

Dedicated to everyone willing to take that first step  
to a making healthier you. May each step you take  
be easier and may others follow in your lead.

# Introduction

Our plant-based eating journey began when I was laid up on the couch after a knee surgery. We finished watching every single season of every single show available online on the planet. I was deep into the documentary genre when I ran across a film called *Forks Over Knives*®. I was just casually watching it when Allison walked by and it caught her attention as well. She half jokingly said we should try a plant-based diet.

Now, in order to know that was a joke, you'd have to realize that I was about the pickiest eater ever and always associated vegan or plant-based diets with eating nothing but lettuce. We could not have been more wrong.

We ended up watching the film a second time and couldn't believe we were actually considering that a plant-based diet makes sense. We did not take everything at face value and did more research. The deeper we dug the more it made sense.

We decided not to go all in but rather try out a few dishes a couple times a week (this was December of 2012). We ended up liking the variety and quality of the foods so much that by the new year we were almost 100% whole-food, plant-based.

It took us a lot of trial and error to learn to cook with new and (better) ingredients at first. We tended to over complicate things and ended up buying a lot of exotic ingredients we never used. For that reason this book will attempt to use only common ingredients, or when possible, include a substitute. These are some of our favorite recipes, and we hope you enjoy them too!

# A Note About Ingredients

We have tried to incorporate common ingredients that most people will either have in their cupboard already, or can readily find at the local grocer. There's nothing worse than finding a recipe you want to try only to find that it includes some discreet ingredient. That being said, below are a few ingredients that you may not have in your pantry but should still be able to find easily.

**Arrow Root:** A simple starch used instead of cornstarch. While cornstarch could be used in many recipes, we prefer arrowroot due to the way that it is made as well as the knowledge that it is not coming from GMO plants. Feel free to do your own research on this subject.

**Lactic Acid:** We use this in some of the cheese substitute recipes as it gives the recipe a bit of a "bite" like real cheese has. You can also use lemon juice in its place.

**Nutritional Yeast:** It is generally fortified with vitamin B-12 and is very versatile. It can be used as a substitute for Parmesan cheese or as a cheese flavor.

**Stevia:** A natural sweetener that can take the place of sugar in many recipes. Please note that whenever a recipe calls for stevia, we use a liquid, pure stevia extract. Many of the powdered versions you find at the big box retailers are mixed with sugars (or some variation of sugar). If your local grocer does not carry stevia, it is readily available online and a bottle goes a long way. Sugar can be substituted for stevia in any recipe if needed.

Chapter 1

# Breakfast

# Grab & Go Energy Bars

Makes 8 bars | Packed with protein, these bars will keep you going when you are on the go. I try not to do a lot of cooking with peanut butter due to its high calorie content, but when you are looking for something that will stick with you, one of these bars will do just that.

## Ingredients

- 1 1/2 cups rolled oats
- 1/2 cup pure maple syrup
- 1/2 cup peanut butter
- 1/2 cup dark chocolate chips

## Directions

1. Add oats, peanut butter and maple syrup to a food processor and blend until mixed (don't blend until oats are unrecognizable).
2. Add in chocolate chips and pulse a few times to mix in, or mix in by hand in a separate bowl.
3. Line a bread pan with plastic wrap.
4. Put the mixture into the pan and *\*firmly\** pack down. Use your fingers to really compress the mixture.
5. Refrigerate for 60 minutes.
6. Pull out of pan using the plastic wrap and cut into 8 squares. Store in refrigerator. Can be individually wrapped if needed.



# Breakfast Oat Bars

Serves 6 | These are great for a breakfast or to pack for a snack in the car. The beauty of this recipe is you can make almost any variation you can dream up! Like strawberry? Skip the apples and cinnamon and add fresh strawberries instead!

## Ingredients

1 1/4 cups rolled oats  
1 cup whole wheat pastry flour  
1 tsp Baking Powder  
1/2 tsp stevia or 1/2 cup sugar  
3/4 cup Apple Sauce  
1/4 cup non-dairy milk  
1 apple  
1/4 tsp cinnamon  
1 tsp vanilla extract  
Optional: 1 tbsp flax seed

## Directions

1. Preheat oven to 350 degrees.
2. Combine all ingredients except apple and cinnamon.
3. In a 9" square pan, add half the mixture to the bottom and spread evenly.
4. Peel the apple and slice thinly.
5. Layer the apple across the mixture in the pan.
6. Sprinkle the cinnamon on top of the apples.
7. Cover the apples with the remaining mixture and smooth.
8. Optional: Add a little cinnamon or brown sugar to the top.
9. Bake for 25 minutes.
10. Once cool, cover and store in refrigerator.





# Basic Waffles

Serves 4 | A simple waffle recipe that you can easily add your favorite toppings to. Pure maple syrup is always a classic, but blueberries, strawberries or even chocolate chips can be added!

## Ingredients

- 2 1/2 cups white whole wheat flour
- 4 tsp baking powder
- 2 tbsp pure cane sugar
- 2 tbsp unsweetened applesauce
- 2 tsp arrowroot
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 3/4 cups non-dairy milk

## Directions

1. Preheat waffle iron.
2. Whisk together all ingredients.
3. Mist waffle iron with non-stick/oil spray as directed.
4. Spoon mixture into waffle iron.

Note: Amount needed in the waffle iron and cooking duration varies by manufacturer.



# Pancakes

Makes five 4" pancakes | A very basic pancake recipe that you can easily add to if desired. Our kids love a few chocolate chips added in. OK, so do I.....

## Ingredients

- 1 1/4 cups white whole wheat flour
- 2 tsp baking powder
- 1/4 tsp Cinnamon
- 1 tsp vanilla
- 1 cup non-dairy milk
- 1 tbsp ground flax seed (optional)

## Directions

1. Combine all dry ingredients.
2. Add wet ingredients and whisk together until smooth.
3. Let mixture stand for 2-3 minutes.
4. Preheat a griddle or flat pan on medium-low heat. Depending on your pan you may want to spray with a non-stick spray.
5. Pour batter to make pancakes. These cook up fairly quick (about 1-2 minutes each side).



# Breakfast Potato Scramble

Serves 4 | Lots of healthy vegetables and a myriad of spices make this a healthy, tasty and filling breakfast. I like to serve with a side of toast.

## Ingredients

3 medium potatoes  
1 medium onion  
1 red bell pepper  
1/2 tsp turmeric  
1 tsp cumin  
1/2 tsp paprika  
1/2 tsp black pepper  
1/2 tsp salt

## Directions

1. Dice onion and bell pepper.
2. Sauté onion and bell pepper (in water) until soft.
3. Soften the potatoes in microwave, but do not bake through. You want them to maintain some structure.
4. Add the spices and potatoes into the sauté pan with onions and peppers.
5. Add just enough water to keep the ingredients from sticking to the pan. Stir occasionally until potatoes are tender.



# Apple Cinnamon Oatmeal

Serves 1-2 | For those that like a quick and warm breakfast this will fit the bill perfectly. Ready in minutes and fills the house with a great aroma!

## Ingredients

1 cup quick oats  
1 1/2 cups water  
1 apple  
1/4 tsp vanilla  
1/2 tsp cinnamon  
brown sugar (optional)

## Directions

1. Peel and dice apple.
2. Add quick oats and water to a pan.
3. Add apples, vanilla and cinnamon, stir to combine.
4. Cook on low, stirring occasionally, for 6-8 minutes or until water has incorporated into the quick oats.
5. If desired, sweeten with a sprinkling of brown sugar on the top.





# Hash Browns

Serves 3-4 | Skip the greasy hash browns you find in the fast food restaurants and make a tasty and healthy version of your own!

## Ingredients

3 medium potatoes  
1/2 tsp salt  
1/2 tsp pepper  
1 tbsp flour

## Directions

1. Peel (if desired) and shred the potatoes. There are several ways to do this but I have found an attachment on our stand mixer to be the fastest.
2. In a bowl combine all ingredients with potatoes and mix thoroughly.
3. Using your hands, form into patties (you choose the size). Squeeze out any excess water when forming.
4. Place on a nonstick pan (or spray lightly with non stick spray) on medium heat.
5. Cook until brown on bottom then flip and repeat on other side.



## Chapter 2

# Soups

# Roasted Red Bell Pepper Soup

Serves 4 | A soup that appeals to your senses. The roasted bell peppers are bursting with nutrients and flavor. This is fantastic on a cold day!

## Ingredients

4 large red bell peppers  
4 cups vegetable broth  
1/8 tsp ground red pepper  
1/4 tsp black pepper  
1 medium onion  
2 garlic cloves  
1/2 tsp salt or to taste  
6 oz tomato paste

## Directions

1. Start vegetable broth heating in a stockpot.
2. Seed and core red bell peppers. Place peppers under broiler until they start to blister.
3. Dice and sauté onion & garlic.
4. Add all ingredients into the stock pot with the vegetable broth and simmer until the peppers are soft. Generally 20-30 minutes.
5. Remove from heat and let soup cool 10 minutes, then place into a blender and blend until smooth. You may need to do this in batches depending on the size of your blender.



# Potato Kale Soup

Serves 4 | A very hearty soup that feels like there should be some guilt involved, but alas, this is filled with healthy ingredients that will leave you warmed up and nourished. Top off with a few chives for a nice touch.

## Ingredients

1 cup vegetable broth  
4 medium potatoes  
1 1/2 cups non-dairy milk  
1 small onion  
1/4 tsp rosemary  
1/2 tsp salt  
1/2 tsp pepper  
1 tbsp raw cashews  
1 tbsp nutritional yeast  
2-3 kale leaves

## Directions

1. Chop and sauté onion.
  2. Peel and cube potatoes.
  3. Add onions, potatoes, broth, pepper, salt and rosemary to a stockpot; cover and simmer until potatoes are soft.
  4. While potatoes are simmering, add cashews, non-dairy milk and nutritional yeast to a blender (do not start). This allows the cashews to soften.
  5. Scoop out about half the potatoes and set aside. Don't worry if you catch a few onions along with them.
  6. Add the broth & potatoes (not the ones you set aside) to the blender. Blend until creamy and smooth.
  7. Add kale to the blender. Pulse to break up the kale, but don't blend until it disappears (will turn soup green if you do).
  8. Return the soup to the stockpot and add back the potatoes you set aside earlier.
- Serve hot.



# Vegetable Soup

Serves 4 | A classic vegetable soup packed with nutritious ingredients. Great on a cold day or just for a quick lunch. You can't go wrong with vegetable soup.

## Ingredients

- 1 medium onion
- 2 medium potatoes
- 2 carrots
- 1 stalk celery
- 2 cloves garlic
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 cup lentils (dry)
- 8 cups vegetable broth
- 4 cups water (or broth)
- 2 leaves kale
- 1 tsp salt
- 1 tsp black pepper

## Directions

1. Start vegetable broth and water warming in a stockpot.
2. Add dry lentils to the broth. Brown or green lentils work best.
3. Peel and cube potatoes, add to broth.
4. Dice the onion; mince garlic and add to the broth.
5. Peel and slice carrot & celery, add to broth.
6. Add all remaining ingredients, except kale, to the broth and stir.
7. Set heat to medium-low and let simmer for an hour or until lentils and potatoes are soft. You do not want the liquid to cook off, add more if needed.
8. Rinse and tear up kale (remove stems). Add to the soup just before removing from heat.





# Minestrone Soup

Serves 4 | An easy to make classic-style soup that will keep you warm on those cold winter days.

## Ingredients

4 cups vegetable broth  
1 medium onion  
2 carrots  
15 oz chickpeas  
1 stalk celery  
1 clove garlic  
28 oz crushed tomatoes  
1 cup elbow rice noodles (elbow, uncooked)  
1/4 tsp salt  
1/2 tsp pepper  
2 tsp oregano  
1 leaf kale

## Directions

1. Dice onion, peel/slice carrots, and mince garlic.
2. If using canned chickpeas, drain and rinse.
3. Add all ingredients except kale to a stockpot or large saucepan. Bring to a near boil then reduce to a simmer. Simmer covered for 30 minutes, stirring occasionally.
4. Shred kale and mix in just before serving.
5. For an added touch top with a couple leaves of fresh basil.



# Slow Cooker Pizza Soup

Serves 4 | I always said I liked our pizza sauce so much someday I was going to make a soup out of it....well here it is!

## Ingredients

32 oz can crushed tomatoes

2 cups vegetable broth

1/2 tsp garlic powder

1/2 tsp oregano

1/2 tsp basil

1/2 tsp marjoram

1/2 tsp black pepper

1/2 tsp salt

1/8 tsp stevia or 2 tbsp sugar

1 medium onion

1 red bell pepper

Optional: Any pizza toppings you like!

## Directions

1. Dice the onion and pepper.

2. Add all ingredients to a slow cooker and stir.

3. Cook on low until onions and peppers are soft, 3-5 hours.

Tip: You may want to start the slow cooker on high to bring up to temperature then reduce heat.



## Chapter 3

# Main Dishes

# Seasoned Sweet Potato Quesadillas

Serves 4 | Using sweet potato vs. cheese makes this an easy and healthy meal. A quesadilla maker works best for this, but you can also simply cook on a flat-bottomed pan or griddle.

## Ingredients

1 sweet potato  
1 cup corn (optional)  
1 cup rice (uncooked)  
1 tsp cumin  
1 tsp chili powder  
taco sauce or salsa  
shredded kale (optional)  
8 soft tortilla shells

## Directions

1. Cook rice according to package directions. Instant or regular rice are both fine. For an extra touch try adding 1 tbsp of lime juice to the rice when cooking.
2. Bake the sweet potato (microwave is fine) and remove the peel.
3. Add sweet potato, cumin and chili powder to a food processor and blend until combined.
4. Spread the sweet potato mix onto the bottom tortilla shell, then add rice, corn, sauce and kale.
5. Cook according to quesadilla maker instructions or until tortillas start turning a nice golden brown.
6. Slice into wedges before serving.





# Sweet & Spicy Tofu

Serves 2-3 | A little sweet and a little spicy. This easy to make recipe will make you look like a pro on the griddle.

## Ingredients

- 2 cups brown rice (cooked)
- 15 oz extra firm tofu
- 1/4 cup soy sauce
- 1/4 cup brown sugar (packed)
- 2 tbsp lemon juice
- 1/2 tsp garlic powder
- 1 tbsp sriracha or hot sauce

## Directions

1. Cook rice according to package directions.
2. Combine all brown sugar, soy sauce, garlic powder, lemon juice and sriracha to make the marinade.
3. Drain and press tofu.
4. Cut tofu into about 1" cubes and put in marinade.
5. Heat up a griddle and mist with non-stick spray.
6. Grill each cube until golden brown on each side.
7. Serve over rice and drizzle any remaining marinade on top, or feel free to make extra marinade!



# Tropical Chickpeas

Serves 2 | It doesn't get much easier than Tropical Chickpeas. This recipe is bursting with flavor and leaves you feeling satisfied and wanting to head to the islands!

## Ingredients

16 oz chickpeas  
1/4 cup teriyaki sauce  
1 tbsp sriracha or hot sauce  
1 tbsp lime juice  
1/2 pineapple (or half can)  
1/2 cup chopped kale (optional)  
2 cups brown rice (cooked)

## Directions

1. Cook rice according to package directions. Instant or regular rice are both fine.
2. Drain most of the liquid from the pineapple (if using canned).
3. Place chickpeas, teriyaki, sriracha, lime juice and pineapple into a wok or sauté pan.
4. Simmer on low (uncovered), stirring occasionally for 10 minutes or until about half of the liquid has cooked off.
5. Mix in kale and simmer on low for 2-3 more minutes (do not let all the liquid cook off)
6. Add rice to a bowl or plate and spoon the chickpea mixture on top.



# Lentil Tacos

Serves 4 | Lentils are an ideal replacement for taco meat. We make this for parties and groups of omnivores and it's a hit even among the meat eaters!

## Ingredients

1 cup brown lentils (dry)  
1 tbsp soy sauce  
2 tbsp ketchup or tomato sauce  
2 tsp cumin  
1/2 tsp paprika  
1 tbsp chili powder  
1/4 tsp onion powder  
1/4 tsp garlic powder  
1/2 tsp sriracha (optional)  
1 cup brown rice (uncooked)  
2 tbsp lime juice (optional)  
4 tortilla shells

## Directions

1. Cook rice according to package directions. Instant or regular rice are both fine.
2. Cook brown lentils according to package directions.
3. As lentils are near finished, add the soy sauce, ketchup, cumin, chili powder, garlic powder, onion powder, paprika, oregano and sriracha and mix in. Cook until most of the liquid is gone.
4. Once rice is complete, mix in lime juice and stir. Note lime juice is optional but adds a nice touch to the rice.
5. Add lentil mixture and rice into a tortilla (ideally whole wheat).



# Barbeque Lentils

Serves 4 | I love the taste and smell of Barbeque. Make a batch of the barbeque lentils, put on one of the dinner rolls from this book and you have a full meal. This is also a hit if you make a larger batch and keep warm in a Crockpot at parties.

## Ingredients

- 1 recipe smoky BBQ sauce
- 1 cup lentils (dry)
- 6-8 buns

## Directions

1. Start the lentils cooking.
  2. Prepare the smoky barbeque sauce recipe.
  3. Once lentils are done, thoroughly drain any excess liquid.
  4. Add barbeque sauce to the lentils and mix in.
- Tip: do not add the whole recipe of barbeque sauce, add 3/4 and check the consistency of the mixture so it does not get too thin.
5. Simmer on low for 10 minutes.
  6. Spoon lentil barbeque onto the buns.





# Veggie Fajitas

Serves 2 | I love the sizzle of sautéed veggies in a hot pan! This one is easily served up family style so everyone can build their own.

## Ingredients

1 large onion  
1 red bell pepper  
1 green bell pepper  
1 cup rice (uncooked)  
1 tsp cumin  
1 tsp chili powder  
taco sauce or salsa  
pinto or black beans (optional)  
fajita shells

## Directions

1. Cook rice according to package directions. Instant or regular rice are both fine.
2. Cut up the onion and peppers into long strips. Add to a pan with a little water to keep from sticking. Add chili powder and cumin to the pan. Sauté until soft.
3. Serve on a fajita shell. If desired add black or pinto beans.



# Basil-Sweet Potato Lasagna

Serves 8 | A great variation on the cheese laden lasagnas. This recipe uses a basil/sweet potato purée that will leave you wanting more.

## Ingredients

2 sweet potatoes  
2 cups kale  
2 red bell peppers  
1 large onion  
2 carrots  
1 tsp garlic powder  
5 leaves basil (or 1 tsp dried)  
1/4 cup water  
56 ounces spaghetti sauce (2x recipe)  
1 box lasagna noodles

## Directions

1. Preheat oven to 350 degrees.
2. Dice onions, peppers (remove seeds) and carrots (remove peels).
3. Sauté onions, peppers and carrots until soft. Set aside.
4. Cook lasagna noodles according to instructions.
5. Bake sweet potatoes until soft.
6. Remove stems from kale & basil and tear up
7. Place water, sweet potato, kale, garlic powder and basil in food processor (or blender) and run until smooth. Stop and scrape down sides as needed.
8. Add enough sauce to a 9x13 pan to cover the bottom and add a layer of noodles. On top of noodles add the sautéed vegetables and about 1/2 the remaining sauce.
9. Add another layer of noodles and cover with half the remaining sauce (just enough to cover the noodles), then add the sweet potato puree. Cover with one last layer of noodles.
10. Cover last layer of noodles with sauce. Cover with foil and bake for 45 minutes.



# Potato Tacos

Serves 4 | I love the simplicity of the potato. Adding in a few ingredients turned this versatile staple into one of our favorite go-to recipes.

## Ingredients

4 medium sized potatoes  
1 medium onion  
2 tsp cumin  
1/2 tsp black pepper  
1/2 tsp salt  
1 tsp paprika  
1 tsp chili powder  
tortilla shells  
taco sauce/salsa

## Directions

1. Bake the potatoes, but remove before cooked all the way through. You want a little firmness left in them. Microwave is fastest!
2. While potato is baking, dice the onion and sauté in water until soft.
3. Once potatoes are ready, remove peel and cut into approximately 1" squares, add to sauté pan with onion.
4. Mix in the cumin, black pepper, salt, paprika and chili powder and cook over low heat for 5-10 minutes. This will allow the potatoes to absorb the flavors. Ensure potatoes are cooked all the way through.
5. Top with taco sauce or salsa and serve on a hard or soft shell.



# Crock Pot Italian Potatoes

Serves 2-4 | I love the simplicity of this one. If you haven't combined potatoes with spaghetti sauce before you've been missing out!

## Ingredients

4 potatoes

Double batch of spaghetti sauce (or two cans of any pasta sauce)

1 cup kale (optional)

## Directions

1. Prepare spaghetti sauce recipe and put into crock-pot on low heat.
2. Peel potatoes and slice (1/4" thickness or less). Add to crock-pot.
3. Optional: Shred kale and add to crock-pot.
4. Let cook until potatoes are tender, typically 4-6 hours.
5. Mix in any of your favorite pizza toppings!





# Wisconsin Style Brat

Makes 4 Brats | Fire up the grill if you like! These are great for tailgating and like our burgers, offer a healthier alternative to the processed versions you may find in the store.

## Ingredients

- 1 1/2 cups vital wheat gluten
- 1 cup water
- 1/2 tsp salt
- 1/2 tsp sugar
- 1/4 tsp ginger
- 1/4 tsp nutmeg
- 1/8 tsp celery salt
- 1/8 tsp marjoram
- 1/8 tsp fennel

## Directions

1. As this requires steaming the brats, get the water boiling and steamer/steaming basket ready.
2. Tear off 4 pieces of aluminum foil, about 10" long each.
3. Place water and all ingredients except vital wheat gluten into a mixing bowl and whisk until combined.
4. Add the vital wheat gluten to the mixture and knead just enough that the gluten and water mixture are combined. Too much kneading will result in a tough brat.
5. Separate mixture into 4 equal portions.
6. Form each piece into roughly the length of a brat. The mixture will be very stretchy. You can pull quite a bit without breaking it. It doesn't have to look perfect right now, just get it to the right length.
7. Put the brat onto the edge of the foil and tightly roll up into a cylinder. Twist the ends (like a candy wrapper). This will allow it to form the shape of a brat as it steams. Repeat for remaining portions.
8. Steam for 40 minutes. When done you can serve immediately or place on the grill for some added smoky flavor.



# Chickpea Burgers

Serves 4 | A burger that actually stays together! The secret is in the flax seed/water mixture that acts as a binding agent. Say goodbye to the store bought veggie burgers!

## Ingredients

15 oz chickpeas  
3/4 cup rolled oats  
1/2 tsp paprika  
1/2 tsp chili powder  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1 teaspoon dried oregano  
1/2 tsp black pepper  
1 tsp soy sauce  
1/2 tsp ground cumin  
1/2 tsp celery salt  
2 tbsp bread crumbs  
3 tbsp water  
1 tbsp ground flax seed

## Directions

1. Drain & rinse chickpeas.
2. Whisk the water and ground flax seed in a bowl, let rest for 5 minutes.
3. Combine remaining ingredients in a food processor (a blender can work too). You may want to use the pulse setting because you want to leave some structure in the mixture, don't mix until smooth!
4. Add the flax/water into the mixture and pulse one more time.
5. Form into 4 patties and place into refrigerator for 20-30 minutes.
6. Cook in a sauté pan for about 3 minutes on each side.



# Braised Tofu Burrito

Serves 4 | Hot and spicy! You can adjust the temperature by the type of peppers you use. We use habanero but you could use adobo or jalapeño for a milder version. Great topped with salsa!

## Ingredients

- 3 habanero chilies
- 2 tbsp minced onion
- 1 tbsp minced garlic
- 1/4 tsp thyme
- 1/4 tsp cinnamon
- 2 tbsp apple cider vinegar
- 1/2 tsp chipotle powder
- 1 tsp oregano
- 1 tsp cumin
- 1 tsp salt
- 1 tbsp lime juice
- 1 tbsp sugar or 9 drops stevia
- 1 lb extra firm tofu
- 1 cup water
- 1 cup brown rice (uncooked)

## Directions

1. Cook rice according to package directions.
2. Sauté peppers, onion and garlic.
3. Add peppers, onion and garlic to a blender with spices, apple cider vinegar, and lime juice.
4. Blend until thoroughly mixed and peppers are very small.
5. Drain and press tofu, cut into 4 equal slabs.
6. Heat a flat-bottomed pan and spray with a non stick spray. Sear tofu until golden brown.
7. In a sauté pan, add water, mixture from blender and tofu. Bring to a boil then reduce heat to medium.
8. Use a spatula to break up the tofu, try to get pieces under 1". Stir regularly and cook until the water is gone (be careful not to burn).
9. Serve on a tortilla shell or in a wrap along with rice.



# Chana Masala

Serves 4 | Chana Masala is a classic Indian dish that will invigorate the senses. This variation uses no oils (like all of our recipes) but leaves out nothing in terms of flavor.

## Ingredients

2 cup brown rice (uncooked)

32 oz chickpeas

2 medium onions

1 clove garlic (minced)

1 tsp turmeric

1 tsp garam masala

1 tsp amchoor powder

1/2 tsp salt

2 tsp paprika

1 tbsp ground coriander

1 tbsp cumin

1 tsp ground ginger

1/4 tsp ground red pepper

1 tbsp lemon juice

1 cup water

1 leaf kale

## Directions

1. Start rice cooking according to package instructions.
2. Sauté the garlic & onion in water until soft.
3. Reduce heat to medium-low and add 1 cup water, chickpeas (drain & rinse) and add remaining ingredients.
4. Simmer uncovered on low or medium-low for 30 minutes. Stir occasionally. Add water as needed, you want a little left at the end to form a little bit of sauce.
5. Shred kale and remove stems. Add to pan 5 minutes before complete. Serve over rice.





# Hearty Chili

Serves 4-6 | There's a bite in the air on a winter day and you just came in from working outside. Nothing fits the bill better than a hot bowl of hearty chili.

## Ingredients

1 cup brown lentils (uncooked)  
32 oz chickpeas  
2 cups vegetable broth  
28 oz tomato sauce or puree  
6 oz tomato paste  
1 large onion  
1 red bell pepper  
3 tablespoon chili powder  
1/2 teaspoon paprika  
2 teaspoons cumin

## Directions

1. Combine the vegetable broth and tomato sauce in a stockpot or large saucepan. Cook over medium-high heat until it starts to bubble.
2. Reduce heat to low/medium-low and add lentils, chili powder, paprika, and cumin.
3. Seed red bell pepper and chop onion, add to pot.
4. Drain & rinse chickpeas.
5. Once the liquid starts to thicken/reduce, add chickpeas and tomato paste to the chili mixture.
6. Simmer the chili until it is a thickness/consistency of your liking (generally 30-60 minutes).



# Garlic Kale & Quinoa

Serves 2 | This tasty dish is packed with protein, vitamins and nutrients. It's light enough that it doesn't pack on the calories and filling enough that you are left feeling satisfied.

## Ingredients

2 cups water  
1 cup quinoa (dry)  
5 leaves kale  
2 tsp granulated garlic  
1/2 tsp course black pepper

## Directions

1. Bring 2 cups of water to a boil, then add quinoa and reduce to a simmer. Cover and let simmer for 15 minutes.
2. Wash kale and remove stems. Chop finely.
3. When quinoa is done mix in kale, granulated garlic and black pepper.



# Meatball Subs

Serves 3-4 | Skip the fast food stops and make your own meatball subs. Using our meatball and spaghetti sauce recipes we create a healthier homemade version of this classic.

## Ingredients

1 recipe Italian No-Meatballs

1/2 recipe Spaghetti Sauce

4 sub buns

## Directions

1. Make the meatball and spaghetti sauce recipes.
2. Sub buns can be made using the “Grandma Susie’s Dinner Rolls” recipe, or plant-based buns can be purchased if desired.
3. Add 3 – 4 meatballs to each bun and top with spaghetti sauce.



# Aloo Masala

Serves 4 | This Indian dish features potatoes and a myriad of spices. It will warm the belly on a cold day or any time you are in the mood for hearty Indian food!

## Ingredients

2 cups brown rice (uncooked)  
1 cup water  
2 medium potatoes  
1/2 tsp ginger  
1 1/2 tsp ground coriander  
1/2 tsp cumin  
1/2 tsp turmeric  
1/2 tsp garam masala  
1/4 tsp ground red pepper

## Directions

1. Start rice cooking according to package instructions.
2. Partially bake the potatoes so they are still mostly cooked but can still be cut into chunks.
3. Remove skins from potatoes. You may want them to let them cool before doing this.
4. Add water, spices and potatoes into a saucepan. Simmer on low adding more water as needed, until potatoes are soft. Do not cook off all the water, you want to leave enough for some sauce or it will be dry.
5. Serve over a bed of rice.





# South of the Border Rice

Serves 4 | This dish makes a great side or is sufficient for a light lunch. Try serving this along side your favorite Mexican dish!

## Ingredients

2 cups brown rice (uncooked)  
1 small onion  
1 red bell pepper  
2 tsp cumin  
1/2 tsp paprika  
1/4 tsp garlic powder  
1/2 tsp salt  
1/2 tsp black pepper  
1 tbsp sriracha

## Directions

1. Whisk in all dry spices with water for rice. Then cook rice according to package directions. Instant or regular rice are both fine.
2. Dice the pepper and onion (remove seeds from pepper).
3. Dice and sauté the onion and pepper until soft.
4. Once rice is done, stir in sautéed vegetables and sriracha.
5. Serve as a side or on its own.



# Calzones

Makes 2 Calzones | Using our *Hand Tossed Pizza Crust* recipe, along with our *Pizza Sauce* recipe, we add in a few of our favorite ingredients, pop into the oven, and have hot, fresh calzones.

## Ingredients

- 1 recipe hand tossed pizza crust
- 1 recipe pizza sauce
- Any pizza topping you like!

## Directions

1. Prepare sauce and crust (separate into two pieces and let rise.)
2. Preheat oven to 350 degrees.
3. Roll out dough into a flat circle. Try to get the crust into a 10"-12" circle. Repeat for other half of crust.
4. On a 16" pizza pan, place one of the crusts near one edge. Fill with the sauce and your choice of fillings on one half of the circle. When done, fold over.
5. Use a fork to crimp the edge of the calzone together. Use a pizza cutter to trim any edge that is not uniform. Repeat for other calzone.
6. Poke a couple holes in the top with a fork to allow steam to escape.
7. Bake for about 20 minutes or until crust starts to brown.



# Loaded Nachos

Serves 4-6 | You can turn this into anything you like. I love a platter of nachos covered with my favorite ingredients. Look for corn tortilla chips or make your own from corn tortillas baked in the oven.

## Ingredients

1 recipe lentil tacos (no tortilla shells)  
1 recipe chili cheese sauce  
1 bag tortilla chips  
taco sauce or salsa

## Optional Toppings

diced tomatoes  
cubed potatoes (cooked)  
onions  
kale  
lettuce

## Directions

1. Make the lentil taco recipe.
2. Assemble the nachos. Start with the chips on the bottom, then a layer of rice, lentils and any other topping you like.



# Stromboli

Serves 4 - 6 | Again using our *Pizza Sauce* and *Hand Tossed Pizza Crust* recipes, we create a stromboli that's great as a meal on it's own or as an appetizer.

## Ingredients

1 recipe hand tossed pizza crust

1 recipe pizza sauce

Any pizza topping you like!

## Directions

1. Prepare crust & sauce.
2. Preheat oven to 350 degrees.
3. Roll out dough into a rectangle. Ideally you want crust to be 1/4" or less when complete. Trim any ragged edges to make a perfect rectangle.
4. Place dough onto a baking sheet. Spread out sauce and toppings, leaving about 2" from each edge and 4" from one of the short sides. Don't pile things too high or you will end up with a soupy mess.
5. Starting on the side opposite the 4" border and carefully roll the dough up. Once done use a fork to crimp the two sides together.
6. Poke a couple holes in the top with a fork to allow steam to escape.
7. Bake for about 25 minutes or until crust starts to brown.





# Pad Thai

Serves 4-6 | I simply love how the flavors of this combine and produce a perfect pad thai dish. This recipe leaves out the oils that you find in so many other versions.

## Ingredients

16 oz brown rice noodles  
1/3 cup soy sauce  
1/3 cup lime juice  
1 package extra firm tofu  
1 onion diced  
2 cloves garlic (minced)  
2 tbsp peanut butter  
1 tbsp sriracha  
1/4 tsp stevia or 1/4 cup sugar  
2 green onions  
1/4 cup chopped peanuts

## Directions

1. Cook noodles according to package instructions.
2. Dice the onion & mince the garlic. Sauté.
3. Drain and press the tofu, cut into approx. 1" squares.
4. Drain noodles and add to a sauté pan (low heat).
5. Add all ingredients except peanuts & green onion.
6. Let simmer uncovered to allow liquids to cook down (don't cook off all liquid). About 5-10 minutes.
7. Add peanuts to the pan and mix in before serving. Top with green onions.



# Spicy Lentils & Rice

Serves 4 | Some like it hot! You can easily adjust the "heat" in this one to your liking by adjusting the amount of ground red pepper.

## Ingredients

1 cup brown lentils (uncooked)

1 cup brown rice

1 medium onion

1 red bell pepper

1 tsp paprika

1/2 tsp salt

1/2 tsp pepper

1 tsp cumin

1 tbsp chili powder

1/4 tsp ground red pepper

## Directions

1. Cook lentils and rice according to package directions.
2. Dice onion and red bell pepper (remove seeds).
3. Sauté the onion and red bell pepper.
4. Once lentils are done, drain off most of the water and add the seasonings along with the sautéed vegetables. Mix thoroughly.
5. Add rice to the lentil mixture and stir.



# Potato-Basil Gnocchi

Serves 4 | I had never heard of gnocchi until a few years ago, since then it has become a regular visitor to our dinner table. It's easy and fun to make and far less expensive than purchasing it in the store. Serve with spaghetti sauce.

## Ingredients

4 medium potatoes  
1 1/2 cups white whole wheat flour  
1 tbsp dried basil  
1 tsp salt  
1 tbsp ground flax seed  
3 tbsp water

## Directions

1. Whisk together ground flax seed and water, set aside.
2. Peel potatoes and place into a pot of boiling water. Boil until tender all the way through. Drain & set aside.
3. In a large bowl, or using a stand mixer with a paddle, combine potatoes, flour, flax/water mixture, salt and basil.
4. Mix until all ingredients are fully incorporated.
5. Roll dough into a long 3/4" rope shape, working in batches.
6. Cut into 1" pieces.
7. To cook gnocchi, work in batches and drop into a pot of boiling water. Generally speaking when the gnocchi floats to the top it is ready.



## Chapter 4

# Pizza!

# Hand Tossed Pizza Crust

Makes One 16" Crust | Make this crust a couple hours before you plan to use it to let it rise. Easily covers a 16" pizza pan and makes the perfect hand-tossed style crust. Also works well for calzones!

## Ingredients

2 cups flour (we prefer white whole wheat)  
1 tbsp sugar  
1 tsp salt  
3/4 cup warm water  
1 tsp instant yeast

## Directions

1. Combine all ingredients.
2. Knead dough, ideally use a mixer with a dough hook attachment.
3. Use a non-stick spray on the pan you intend to use.
4. Make a flattened ball out of the dough and place on to pan.
5. Cover with plastic wrap but leave some room for the dough to "breathe."
6. Once risen, use a rolling pin or your fist in a rolling motion to stretch dough. Start from the center and work your way out.





# Deep Dish Pizza Crust

Makes One 16" Crust | A nice deep-dish crust that will let you pile on your favorite toppings. This crust rises quickly and spreads easily to fill your pan.

## Ingredients

3 cups white whole wheat flour  
2 tsp pure cane sugar  
1 tsp baking powder  
1 tbsp quick rise yeast  
1/2 tsp salt  
1 1/2 cups warm water  
2 tbsp applesauce

## Directions

1. Combine all ingredients.
2. Knead dough, ideally use a mixer with a dough hook attachment.
3. Use a non-stick spray on the pan you intend to use.
4. Make a flattened ball out of the dough and place on to pan.
5. Cover with plastic wrap but leave some room for the dough to "breathe."
6. Once risen, use a rolling pin or your fist in a rolling motion to stretch dough. Start from the center and work your way out.



# Pizza Sauce

Serves 4 / One 16" Pizza | All the flavor of the oil filled counterparts you will find without any sacrifice in flavor. Yes, it says pizza sauce, but this is also great for calzones or dipping bread sticks!

## Ingredients

15 oz can crushed tomatoes  
1/4 tsp garlic powder  
1/4 tsp oregano  
1/4 tsp basil  
1/4 tsp marjoram  
1/4 tsp black pepper  
1/4 tsp salt  
12 drops stevia or 1 tbsp sugar

## Directions

1. Combine all ingredients and whisk together.
2. If using on pizza or calzones, spread directly. If using as a dipping sauce heat up on medium-low heat first.



# Mozzarella Cheese Substitute

Enough for One Large Pizza | This recipe will not make a block style "cheese", but rather a sauce type of topping that can easily be drizzled on top of your pizza. It makes for a nice transition away from traditional cheeses while still giving the classic pizza look.

## Ingredients

- 1/4 cup raw cashews
- 1 cup hot water
- 2 tbsp arrow root
- 3/4 tsp sea salt
- 1 tsp lemon juice or 1/4 tsp lactic acid
- 1 tsp liquid smoke (optional)

## Directions

1. Place cashews and hot water in a blender and let sit for 15 minutes. If you are in a hurry you can skip this step however it will not blend as smoothly.
2. Add remaining ingredients and blend until smooth.  
Note: If using salted cashews, omit half the salt.
3. Place mixture into a sauce pan on medium heat, stir constantly until the mixture thickens.
4. Drizzle over pizza.



# Plant-Based Pizza

Serves 4 | You probably gathered that the previous few recipes were leading up to this. This is not specifically a recipe but rather a list of ideas to create your own plant based pizza.

## Ingredients

Mozzarella Substitute

Onion

Green Bell Peppers

Red Bell Peppers

Pineapple

Mushroom

Kale

Fresh Basil

Potato

Sweet Potato

Carrots

Seasoned Lentils

Chickpeas

Olives

Sliced up Wisconsin Style Brat

## Directions

1. Preheat oven to 450 degrees.
2. Build your pizza with any ingredients you see fit!
3. Bake until crust is slightly brown.





## Chapter 5

# Sides & Sauces

# Spaghetti Sauce

4 servings | Great for spaghetti or as a dipping sauce. This is quick to make with ingredients on hand.

## Ingredients

28 oz crushed tomatoes  
1 tbsp oregano  
1 tbsp basil  
1/2 tsp black pepper  
1 tsp garlic powder  
1 tsp onion powder  
1/2 tsp salt  
4 drops stevia or 1 tsp sugar

## Directions

1. Combine all ingredients in a saucepan.
2. Simmer on low heat for 10-20 minutes, stirring regularly. The longer you simmer the better the flavors combine.



# Hearty Pasta Sauce

Serves 2-4 | A hearty variation on the regular spaghetti sauce. This requires a little more time but adds in a lot of protein to your dish. The red lentils blend in well with the sauce.

## Ingredients

28 oz crushed tomatoes  
1 tbsp oregano  
1 tbsp basil  
2 tsp sage  
1/2 tsp black pepper  
1 tsp garlic powder  
1 tsp onion powder  
1/2 tsp salt  
2 drops stevia or 1 tsp sugar  
1/2 cup red lentils (dry)

## Directions

1. Start lentils cooking according to package directions.
2. In another saucepan, combine remaining ingredients and simmer on low heat for 10-20 minutes, stirring regularly.
3. Once lentils are soft, add them to the pasta sauce and simmer for an additional 10 minutes.



# Creamy Mashed Potatoes

Serves 6 | Reminiscent of homemade mashed potatoes at a holiday gathering. Even omnivores are going to find it difficult to tell these from their fat loaded counterpart! This recipe uses a volume of potatoes vs. quantity to make it more accurate. I suggest cutting the potatoes into 1" cubes to measure.

## Ingredients

4 cups of potatoes (peeled)

3/4 cup non dairy milk

1/2 tsp salt

## Optional Ingredients

2 tbsp nutritional yeast (cheesy potatoes)

1/2 tsp garlic powder (garlic potatoes)

## Directions

1. Cut up and boil potatoes until tender.
2. Drain potatoes and add to mixing bowl.
3. Add half of the milk.
4. Using a mixer (ideally with a whisk type beater) whip potatoes, slowly adding in more non-dairy milk as needed, until smooth.
5. Add in any optional ingredients desired.





# Sweet Corn

Serves 1-2 | No need to add butter, real or otherwise (remember that the butter alternatives are usually made with oil). The stevia and salt give this corn a rich, satisfying flavor without the oils or added sugar.

## Ingredients

1 cup corn

1/4 tsp salt

1/8 tsp stevia (or slightly less to taste)

## Directions

1. Cook corn and drain excess water.
2. Add salt and stevia, mix.



# Sweet Potato Fries

Serves 2-4 | These simple fries can be eaten plain or with ketchup or barbeque sauce. A great side for just about anything!

## Ingredients

- 2 sweet potatoes
- 2 tbsp brown sugar
- 1 tsp cinnamon

## Directions

1. Preheat oven to 400 degrees, or even better use a convection oven/cooker.
2. Peel sweet potatoes and cut into fries.
3. In a bowl, add sweet potatoes and a tablespoon or so of water. Use hands to mix fries and water. The idea is to give the seasonings something to stick to.
4. Add brown sugar and cinnamon and coat fries.
5. Place into oven for about 20-30 minutes or until tender. A convection oven will take about 20 minutes, standard may take 30 minutes or longer.



# Apple Harvest Fries

Serves 2 | A great snack or side during the fall harvest season. Apple fries are quick to prepare and ready to eat in minutes.

## Ingredients

- 2 apples (tart is best)
- 2 tsp brown sugar (optional)
- 1/2 tsp cinnamon

## Directions

1. Core and slice apples into wedges. An apple slicer works great for this.
2. In a bowl coat the apple slices with the brown sugar and cinnamon.
3. Serve cold, or bake at 350 degrees for 5-10 minutes.



# Seasoned Potato Wedges

Serves 3-4 | A simple blend of spices is all you need for a great tasting potato wedge. Baking the wedges eliminates the empty calories gained when deep-frying.

## Ingredients

4 medium potatoes  
1 tsp oregano  
1 tsp basil  
1/2 tsp garlic powder

## Directions

1. Preheat oven to 400 degrees, or even better use a convection oven/cooker.
2. Optional: Peel potatoes.
3. Slice potatoes into wedges.
4. In a bowl, add potatoes and a tablespoon of water. Use hands to mix fries and water. The idea is to give the seasonings something to stick to.
5. Add oregano, basil and garlic powder; coat fries.
6. Place into oven for about 20-30 minutes or until tender. A convection oven will take about 20 minutes, standard may take 30 minutes or longer.





# Italian Chickpea No-Meatballs

Makes One Dozen | You can add these to spaghetti sauce, make a meatball sub, or just have them on their own.

## Ingredients

15 oz chickpeas (drain & rinse)  
3/4 cup rolled oats  
1/2 tsp paprika  
1/2 tsp chili powder  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1 tbsp dried oregano  
1/2 tsp black pepper  
1 tsp soy sauce  
1/2 tsp ground cumin  
2 tbsp bread crumbs  
3 tbsp water  
1 tbsp ground flax seed

## Directions

1. Preheat oven to 350 degrees.
2. Whisk the water and ground flax seed in a bowl and let rest for 5 minutes.
3. Combine remaining ingredients in a food processor. Use the pulse setting as you want to leave some structure in the mixture; don't mix until smooth!
4. Add the flax/water into the mixture and pulse one more time.
5. Roll into balls just over 1" in diameter.
6. Place on a cookie sheet and bake for 20 minutes.



# Quick Glazed Carrots

Serves 2 | A classic at family gatherings. Sweet enough yet not loaded with excess ingredients.

## Ingredients

5 Carrots (or about 1 1/2 cup)

1 cup water

1 tbsp brown sugar

## Directions

1. Peel and slice carrots.
2. Add carrots, water and brown sugar to a sauce pan.
3. Cook on medium until carrots are soft, adding more water if needed.



# Macaroni & Veggie Cheese

Serves 4 | Don't expect this to taste like the dairy counterpart, but rather it's a flavor all its own. A great side for many dishes. Yukon gold potatoes work best here.

## Ingredients

3 cups elbow/spiral noodles  
1 1/2 cups water  
1/2 medium onion  
2 medium potatoes  
1 carrot  
1 tsp onion powder  
1 tsp garlic powder  
1/2 tsp salt  
1/2 tsp black pepper  
1/2 cup cashews  
3/4 tsp lactic acid or 1 tbsp lemon juice

## Directions

1. Start pasta cooking according to package directions. I prefer brown rice pasta. Drain and rinse pasta done and set aside.
2. In a different pan, start 2 cups of water boiling
3. Peel potatoes and cut into 1" pieces.
4. Dice the onion & peel and slice the carrot.
5. Add potatoes, onion & carrots to the boiling water. Let cook until potatoes are soft.
6. In a blender, add cashews and 1 1/2 cups very hot (but not boiling) water. Let soak while vegetables are cooking.
7. Once potatoes are cooked, drain off the water and add the vegetables to the blender. Add spices and lactic acid/lemon juice. Blend until smooth.
8. Add the vegetable sauce back into the noodles. Stir and serve.



# Smoky Barbeque Sauce

Serves 4 | Quick and easy. Vegan worcestershire sauce can be found in larger grocery stores or ordered online. Use this on homemade burgers or as a dip for french fries (my favorite use)!

## Ingredients

- 1/2 cup tomato sauce
- 1/4 tsp salt
- 2 tbsp brown sugar
- 2 tbsp vegan Worcestershire sauce
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp liquid smoke
- 1 tsp Sriracha

## Directions

1. Add all ingredients into a saucepan and whisk until smooth.
2. Cook on low heat, stirring occasionally, until hot.





# Grilled Pineapple

Serves 4-6 | Take a trip to the islands with this simple and fast side.

A great compliment to just about any main dish (I especially recommend as a side to the Tropical Chickpeas).

## Ingredients

- 1 fresh pineapple
- 1 tbsp brown sugar (packed)
- 1/4 tsp cinnamon

## Directions

1. Peel and core pineapple.
2. Slice pineapple into about 1/2" slabs.
3. Place pineapple on a heated grill or griddle (low-medium heat).
4. Mix the cinnamon and brown sugar together.
5. Lightly sprinkle the mixture over each pineapple slab. The mixture should melt onto the pineapple. Grill for 2-3 minutes.
6. Flip pineapple and sprinkle the other side with remaining mixture. Grill an additional 2-3 minutes.



# Home Style Applesauce

Serves 4 | Simple but so flavorful. Make this at apple harvest time with the freshest baking apples you can find for a fall treat!

## Ingredients

6 apples

1-2 tbsp sugar

1 1/2 tsp cinnamon

## Directions

1. Cover bottom of pan with water.
2. Peel, core and thinly slice apples.
3. Add apples, sugar and cinnamon to pan and cook over low heat.

Add more water as needed to prevent burning/sticking to pan.

Note: More or less sugar/cinnamon can be added to taste.

4. Stir regularly and cook until apples are soft and start breaking down. It is fine to have some pieces of apple left in the finished product.



# Salt & Lime Tortilla Chips

Serves 4 | Great for game day, dipping, or on the side of any Mexican dish. There's something satisfying about making your own from corn tortillas.

## Ingredients

5 corn tortillas  
4 tbsp lime juice  
1 tsp sea salt

## Directions

1. Preheat oven to 400 degrees.
2. Stack tortillas on top of each other.
3. Make two cuts through the tortilla stack (making 6 sections)
4. Spread out the tortilla pieces onto a baking sheet.
5. Place lime juice into a small cup or bowl.
6. Using a brush, dip into lime juice. Lightly brush on each chip.
7. Lightly sprinkle salt on each chip.
8. Place in oven and bake 10-15 min. They are done when they are crispy but not burned. Place on cooling rack.



# Chili Cheese Sauce

Serves 4-6 | A healthy substitute to your standard queso. This recipe has just a little bit of bite. Try this as a topping for tacos or nachos.

## Ingredients

1 1/2 cups water  
1/2 medium onion  
2 medium potatoes  
1 carrot  
1 tsp onion powder  
1/2 tsp paprika  
1 tsp cumin  
1 tsp garlic powder  
1/2 tsp salt  
2 tbsp chili powder  
1/4 tsp ground red pepper  
1/2 tsp black pepper  
1/2 cup cashews

## Directions

1. Start 2 cups of water boiling.
2. Peel potatoes and cut into 1" pieces.
3. Dice the onion and peel & slice the carrot
4. Add veggies to boiling water. Let cook until potatoes are soft.
5. Meanwhile, in a blender, add cashews and 1 1/2 cups very hot (but not boiling) water. Let soak while vegetables are cooking.
6. Once potatoes are cooked, drain off the water and add the vegetables to the blender. Add all spices except chili powder and blend until smooth.
7. Once smooth pour into a different container and stir in chili powder just enough to combine.





# Muhammara

Serves 8 | A spicy dip that originated in Syria. It's very versatile and can be served with crackers, tortillas chips (my favorite), pitas, carrot sticks or anything else you dream up. Add more red pepper if you like it spicier!

## Ingredients

3 red bell peppers  
2/3 cup bread crumbs  
1 cup walnuts  
4 cloves garlic  
1/2 tsp salt  
1 tsp cumin  
1 tbsp lemon juice  
5 drops stevia or 1 tbsp sugar  
1/8 tsp red pepper

## Directions

1. Add ingredients to blender.
2. Blend until smooth.
3. Keep in refrigerator until use. Stir before serving if there is water separation.



# Kale Chips

Serves 2 | Kale at its finest. The recipe below is one suggestion; however don't be afraid to play with your own seasonings!

## Ingredients

1 bunch kale

1/4 tsp salt

## Directions

1. Preheat oven to 350 degrees.
2. Tear kale into chip size pieces and rinse. Leave slightly wet so seasoning will stick.
3. Line a baking sheet with a silicone baking mat or parchment paper.
4. Sprinkle kale with seasonings.
5. Bake kale 8-10 minutes or until crispy.



Chapter 6

# Breads

# Garlic Breadsticks

Makes 8-12 Breadsticks | A perfect compliment to pizza, lasagna, calzones or spaghetti.

## Ingredients

- 1 tbsp sugar
- 1 tsp salt
- 3/4 cup warm water
- 1 tsp garlic powder
- 2 cups flour (we prefer white whole wheat)
- 1 tsp instant yeast

## Directions

1. Combine all ingredients.
2. Knead dough; ideally use a mixer with a dough hook attachment.
3. Pull off pieces of dough and roll into breadsticks, about 3/4" in diameter.
4. Cover with plastic wrap but leave some room for the dough to "breathe."
5. Let breadsticks rise for about 20-30 minutes in a warm area.
6. Bake at 350 degrees for 15 minutes.



# Bread Machine Wheat Bread

Makes 1 Loaf | Nothing smells better than a fresh baked loaf of bread. This is a reliable recipe that turns out well on a consistent basis, something that can be a challenge in some bread machines.

## Ingredients

- 1/4 cup unsweetened apple sauce
- 1 cup warm water
- 2 tsp quick rise yeast
- 2 tbsp sugar
- 3 cups white whole wheat flour
- 1 tsp sea salt
- 1 tbsp ground flax seed (optional)

## Directions

1. Add ingredients to bread machine.
2. Bake according to bread machine instructions.





# Grandma Susie's Dinner Rolls

Makes About a Dozen | One of my all time favorites. These are fantastic eaten fresh out of the oven. They work great as dinner rolls, burger buns or with the barbequed lentils.

## Ingredients

4 cups white whole wheat flour  
1 1/3 cup warm water  
2 1/2 tsp quick rise yeast  
3 tbsp sugar  
3 tbsp unsweetened apple sauce  
2 tsp sea salt

## Directions

1. There are two options for the dough itself:
  - A. Combine ingredients and place in bread machine on dough setting (follow machine instructions).
  - B. Combine ingredients and knead or use dough hook attachment on a mixer. You will need to let the dough rise in a warm area.
2. Preheat oven to 350 degrees.
3. Shape rolls & put on baking sheet. Cover with a thin towel and place in a warm area. Let rolls rise until they reach the desired size.
4. Bake for about 16 minutes or until slightly brown on top, then place on cooling rack.



## Chapter 7

# Baked Goods

# Peanut Butter Swirl Pan Cookie

Serves 8 | Nobody will expect that the star of this dessert is the chickpea! If you need a sweet treat that is packed with protein this fits the bill nicely.

## Ingredients

32 oz chickpeas  
1 cup rolled oats  
2 tsp baking powder  
1/2 cup applesauce  
2 tbsp cocoa powder  
1/2 cup peanut butter  
1/4 tsp stevia (or 1/4 cup sugar)  
1/2 cup dark chocolate chips

## Directions

1. Preheat oven to 350 degrees.
2. Drain and rinse chickpeas.
3. Add all ingredients except chocolate chips to a food processor.
4. Process until smooth.
5. Add chocolate chips and pulse in, or mix in by hand. You want them intact.
6. Add mixture to a spring form pan (easier to get out).
7. Bake for 30 minutes.
8. Serve cooled and store in refrigerator.



# Apple Cinnamon Muffins

Makes 6 Muffins | A classic apple cinnamon muffin. Great for breakfast or to grab on the go.

## Ingredients

- 1 tbsp ground flax seed
- 3 tbsp water
- 1 cup white whole wheat flour
- 1 cup quick oats
- 1/2 tsp salt
- 1 tbsp baking powder
- 2 tsp cinnamon
- 2 tbsp maple syrup
- 1/8 tsp stevia
- 3/4 cup non-dairy milk
- 1/4 cup apple sauce
- 1 medium apple

## Directions

1. Preheat oven to 350 degrees.
2. Whisk water and flax seed, set aside.
3. Add all dry ingredients to a mixing bowl.
4. Peel & core apple; cut into small squares (1/2").
5. Mix in wet ingredients (including flax/water mix) and mix until combined, then fold in apples.
6. Place into muffin tin. If desired you can also make 12 smaller muffins.
7. Bake 20 minutes.





# Chocolate Chip Brownies

One 9x13 Pan | These brownies are moist and packed with chocolate flavors. The walnuts compliment the chocolate nicely or can be left out if you so choose.

## Ingredients

1 cup raw sugar  
5 tbsp of warm water  
1/4 cup non dairy milk  
3/4 cup cocoa powder  
1/2 tsp baking powder  
1/2 tsp sea salt  
1 tsp vanilla extract  
1 1/2 cups whole wheat pastry flour  
1 cup unsweetened applesauce  
1 cup dark chocolate chips  
1/2 cup chopped walnuts (optional)

## Directions

1. Preheat Oven to 350 degrees.
2. In a small bowl, whisk together ground flax seed and warm water. Let rest for 10 minutes.
3. Combine flax/water mixture with remaining ingredients except for walnuts and chocolate chips.
4. Once mixture is combined, add chocolate chips and walnuts, and mix just until evenly distributed.
5. Bake for 30 minutes or until a toothpick comes out clean.



# Flax Seed Egg Replacement

Equivalent to 1 Egg | No you can't fry this up in a pan, however this is an excellent egg replacement for baking. You may have noticed this used in several recipes in this book, including the brownies and chickpea burgers.

## Ingredients

1 tbsp ground flax seed  
3 tbsp water

## Directions

1. Whisk the water and flax together for 20 seconds.
2. Let mixture rest for 5 minutes before adding to any mixture.



# Chocolate Wacky Cake

One 9x13 Pan | The old becomes new again. Wacky cake originated during the great depression when expensive ingredients like eggs and butter were scarce.

## Ingredients

- 1 1/2 cups white whole wheat flour
- 1 cup pure cane sugar
- 1 tsp baking soda
- 1/3 cup unsweetened applesauce
- 3 tbsp cocoa powder
- 1/2 tsp salt
- 1 tsp vanilla extract
- 1 tbsp apple cider vinegar
- 1 cup non-dairy milk

## Directions

1. Preheat oven to 350 degrees.
2. In a bowl, combine dry ingredients.
3. In a separate bowl, whisk wet ingredients together.
4. Add wet ingredients into the dry ingredients and lightly mix.
5. Bake for 30-40 minutes or until a toothpick comes out clean.



# Blueberry Muffins

Makes 6 Muffins | One of my favorites for breakfast. None of the oil and butter loaded versions you find in the restaurants or roadside stops.

## Ingredients

- 1 tbsp ground flax seed
- 3 tbsp water
- 1 cup white whole wheat flour
- 1 cup quick oats
- 1/2 tsp salt
- 1 tbsp baking powder
- 1 tsp cinnamon
- 2 tbsp maple syrup
- 1/8 tsp stevia
- 3/4 cup non-dairy milk
- 1/4 cup apple sauce
- 1/2 cup frozen blueberries
- 1 tbsp sugar (optional)

## Directions

1. Preheat oven to 350 degrees.
2. Whisk water and flax seed, set aside.
3. Add all dry ingredients to a mixing bowl.
4. Mix in wet ingredients (including flax/water mix) and mix until combined, then fold in blueberries.
5. Place into muffin tin. If desired you can also make 12 smaller muffins.
6. Bake 25 minutes.





## Chapter 8

# Drinks & Smoothies

# Stevia Lemonade

Rather than making lemonade with tons of sugar, try this low calorie alternative! Pure stevia extract should be in liquid form. Naturally you could use sugar instead of stevia, but the calorie count will go way up.

## **Ingredients (Pitcher)**

8 cups water

1 1/4 cup pure lemon juice

1 1/4 tsp pure stevia extract

## **Ingredients (Glass)**

1 1/2 cups water

1/4 cup pure lemon juice

1/4 tsp pure stevia extract

## **Directions**

1. Add lemon juice and stevia to water & stir.
2. Best served cold.



# Mint Chocolate Chip Smoothie

Serves 2 | A great after dinner desert, or a great way to sneak some nutrients into the kids! You can easily add a leaf or two of kale to this recipe and nobody will know the difference.

## Ingredients

2 frozen bananas  
1/4 cup dark chocolate chips  
1 tbsp cocoa powder  
1 tsp vanilla extract  
1/4 tsp mint extract  
2 cups non-dairy milk

## Directions

1. Add all ingredients to a high powered blender.
2. Blend until smooth.
3. Serve immediately.



# Morning Wakeup Smoothie

Serves 2 | Packed with the vitamins you need to get your day off to a good start; yet flavorful enough that you'll never know the difference.

## Ingredients

2 frozen bananas  
5 frozen strawberries  
1 tbsp cocoa powder  
1 tsp vanilla extract  
1 apple  
1 leaf kale  
2 cups non-dairy milk

## Directions

1. Peel and core apple.
2. Removed stems from kale.
3. Add all ingredients to a high-powered blender.
4. Blend until smooth and drink immediately.



# Strawberries & Cream Smoothie

Serves 2 | A classic flavor in smoothie form! A great smoothie for a lazy afternoon or as a quick dessert.

## Ingredients

- 2 frozen bananas
- 2 cups frozen strawberries
- 2 tsp vanilla extract
- 2 cups non-dairy milk

## Directions

1. Add all ingredients to a high powered blender.
2. Blend until smooth.
3. Serve immediately.





# Appendix

Here you will find a few quick references that may come  
in handy

## **Stevia to Sugar Conversion**

Sugar	Stevia
1 cup	1 tsp
1 tbsp	12 drops
1 tsp	4 drops

## **Applesauce to Oil**

Use a 1:1 ratio when replacing oil with applesauce in baking recipes.

## **Flax Egg to Egg**

Per the recipe in the book, one recipe of flax egg equals one large standard egg.

## **Citric Acid to Lemon Juice**

Citric Acid	Lemon Juice
1/4 tsp	1 tsp



## **About the Author**

Dave Schliepp was born and raised in Wisconsin. Like most people in the area he was an omnivore and ate the typical “Western Diet.” Once he and Allison made the change to a whole-food, plant-based diet, there was no looking back. Dave & Allison have become advocates for the whole-food, plant-based lifestyle and engage in public outreach and education. They also enjoy growing much of their own produce. Early in 2015 they completed the construction of a geodesic dome greenhouse.

Dave intends to keep engaged in public outreach and spread the word about the benefits of the whole-food, plant-based lifestyle. He firmly believes that a proper whole-food, plant-based diet is the key to reducing, and in many cases eliminating, many of the medical conditions that plague those that follow the “Western Diet” including heart disease, high blood pressure, many cancers, high cholesterol, stroke and type-II diabetes.





# Health by Plants

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*Health by Plants: The Best of Plant-Based Cooking* brings you the best Whole-Food, Plant-Based recipes in one convenient book. As an added benefit, every single recipe includes a full page photo!

The recipes in this book use no meat, no eggs, no dairy and no added oils. We also look to reduce the amount of sugars in our recipes. All recipes are also vegan.

Consider eating a Whole-Food, Plant-Based diet as an investment in your health. This book will give you the top recipes that our family uses on a regular basis. Skip the trial and error and set yourself up with *Health by Plants: The Best of Plant-Based Cooking* and start your journey to healthier eating today!

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