



Spring 30-Day Vegan Challenge

Week Four Recipes

Cacao Banana Almond Smoothie

serves one

- 1 frozen ripe banana
- 1 tbsp almond butter
- 1 1/2 cup almond milk
- 1-2 tbsp raw cacao powder
- 1 Medjool date, optional for extra sweetness

Place all ingredients in your blender and blend until super smooth.

Carrot Mango Muffin

makes a dozen

- 1 cup Whole Wheat Pastry Flour
- 3/4 tsp Baking Soda
- 1 tsp Baking Powder
- 1/4 tsp Salt
- 1 tsp Ground Cinnamon
- 1/4 tsp Ground Cardamom
- 1/4 tsp Ground Ginger
- 2 tablespoons Flax Seed (+6 Tbsp Hot Water to replace eggs)
- 1/2 cup Coconut Oil Melted
- 1/2 cup Sucanat or Coconut Sugar (or any other dry sweetener)
- 1 cup Diced Ripe Mango
- 1 cup Freshly Grated Carrot
- 1/4 cup chopped Walnuts

Preheat oven to 350, and prepare a muffin tray. In a large bowl create the flax egg replacement by adding 6 tablespoons of hot water to 2 tablespoons of ground flax seed, stir and let sit for a minute, or until it begins to thicken. Now add the Coconut Oil and sugar, stir. Add the Mango and Carrot, and stir gently. In a smaller bowl mix together remaining dry ingredients, excluding the Walnuts. Add this mixture along with Walnuts to the wet mix and stir gently until just combined.

Spoon the mixture into muffin cups, and bake for about 35-40 minutes. I started checking mine with a toothpick after 25 minutes. Because these muffins are filled with so much fruit, they may take up to 40 minutes to bake.



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Chickpea Flour Omelet

serves 2

- 1/2 red onion, finely chopped
- 1 clove garlic, minced
- 1 cup red bell pepper, finely chopped
- 1 cup mushrooms
- 1 cup spinach, chopped
- 3/4 cup chickpea flour
- 1/2 tsp smoked paprika
- 1 tsp cumin
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 3/4 cup water

Saute the onions and garlic in a large skillet until translucent. Add the pepper and mushrooms, and cook until soft.

While the vegetables are cooking, in a mixing bowl stir together the chickpea flour, spices and water. Add the in the spinach to the veggies and stir to wilt. Turn heat to medium-high and pour the chickpea mixture over the veggies. Cook for a few minutes, until golden brown on the bottom, then flip it and cook the other side. Serve warm.

Raw Cauliflower Cous Cous

serves 2-4

- 1 head of cauliflower, chopped
- 4 carrots, peeled and sliced (about 1 cup)
- 1 clove garlic
- 2 tsp turmeric powder
- 1/2 tsp cayenne pepper
- 1 tsp black pepper
- 1/2-1 tsp sea salt
- 1/4 cup raisins
- 1/2 cup mint leaves, chopped
- 1/2 cup parsley, chopped

- 3 tbsp light miso
- 3 tbsp tahini



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1/4 cup lemon juice, freshly squeezed

drizzle of olive oil

1/2 cup cherry tomatoes, halved

Place chopped cauliflower, carrots and garlic into the food processor and process until the vegetables are minced, and resemble cous cous. Place the vegetables into a large bowl and add turmeric, cayenne, pepper and salt. Also stir in raisins, mint and parsley. In another bowl mix together the miso, tahini and lemon. If the sauce is too thick add a tiny bit of water to thin. Pour the miso tahini sauce into the cous cous and stir well to combine. Garnish with a bit of olive oil and tomatoes to serve.

Raw Red Pepper Soup

serves 4

6 red bell peppers, chopped

4 tomatoes, chopped

1 small avocado

1 tsp cumin

salt to taste

Place all ingredients into a high speed blender, and blend until smooth. If necessary, add water, start with ¼ cup. When smooth, add more salt to taste and serve.

Sunflower Massaged Kale Salad

serves 2

1/4 cup sunflower seeds, soaked at least one hour

3 tbsp nutritional yeast

2 tsp dulse flakes (dulse is a sea veggie)

1 tsp cumin

1 tsp hot paprika

1/4 tsp sea salt

1/4 cup water

1 bunch of kale, cleaned and torn into bite-sized pieces

Puree all of the ingredients, except for the kale, in your food processor until smooth. Pour the sunflower puree over the kale and massage until it becomes tender, about 3 minutes. Serve as is or with other veggies like shredded carrots, tomatoes or cucumber.



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Spring Veggie Stir-fry

serves 4

2 shallots, minced

6 carrots, sliced thinly

1 red bell pepper, chopped

2 cups asparagus, chopped

1 cup peas (fresh or frozen)

2 cups spinach or watercress (or both)

1 cup mushrooms, sliced

juice of one lemon

2 tbsp dijon mustard

1 tsp maple syrup

In a wok or skillet, saute the shallots until translucent. Add the carrots and asparagus and cover to cook for about 10 minutes, adding a bit of water if necessary. Add the remaining veggies (but not the spinach), and cook for a few more minutes, until all of the veggies are tender. Remove from heat, and stir in the spinach. In a small bowl, combine the lemon, mustard and syrup to make a dressing. Pour this over the cooked veggies, and serve by itself or with a whole grain.

Udon Noodle Bowl

serves 2

package of udon noodles for 2

4 carrots, julienned or peeled into strips

1 cup mushrooms, sliced

2 cups kale (or other green)

1/2 bouillon cube

5 cups of water

1 lime

Bring 6 cups of water to a boil. Add carrots and mushrooms to cook for 5 minutes. Add the udon noodles, kale and bouillon cube to the boiling water, and cook for 7 minutes, until the udon is cooked- al dente. Remove from heat, season to taste, and serve with a squeeze of lime juice.



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BBQ Tempeh Salad

serves 2

1 package tempeh

1 jar of your favorite BBQ Sauce

3 cups kale, ribs removed, washed & chopped

1 sweet potato, cubed

olive oil

Preheat oven to 350°.

Prepare a steam basket, and bring water to a boil. Place the sliced tempeh into the steam basket. Cook for 15 minutes.

Coat the sweet potatoes with olive oil then spread them out onto a baking sheet lined with parchment paper or foil. Bake for 30 minutes, until tender.

Once the tempeh has finished steaming place it into a loaf pan, and pour the BBQ sauce on top. Make sure every inch is coated. Cover with foil, and bake for 30 minutes.

Serve over massaged kale with sweet potato.