

Skinny Bitch Cooks

Published by Kim Barnouin at Smashwords

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Welcome to *Skinny Bitch Cooks*! I wanted to create this cookbook for my loyal

Skinny Bitch fans that always tell me how much they appreciate getting new plant-based recipes. So this book is for you. It is filled with mouth-watering dishes and

desserts that are easy to make, healthy, and with ingredients that are easy to find.

More and more research has come out about the benefits of eating a healthy plant-

based diet, and I want to make that way of eating easy for you. I love to cook and I

especially love to eat, so these recipes have passed the palettes of my family and friends.

Recipes

Taco Tuesday

Who doesn't love a good taco? They are a meal contained in a little crisp tortilla. I have packed lots of goodies in this taco, they are easy to make and so yummy.

Ingredients:

- 1 package meatless ground "meat"
- 1 teaspoon chili powder
- 1 teaspoon cumin powder
- 1/2 teaspoon salt
- 2 tomatoes, chopped
- lettuce, chopped
- shredded vegan cheddar
- Taco shells

Avocado Sauce

- 2 ripe avocados
- 1 cup vegan sour cream
- 1/3 cup cilantro, chopped
- salt and pepper to taste

Directions:

In a large skillet, heat oil for a minute then put in the package of ground "meat". Add in the chili powder, cumin, and salt then stir well. Cook until "meat" is hot. Set aside. For the sauce, put the avocados, sour cream, cilantro and salt and pepper in a blender or food processor and puree until well combined. Load up your taco shells with "meat", chopped tomatoes, lettuce, "cheese", and top with avocado sauce.

Nutty Brownies

This recipe makes enough to share but don't feel like you have to, sneak them into your room and find a good hiding place, they are that good.

- 2 cups flour
- 2 cups sugar
- 3/4 cup cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup water
- 1 cup oil
- 1 teaspoon vanilla extract
- 1/2 cup chopped walnuts (optional)

Directions:

Preheat oven to 350 degrees. Lightly grease then flour a 13x9 inch pan, set aside. In a large bowl mix together the flour, sugar, cocoa powder, baking powder, and salt. Add in the water, oil, vanilla, and walnuts if using, and mix until well combined. Pour into prepared baking dish and bake for 25-30 minutes. Cool on a wire rack.

Eggplant Hummus

This is super good as a dip for veggies, or as a spread in sandwiches. It's similar to the traditional hummus but the eggplant gives it a nice flavor. Warning, it can be addictive.

Ingredients:

- 1 large eggplant
- 3 tablespoons olive oil
- pinch of salt
- 1 can of garbanzo beans, drained and rinsed
- 2 tablespoons fresh lemon juice
- 2 tablespoons tahini
- 1 garlic clove, minced
- 2 teaspoons fresh parsley, chopped

Directions:

Preheat oven to 350 degrees. Line a large baking sheet with parchment paper. Cut eggplant in half lengthwise and place on baking sheet. Drizzle oil and a pinch of salt on the eggplant and bake until it's tender, about an hour. Remove from oven and let it cool. Scoop out the flesh of the eggplant and put in a blender or food processor along with the garbanzo beans, lemon juice, tahini and garlic. Pulse until smooth. Top with parsley.

Chia Seed Chocolate Pudding

This is one yummy dessert, and actually good for you thanks to the Chia Seeds. It's creamy and chocolaty, with the perfect touch of sweetness. Good luck eating just one serving.

Ingredients:

- 1 cup vanilla almond milk
- 1 cup vanilla soy yogurt
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/4 cup chia seeds
- 2 tablespoons brown sugar
- 2 tablespoons cocoa powder

Directions:

In a large bowl mix together the almond milk, yogurt, maple syrup, vanilla, salt and chia seeds. Let stand 30 minutes, stir again and cover and refrigerate overnight. When ready to eat, stir in the brown sugar and cocoa powder.

Maple Pecan Quinoa Breakfast

I am addicted to oatmeal, there I've said it. But once I tried this little dish, I found a new addiction. You wouldn't normally think of quinoa as a breakfast food but with the maple syrup and pecans, it totally transforms this grain into a high protein breakfast.

Ingredients:

- 1 cup dry Quinoa
- 2 cups vanilla almond milk
- 1/4 teaspoon salt
- 1 tablespoon brown sugar
- 1 tablespoon maple syrup
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 cup chopped pecans

Rinse dry quinoa then set aside. Add the almond milk to a saucepan and heat until it starts to boil, then add the quinoa and salt. Reduce heat to low, cover and simmer for about 15 minutes. Add in the brown sugar, maple syrup, and cinnamon, put the lid back on and cook for another 10 minutes. Remove from heat and stir in vanilla and pecans.

White Bean Chili

This is just as delicious as the chili you know and love, it just has a few different ingredients in it. It is a hearty dish with protein from the beans. This easy to make dish will be a hit with your friends and family.

Ingredients:

- 1 15 oz can navy beans, drained and rinsed
- 4 cups vegetable broth
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups swiss chard, chopped
- 3 tablespoons grapeseed oil
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt

Directions:

Heat the oil in a large pot, then add in the onions and saute for 2 minutes. Add in the garlic and cook for another minute. Add in the swiss chard and cook for another 3 minutes. Add in the beans, vegetable broth, cumin, oregano and salt and stir well. Cook on medium heat for another 15 minutes.

Curry Stew

This is an amazing dish of veggies, coconut milk and curry powder. There are so many great flavors in this dish. I usually make some jasmine rice with it. My friends think this dish is spectacular.

Ingredients:

- 2 tablespoons grapeseed oil
- 3 potatoes, peeled and cubed
- 1 small onion, diced
- 1 15 ounce can garbanzo beans
- 1 can peas, drained
- 1 can coconut milk
- 3 garlic cloves, chopped
- 2 teaspoons ground cumin
- 3 teaspoons curry powder
- 1 inch piece of fresh ginger peeled and chopped
- 1/4 teaspoon salt

Directions:

Place potatoes in a large pot and cover with salted water. Bring to a boil, then reduce heat and simmer until tender, about 15 minutes. Drain and set aside. In a large skillet heat the oil over medium heat, then add in the onion and garlic, and cook until the onions are soft. Add in the cumin, curry, ginger and salt and cook another 2 minutes. Add in the garbanzo beans, potatoes, peas, and coconut milk and simmer for about 10 minutes. Serve over jasmine rice.

Peanut Tofu

This is one of the tastiest ways to eat tofu, it's cubed and lightly fried and dipped in peanut sauce. You can have this protein with practically any veggie or side dish. This was my sons intro to tofu and he still loves it.

Ingredients:

Tofu:

- 1 package extra firm tofu, drained and wrapped in paper towels
- 1/4 cup grapeseed oil
- 3 tablespoons all-purpose flour
- 3 tablespoons cornstarch
- 1/4 teaspoon baking powder
- water

Directions:

Cut tofu into cubes and lay on a paper towel, set aside. In a large bowl, mix together the flour, cornstarch, baking powder and enough water to make a paste. Put tofu in the bowl and coat well with the flour mixture. Heat the oil in a large saute pan and add in the tofu. Cook for about 1 minute then stir to cook the other sides of the tofu. Remove from pan when all sides are light brown. Set aside. When the peanut sauce is done, add in the tofu cubes and mix to coat.

Peanut Sauce:

- 1 cup creamy peanut butter
- 2 cloves garlic, minced
- Juice of 1 lime
- 3 tablespoons warm water
- 2 teaspoons rice vinegar
- 3 tablespoons soy sauce
- 2 tablespoons sugar

Directions:

In a food processor or blender, put in all of the ingredients and blend until smooth and well combined.

Vegetable Pot Pie

Talk about comfort food, this dish is similar to a shepherd's pie but without the meat. It's hearty and delish.

Ingredients:

- 3 potatoes, peeled and cut into large pieces
- 3 tablespoons grapeseed oil
- 3 carrots, peeled and chopped
- 1 15 ounce can peas, drained and rinsed
- 2 celery stalks, chopped
- 2 cups vegetable broth
- 1/2 cup all-purpose flour
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1 tablespoon Earth Balance
- 1/4 cup almond milk

Directions:

Preheat oven to 350 degrees. Put potatoes in a large pot and cover with salted water, bring to a boil then simmer until potatoes are tender, about 15 minutes. Drain and set aside. In another large pot, heat the oil, carrots, peas, and celery, cook for about 7 minutes. In a medium bowl, whisk together the flour, vegetable broth, thyme and salt then pour into the vegetable mixture and stir well. Cook for another 2 minutes on low heat. Put the earth balance and almond milk in the pot with the drained potatoes, beat on medium-high speed to make fluffy mashed potatoes. Place vegetable mixture in an oven-proof baking dish and cover with the mashed potatoes. Bake for 20 minutes.

Eggplant Pasta

This recipe is hands-down one of my favorites, it is light and full of flavor. Eggplant is in season in late summer and early fall, and is loaded with fiber and folic acid.

Ingredients:

- 1 eggplant
- 1 package of penne pasta
- Grapeseed oil
- 1 bunch of basil, chopped
- salt and pepper to taste

Directions:

Bring a salted pot of water to a boil then add the pasta and cook according to the package directions, drain when done and set aside. Slice the eggplant in 1/2 inch thick slices. Heat about 1/4 cup of oil in a large saucepan and then put in about 4 slices of eggplant in the pan and cook on medium heat for about 1 minute on each side, take out the eggplant and place on a paper towel lined plate, add in more oil when needed and cook remaining eggplant in batches of 4 slices. Chop the eggplant in large pieces and put in a large bowl, add in the pasta, chopped basil, and salt and pepper and stir until well combined.

Chai Spiced Cookies

You know how everyone loves Chai Lattes? Well everyone is going to love these Chai cookies. They are soft and chewy and have lots of flavor thanks to the cardamom, cinnamon and allspice. Warm up a cup of almond milk and dunk away.

Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 tablespoons tapioca starch
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1 cup Earth Balance, room temperature
- 1 1/2 cups sugar
- 1 teaspoon vanilla extract

Directions:

Preheat oven to 350 degrees. In a medium bowl add in the flour, baking soda, salt, tapioca starch, cinnamon, cardamom, ginger and allspice, and stir until well combined. In another large bowl Cream together the Earth Balance, sugar, and vanilla until smooth. Slowly add in the flour mixture into the earth balance mixture and stir until everything is mixed together. Place tablespoon sizes of the cookie dough on a cookie sheet and bake for 8-10 minutes. Cool on a wire rack.

Lemon Pound Cake

I make this pound cake once a week for my family, it's light and delish, and if you can snag Meyer lemons instead of regular lemons then you are in for a treat, they are sweeter and more fragrant than regular lemons. Once you go to Meyer lemons you won't want to go back to regular ones.

Ingredients:

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup vanilla soy yogurt
- 1 cup sugar
- 2 teaspoons lemon zest
- 1/2 teaspoon vanilla extract
- 1/2 cup vegetable oil

Directions:

Preheat oven to 350 degrees, lightly grease a loaf pan, set aside. In a large bowl mix together the flour, baking powder, and salt, set aside. In another bowl cream together the yogurt and sugar, then add in the lemon zest, vanilla, and oil, and mix until well combined. Pour flour mixture into the yogurt mixture and mix until just combined. Pour into prepared pan and bake for about 1 hour. Cool on a wire rack.

Ginger Orange Cookies

It's like having a little bit of the holidays tucked away in a little cookie. The spiciness of the ginger and the smooth flavor of the orange are such a great combination. They are crisp and flavorful.

Ingredients:

- 2 cups all-purpose flour
- 2 teaspoons ground ginger
- 1/2 teaspoon ground nutmeg
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- Zest of 1 orange
- 1 cup sugar
- 1/3 cup molasses
- 1/2 cup oil
- 1 teaspoon vanilla extract
- 3 tablespoons orange juice

Directions:

Preheat oven to 350 degrees. In a medium sized bowl, add in the flour, ginger, nutmeg, baking soda, salt and orange zest, mix until well combined. In another large bowl add in the sugar, molasses, oil, vanilla extract and orange juice and mix well. Add in the flour mixture into the molasses mixture and stir well. Place tablespoon sized drops of dough on a cookie sheet and bake for 8-10 minutes. Cool on a wire rack.

Banana Cashew Cream Tart

Anything that has cream in it is a winner in my book. I am new to the whole cashew cream thing, but now I'm hooked, and it goes so well with the bananas too.

Ingredients:

Cashew Cream:

1 cup raw cashews
1/4-1/2 cups water
2 tablespoons maple syrup
1/2 teaspoon vanilla extract
pinch of sea salt

Pie Crust:

12 graham crackers, crushed
1/4 cup sugar
6 tablespoons Earth Balance, melted

Pie Filling:

2 ripe bananas
1/3 cup full fat coconut milk (put the can of coconut milk in the refrigerator overnight then scrape off the top layer)

Directions:

You need to soak the cashews before you can finish making the dessert, to do this you would put the cashews in a bowl and cover it with filtered or bottled water and let it sit for 3-4 hours or the quick way is to pour boiling water into the bowl with the cashews and let it sit for 15 minutes. To make the pie crust put the graham crackers in a bag and crush them into smaller pieces, then put into a food processor with the sugar and earth balance butter, pulse until it becomes a crumbly mix. Put into a pie plate and press down until it covers the bottom and sides of the pie plate.

Drain and rinse the cashews, then put them in a blender or food processor along with the water, maple syrup, vanilla, coconut milk and banana. Pulse until everything is well combined and it is smooth and creamy. Pour into prepared pie pan and refrigerate for at least 2 hours.

Pesto Eggplant Baguettes

Let me set the scene for you; you have a blanket spread out under a big shade tree with a beautiful view and a warm breeze. You reach into your picnic basket and find one of the greatest sandwiches you will ever eat, the pesto eggplant baguette.

Ingredients:

1 small eggplant, cut in 1/2 inch thick slices
olive oil
1 jar roasted red peppers, drained
pesto spread
1 baguette
salt and pepper to taste

Directions:

Preheat oven to 350 degrees. Place sliced eggplant on a large baking sheet, drizzle with olive oil and salt and pepper. Bake until soft, 1 hour. Remove from oven and let cool. Cut the baguette into desired length, spread on the pesto sauce, put on a few roasted red peppers, and add on the baked eggplant. You're welcome.

Pistachio Cookies

One of my favorite nuts is pistachios, so I wanted to make a cookie that was full of them so the crunchiness would mix with the chewiness of the cookie. Get yourself a cup of cold almond milk or some hot tea and enjoy these cookies.

Ingredients:

- 2 cups all-purpose flour
- 1/4 cup tapioca starch
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup pistachios, finely chopped
- 1 cup Earth Balance
- 1 cup sugar
- 1 teaspoon vanilla extract

Directions:

Preheat oven to 350 degrees. In a medium bowl, mix together the flour, tapioca starch, baking powder, baking soda, and salt. In another large bowl cream together the earth balance, sugar and vanilla extract. Slowly add in the flour mixture to the earth balance mixture and stir until combined, then stir in the pistachios. Place tablespoon drops of dough on a cookie sheet and bake for 8-10 minutes. Place on wire rack to cool.

Coconut Milk Rice Pudding

I love this dessert, it's easy to make and it tastes so great. You can pretty much put anything on top of the rice pudding once it's cooked such as fruit, chocolate shavings, or nuts.

Ingredients:

- 1 cup jasmine rice
- 1 can (14 ounces) full fat coconut milk
- 1/2 cup vanilla almond milk
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract

Directions:

In a large pot combine the rice, coconut milk, almond milk, sugar, and salt. Bring to a boil, then turn down the heat and simmer until the rice absorbs the milk, about 30 minutes. Add more almond milk to reach desired consistency. When it is finished cooking add in the vanilla. Serve warm or let cool a little then put in refrigerator until cold.

Cherry Oatmeal Muffins

These muffins are great for breakfast or for a snack since it's packed with the healthy goodness of oats and the natural sweetness of cherries. I like to warm them up just a bit before I eat them.

Ingredients:

- 1 cup all-purpose flour
- 1 cup oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup almond milk
- 1 teaspoon apple cider vinegar
- 1/2 cup Earth Balance, room temperature
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2/3 cup fresh cherries, chopped (if frozen thaw first)

Directions:

Preheat oven to 350 degrees. Line a muffin pan with cupcake liners. Set aside. In a food processor, pulse the oats a few times until they become finely chopped then put into a medium sized bowl. Add in the flour, baking powder, baking soda, and salt. In a separate large bowl cream together the earth balance and sugar, add in the vanilla and almond extract. In another small bowl mix together the almond milk and apple cider vinegar and let it sit for a few minutes. Slowly add in the earth balance mixture into the flour mixture, then add in the almond milk. Stir just until combined. Add in the chopped cherries. Fill cupcake liners about 2/3 full and bake for about 15-18 minutes. Cook on a wire rack.

BBQ Chickpea Burgers

My son loves BBQ sauce with just about anything, especially these chickpea burgers. They are a favorite around my house, they are made with rice and breadcrumbs so it's a hearty meal. The BBQ sauce really compliments it.

Ingredients:

- 1 15 ounce can garbanzo beans, drained and rinsed
- 1 cup cooked rice
- 2 large garlic cloves, minced
- 2 tablespoons fresh parsley, chopped
- 1/4 cup breadcrumbs
- Salt and Pepper to taste
- 3 tablespoons grapeseed oil
- BBQ Sauce

Directions:

In a food processor, pulse garbanzo beans until it looks like coarse crumbs. Put in a large bowl along with the cooked rice, garlic, parsley, breadcrumbs and salt and pepper, and mix together. Form patties with the mixture. Heat oil in a large frying pan and cook the patties for about 3 minutes on each side. Serve on a hamburger roll with bbq sauce.

White Bean and Garlic Dip

Here's another great dip that you can eat with veggies, crackers, or on a sandwich. The garlic and beans really compliment each other so well. You might want to double this recipe, because it will go fast.

Ingredients:

- 1 15 ounce can cannellini beans, drained and rinsed
- 3 cloves garlic, chopped
- 2 tablespoons fresh lemon juice
- 1/3 cup olive oil
- pinch of salt

Directions:

In a food processor, add in the beans, garlic, lemon juice, oil and salt, and pulse until smooth and creamy.

Artichoke Twice Baked Potatoes

I love twice baked potatoes, and I love artichokes, so I decided to put them together. The creaminess of the potato and that wonderful flavor of artichokes just melts in your mouth.

Ingredients:

- 4 large potatoes, washed
- 1 jar artichoke hearts, drained
- 2 tablespoons Earth Balance
- 2 tablespoons almond milk
- salt and pepper to taste

Pierce the potatoes with a knife and put them in the oven on an oven safe pan and bake for 1 hour, or place on a plate and cook in the microwave for 14 minutes. When cooked, cut potatoes in half lengthwise and scoop out the flesh and put in a large bowl. Continue to do this with all four potatoes. Drain the jar of artichokes and chop them into small pieces. Add in the artichokes, earth balance, almond milk and salt and pepper to the potatoes and stir until all mixed together. Place back into the potato skins and put back into the microwave for another 2 minutes.

Cuban Rice and Beans

I lived in Miami Beach for a long time and one of the dishes I really miss is Cuban Rice and Beans. The flavors mix so well together and it happens to form a complete protein, there ya go!

Ingredients:

- 1/4 cup grapeseed oil
- 1 large onion, chopped
- 2 green bell peppers, chopped
- 2 garlic cloves, chopped
- 2 bay leaves
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 cup rice, uncooked
- 2 (14 ounce) cans black beans, drained and rinsed
- 1 (14 ounce) can diced tomatoes with green chilies
- 2 cups water
- 2 tablespoons apple cider vinegar
- salt and pepper to taste

Directions:

In a large pot heat the oil then add in the onions, bell peppers, garlic, bay leaves, cumin and oregano and cook for about 5-7 minutes. Add in the rice, black beans, diced tomatoes, water, and vinegar and cover and cook for about 40 minutes, stirring every once in a while. Add salt and pepper to taste.

Mushroom and Leek Quinoa Patties

This is a great lunch or dinner recipe, contains protein and some veggies, can't go wrong with this dish.

Ingredients:

- 2 cups quinoa, dry
- 1/2 teaspoon salt
- 1/4 teaspoon lemon pepper
- 2 tablespoons chopped parsley
- 3 garlic cloves, minced
- 3/4 cup breadcrumbs
- 1/4 cup grapeseed oil, divided
- 2/3 cup mushrooms
- 1/3 cup leeks

Directions:

Rinse quinoa with a mesh strainer then put in a medium sized pot with 2 cups of water and salt. Bring to a boil then reduce heat to low and simmer until the water is absorbed, about 15 minutes. Set aside. In a saute pan, heat 2 tablespoons oil then saute the mushrooms, garlic and leeks for about 5 minutes. Season with salt and lemon pepper. In a large bowl mix together the quinoa, veggies, parsley and breadcrumbs. Reheat the saute pan and add another 2 tablespoons of oil. Form patties with the quinoa mixture and cook on both sides for about 2-3 minutes on medium-high heat.

Cold Lentil Greek Salad

This is a great salad to make for lunch or dinner, I pack this up and bring it to the beach. It's light so you won't feel sluggish after you eat it, the protein and fiber from the lentils will keep you nice and healthy.

Ingredients:

- 1 cup dry lentils
- 2 cups cherry tomatoes, sliced in half
- 1 can pitted black olives, drained
- 1 bunch of basil, chopped
- 1/3 cup red onions, chopped
- 3 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Directions:

To cook the lentils, rinse them under running water then add them to a saucepan with 2 cups of water and 1/2 teaspoon of salt, and bring to a boil. Turn down the heat to low and cover and let the lentils simmer until tender, 30-40 minutes. Stir occasionally. When finished cooking leave the lid on and set aside. In a large bowl add together the tomatoes, olives, basil, and onions, stirring to mix. Add in the lentils, olive oil, lemon juice, and salt and pepper to taste.

Sweet Potato Hash Browns

I grew up eating hash browns, and I still love them but here I switched to sweet potato hash browns, even better. Goes great with scrambled tofu and avocado slices.

Ingredients:

2 sweet potatoes, peeled
3 tablespoons grapeseed oil
Salt and pepper to taste

Directions:

Rinse peeled sweet potatoes then pat dry with paper towel. Heat oil in a large frying pan over medium heat, grate potatoes with cheese grater into the frying pan and season with salt and pepper. Saute until they turn a golden brown, about 10-15 minutes.

Orecchiette pasta with Tempeh and Broccoli

All I can say is yummy yummy yummy...I love this dish, it's filled with great flavors and it's a hearty meal.

Ingredients:

- 12 ounces orecchiette pasta
- 3 tablespoons grapeseed oil
- 2 garlic cloves, chopped
- 1/4 teaspoon red pepper flakes
- 1 head broccoli, cut into bite sized florets
- 1/2 cup water
- 1 package tempeh, cut into cubes
- Salt and Pepper to taste

Directions:

Cook pasta according to package directions, drain then set aside. Heat oil in a large saucepan, then add in the garlic and red pepper flakes and cook about 1 minute. Add in the tempeh and saute for about 3 minutes. Then add in the broccoli, water and salt and pepper. Cover and cook until the broccoli is tender, about 7 minutes. Remove lid and cook an additional 1-2 minutes. Add the pasta to the tempeh and stir to mix together.

Banana Nut Muffins

I wanted to make a muffin that can be eaten for breakfast or as a healthy snack. This one fits the bill, it is filled with bananas and walnuts and is such a great muffin.

Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup almond milk
- 1 teaspoon apple cider vinegar
- 2 bananas, mashed
- 1 cup sugar
- 1 teaspoon vanilla
- 1/2 cup walnuts, chopped

Directions:

Preheat oven to 350 degrees and line muffin tins with paper liners, set aside. In a large bowl mix together the flour, baking powder, baking soda, and salt, set aside. In a small bowl add together the almond milk and vinegar, set aside. In another large bowl mash the 2 bananas then add in the sugar and vanilla. Taking turns, add in the bananas and almond milk to the flour mixture, and mix until just combined. Add in the nuts if using. Fill muffin liners about 2/3 full. Bake for 20-22 minutes. Cool on a wire rack.

Simple Spaghetti and Garlic

This is such a simple dish that I almost felt guilty putting it in this cookbook, but it's just too simple and delicious not to include it.

Ingredients:

- 1 box of spaghetti
- 3 tablespoons grapeseed oil
- 4 garlic cloves, chopped
- 1/2 teaspoon red pepper flakes
- Salt and pepper to taste

Directions:

Cook spaghetti according to package directions, set aside. Heat oil in a saute pan over medium heat, cook garlic and red pepper flakes for about 2 minutes. Add in the pasta and stir to incorporate all the ingredients, season with salt and pepper.

Chocolate Chocolate Chip Muffins

Oh my, these babies are good stuff. These are the ultimate PMS treats, lots of chocolatey goodness. So easy to make, and great for any occasion.

Ingredients:

- 1 1/2 cups all-purpose flour
- 1/3 cup cocoa powder
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup almond milk
- 1 teaspoon apple cider vinegar
- 1/2 cup Earth Balance, room temperature
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1 package chocolate chips

Directions

Preheat oven to 350 degrees, and line muffin tins with liners, set aside. In a large bowl mix together the flour, cocoa powder, baking powder, baking soda, and salt, set aside. In a small bowl mix together the almond milk and vinegar, set aside. In another large bowl cream together the earth balance and sugar, add in the vanilla and stir. Alternately pour the almond milk mixture and the butter mixture into the flour mixture, stirring until combined. Add in the chocolate chips and mix just until combined. Fill liners 2/3 full and bake for 16-18 minutes. Cook on a wire rack.

Cinnamon Sugar Doughnuts

Everyone loves doughnuts, and you will love these. They are better for you too, they are baked not fried and are coated with cinnamon and sugar that will leave you licking your fingers.

Ingredients:

- 1 cup flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 cup melted Earth Balance
- 1/2 cup almond milk
- 1/2 teaspoon vinegar
- 1/2 teaspoon vanilla
- 2 tablespoons apple sauce

Topping:

- 4 tablespoons Earth Balance, melted
- 1/2 cup sugar
- 1 teaspoons ground cinnamon

Directions:

Preheat oven to 350 degrees. Lightly grease a doughnut pan and set aside. In a large bowl mix together the flour, sugar, baking powder, baking soda, salt, and nutmeg. Slowly stir in the earth balance, almond milk, vinegar, vanilla and applesauce. Put batter into prepared doughnut pan and bake for about 12-14 minutes. While the doughnuts are baking, melt the butter in a wide bowl. In another wide bowl, mix together the sugar and cinnamon. When the doughnuts are done baking, dip them into the melted butter, then dip them into the cinnamon and sugar mixture.

Kim Barnouin is the co-author of the New York Times Bestseller *Skinny Bitch*, and *Skinny Bitch in the Kitch*. As well as *Skinny Bitchin'*, *Skinny Bitch Bun in the Oven*, and *Skinny Bastard*. She is the author of *Skinny Bitch Ultimate Everyday Cookbook*, *Skinny Bitch Home, Beauty, and Style*, *Skinny Bitch Book of Vegan Swaps*, *Skinny Bitch Bakery*, *Skinny Bitch in Love*, and *Skinny Bitch Gets Hitched*.

She is a food lover who believes in inspiring people to get in the kitchen and cook up some healthy dishes with their friends and family.