaker-20)
* 2 1/2 Tbsp peanut butter or almond butter (natural, salted)

OPTIONAL EXTRAS

* Veggies: baby bok choy, green onion, red pepper, broccoli
* Toppings: fresh lime juice, cilantro, sriracha

Instructions

1. Begin by draining tofu 1.5 hours before you want your meal ready. If your block of tofu is larger than 12 ounces, trim it down. You don’t need a full pound for this recipe (see notes).
2. Roll tofu in an absorbent towel several times and then place something heavy on top to press. I use a pot on top of a cutting board and sometimes add something to the pot to add more weight. Do this for 15 minutes.
3. Near the end of draining, preheat oven to 400 degrees F (204 C) and cube tofu. Place on a parchment-lined baking sheet and arrange in a single layer. Bake for 25 minutes to dry/firm the tofu. Once baked, remove from oven and let cool.
4. Prepare sauce by whisking together ingredients until combined. Taste and adjust flavor as needed. I often add a little more sweetener and peanut butter.
5. Add cooled tofu to the sauce and stir to coat. Let marinate for at least 15 minutes to saturate the tofu and infuse the flavor.
6. In the meantime, [*shred your cauliflower into rice*](https://minimalistbaker.com/how-to-make-cauliflower-rice/) by using a large grater or food processor. You don’t want it too fine, just somewhat close to the texture of rice. Set aside. Mince garlic if you haven’t already done so, and prepare any veggies you want to add to the dish (optional).
7. Heat a large skillet over medium to medium-high heat (6 out of 10), and if adding any veggies to your dish, cook them now in a bit of sesame oil and a dash of soy sauce. Remove from pan and set aside and cover to keep warm.
8. Use a slotted spoon to spoon tofu into the preheated pan. Add a few spoonfuls of the sauce to coat. Cook, stirring frequently for a few minutes until browned. It will stick to the pan a bit, so don't worry. Remove from pan and set aside and cover to keep warm.
9. Rinse your pan under very hot water and scrape away any residue. Place back on oven.
10. Add a drizzle of sesame oil to the pan, then add garlic and cauliflower rice and stir. Put cover on to steam the “rice.” Cook for about 5-8 minutes until slightly browned and tender, stirring occasionally. Then add a few spoonfuls of sauce to season and stir.
11. Place cauliflower rice and top with veggies and tofu. Serve with any leftover sauce. Leftovers reheat well and will keep covered in the fridge for up to a couple days.

**POBLANO AND PORTOBELLO FAJITAS**

Simple vegan fajitas with portobello mushrooms and poblano and bell peppers, made extra satisfying with healthy spoonfuls of guac.

***Author:*** *Minimalist Baker*

**PREP TIME**10 minutes

**COOK TIME**20 minutes

**TOTAL TIME**30 minutes

***Servings:***  (2-taco servings)

***Category:****Entree*

***Cuisine:****Gluten-Free, Mexican-Inspired, Vegan*

***Freezer Friendly****No*

***Does it keep?****2-3 Days*

Ingredients

* 1 Tbsp olive or coconut oil
* 1 whole poblano pepper (seeds removed and thinly sliced)
* 2 medium bell peppers (seeds removed and thinly sliced)
* 1 whole jalapeño (seeds removed and thinly sliced)
* 1 medium yellow or white onion (cut into thin rounds)
* 2 large large portobello mushrooms\* (stems removed // wiped clean and thinly sliced)
* 2 medium ripe avocados
* ~1 Tbsp lime juice (juice of 1/2 lime as original recipe is written)
* Sea salt, cumin, & garlic powder
* 1 tsp A1 steak sauce (*optional*// for mushrooms)
* 6 small flour or corn tortillas
* Fresh red onion, hot sauce, cilantro, salsa (*optional*)

Instructions

1. Heat a large skillet and a medium skillet over medium-high heat. Once hot add a dash of olive or coconut oil to the large skillet, then the onion and peppers. Season generously with salt, cumin and garlic powder.
2. Cook until softened and slightly caramelized, stirring often. Set aside and cover to keep warm.
3. At the same time, add a dash of oil to the medium pan. Then add the mushrooms. Season with a bit of salt and once softened and brown (see photo), add a dash of A1 (vegan-friendly) for more flavor (optional). Remove from heat, set aside and cover.
4. Prepare guacamole by adding avocados to a bowl then adding lime juice and a generous pinch of salt. Fresh cilantro and onion are optional.
5. Warm tortillas in the microwave or oven and you’re ready to go. Serve tortillas with peppers and onions, mushrooms, guacamole, and any other toppings you desire such as salsa, hot sauce, and cheese or sour cream (for non-vegan).

Notes

\*You can sub 4 baby portobello mushrooms per 2 regular-sized portobellos.  
\*Nutritional information is a rough estimate calculated with olive oil, corn tortillas, and without steak sauce or toppings.

**SMOKY BLACK BEAN BEET BURGERS**

10-ingredient, smoky black bean beet burgers with walnuts, quinoa, and a blend of spices. Hearty, nutritionally dense, and simple to prepare.

***Author:*** *Minimalist Baker*

**PREP TIME**20 minutes

**COOK TIME**40 minutes

**TOTAL TIME**1 hour

***Servings:***  (patties)

***Category:****Entree*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****3-4 Weeks (see notes)*

***Does it keep?****3-4 Days*

Ingredients

* 3/4 cup cooked quinoa
* 1/2 large red onion (finely diced // 1/2 onion yields ~3/4 cup)
* 1 cup finely chopped mushrooms (shitake, baby bella, or white button)
* 1 pinch each salt & pepper
* 1 15-ounce can black beans (well rinsed and drained)
* 1 cup finely grated raw beet
* 1 tsp cumin
* 1/2 tsp chili powder (or sub extra cumin)
* 1/4 tsp smoked paprika
* ~1/2 cup raw walnuts (crushed or ground into a loose meal)

Instructions

1. Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot add the onion and sauté, seasoning with a pinch each salt and pepper.
2. When the onions are soft – about 5 minutes – turn up the heat to medium and add the mushrooms. Season with another pinch of salt and pepper and cook until the mushrooms and onions are slightly browned and fragrant – about 3 minutes.
3. Remove from heat and add black beans and mash. You’re looking for a rough mash, so you can leave a bit of texture if you want.
4. Transfer the mixture to a mixing bowl and add the quinoa, beets, spices and stir. For even more flavor, add a shake of vegan worcestershire or A-1 sauce (optional).
5. Lastly, add the walnut meal a little at a time until the mixture is able enough to form into patties. Set in the fridge to chill while your oven preheats to 375 degrees F (190 C) (skip this step if cooking on the stovetop or grill - see notes).
6. Coat a baking sheet with nonstick spray or olive oil. Form mixture into roughly 8-9 patties (as original recipe is written). I use a peanut butter jar lid lined with plastic wrap to get the perfect shape (a tip I learned from [*Iowa Girl Eats*](http://iowagirleats.com/)). You can also just take handfuls and mash them into loose patties. The thicker you make them, the longer they’ll take to cook through, but the “juicier” and heartier they’ll be! Thinner patties will cook faster.
7. Arrange burgers on a baking sheet and brush or spray the tops with olive oil. Bake at 375 F (190 C) for a total of 30-45 minutes, gently flipping at the halfway mark. Cook longer to dry them out even more and achieve more crisp, but it’s not necessary.
8. Serve on small buns or atop mixed greens with desired toppings. See notes for freezing instructions.

Notes

\*For a quicker cook time, form into slightly thinner patties and brown in a skillet over medium heat lightly coated with olive, avocado or coconut oil. Cook until brown on both sides – 3-4 minutes each. NOTE: This method doesn’t get them as well done in the middle, but the crust is more pronounced.  
\* FREEZING: If you don’t want to cook the whole batch at once, form into 10 patties, par-bake them at 375 degrees F (190 C) for 15-20 minutes. Then cool and stack between layers of parchment paper and cover. Freeze for up to a few weeks. To cook, place on baking sheet still frozen and bake at 375 degrees F (190 C) until desired texture/color is reached - roughly 25-35 minutes.

**30-MINUTE COCONUT CURRY**

A vegan, gluten free 30-minute curry that’s loaded with veggies and swimming in a perfectly-spiced coconut milk broth. Coconut quinoa sends this over the top. Simple, healthy, fast and so delicious.

***Author:*** *Minimalist Baker*

**PREP TIME**5 minutes

**COOK TIME**25 minutes

**TOTAL TIME**30 minutes

***Servings:***

***Category:****Entree*

***Cuisine:****Gluten-Free, Indian-Inspired, Vegan*

***Freezer Friendly****1 month*

***Does it keep?****3-4 Days*

Ingredients

CURRY

* 1 Tbsp coconut or olive oil
* 1 small onion (diced)
* 4 cloves garlic (minced // 4 cloves yield ~2 Tbsp or 12 g)
* 1 Tbsp fresh grated ginger\*
* 1/2 cup broccoli florets (diced // or sub green bell pepper)
* 1/2 cup diced carrots
* 1/4 cup diced tomato
* 1/3 cup snow peas (loosely cut)
* 1 Tbsp [*curry powder*](https://minimalistbaker.com/diy-curry-powder/)
* 1 pinch cayenne\* (*optional* // for heat)
* 2 14-ounce cans light coconut milk (sub full-fat for richer texture)
* 1 cup veggie broth ([*DIY*](https://minimalistbaker.com/easy-1-pot-vegetable-broth/) or store-bought)
* Sea salt and black pepper (to taste)

COCONUT QUINOA

* 1 14-ounce can light coconut milk
* 1 cup white quinoa (rinsed in a fine mesh strainer\*)
* 1 Tbsp agave nectar (*optional*)

FOR SERVING *optional*

* Fresh lemon juice
* Cilantro, mint, and/or basil
* Red pepper flake

Instructions

1. If serving with coconut quinoa, begin by washing thoroughly in a fine mesh strainer. Add to a medium saucepan over medium heat and toast for 3 minutes. Add light coconut milk and 1/2 cup water (amount as original recipe is written // adjust if altering batch size). Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until the quinoa is light, fluffy and the liquid is absorbed. Set aside until serving.
2. In the meantime, heat a large saucepan or pot to medium heat and add coconut oil. Add the onion, garlic, ginger, carrot, broccoli and a pinch each salt and pepper and stir. Cook, stirring frequently, until softened – about 5 minutes.
3. Add curry powder, cayenne (or chili pepper), veggie stock, coconut milk, another healthy pinch of salt and stir. Bring to a simmer then reduce heat slightly and continue cooking for 10-15 minutes.
4. Add the snow peas and tomatoes in the last 5 minutes so they don’t overcook.
5. Taste and adjust seasonings as needed. I added another pinch or two of salt.
6. Serve over coconut quinoa (see other options below in notes) and garnish with fresh lemon juice and herbs.

Notes

\* You can sub 1 tsp ground ginger per 1 Tbsp fresh.  
\* You can sub 1 dried red chili, diced per 1 pinch cayenne.  
\*An alternative to coconut quinoa would be plain quinoa, millet, coconut rice, or white or brown rice.  
\*Curry slightly adapted from [*Tyler Florence*](http://www.foodnetwork.com/recipes/tyler-florence/spicy-chicken-coconut-curry-recipe.html)  
\*Coconut quinoa adapted from [*Cookie and Kate*](https://cookieandkate.com/2014/curried-coconut-quinoa-greens-roasted-cauliflower/)  
\*Nutrition information is a rough estimate.

**NOODLE-FREE TOFU PAD THAI**

Noodle-free pad thai made with shaved carrots and zucchini, a tamarind-based dressing, peanut sauce, and raw tofu.

***Author:*** *Minimalist Baker*

**PREP TIME**15 minutes

**TOTAL TIME**15 minutes

***Servings:***

***Category:****Entree*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****No*

***Does it keep?****Best when fresh.*

Ingredients

DRESSING

* 1 Tbsp tamarind sauce
* 1 Tbsp low sodium soy sauce
* 1 medium lime, juiced
* 1 tsp Asian chili garlic sauce
* 1/2 tsp fresh grated ginger\*
* 1 Tbsp agave or maple syrup (or honey if not vegan)

PAD THAI

* 5 medium carrots (washed and ribboned with vegetable peeler)
* 1 medium zucchini (washed and ribboned with vegetable peeler)
* 1/4 cup firm tofu (drained, pressed and cubed)
* Toppings: [*peanut sauce*](https://minimalistbaker.com/5-ingredient-peanut-sauce/), sriracha, crushed peanuts, cilantro

Instructions

1. Whisk dressing ingredients together and taste to adjust seasonings.
2. Add carrots and zucchini and toss to combine. Let marinade for 5 minutes. Then add tofu and toss again.
3. Divide between two serving plates (as original recipe is written) and top with peanut sauce, fresh cilantro, sriracha, and crushed peanuts.

**BANH MI SPRING ROLLS**

Simple, 10-ingredient Banh Mi-inspired spring rolls with crispy baked tofu, quick pickled veggies, and an easy vinegar dipping sauce. So fresh, quick, and filling.

***Author:*** *Minimalist Baker*

**PREP TIME**15 minutes

**COOK TIME**30 minutes

**TOTAL TIME**45 minutes

***Servings:***  (rolls)

***Category:****Appetizer, Entree*

***Cuisine:****Gluten-Free, Vegan, Vietnamese-Inspired*

***Freezer Friendly****No*

***Does it keep?****2 Days*

Ingredients

VEGGIES

* 2 cups vegetables (carrots, daikon or red radish // julienned)
* 3/4 cup unseasoned rice vinegar
* 1 cup water
* 4-5 Tbsp sweetener (i.e. agave nectar, sugar, or honey if not vegan)
* 1/2 tsp sea salt
* 1 medium lime (juiced)

ROLLS

* 1 block extra-firm tofu
* 1 Tbsp tamari (or soy sauce if not GF)
* 12 spring roll rice papers
* 1 large bundle cilantro (large stems removed // or sub basil or mint)
* Sriracha or chili garlic sauce (*optional*)

FOR GARNISH / SERVING

* Leftover vinegar sauce OR [*peanut butter*](https://minimalistbaker.com/rainbow-spring-rolls-with-ginger-peanut-sauce/) or [*almond butter sauce*](https://minimalistbaker.com/vietnamese-spring-rolls-with-crispy-tofu/) (for dipping)

Instructions

1. Preheat oven to 400 degrees F (204 C) and wrap tofu in a clean, absorbent towel and set something heavy on top to press. Once preheated, slice tofu into medium-sized rectangles (see photo) and place on a parchment-lined (or lightly greased) baking sheet.
2. Bake for 25-30 minutes, or until golden brown on all sides. Generously brush with soy sauce and set aside.
3. While the tofu is baking, prepare pickling sauce by combining rice vinegar, water, sugar, salt, and lime juice in a jar and shaking to combine. Taste and adjust seasonings as needed, adding more sweetener of choice for sweetness, or vinegar or lime juice for tanginess. Transfer to fridge to chill.
4. Next, prep vegetables by julienning or thinly slicing radish, carrot and any other desired fillings (jalapeño is a common Banh Mi addition). Add to vinegar mixture to quick pickle in the fridge.
5. Prepare station for making spring rolls by getting a surface to lay rice papers on, and heat 2-3 cups (amount as original recipe is written // increase as needed if making larger batch) water to boiling, then turn off heat.
6. Drain pickled veggies at this time and reserve liquid for dipping. If opting for a nut butter sauce, prepare at this time (recipe links above).
7. To prepare a spring roll, dip rice paper in hot water for 15-20 seconds, or until soft and pliable and transfer to a damp working surface (such as a cutting board). Then add 3-4 pieces tofu, pickled vegetables, 1-2 tsp sriracha or chili garlic sauce, and a large handful of cilantro. Fold over once, tuck in edges, and continue rolling over.
8. Lay seam side down on a serving platter or baking sheet and cover with a slightly damp towel to keep moist. Continue until all spring roll fillings are used up - about 10-12 rolls (amount as original recipe is written // adjust if altering batch size).
9. Serve with leftover vinegar sauce OR my favorite almond butter or peanut butter sauce (recipes above). Leftovers store well covered in the fridge for up to 2 days, though best when fresh.

Notes

\*Nutrition information is a rough estimate calculated without dipping sauce.

**BAKED FALAFEL BURGERS**

Healthy, 7-Ingredient V GF Falafel Burgers! Simple, flavorful, and perfect with pita, greens, or atop a salad!

***Author:*** *Minimalist Baker*

**PREP TIME**20 minutes

**COOK TIME**40 minutes

**TOTAL TIME**1 hour

***Servings:***  (burgers)

***Category:****Entree, Side*

***Cuisine:****Gluten-Free, Mediterranean-Inspired, Vegan*

***Freezer Friendly****1 Month (layered between parchment paper)*

***Does it keep?****4-5 Days*

Ingredients

FALAFEL

* 1 bundle fresh parsley (1 bundle yields ~2 cups chopped)
* 3 large cloves garlic
* 1 large lemon (1 large lemon yields ~2 1/2 Tbsp juice)
* 1/2 scant tsp each sea salt + black pepper
* 1 1/4 tsp cumin
* 1 15-ounce can chickpeas (well rinsed and drained)
* 1/4 - 1/2 cup ground raw walnuts, pecans, almonds, or GF oat flour

TOPPINGS / FOR SERVING *(optional)*

* [*Garlic Dill sauce*](https://minimalistbaker.com/4-ingredient-garlic-dill-sauce/)
* Chili Garlic Sauce or Sriracha
* [*5-minute Hummus*](https://minimalistbaker.com/best-ever-5-minute-microwave-hummus/)
* Tomato
* Lettuce
* Onion
* Pita or sturdy greens (such as chard or collard greens)

Instructions

1. Add parsley, garlic, lemon juice, cumin, and a healthy pinch each salt and pepper to a [*food processor*](https://aax-us-east.amazon-adsystem.com/x/c/QsA6dlHjTneEwzS069a30wwAAAFlWTiPTQEAAAFKAbMXZgc/https:/www.amazon.com/dp/B00LBZOYAK/ref=as_at?creativeASIN=B00LBZOYAK&linkCode=w61&imprToken=EoJvGVz167gsxfHA0RkPvg&slotNum=39&tag=minimalistbaker-20) and mix to combine.
2. Add chickpeas and pulse until incorporated but still slightly chunky. You want to maintain a bit of texture.
3. Transfer to a mixing bowl and add nut meal (or oat flour) and mix again until a loose dough is formed that's firm enough to be handled. Taste and adjust seasonings as needed. I added a touch more salt.
4. Draw an “x” in the dough to form 4 sections (as original recipe is written // adjust if altering batch size), then use your hands to form into 4 large patties (amount as original recipe is written // adjust if altering batch size) roughly 1/2-inch thick.
5. Place on a foil-lined baking sheet and refrigerate or freeze for 15 minutes to firm up. Preheat oven to 375 degrees F (in the meantime.
6. OPTIONAL STEP: For a little extra crust on the outside, before baking heat a large skillet over medium to medium-high heat and add 2 Tbsp olive or avocado oil. Swirl to coat pan, then add falafel. Carefully flip once golden brown – about 3-4 minutes - and then cook on the other side until golden brown as well - 3-4 more minutes. Return to baking sheet to continue baking. Otherwise, just add them straight to the oven for baking.
7. Bake for a total of 30-40 minutes, flipping once at the halfway point for even cooking. The longer you bake them, the firmer they’ll get!
8. Serve warm wrapped in a pita or chard bun and desired sauces / toppings. Alternatively, serve atop a salad and use the garlic sauce as a dressing.
9. Burgers will store in the fridge, layered with parchment paper in an airtight container, for several days. Freeze to keep longer.

### VEGAN GREEN PEA, SPINACH AND MUNG BEAN CURRY

Gluten free : Dairy Free : Sugar free : Vegan

SERVES 4

3 tablespoons coconut oil

4 cloves garlic, roughly chopped

1 small (100g) brown onion, roughly chopped

2 1/2 teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon ground turmeric

2 teaspoons curry powder

pinch ground cinnamon

pinch chilli flakes

200g cooked mung beans (100g dry) or you can use 200g cooked / tinned lentils

400ml coconut cream

400ml water

400g frozen peas

250g frozen spinach

To serve:

1/2 bunch coriander, leaves and stalks finely chopped

1 bunch broccolini, trimmed and blanched

Brown rice

Coconut flakes, if handy

Heat a large saucepan on medium heat, add coconut oil, garlic and onion, cover and cook for 4 minutes.

Add spices and cook a further minute, stirring throughout.

Add cooked mung beans / lentils, coconut cream, water and a good pinch of salt, bring to the boil with lid on, remove lid and lower heat to simmer for 10 minutes.

Add frozen peas and frozen spinach and cook a further 6-10 minutes until spinach both have completely defrosted and curry is hot enough to eat. The curry sauce should be lovely and thick at this stage.

Serve with chopped coriander, blanched broccolini, brown rice and coconut flakes if handy.

### SPICED CAULIFLOWER & PUMPKIN

Serves 4 as a side

If you only have a few simple ingredients on hand you CAN make a nourishing meal. No excuses. I generally have pumpkin and cauliflower in my fridge and because I don’t want to eat it the same way all the time I throw in spices and a couple of other ingredients (kale and walnuts here) and then I’ve the most delicious meal on hand. Just add your choice of protein to this one and it’s beautifully balanced.

**Ingredients:**

750g pumpkin (jap or blue), skin removed and cut into wedges approx 2 cm thick

1/2 head cauliflower, sliced in 1cm thick pieces

4 leaves kale, stems removed, leaves roughly torn

2 teaspoons curry powder

1/2 cup walnuts, roughly chopped

Extras: sea salt, black pepper, olive oil

**Method:**

Preheat oven to 200C and line a large baking tray with greaseproof paper. Place pumpkin pieces and cauliflower on tray drizzle with olive oil, season with sea salt and sprinkle curry powder over the cauliflower pieces (only) and ensure the ingredients are coated well. Place in oven to cook for 40 minutes. Whilst cooking marinate your kale in a touch of olive oil and salt, massage it in with your hands and set aside. Once veggies are cooked, remove from oven and arrange kale leaves through the veggies, sprinkle with all the walnuts, season with pepper and serve.

### LENTIL CHILLI CON CARNE

###### GF: DF: SF: V

Serves 4

2 teaspoons olive oil

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon ground turmeric

1 teaspoon smoky paprika

1 brown onion, diced

pinch chilli powder or chilli flakes (to taste)

1 carrot, diced

1x 400g tin diced organic tomatoes

2x 400g tin organic brown lentils, rinsed and drained

1x 400g tin organic kidney beans, rinsed and drained

2 tablespoons chopped jalapenos

250ml vegetable stock

sea salt and black pepper

To serve : avocado or guacamole, fresh lime wedges and coriander

Place olive oil in a large saucepan or casserole dish on medium heat, add spices and cook 30-60 seconds or until fragrant. Add the brown onion and carrot and cook 4-5 minutes, until soft then add the tomatoes, lentils and kidney beans. Saute 3-4 minutes, add jalapeños and pour in vegetable stock, bring to a gentle boil, then reduce to simmer for 30 minutes. Serve with sweet potato wedges, avocado, fresh lime and coriander sprigs.

**TOFU BOWL**

GF: DF: SF: V: VG

Serves 1

 2 cups ice berg lettuce, shredded

1 carrot (125g), sliced in fine sticks

160g firm silken tofu, cut into 2 cm pieces

1 rainbow radish, finely sliced

1 spring onion, white part only, finely sliced

1/2 small avocado, diced

1 tablespoon pickled ginger

1 teaspoon sesame seeds

1/2 cup cooked teff

2 tablespoons kimchi

Ponzu sauce:

1 teaspoon apple cider vinegar

2 tablespoons tamari

1 tablespoon lemon juice

1 teaspoon konbu dashi granules

1 teaspoon maple syrup

To make the ponzu sauce whisk together the ingredients in small bowl.

To assemble your nourish bowl, place the shredded lettuce in the base. Arrange the carrot, tofu, radish, avocado, teff, spring onion, ginger and kimchi on top. Sprinkle the sesame seeds on top and drizzle the ponzu sauce over the top.

**VONGOLE WITH ZUCCHINI NOODLES**

GF: DF: SF

Serves 4 as a starter

¼ cup olive oil

4 garlic cloves, sliced

250g cherry tomatoes, halved

1 kg vongole, washed well and beards removed

1 small bunch parsley, leaves picked and stalks finely chopped

1 cup stock

4 (600g) zucchini, spiralised

1 teaspoon chilli flakes

Sea salt

Black pepper

Heat a heavy based casserole dish over a high heat and add in the olive oil, parsley stalks and garlic.

Season with salt and pepper and stir in the chilli flakes and cherry tomatoes.

Stir everything around constantly and as the garlic starts to brown, add in the vongole and stock. Shake everything around and cover with the lid.

In 3 – 4 minutes the vongole will begin to open. Continue shuffling around the dish until all the vongole have opened.

Remove from the heat and toss through the zucchini noodles and parsley leaves.

Remove any unopened vognole and discard. Serve immediately.

**QUINOA PRAWN PAELLA**

GF: DF: SF

Serves 6

Sofrito:

¼ cup olive oil

1 (200g) onion, finely chopped

2 cloves garlic, finely sliced

1 (200g) red capsicum, finely sliced

2 (200g) tomatoes, skinned and finely chopped

1 teaspoon sweet paprika

1 tablespoon chopped chives

½ cup water

Heat oil over a medium heat and cook onion until golden. Add garlic and cook for 2-3 minutes until golden.

Then add capsicum, tomatoes and chives and cook for 6-7 minutes until softened. Season with salt and pepper and sweet paprika. Add water and bring to the boil Reduce heat and simmer for 30 minutes. Allow to cool before blending.

Paella:

2 tablespoons olive oil

400g, cut into 4cm chunks

100g chorizo, sliced on the round

1 litre chicken stock

2 teaspoons sweet paprika

¼ teaspoon saffron

400g quinoa (2 cups)

½ (80g) frozen peas

1 kg prawns

To serve: lemon wedges, flat leaf parsley (1/2 cup)

Heat 1 tablespoon olive oil in paella pan on medium heat. Add the fish and cook for 2-3 minutes. Remove from pan and set aside.

Add another tablespoon oil to pan, add chorizo and cook for 3 minutes or until crisp. Then stir through sofrito.

**CARROT AND KALE DHAL**

Serves 4

2 tablespoons ghee

2 (400g) medium brown onions, sliced

3 (350g) carrots, grated

1 garlic clove, crushed

1 tablespoon ground coriander

1 teaspoon ground cumin

1 teaspoon ground turmeric

6 curry leaves

1 teaspoon mustard seeds

1 tablespoons ground ginger

1/2 teaspoon chilli flakes

2 cups red lentils

3 cups water

1 cup cherry tomatoes, halved

2 stalks (50g) kale, leaves removed and torn and stalks discarded, to serve

1/3 cup picked coriander leaves, to serve

2 tablespoons ghee, to serve

Heat the ghee in a saucepan over a medium heat. Add the onion and cook, stirring for 5 minutes until translucent. Add in the grated carrot and cook for a further 2-3 minutes. Stir in the garlic, coriander, cumin turmeric, curry leaves, mustard seeds, ground ginger and chilli flakes and cook for 1 minute or until fragrant. Add in the lentils and cherry tomatoes with 3 cups of cold water and stir to combine. Cover with a lid and bring to the boil. Remove the lid and reduce the heat to low. Simmer for 20 minutes or until lentils are tender, stirring occasionally. When ready to serve, stir through torn kale leaves and the extra ghee. Divide the dhal between bowls and top with fresh coriander leaves.

**SATAY KELP AND CARROT NOODLES**

GLUTEN/DAIRY/SUGAR FREE : VEG : VEGAN : PALEO

Serves 4

1 x 400g pack kelp noodles

3 shallots, finely sliced lengthways, white part only

2 carrots, peeled and finely spiralised

2 red capsicum, finely sliced

1 handful snow pea sprouts

1 cup coriander, leaves picked, stalks and roots reserved

small handful peanuts, toasted and roughly chopped

4 lime or lemon wedges for serving

PEANUT SATAY

2/3 cup peanut butter

1 inch ginger

1 clove garlic

1 teaspoon chilli flakes

1 tablespoon tamari

1 tablespoon olive oil

1/3 cup lemon juice

finely sliced roots of 1 bunch coriander

1/4 cup water

Make the peanut satay by placing all ingredients in a blender with 1/4 cup water to start.

Blitz, slowly adding water until it is a consistency thin enough to toss with kelp noodles.

Place kelp noodles in a large bowl, loosen them with your hands, pour peanut satay over and toss gently to ensure they are coated well.

Add shallots, carrots, capsicum, half the snow pea sprouts and half the corianders leaves and toss again.

Divide between plates, top with remaining pea sprouts, coriander leaves, peanuts, lemon wedges and serve.

**RAINBOW NOURISH BOWL**

GF: DF: SF: VG: V: PALEO

1 zucchini, spiralized

1 carrot, spiralized

50g Shiitake mushrooms

1 squash, sliced

50g green tea soba noodles, cooked as per packet instructions

1/4 cup coriander leaves

Mixed sprouts

2 handfuls baby spinach leaves

1/4 cup kimchi or sauerkraut

Sprinkle of sesame seeds and 1/2 and avocado to top

Pickled ginger to serve

Heat a large non-stick pan over a medium heat and drizzle with olive oil. Add the mushrooms to the pan and sauté for 3-4 minutes until softened and golden. Remove from the pan and season with salt and pepper. Place the squash in the heated non stick pan and grill for 3-4 minutes until lightly golden. Remove from the pan. Place a large handful of baby spinach in each bowl to create a base. Divide the rest of the ingredients between the two bowls, keeping each ingredient separate so that all of them can be seen and a beautiful contrast of colours can be seen. Top each bowl with a sprinkle of sesame seeds and fresh slices of avocado. Enjoy with pickled ginger.

**ROASTED RAINBOW VEGETABLE BOWL (30 MINUTES!)**

Healthy, easy, and delicious roasted vegetable bowl with tahini dressing and hemp seeds! The perfect 30-minute plant-based meal for any time of the day!

***Author:*** *Minimalist Baker*

**PREP TIME**5 minutes

**COOK TIME**25 minutes

**TOTAL TIME**30 minutes

***Servings:***

***Category:****Entree*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****No*

***Does it keep?****3-4 Days*

Ingredients

VEGETABLES

* 3-4 medium red or yellow baby potatoes (sliced into 1/4-inch rounds)
* 1/2 large sweet potato (skin on // sliced into 1/4-inch rounds)
* 2 large carrots (halved and sliced)
* 1 medium beet (sliced)
* 4 medium radishes (halved)
* 2 Tbsp avocado or melted coconut oil (divided // if oil-free, sub water or [*vegetable broth*](https://minimalistbaker.com/easy-1-pot-vegetable-broth/))
* 1 tsp [*curry powder*](https://minimalistbaker.com/diy-curry-powder/) (divided)
* 1/2 tsp sea salt (divided)
* 1 cup cabbage (thinly sliced)
* 1 medium red pepper (thinly sliced)
* 1 cup broccolini (roughly chopped)
* 2 cups chopped collard greens or kale (organic when possible)

TOPPINGS

* 1 medium lemon (juiced // ~3 Tbsp or 45 ml as original recipe is written // divided)
* 2 Tbsp [*tahini*](https://minimalistbaker.com/product/tahini/)(divided)
* 2 Tbsp hemp seeds (divided)
* 1/2 medium avocado (divided // *optional*)

Instructions

1. Preheat oven to 400 degrees F (204 C) and line two baking sheets with parchment paper (or more baking sheets if increasing batch size).
2. To one baking sheet, add the potatoes, sweet potatoes, carrots, beets, and radishes and drizzle with half of the oil (or water), curry powder, and sea salt (as original recipe is written- 1 Tbsp (15 ml) oil (or water), 1/2 tsp curry powder, and 1/4 tsp sea salt). Toss to combine. Bake for a total of 20-25 minutes or until golden brown and tender.
3. To the second baking sheet, add the cabbage, bell pepper, and broccolini. Drizzle with with the remaining half of the oil (or water), curry powder, and sea salt (as original recipe is written- 1 Tbsp (15 ml) oil (or water), 1/2 tsp curry powder, and 1/4 tsp sea salt). Toss to combine.
4. When the potatoes/carrots hit the 10-minute mark, add the second pan to the oven and bake for a total of 15-20 minutes. In the last 5 minutes of baking, add the collard greens or kale to either pan and roast until tender and bright green.
5. To serve, divide vegetables between serving plates and garnish with avocado (optional) and season with lemon juice, tahini, hemp seeds, and another pinch of sea salt (optional). You could also garnish with any fresh herbs you have!
6. Best when fresh. Store leftovers covered in the refrigerator for 3-4 days. Reheat in a 350-degree F (176 C) oven or on the stovetop over medium heat until hot.

***Soups, Salads and Sides***

Borscht

Green Shchi

Romesco Soup with Smashed Chickpeas

Curried Beet Soup with Tandoori Chickpeas

1-pot Vegan Minestrone (Gluten-free)

Simple Vegan Potato Salad

Ultimate Teriyaki Roast Vegetables

Master Vege Soup

Miso Carrot Brown Rice and Mung Bean Salad

Cypriot Salad My Way

15-minute Miso Soup with Greens and Tofu

Easy Vegan Ramen

Tahdig (Perisan Rice)

**BORSCHT**

 Prep Time 15 minutes

 Cook Time 25 minutes

 Total Time 40 minutes

 Servings [4](https://www.connoisseurusveg.com/vegan-borscht/)

 Calories 200 kcal

 Author Alissa Saenz

Ingredients

2 tablespoons olive oil

3 medium beets, peeled and diced (1/2 inch)

2 medium carrots, peeled and diced (1/2 inch)

1 medium onion, chopped

2 garlic cloves, minced

4 cups vegetable broth

2 tablespoons tomato paste

2 cups finely chopped cabbage

1 medium russet potato, peeled and diced (1/2 inch)

1 1/2 tablespoons lemon juice

1/4 cup chopped fresh dill, plus more for serving

Salt and pepper to taste

Vegan sour cream, yogurt, or cashew cream, for serving

Chopped fresh chives and/or parsley, for serving

Instructions

Coat the bottom of a large pot with olive oil and place it over medium heat. When the oil is hot, add the beets, carrot and onions. Sauté until the veggies begin to soften, about 10 minutes. Add the garlic and sauté another minute, until very fragrant.

Stir in the broth, tomato paste, cabbage and potato. Raise the heat and bring the liquid to a boil. Lower the heat and allow to simmer, uncovered, until the veggies are tender, 15-20 minutes. You can add more broth or water if you like.

Remove the pot from heat and stir in the lemon juice and dill. Season with salt and pepper to taste.

Ladle the soup into bowls and top with vegan sour cream, yogurt, or cashew cream, and a sprinkling of fresh dill, parsley and/or chives. Serve.

**GREEN SHCHI**

Ingredients

2 cups young cabbage, shredded

1 medium bunch sorrel

1 cup spinach, optional

2 medium potatoes, chopped

½ medium onion, chopped

½ tablespoon butter

8 cups vegetable broth

parsley, for garnish

salt

Recipe Instructions

Wash and drain sorrel and spinach, cut into thin strips, set aside. Finely slice the cabbage; Chop potatoes and onion.

Heat heavy saucepan in medium heat, add butter and onion, sauté until slightly golden about 4-5 minutes. Add chicken broth and potato, bring to boil, cook about 15 minutes. Add salt to taste.

Put cabbage into soup, bring to boil and cook 5 minutes more, until potato done. Add sorrel and spinach, bring to boil, cover and remove from heat. Stand for 5-7 minutes.

Serve soup hot, with parsley.

**ROMESCO SOUP WITH SMASHED CHICKPEAS**

Delicious vegan soup inspired by romesco sauce with red peppers, tomatoes, vegetable broth, and almonds. A 10-ingredient plant-based side or entrée!

***Author:*** *Minimalist Baker*

**PREP TIME**10 minutes

**COOK TIME**45 minutes

**TOTAL TIME**55 minutes

***Servings:***

***Category:****Entree, Side, Soup*

***Cuisine:****Gluten-Free, Grain-Free, Spanish-Inspired, Vegan*

***Freezer Friendly****1 month*

***Does it keep?****3-4 Days*

Ingredients

SOUP

* 2 large red bell peppers (skin on // stems on)
* 1 cup raw almonds
* 4 cloves garlic (skin on)
* 1 28-ounce can diced tomatoes (slightly drained // I like San Marzano)
* 4 cups [*vegetable broth*](https://minimalistbaker.com/easy-1-pot-vegetable-broth/) ([*DIY*](https://minimalistbaker.com/easy-1-pot-vegetable-broth/) or store-bought)
* 1 1/2 Tbsp red wine vinegar (reduce for less acidity // or sub apple cider vinegar)
* 3/4 tsp smoked paprika (plus more to taste)
* 1/2 tsp each sea salt and black pepper
* 1 Tbsp maple syrup or coconut sugar (or stevia to taste- just a dash)
* 1-2 tsp harissa paste (*optional*// or 1/4 tsp red pepper flake // more or less to spice preference)
* 1 15-ounce can chickpeas (rinsed // drained // smashed with a fork)

FOR SERVING *optional*

* [*Vegan Parmesan Cheese*](https://minimalistbaker.com/how-to-make-vegan-parmesan-cheese/)
* [*Whole Grain Bread*](https://minimalistbaker.com/the-easiest-whole-grain-seeded-bread/) or [*Simple Vegan Rolls*](https://minimalistbaker.com/fluffy-vegan-spelt-rolls/)
* Fresh herbs (parsley or cilantro)
* Pine nuts

Instructions

1. Preheat oven to 350 degrees F (176 C) and arrange red peppers, still whole with stems, on one end of a clean baking sheet. On the other end, arrange almonds and garlic (still in skin). If making a larger batch, use more baking sheets, if needed.
2. Place baking sheet in oven and roast almonds for 10-12 minutes or until slightly cracked and golden brown. Then remove almonds from pan and set aside. Continue baking garlic for another 5-8 minutes. Then remove and set aside.
3. With peppers still on baking sheet, increase heat to 475 degrees F (246 C). Allow red peppers to roast until skin is bubbled and mostly blackened, turning/flipping halfway through to char both sides (~10 minutes).
4. Once they're properly charred, wrap roasted red peppers in foil and steam for 2-3 minutes. Then peel away skin, seeds, and core. Also remove skin from roasted garlic.
5. Add peeled peppers, almonds, garlic, diced tomatoes, vinegar, paprika, sea salt, pepper, maple syrup or coconut sugar, and (optional) harissa or pepper flake to a [*high-speed blender*](https://aax-us-east.amazon-adsystem.com/x/c/QkTUWeTieG1FetnvZGx1iREAAAFfWrkx4wEAAAFKATTCUEk/http:/www.amazon.com/dp/B000GIGZXM/ref=as_at?creativeASIN=B000GIGZXM&linkCode=w61&imprToken=urjRBoU5TyetIpJgjBkO0A&slotNum=4&tag=minimalistbaker-20). Purée until smooth, scraping down sides as needed. Taste and adjust seasonings as desired, adding more harissa or pepper flake for heat, salt for saltiness, vinegar for acidity, maple syrup or coconut sugar for sweetness, or paprika for smokiness.
6. Add the soup to a large pot and add the vegetable broth and smashed chickpeas. Bring to a simmer over medium heat. Then reduce heat to low and continue simmering for 10-15 minutes, stirring occasionally.
7. Serve as is or with a bit of pine nuts, fresh herbs, vegan parmesan cheese, or your favorite bread or roll.
8. Leftovers keep well covered in the refrigerator for 3-4 days, though best when fresh.

**CURRIED BEET SOUP WITH TANDOORI CHICKPEAS**

Creamy, 30-minute curried beet soup with coconut milk, curry spices, and tandoori-roasted chickpeas! A hearty and healthy winter soup.

***Author:*** *Minimalist Baker*

**PREP TIME**5 minutes

**COOK TIME**25 minutes

**TOTAL TIME**30 minutes

***Servings:***

***Category:****Entree*

***Cuisine:****Gluten-Free, Indian-Inspired, Thai-Inspired, Vegan*

***Freezer Friendly****1 month*

***Does it keep?****3-4 Days*

Ingredients

CHICKPEAS

* 1 15-ounce can chickpeas (rinsed, drained + dried in a clean towel)
* 1 Tbsp [*melted coconut oil*](https://minimalistbaker.com/product/coconut-oil/)(or sub grape seed oil)
* 1/4 tsp sea salt (plus more to taste)
* 2 Tbsp tandoori masala spice blend (see notes for DIY/where to buy\*)
* 1 tsp [*coconut sugar*](https://aax-us-east.amazon-adsystem.com/x/c/QniFWEuk9Nw5fHkR_aHoD1IAAAFjn6RBjAEAAAFKAVNiMns/https:/www.amazon.com/dp/B00HVNR5FW/ref=as_at?creativeASIN=B00HVNR5FW&linkCode=w61&imprToken=3EOfmMq8O1iRR3VhqxIgow&slotNum=0&tag=minimalistbaker-20)

SOUP

* 1 Tbsp coconut or grape seed oil
* 2 medium shallots, thinly diced
* 2 cloves garlic, minced (2 cloves yield ~1 Tbsp)
* 1 Tbsp minced ginger
* 6 small-medium beets, peeled and quartered
* 1 pinch each sea salt + black pepper (plus more to taste)
* 1 1/2 Tbsp [*green curry paste*](https://minimalistbaker.com/easy-green-curry-paste/)(or sub 12 g curry powder per 25 g paste)
* 1/4 tsp ground cinnamon
* 1/2 tsp ground turmeric
* 1/2 tsp ground cumin
* 1/4 tsp cayenne pepper
* 1 pinch each ground cardamom and coriander (*optional*)
* 1 14-ounce can light coconut milk (*optional* // more for serving)
* 2 cups vegetable broth ([*DIY*](https://minimalistbaker.com/easy-1-pot-vegetable-broth/) or store-bought)
* 2-3 Tbsp [*coconut sugar*](https://aax-us-east.amazon-adsystem.com/x/c/QniFWEuk9Nw5fHkR_aHoD1IAAAFjn6RBjAEAAAFKAVNiMns/https:/www.amazon.com/dp/B00HVNR5FW/ref=as_at?creativeASIN=B00HVNR5FW&linkCode=w61&imprToken=3EOfmMq8O1iRR3VhqxIgow&slotNum=0&tag=minimalistbaker-20)(or maple syrup)
* Fresh chopped cilantro (*optional*)

Instructions

1. If preparing chickpeas, preheat oven to 375 degrees F (190 C), and add rinsed and dried chickpeas to a small mixing bowl. Top with coconut oil, salt, tandoori masala, and coconut sugar. Toss to combine, and sample a chickpea. Taste and adjust seasonings as needed.
2. Spread onto a bare baking sheet and bake for 20-25 minutes, or until deep golden brown and fragrant. Set aside to cool.
3. In the meantime, heat a large pot over medium heat.
4. Once hot, add oil, shallots, garlic and ginger. Sauté for 2 minutes, stirring frequently.
5. Add beets, salt and pepper, curry paste, cinnamon, turmeric, cumin, cayenne, cardamom and coriander (optional). Stir to coat, then cover and cook for 4 minutes, stirring occasionally.
6. Add coconut milk, vegetable broth, and coconut sugar.
7. Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes, or until beets are fork tender.
8. Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot.
9. Taste and adjust seasonings as needed, adding more dry spices, salt, or sweetener to taste. I didn't make any adjustments.
10. Serve with an extra drizzle of coconut milk (optional), a generous amount of tandoori chickpea, and a sprinkle of cilantro (optional).
11. Store leftover soup covered in the refrigerator for 3-4 days or in the freezer up to 1 month. Store chickpeas separately in a well-sealed container at room temperature up to 2 days.

**1-POT VEGAN MINESTRONE (GLUTEN-FREE)**

Easy, 1-pot vegan and gluten-free Minestrone! Simple, wholesome ingredients, 30 minutes to prepare. SO delicious and perfect for fall and winter!

***Author:*** *Minimalist Baker*

**PREP TIME**5 minutes

**COOK TIME**25 minutes

**TOTAL TIME**30 minutes

***Servings:***

***Category:****Side, Soup*

***Cuisine:****Gluten-Free, Italian-Inspired, Vegan*

***Freezer Friendly****1 month*

***Does it keep?****3-4 Days*

Ingredients

* 2 Tbsp water (or sub oil)
* 1/2 medium white or yellow onion (diced)
* 3 cloves garlic\* (minced)
* 2 large carrots (peeled and sliced into thin rounds)
* 1 1/2 cups green beans (trimmed // roughly chopped)
* 1/4 tsp each sea salt & black pepper (plus more to taste)
* 1 small zucchini (sliced into 1/4-inch rounds)
* 1 15-ounce can diced fire-roasted tomatoes
* 6 cups vegetable broth ([*DIY*](https://minimalistbaker.com/easy-1-pot-vegetable-broth/) or store-bought)
* 2 tsp dried basil (or sub 1 Tbsp fresh per 2 tsp dried)
* 2 tsp dried oregano (or sub 1 Tbsp fresh per 2 tsp dried)
* 1 Tbsp [*nutritional yeast*](https://aax-us-east.amazon-adsystem.com/x/c/QupHUusXpvPZ71U-x_orPOMAAAFjjnW7lwEAAAFKAfeT5h4/https:/www.amazon.com/Bragg-Nutritional-Yeast-Seasoning-Premium/dp/B002863BIW/ref=as_at/?creativeASIN=B002863BIW&imprToken=SdjvNmOFGURtdnxHQcztoQ&slotNum=14&ie=UTF8&qid=1461084690&sr=8-2&keywords=nutritional+yeast&linkCode=w61&tag=minimalistbaker-20&linkId=12fe6e68ab29a48c6d7eb87837ef3c4b)
* 1 pinch red chili pepper flake (*optional*)
* 1 Tbsp [*coconut sugar*](https://aax-us-east.amazon-adsystem.com/x/c/QsAGwgTHoEAd4QGpWb-Ca-YAAAFeRHWl0QEAAAFKAWfstS8/http:/www.amazon.com/dp/B00HVNR5FW/ref=as_at?creativeASIN=B00HVNR5FW&linkCode=w61&imprToken=KsUl4O2ZwZnDPjj6XxNLfw&slotNum=23&tag=minimalistbaker-20) (or other sweetener to taste)
* 1 15-ounce can white beans or chickpeas (rinsed + drained)
* 2 cups gluten-free pasta noodles\* (I like Trader Joe’s Gluten-Free Fusilli)
* 1 cup kale or spinach (or other green // roughly chopped)

Instructions

1. Heat a large pot or dutch oven over medium heat. Once hot, add water, onion, and garlic and stir. Cook for 3 minutes, stirring occasionally.
2. Add carrots and green beans and season with salt and pepper. Stir and cook for 3-4 minutes, stirring occasionally, until vegetables have softened slightly and have some color.
3. Add zucchini, fire-roasted tomatoes, vegetable broth, basil, oregano, nutritional yeast, red pepper flake (optional), coconut sugar, and beans. Stir to coat.
4. Increase heat to medium-high and bring soup to a strong simmer. Then reduce heat slightly to medium-low until the soup is simmering but not boiling. Add pasta and stir. Cook for 10 minutes, stirring occasionally, reducing heat if needed to keep the soup at a simmer.
5. Reduce heat to low and simmer for 4-5 minutes, stirring occasionally. Taste soup and adjust seasonings as needed, adding coconut sugar to balance the flavors (optional). I added more dried basil, oregano, and salt.
6. Add kale or spinach (or other green) and stir. Cook for another 3-4 minutes to wilt the kale and allow the flavors to meld together. Turn off heat and let rest for a few minutes before serving.
7. To serve, divide soup between serving bowls and garnish with fresh herbs and [*vegan parmesan cheese*](https://minimalistbaker.com/how-to-make-vegan-parmesan-cheese/) (optional).
8. Store leftovers in the refrigerator up to 3-4 days or the freezer up to 1 month. Be careful not to overheat the soup when warming leftovers, as the pasta is tender once cooked and will get mushy if overcooked.

**ROASTED RAINBOW VEGETABLE BOWL (30 MINUTES!)**

Healthy, easy, and delicious roasted vegetable bowl with tahini dressing and hemp seeds! The perfect 30-minute plant-based meal for any time of the day!

***Author:*** *Minimalist Baker*

**PREP TIME**5 minutes

**COOK TIME**25 minutes

**TOTAL TIME**30 minutes

***Servings:***

***Category:****Entree*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****No*

***Does it keep?****3-4 Days*

Ingredients

VEGETABLES

* 3-4 medium red or yellow baby potatoes (sliced into 1/4-inch rounds)
* 1/2 large sweet potato (skin on // sliced into 1/4-inch rounds)
* 2 large carrots (halved and sliced)
* 1 medium beet (sliced)
* 4 medium radishes (halved)
* 2 Tbsp avocado or melted coconut oil (divided // if oil-free, sub water or [*vegetable broth*](https://minimalistbaker.com/easy-1-pot-vegetable-broth/))
* 1 tsp [*curry powder*](https://minimalistbaker.com/diy-curry-powder/) (divided)
* 1/2 tsp sea salt (divided)
* 1 cup cabbage (thinly sliced)
* 1 medium red pepper (thinly sliced)
* 1 cup broccolini (roughly chopped)
* 2 cups chopped collard greens or kale (organic when possible)

TOPPINGS

* 1 medium lemon (juiced // ~3 Tbsp or 45 ml as original recipe is written // divided)
* 2 Tbsp [*tahini*](https://minimalistbaker.com/product/tahini/)(divided)
* 2 Tbsp hemp seeds (divided)
* 1/2 medium avocado (divided // *optional*)

Instructions

1. Preheat oven to 400 degrees F (204 C) and line two baking sheets with parchment paper (or more baking sheets if increasing batch size).
2. To one baking sheet, add the potatoes, sweet potatoes, carrots, beets, and radishes and drizzle with half of the oil (or water), curry powder, and sea salt (as original recipe is written- 1 Tbsp (15 ml) oil (or water), 1/2 tsp curry powder, and 1/4 tsp sea salt). Toss to combine. Bake for a total of 20-25 minutes or until golden brown and tender.
3. To the second baking sheet, add the cabbage, bell pepper, and broccolini. Drizzle with with the remaining half of the oil (or water), curry powder, and sea salt (as original recipe is written- 1 Tbsp (15 ml) oil (or water), 1/2 tsp curry powder, and 1/4 tsp sea salt). Toss to combine.
4. When the potatoes/carrots hit the 10-minute mark, add the second pan to the oven and bake for a total of 15-20 minutes. In the last 5 minutes of baking, add the collard greens or kale to either pan and roast until tender and bright green.
5. To serve, divide vegetables between serving plates and garnish with avocado (optional) and season with lemon juice, tahini, hemp seeds, and another pinch of sea salt (optional). You could also garnish with any fresh herbs you have!
6. Best when fresh. Store leftovers covered in the refrigerator for 3-4 days. Reheat in a 350-degree F (176 C) oven or on the stovetop over medium heat until hot.

**SIMPLE VEGAN POTATO SALAD**

Creamy, vegan potato salad made with tender potatoes, crispy vegetables, and a zesty, garlic-herb cashew sauce! Undetectably dairy-free and so delicious! A hearty, versatile, plant-based side dish.

***Author:*** *Minimalist Baker*

**PREP TIME**1 hour 30 minutes

**COOK TIME**20 minutes

**TOTAL TIME**1 hour 50 minutes

***Servings:***

***Category:****Side Dish*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****No*

***Does it keep?****1 Week*

Ingredients

VEGETABLES

* 1 pound small red potatoes (or sub sweet potatoes // yellow work, too, but can get soft)
* 2 1/2 cups diced vegetables (i.e. bell pepper, celery, red onion, etc.)

SAUCE

* 1 cup raw cashews
* 1/3 cup water
* 1 Tbsp grape seed, olive, or avocado oil
* 2 Tbsp white wine or apple cider vinegar
* 1 Tbsp spicy mustard
* 1-2 Tbsp agave nectar or maple syrup
* 2 Tbsp dried dill (or use 4-5 Tbsp fresh dill per 2 Tbsp dried)
* 1/4 tsp each sea salt and black pepper (plus more to taste)
* 3-4 cloves garlic (minced)
* 1 tsp [*hot sauce*](https://minimalistbaker.com/spicy-habanero-hot-sauce/) (*optional*)

FOR SERVING *optional*

* Fresh chopped parsley

Instructions

1. Add cashews to a small bowl and cover with boiling hot water. Let sit uncovered for 1 hour.
2. In the meantime, add potatoes to a large saucepan and cover with room temperature water. Bring to a boil over high heat. Then reduce to medium-high heat so the water is at a low boil. Cook for 15-20 minutes or until tender and a knife easily slides in and out. Then drain and set on a cutting board or counter to cool slightly.
3. Once the cashews have soaked, drain well and add to a blender along with an additional 1/3 cup (80 ml) water (amount as original recipe is written // adjust if altering batch size). Then add grape seed oil, vinegar, spicy mustard, agave or maple syrup, dill, salt, pepper and garlic. Blend on high, scraping down sides as needed, until texture is creamy and thick but pourable. Add more water if it has trouble blending.
4. Taste and adjust flavor as needed, adding more dill for herby flavor, garlic for zing/bite, salt and pepper for overall flavor, maple syrup for sweetness, or vinegar for acidity. At this time, you can also add some hot sauce for added spice (optional).
5. Chop cooked potatoes into bite-size pieces and add to a large mixing bowl along with chopped vegetables. Top with all of the sauce and stir to coat. Garnish with parsley (optional) and serve as is - slightly warm / room temperature - or cover, transfer to the refrigerator, and chill until cold - 4-6 hours or overnight.
6. Leftovers keep in the refrigerator up to 1 week. Best in the first 72 hours.

**ULTIMATE TERIYAKI ROASTED VEGETABLES**

Serves 4 as a side or 2 as a main

2 medium (750g) eggplant, sliced 1-2cm thick

500 jap pumpkin, cut into wedges

4 asian shallots, white and green sliced into thin pieces

olive oil

1 tablespoon sesame seeds

good handful of coriander, leaves and stalks

Teriyaki sauce:

2 tablespoons tamari or gluten free soy sauce

1 tablespoon honey or maple syrup if vegan

1 teaspoon sesame oil

Heat oven to 200C and line a large baking tray with greaseproof paper.

Arrange eggplant, pumpkin and onions around the tray drizzle with olive oil, toss and coat with extra olive oil if the eggplant requires it, season with sea salt and place in oven to cook for 20 minutes.

Whilst cooking whisk together ingredients for teriyaki in a bowl.

Once veggies are cooked drizzle with teriyaki sauce, sesame seeds and coriander and serve.

**MASTER VEGE SOUP**

GF: DF: SF: V: VG

Serves 4

1 tablespoon olive oil

1 (200g) onion, diced

3 garlic cloves, sliced

375g pumpkin, peeled and finely diced

3 (300g) carrots, finely diced

1 large (370g) red capsicum, finely diced

1 head broccoli, cut into florets, stalks finely diced

150g green beans

1.5 litres vegetable stock

To serve: coriander leaves, ginger, miso, parsley, seaweed

In a large saucepan heat the olive oil over a medium heat and in the onion, garlic, broccoli stalks, pumpkin, carrot and capsicum. Cover with a lid and sweat for 10 minutes.

Next add in the stock and bring to the boil. Reduce the heat and simmer for 15 minutes.

Add in the broccoli florets and green beans and blanch for 2 minutes.

Remove from the heat and stir through your choice of additional extras

### MISO CARROT BROWN RICE AND MUNG BEAN SALAD

### Serves 4 as a side

Warming, nourishing and satisfying, like a big cuddle to your tummy. Rich in fibre from wholegrains and carrots, with the gentle flavours of miso to add beautiful fermented nutrition to support your digestive system, this salad is going to claim its place on the podium in your weekly meal rotation.

**Ingredients:**

800g carrots, trimmed and sliced into strips

1 tablespoons white miso

1 tablespoon + 1/2 teaspoon olive or melted coconut oil

1 teaspoon tamari

1/4 cup (35g) pepitas

1/4 cup (50g) sunflower seeds

1/2 cup brown rice

1/2 cup (50g) mung beans

1/4 bunch coriander, leaves picked, stalks finely chopped

**Method:**

Preheat oven to 180C and line a large and small baking tray with greaseproof paper. Whisk miso and 1 tablespoon oil in a small bowl then toss with carrots to coat evenly then lay onto large baking tray and place in oven to cook for 45 minutes. Mix remaining 1/2 teaspoon oil with tamari, then toss with pepitas and sunflower seeds and place on small baking tray and bake in oven for 10 minutes. Remove from oven to cool on tray. While carrots are baking cook your brown rice using absorption method, then place in large mixing bowl and add mung beans, coriander, tamari seeds. Once carrot are cooked toss all ingredients together in bowl, season with black pepper and sea salt if you wish, transfer to serving plate and enjoy.

**CYPRIOT SALAD MY WAY**

Gluten free : Vegetarian : Vegan optional

Serves 4-6 as a side

1 cup buckwheat  
1/2 cup brown rice  
½ cup mung beans  
2 tablespoons toasted pumpkin seeds  
2 tablespoons toasted chopped almonds  
2 tablespoons toasted pistachios  
2 tablespoons baby capers  
½ cup currants  
1 bunch coriander, shredded  
½ bunch parsley, shredded  
½ red onion, finely diced  
1/4 cup apple juice sweetened dried cranberries  
1 tablespoon apple cider vinegar  
3 tablespoons extra virgin olive  
Sea salt to taste

Dressing:  
1/2 cup thick coconut yoghurt  
1 teaspoon ground cumin  
1 tablespoon honey

Cook buckwheat, brown rice and mung beans in boiling water (separately) until tender. Toss with pumpkin seeds, chopped almond, pistachios, capres, currants, coriander, parsley, red onion, apple cider vinegar, evoo and seasaon with sea salt and black pepper. Whisk together dressing ingredients. Serve with dressing, your choice of protein and seared feta if you wish!

## **15-MINUTE MISO SOUP WITH GREENS AND TOFU**

6-ingredient miso soup with tofu, green onion, and loads of green chard. 15 minutes from start to finish, and so refreshing and comforting.

***Author:*** *Minimalist Baker*

**PREP TIME**5 minutes

**COOK TIME**10 minutes

**TOTAL TIME**15 minutes

***Servings:***  (bowls)

***Category:****Appetizer, Entree, Side*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****No*

***Does it keep?****Best when fresh.*

### Ingredients

* 4 cups water
* 1/2 cup chopped green chard or other sturdy green
* 1/2 cup chopped green onion
* 1/4 cup firm tofu (cubed)
* 3-4 Tbsp white miso paste (fermented soy bean paste) with or without bonito (fish flavor, though bonito makes it non vegan-vegetarian-friendly)
* 1 sheet nori (dried seaweed // optional // cut into large rectangles // 1 sheet yields 1/4 cup)

### Instructions

1. Place water in a medium sauce pan and bring to a low simmer.
2. Add nori and simmer for 5-7 minutes.
3. In the meantime, place miso (starting with lesser end of range) into a small bowl, add a little hot water and whisk until smooth. This will ensure it doesn’t clump. Set aside.
4. Add green chard, green onion, and tofu to the pot and cook for 5 minutes. Then remove from heat, add miso mixture, and stir to combine.
5. Taste and add more miso or a pinch of sea salt if desired. Serve warm. Best when fresh.

## **EASY VEGAN RAMEN**

Amazing, 10-ingredient vegan ramen made with 1-pot mushroom broth, crispy tofu, and miso-roasted vegetables. A hearty, satisfying, and delicious plant-based meal.

***Author:*** *Minimalist Baker*

**PREP TIME**30 minutes

**COOK TIME** 2 hours 30 minutes

**TOTAL TIME**3 hours

***Servings:***

***Category:****Entree, Soup*

***Cuisine:****Asian-Inspired, Gluten-Free, Vegan*

***Freezer Friendly****1 Month (broth only)*

***Does it keep?****5 Days (broth only)*

### Ingredients

#### **RAMEN**

* 1 Tbsp grape seed oil
* 5 cloves garlic, roughly chopped (5 cloves yield ~2 1/2 Tbsp or 18 g)
* 1 3- inch piece ginger (peeled and diced)
* 1 medium yellow onion (coarsely chopped)
* 6 cups vegetable stock ([DIY](https://minimalistbaker.com/easy-1-pot-vegetable-broth/) or store-bought)
* 2 Tbsp tamari or soy sauce (plus more to taste)
* 0.5 ounces dehydrated shiitake mushrooms
* 1 Tbsp white or yellow miso paste (ensure vegan friendliness on package - I like [*this brand*](https://www.amazon.com/dp/B000WLZI4A/?tag=minimalistbaker-20)\* available at Whole Foods)
* 1 tsp sesame oil (for flavor // plus more to taste)
* 8 ounces ramen noodles\* (ensure gluten-free and vegan-friendliness on package - I like [*this brand*](https://www.amazon.com/dp/B00DDXNG6Q/?tag=minimalistbaker-20) available at Whole Foods)

#### **TOPPINGS optional**

* 1/2 cup chopped green onion (for garnish)
* 10 ounces extra-firm tofu (flash “fried”\*)
* Miso-glazed carrots\*
* Miso-glazed baby bok choy\*

### Instructions

1. Heat a large pot over medium-high heat.
2. Once hot, add oil, garlic, ginger, and onion. Sauté, stirring occasionally for 5-8 minutes or until the onion has developed a slight sear (browned edges).
3. Add 1 cup (240 ml // amount as original recipe is written // adjust if altering batch size) of the vegetable broth to deglaze the bottom of the pan. Use a whisk (or wooden spoon) to scrape up any bits that may have stuck to the bottom to enhance the flavor of the broth.
4. Add remaining 5 cups (1200 ml // amount as original recipe is written // adjust if altering batch size) vegetable broth, tamari or soy sauce, and dehydrated mushrooms - stir.
5. Bring to a simmer over medium heat, then reduce heat to low and cover. Simmer on low for at least 1 hour, up to 2-3, stirring occasionally. The longer it cooks, the more the flavor will deepen and develop.
6. Taste broth and adjust seasonings as needed, adding more soy sauce or sesame oil if desired. Add the miso paste at this time.
7. When you’re 30 minutes from serving, prepare any desired toppings (see notes for miso-glazed carrots, baby bok choy, and quick-seared tofu).
8. NOODLES: Fill a large saucepan or pot with water and bring to a boil. Once boiling, add ramen noodles (depending on size of pan you may need to do this in two batches // use fewer or more batches if altering batch size) and cook according to package instructions - about 4-5 minutes. Drain and set aside.
9. Strain broth and reserve mushrooms for serving. (Save onions and ginger for serving as well, if desired, though I discarded them).
10. To serve, divide ramen noodles between four (amount as original recipe is written // adjust if altering batch size) serving bowls. Top with strained broth and desired toppings, such as carrots, bok choy, green onion, or seared tofu. Serve with chili garlic sauce ([*found here*](https://www.amazon.com/dp/B000LO25RG/?tag=minimalistbaker-20)) for added heat.
11. Best when fresh, though the broth can be stored (separately) in the refrigerator for up to 5 days and in the freezer for up to 1 month.

### Notes

\*If you can’t locate ramen noodles, you can also sub a similar-shaped noodle, such as angel hair pasta.  
\*For the miso-glazed carrots, preheat oven to 400 degrees F and line a baking sheet with foil. Chop 1 cup carrots into 1/4-inch thick pieces on an angle (see photo). To a small mixing bowl add 1 Tbsp yellow miso paste, 1 Tbsp maple syrup, 1 Tbsp tamari, 1 tsp rice vinegar (or sub lime juice), and 1 tsp sesame oil. Whisk to combine, then add carrots and toss. Arrange on a foil-lined baking sheet in an even layer and roast for 20-25 minutes, stirring once at the halfway point, or until tender when pierced and deep golden brown.   
\* For the miso-glazed baby bok choy, slice bok choy in half lengthwise and heat a metal or cast iron skillet over medium heat. Prepare the same miso mixture as above (for carrots). Brush mixture over bok choy. Once pan is hot, lay down bok choy cut-side down and sear for 1-2 minutes. Flip and sear on other side.   
\*To flash "fry" tofu, press extra firm tofu until most moisture is removed, then cut into rectangles (see photo) and add to a plastic bag. Add 1 heaping Tbsp cornstarch and a pinch each salt and pepper. Toss to coat. Heat a metal or cast iron skillet over medium heat. Once hot, add 1 Tbsp grape seed or sesame oil and tofu. Brown on one side for 4-5 minutes, then flip and brown on other side until light golden brown and crispy.

**TAHDIG (PERSIAN RICE)**

Rice:

1 2/3 cups white basmati rice

8 cups water

1 1/2 teaspoons sea salt

Tadig:

Pinch of saffron, crumbled

1 tablespoon of hot water or hot almond milk

1/3 cup plain soy or coconut yogurt

2 teaspoons baharat spice blend, see Note

1/4 teaspoon sea salt

4 tablespoons olive oil or melted vegan margarine, divided

3 tablespoons chopped pistachios

1. Place the rice in a large metal mesh strainer and thoroughly rinse with cold water. In a large 3 quart pot bring the water to a rolling boil over high heat. Stir in the salt and then add the rice. Boil the rice for 5 minutes; remove a rice grain and check to see that it’s just beginning to turn tender on the outside but still has a hard core. Drain the rice in the metal strainer again, stirring it a few times to remove any excess water.

2. While the rice is cooking, in a small cup combine the hot water or almond milk with the saffron threads and set aside for 5 minutes. Stir occasionally; the color of the saffron will seep into the water.

3. In a mixing bowl combined the parboiled rice, saffron water, yogurt, baharat spice, salt, and half the oil. Set aside 1/2 cup of this mixture, then add the pistachios to the remaining rice in the bowl. This rice that is set aside will be used to form a protective layer on the bottom of the crust; this rice won’t have any nuts or raisins that could easily burn during the formation of the crust.

4. Preheat a heavy 2 quart pot, no larger than 10 inches wide, with a tight fitting lid over medium high heat. Swirl the remaining oil over the bottom and 2 inches of the side of the pot. Use a wooden spoon to spread the reserved 1/2 cup of rice (without the pistachios) in an even layer over the bottom of the pot; the rice will sizzle on contact with the pot. Spread the remaining rice on top of this layer. Use the bottom of a measuring cup or back of the wooden spoon to press down the rice as much as possible.

5. Use a chopstick to poke holes about 1/2 inch apart through the rice; push the chopstick all the way through to the bottom. Spread a clean, smooth-textured dish cloth over the top of the pot, then place a tight fitting lid over the towel. Gather the hanging ends of the dishcloth so they don’t hang down the sides of the pot, then use a rubber band or a kitchen clip (like the kind for keeping snack chip bags sealed tight) to fasten the ends of the dishcloth on top of the lid.

6. Turn the heat down to medium-low and cook the rice for 35 to 45 minutes. Check the rice by lifting the lid; the rice should not smell burned and instead should have toasted aroma. You can also use the tip of a spatula to gently check the sides of the rice to see how the crust is progressing; if the rice seems very moist and needs more time to develop a crust, cover and continue to cook for another 10 to 15 minutes. Keep your nose within distance of the stove to make sure your rice isn’t burning, but if it smells very toasty that’s probably about as much as you can cook it for now.

7. To serve, remove the lid and the towel. You can serve tadig two ways; for beginners, it’s best to scoop out the rice and fillings onto a serving dish, then use a spatula to chip away at the rice crusts and arrange on top of the rice filling. If you’ve got a hang of tadig-crafting, place a serving dish on top of the pan, hold on tight and flip it over. Perfectly made tadig will slip out, golden crust and all, onto the serving dish. Enjoy hot.

Tadig with Raisins:

After setting aside the 1/2 cup of seasoned rice, stir in 1 cup of golden raisins into the remaining rice.

SWEETS AND TREATS

Spelt Hot Cross Buns

Healthy Peanut Butter Fudge

No-bake Vegan Brownies with Chocolate Ganache

1-bowl Vegan Gluten-free Carrot Cake

Creamy Vegan Lemon Bars

**SPELT HOT CROSS BUNS**

Serves 6

250g spelt flour

1/2 teaspoon bicarb soda

1/2 teaspoon sea salt

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon ground ginger

1/2 cup currants

1/2 cup raisins

150ml coconut yoghurt

100ml almond or coconut milk

Cross Piping Mix:

50g spelt flour

70ml cold water

Preheat oven to 180 degrees and line a tray with baking paper. Combine the spelt flour, bi-carb, salt, cinnamon, nutmeg and ginger in a mixing bowl and stir well to combine.Stir in currants and raisins. In a bowl whisk together the yoghurt and milk. Make a well in the dry mix and gently pour in the wet ingredients and fold together until combined. Using floured hands divide the mixture into six small rounds and place on a lined baking tray. Tuck the buns closely together. To make the cross mix whisk together the flour and water in a small ball and transfer to a piping bag. Pipe individual crosses onto each bun. Bake in oven for 20 minutes and enjoy warm.

## **HEALTHY PEANUT BUTTER FUDGE (4 INGREDIENTS!)**

Creamy, rich peanut butter fudge made with 4 ingredients! Naturally sweetened, healthy, and ready in 30 minutes! The perfect plant-based dessert.

***Author:*** *Minimalist Baker*

**PREP TIME**30 minutes

**TOTAL TIME**30 minutes

***Servings:***  (bars)

***Category:****Dessert*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****1 month*

***Does it keep?****10 Days*

### Ingredients

#### **FUDGE**

* 2 cups desiccated (finely shredded) unsweetened coconut
* 1 cup creamy peanut butter (best ingredients: just peanuts + salt)
* 1/2 cup [*melted coconut oil*](https://minimalistbaker.com/product/coconut-oil/)
* 3-5 Tbsp maple syrup (or other sweetener of choice, i.e. stevia)
* 1 pinch sea salt (optional // depending on saltiness of PB)
* 1 tsp pure vanilla extract (optional)

#### **TOPPINGS optional**

* Crushed peanuts
* Coconut flakes

### Instructions

1. Line a standard 9x5-inch loaf pan with parchment paper (as original recipe is written // adjust size/number of pans if altering batch size). Set aside.
2. To a [*food processor*](https://aax-us-east.amazon-adsystem.com/x/c/QpCw-w0qdF5eN-6y7y-ogt0AAAFkXJKCoQEAAAFKAflziX8/https:/www.amazon.com/dp/B00LBZOYAK/ref=as_at?creativeASIN=B00LBZOYAK&linkCode=w61&imprToken=QMcKmt1KZCXcFfHF5UE18A&slotNum=3&tag=minimalistbaker-20), add desiccated coconut and blend on high until a creamy butter is formed - about 4 minutes. Scrape down sides as needed.
3. Then add peanut butter and melted coconut oil and mix once more. Then add maple syrup 1 Tbsp (15 ml) at a time until desired sweetness is reached. If you add too much maple syrup, the mixture can seize up and get thick. If that happens, thin with a bit more melted coconut oil.
4. Optional: Add sea salt and vanilla and mix once more. Taste and adjust flavors as needed, adding more salt or vanilla for overall flavor or maple syrup or stevia for sweetness.
5. Transfer mixture to lined loaf pan and spread into an even layer. You can add crushed peanuts or coconut flakes on top, but I chose not to.
6. Freeze until firm - about 15 minutes. Then use a hot knife to slice into even squares - about 21 (amount as original recipe is written // adjust if altering batch size). Enjoy immediately and store leftovers in the refrigerator up to 10 days or in the freezer up to 1 month. If frozen, let soften at room temperature for 5-10 minutes for best texture/flavour.

## **NO-BAKE VEGAN BROWNIES WITH CHOCOLATE GANACHE**

Simple, raw vegan brownies studded with walnuts and cacao nibs! A 5-ingredient coconut oil chocolate ganache is optional but recommended for a fudgy, decadent finish. A healthier vegan, gluten free dessert!

***Author:*** *Minimalist Baker*

**PREP TIME**20 minutes

**COOK TIME**1 minute

**TOTAL TIME**21 minutes

***Servings:***  (brownies)

***Category:****Dessert*

***Cuisine:****Gluten-Free, Vegan*

### Ingredients

#### **BROWNIES**

* 1 1/2 cups raw walnuts (**divided** // as original recipe is written, 1 cup (93 g) + 1/2 cup (47 g) // plus more for topping)
* 1 cup raw almonds
* 2 1/2 cups dates (pitted // if dry, soak in warm water for 10 minutes then drain // 2 1/2 cups equal ~15 ounces)
* 3/4 cup cacao powder or unsweetened cocoa powder
* 2 Tbsp [*cacao nibs*](https://www.amazon.com/dp/B00DLMVHQ0/ref=as_at?creativeASIN=B00DLMVHQ0&linkCode=w61&imprToken=gNk4SF0uZOEX-8VkmsatRg&slotNum=1&tag=minimalistbaker-20) (plus more for topping)
* 1/4 tsp sea salt

#### **GANACHE FROSTING (optional)**

* 1/4 cup [*almond milk*](https://minimalistbaker.com/how-to-make-almond-milk/)
* 1 cup dairy-free dark chocolate (chopped)
* 2 Tbsp coconut oil (melted // or sub vegan butter)
* 1/4 - 1/2 cup powdered sugar
* 1/4 tsp sea salt

### Instructions

1. Place 1 cup walnuts (as original recipe is written // use 2/3 of the total if altering batch size) and the almonds in [*food processor*](https://aax-us-east.amazon-adsystem.com/x/c/QuwDWaCvNElmhQKNrWf1id4AAAFlGprFOgEAAAFKASEBgq8/https:/www.amazon.com/dp/B00LBZOYAK/ref=as_at?creativeASIN=B00LBZOYAK&linkCode=w61&imprToken=Gi0OP5ezFfPQov3DSNkw7g&slotNum=39&tag=minimalistbaker-20) and process until finely ground.
2. Add the cacao powder and sea salt and pulse to combine. Transfer to bowl and set aside.
3. Add the dates to the food processor and process until small bits remain. Remove and set aside.
4. Add nut and cocoa mixture back into food processor and while processing, drop small handfuls of the date pieces down into the food processor or blender spout.
5. Process until a dough consistency is achieved, adding more dates if the mixture does not hold together when squeezed in your hand. You may not use all the dates.
6. Add the brownie mixture to a small parchment lined [*8x8 dish*](http://rstyle.me/n/bh6zarbnp57) (as original recipe is written // adjust if altering batch size) and before pressing, add remaining 1/2 cup roughly chopped walnuts (as original recipe is written // use remaining 1/3 of walnuts if altering batch size) and cacao nibs and toss to combine and evenly distribute. Then press down with hands until it is flat and firm. I like laying down a piece of plastic wrap to prevent sticking and get it really flat.
7. Lift parchment paper to remove brownies from dish and use hands to slightly squeeze in the sides to create a smaller square - this will make the brownies slightly thicker and more dense.
8. Transfer back to dish and place in freezer or fridge to chill for 10-15 minutes before cutting into 12 (amount as original recipe is written // adjust if altering batch size) even squares (If adding ganache, slice afterwards!).
9. FOR THE GANACHE: Add almond milk to a mixing bowl and microwave for 45 seconds or until very warm. Alternatively, heat in a small saucepan until just simmering, then transfer to mixing bowl.
10. Immediately add chocolate to warm milk and loosely cover. Don’t touch for 2 minutes so it can melt.
11. Add salt and stir gently with a wooden spoon to incorporate, then add melted coconut oil and use a whisk to mix. Set in fridge for 10 minutes to thicken.
12. Remove from fridge and add powdered sugar a little at a time to thicken. Whisk again to combine. If it’s still too thin, add another few Tablespoons powdered sugar and beat until light and fluffy.
13. Frost brownies generously with frosting and then top with additional raw walnuts and cacao nibs (optional). Slice into 12 even squares (amount as original recipe is written // adjust if altering batch size).
14. Store brownies in an airtight container to keep fresh. Will keep for 3-4 days at room temperature, or in the freezer for at least 1 month (though best when fresh).

## **1-BOWL VEGAN GLUTEN-FREE CARROT CAKE**

Amazing carrot cake made in 1 bowl! Simple to make, insanely moist and flavorful, and undetectably vegan and gluten-free!

***Author:*** *Minimalist Baker*

**PREP TIME**15 minutes

**COOK TIME**45 minutes

**TOTAL TIME**1 hour

***Servings:***  (slices)

***Category:****Dessert*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****3 Weeks*

***Does it keep?****3-4 Days*

### Ingredients

#### **CAKE**

* 3 batches [*flax egg*](https://minimalistbaker.com/how-to-make-a-flax-egg/) (3 Tbsp flaxseed meal + 7 ½ Tbsp water as original recipe is written)
* 1/3 cup [*melted coconut oil\**](https://minimalistbaker.com/product/coconut-oil/)(or sub other neutral oil)
* 1/4 cup maple syrup
* 1 scant cup unsweetened applesauce
* 1/2 cup organic brown sugar\* (or sub coconut sugar)
* 1/4 cup cane sugar\* (or sub coconut sugar)
* 3/4 tsp sea salt
* 1 1/2 tsp baking soda
* 1 1/2 tsp baking powder
* 1 tsp ground cinnamon
* 3/4 - 1 cup [*plain unsweetened almond milk\**](https://minimalistbaker.com/how-to-make-almond-milk/)(or other non-dairy unsweetened milk)
* 1 1 /2 cups loosely packed grated carrot
* 1 1/2 cups [*almond flour\**](https://www.amazon.com/dp/B00CLLV2D0/?tag=minimalistbaker-20&th=1) (I didn’t test with almond meal, but I think it would work)
* 1 1/2 cups [*gluten-free flour blend\**](https://minimalistbaker.com/diy-gluten-free-flour-blend/)
* 3/4 cup chopped raw walnuts\* (if preferred, omit, or sub 1/2 cup (70 g) raisins)

#### **FROSTING:**

* 1/2 cup vegan butter (softened // 1 stick yields 1/2 cup)
* 2 1/2 - 3 cups powdered sugar
* 1/4 tsp vanilla extract
* Splash non-dairy milk

### Instructions

1. Preheat oven to 350 degrees F (176 C). Butter and flour two 8-inch, 1 9x13-inch, or 3 6-inch round pans with coconut oil or vegan cooking spray and dust with gluten-free flour (adjust number/size of pans if altering batch size). Shake out excess. Set aside.
2. Prepare flax eggs in a large mixing bowl. To flax eggs, add oil and maple syrup and whisk to combine. Next, add applesauce, sugars, salt, baking soda, baking powder, and cinnamon and whisk to combine.
3. Add lesser amount of almond milk (3/4 cup or 180 ml as original recipe is written // adjust if altering batch size) and stir. Add grated carrot and stir. Then add almond flour and gluten-free flour blend and stir. The batter should be thick but pourable. If too thick, add remaining almond milk 1/4 cup or 60 ml as original recipe is written // adjust if altering batch size). If adding walnuts, add at this time and stir.
4. Divide evenly among cake pan(s). Bake for 40-50 minutes or until deep golden brown and a toothpick inserted into the center comes out clean. When you press on the top, it shouldn’t feel too spongy, so don’t be afraid of over-baking! The gluten-free blend just takes a little longer to bake. Also, note that the size of pan you use will vary baking time.
5. Remove from oven and let rest in the pans for 15 minutes. Then carefully run a knife along the edges and gently invert onto cooling racks to let cool completely.
6. Wipe clean your mixing bowl and add softened butter. Beat until light and fluffy. Then add vanilla and mix once more.
7. Add powdered sugar 1/2 cup at a time and continue mixing until thick and creamy. Drizzle in a little non-dairy milk to thin. You want this frosting to be very thick so it will hold its shape once on the cupcakes.
8. **NOTE**: This cake needs to cool completely. It benefits from plenty of airflow, and the flavors develop as the cooling process goes on. If short on time, you can speed the cooling by placing the cakes in the refrigerator or freezer until very cool to the touch.
9. Once cooled, you can serve as is or frost! For frosting, you have several options! See options above.
10. Store leftovers at room temperature, covered, for 2-3 days, in the refrigerator for 3-4 days, or covered well in the freezer for several weeks. However, it's best when eaten fresh.
11. Do note that, if using vegan cream cheese or yogurt in the frosting, the cake should be stored in the refrigerator. From the refrigerator, let set out for 10-15 minutes before serving so it warms a bit and becomes more tender. Let thaw completely from the freezer.

## **CREAMY VEGAN LEMON BARS**

Creamy, naturally sweetened vegan lemon bars made with 10 simple ingredients and a delicious gluten-free crust.

***Author:*** *Minimalist Baker*

**PREP TIME**5 hours

**COOK TIME**45 minutes

**TOTAL TIME**5 hours 45 minutes

***Servings:***  (bars)

***Category:****Dessert*

***Cuisine:****Gluten-Free, Vegan*

***Freezer Friendly****1 month*

***Does it keep?****2-4 Days*

### Ingredients

#### **FILLING**

* 1 cup raw cashews
* 1 cup coconut cream\* (the hardened portion at the top of full-fat coconut milk)
* 2 Tbsp arrowroot or cornstarch
* 1/2 cup lemon juice (2 large lemons yield ~1/2 cup or 120 ml)
* 1 heaping Tbsp lemon zest (1 large lemon yields ~1 heaping Tbsp or 4 g)
* 1 pinch sea salt
* 1/4 cup maple syrup (plus more to taste)
* 2 Tbsp organic powdered sugar (optional // for topping)

#### **CRUST**

* 1 cup gluten-free oats
* 1 cup almonds
* 1/4 tsp sea salt
* 2 Tbsp [*coconut sugar*](https://aax-us-east.amazon-adsystem.com/x/c/QniFWEuk9Nw5fHkR_aHoD1IAAAFjn6RBjAEAAAFKAVNiMns/https:/www.amazon.com/dp/B00HVNR5FW/ref=as_at?creativeASIN=B00HVNR5FW&linkCode=w61&imprToken=3EOfmMq8O1iRR3VhqxIgow&slotNum=0&tag=minimalistbaker-20)
* 1 Tbsp maple syrup
* 4-5 Tbsp coconut oil (melted)

### Instructions

1. Add raw cashews to a mixing bowl and cover with boiling hot water. Let rest for 1 hour (uncovered). Then drain thoroughly.
2. In the meantime, preheat oven to 350 degrees F (176 C) and line an [*8x8 inch baking dish*](http://rstyle.me/n/bh6zarbnp57) with parchment paper.
3. Add oats, almonds, sea salt, and coconut sugar to a [*high speed blender*](https://aax-us-east.amazon-adsystem.com/x/c/QhUrCmnGGGBoi26gO4T5XXQAAAFkrvDEuQEAAAFKAcYLB9U/https:/www.amazon.com/dp/B000GIGZXM/ref=as_at?creativeASIN=B000GIGZXM&linkCode=w61&imprToken=9aiV6lDdUmqmY1GetaZ2OA&slotNum=7&tag=minimalistbaker-20) and mix on high until a fine meal is achieved.
4. Transfer to a medium mixing bowl and add maple syrup and melted coconut oil, starting with lesser end of range (4 Tbsp or 60 g as original recipe is written // adjust if altering batch size) and adding more if it's too dry. Stir with a spoon to combine until a loose dough is formed. You should be able to squeeze the mixture between two fingers and form a dough instead of it crumbling. If too dry, add a bit more melted coconut oil.
5. Transfer mixture to parchment-lined baking sheet and spread evenly. Then place parchment paper on top and use a flat-bottomed object, such as a drinking glass, to press down firmly until it’s evenly distributed and well packed.
6. Bake for 15 minutes, then increase heat to 375 F (190 C) and bake for 5-8 minutes more, or until the edges are golden brown and there is some browning on the surface. Remove from oven to cool slightly, then reduce oven heat to 350 degrees F (176 C).
7. Once cashews are soaked and drained, add to a high speed blender with coconut cream, arrowroot starch, lemon juice, lemon zest, sea salt, and maple syrup. Mix on high until very creamy and smooth.
8. Taste and adjust flavor as needed. I added a bit more lemon zest and maple syrup. It should be very lemony, and not overly sweet.
9. Pour filling over the pre-baked crust and spread into an even layer. Tap on counter to remove any air bubbles.
10. Bake for 20-23 minutes or until the edges look very slightly dry and the center appears “jiggly” but not liquidy.
11. Let rest for 10 minutes, then transfer to refrigerator to let cool completely (uncovered) - at least 4 hours, preferably overnight.
12. To serve, slice and sift with powdered sugar (optional). Store leftovers in the refrigerator, covered, up to 4 days, though best within the first 2 days.