



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.

Nut butter and spinach smoothie

In a blender combine:

1 cup of non-dairy milk or orange juice

1 cup baby spinach

1 frozen banana

1 tablespoons nut butter of your choice (peanut, almond or cashew for example)

1 teaspoon chia seeds

1/2 teaspoon cinnamon

1/4 cup ice

Chocolate oat smoothie

In a blender combine:

1 cup of non-dairy milk

1/4 cup rolled oats

2 tablespoons almond butter

2 tablespoons unsweetened cocoa powder

1 frozen banana

1 tablespoon maple syrup

1/2 teaspoon ground cinnamon

1/4 cup ice (optional)



Smoothie Recipes

Each recipe makes 1 serving

Avocado, greens and mango smoothie

In a blender combine:

1/2 avocado

1 cup orange juice

1/4 cup coconut water

1 cup baby spinach

1/2 cup frozen mango

1/4 cup frozen pineapple

1/4 cup ice (optional)

Mango spinach smoothie

In a blender combine:

1 cup non-dairy milk

1/2 cup frozen mango

1/2 cup baby spinach

1/4 cup ice (optional)

Peaches and cream smoothie

In a blender combine:

1 cup frozen peaches

1/2 cup canned coconut

3/4 cup non-dairy milk

1 teaspoon maple syrup

1/4 cup ice (optional)



Smoothie Recipes

Each recipe makes 1 serving

Citrus and kale smoothie

In a blender combine:

1/2 cup coconut water

1/2 cup orange juice

1 tablespoon lemon juice

1/2 cup chopped kale

1/2 cup frozen pineapple

1/2 banana

1/2 teaspoon freshly grated ginger

1/4 cup ice (optional)

Strawberry banana smoothie

In a blender combine:

1 cup orange juice

1/2 cup frozen strawberries

1/2 banana

1/4 cup ice (optional)

Bursting with berries smoothie

In a blender combine:

1 cup mixed frozen berries (strawberries, blueberries, raspberries etc...)

1 cup orange juice

1/2 teaspoon hemp seeds



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](#)

[Melomakarona](#)

[Chocolate and strawberry cookies](#)



Mason jar salad 1: Quinoa and navy beans

Servings: 4

You will need 4 x 24 ounce or 700 ml jars

Ingredients

Salad dressing

- 5 tablespoons olive oil
- 3 tablespoons red balsamic vinegar
- 2 tsp Dijon mustard
- 1 tsp honey or maple syrup
- Salt and pepper to taste

Salad

- 1/2 cup quinoa
- 1 medium carrot, grated
- 2 cups canned navy beans, drained and rinsed
- 3 green onions, white and green parts sliced thin
- 1 medium cucumber, cubed
- 4 cups mixed salad greens
- 4 tablespoons sunflower 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: Farro and chickpeas

Servings: 4

You will need 4 x 24 ounce or 700 ml jars

Ingredients

Salad dressing

5 tablespoons olive oil

3 tablespoons fresh lemon juice

2 tsp Dijon mustard

1 tsp sugar

Salt and pepper to taste

Salad

1/2 cup farro

1 cup small broccoli florets

1 medium red pepper, diced

2 cups canned chickpeas, drained and rinsed

1 medium zucchini, diced

2 cups cherry tomatoes

4 cups finely chopped kale

4 tablespoons raisins

Directions

Cook the farro 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 potato and black beans

Servings: 4

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 or vegetable oil
- 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 sauté the onion and garlic with 2 tbsp. water or vegetable oil 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)



Spinach and lentil curry

Servings: 4—6

Ingredients:

1 cup green lentils, rinsed and picked over to remove any stones

1 medium onion, diced

3 cloves garlic, finely diced

2 tbsp. water or vegetable oil

2 tsp curry powder

2 tsp ground tumeric

1 tsp paprika

1 tsp ground coriander

1/2 tsp salt and 1/4 tsp pepper

1 14 ounce can diced tomatoes

10 ounces packed baby spinach

1 14 ounce can coconut milk

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

Directions

Bring a large pot of water to a boil and cook the lentils until they are done (about 20 - 30 minutes, depending on the lentils).

Meanwhile, in a large skillet sauté the onion and garlic in either the water or the vegetable oil. Add in all the spices and cook, stirring constantly for 2—3 minutes.

To the skillet add the diced tomatoes, coconut milk, cooked lentils and the spinach. Cook, stirring regularly until the spinach has wilted and the curry has thickened to the constancy you prefer.

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



Pasta with lentil and mushroom sauce

Servings: 4—6

Ingredients:

- 14 ounces (400 grams) pasta of your choice
- 1 medium onion, diced
- 2 cloves garlic, finely diced
- 2 tbsp. water or vegetable oil
- 1 medium carrot, finely diced
- 1 stalk celery, finely diced
- 16 ounces (14 grams) mushrooms (variety of your choice)
- 1 14 ounce can lentils or 1 1/2 cups cooked lentils
- 14 ounces canned diced tomatoes
- 2 tsp dry oregano
- 1 tsp dry thyme
- 1/2 tsp salt and 1/4 tsp pepper

Directions

Bring a large pot of water to a boil and cook the pasta according to the package directions.

Meanwhile, in a large skillet sauté the onion and garlic in either the water or the vegetable oil. Add in the celery, carrot and mushrooms to the skillet and cook, stirring constantly, for 3 to 5 minutes.

To the skillet add the diced tomatoes, oregano, thyme, salt and pepper, and the canned or cooked lentils. Cook, stirring regularly until the sauce has thickened to your liking.

Serve over the cooked and drained pasta.

Enjoy!