



Spring 30-Day Vegan Challenge

Pre-Challenge Recipes

Green Ginger Smoothie

makes 1

1 whole orange or 1 cup pineapple

1 banana (frozen or fresh)

½ cup blueberries (frozen or fresh)

1 Tbsp minced fresh ginger

2 cups fresh raw greens (kale, spinach, collards, bok choy, romaine, etc)

Place all of the ingredients into a blender, and blend until smooth. You may need to add a little liquid (water, almond milk, coconut water) to thin it out, or to encourage it to blend. This should not be necessary with a VitaMix with temper.

Vegan & Gluten-Free Teff Pancakes

makes 6 small pancakes

½ cup teff flour

¼ cup brown rice flour

1 Tbsp cornstarch or arrowroot powder

½ tsp cinnamon

½ tsp ground ginger

½ tsp baking powder

¾ cup almond milk

1 Tbsp maple syrup or coconut nectar

1 tsp vanilla extract

1 ripe banana, mashed

1 ripe mango, diced (add to cooked pancakes, or stir into the wet batter)

Combine all of the dry ingredients in a large mixing bowl. In another bowl, stir together the wet ingredients, including the mashed banana.

Preheat the skillet at medium/high heat.

Pour the wet ingredients into the dry, and stir well to combine.

Grease the skillet with a little coconut oil or Earth Balance, and reduce the heat to medium. Scoop about ¼ cup of pancake batter onto the skillet. You'll probably be able to fit 3 pancakes at a time.

Carefully flip the pancakes once the surface starts bubbling, and cook on the flip side for a couple of minutes. Remove cooked pancakes from the skillet, and place on a plate while you cook the remaining

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pancakes.

Moroccan Quinoa Pilaf

serves 4

1 cup uncooked quinoa

1 can chickpeas, drained & rinsed

2 carrots, sliced on the bias & steamed for 10 minutes (or roasted at 400° for 30 minutes)

½-1 cup parsley, minced

¼ cup raisins

2 tsp cumin

½ tsp cinnamon

To cook the perfect quinoa: Bring 1 ¾ cups of water to a boil. Rinse quinoa (optional), then drop into the boiling water. Reduce heat to medium-low, and allow the quinoa to simmer for 10 minutes. Lid can be on, but ajar. After 10 minutes, remove from heat, and completely cover the quinoa. Allow it to sit & steam on its own for 5-10 more minutes. You'll have the fluffiest quinoa!

Pilaf: Place the cooked quinoa into a large mixing bowl, then stir in the other ingredients. Season to taste with salt and pepper.

Sweet Potato Fries

serves 2

2 good sized sweet potatoes, peeled & cut into strips (however thick you'd like)

2 Tbsp coconut oil (or olive oil)

1 tsp cinnamon

1 tsp hot paprika

1 tsp sea salt

Preheat oven to 425°.

Toss the cut sweet potatoes with coconut oil and spices. Lay them out onto a baking sheet pre-lined with parchment paper, and roast for 30 minutes.

Chocolate Avocado Mousse

serves 4

2 avocados

1 cup Medjool dates, pitted & chopped

3 tbsp raw cacao powder



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Place all of the ingredients into a food processor and blend until rich, and creamy. Add more chocolate or dates to taste.