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Recipes of the Month



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*All recipes are vegan, gluten-free, and dairy-free. Use organic ingredients whenever possible.

Breakfast: Classic Oatmeal

Cooking Time: 15 minutes

Servings: 2

Ingredients:

1 cup old fashioned oats

Pinch of salt

2 cups water

1 medium crisp apple, chopped

1-2 tbsp brown sugar

1 tsp cinnamon

¼ tsp ground ginger

¼ tsp nutmeg

½ cup walnuts

Garnishes: drizzle with honey & splash of non-dairy milk

Preparation:

1. In a medium saucepan, bring water to low boil.
2. Add the oats and reduce the heat to medium heat. Cook, stirring occasionally for 3-5 more minutes.
3. Add the walnuts, spices, sugar, and salt and continue cooking until most of the liquid is absorbed.
4. Divide the oatmeal between two bowls and top with chopped apple, a drizzle of honey and a splash of non-dairy milk on top for extra creaminess if desired.
5. Enjoy!



Lunch: Ukrainian Potato Pancakes (Deruny)

with a dill, radish & cucumber coleslaw

Cooking Time: 30 minutes

Servings: 2

Ingredients:

Deruny:

5 medium size potatoes, about 1.5 lb (Russet or Yukon Gold potatoes are recommended)

1 onion

1-2 tbsp non-dairy milk (as needed)

3 tbsp all-purpose flour

1 tsp salt

1 tsp pepper

Cooking oil (Olive or Avocado are recommended)

1 tbsp non-dairy sour cream

Garnishes: top with vegan sour cream and chives or serve with Piri Piri Sauce on the side (optional)

Coleslaw:

1 celery stalk sliced

1 cup of green cabbage sliced

¼ cup cucumber sliced

1 radish sliced

1 bunch dill minced

2 tbsp apple cider vinegar

2 tbsp lemon juice

2 tbsp oil (Olive or Avocado is recommended)

Pinch of sugar, salt, and pepper

Preparation:

1. Mix together coleslaw ingredients in large bowl and set aside
2. Peel potatoes and onion
3. Grate potatoes and onion into large bowl and mix thoroughly
4. Mix in flour, non-dairy sour cream, salt, pepper, and non-dairy milk as needed, batter should be liquid enough so you can easily ladle it.
5. Warm up a skillet with 1-2 tbsp of oil over medium/high heat.
6. Add 1 large tbsp of batter at a time to the skillet and fry until golden brown on each side. Repeat the same procedure for the rest of the batter.
7. Serve warm with garnishes of your choice and coleslaw on the side. Enjoy!



Dinner: Vegan Chili

Ingredients:

- 2 tbsp Avocado oil
- 1 medium red onion chopped
- 1 large red bell pepper chopped
- 2 medium carrots chopped
- 2 celery stalks chopped
- ½ tsp salt
- 4 cloves of garlic minced
- 2 tbsp chili powder
- 2 tsp cumin powder
- 1 ½ tsp smoked paprika
- 1 tsp dried oregano
- 1 28 oz can diced tomatoes, with the juices
- 1 28 oz can of black beans, rinsed and drained
- 1 14 oz can pinto beans, rinsed and drained



- 2 cups veggie broth
- 1 bay leaf
- Garnishes: 2 tbsp fresh cilantro, chopped & 1-2 tsp lime juice

Preparation:

1. In a large Dutch oven or heavy-bottomed pot over medium heat, warm the Avocado oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer.
4. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
5. Discard the bay leaf
6. Add chopped cilantro, lime juice and salt to taste. And Enjoy!

Dessert: Chocolate Covered Almond Dates

Cook Time: 25 minutes

Servings: 25

Ingredients:

25 medjool dates pitted

1 cup roasted salted almonds or 50 almonds

8 oz dark chocolate 70-90%

1 tbsp coconut oil



Garnishes: Sea Salt, Coconut flakes, Chopped nuts (optional)

Preparation:

1. Begin by inserting 2 almonds in every date. Secure with a toothpick and set aside on a sheet of parchment paper.
2. Using the stovetop, melt dark chocolate and coconut oil inside a small saucepan over medium low heat. (Alternatively, you can use a double boiler). Remove chocolate from the stove.
3. Dip each of the date/almonds into chocolate mixture until completely covered. You can also use a fork. Let the residual chocolate drip back into the pot. Place on parchment paper to dry.
4. Sprinkle with any toppings you like. I used sea salt and coconut flakes.
5. Place inside the freezer for 15 minutes (or fridge for 25) and remove toothpicks (if using).
6. Store inside an airtight container in the fridge.

Snack: Spring Rolls

Cook Time: 45 minutes

Servings: 8 spring rolls

Ingredients:

Spring Rolls:

1 cup torn lettuce with ribs removed

1 cup very thinly sliced red cabbage

2 medium carrots, peeled and cut into matchsticks or sliced into strips with a peeler

1 small cucumber, thinly sliced into strips with a peeler

¼ cup thinly sliced green onions

¼ cup roughly chopped fresh cilantro

¼ cup roughly chopped fresh mint

8 sheets rice paper, aka spring roll wrappers

There are many certified gluten-free rice papers out there. However, always double check the label as some brands contain wheat.

Peanut Sauce:

⅓ cup creamy peanut butter

2 tbsp pure rice vinegar

2 tbsp gluten-free soy sauce

2 tbsp honey

1 tbsp pure sesame oil

2 cloves garlic, pressed or minced





2-3 tbsp of water, as needed

Preparation:

1. Combine herbs in a small bowl and prepare the rest of the fillings for assembly and set aside.
2. Fill a shallow pan with an inch of water. Fold a kitchen towel in half and place it next to the dish.
3. Place one rice paper in the water and let it rest for about 20 seconds; until the sheet is pliable but not super floppy.
4. Carefully lay it flat on the towel.
5. Leaving about 1 inch of open rice paper around the edges, cover the lower third of the paper with a few pieces of lettuce, followed by a small handful of cabbage, and a few strips of carrot and cucumber and sprinkle generously with the herb mix.
6. Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients.
7. To make the peanut sauce: In a small bowl, whisk together the peanut butter, rice vinegar, honey, sesame oil, and garlic. Whisk in 2 to 3 tablespoons water, as needed to make a super creamy but dip-able sauce.
8. Serve spring rolls with peanut sauce on the side and enjoy!