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Health Facts

Source: Forks Over Knives & The China Study

In America, two out of three people are overweight. Cases of diabetes are drastically increasing, especially in the younger population. About half of our population is taking at least one prescription drug. Major medical operations (such as triple bypass surgery) have become routine, driving health care costs to astronomical levels. Heart disease, cancer and stroke are the country's leading causes of death, even though billions of dollars are spent each year to "battle" these conditions.

Dr. Colin Campbell (a nutritional scientist at Cornell University) and Dr. Caldwell Esselstyn (a top surgeon and head of the Breast Cancer Task Force at the world-renowned Cleveland Clinic) both conducted separate research with similar results: diseases we treat frequently here are virtually unknown in parts of the world where animal-based foods are rarely consumed and the 'wealthier' families in poor and malnourished areas of the world who consumed relatively high amounts of animal-based foods were more likely to develop liver cancer.

The China Study (co-authored by Dr. Campbell) is the largest comprehensive study of human nutrition ever conducted. In this study, they provide findings on cancer trends in various geographical regions with over 40 years of data. When the study was complete, researchers had more than 8,000 statistically significant associations between lifestyle, diet and disease variables. In one aspect of the study, researchers discovered they could turn the growth of cancer cells on and off by raising and lowering doses of casein (the main protein found in cow's milk).

Essentially, the study revealed that those who ate the most animal-based foods (meat and dairy - including milk and cheese) got the most chronic diseases. People who ate the most plant-based foods were the healthiest.

Additionally, Dr. Esselstyn treated a group of patients with established coronary disease with a whole foods, plant-based diet. Not only did the intervention stop the progression of the disease, but 70% of the patients saw the opening of their clogged arteries! Dr. Dean Ornish completed a similar study with consistent results. **Dr. Esselstyn also reversed atherosclerosis in end-stage heart disease patients using this method – and all his compliant patients are thriving 20 years later.**

It's not just cancer and heart disease that respond to a whole foods, plant-based diet. It may also protect you from diabetes, obesity, autoimmune diseases, bone, kidney, eye, and brain diseases.

I would recommend you do your own research, don't take just my (or your friends and family members) opinions as fact. Below are some resources I would recommend to get some great information from (all of which are health based; none of them get into any ethically-based reasons for eating a plant-based diet).

- How Not to Die by Dr. Michael Greger (also check out the Daily Dozen Challenge!)
- Nutritionfacts.org
- Forks Over Knives Documentary
- Forks Over Knives Cookbook
- Yum Universe Cookbook (the entire first half is dedicated to information on health, with references)
- The China Study (it's a daunting read but the information is invaluable)
- Carcinogenicity of consumption of red and processed meat - <http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045%2815%2900444-1/fulltext> (you will have to sign up for a free user account to access)

Protein

Source: Yum Universe

“Picture a 400-pound gorilla. What does he eat to grow that strong and muscular body? Leaves, stems, roots, seed and fruit (and maybe the occasional insect living on these foods). But animals like him, - giraffes, rhinos, horses and even cows, when fed their natural diet – grow incredible muscle and athletic ability from plants.”

Protein helps form enzymes, hormones, antibodies, and new tissues. It replaces old cells with new ones, and transports nutrients in and out of these cells. The human body manufactures all but 9 of the 22 amino acids that make up proteins. These nine amino acids are known as “essential” amino acids, and must come from what we eat. When a food contains all nine essential amino acids, it’s considered a “complete protein”.

How much protein do you need? The Dietary Reference Intake (DRI) for protein is 0.36 per pound of body weight. Use this formula to determine your daily protein need:

$$\text{Weight} \times 0.36 = \text{protein (in grams) required per day}$$

Sources of Protein

- ½ cup of raw hemp seeds = 24 grams
- 1 cup of tofu = 20 grams
- ½ cup of raw pumpkin seeds = 19 grams
- 1 cup of cooked lentils = 18 grams
- ½ cup of raw almonds = 16 grams
- 1 cup of cooked black beans = 15 grams
- 1 cup of cooked quinoa = 8 grams
- 1 cup of green peas = 8 grams
- 1 cups of avocado = 3 grams
- 1 cups of broccoli = 3 grams
- 1 cup of sweet potato = 2 grams
- 2 tbsp. of almond butter = 5 grams

Calcium

Source: Yum Universe

We need calcium to build and maintain healthy bones and teeth, but also for blood to clot, for cell membrane function, for nerve conduction, for muscle contraction, and for the regulation of enzymes.

Why choose other calcium rich sources over animal milk? Animal products are incredibly acid forming in the body, and regular consumption promotes calcium loss from the bones. Calcium is found primarily in the bones – it's alkaline, and in an effort to balance an acidic bloodstream, it leaves the bones. After years of your body trying to balance the acidity in your bloodstream, diseases like osteoporosis, arthritis and even cancer emerge.

Although we can get calcium from cow's milk, we get all the calcium we need from plants, without the hormones, antibiotics and acid-forming, disease-promoting effects that come with dairy.

How much calcium do you need? The National Institutes of Health (NIH) report that **an average adult between the ages of 19 and 55 needs 1,000 mg of calcium per day** (for children it's 800 mg per day, and for teens or pregnant/nursing moms it's 1,200 mg per day).

Sources of Calcium

- 1 cup of tofu = 868 mg
- 1 cup of almonds = 354 mg
- 1 cup of cooked collard greens = 268 mg
- 1 cup of dried figs = 241 mg
- 2 tbsp. of chia seeds = 205 mg
- 2 tbsp. of sesame seeds = 176 mg
- 1 cup of cooked cannellini beans = 161 g
- 1 cup of hummus = 122 mg
- 1 cup of raw kale = 100 per cup

Fat (including omegas)

Source: Yum Universe

We need fat to function optimally. It's a source of energy and helps the body assimilate nutrients like fat-soluble vitamins and minerals. There are, however, multiples types of fat available and it's important to know the difference.

The Mayo Clinic breaks it down like this: saturated fat and trans fat are two types that are potentially harmful dietary fats, and monounsaturated and polyunsaturated are two potentially beneficial dietary fats.

Saturated fat: comes primarily from animal sources and is known to raise LDL cholesterol levels (BAD cholesterol), which can lead to heart disease and diabetes.

Trans fat: can occur naturally in meat and dairy, but most is synthetic, created by manipulating unsaturated fats with the process of hydrogenation. Food manufacturers do this to extend the shelf life and stability of a product. In general, Trans fat raises LDL (BAD cholesterol), lowers HDL (GOOD cholesterol) and promotes cardiovascular disease.

Monounsaturated fat: is the kind you want, and can be found in a variety of foods (avocados, nuts, olives and their oils, etc.). These fats can improve cholesterol levels, which decreases your risk of heart disease.

Polyunsaturated fat: is required for growth, reproduction, skin function, cholesterol metabolism, and cellular communication, and it's found primarily in plant foods. These fats regulate cholesterol levels in the blood, decrease the risk of diabetes and can lower blood pressure. Essential Fatty Acids (EFAs) like Omega-3s and Omega-6s are especially beneficial and essential. Since our bodies cannot produce them, we need to get them from our diet, but in a healthy ratio.

Omega-6: commonly found in animal products and processed foods (e.g. corn oil, soy bean oil and safflower oil), so people tend to consume an excessive amount. Disproportionate amounts can disrupt hormones, and can lead to inflammation and disease. An ideal ratio of Omega-6 to Omega-3 is under debate. Some experts recommend a ratio of 4:1, while others say 2:1. Healthy sources of Omega-6 include nuts and seeds.

Healthy sources of Omega-3 include ground flaxseeds, flaxseed oil (contains 55% Omega-3 fats), hemsps seeds, chia seeds (ground is recommended for nutrition intake), walnuts, pumpkin seeds, and their oils. Cauliflower, leafy green vegetables, seaweeds, hummus and Brussel sprouts contain good amounts of EFAs.

Iron

Source: Yum Universe

Iron helps to build proteins in the blood, which transport oxygen throughout the body. This is the oxygen we need to function, which is why a person with iron deficiency lacks energy and feels short of breath or irritable.

There are two types of iron – heme (the kind found in animal foods) and non-heme (the kind found in plant-based foods). While heme iron can be better absorbed into the body, there are some things you can do to increase absorption from plant-based foods.

Start by eating iron-rich goodness like lentils, beans, grains (like oats and quinoa), nuts and seeds, dark leafy greens, and even molasses and prunes. Then by adding vitamin C to your diet it will, in turn, increase the absorption of iron in your body.

You can also invest in a cast-iron skillet or pot, which will also fortify your foods with iron. Avoid drinking tea and coffee with iron-rich foods since tannins (found in coffee and tea) can block iron absorption.

How much do you need? According to the Institute of Medicine of the National Academies, the **average adult male requires 8 mg a day and the average adult female requires 18 mg daily.**

Sources of Iron

- 1 cup of white beans = 8 mg
- ½ cup of lentils = 3 mg
- ½ cup of spinach cooked = 3 mg
- ½ cup of tofu = 3 mg
- ½ cup of chick peas = 2 mg
- ½ cup of canned tomatoes = 2 mg
- 1 medium potato baked = 2 mg
- 1 ounce (approx. 18 nuts) of cashews = 2 mg

Vitamin A

Source: National Institutes of Health

Vitamin A helps keeps skin and mucous membranes that link the nose, sinuses and mouth healthy. It plays a role in immune system function, growth, bone formation, reproduction, and wound healing. Most of the vitamin A that we consume goes to the liver to be stored until it is needed by another part of the body.

How much do you need? According to the Institute of Medicine of the National Academies, the **average adult male requires 900 mcg a day, whereas the average female required 700 mcg daily**. To put this in perspective, one baked sweet potato contains 155% of your daily requirement. Deficiency in vitamin A would prove difficult as there are a wide variety of sources available. Below are just a few examples.

Sources of Vitamin A

- 1 whole baked sweet potato = 1,403 mcg
- ½ cup of frozen boiled spinach = 573 mcg
- ½ cup carrots, raw = 459 mcg
- ½ of red bell pepper = 117 mcg
- 1 whole mango = 112 mcg

Vitamin B

Source: Dr. Andrew Weil & National Institutes of Health & Yum Universe

B12 is an essential nutrient for humans; it's vital for metabolism, brain health, keeping the body's nerve and blood cells healthy and even helps to make DNA. The body can store B12 in the liver for years, but deficiency in the long term can lead to dementia, anemia and even blindness. Unfortunately B12 is only found in animal products and fortified foods.

B12 can be found in fortified non-dairy milks, cereals, nutritional yeast (something I use A LOT when I cook) and energy bars.

Recommended amounts vary: anywhere from 2.4 micrograms to .01-.25 micrograms a day. If you choose to use a supplement, find a sublingual (placed under the tongue) for methylcobalamin B12 because it is absorbed more directly into the bloodstream.

Vitamin C

Source: University of Maryland Medical Center

Vitamin C is a water-soluble vitamin and is ****not**** one of the vitamins your body stores, meaning you have to get it from food, including citrus fruits, broccoli and tomatoes.

You need vitamin C for the growth and repair of tissues in all parts of your body. It helps the body make collagen (a protein used to make skin, cartilage, tendons, ligaments, and blood vessels). Vitamin C is needed for healing wounds, and for repairing and maintaining bones and teeth. It also helps the body absorb iron from non-heme sources (non-animal sources). Smoking cigarettes lowers the amount of vitamin C in the body, so smokers are at a higher risk of being deficient (they require an additional 35 mg of vitamin C a day).

Vitamin C is an antioxidant which blocks some of the damage caused by free radicals (substances that damage DNA). The buildup of free radicals over time may contribute to the aging process and the development of health conditions, such as cancer, heart disease and arthritis.

How much do you need? According to the Institute of Medicine of the National Academies, the **average adult male requires 90 mg a day, whereas the average female required 75 mg daily.**

Sources of Vitamin C

- ½ cup of raw red bell pepper = 95 mg
- 1 medium orange = 70 mg
- 1 medium kiwi = 64 mg
- ½ cup of raw green bell pepper = 60 mg
- ½ cup of cooked broccoli = 51 mg (39 mg is raw)
- ½ cup of sliced strawberries = 49 mg
- ½ cup of Brussel sprouts = 48 mg

Vitamin D

Source: Yum Universe

Vitamin D and calcium work together to build bones, it is a hormone that our body creates when the sun's rays reach our skin cells. Vitamin D is essential for calcium absorption, but 70-90% of people current lack enough.

About 15-20 minutes' worth of pure rays on a sunscreen-free chest and arms, three times a week, gives us all that we need.

Mushrooms are a good source of vitamin D, and according to mycologist (fungi biologist) Paul Stamets, vitamin D levels in mushrooms can be increased by exposing them to sunlight. By placing shiitake mushrooms in (gills up) in the sun for six hours a day for two days (don't go longer than this, or you risk UV overexposure), Stamets increased the vitamin D levels from 100 IU/100g to 46,000 IU/100g! Fresh, homegrown or dried mushrooms all respond to sunlight.

Vitamin E

Source: Dr. Andrew Weil, M.D. & National Institutes of Health

Vitamin E is a powerful, fat-soluble antioxidant that helps protect cell membranes against damage caused by free radicals and prevents the oxidation of LDL (BAD) cholesterol. It's necessary for structural and functional maintenance of skeletal, cardiac and smooth muscle. It also assists in the formation of red blood cells and helps maintain stores of vitamin A and K, iron and selenium.

How much do you need? According to the Institute of Medicine of the National Academies, the **average adult requires 15 mg a day**. Below are just some examples of vitamin E sources.

Sources of Vitamin E

- ½ cup of cooked spinach = 2-4 mg
- ½ cup of cooked red bell pepper = 2 mg
- ½ avocado = 1-4 mg
- ¼ cup of raw almonds = 9-10 mg
- ¼ cup of sunflower seeds = 8-13 mg
- ¼ cup of peanuts = 3 mg
- 2 tbsp. peanut butter = 3 mg

Vitamin K

Source: National Institutes of Health & Dr. Andrew Weil, M.D.

Vitamin K is a substance that our body needs to form clots and to stop bleeding (responds to injuries). In addition, vitamin K assists with the transportation of calcium throughout the body which may reduce bone loss and decrease the risk of bone fractures.

How much do you need? According to the Institute of Medicine of the National Academies, the **average adult male requires 120 mcg a day and the average adult female requires 90 mcg daily**. To put this in perspective, 1 cup of raw spinach contains over 100% of your daily requirement. Below are just a few examples.

Sources of Vitamin K

1 cup of raw spinach = 145 mcg

1 cup of raw kale = 113 mcg

½ cup of boiled broccoli = 110 mcg

½ cup of canned pumpkin (great in oatmeal!) = 20 mcg

¼ cup of raw blueberries = 14 mcg

1 cup of raw iceberg lettuce = 14 mcg

Hydration: Getting Enough H2O

I don't think we need to get into why drinking water is important, we all know water is essential for our bodies to function but many of us don't get enough.

To determine how much your body needs, take your weight and divide by two. That number is the number of ounces of water you need to drink on a daily basis, MINIMUM.

For example, if you weigh 150lbs then you will need 75 ounces of water a day. To put that in perspective, an average bottle of water (e.g. Nestle Pure Life water) is 17 ounces. That means you would have to drink a minimum of 4.5 bottles of water a day.

Think it's going to be tough? Make it your challenge of the week and see how great you feel by the end of Day 7!

Weight (in lbs) ÷ 2 = minimum amount of water (in ounces) required per day

Recipes

Chia Seed Pudding

Source: Oh She Glows Cookbook

Ingredients

3 tbsp. of chia seeds

1 cup of non-dairy milk

½ tsp. pure vanilla extract

1 ½ to 3 tsp. of maple syrup or agave

Directions

In a medium bowl, whisk together the chia seeds, milk, vanilla and maple syrup. Cover and refrigerate overnight, or for at least 2 hours to thicken.

Serve with fresh fruit, granola, toasted coconut, cinnamon... basically anything you want!

Breakfast Scramble - easy

Source: Forks and Beans

Ingredients

1 block of extra firm tofu (pressed if possible)
1 tsp onion powder
1 tsp garlic powder
½ tsp salt (black salt is great but regular salt works too)
¼ tumeric powder
3 tbsp vegetable broth
Nondairy butter

Directions

- Heat pan and melt nondairy butter for creamier taste.
- Crumble tofu into the pan and let it cook for a bit (you can wait until it starts to brown slightly but you don't have to).
- Add spices and vegetable broth (1 tbsp at a time). Cook until broth is absorbed.
- Serve with salt and pepper.

Breakfast Burrito - less easy

Source: *The Vegan Zombie (online recipes)*

Ingredients

½ block of extra firm tofu
4-6 strips of soy bacon (or soy sausage), diced (optional)
¼ onion, diced
¼ - ½ of a tomato, diced
1 potato, diced
½ tsp. of thyme
½ tsp. of basil
½ tsp. of salt
½ tsp. of pepper
1 tbsp. of hot sauce
1 tsp. of turmeric
1 tsp. of garlic powder
¼ - ½ cup of Daiya Cheese (vegan cheese substitute)
2 tbsp. of olive oil

Directions

- Heat olive oil in a pan over medium heat and add diced potato. Cook until browned (approx. 5-7 minutes). Add salt and pepper as they cook.
- Add your herbs (thyme and basil) and hot sauce.
- When the potatoes are about $\frac{3}{4}$ of the way done, add your onion and soy bacon.
- Cut your tofu block in half. Make sure it's been strained (the water has been pressed out of it) prior to use. Crumble tofu into the pan and add your turmeric and garlic powder.
- Add your diced tomato to the pan.
- Finally, add your Daiya Cheese and stir occasionally until melted.
- Serve as a scramble, or in a tortilla as a breakfast burrito.

Overnight Oats

Source: Jan B.

Ingredients

1 cup of steel cut oats

1 tsp. of cinnamon

4 ½ cups of water

Directions

Put all ingredients in a greased crock pot, set for warm (the lowest setting) for 8-9 hours.

Serve in the morning with toppings (e.g. toasted coconut flakes, berries, peanut butter, maple syrup, brown sugar, almond milk, fresh fruit, sunflower/pumpkin seeds, crushed almonds, etc.).

Lentil Soup (Similar to Split Pea Soup)

Source: Cassie

Ingredients

1 cup of dry red lentils (this is my preference, but feel free to use dry split peas instead).
1 cup of water
2 cups of veggie broth
¼ of an onion, chopped
1-2 cups of essentially any other veggie you want, chopped (bell pepper, carrot, celery, etc.)
Dash or two of smoked paprika

Directions

- Cook the lentils with water and veggie broth until soft.
- Add the onion and vegetables and cook until soft.
- Add smoked paprika to taste.

When I'm feeling lazy or tired after work, I just put it all in the pot at the same time and let it all cook until soft. Still turns out great!

Chickpea Salad

Source: *Oh She Glows Cookbook*

Ingredients

1 can (15-ounces/425-grams) of chickpeas, drained and rinsed.
2 stalks of celery, finely chopped
3 green onions, thinly sliced
¼ cup bell pepper, finely chopped
¼ cup dill pickle, finely chopped (optional)
2-3 tbsp. of vegan mayonnaise (preference: Veganaise)
1 clove of garlic, minced
1 ½ tsp. yellow mustard
2 tsp. fresh dill, minced (optional)
1 ½ - 3 tsp. of lemon juice, to taste
¼ tsp. salt, to taste
Black pepper
Toasted bread, crackers, or tortillas for serving

Directions

- In a large bowl, mash the chickpeas with a potato masher until flaky in texture.
- Stir in the celery, green onions, pickles, bell pepper, mayonnaise and garlic until combined.
- Stir in the mustard and dill (if using) and season with the lemon juice, salt and black pepper, adjusting quantities to taste.

Serve as a sandwich, on crackers or in a tortilla. Also works well on top of a salad.

Biscuits and Gravy

Source: *Thug Kitchen Cookbook*

Ingredients

1 ½ cup of green or brown lentils
5 cups of water
Salt
½ small onion, diced
1 tsp. of olive oil
1 tsp. dried thyme
2 cloves of garlic, minced
1/8 tsp. ground pepper
1 tbsp. flour
1 cup vegetable broth
1 tsp. tamari or soy sauce
1 tsp. of paprika
½ tsp of sherry or red wine vinegar
Biscuits or toast

Directions

- In a pot, bring the lentils, water and a pinch of salt to a boil. Simmer until they are tender and starting to fall apart (about 40 minutes).
- In a small skillet, sauté the onion and olive oil over medium heat until golden around the edges, about 3 minutes.
- Add the thyme, garlic and pepper and cook for another 30 seconds. Turn off the heat.
- When the lentils are done, drain them of whatever water is left in the pot and put the lentils back into their pot.
- In a small bowl, mix the flour into the broth. Add the broth mixture to the lentils, along with the onions, soy sauce, paprika and vinegar.
- Use an immersion blender or put the mixture into a regular blender and blend until preferred consistency is reached.
- Return to stove to simmer to thicken for 2-3 minutes.

Serve on warm biscuits or toast.

Veggie Burger

Source: *Veg News Magazine*

Ingredients

½ 8-ounce package of tempeh
½ cup of walnuts
1 tbsp. of nutritional yeast
1 tsp. of minced fresh Italian parsley
½ tsp. dried oregano
½ tsp. dried basil
¼ tsp. of dried thyme
2 garlic cloves, chopped
¼ cup diced yellow onion
1 tsp. vegan Worcestershire sauce
1 tbsp. tomato paste
1 tsp. tamari (soy sauce)
1 tbsp. water
1 tbsp. olive oil, plus more to coat the burgers
1 flax egg (mix 1 tbsp. ground flaxseed with 3 tbsp. of warm water, let sit for 10 minutes)
¼ cup of vital wheat gluten
¼ tsp. of salt
1/8 tsp. ground pepper
4 burger buns
1 cup of jarred marinara sauce, warmed
1 cup of garlicky mozzarella sauce (see page 54) (optional)
¼ cup of pesto (optional)

Directions

- Preheat oven to 350.
- Steam the tempeh for 30 minutes, let it cool.
- In a food processor, add walnuts, nutritional yeast, parsley, oregano, basil, thyme, garlic, onion, Worcestershire, tomato paste, tamari, water and oil. Process for about 1 minute, scraping down the sides when necessary. Leave in processor but set aside.
- In a mixing bowl, add cooled tempeh and crumble with your hands. Into the food processor, add tempeh, flax egg, wheat gluten, salt and pepper to the walnut mixture and process until combined.

- Divide mixture into 4 equal portions. Roll into balls, and then flatten into ½ inch thick patties.
- On parchment paper, place patties, brush with oil and bake for 30 minutes.
- Remove patties from oven and let cool slightly.
- On the bottom of half of each bun, add 2 tbsp. of marinara and place patty on top. Add 2 tbsp. of marinara sauce to top each patty, then add ¼ cup of garlicky mozzarella sauce. If using pesto, spread 1 tbsp. on each top bun and place on burger.

Cooked Tempeh

Source: Cassie

Ingredients

1 package of tempeh

Directions

- Cook in preferred way (I usually cut tempeh into ½ inch cubes and steam to get the texture I prefer. You can warm in the microwave or cook on the stove top).

I like tempeh as a replacement for chicken. I use it crumbles or cubed on top of pasta, in stir fry recipes, on salads or in strips on sandwiches (after being fried in coconut oil).

Caesar Salad Dressing

Source: Veganomicon Cookbook

Ingredients

1/3 cup of sliced almonds

3-4 cloves of garlic, peeled and crushed

¾ pound of soft tofu (you can use the entire package, just adjust the remainder of the flavours)

¼ cup of olive oil

3 tbsp. of lemon juice

1 heaping tbsp. of capers

4 tsp. caper brine

1 tsp. sugar

½ tsp. of mustard powder

Salt

Directions

- Pulse the almonds in a food processor or blender until powdered/crumbly. Empty the ground almonds into a container for later use.
- Blend the garlic, tofu, and oil in the food processor or blender until creamy.
- Add the lemon juice, capers, caper brine, sugar and mustard powder and blend. Adjust the lemon juice and salt to taste.
- Pour into the container with the ground almonds and whisk to combine.

Salad Dressing: Liquid Gold

Source: Unknown

Ingredients

¼ cup of fresh lemon juice
¼ cup of nutritional yeast
2 tbsp. flaxseed oil
2 tbsp. tamari (soy sauce)
2 tsp. ground flaxseed
1 tsp. Dijon mustard
1 tsp. agave
½ tsp. ground cumin
½ tsp. garlic (crushed or chopped)

Directions

- Combine all ingredients in a blender and process until smooth.

Store in a sealed glass jar in the refrigerator for up to 2 weeks.

Fettuccine Alfredo

Source: Unknown

Ingredients

1 tbsp. olive oil
1 small yellow onion
1 tbsp. dry white wine (optional)
1/3 cup almonds
6 oz. soft tofu
2-3 tbsp. white miso paste
½ cups of unsweetened soy or almond milk
½ tsp of salt
Dash of nutmeg
Dash of Cayenne Pepper

Directions

- Heat oil in skillet over medium heat, add chopped onions. Cover and cook without browning until tender (5-7 minutes). Stir in wine and set aside.
- Finely grind almonds in blender. Add onions and puree.
- Add tofu and miso to the blender mixture and process until smooth.
- Add 1 cup of unsweetened soy or almond milk, nutmeg and cayenne pepper and process until smooth.
- Adjust ingredients as needed until desired flavour is reached.
- Transfer to saucepan and heat over low heat. Pour over finished noodles.

Mac n' Cheese

Source: *Unknown*

Ingredients

1 box of pasta
2 med. Yukon gold potatoes, diced
2 carrots, diced
2/3 cups of diced onion
2.5 cups of water
2/3 cups of canola oil or safflower oil
2/3 cups of unsalted cashews
2 tsp salt
2-3 garlic cloves, minced
¼ tsp dry mustard
2 tbsp. lemon juice
½ tsp black pepper
¼ tsp cayenne pepper
½ cup of nutritional yeast
¼ cup panko bread crumbs (or crushed tortilla chips for a GF version)
Oil to moisten

Directions

- Preheat oven to 350, lightly oil casserole dish and set aside.
- Cook pasta as per package directions.
- Combine potatoes, carrots and onion with 2 ½ cups of water in pot/saucepan. Bring to a boil over medium heat, turn down and simmer covered for about ten minutes.
- Add the oil, cashews, salt, garlic, dry mustard, lemon juice, ¼ cup of nutritional yeast and peppers to the cooked veggies in pot/saucepan. With an immersion blender, blend until completely smooth (add more nutritional yeast if needed for flavour).
- Add cooked pasta to the sauce and fold until completely coated. Pour into casserole dish.
- In a separate bowl, mix together breadcrumbs, ¼ cup of nutritional yeast and oil (just to moisten), sprinkle over top of pasta. I also add some garlic powder and a little salt for extra flavour.

- Bake for 15 to 30 minutes, or until breadcrumbs are browned.

Tomato Sauce

Source: Cassie

Ingredients

3-4 tomatoes

1 can of tomato paste

1-2 tbsp. of sundried tomatoes

3-4 cloves of garlic

½ cup of chopped onions

½ tbsp. of garlic powder

½ tbsp. of maple syrup (NOT Aunt Jemima)

1 tbsp. olive oil

Approx. ½ tbsp. oregano

Approx. ½ tbsp. basil

Approx. 1 tsp salt

Directions

Process all ingredients in a food processor. Adjust flavours as needed and process until desired consistency is obtained.

Jambalaya

Source: *Lisa H.*

Ingredients

½ block of tofu, diced (I use a block of smoked tofu)
1 tbsp. of vegetable oil
1 onion, chopped
1 clove of garlic, minced
½ tsp. of salt and pepper
½ pinch of saffron (optional)
Pinch of chili pepper flakes
1 cup of basmati rice
1 ½ cup of tomato juice (375 ml)
1 ½ cup of vegetable broth
2 tbsp. of lemon juice
1 cup each: corn kernels and green pepper, chopped (feel free to change up the veggies)

Directions

- Heat oil in a skillet over medium heat. Add the onion, garlic, salt, pepper, saffron and chili pepper flakes. Cook until golden, about 5 minutes. Stir in rice until grains are coated.
- Pour in tomato juice, broth and lemon juice. Bring to a boil then cover and reduce heat, simmer for 15 minutes.
- Increase heat to medium and stir in corn, green pepper and tofu. Cover and cook for 5-7 minutes, stirring occasionally. Enjoy!

'Meat' Loaf

Source: *PETA*

Ingredients

Loaf Ingredients

2 14-oz. packages of vegan beef crumbles
¼ cup of oats
¼ cup of bread crumbs
3 tbsp. of ketchup
1 tsp. vegan Worcestershire sauce
1 cup of onions, diced
4 cloves of garlic, minced
1 tsp. of jalapeno, minced (optional)
1 tsp. garlic powder
½ tsp. salt
½ tsp. pepper

Sauce Ingredients

½ cup of ketchup
1 tbsp. brown sugar
½ tsp. of vegan Worcestershire sauce

Directions

- Preheat your oven to 375
- In a large mixing bowl, stir all the loaf ingredients until well combined.
- Add the mixture to a greased 7-inch loaf pan, cover with aluminum foil and cook for 30 minutes.
- In a small mixing bowl, combine all the sauce ingredients.
- Remove the loaf from the oven, uncover, top with the prepared sauce and cook for an additional 30 minutes.

Sweet Potato and Black Bean Enchiladas

Source: Oh She Glows Cookbook

Ingredients

2 cups of sweet potato, chopped small
1 tbsp. olive oil
1 red onion, chopped
2 large cloves of garlic, minced
Salt and pepper
1 bell pepper, chopped
1 can (15-ounce/425-gram) of black beans, drained and rinsed
2 large handfuls of spinach, roughly chopped
2 ½ cups of enchilada sauce (homemade or store bought)
1 tbsp. lime juice
1 tsp. chili powder
½ tsp. cumin
½ tsp. salt (to taste)
5 soft tortilla shells

Directions

- Preheat oven to 350. Lightly grease a large rectangular baking dish.
- Place the sweet potato in a medium saucepan and add enough water to cover. Bring water to a boil, then reduce the heat to medium-high and simmer for 5-7 minutes, or until fork tender. Drain and set aside.
- In a large skillet, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, until the onion is translucent. Season with salt and pepper.
- Add the bell pepper, cooked sweet potato, black beans and spinach. Raise the heat to medium-high and cook for a few minutes more or until the spinach is wilted.
- Remove the skillet from heat and stir in ¼ cup of enchilada sauce, the lime juice, chili pepper, cumin and salt.
- Spread 1 cup of the enchilada sauce evenly over the bottom of the prepared baking dish. Scoop ¾ cup of the sweet potato filling into each tortilla. Roll up the tortilla and place seam down in the baking dish. After doing so for all 5 tortillas, spread the remaining enchilada sauce over the tortillas.
- Bake the enchiladas, uncovered, for 20-25 minutes, until the sauce is a deep red colour and the enchiladas are heated through.

- Serve with guacamole or Roasted Garlic Cashew dip (see 49).

Stir Fry Ideas

Source: Cassie

You can essentially use anything in a stir fry, whatever you have on hand or that is getting close to expiring. Start by choosing a base, then your vegetables, your protein and your sauce.

Ideas for a Base

Quinoa

Brown Rice

Rice Noodles

Feel free to mix it up. I tend to use 2 parts brown rice and 1 part quinoa.

Ideas for Vegetable

Celery

Bell Peppers

Broccoli/Cauliflower

Onion

Carrot

Greens (kale, spinach, etc.)

ANYTHING

Again, you can use essentially any type of vegetable in a stir fry. Decide how you're going to prepare them (steaming, sautéing, baking, on the BBQ, etc.). I normally steam my vegetables in my rice cooker/steamer so both my base and veggies finish at the same time (and steaming is the best for holding in the nutrients).

Ideas for Protein

Chickpeas

Kidney Beans

Tofu

Tempeh

Lentils

Pretty much any type of bean

Get creative here in how you prepare your protein. I tend to sauté my chickpeas in coconut oil with some salt and oregano to give them a little crunch, or bake them with some spices.

Ideas for Sauce

See pages 37 and 38 for sauce ideas.

Worst case scenario, use soy sauce. Again, get creative in making a sauce. I like to use coconut milk and then add whatever spices or flavours I'm in the mood for.

Ideas for Toppings

Crushed peanuts or almonds

Sprouts

Red Chili Pepper Flakes

Coconut Curry Sauce

Source: Cassie

Ingredients

1 can of coconut milk

1 tbsp. of peanut butter

1-2 tsp. of curry powder (to taste)

1-2 tsp. of red curry paste (for taste)

Directions

Heat all ingredients on the stove until well combined. Adjust flavours as needed.

Hoisin Dipping Sauce

Source: Le-Anh N.

Ingredients

Hoisin sauce

Lemon Juice

Peanut Butter

Water (or vegetable stock)

Directions

Mix all ingredients together. No measurements included, it's all dependent on your preference!

Peanut Lime Sauce

Source: Jessie Q.

Ingredients

¼ - ½ cup of peanut butter

The juice from 1.5 limes

1-2 tsp. of soy sauce

¼ - ½ cup of water (use as much as needed until desired consistency is reached)

Directions

Mix all ingredients in a bowl until well combined. Adjust flavours as needed.

Shepherd's Pie

Source: Katie M.

Ingredients

- 1 cup of cooked lentils
- 1 medium tomato, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 medium onion, chopped
- 1-2 tbsp. of soy sauce
- 4 medium sized potatoes, chopped

Directions

- Preheat the oven to 375.
- Sauté all of the above ingredients (except the potatoes) until most of the moisture has evaporated.
- While the lentil mix is sautéing, boil the potatoes until soft. Once they are done, mash them (use vegan margarine and unsweetened non-dairy milk as necessary).
- Put the vegetable/lentil mixture in a baking dish. Top them with mashed potatoes and bake for 25-55 minutes (or until potatoes begin to brown).
- For an added bonus, serve with warm mushroom gravy!

Cauliflower 'Wings'

Source: Cassie

Ingredients

1 large head of cauliflower (cut into bite sized pieces)
¾ cup of flour
2 tsp. garlic powder
1 tsp. onion powder
1 tsp. curry powder
1 tsp. Old Bay Seasoning
2 tbsp. nutritional yeast
1/8 tsp. smoked paprika
¾-1 cup unsweetened soy or almond milk

Directions

- Spray baking dish with oil

- Whisk batter together (everything from the ingredients list besides cauliflower). Should result in a pancake batter consistency.
- Toss and coat all the of the cauliflower heads.
- Bake in oven on 450 for 40-45 minutes (flipping halfway).
- Once baked you can either toss the finished bites in sauce (similar to buffalo wings) or provide the sauces separately to dip the cauliflower bites in. See sauce options on pages: 49, 50, 51 and 52.

Roasted Garlic Cashew Dipping Sauce

Source: Cassie

Ingredients

1 cup of unsalted cashews

½ cup of water (add more as needed)

½ - 1 roasted garlic head (if you don't have time to roast the garlic, add 2-3 cloves of fresh garlic instead)

1-2 tsp. of herbes de providence (optional, if I don't have any on hand, I use unsalted poultry seasoning or some sage)

Directions

- Blend the cashews and water together for 1-2 minutes, until very smooth. Adjust the water amount as needed until desired consistency is reached.
- Add the garlic and blend until smooth.
- Add the herbs and blend until combined. Adjust taste as necessary.

To save time and to offer variety, I make a double recipe and once the initial garlic sauce is done, I take half out and set aside. Then I add 1-2 tbsp. of Frank's Hot Sauce and blend until combined and you'll have the Spicy Garlic Cashew Sauce. This works well when making Cauliflower 'Wings', as you can offer two dipping sauces.

This is a great dip for veggies, pizza, Cauliflower 'Wings', etc. Also works well with the Sweet Potato and Black Bean Enchiladas in place of a sour cream or as a sandwich spread.

Spicy Garlic Cashew Sauce

Source: Cassie

Ingredients

1 cup of unsalted cashews

½ cup of water (add more as needed)

2-3 cloves of garlic

1-2 tsp. of herbes de provence (optional, if I don't have any on hand, I use unsalted poultry seasoning or some sage)

1-2 tbsp. of Frank's hot sauce

Directions

- Blend the cashews and water together for 1-2 minutes, until very smooth. Adjust the water amount as needed until desired consistency is reached.
- Add the garlic and blend until smooth.
- Add the herbs and hot sauce and blend until combined. Adjust taste as necessary.

Great dip for veggies, pizza, Cauliflower 'Wings', etc. Also works well as a sandwich spread.

Garlic Walnut Dip

Source: Forks Over Knives Cookbook

Ingredients

1 cup of unsalted walnuts
½ cup of water (add more as needed)
2-3 cloves of garlic
1-2 tbsp. of soy sauce

Directions

- Blend all ingredients together. Add water until desired consistency is reached (e.g. dip, spread, sauce, etc.).

This works well over roasted vegetables, as a dip (pizza, veggies, etc.) or as a sandwich spread.

Honey Garlic Sauce

Source: Cassie

Ingredients

¼ cup of soy sauce
2 clove of garlic, minced
1 tbsp. of agave
1 tbsp. of apple cider vinegar

Directions

- Mix all the ingredients in a saucepan and heat over medium heat.
- Once well combine, remove from heat and serve.

Nut Parm

Source: Artie (from Moloka'i)

Ingredients

3-4 cloves of garlic

¼ cup of nutritional yeast

2 cups of cashews (you can do 1 cup of cashews and 1 cup of sunflower seeds to save money)

¼ - ½ tbsp. of salt

Directions

- Put all ingredients into the food processor and process until desired consistency is reached (similar to a parmesan cheese consistency). ** DO NOT OVER BLEND, IT WILL TURN INTO A THICK PASTE **

Will keep in the freezer for up to 2 months. Take it out as needed (it will de-thaw once it is put on hot food) and put back into the freezer.

Use nut parm on anything and everything. It makes a fantastic salad dressing (toss your salad with a little bit of olive oil or flax oil and then sprinkle on some nut parm), great on pastas in place of parmesan cheese and even a good sandwich topper. If I'm feeling lazy, I'll boil noodles, toss some vegan margarine on them and then top with nut parm. I promise you'll get addicted.

Garlicky Mozzarella Sauce

Source: Veg News Magazine

Ingredients

1 cup of unsalted cashews, soaked in water overnight and drained or boiled for 10-15 minutes and drained.

1 garlic clove

1 tbsp. plus 1 tsp. of lemon juice

2 tsp. of white miso

¾ cup of water, plus more if needed

1 tbsp. of nutritional yeast

½ tsp. onion powder

¼ tsp. of salt

½ tsp. of marmite (optional)

Directions

- Place all ingredients into a food processor or blender and puree until smooth.

Mini Key Lime Pie Tarts

Source: Minimalist Baker (online recipe)

Ingredients

Crust

1 ¼ cup of graham cracker crumbs
¼ cup of melted vegan margarine (e.g. Earth Balance)

Filling

1 cup of raw cashews (either soaked for 4-6 hours and strained or boiled for 10 minutes and strained).
¾ cup of light or full fat coconut milk, well shaken
¼ cup of coconut oil, melted
3-4 large limes or 6-7 key limes
1 tbsp. of zest from the limes
½ cup of lime juice from the limes
1/3-1/2 cup of agave nectar (depending on how sweet you want them)

Directions

- Preheat oven to 375, line muffin tin with 12 liners.

- Add crackers to food processor and process until you get a fine meal. Add melted margarine and pulse until just combined.
- Distribute evenly in liners, pressing down with a spoon or a small glass to flatten them. Bake for 10 minutes and set aside.
- Add all filling ingredients to blender and blend on high until creamy and smooth. Add more lime juice for tartness or more agave for sweetness.
- Pour into muffin liners, TAP MUFFIN TIN GENTLY ON COUNTER TO RELEASE AIR BUBBLES. Top with zest from limes and loosely cover.
- Freeze for 2-4 hours. They will keep in the freezer for up to 2 weeks.

Feeling lazy? Just make the filling (it takes about 5 minutes) and freeze it in a pre-bought crust. Check your baking aisle for graham cracker crusts or oreo crusts (they work amazing).

Brownies

Source: The Rawtarian (online recipe)

Ingredients

Brownie Mixture

- 1 cup of pecans
- 1 cup of dates
- 5 tbsp. of raw cocoa powder
- 4 tbsp. of shredded unsweetened coconut
- 2 tbsp. of agave
- ¼ tsp. of salt

Icing Mixtures

- 1 cup of dates, pitted
- ¼ cup of raw cocoa powder
- ¼ cup of coconut oil
- ¾ cup of water (or a little more if needed)

Directions (Brownies)

- Put the pecans in the food processor alone and process until the pecans have become small and crumbly.

- Add the dates to the pecans and process again until the mixture sticks together and dates are well processed (be careful not to over process them).
- Add remaining ingredients and process until mixture turns dark chocolately brown but stop before it become too buttery (should still be air between the small bites so you can press them down).
- Dump mixture into the serving dish and press down firmly and evenly, add the icing and refrigerate/freeze.

Directions (Icing)

- Place all ingredients in a high speed blender (I caution against using a food processor for the icing). Blend together for a long time to get the velvety consistency.
- It's done when it has the consistency of icing and no pieces of dates remain.

Oatmeal Chocolate Chip Cookies

Source: Unknown

Ingredients

½ cup of margarine
¾ cup of brown sugar
1.5 tsp. vanilla extract
1 flax egg (1 tbsp. of ground flaxseed mixed with 3 tbsp. of warm water, then let it sit for 10 minutes)
¾ cup of flour
½ tsp. salt
¼ tsp. baking soda
¼ tsp. baking powder
¾ tsp. cinnamon
1.5 cups of regular rolled oats
1 cup of dairy free chocolate chips (e.g. semi-sweet)

Directions

- Beat margarine, sugar and vanilla on medium high for 2 minutes.
- Add flax egg and mix until combined.

- In a small mixing bowl, whisk together flour, salt, baking soda, baking powder and cinnamon.
- Add dry mixture to wet mixture in 2 parts, mixing on medium speed after each addition.
- Once flour has been incorporated, add the oats and chocolate chips and mix until combined.
- Bake at 350 for about 8 minutes.