



Smoothie Recipes

Each recipe makes 1 serving

A great addition to breakfast, and also a wonderful snack anytime.

For all recipes, blend and serve immediately.

Option 1:

In a blender combine 1 cup of non-dairy milk or orange juice, 1/2 cup of frozen fruit of your choice and blend well.

Option 2:

In a blender combine 1 cup of non-dairy milk, 1 frozen banana, 1 tablespoon almond butter, 1 pitted date and blend well.

Option 3:

In a blender combine 1 cup of orange juice, 1 tablespoon of maple syrup, 1/2 cup of frozen berries and blend well.

Option 4:

In a blender combine 1 cup non-dairy milk, 1/2 cup frozen mango, 1/2 cup baby spinach leaves and blend well.



Rice cakes with tahini, honey and pumpkin seeds

To prepare this snack or breakfast simply spread as much tahini as you would like onto your rice cakes, drizzle with honey and top with pumpkin seeds.

Other snack ideas and pantry / fridge items to have on hand:

Nuts, nut butters
Dairy-free crackers
Fresh fruit, vegetables
Dried fruit
Applesauce
Pumpkin and sunflower seeds
Tinned mussels / oysters
Olives
Pickled vegetables
Vegan chocolate
Popcorn
Pretzels

Also, bake a batch of these Lenten-friendly cookies and snack foods.

Perfect with your morning or afternoon coffee or tea.

[Koulourakia with orange](#)

[Christmas koulourakia with yeast](#)

[Melomakarona](#)



Mason jar salad 1

Servings: 4

You will need 4 x 24 ounce or 700 ml jars

Ingredients

Salad dressing

5 tablespoons olive oil

3 tablespoons apple cider vinegar

2 tsp Dijon mustard

1 tsp honey or maple syrup

Salt and pepper to taste

Salad

1/2 cup quinoa

1 red bell pepper, cubed

2 cups canned chickpeas, drained and rinsed

4 radishes, sliced thinly into rounds

1 medium cucumber, cubed

4 cups baby spinach

4 tablespoons pumpkin seeds

Directions

Cook the quinoa according to package directions and set aside to cool.

Whisk together all of the dressing ingredients and divide the dressing equally among the 4 jars.

Next divide the ingredients equally among the four jars in the order in which they are listed in the ingredient list.

Mason jar salads will keep in the refrigerator for several days. To serve, empty the contents of the salad into a bowl and toss to coat.



Mason jar salad 2

Servings: 4

You will need 4 x 24 ounce or 700 ml jars

Ingredients

Salad dressing

- 5 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 2 tsp Dijon mustard
- 1 tsp brown sugar
- Salt and pepper to taste

Salad

- 1/2 cup brown rice
- 1 medium zucchini, diced
- 2 cups canned black beans, drained and rinsed
- 1 cup canned corn, drained and rinsed
- 1 medium cucumber, cubed
- 2 cups cherry tomatoes
- 4 cups finely chopped kale
- 4 tablespoons raisins

Directions

Cook the rice according to package directions and set aside to cool.

Whisk together all of the dressing ingredients and divide the dressing equally among the 4 jars.

Next divide the ingredients equally among the four jars in the order in which they are listed in the ingredient list.

Mason jar salads will keep in the refrigerator for several days. To serve, empty the contents of the salad into a bowl and toss to coat.



Vegan wrap with sweet potatoes and black beans

Servings: 6 wraps

Ingredients

- 6 large tortilla wraps
- 2 medium sweet potatoes
- 1/2 medium onion, finely chopped
- 1 clove garlic, minced
- 1 medium carrot, grated
- 2 tbsp water
- 1 tsp cumin
- 1 tsp paprika
- 1 can black beans, rinsed and drained
- 1/4 teaspoon cilantro (or parsley) finely chopped
- 2 tbsp. lemon juice
- 2 cups romaine or iceberg lettuce, washed, dried and chopped

Directions

Peel and boil the sweet potatoes. When they are fully cooked drain them and mash them, leaving as much texture as you would like (meaning, they can either remain a bit chunky or be completely pureed). Set aside.

Meanwhile, in a pot sauté the onion, garlic, carrot and the cumin and paprika with 2 tablespoons water until the vegetables are softened and the water has evaporated.

Next, stir in the black beans, mashed sweet potatoes, cilantro or parsley and lemon juice. Mix well, remove from the heat, and then allow to cool slightly.

To assemble the wraps, divide the mixture evenly between the 6 tortillas. Top the filling with some of the lettuce, and then roll into a wrap.

Enjoy!



Vegetable minestrone

Servings: 4—6

Ingredients:

- 2 tbsp. water (or vegetable oil)
- 1/2 cup onion, finely diced
- 2 cloves garlic, slivered
- 2 large carrots, diced
- 1 celery stalk, diced
- 1 medium sweet potato, cut into cubes
- 6 cups vegetable broth
- 1 15 ounce can diced tomatoes
- 2 tsp dry oregano
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp salt and 1/4 tsp pepper
- 1 15 ounce can beans of your choice
- 2 cups dry small shape pasta (for example, fusilli, orecchiette etc...)
- 1 cup spinach or kale

Directions:

In a large pot sauté the onion and garlic in the water (or oil) over medium heat for 2—3 minutes until softened. Add the carrots and celery and cook for an additional 3—5 minutes.

Add the rest of the ingredients except for the pasta and the spinach or kale. Cook for 15 minutes.

Add the pasta, cook until almost done and then add the spinach or kale. Cook for 5 minutes.

Enjoy!

This soup keeps well in the refrigerator for a few days and can also be frozen.



Three bean salad with tahini dressing

Servings: 4—6

Ingredients:

- 2 15 ounce cans chickpeas, rinsed and drained
- 2 15 ounce can red kidney beans, rinsed and drained
- 2 15 ounce can black beans, rinsed and drained
- 2 stalks celery, chopped into bite size chunks
- 1 medium carrot, grated
- 1/2 cup chopped flat-leaf parsley
- 2 green onions, finely chopped
- 1 cup cherry tomatoes (halved)

For the dressing

- 3/4 cup tahini
- 3/4 cup cold water
- 4 tbsp. lemon juice
- 2 tbsp. white wine vinegar
- 1/2 tsp sugar (either white or brown)
- 1/2 tsp salt and 1/2 tsp pepper
- 1/2 tsp dry oregano

Directions

In a mason jar or a bowl whisk together all of the ingredients for the dressing. Set aside.

In a large bowl, combine all of the salad ingredients. Add the dressing and toss to coat evenly.

Enjoy!



Pasta with an artichoke and spinach sauce

Servings: 3—4

Ingredients

8 ounces dry pasta (we prefer linguine or spaghetti for this dish)

1/2 tsp salt

1 medium carrot, peel and cut into bit size chunks or rounds

2 tbsp. olive oil

8 ounces fresh mushrooms (any variety), sliced thinly

Salt and pepper to taste

For the artichoke spinach sauce:

10—12 ounces (or 1 1/2 cups) canned or frozen artichoke hearts (note: if using canned artichoke hearts, drain them. If using frozen artichoke hearts, thaw them)

1/4—1/2 cup water

1/4 cup olive oil

1 cup fresh baby spinach

2 cloves garlic, peeled and finely chopped

Juice of 1/2 lemon

Salt and pepper to taste

Directions

Preheat oven to 400 degrees Fahrenheit. Toss the carrot chunks with 1 tbsp. of olive oil and roast until soft and slightly caramelized; this will take approximately 30 minutes.

Bring a pot of water to a boil and add 1/2 tsp salt. Cook pasta according to package directions.

In a large pan heat 1 tbsp. olive oil and cook mushrooms until they are soft and caramelized. Season with salt and pepper to taste. Set aside but leave the mushrooms in the pan.

In a blender combine the artichoke hearts, 1/4 cup water, olive oil, spinach, lemon juice and salt and pepper. Add more water if required and blend until a smooth consistency. Set aside.

Add drained pasta to your pan with the mushrooms and then also add the creamy artichoke sauce. Mix well. To serve, top your pasta with the roasted carrot chunks.



Vegetarian chili

Servings: 4—6

Ingredients:

1 medium red onion, diced

3 cloves garlic, finely diced

2 tbsp. water

1 red bell pepper, diced

2 carrots, diced

2 stalks celery, diced

2 tsp chili powder

2 tsp dry oregano

2 tsp paprika

1 tsp cumin

1/2 tsp salt and 1/4 tsp pepper

1 28 ounce can diced tomatoes

2 15 ounce cans red kidney beans, drained and rinsed

1 15 ounce can white kidney beans, drained and rinsed

2 cups vegetable broth, or water

1 tbsp. cocoa powder

3–4 cups cooked rice or quinoa, for serving with chili

Directions

In a large pot saute the onion and garlic with 2 tbsp. water until softened, approximately 3—5 minutes.

Add the rest of the ingredients to the pot and cook over medium heat, uncovered, stirring occasionally for approximately 45 minutes. You may need to add more vegetable broth or water if the chili becomes too dry.

Serve over cooked rice or quinoa. (not included in the recipe)