

Vegan Diet: Vegan Diet Cookbook

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Smashwords Edition

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Chapter 1 - Why Should You Try Vegan?

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Party Bean, Carrot Spirals

Ingredients:

- 1/2 cup diced red peppers
- One & Half cup of Easy Mean White Bean Dip
- 4 to five -inch flour tortillas
- 1/2 cup diced carrots
- Eleven ounces spinach leaves

Directions:

1. Begin by preparing the bean dip, seen above. Adjacent, spread out the bean dip on each tortilla, making sure to leave approximately a $\frac{3}{4}$ inch white border on the outside of the tortillas.
2. Subsequent, place spinach in the middle of the tortilla, followed by carrots and red peppers.
3. Roll the tortillas into tight rolls, and then cover each of the rolls with plastic wrap or aluminum foil.
4. Now allow them to chill in the fridge for twenty four hours.
5. After that, withdraw the wrap from the spirals and remove the very ends of the rolls.
6. Slice the rolls into 6 individual spiral pieces, and arrange them on a platter for serving.
7. Enjoy!

Servings – 25

Onion Rings

Ingredients:

- Two to three teaspoons of paprika
- 1 cup of chickpea flour
- 1/8 teaspoon of cayenne pepper
- ¼ cup of water
- 3 tablespoon of fresh oregano, finely sliced
- 2 onions, sliced
- One tbsp of onion powder
- One to Two tablespoon of garlic powder
- 6 tbsps of vegan cheese

The method of preparation:

1. Preheat the oven to 392 F.
2. Stir ¼ cup of the chickpea flour in a small bowl then set it away.
3. Mix the rest of chickpea flour with the ingredients except for the onion in a separate bowl.
4. Dip the onion rings in the water mix and then dust it in the chickpea and spices blend.
5. Put the onion rings on a lined up baking sheet and bake them for approximately twenty-Two minutes.
6. Now you can serve your onion rings with your favorite dip and enjoy.

Prep Time: Fifteen to sixteen minutes

Cooking Time: Twenty-eight minutes

Serves- 3 to 5

Spaghetti Squash Mac with Yummy Cheese

What you need

- One to Two teaspoon grated parmesan as optional garnish
- One cup reduced-fat cheddar cheese
- Two cups broccoli florets, steamed
- One cup low-fat milk
- One large spaghetti squash
- One tbsp whole wheat flour
- Pepper and salt
- Half cup of grated parmesan
- One to Two tsp red pepper flakes
- Canola oil spray
- 1 to Two tbsp ghee

Preparation

1. Prepare the oven by preheating it to 406 degrees
2. Break the spaghetti squash into halves. Discard the seeds by scooping them out. Using your cooking spray, get the squash halves scattered at the center.
3. Take a cookie sheet and place the cut side on it. Roast for about 45 minutes until it gets tender.
4. Allow the squash to cool before removing it from the oven then scrape the flesh within a large bowl.
5. Within the same bowl, add steamed broccoli florets and keep them aside.

6. On medium heat, melt the ghee while placing it in a large saucepan. Add in the wheat flour and stir it. Keep whisking while you add milk.
7. Adjust the flame to low then and combine ½ grated parmesan and cheddar into the saucepan then stir it till it melts. Stop heating.
8. Within the broccoli and spaghetti squash mixture, pour in the cheese sauce and cover all squash by tossing.
9. Portioning it within 4, top it with pepper and salt as well as the parmesan and red pepper flakes depending on your taste.

Time – 1 hr & 10 minutes

Serves- Five

Yummy Scallion Pancakes

Ingredients:

- 1 cup sliced scallions
- One cup and Two to three tbsp. rice milk
- Olive oil for cooking
- One cup Spelt flour
- 1 to Half tsp. salt

How to prepare:

1. Begin by combining the above ingredients in a mixing bowl. Stir the ingredients well till they're smooth.
2. After that, oil up a griddle and put approximately 1/8 of a cup of batter on the griddle for each pancake.
3. Cook each side of the pancake to achieve a golden brown color.
4. Subsequently, place the pancakes on a plate and cover the pancakes while you continue to cook the rest of the batter.
5. Place the pancakes out on a beautiful platter, and serve warm.

Servings – Twenty-six small cakes

Yummy White Bean Salad

Ingredients

- 1/4 to 1/2 cup good quality olive oil
- Three cloves garlic, minced
- 1/2 cup fresh basil leaves, torn into 1/2-inch pieces
- Two & 15.8-oz. cans Great Northern Beans, rinsed and drained
- Fresh ground black pepper
- 1/2 pound small Roma or may be plum tomatoes, chopped
- 1 to 2 teaspoon coarse sea salt or may be kosher salt

Directions:

1. Mix beans, tomatoes, basil, and salt in a bowl, and season with pepper. Heat up oil in a skillet over medium flame. Now you should add stirring, garlic, and cook, until fragrant but not browned for just a minute or Two.
2. Pour olive oil and garlic mixture above beans and tomatoes, and flip mildly to mix.
3. Now allow the bean salad to stand thirty-Two minutes before serving to allow the flavors to meld.
4. Salad can be covered and kept at room temperature for up to 4 hours.
5. Makes 6 serve of white bean salad.

Unstoppable Lemon Mushrooms

Ingredients:

- Ten ounces sliced portabella mushrooms
- One to Two tbsp. Olive oil
- One to Two tsp. agave nectar
- 2 minced garlic cloves
- Three to four tablespoon. lemon juice

How to prepare:

1. Bring together the agave nectar, the lemon juice, the olive oil, and the minced garlic in a mixing bowl.
2. Place the sliced mushrooms in the created mixture, and whisk them together.
3. Place the mushrooms in a baking pan and now pour the marinade over top of them.
4. Broil the mushrooms for four minutes.
5. After four minutes, stir the mushrooms.
6. Broil them for an additional 5 min.
7. The mushrooms should be darker.
8. Withdraw the mushrooms and serve them warm.

Servings – Seven

Tofu Skillet with Soy Sausage

Ingredients

- 1 small onion, shredded
- 1/4 to Half tsp turmeric
- 1/4 to Half tsp salt
- One cup meatless soy sausage, sliced
- 2 to 3 teaspoons soy sauce, e.g. tamari
- One pound firm tofu drained and crumbled
- Half tsp freshly ground black pepper
- 2 to 3 Tbsps vegetable oil
- 1/4 fresh ground pepper
- One clove garlic, finely chopped
- 1/2 cup mushroom, sliced
- 1 tsp onion powder
- 1 to Two tablespoon nutritional yeast flakes

The method of preparation

1. Mix tofu with turmeric, salt, onion powder, and pepper in a medium bowl.
2. Heat a large skillet over medium heat in first, and then combine the vegetable oil. Combine the onion and garlic, cooking stirring occasionally. Cook till the onions are translucent.
3. Now you should add the mushrooms and sausage to the skillet and sprinkle with the Yeast flakes. Cooking for 7 minutes.
4. Combine the tofu mixture to the skillet and whisk well. Drizzle with tamari sauce and cook till the tofu is dry. It takes about 6 minutes and 30 seconds. Decorate with chopped leeks.

Ready in about twenty-Two min

Servings- 6

Superb Appetizer Pretzels

Ingredients:

- 2 cups unsalted peanuts or almonds
- Half to 1 teaspoon. ginger
- 3 cups small pretzels
- 3 tbsp. agave nectar
- One to Two teaspoon. Cinnamon
- Three tbsp. Soy sauce

Directions:

1. Begin by preheating the oven to 303 degrees Fahrenheit.
2. Bring together the soy sauce, the agave nectar, the cinnamon, and the ginger in a medium-sized bowl.
3. Whisk well. Combine the pretzels and the nuts and continue to stir.
4. Now spread this creation on a baking sheet, and bake them for 20 minutes.
5. You should whisk them after every five minutes.
6. After that allow the pretzels to cool and set them out as a party appetizer.

Serves – 5

Spicy Samosas

What you need:

- 1 cup diced green beans
- Sunflower or olive oil for frying
- Eight ounces phyllo pastry
- Half to 1 tsp. Salt
- Three to four tsp. curry powder
- ¼ cup olive oil
- One diced carrot
- 2 diced potatoes
- One tsp. mustard seeds
- One cup frozen peas
- 1/3 cup water
- Two diced onions

How to prepare:

1. Begin by warming up the olive oil in a skillet and adding the mustard seeds, allowing them to heaten up until they pop.
2. Combine the onions, and cook them for 5 minutes.
3. Next, pour in the curry powder and salt.
4. Fry these together for 1 and 1/2 minutes. Following that you should add the carrots, the peas, the potatoes, the beans and the water. Cooking this mixture together for 15 minutes on LOW.
5. The vegetables should be soft.

6. After that, slice up the phyllo pastry to create long strips. Then take one piece and place a tablespoon of the formed filling in the strip, at the end.
7. Fold this piece diagonally to form a triangle.
8. Continue this folding until the very end of the piece.
9. Afterwards, seal up the end with water.
10. Now repeat the above steps with the leftover phyllo strips.
11. After that, fill half wok with sunflower oil. Heat the oil to 353 degrees Fahrenheit.
12. Post that fry up the samosas for three minutes till they reach a golden color.
13. Allow them to drain, and then serve them warm. Enjoy!

Serves – Five

Raisins and Cranberry Soft Bread

What you need

- 2 to 3 Tbsps margarine, melted
- Half cup raisins
- Half to 1 teaspoon baking soda
- Pinch of salt, or may be to taste
- 2 cups flour
- 1 cup sugar
- 2 to three tsp baking powder
- Warm water, as much as it's necessary to get a soft dough
- 1/2 cup raw cranberries

How to prepare

1. Preheat the oven to 353 F.
2. Sift the flour, sugar, baking powder, baking soda into a large mixing bowl. Add salt and mix well. Now you should add melted margarine and warm water. Blend well using a wooden spoon.
3. Now you should add cranberries and raisins. Stir well. Shape the dough into a ball. Put your bread in a covered loaf pan, and place in the middle of the oven shelf. Bake for one hour.
4. Ready in approximately 1 hr and thirty-Two minutes

Servings -7

Lentil Bake & Pepper

What you need

- Salt and pepper to taste
- 1 garlic clove, peeled and finely sliced
- 1/3 oz. shredded parmesan cheese
- 2 to three teaspoons dried basil
- One oz. shredded cheddar cheese
- 1 to 1 & Half large onion, peeled and finely sliced
- Fifteen ounces canned and chopped tomatoes
- 1 tsp olive oil
- 2 to three cups low-sodium, organic vegetable broth
- Four red bell peppers, deseeded and sliced
- 1/4 cup white wine
- 1/2 cup lentil
- 1 large cooking apple such as Granny Smith or may be McIntosh, peeled, cored, and sliced

Preparation

1. Prepare the oven by preheating it to 353 degrees.
2. Place the olive oil in a saucepan and heat it. Combine garlic and onion and then fry them till the onions are observed to be translucent.
3. Take your lentils, combine them and whisk. After that you should add vegetable stock and bring it to the boil. Reduce the heat and cook for about 32 minutes.
4. Add the canned tomatoes, white wine, peppers, apple, and basil then mixes them very well.

5. Place the mixture in an oven proof 8 by 14 baking dish and sprinkle cheese on top.
Cook for 38 minutes.
6. It is best when instantly served.
7. Time - One hr & thirty minutes

Servings – Five

Indian Summer Tuscan Quinoa Salad

What you need:

- 2 tbsps of fresh lemon juice
- 1 cup of quinoa
- Half cup of cherry tomato, quartered
- Black pepper
- ¼ cup of red onion, finely chopped
- 1 can of white beans
- ¼ to 1/2 cup of red bell pepper, diced
- Two tablespoons of fresh basil, finely chopped
- ¼ to 1/2 cup of olive oil
- Salt

Instructions:

1. Cook the quinoa according to the directions on the package.
2. Stir the basil with lemon juice, olive oil, a pinch of salt and pepper in a small bowl to make the dressing.
3. Add the rest of the ingredients in a large mixing bowl and then combine the dressing. After that toss it mildly.
4. Adjust the seasoning of your salad and then serve it right away and enjoy.
5. Preparation Time: Eight to ten min
6. Cooking Time: Twelve min

Serves- 6

Easy Soft Bread

Ingredients

- 1 to 2 tbsp baking powder
- One cup whole wheat pastry flour
- 1 few pecans, sliced
- 1/2 cup non-dairy butter
- One cup quick oats
- 1/2 cup unsweetened applesauce
- 1 cup almond milk
- 1 cup bread flour
- Salt to taste

The method of preparation

1. Preheat oven to 378 degrees F.
2. Mix butter, applesauce, and almond milk in a microwave-safe bowl. Heaten up for one minute.
3. Whisk quick oats, the flours, salt and baking powder.
4. Transfer dough to prepared baking pan. Top sliced pecans on top.
5. Bake for fifty-seven minutes. You should insert toothpick within the middle of the bread. It should be baked till the toothpick comes out clean.
6. Ready in approximately one hr & thirty minutes

Serves fourteen

Cheese Cake

What you need

- Two to three tablespoon of salted natural peanut butter
- 1 cup raw walnuts or maybe almonds
- 3 tablespoons of bourbon caramel sauce
- Half cup agave nectar or maple syrup
- One large lemon, juiced
- 1 cup pitted dates (soaked in warm water for ten minutes and then drained)
- 1/3 cup coconut oil, melted
- Half cup & 2 tablespoons full-fat coconut milk
- One & half cup raw cashews, quick soaked
- 1/4 cup wild blueberries

How to prepare

1. In a food processor, blend the dates, until the remainder forms a small ball, remove it and set it aside. Next, put the nuts into the processor and let the machine run till they turn in a meal.
2. Put the dates back into the processor and blend it few more, until a doughy mixture of both the nuts and the dates begins to form.
3. It should stick together when you squeeze it.
4. You might need to add a few more dates if the mixture is too dry or almonds if it's too wet.
5. You can also choose to combine some salt.
6. Take a twelve slot muffin tray, lightly grease it and cut thin parchment tabs that you can use to pull the cheesecakes out.
7. Don't have parchment? A butter knife will work as well.

8. Obviously, you don't place it in the mixture; you use it at the end to take the cups out.
9. Take a tablespoon of the mixture you've created and pack it down within the muffin shape with your fingers. Make sure it's compacted.
10. A spoon or the bottom of glass can be helpful here.
11. Set the mixture in the freezer to let it firm up.
12. Take the cashews, coconut milk , lemon juice, coconut oil and maple syrup and blend them in a mixer till it turns smooth.
13. Use more lemon juice if it doesn't want to stick together.
14. If you're adding peanut butter, place it in the mixer with the other ingredients.
15. If you're adding blueberry or maybe caramel, wait and swirl it on top of the cheesecakes.
16. Take this mixture and divide it out over the muffin tin.
17. Tap the tin to get rid of any air bubbles.
18. Then put it back in the freezer and let it stand for another 5 hours till they have hardened.

Preparation time: 32 minute

Cooking time: 4 min

Servings: four

Blueberry Muffins

What you need

- Two to three tbsps vegetable oil
- 4 to 5 Tbsps tapioca, ground
- 2 cups frozen blueberries
- 1 tablespoons vanilla extract
- Pinch of salt
- Two & 1/2 cups brown spelt flour
- Three teaspoons baking powder
- 1/2 cup water
- 1/4 cup flax seeds, ground
- 7 tbsps unsweetened applesauce
- One cup maple syrup
- One to Two tsp cinnamon, ground

Directions

1. Preheat the oven to 400 degrees F.
2. Use non-stick 12 cup muffin pan for baking.
3. Sift flour, tapioca, flax seeds, baking powder, and cinnamon together.
4. Stir in frozen blueberries.
5. Combine leftover ingredients and stir within the mixture.
6. Bake for Twenty-two minutes in the muffin pan.
7. Ready in approximately 50 min

Servings- six

Artichoke Dish

Ingredients:

- One juiced lemon
- 8 ounces button mushrooms
- 8 ounces artichoke hearts
- Pepper and salt to taste
- 1 sliced zucchini
- Ten ounces asparagus
- ¼ cup chopped parsley
- Half cup vegan mayonnaise
- One sliced dill pickle

Directions:

1. Begin by slicing up the mushrooms and placing them in a skillet with about ¼ cup water.
2. Cover the skillet and now allow them to steam on medium heat for 2 and half minutes.
3. Next, drain the mushrooms and allow them to cool.
4. To the side, trim at the bottom of the asparagus, and slice the asparagus into smaller, 1-inch pieces.
5. Place the asparagus in the mushroom skillet, and put just approximately 3 tbsp of water at the bottom.
6. Steam the asparagus until the asparagus is a bright green.
7. Drain the asparagus, and rinse it.
8. Bring the mushrooms and asparagus together in a serving bowl.

9. Bring in the artichoke hearts, the dill pickle, the zucchini, the lemon, the parsley, the mayonnaise and the salt and pepper, mix well and enjoy.

Serves – 8 to 9

Grits & Bacon

Ingredients:

- One to Two tbsp non-dairy buttery now spread
- Three green onions, cut into small pieces
- 3/4 cup quick grits
- Three cups water
- Olive oil spray
- Non-dairy cheddar cheese strips
- 3/4 teaspoon salt
- 6 slices bacon alternative, cut into small pieces

Instructions:

1. Boil water in a medium saucepan.
2. Slowly whisk in grits and onions.
3. Cover and reduce heat to low.
4. Stir occasionally for 8 minutes. Cooking bacon as directed and now cut into small pieces.
5. Combine non-dairy buttery now spread, cheese strips and bacon to grits till mixed.
6. Salt and pepper to taste.

Simple Breakfast Cup

What you need:

- 1/2 cup strawberries
- One tbsp sugar-free vanilla syrup
- 1/2 banana
- 1/2 peach
- 1 to 2 cup brown rice, cooked
- 1/2 cup blueberries
- 1/3 cup vanilla non-dairy milk substitute
- One teaspoon cinnamon

Directions:

1. Place all items in a microwavable bowl, stir, cover and cook for 3-5 minutes.
2. Whisk halfway.
3. Eat hot or at room temperature or cold.

Protein Smoothie

Ingredients:

- Fourteen oz water
- One scoop hemp or may be other vegan protein powder
- 1/2 to 1 banana
- 1/4 to 1/2 cup frozen strawberries
- Two to 3 tablespoon tahini or vegan peanut butter
- One to 2 tablespoon honey
- 1/4 to 1/2 cup chia seeds

How to prepare:

1. Place all items in a blender and blend for four minutes.
2. Combine ice and blend till chilled.
3. Now you can serve in a fancy glass with a strawberry or orange slice on the side.

Yummy Shallots

Ingredients

- 505g shallots
- 4 bay leaves
- Three tablespoons of olive oil
- 1 and 1/2 black olives
- Two to three tablespoons of balsamic vinegar

Procedure:

1. Heaten up the oven to 355F.
2. Submerge the shallots in boiling water and leave them for a moment.
3. After that withdraw the shallots and peel them. If any shallot is particularly large, cut it in 1/2.
4. Put the shallots in an ovenproof dish. Now you should add the bay leaves and balsamic vinegar and then drizzle with the 3 tablespoons of olive oil and a pinch of salt.
5. Bake for forty minutes, stirring the mixture and adding the olives halfway through.

Time – One hr & 10 min

Serves – 5

Yummy Goi Cuan

Ingredients:

- ¼ cup chopped cilantro
- 1 sliced cucumber
- Nine ounces cooked thin rice vermicelli noodles
- Half cup Thai basil leaves
- Twenty four round rice paper wrappers
- One & 1/2 cups enoki mushrooms
- One cup shredded mint
- Two de-ribbed and separated lettuce heads
- 1/2 cup sliced scallions
- 2 sliced carrots
- 7 cups of jasmine tea

Instructions:

1. Begin by preparing the tea and keeping it warm.
2. Subsequent, dip each of the rice paper wrappers into the tea.
3. Place the rice wrappers on a cutting board, and put a layer of lettuce in the center.
4. Enter in a bit of all of the above ingredients.
5. After that, fold the bottom of the rice paper over top of the filling.
6. Tuck in the sides, and continue to wrap the rice up.
7. Do this for each of the 24 rice paper wrappers, and chill the rolls before serving.
8. Recipe makes twenty-four rolls.

Tropical Fruit Salad

Ingredients

- 1 mango, peeled and shredded
- One banana, peeled and sliced
- 2 to three Tbsps coconut nectar
- Two to three tbsps lime juice
- Two cups grapes, seedless
- Two cans pineapple chunks, unsweetened
- 2 medium kiwis, peeled and sliced
- 1 small pineapple, cored and chopped
- 3/4 cup coconut flakes, sweetened

Instructions

1. Preheat the oven to 352 degrees F. Put the coconut flakes on a baking sheet. Bake until golden, or may be approximately seven minutes. Put coconut flakes in small bowl and cool.
2. Mix together the coconut nectar and lime juice for dressing.
3. Now you should add the grapes, kiwis, banana, pineapple and mango.
4. Make sure that all the items are coated with the dressing. Before serving, top with the additional coconut flakes.

Ready in about 32 min

Serves six

Tempeh Finger Fries

Ingredients:

- Two tbsp. soy sauce
- 1 to Two teaspoon. Chili powder
- Eight ounces fry-sliced tempeh
- One to Two tbsp. olive oil

Instructions:

1. Begin by heating up the soy sauce and the olive oil together in a skillet for about 2 minutes.
2. Afterwards, combine the sliced tempeh, making sure to coat the tempeh with the sauce. Now you should add the chili powder and stir well.
3. Sauté this mixture well for approximately seven or maybe eight minutes.
4. The tempeh should be crisp on entire sides.
5. Enjoy with your favorite dip!

Servings - six

Delicious Summer Smoothie

Ingredients

- 4 figs
- Three cubes ice
- 1 to 2 large banana
- One large peach
- 1 cup water
- 1 medium nectarine

How to prepare

1. Place all ingredients in an electric blender.
2. Blend until the ingredients are smooth.
3. You need to get bit-free consistency.
4. Now you should add ice cubes or use frozen fruits.
5. Decorate with strawberries.

Ready in about 16 min

Serves three

Mind blowing Small Size Tortilla Pizzas

Ingredients:

- Three to 4 sliced scallions
- Half diced green pepper
- ¼ cup diced cilantro
- One & ¾ cup nacho-style non-dairy cheese
- Six-inch corn tortillas
- 8 ounces green chiles
- 1/2 diced red pepper
- 1 diced tomato

Directions:

1. Begin by preheating your oven to 402 degrees Fahrenheit.
2. Succeeding, place each of the tortillas in 1 layer on two baking sheets.
3. Place the items over top of the corn tortillas, placing the non-dairy cheese overtop last.
4. Bake the tortillas for ten minutes. The cheese should begin to bubble.
5. Slice the tortillas into four pieces, and now you can serve them warm before a party.
Enjoy!

Servings – 25

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