



EASY. WHOLE. VEGAN.

100 FLAVOR-PACKED, NO-STRESS
RECIPES *for Busy Families*

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Contents

Introduction

Our Story	XX
Easy, Whole, Vegan Meals for Busy Families	XX
The Whole Food Vegan Pantry	XX

Kitchen Equipment	XX
Tips for Saving Time and Money	XX
How to Handle Picky Eaters	XX

QUICK: 30 MINUTES OR LESS

Blueberries & Cream Chia Pudding . .	XX
Tomato Basil Chickpea Omelet	XX
Spinach & Mushroom Tofu Scramble .	XX
Maple Vanilla Baked Oatmeal Squares	XX
Cinnamon Roll Muffins	XX
Sweet Potato Pancakes	XX
Arugula Salad with Apples & Fennel . .	XX
Asian Quinoa Salad	XX
Broccoli Salad	XX
Sweet & Spicy Warm Pepper Salad . . .	XX
Moroccan Carrot Salad	XX
Massaged Kale & Chickpea Salad	XX
Buckwheat Salad with Kalamata Olives	XX
Sweet Corn Salad with Arugula	XX
Berry-tastic Fruit Salad	XX
Orange Ginger Beet Rice	XX
Stuffed Mushrooms	XX
The Best Lemon-Roasted Broccoli . . .	XX
Easy Mashed Sweet Potatoes	XX
Cilantro Lime Cauliflower Rice	XX

Lemon Basil Pasta with Cherry Tomatoes	XX
Kale & Wild Rice Salad with Tempeh	XX
Sweet Potato Pasta with Spinach & Tomatoes	XX
Wild Rice with Mushrooms & Spinach	XX
Avocado & Chickpea-Stuffed Cucumbers	XX
Sriracha & Lime Kale Chips	XX
Cucumber Dill Hummus	XX
Apricot Almond Energy Bites	XX
Cheesy Garlic Popcorn	XX
Cinnamon-Spiced Baked Pears	XX
Mixed Berry Crisp	XX
Chocolate Peanut Butter Cookies	XX
Flourless Snickerdoodle Bar	XX
Blackberry Ice Cream	XX
Chocolate Espresso Pudding	XX

BRAGG LIQUID AMINOS

Bragg Liquid Aminos is a great gluten-free alternative to soy sauce. It has a very similar taste to soy sauce without the added fillers, is made from non-GMO soybeans and purified water, and is not fermented. Like soy sauce, it can also add great flavor to stir-fries and sauces.

CHIA SEEDS

These little seeds pack a nutritional punch. They're a great source of fiber *and* protein. When hydrated, they become sticky and help things congeal. You can make pudding (see the Blueberries & Cream Chia Pudding, page 000) or energy drinks with them, and I like to add them to baked goods, granola, overnight oats (see Salted Caramel Overnight Oats, page 000), or raw treats. They're quite versatile, so if you plan on doing some whole food baking, it's a good idea to keep these around.

CHICKPEA FLOUR

I discovered chickpea flour about a year before I started writing this book. It's naturally gluten-free and very easy to work with. I use it mostly to make my chickpea omelets (Tomato Basil Chickpea Omelet, page 000), but it can also be used to make pancakes and baked goods. It has a very distinct texture that's different from typical flours. If you can't find chickpea flour at the store, you can make your own using a high-power blender. Just grind up dried chickpeas into flour; about 1 cup (210 g) of dried chickpeas makes about ½ cup (30 g) of chickpea flour. Please do not attempt to make this in anything other than a high-power blender such as a Vitamix or Blendtec.

CHOCOLATE

Just because you eat whole foods doesn't mean you can't have chocolate—it can be part of a whole food pantry when used in moderation. As a general rule of thumb, I only use dark chocolate (65 percent cacao or greater), as most dark chocolate is dairy-free. I buy the Endangered Species brand of chocolate bars since they're fair trade and vegan. Chocolate chips can also be used in moderation; I like to use Enjoy Life chips, which are dairy-free, gluten-free, and nut-free. They do contain a small amount of sugar, so I suggest using them sparingly.

COCONUT SUGAR

Despite the name, coconut sugar tastes nothing like coconut. It has a similar flavor to brown sugar or raw sugar, although its sweetness is much milder. Some people prefer coconut sugar as a sweetener because it has a lower glycemic index. That means it won't spike your blood sugar and then cause you to crash like so many processed sugars do. While I mostly use pure maple syrup in my recipes, I do use coconut sugar on occasion. It's a great option for when a recipe calls for granulated sugar. You can also make it the consistency of powdered sugar by grinding it up in a small blender or food processor.

COOKING OILS

I often use oils to sauté, roast, and stir-fry. Some oils that I keep on hand for cooking are coconut oil, avocado oil, and almond oil. Toasted sesame oil works well in stir-fries because of its rich flavor. I use olive oil and hemp oil for flavoring things. Avocado oil and olive oil are both great for salad dressings and

cold dishes. I try to minimize my family's oil intake, though, so we use it only sparingly. If you don't use oil, that's fine; you can use vegetable broth or water for roasting or instead of sautéing.

DAIRY-FREE MILKS

These days there are many great dairy-free milk options. My milk of choice is almond milk. Where I call for almond milk in the book, I always use unsweetened. Other dairy-free milk options are hemp, oat, flaxseed, and quinoa. Although it's widely available in grocery stores, almond milk is very easy to make at home. Simply take 1 cup (140 g) of raw almonds and soak them in water overnight in a covered jar. Then rinse and drain the almonds and add them to a blender with 3 to 4 cups (720 to 960 ml) of fresh water. Blend until the consistency is smooth, then strain the liquid through a cheesecloth or nut milk bag. Make sure to squeeze all the moisture out. Essentially, you're milking the nuts. The liquid you squeeze out becomes the nut milk. The pulp left in the cheesecloth

can be dried in the oven and used in gluten-free baking. This process works for all nuts, although some nut milks, such as pistachio or cashew, require no straining. For those, simply blend and serve. Homemade nut milk will keep in the fridge for about four days.

When it comes to adding rich, creamy flavors to recipes, I like to use full-fat canned coconut milk. You can find it in the international section of grocery stores. Coconut milk is also great for making dairy-free whipped cream.

DRIED BEANS

One of the things I noticed after switching to dried beans was how much cleaner they tasted than canned beans. It was pretty mind-blowing! Sure, they take a little longer to prepare, but once you get the hang of it, it's no big deal. Not only do they taste fresher, but they're much cheaper, too. I keep my dried beans stored in glass mason jars in my pantry.

When using dried beans, measure half the amount of cooked beans the recipe calls for, since they double in size after they've

BEAN TYPE	SOAKING TIME	COOKING TIME	PRESSURE COOKING
Black beans	4 hours	45 minutes to 1 hour	15 to 20 minutes
Garbanzo beans (chickpeas)	10 to 12 hours	1½ to 2 hours	20 minutes
Kidney beans	10 to 12 hours	1½ to 2 hours	20 to 25 minutes
White beans	10 to 12 hours	1½ to 2 hours	20 to 25 minutes
Pinto beans	10 to 12 hours	1½ to 2 hours	20 minutes

000). You can usually find it in the same section of the grocery store as nut butters, although sometimes it's in the international section. If you can't find it, you can use sunflower seed butter in its place, since it's similar in flavor.

TOFU AND TEMPEH

You won't see a lot of recipes here that call for soy products, but I do occasionally eat fermented soy products like tempeh and soy sauce, and I also enjoy tofu. The dangers that many people associate with soy come from consuming a large amount of processed soy. If you stick to a plant-based, whole food diet, it's perfectly fine to enjoy soy products in moderation. I always make sure to buy soy products that are certified organic and non-GMO, since 90 percent of the soy in the US is genetically modified.

Tofu can be used in sweet or savory recipes, as it soaks up any flavors you add to it. It's important to note that tofu should be pressed before using, since it holds a lot of moisture. To press tofu, after you open the package, drain the water and then wrap the tofu in a paper towel. Gently press the tofu between your palms. This will release the excess moisture and allow the tofu to absorb the new flavors you add to it.

I like to bake mine ahead of time so I have it on hand to add to any dishes that call for

it. To bake tofu, preheat the oven to 350°F (175°C). Cut the tofu in 1-inch (2.5 cm) cubes and place them on a baking sheet. Bake for about 35 minutes. Baked tofu should last about two weeks in the fridge.

Tempeh has a very earthy flavor, and I actually prefer it to tofu. I love to add tempeh to stir-fries (Veggie-Loaded Stir-Fry, page 000). It's great marinated in barbecue sauce as well.

VEGETABLE BROTH

Vegetable broth can be bought at the store, but making your own is very easy. All you need is the vegetable scraps you would normally throw away. Just save any odds and ends from prepping vegetables, such as carrot peels, celery trimmings, and onion ends. I keep mine in a bag in the freezer. Once the bag is full, I make vegetable broth. To make the broth, fill a large pot with water and dump in the vegetable scraps. Make sure the water is at least 4 inches (10 cm) above the veggies; it will reduce down as it cooks. Cover and cook on high for at least 6 hours. Once the broth is done, you can purée it with an immersion blender, or you can strain the liquid out. I freeze my broth in serving-size containers, so I only have to defrost what I need.

Kitchen Equipment

There are many tools that will make your whole food life much easier. You'll find that some of them are already a part of your kitchen. If your budget is limited, the one kitchen appliance that I suggest you invest in is a good food processor. I built up my kitchen slowly over time. Don't fret or try to buy everything at once. You'll discover what tools you need as you experiment in the kitchen. In addition to the main cooking necessities, such as pots and bowls, I have listed some gadgets and tools to have on hand, such as a spiralizer, Microplane grater, and parchment paper. These tools are meant to make your time in the kitchen less about the mechanics and more about how rewarding cooking can be.

CITRUS PRESS

Lemons and limes are so versatile. They work well in sweet and savory recipes. I use both in many of the recipes in this book, so a good citrus press is essential. You can easily extract juice without having to worry about picking out seeds or getting your hands too dirty. If you want to go a little simpler, you can invest in a lemon reamer instead. We use both frequently.

CUTTING BOARD

While a cutting board is a given for most people, there are so many options out there it can make choosing a good one difficult. I have a set of bamboo cutting boards that I love. I find they have a longer life span than the plastic ones, which seem to fall apart pretty quickly. We hand-wash and hand-dry our cutting boards to keep them from getting too damaged. We also have to oil them on occasion with coconut oil to keep

them from drying out and cracking. While the maintenance seems a bit high, they have lasted a really long time and still look brand-new.

DEHYDRATOR

Making my own fruit leathers is something I do often. It's so much cheaper to make your own, and there's no added sugar. I also create my own fun recipes, such as Cinnamon Banana Chips (page 000). In addition, dehydrators can make crackers (Sun-Dried Tomato Herb Crackers, page 000) or kale chips (Sriracha & Lime Kale Chips, page 000). Unlike the oven, the dehydrator will not heat up your kitchen, and you can run it even when you're not at home. I have an Excalibur 5-tray dehydrator. It is a little pricey, so if you have a smaller budget, I suggest going with a Nesco dehydrator. There are loads of reviews online to help you make the best decision for you and your family.

Tips to Save Time and Money

In today's world we all seem to lead pretty busy lives. Whether you're married, have kids, or are trying to further yourself in your career (or any combination of those!), time seems to get away from us all. And money? Who hasn't thought how nice it would be to make a bit more? Time and money management generally comes down to being organized. These tips and tricks can benefit you in two ways. They'll help you get in and out of the grocery store without spending more than you need, and will hopefully lower the grocery bill a bit over time as you learn how to shop on a whole food, plant-based diet. Next, they will teach you how to enjoy cooking without feeling like you spend all your time in the kitchen. Following a whole food, plant-based lifestyle doesn't mean you have to give up the life you've worked hard to obtain.

1. Buy in bulk. Buying grains, dried beans, and nuts from bulk bins is often cheaper than buying prepackaged brands. Try stocking up when you're able to catch these items on sale. Some other things I buy in bulk are salt and spices. This saves a good amount of money in an area that can quickly get pricey.

2. Plan meals. Meal planning is key to saving time and money. Figure out your meals for the week, make a grocery list according to those meals, and then head to the store. This will allow you to stick to your food budget and not buy unnecessary items at the store. You won't come home with a bunch of duplicate items that you already have at home and then have to watch something go bad because you can't use it in time.

3. Batch cook. Cooking in batches is essential for my family. On the weekends, I often have the stove, oven, and slow cooker all going at the same time. Because we already planned our meals for the week and have all the ingredients on hand (see previous tip), we're able to lessen our time in the kitchen. When we're done cooking, I store each dish in serving-size containers so they can be pulled out quickly for an easy meal. This also makes it easy for my husband to take lunch to work.

4. Love your slow cooker and freezer. This goes along with the previous tip. Stocking your freezer with premade meals keeps you from stressing out if you have a hectic day creep up on you or you have a busy weekend in store and you know you won't be able to cook. Stressing about cooking is a surefire way to slip up, stop

eating healthy, and instead find convenience in non-homemade, processed foods.

5. Buy seasonal produce. Buying produce in season often leads to a cheaper grocery bill. Our grocery stores are full of produce from around the world, so we're rarely aware of what's in season and what isn't, but those items that aren't in season are higher in price. It's done so slowly you don't recognize that the cost is going up. Join a CSA (Community Supported Agriculture) in your area for added savings, as they cut out the middleman and bring food directly from the farmers. You can buy extra produce when it's in season and freeze it to use the rest of the year. To freeze most fruits and veggies, you can just lay them flat on a baking sheet lined with parchment paper and place it in the freezer. Once the produce is frozen, pop it into freezer bags to store. It's important to label everything you put into the freezer, not only with the name of the items, but also with the date that the items were placed in the freezer.

6. Prep raw veggies and hummus for snacking during the week. I like to cut up enough peppers, celery, and carrots for an entire week. If I get an urge to snack during the week, I can easily grab those and pair them with a bit of hummus (page 000) instead of a bag of chips or some kind of sugary treat. Making hummus and cutting up veggies can be done quickly and the cleanup is simple. The other often overlooked bonus is that when it's time to snack, you won't find yourself mindlessly standing in front of the refrigerator wondering what to eat, allowing you to quickly get back to your other activities.

7. Cook up a big batch of rice or quinoa to keep in the refrigerator. Keeping rice or quinoa around when money is tight can really help extend whatever meals you prepare. For example, if you make a chili for the week, adding some rice or quinoa as you dish up a serving for yourself will help make that chili last longer. Besides stretching out the meals, saving you money, you also add more nutrition to the food.

8. Keep vegetable and citrus scraps. If you juice a lemon or lime for a recipe, don't just toss it when you're done. You can freeze and use it again when a recipe calls for the zest. Store-bought orange zest is expensive, so make it yourself. When you're done cutting up vegetables and have stems or other flavorful parts left over, freeze them. Once you have a good amount of frozen veggie scraps, make your own broth by boiling them with water in a pot.

9. Don't store fresh herbs in the fridge. Instead of storing those fresh herbs in the damp, dark corners of your refrigerator, fill a mason jar with water and place the herbs in it. Set the jar in a sunny place in your kitchen. They will last weeks that way. Make sure you use separate jars for each herb and replace the water on occasion.

10. Use parchment paper or invest in a silicone baking mat. Parchment paper acts a great liner for baking. You can often reuse the same piece many times over again, too, as it cleans up pretty easily. If you invest in a silicone baking mat, such as a Silpat, there will be no waste and you'll never need to use oil to grease

QUICK:

30 Minutes or Less

We're living in a fast-paced society where time is of the essence. Whether running the kids between all their activities or getting to work early to put the final additions on a presentation, we all wish we had more time. Cooking is usually one of the first things to go when we are pressed for time, especially with the numerous quick options on every corner. In this section, a little preparation will go a long way at every meal. Breakfasts (Maple Vanilla Baked Oatmeal Squares), sides (Cilantro Lime Cauliflower Rice), dinners (Lemon Basil Pasta with Cherry Tomatoes), and more can be made in 30 minutes or less. There's no reason to give up whole foods with these quick recipes.

BLUEBERRIES & CREAM CHIA PUDDING

If you've never had chia pudding, you simply have to try it—this is a perfect example of a whole food alternative that's better than the boxed pudding we all grew up eating. You can use nondairy milk with what you have on hand—granola, berries, and more—to make to your liking. Chia pudding is just as easy to make as my overnight oats recipe (page 000), however, unlike the overnight oats, this can be ready to eat in about 30 minutes. The instant stuff you find in the stores promises pudding in about the same time, but chia pudding is far healthier. Since I love most fruits, I had to make this blueberries and cream option for you. The richness of the Basic Cashew Cream (see page 000) pairs very well with the blueberries.

- 1 In a large bowl, mix all the ingredients except the blueberries together. Make sure you stir very well, because the chia seeds tend to clump together at the bottom of the bowl. Add the blueberries and stir to incorporate.
- 2 Cover and place in the fridge for 30 minutes to set.
- 3 If you want to make travel-size portions, put each serving in a 12-ounce mason jar. Then you can just grab and go on those busy mornings.

Variations

- If you have a nut allergy, use sunflower butter and nut-free milk.
- You can also use cocoa powder in place of the cacao powder if you prefer.
- If you don't like dates, use 2 teaspoons of maple syrup.
- To add some extra protein, mix in 1 tablespoon of hemp hearts.
- Cacao nibs or chocolate chips could also be added for a nice crunch.

Makes 4 servings

Prep and cook time: 30 minutes

-
- 2 cups (480 ml) almond milk
 - ¼ cup (40 g) chia seeds
 - 3 tablespoons Basic Cashew Cream (see page 000)
 - 1 teaspoon ground vanilla beans
 - 1 Medjool date, chopped
 - 1 cup (150 g) fresh blueberries





SWEET POTATO PANCAKES

I'm always looking for ways to sneak veggies into my recipes. These pancakes are a perfect example: They're kid-friendly and healthy at the same time. They can be made ahead of time and frozen for a quick breakfast option as well. If I'm making these for a weekend breakfast, I spend 5 minutes preparing the dry ingredients the night before. Then I can quickly whip these up in the morning when I'm still groggy. Quickness seems to be an important thing when you're feeding hungry kids in the morning. Plus, with these pancakes, your kids will think they're eating dessert for breakfast. To make it an extra-special treat for the kids, Add a handful of chocolate chips or top with a dollop of Coconut Whipped Cream (page 000).

- 1 In a large bowl, mix together all the dry ingredients.
- 2 In a medium bowl, mix all of the wet ingredients except the coconut oil.
- 3 Add dry ingredients to the wet ingredients and mix until just combined. I use a spatula and do this by hand, but you can use a stand mixer if you prefer.
- 4 Heat a large sauté pan on medium heat. Add the coconut oil. Using a ¼ cup (60 ml) measuring scoop, drop the batter onto the sauté pan. Once you see the edges start to brown a little, you know it's ready to flip (about 1 to 2 minutes). Repeat until the batter is used up.
- 5 Serve immediately or, once cool, refrigerate or freeze for later use. These should last for 2 weeks in the fridge and up to 6 months in the freezer.

Note

To make the sweet potato purée, peel and cube 1 large sweet potato or 2 small sweet potatoes, then place them in a large pot of boiling water. Boil until soft, about 15 to 20 minutes. Drain the water and place the sweet potatoes back in the pot. Use an immersion blender or potato masher to purée the sweet potatoes. This step can be done in advance. It should keep in the fridge for about 2 weeks. You can also freeze it for up to 6 months.

Makes 6 to 8 pancakes

Prep and cook time: 25 minutes

-
- 2 cups (210 g) gluten-free oat flour
 - 2 teaspoons baking powder
 - 1 teaspoon ground cinnamon
 - ½ teaspoon ground ginger
 - ½ teaspoon sea salt
 - ¼ teaspoon ground nutmeg
 - 1½ cups (360 ml) almond milk
 - 1 cup (240 ml) sweet potato purée (see Note)
 - 2 flax eggs (see page 000)
 - 2 tablespoons maple syrup
 - 1 teaspoon vanilla extract
 - 2 tablespoons melted coconut oil



BERRY-TASTIC FRUIT SALAD

Fruit salads are a great summertime tradition at parties everywhere. This one is mainly a berry salad, with delicious blueberries, blackberries, and raspberries, all of which are very high in antioxidants. Blueberries are known to be good for the mind, and blackberries are good for oral health as well as heart health. They even contain more fiber per cup than bran flakes. Blackberries and raspberries are a great snack, too, if you're trying to lose weight. Overall, this salad is good for the body and soul. The dressing really sets it apart; it can be a bit thin, though, so before you help yourself, be sure to mix it around well.

- 1 In a large bowl, mix all the fruit together.
- 2 In a small saucepan on medium heat, add the water, balsamic vinegar, and maple syrup. Cook for about 7 to 10 minutes, until slightly reduced.
- 3 Add the lemon zest, then pour the dressing over the fruit. Serve immediately or refrigerate for later (it should last up to 3 days in the fridge).

Variation

This would be delicious topped with some Coconut Whipped Cream (page 000) or served over homemade ice cream (page 000).

Makes 4 servings

Prep and cook time: 30 minutes

FRUIT SALAD

- 1 pint (about 2 cups [340 g]) blueberries
- ½ pint (about 1 cup [170 g]) blackberries
- ½ pint (about 1 cup [170 g]) raspberries
- 2 cups (380 g) mandarin orange slices

DRESSING

- 1 cup (240 ml) water
- ¼ cup (60 ml) balsamic vinegar
- 2 tablespoons maple syrup
- 1 teaspoon lemon zest



KALE & WILD RICE SALAD WITH TEMPEH

Tempeh is one of my favorite plant-based proteins. Like tofu, it's made from soybeans, but it differs in that it's made by fermenting cooked soybeans. It also has an earthier flavor than tofu, which happens to pair nicely with the wild rice in this recipe. The baby kale provides an unexpected sweetness, and the ginger adds a little spice to make this dish truly memorable. I suggest cutting the tempeh into smaller pieces to allow it to be better coated with the sauce.

- 1 In a large saucepan, add the water and wild rice and bring to a boil. Reduce to a simmer, then cover and cook for about 15 minutes, or until all the liquid is absorbed.
- 2 Add everything else except the kale and sauté for 5 to 7 minutes.
- 3 Add the kale and mix until it's slightly wilted.
- 4 Serve immediately or refrigerate for later. This will last at least a week in the fridge.

Notes

- If you can't find mirin, check the Pantry section on page 000 for a good substitute.
- If you don't use oil, you can probably omit the toasted sesame oil, but I think it adds great flavor.
- If you avoid soy, you can use coconut aminos in place of the Bragg Liquid Aminos.

Makes 4 to 5 servings

Prep and cook time: 30 minutes

-
- 2 cups (480 ml) water
 - 1 cup (160 g) uncooked wild rice
 - One 8-ounce (227 g) package tempeh
 - ¼ cup (60 ml) apple cider vinegar
 - ¼ cup (60 ml) mirin (see Notes)
 - 2 tablespoons toasted sesame oil (see Notes)
 - 1 tablespoon Bragg Liquid Aminos (see Notes)
 - 2 teaspoons freshly minced ginger
 - 1 teaspoon garlic powder or 1 garlic clove, minced
 - 3 cups (50 g) baby kale or spinach (55 g), loosely packed



APRICOT ALMOND ENERGY BITES

Right after a workout, I always eat some type of snack with nuts and fruit. It could be anything from apples and almond butter, a date stuffed with cashew butter, or a handful of dried fruits and nuts. The snacks are usually small, compact, and full of protein. This snack encompasses all of the above, and it's a cinch to make, with only four ingredients. The dried apricots and almonds complement one another's unique flavors. These travel quite well and make a great homemade snack on the road.

- 1 In a food processor, combine the almonds and cinnamon. Blend for 1 minute.
- 2 Add the apricots and blend for about 2 minutes.
- 3 Slowly add the water, a little at a time, until you see the mixture start to clump together.
- 4 Once the mixture is ready, roll it into bite-size balls. The dough will be a bit sticky, so using wet hands helps.
- 5 Set the balls on a parchment-lined baking sheet or plate and place them in the fridge to firm up. It should take about 10 minutes.
- 6 These snack balls should last at least 2 weeks in the fridge. You can also freeze them for up to 6 months.

Makes 20 snack bites

Prep and chill time: 20 minutes

1½ cups (210 g) raw almonds (see Notes)

1 teaspoon ground cinnamon

1¼ cups (165 g) dried apricots (see Notes)

2 to 4 tablespoons water

Notes

- The nuts and dried fruits are substitutable in this recipe. Any nut/fruit combo will work as long as you use dried fruits (as opposed to fresh).
 - If you have a nut allergy, you can use sunflower seeds in place of the almonds.
-

CHOCOLATE PEANUT BUTTER COOKIES

If you've been trying to get your kids to eat more beans, then you must try these chocolate peanut butter cookies. They're flourless thanks to the black beans, and they also provide a good boost of unexpected protein and fiber. My kids love these and have never suspected the main ingredient. All you taste is chocolate and peanut-buttery goodness. This recipe makes a great start for kids transitioning to a whole food, plant-based diet, too.

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Add all the ingredients except the chocolate chips to a food processor and mix until smooth, about 2 minutes. You may have to scrape down the sides a few times. The mixture will be very thick.
- 3 Using a cookie scoop or a couple of spoons, drop the cookies onto the baking sheet.
- 4 Flatten each cookie slightly with the palm of your hand. If you choose to garnish with the chocolate chips, do so now.
- 5 Bake for 10 minutes. Let the cookies cool for about 30 minutes before removing from the baking sheet. Store in an airtight container.

Variations

- You can use a different nut butter if you want; I suggest almond or cashew butter.
- If you have a nut allergy, you can use sunflower butter as a substitute.
- If you use salted peanut butter, then omit the salt, although the cookies still might turn out a bit too salty.

Makes 20 cookies

Prep and cook time: 20 minutes

1½ cups (255 g) cooked black beans (or one 15-ounce [425 g] can black beans, drained and rinsed)

1 cup (270 g) unsalted peanut butter (see Variations)

½ cup (40 g) cocoa powder

½ cup (120 ml) maple syrup

2 teaspoons vanilla extract

1 teaspoon baking powder

½ teaspoon sea salt

⅓ cup (60 g) chocolate chips for the tops of the cookies (optional)





BLACKBERRY ICE CREAM

Nothing compares to homemade ice cream. Not only is it much cheaper to make it yourself, but you can also control the ingredients that go into it. One of my favorite kitchen gadgets is my ice cream maker. If you eat ice cream regularly, an ice cream maker will save you money within just a few batches. Most store-bought ice creams are expensive and have unnecessary fillers and additives to keep them shelf-stable. On the other hand, this healthy ice cream recipe contains just five simple ingredients. Plus it becomes a family affair while we all sit around the ice cream maker waiting to get a taste of our next concoction—the experience is more than just a tasty treat! (Just make sure the bowl has been chilled in the freezer for at least 24 hours before attempting this recipe.) This recipe produces a soft serve ice cream. If you like a harder ice cream, freeze it before serving, but add 1 teaspoon of vodka just before you blend all the ingredients together to keep it from becoming a solid block.

- 1 In a blender, mix all the ingredients for at least 1 minute.
- 2 Pour the contents into the properly chilled bowl of your ice cream maker.
- 3 Turn the ice cream maker on. It should take about 20 minutes to make a soft serve ice cream. When there are 5 minutes left, add a handful of whole blackberries. Use a spatula to guide the ice cream around so the blackberries mix in evenly.
- 4 Serve immediately for soft serve ice cream, or place in the freezer for 1 hour to make a harder ice cream. Store in the freezer in an airtight tub. This should last up to 6 months in the freezer.

Notes

- If you use almond milk or another nondairy milk rather than full-fat coconut milk, this will be icy in texture.
- If you want to use frozen blackberries, let them thaw first.
- If you use vanilla extract instead of a vanilla bean, I suggest using ½ teaspoon.

Makes 4 cups (560 g)

Prep and chill time: 25 minutes

One 13.5-ounce (400 ml) can full-fat coconut milk (see Notes)

1 pint (about 2 cups [340 g]) fresh blackberries, plus a few more for mixing in (see Notes)

3 tablespoons maple syrup

1 vanilla bean, cut open and seeds scraped out (see Notes)

Pinch of sea salt

EASY:

Effortless Slow Cooker Dishes

A slow cooker is an amazing way to make great food with little effort—be it a soup, chili, or even breakfast. These recipes are sure to please even the pickiest eaters while freeing up your time. The best part? All the while, these recipes will be filling your home with the delectable smells that only slow cookers can create. So try the Corn Chowder or the Apple Cinnamon Quinoa and experience how effortless yummy can be.

VEGGIE ENCHILADA SOUP

Enchilada soup, much like tortilla soup, is a Southwestern favorite normally made a little on the spicy side, with chicken and loads of cheese. The essence of this soup isn't found in the chicken or the cheese, though—the real heart is the peppers. This version leaves out the chicken and cheese, opting to include more veggies in its place. The soup comes out thick and will definitely warm the soul. The roasted red peppers and roasted tomatoes bring a ton a flavor to the base, while the yellow chile peppers add a real kick. Since this is made in a slow cooker, there's not a lot of preparation time, either. You can put everything together in the morning, start the slow cooker, and come back from work that evening with an amazing soup that's ready to eat.

- 1 Place all the ingredients in a slow cooker. Cook on high for 6 hours.
- 2 Serve immediately or refrigerate for later. This should last a week in the fridge, and you can freeze it for up to 3 months.

Variations

- Although this recipe doesn't call for vegan cheese sauce (page 000), its creaminess would go very well in this soup. If you want, you can add it right before you serve the soup.
- A great topper on this recipe would be some avocado chunks. You can place a bit of cilantro on top for presentation, too.

Note

If you want some good pepper flavor without the heat, try using bell peppers or, if in season, Hatch chile peppers.

Makes 6 to 7 servings

Prep and cook time: 6 hours
20 minutes

- 4 cups (720 g) roughly chopped roasted red tomatoes (see page 000)
- 2 cups (300 g) corn
- 2 cups (300 g) roughly chopped roasted red peppers (see page 000)
- 2 cups (480 ml) vegetable broth (see page 000)
- 1 yellow onion, chopped
- 1 to 2 yellow chile peppers, roughly chopped (see Note)
- 2 garlic cloves, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 to 2 teaspoons salt (or to taste)



CORN CHOWDER

Who doesn't love the thick and creamy taste of corn chowder? The fat from coconut milk steps in to give this recipe the right consistency without the heavy cream and butter that traditional recipes call for. After cooking, the coconut flavor can't really be detected in the final product, either. The corn is the star of this recipe, and the hints of oregano and garlic add a flavor that will keep you coming back for more. This kid-friendly dish doesn't last long in my house. Plus, as a slow cooker recipe, it's simple to make.

- 1 Put all the ingredients except the arrowroot and green onions in a large slow cooker. Turn the slow cooker to high and cook for 10 hours.
- 2 Remove the lid and, using either a sifter or fine meshed strainer, stir in the arrowroot to thicken the soup.
- 3 Serve, topped with green onions if desired.

Variations

- Add ¼ cup (15 g) of nutritional yeast for a cheesy flavor.
- You can also add 1 chopped jalapeño for the last hour of cooking for a kick.

Notes

- If you use frozen corn, you may need to adjust the amount of arrowroot powder to get the chowder to thicken a bit more.
- The recipe calls for golden russet potatoes for their buttery flavor, but red potatoes would be a good substitute. While you could use a plain russet potato, the other varieties do offer a bit of a different flavor.
- If you don't have 10 hours to let this simmer in a slow cooker, it also cooks well on the stove. Bring the ingredients to a boil in a large pot, then reduce the heat to medium-low, and let it simmer for 2 hours, covered. Add the arrowroot at the end if you need to thicken the soup.

Makes 8 servings

Prep and cook time: 10 hours

- 4 cups (600 g) corn (see Notes)
- 3 cups (720 ml) vegetable broth (see page 000)
- 2½ cups (375 g) diced golden russet potatoes (about 1-inch [2.5 cm] cubes; see Notes)
- 1¾ cups (420 ml) (or one 13.5-ounce can) full-fat coconut milk
- 2 tablespoons minced onion
- 1 to 2 teaspoons sea salt (to taste)
- 1 teaspoon minced garlic (about 2 cloves, minced)
- 1 teaspoon dried oregano
- 1 tablespoon arrowroot powder
- Chopped green onions for garnish, optional



MARINATED MUSHROOMS

When I was a kid, I hated mushrooms. Now, as an adult, mushrooms are one of my favorite vegetables, especially when soaked in balsamic vinegar. Then again, pretty much anything is great with balsamic! Slow cooking these mushrooms allows the flavors to really develop. This recipe makes a small batch, so if you're feeding a crowd, you may want to double it. As a side dish, it pairs well with just about anything. You could even serve these mushrooms over quinoa for a complete meal.

- 1 Combine all the ingredients except the parsley in a slow cooker and turn it on high. Cook for 3 to 6 hours. The longer the mushrooms cook, the more the flavors develop.
- 2 Garnish with chopped parsley and serve immediately or refrigerate for later. This should last about 1 week in the fridge.

Makes 3 servings

Prep and cook time: 3 hours
10 minutes

-
- 1 pound (450 g) button or baby bella mushrooms
 - ½ cup (80 g) diced yellow onion
 - ¼ cup (60 ml) balsamic vinegar
 - ¼ cup (60 ml) water
 - 2 tablespoons avocado oil (or olive oil)
 - 1 teaspoon sea salt (or to taste)
 - ½ teaspoon dried oregano
 - ¼ teaspoon dried thyme
 - ¼ cup (15 g) freshly chopped flat-leaf parsley (optional)



MAKE AHEAD:

Refrigerator-Friendly Meals

Many of my recipes refrigerate and freeze well, but these cook up great in batches and store well for the week ahead.

When leading a healthy lifestyle, meal planning and preparation are the keys to success. Otherwise, it's too easy to stray with temptation at every turn. Dishes such as the Carrot Cake Granola for breakfast, Eggplant & Chickpeas with Tomato for lunch, and Lentil Shepherd's Pie for dinner can be stored in the refrigerator for plenty to eat all throughout the week. Just make them when you have a bit more time and pack them into individual containers. Things are that much easier for to-go breakfasts, lunches, snacks, and dinners during the week. Try these and drive right past temptation!



BLACK BEAN & SWEET POTATO HASH

My husband and I both love sweet potatoes. Besides being tasty, they're a great source of vitamins, potassium, and carotenoids (the stuff, also in carrots, that's good for your eyes and immune system). The sweetness of the sweet potato combined with the hearty black beans goes well with the smoked paprika and chili powder. Take care to man the fort while preparing this one. The sweet potatoes, if left unattended in the covered pan for too long, can turn to mush. I highly recommend adding avocado to get some healthy fats in the mix as well.

- 1 Add the avocado oil to a sauté pan on medium-high heat. Add the onion and pepper and cook until they are moderately soft, 5 to 7 minutes.
- 2 Reduce the heat to medium and add all the remaining ingredients except the avocado. Mix well, then cover. Cook, stirring occasionally, until everything is soft, 13 to 15 minutes.
- 3 Remove from the heat and serve immediately, topped with avocado slices if desired, or refrigerate for later. This will last for about a week in the fridge.

Note

If you don't have black beans, pinto beans would be a perfectly good substitute, although this will alter the flavor a bit.

Makes 5 to 6 servings

Prep and cook time: 35 minutes

2 tablespoons avocado oil

½ cup (80 g) diced yellow onion

¼ cup (40 g) diced red pepper (about ½ large red pepper)

4 cups (535 g) diced sweet potatoes (about 2 large sweet potatoes cut into ½-inch [1.25 cm] cubes)

1½ cups (255 g) cooked black beans (or one 15-ounce [425 g] can black beans, drained and rinsed)

2 teaspoons chili powder

2 teaspoons smoked paprika

½ teaspoon sea salt (or to taste)

Half an avocado, pitted and skin removed, sliced (optional)

POMEGRANATE CHICKPEA SALAD

Like many of the recipes I make, this is a great example of using simple ingredients and letting their flavors shine through. The onion and the pomegranate syrup mix well with the simplicity of the chickpeas—you won't be able to take just one bite. This recipe will quickly become a staple in your house, just as it is in ours, as an easy go-to when you're craving light, summery salad flavors.

- 1 Mix all the ingredients in a large bowl until everything is well incorporated. I used a spatula to mix it for about 1 minute.
- 2 Cover and place in the fridge for about 30 minutes to allow the flavors to marinate. The longer this sits, the better it gets. This salad should last at least 5 days in the fridge.

Notes

- Be sure to slice the red onion very thinly. If it's too thick, the onion flavor will overpower each bite. I use a mandoline to keep the onions a consistent thickness. If you can't slice them thin enough, use very small diced red onions, almost minced.
- If you can't find pomegranate syrup, you can use balsamic vinegar in its place.
- If you want to play up the pomegranate flavor even more, add ½ cup (90 g) of pomegranate seeds.

Makes 4 servings

Prep and cook time: 40 minutes

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- 4 cups (650 g) cooked chickpeas (or two 15-ounce [425 g] cans chickpeas, drained and rinsed)
 - ½ cup (60 g) thinly sliced red onion (see Notes)
 - ¼ cup (60 ml) orange juice (or the juice of 1 medium orange)
 - 1 tablespoon pomegranate molasses (see Notes)
 - 1 teaspoon sea salt (or to taste)
 - ½ teaspoon ground cumin
 - ¼ cup (15 g) freshly chopped flat-leaf parsley (or 2 teaspoons dried parsley)
 - 1 teaspoon olive oil



CHOCOLATE RASPBERRY BROWNIES

The flavors of coffee, chocolate, and raspberry work so well together, especially in this easy brownie recipe. They're quick to make, with little cleanup, and are irresistible. Substitute the raspberries with other berries.

- 1 Preheat the oven to 350°F (175°C).
- 2 In a medium bowl, mix all the dry ingredients.
- 3 In a large bowl, mix all the wet ingredients except the jam.
- 4 Add the dry ingredients to the wet and mix only until combined using a hand mixer or a spatula.
- 5 Gently fold the raspberry jam into the batter.
- 6 Line an 8 x 8-inch (20 x 20 cm) glass baking dish with parchment paper. Make sure you leave some parchment paper sticking out of the sides. This will make the whole thing easier to lift out once it's cooked. Spoon the batter into the baking dish.
- 7 Bake for about 25 minutes, or until a toothpick comes out clean.
- 8 Let the brownies cool completely, about 30 minutes, before removing them from the dish and cutting into bars. I use a pizza cutter to cut mine.
- 9 Keep these brownies stored in the fridge, where they should last a couple weeks. You can also freeze them for up to 6 months.

Variations

- If you prefer to use cacao powder instead of cocoa powder, make sure to reduce the amount. Also keep in mind that the cacao will make the brownies taste a little bitter.
- If you avoid oil, you can replace the coconut oil with more applesauce. If you do that, you need to grease the parchment paper so the brownies don't stick.
- If you can't find coffee extract, you can use instant coffee granules (see page 000) or omit altogether.
- Another great addition to this might be ½ cup (90 g) of chocolate chips for an extra chocolate punch.

Makes 18 brownies

Prep and cook time: 35 minutes

2 cups (210 g) gluten-free oat flour

1 cup (90 g) cocoa powder or ¾ cup (80 g) cacao powder (see Variations)

1 teaspoon baking powder

½ teaspoon sea salt

2 flax eggs (see page 000)

½ cup (120 ml) maple syrup

¼ cup (60 ml) almond milk

¼ cup (60 g) applesauce (see page 000)

¼ cup (60 ml) melted coconut oil (see Variations)

1 teaspoon coffee extract (see Variations)

1 teaspoon vanilla extract

¾ cup (180 ml) Raspberry Chia Jam (page 000)





CREAMY ORANGE POPS

My kids love ice pops, but I refuse to buy most store-bought brands, since they're laden with food dyes, are high in sugar, and lack real nutritional value. You can easily make your own pops much more cheaply, and they'll be much more nutritious. I'm a firm believer that kids can't turn down anything in pop form, so this is a great opportunity to sneak some veggies in. Two vegetables you can easily sneak into these pops are carrots and sweet potatoes. Since they're the same orange color, they'll go virtually undetected! I suggest adding 1 large carrot or ½ cup (70 g) of raw chopped sweet potato.

- 1 Place all the ingredients into a blender and blend until smooth.
- 2 Pour into ice pop molds and place in the freezer to firm up. It will take about 6 hours.
- 3 Enjoy! These should last in the freezer for up to 6 months.

Note

When you're ready to eat a pop, just run the mold under hot water for a few seconds to loosen the mold.

Makes 8 ice pops

Prep and chill time: 6 hours 5 minutes

One 13.5-ounce (400 ml) can full-fat coconut milk

1 large navel orange, peeled and sliced

2 to 3 tablespoons maple syrup

PICK-ME-UPS:

Juices & Smoothies

I can't stress enough how important hydration is. Headaches, stomach pain, soreness, and other ailments can all be traced back to a lack of proper hydration. While I drink mostly water, my family and I occasionally enjoy other drinks and smoothies as meal replacements or supplements. I also use juices as a way to boost my family's immune system during flu season and when school starts back up. Drinks shouldn't be empty calories like they are in sodas. The drink recipes in this chapter have targeted health benefits and aim to keep your taste buds happy at the same time.

BEET, ORANGE & GINGER JUICE

Beet juice has many benefits. It works to cleanse the blood and protects against some forms of cancer, colon cancer in particular. Beet juice is high in many vitamins and minerals, such as potassium, folate, fiber, vitamin C, and magnesium. Beets can have an earthy taste, but I find that peeling them helps reduce it. The orange and the ginger complement the sweetness of the beets and mask some of those earthy tones. Since the beets make this juice so vibrant in color, it's easier to hide greens in it for the kids. See page 000 for more juicing basics.

- 1 Using a juicer, juice all the ingredients in the order they're listed.
- 2 This is best when served fresh but will keep for 12 hours in the fridge.

Variation

If you prefer, you can use apples in place of the oranges.

Note

If you don't have a juicer, you can use a high-power blender and then pass it through a fine mesh strainer.

Makes 4 servings

Prep time: 15 minutes

2 medium oranges, peeled and chopped (see Variation)

2 carrots, trimmed and roughly chopped

2 Swiss chard leaves

1 medium beet, trimmed, peeled, and chopped

½-inch (1.25 cm) piece of ginger, peeled





CHERRY CHOCOLATE SMOOTHIE

This is a fun dessert smoothie that's meant more as a treat than anything. The cherries and chocolate are a great combination. The chocolate chips and cacao powder make this smoothie decadently rich. If you think you need a sweeter taste, the Medjool dates will add that bit of sweetness you and your family crave. If it's too rich, you can cut back on the chocolate just a bit and increase the almond milk to get the flavor you're looking for.

- 1 Put all the ingredients in a blender and blend until smooth.
- 2 Serve immediately for best results.

Makes 3 to 4 servings

Prep and cook time: 5 minutes

3 cups (465 g) frozen cherries

1¼ cups (300 ml) almond milk

½ cup (90 g) chocolate chips

¼ cup (25 g) cacao powder

2 Medjool dates, pitted
(optional, if you desire a sweeter taste)