



# 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.



# Vegan Breakfast Ideas: **Overnight oats**

*Each recipe makes 1 serving*

## **Apple pie overnight oats**

### Ingredients:

- 1/2 cup large flake rolled oats
- 3/4 cup non-dairy milk of your choice
- 1/2 tsp ground flax seeds
- 1 tbsp apple sauce
- 1 tbsp maple syrup
- 1/4 teaspoon cinnamon and nutmeg
- 1/4 cup diced apple
- 2 tbsp chopped walnuts

### Directions:

Combine the oats, milk, flax seeds, applesauce, maple syrup, cinnamon and nutmeg in a 500 ml mason jar and shake to thoroughly combine. Top with diced apple and walnuts and store in the refrigerator overnight. Shake well before serving.

## **Chocolate peanut butter overnight oats**

### Ingredients:

- 1/2 cup large flake oats
- 3/4 cup non-dairy milk
- 1/2 tsp ground flax seeds
- 2 tbsp chopped dates
- 1 tbsp cocoa
- 2 tbsp peanut butter (crunchy or smooth)
- 1 tsp vanilla extract

### Directions:

Combine all ingredients in a jar and stir to thoroughly combine. Store in refrigerator overnight.



# Vegan Breakfast Ideas: **Overnight oats**

*Each recipe makes 1 serving*

## **Banana coconut overnight oats**

Ingredients:

- 1/2 cup large flake rolled oats
- 3/4 cup non-dairy milk of your choice
- 1/2 tsp ground flax seeds
- 2 tbsp shredded coconut
- 1/2 tbsp maple syrup
- 1 tsp vanilla extract

Directions:

Combine all ingredients in a jar and shake well to combine. Keep in refrigerator overnight and stir before eating.

## **Strawberry and blueberry overnight oats**

Ingredients:

- 1/2 cup large flake oats
- 3/4 cup non-dairy milk
- 1/2 tsp ground flax seeds
- 1/2 cup chopped strawberries
- 1/4 cup blueberries
- 1 tsp vanilla extract

Directions:

Combine all ingredients in a jar and stir to thoroughly combine. Store in refrigerator overnight and stir before eating.



# Vegan Breakfast Ideas

*Each recipe makes 1 serving*

## **Toast with olive oil and tomato**

Grill your sliced bread and drizzle with a generous amount of olive oil. Top with slices of ripe tomato and sprinkle with a bit of salt. Enjoy!

## **Banana and peanut butter roll-up**

Ingredients:

- 1 egg-free and dairy-free tortilla
- 1 banana
- 2 tbsp peanut butter (or almond butter)

Spread the nut butter over one side of the tortilla. Place the peeled banana on one end of the tortilla and wrap it up. Enjoy!

## **Avocado toast**

Mash 1 ripe avocado with a bit of salt, a squeeze of lemon or lime juice and mix in 1 tbsp chopped tomato, 1 tsp chopped red onion and 1 tsp sesame seeds. Spread on toasted bread that you have drizzled with oil (this is optional). Enjoy!



## Rice cakes with tahini, honey and pumpkin seeds ...& other snack ideas

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. Delicious, and filling!

### *Try these other simple snack ideas:*

- ◆ Applesauce topped with chopped nuts and sprinkled with cinnamon
- ◆ Popcorn mixed with non-dairy chocolate chips, raisins and pretzels
- ◆ Apple slices and peanut butter
- ◆ Tinned mussels or oysters served with crackers
- ◆ Slice of bread topped with smashed avocado, tomato slices and thin rounds of cucumber

**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 with brown rice and black beans

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.



# Vegetable stir-fry with brown rice

4 servings

## **Ingredients**

- 1 medium onion, diced
- 2 cloves garlic, slivered
- 2 stalks celery, chopped
- 2 tbsp. olive oil or vegetable oil (or water)
- 2 carrots, peeled and thinly sliced into rounds
- 6 small radishes, thinly sliced into rounds
- 3 cups small broccoli florets
- 1/2 cup frozen green peas (thawed)
- 2 cups bean sprouts
- 1/4 cup water chestnuts
- 3 tbsp. soy sauce or tamari sauce
- 1/2 teaspoon pepper
- 1/2 tsp freshly grated ginger
- 1 tsp sesame oil
- 4 cups cooked brown rice (cooked according to the package instructions)

## **Directions**

Heat oil in a large frying pan (a wok style frying pan is best) and saute the onion, garlic and celery until the onion is caramelized.

Add the rest of the vegetables and cook until softened slightly. Add in the soy sauce, pepper, grated ginger and sesame oil. Cook for another 5 minutes or so and then serve over rice.



# 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!



# 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, peeled 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. oil (or 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. oil (or 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)