



**ONE INGREDIENT CHEF™**



**Archive Cookbook 2013**  
*Over 80 easy & delicious whole-food recipes originally from OneIngredientChef.com*  
**By Andrew Olson**



# One Ingredient Chef | Archive Cookbook

## 2013 Edition

**2013 was the year it all began.** Published on March 1, 2013, the “Super Kale Shake” was the first ever recipe on One Ingredient Chef – it was a kicked-up green smoothie with kale, cashews, and frozen banana. My goal was to build a food blog around the [One Ingredient Diet](#) concept I developed a year earlier. But I had no idea what I was doing.

I didn't know how to take pictures, how to write recipes, or how things would develop over this amazing first year. What I did know, however, is that I wanted to share my belief that *food is power* and that this power can be harnessed by cooking unprocessed plant-based meals. If prepared correctly, food can heal your body *and* taste better than anything you've ever cooked before.

In just these few months, the response to that message has been phenomenal. I have posted 85 more recipes since that first kale shake and they have been viewed over half a million times. I have met dozens of interesting people and been featured on websites and a radio station to spread the One Ingredient message.

This 'archive cookbook' contains almost all the recipes I have published over this year (84 in all). It is essentially the same yummy content as on the website, but in a format that is even easier to navigate, read, and print. I prefer reading through recipes in this format and I know many of you do as well.

I cannot express enough gratitude for your support. The website and this cookbook are yours – they exist because you read the blog, you spread the word, and you make the recipes. This is just the beginning, just the first edition, and I look forward to sharing many more with you in the future.

- Andrew

January 2014



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# *Main Dishes*



# Cauliflower Alfredo Sauce

*Cauliflower. Alfredo. Sauce. If I didn't make this with my own hands, I never would have believed it wasn't a "real" sauce with cheese and butter. It tastes every bit as creamy and delicious as an authentic Alfredo sauce (maybe even better), and the cauliflower gives the sauce the right texture without taking anything away from the flavors. It has been the single most viewed recipe on my website and with good reason – it's absolutely amazing.*

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1. Break up the cauliflower head into 2 1/2 cups of medium-sized pieces and add them to a pot with the almond milk, nutritional yeast, tahini, garlic, lemon juice, salt and pepper. Cover and allow the ingredients to gently simmer for at least 15-20 minutes, but do not let the mixture boil.
2. When the cauliflower has begun to break down and becomes soft, transfer the mixture to a blender and blend thoroughly until the sauce is totally creamy and no chunks remain. At this point, give the sauce a taste and adjust any ingredients as necessary – feel free to add more tahini, salt, lemon juice, etc.
3. The sauce will thicken as it sits, which can be a good thing or a bad thing. If the sauce becomes too thick when tossing with pasta, simply add a few tablespoons of water to find the right consistency.
4. Prepare the pasta according to the package instructions, and (optionally) steam some broccoli, zucchini, peas, or other veggies. When the pasta is fully cooked, drain it and return to the pan. Pour the sauce over the pasta and gently toss. Add in the vegetables if you're using them. Transfer to plates and top with black pepper or grated cashews as a substitute for parmesan cheese.

## INGREDIENTS

- 2 1/2 cups chunked cauliflower
- 1 1/2 cups plain unsweetened almond milk
- 1/3 cup nutritional yeast
- 3-4 tablespoons tahini
- 1 clove garlic – chopped
- 1 lemon (juice)
- sea salt
- black pepper
- Whole wheat fettuccine, macaroni, or any pasta
- 2 cups broccoli (optional)
- grated cashews (garnish)

**Makes 3 cups of sauce**



# Mushroom Bolognese Sauce

*A bolognese sauce (ragù) is typically made with various types of ground meat, but ground mushrooms with some herbs, plus lots of tomatoes and veggies, create the perfect substitute. This is one of my all-time favorite pasta sauces.*

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1. Make friends with your food processor, you'll be using it a lot. First, pulse the carrot, celery, onion, and garlic until everything is very-finely processed into small chunks, like a super-fine mirepoix. [Note: it helps everything process evenly if you cut the veggies into pieces before adding them to the processor.] Add this mixture to a large skillet with a splash of water.
2. Next, pulse the mushrooms by themselves until they become ground like the meat of a typical bolognese. Add these to the pan of mirepoix and turn up the heat to brown all the ingredients in the pan. Finally, pulse the entire can of diced tomatoes a few times to break up any large chunks. Add these to the pan. Let this cook for 5 minutes.
3. Add the remaining ingredients – tomato sauce, tomato paste, thyme, salt, and black pepper. Take a break and allow this sauce to cook for at least 30 minutes – 45 is even better. As it gets closer to being finished, boil a pot of water and cook the spaghetti according to package instructions.
4. Give the sauce a final taste and adjust any ingredients as needed – don't be shy to add more spices. Drain the spaghetti and top with a generous spoonful of the sauce.

## INGREDIENTS

- 14 oz. mushrooms of any kind
- 1 large carrot
- 3 stalks celery
- 1 small white onion
- 3 cloves garlic
- 8 oz. tomato sauce
- 2 tablespoons tomato paste
- 15 oz. can diced tomatoes
- 1 teaspoon sea salt
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon black pepper
- 16 oz. whole wheat spaghetti

**Makes 4 servings**



# The World's Second Best Pad Thai

*In the middle of the Las Vegas strip, tucked away on the 3rd floor of the Mandarin Oriental at City Center is MOzen Bisrto which has, in my opinion, the finest vegan menu I have ever seen. No, the menu is not large or overly creative (there's only 3 dinner entrees), but the food is exactly what I love: it's simple and polished with expertly developed flavors. The pad Thai on their menu was one of the most delicious meals I've ever eaten. After I took the first bite, my only thought was, "I've got to steal this." As I ate the dish, I made mental notes about the ingredients and flavors. What we have here is a pad Thai that I created based on my memories of the one at MOzen.*

## The Pad Thai Sauce

The perfect pad Thai sauce should hit your tongue with notes of sweetness, then acidity, and then spiciness in that order. This sauce does a great job of developing those flavors. Simply combine all the ingredients (except the seaweed) into a saucepan and warm on low heat. It doesn't need to be cooked, just warmed to incorporate all the flavors.

Finally, you can optionally add a sheet of seaweed into the sauce for 30 seconds to give it a mildly fishy flavor. Traditional pad Thai requires fish sauce, which is obviously out of the question for a plant-based version. But adding seaweed is a perfect substitute. It doesn't take long, though, simply dip the sheet into the sauce until it wilts, then remove and discard it.

This sauce can easily be made ahead of time and it keeps well in the refrigerator for several days.

## INGREDIENTS

### Pad Thai Sauce

- 1/4 cup vegetable stock
- 3 tablespoons tamari or soy sauce
- 3 tablespoons rice vinegar
- 3 tablespoons agave nectar
- 2 tablespoons tamarind paste
- 1+ teaspoon cayenne pepper
- 1 clove garlic, minced
- 1/2 sheet nori/seaweed (optional)

(cont.)

**Makes 3-4 servings**



# The World's Second Best Pad Thai

## INGREDIENTS

### Pad Thai

- *Pad Thai rice noodles (8-10 oz.)*
- *8-12 asparagus*
- *2 carrots*
- *1 red bell pepper*
- *2 yellow summer squash*
- *1 cup mung bean sprouts*
- *2-3 green onions*
- *8 oz tofu*
- *1-2 tablespoons peanut oil*
- *2-3 limes*
- *1/3 cup cilantro*
- *Crushed peanuts*

## The Pad Thai

1. **Veggies:** Begin heating a large pot of water for the rice noodles. Meanwhile, chop all the vegetables into rounds. For the asparagus, cut off the tips and use them whole, but thinly slice the stalks (much like you would a green onion). Heat a wok or large skillet for the vegetables with one tablespoon of peanut oil and begin stir frying them over medium heat.
2. **Tofu:** Heat a smaller skillet with another tablespoon of peanut oil for the tofu. While the pan is warming, slice the tofu into 1/4 inch squares and use paper towels to thoroughly squeeze out all remaining water. (see my How to Cook Tofu tutorial for more info on properly cooking tofu). Then, slice these squares into thin strips and add them to the hot skillet to brown.
3. **Noodles:** When the pot of water for the rice noodles is boiling, remove it from the heat and add the noodles. They should take only about 5 minutes to cook in the hot water. When they're becoming soft, drain the water and add the rice noodles into the wok with the veggies. Pour in the pad Thai sauce and the golden tofu. Toss everything together and let the flavors mingle for about 5 minutes.
4. **Finish:** When everything is coming together in the wok, squeeze the juice of 1-2 limes over the top and add 1/4 cup chopped cilantro, toss again, and transfer to serving plates/bowls. Sprinkle peanuts over the top of the bowls, add a sprig of cilantro, and garnish with more bean sprouts and a lime wedge.

## Asian Noodle & Vegetable Stir Fry

*This is one of the flagship meals for The One Ingredient Diet – it's healthy, fresh, easy-to-prepare, and bursting with flavor. The ginger and spices come together in a way that brightens your mood and leaves you inspired long after the last bite. The coolest part about this dish? We use plain ol' whole-wheat spaghetti and spice it up to taste like fancy Asian noodles.*

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1. Bring a stockpot of water to boil while prepping all the vegetables. Do these two steps first so that everything will finish cooking at the same time.
2. Cook the spaghetti until well done. If we were making normal pasta, we'd remove when al dente, but our Asian noodles need a few extra minutes to cook.
3. While the pasta is cooking, heat a tablespoon of water in a wok and begin stir-frying all the veggies until tender.
4. When the vegetables and pasta are done cooking (about 12 minutes for both), remove the veggies from the wok and transfer to a bowl.
5. Now, we're turning the pasta into Asian noodles! Drain the pasta in a colander and put them in the hot wok. Add the sesame oil, tamari, and cayenne pepper and continuously toss for about 5 minutes until the noodles develop a gorgeous shiny, browned exterior. When they're just about finished, bring back the veggies and toss everything together.
6. Plate the noodles. Garnish with ginger (just grate it over the top), cilantro, and a squeeze of lime. Delicious!

### INGREDIENTS

- 1 cup snap peas
- 1 cup mushrooms, sliced
- 1 red bell pepper, sliced
- 2 carrots, sliced thin
- 3 green onions, sliced
- 2 cloves garlic, sliced
- 1 red chile pepper, diced
- 1 lime
- 1 package (16 oz) whole-wheat spaghetti
- 3 tablespoons tamari
- 2 tablespoons sesame oil
- 1-2 teaspoons cayenne pepper
- Handful of cilantro, chopped
- 1 tablespoon sesame seeds
- Fresh ginger root, grated

**Makes 4 servings**



## Peanut Pad Thai with Kelp Noodles

*Have you ever cooked with kelp noodles? These clear, tasteless noodles are made from raw kelp (seaweed, but they don't taste fishy). Kelp noodles are a great ingredient to experiment with, especially if you're looking to lose weight since they have virtually no calories. But this recipe works just as well with more common rice noodles or whole wheat pasta.*

*Regardless of which type of noodle you use, this sauce is incredible. It's creamy, spicy, tangy, and delicious. Best of all, the entire dinner takes under 15 minutes to prepare: simply cook the noodles, blend the sauce, and serve.*

1. Begin cooking the noodles according to package instructions. If using kelp noodles, simply soak them in warm water for several minutes.
2. Meanwhile, add the (coconut milk, peanut butter, agave, tamari, jalapeño, coriander, ginger, lime juice, green onion) into a blender to make the sauce. Once everything is well-combined, give the sauce a taste and adjust any ingredients as needed.
3. Drain the noodles and return them to the pan. Then, pour in 90% of the sauce and toss to coat. In two separate bowls, mix the carrots and cabbage with the remaining sauce. Plate all the ingredients, sprinkle with lime juice and garnish with sliced basil.
4. Cook some tofu and coat with agave garlic sauce as described on this page: [OneIngredientChef.com/how-to-cook-tofu/](http://OneIngredientChef.com/how-to-cook-tofu/)

### INGREDIENTS

- ½ cup light coconut milk
- 3 tablespoons peanut butter
- 1 tablespoon agave
- 2 tablespoons tamari
- 1 jalapeño
- 1 teaspoon coriander
- 1 tablespoon grated ginger
- Juice of two limes
- 1 green onion
- 1 package kelp noodles
- 1 cup shredded carrot
- 1 cup shredded red cabbage
- 2 tablespoons basil, thinly-sliced

**Makes 2-3 servings**



# Grown-Up Macaroni and (Cashew) Cheese

*It is not very difficult to make ‘vegan’ macaroni and cheese IF you’re willing to use some kind of cheese substitute that is heavily processed and full of oils. But creating a tasty Mac & Cheese sauce that also meets the ‘One Ingredient Diet’ standards has been a challenge. This specific recipe, however, passes the test: it’s creamy, flavorful, and made entirely with whole foods. Finally a healthy Mac & Cheese that adults will enjoy as much as the kids!*

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1. Add the cashews, nutritional yeast, garlic, lemon juice, vinegar, salt, pepper, and part of the soy milk to a food processor. Blend until smooth. Use your judgement to add more soy milk if necessary and blend until the mixture is creamy but not runny. It’s best to make it a little too thick because you can always add more milk when mixing with the macaroni. Ideally, you can refrigerate this sauce for a few hours but it isn’t entire necessary.
2. Cook the macaroni according to package instructions. When cooked, drain through a colander and pour the pasta into a mixing bowl.
3. Take the cheese sauce and toss it into the macaroni. This may take several minutes, as the sauce will clump together until warmed by the pasta. Keep tossing lightly until all the macaroni is evenly coated. Again, if it feels too thick, you can add a little more soy milk.
4. You can (optionally) top with black pepper, sun-dried tomatoes, basil or parsley. These can add a lot of color and flavor, so feel free to experiment with what works best for you.

## INGREDIENTS

- 1 (16 oz) package whole wheat elbow macaroni
- 1 cup raw cashews
- 3 tablespoons nutritional yeast
- 2 cloves garlic
- 1 tablespoon lemon juice
- 1 tablespoon vinegar (apple cider, etc.)
- Salt and pepper to taste
- 1/2 cup soy milk
- Sun-dried tomatoes (optional)
- Chopped basil (optional)

**Makes 4 servings**



## Pasta Primavera

*Primavera, meaning spring in Italian, is one of the world's most popular pasta dishes. I must say, of all the pastas in this cookbook, the primavera here is absolutely my favorite. It's actually one of my all-time favorite pasta dishes. If you love it as much as I do, maybe we can rekindle the primavera hype all over again.*

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1. Begin heating a large pot of water for the pasta. Meanwhile, chop all the veggies. Primavera works with basically any veggies you want. A classic combo is tomatoes, peas, carrots, bell pepper, asparagus, and zucchini. But mine is slightly different and I hope yours is too. Use what you have on hand or anything you think will work.
2. Heat a large skillet with either a splash of water or olive oil and begin sautéing the veggies. Add the pasta to the water, which should now be boiling. The idea is to soften the veggies while the pasta cooks so they finish at exactly the same time. You do want a little bite in the veggies though – both the pasta and the veggies should be al dente.
3. Drain the pasta, reserving 1/4 cup of pasta water, and return to the pot. Add the veggies to the pot and toss. Then add about 1/2 a cup or more of the cauliflower alfredo sauce (page 5) and toss again with a little pasta water to create the perfect creamy consistency. Finally, add the spices to complete the dish. The combo of salt, pepper, and fresh basil with dried oregano, rosemary, and sage is absolutely killer.
4. Give the pasta a taste, adjust any spices as needed, and serve immediately.

### INGREDIENTS

- 16 oz pasta (any kind)
- 1/2 recipe of Cauliflower Alfredo Sauce (see recipe on page 5)
- 15 cherry tomatoes
- 1 carrot, sliced
- 1/2 cup mushrooms, sliced
- 1/2 cup frozen peas
- 1 medium zucchini, sliced
- 1 handful torn basil leaves
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried sage

**Makes 4 servings**



## Zucchini Pasta with Avocado Pesto

*Making noodles from raw zucchini sounds absurd. Until you try it. The noodles are light, delicious, super-healthy, and perfect for warm summer afternoons. Toss with a fresh basil & avocado pesto, and throw in some chickpeas and sun-dried tomatoes for a truly incredible meal that takes less than 15 minutes to prepare.*

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1. **The Zucchini Noodles** – Slice off the top and bottom of the zucchini. Then, using a mandolin with a julienne attachment or a julienne peeler, slice into thin pasta-like strips and set aside.
2. **The Pesto** – In a food processor, combine the basil, pine nuts, avocado, garlic, lemon juice and sea salt. Process until smooth, then taste and adjust any ingredients as necessary. Pesto comes out differently every time, and mine always needs adjustments – don't be afraid to throw in more basil, garlic, or salt. You can even add a little water if the sauce is too thick.
3. **Toss** – Add the zucchini noodles to a bowl and toss with the pesto. Then, add in the chickpeas and sun-dried tomatoes and toss again. Transfer to serving plates and garnish each plate with a sprig of basil.

### INGREDIENTS

- 3 medium zucchini
- 2 cups fresh basil leaves
- 1/3 cup toasted pine nuts
- 1 small avocado
- 2 cloves garlic
- 1 lemon (juice + zest)
- Sea salt to taste
- 1 can (16 oz) chickpeas
- Sun-dried tomatoes to garnish

**Makes 4 servings**



# Pasta Puttanesca with Heirloom Cherry Tomatoes

*Puttanesca' is a simple, quick, affordable pasta sauce that originated in Naples. The story is that the women would make this pasta in the brothels, wafting the beautiful aromas into the streets to entice men into their, er, places of business. This story makes perfect sense: the capers and garlic sautéing with peppers and basil? If I walked past a brothel that smelled as gorgeous as my house when I was making this sauce, I might have to wander inside to check it out too...*

.....

1. Begin boiling a pot of water. Then slice the garlic and chili, add them to a large hot skillet with a little splash of olive oil. Tear up 2 handfuls of basil and add this to the pan with about 1/4 cup of capers. Let this sauté for a while.
2. While you're enjoying the beautiful aromas of the sautéing ingredients from step one, take your time slicing the cherry tomatoes in half and throw them in the pan. Toss everything together and let it continue cooking. About this time, add the spaghetti to the pot of boiling water.
3. When the spaghetti is al dente and the tomatoes are cooking beautifully, put this all together. Don't drain the pasta – simply use a pasta spoon or tongs to transfer the wet pasta into the pan with the tomato sauce. This carries over some of the pasta water that's necessary to complete the sauce. On high heat, toss everything together in the skillet for one final minute to bring all the flavors together.
4. Transfer to serving bowls, ensuring you get even amounts of ingredients in each, and drizzle any remaining liquid from the pan over each dish.

## INGREDIENTS

- 16 oz whole wheat spaghetti
- 2 cups cherry tomatoes
- 4-5 cloves garlic
- 1 red chili
- 1/4 cup capers
- 2 handfuls fresh basil
- 2 tablespoons olive oil
- Sea salt and black pepper

**Makes 4 servings**



## Kicked-Up Quinoa and Black Beans

*This is one of my all-time favorite meals. It's fluffy quinoa with fried black beans, fresh veggies, avocado, and a lemon chile dressing that kicks this dish to a whole new level. I could eat this every day.*

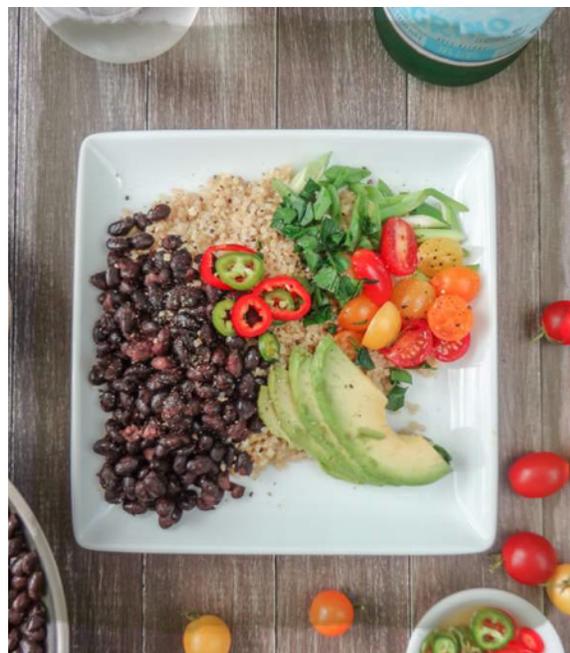
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1. One of the best parts of this recipe is the beautiful lemon chile dressing. Slice a red and green chili very thinly and add them to a small bowl with the juice of one lemon. Let this sit for 30-60 minutes to marinate.
2. Rinse 1 1/2 cups dry quinoa and add it to a pot with 3 cups water. Bring to a boil, then reduce the heat and cover. This should simmer for about 20-25 minutes until all the water is absorbed and the grains are translucent and fluffy.
3. While the quinoa is cooking, make the magical black beans. Rather than typical mushy beans, these become more dry and crispy and they work extremely well in this recipe. To make them, add the black beans and (optionally) a tablespoon of olive oil to a skillet. Let these cook over medium heat until they become slightly dried out and crispy. Right towards the end, add a pinch of salt, which boosts the flavor and helps them dry out even a little more.
4. For each serving, add a small mountain of quinoa to the center of a plate and pile all the ingredients around it – a spoonful of beans, a few sliced green onions, some halved cherry tomatoes, some chopped parsley, 1/4 a sliced avocado, and a pinch of salt & pepper. Top with a drizzle of the amazing lemon chile dressing and 3-4 sliced chilies.

### INGREDIENTS

- 1 1/2 cups uncooked quinoa
- 1 1/2 15 oz cans black beans
- 4 green onions
- 1 avocado
- 20 cherry tomatoes
- 1 handful parsley
- 1-2 red/green chilies
- 1 lemon
- Salt and pepper

**Makes 4 servings**



## Cauliflower Alfredo Pizza

*The cauliflower Alfredo sauce (page 4) is an exciting dish for vegetarian cooking. A non-dairy white sauce opens up tons of possibilities. After I first tasted it, my mind was spinning with ideas. One thing I remembered having many years ago is a pizza with white sauce, corn, mushrooms, and artichokes. That's what we've recreated here in this super-healthy, super-simple homemade pizza that is surely like nothing you've ever had before.*

.....

### The Dough

Feel free to use your favorite pizza dough recipe, or even a healthy store-bought version. I was always afraid to make my own pizza dough for fear that it would be difficult and time-consuming, but the reality is that it only takes a few minutes and the recipe is almost fool-proof.

Take the packet of yeast and combine with 1 cup of warm water, add a teaspoon of sugar and let this sit for 5 minutes. The water should become a light beige color and develop a thin foam at the top (this means the yeast has been activated).

In a stand mixer or a large bowl, combine the flour, salt, olive oil, and water/yeast mixture. Mix on low or gently fold together, then stir/mix for an additional 3-5 minutes until the dough is no longer sticky and holds together in a ball.

Transfer to a lightly oiled bowl, cover with a towel, and allow to rise at room temperature for 1-2 hours. That's it! The dough is ready to be rolled into pizza crusts and baked.

(cont.)

### INGREDIENTS

#### Dough

- 2 1/2 teaspoons dry active yeast
- 1 cup warm water
- 3 cups flour
- 1 teaspoon sea salt
- 1 tablespoon olive oil

#### Pizza

- 1 Cauliflower Alfredo Recipe (page 4)
- 3 cloves garlic, sliced
- 1/3 cup frozen corn
- 1/3 cup artichoke hearts
- 1 cup mushrooms, sliced

**Makes 2 medium pizzas**



# Cauliflower Alfredo Pizza

## The Pizza

Pre-heat the oven to 425° F and prepare the Alfredo sauce according to the instructions on page 4. Once the dough has risen, form it into two very thin rectangular crusts on lightly-oiled baking trays or pizza stones. Bake this crust without any sauce or toppings for about 15 minutes. The reason for this is because our cauliflower sauce will have a tendency to burn if left in the oven for too long. By giving the crust a head-start, it reduces the time that the sauce is in the oven.

While the crust is pre-cooking, gather the cauliflower sauce, corn, garlic, mushrooms, and artichokes. Remove the pizza from the oven, add generous amounts of sauce and toppings, then return to the oven until the edges of the crust become lightly browned and the center is thoroughly cooked. Let it cool, slice, and try not to eat it all too fast!

## Lentil & Sweet Potato Shepherd's Pie

*It is impossible not to love shepherd's pie. This dish has become a staple in my home, but not the traditional kind with lamb filling, as you can see. My version is stuffed with deliciously seasoned lentils and veggies, and topped with a gorgeous, vitamin-packed sweet potato mash. It's every bit as delicious as the original, but low in fat and high in protein, fiber, and nutrients. This shepherd's pie is the perfect simple, economical, hearty dinner that the whole family will love.*

1. Before anything else, peel and chop the sweet potatoes into small chunks. Get them in a pot of water and let them boil for at least 15-20 minutes, depending on size.
  2. Meanwhile, chop the carrots, onion, and celery (mirepoix) into small chunks. To make things super easy, I often buy a pre-cut mirepoix at Trader Joe's. Or you can use a food processor. Add this to a large skillet over medium heat with a tablespoon of water and allow them to soften.
  3. Once the veggies are softened, add the prepared lentils to the pan. You can use any kind of lentils you'd like... dried (cook them yourself), canned (drained), or pre-made lentils in a package (as long as they don't have any unnatural ingredients). Allow these to cook for several minutes with the mirepoix.
- Preheat the oven to 350° F.**
4. Open the cans of diced tomatoes (but do not drain them) and add these along with a tablespoon of chopped (or dried) basil leaves, a handful of chopped spinach, and a splash of soy sauce. Let this

### INGREDIENTS

- 4 medium sweet potatoes
- 1/2 cup diced onions
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 4 1/2 cups prepared lentils
- 2 15 oz cans diced tomatoes
- 2 tablespoons soy sauce
- 1 tablespoon basil + more for garnish
- 1/2 cup chopped spinach
- 2+ tablespoons non-dairy milk
- Sea salt

**Makes 6 servings**



## Lentil & Sweet Potato Shepherd's Pie

filling simmer for 10-15 minutes for the flavors to mingle.

5. When the sweet potatoes are soft all the way through, remove them from the heat and drain the water. Mash with a little salt and a splash of non-dairy milk until the consistency is perfect.
6. Add the lentil filling to a 9 x 13 pan and top with a layer of sweet potatoes. Or, like pictured, you can add to individual oven-safe bowls. Bake in the oven for about 20 minutes until the topping becomes slightly browned. Allow to cool before serving. This recipe yields about 6 servings and makes excellent leftovers the next evening for a 2-for-1 dinner.

## Classic Meat(less) Lentil Loaf

*No vegetarian's recipe box is complete without a good lentil loaf. This version has lots of fresh veggies, tons of protein, a delicious combo of herbs and spices, and just the right texture. For a lentil-and-potatoes kind of guy like myself, this meal is as good as it gets.*

*The best part? It puts an end to the “where do you get your protein?” nonsense. The next time someone asks you this question, roll your eyes (as usual) and then send them here. To my count, these 5 servings have a total of 115 grams of protein, or 23 grams per 340 calorie serving. Beef, by comparison, has 15 grams of protein per 340 calories. Yes, people, plants can have more protein than animals.*

### Preheat the oven to 350° F

1. Cook enough dry lentils (brown or black) to yield about 1 1/2 cups. You can alternatively use prepared or canned lentils to cut down on prep time.
2. Mince the garlic and finely chop the mushrooms, celery, and onion. Add these to a sauté pan with a splash of water and a pinch of salt & pepper. Allow them to soften over medium heat for several minutes.
3. In a large mixing bowl, crumble about 1 cup of tofu between your hands until it is in small chunks, resembling cottage cheese. Then, stir in the cooked lentils, sautéed veggies, a handful of chopped parsley, and oats.

(cont.)

### INGREDIENTS

- 1/2 cup mushrooms
- 3 stalks celery
- 1/2 white onion
- 2 cloves garlic
- 1 cup firm tofu
- 1 1/2 cups cooked lentils
- 1 cup old fashioned rolled oats
- 3 tablespoons ketchup
- 3 tablespoons soy sauce
- 3 tablespoons chopped parsley
- 1 teaspoon each: dried thyme, basil, fennel

**Makes 6 servings**



## Classic Meat(less) Lentil Loaf

4. To this bowl, add the dried herbs. Like with all “meats,” the flavor of this loaf is brought alive by the spices. The combo of thyme, basil, and fennel is the perfect blend of earthy and meaty flavors for our lentil loaf. To get maximum flavor, combine these herbs in a mortar and pestle and gently grind together. Then, stir them into the lentil loaf mixture.
5. Add a few tablespoons soy sauce and some ketchup to bind this loaf together. Stir until everything is very well combined. At this point, the loaf should hold together fairly well (i.e. if you wanted to form it into meatballs, they would hold their shape). If it’s too crumbly, add a little more ketchup or even a tablespoon of water. You do not want your loaf to be too dry!
6. Add this mixture to non-stick loaf pans (or something similar) and bake for about 50 minutes at 350° F. You’ll want to cook until the top starts to develop a browned crust and the insides are fully cooked.
7. Allow to cool for several minutes before carefully slicing and removing from the pans. Ideally, serve with ketchup, mashed potatoes, and steamed veggies. This loaf keeps very well for several days in the refrigerator and makes excellent meat(less)loaf sandwiches for leftovers.

## Setas (Mushroom) Tacos

*If it looks like I've lost my mind and started cooking with some kind of thinly-sliced beef, don't be alarmed... this recipe is inspired by a dish I had at China Poblano in Las Vegas. I was so excited by those tacos that I immediately went home and spent the next 3 months trying to copy these magical tacos. After much trial and error, I finally came up with a very close recreation that we have here.*

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- 1. Prep the Mushrooms:** This is the most time consuming step and it is 1000x easier with a mandolin. You can slice them by hand, but you'll be working all day. It is absolutely crucial to slice the mushrooms paper thin. Also, don't be surprised by the sheer volume of mushrooms you'll be working with. They cook down so much that it requires probably 1.5+ cups of sliced raw mushrooms to make just 1 taco.
- 2. Caramelize the Mushrooms:** Heat a very large skillet over high heat and add a tablespoon of water and vegetable oil. I don't often cook with oils, but this recipe absolutely requires it. Toss all the mushrooms into the pan. At first, it will seem like an absurd amount of mushrooms, but they'll cook down in about 5 min.

Allow the mushrooms to cook mostly undisturbed for about 15 minutes, trying to keep them as single-file as possible. When they start browning, add the two tablespoons of soy sauce, garlic powder, and cayenne and let cook for another 5 minutes. When they become dark brown and just on the border between juicy and crispy, they're done – remove from the heat.

- 3. Plate:** Warm the corn tortillas and spread with mashed avocado. Top with the mushrooms and chopped cilantro. Squeeze lime over the top and enjoy!

### INGREDIENTS

- 24 oz white button mushrooms
- 1 tablespoon vegetable oil
- 2 tablespoons tamari (or soy sauce)
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 4 small corn tortillas
- 1 avocado
- 1 lime
- 3 tablespoons cilantro – chopped

**Makes 4 tacos**



## ‘Pulled Portobello’ BBQ Sliders

*BBQ sauce is terribly underrepresented in vegetarian cooking. Our culture seems to think that without meat, there is no place for BBQ sauce. What a tragedy! There are so many exciting plant-based ways to use this amazing sauce. This recipe might be one of the tastiest: we’re finely-slicing portobello mushrooms and sautéing them with onions, BBQ sauce, and some spices for a delicious “pulled pork” type of sandwich filling. I daresay these sandwiches could make even a few meat eaters jealous at your summer BBQs.*

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1. Finely dice the onion and garlic and add these to a saucepan with a splash of water. Allow this to brown for 5-7 minutes while finely slicing the mushrooms into thin strips. You can do this by hand (like I did, but the ones in my picture are actually a little too big) but for best results, use a julienne peeler or mandolin with julienne attachment to create very thin strips. Add these to the skillet with the BBQ sauce, vinegar, and soy sauce.
2. Allow everything to simmer on low heat for at least 30 minutes. The mushrooms will reduce considerably and absorb the BBQ flavor. Since BBQ sauces can vary so much, it’s smart to give the mushrooms a taste after 30 minutes to adjust any seasonings. Not salty enough? Add more sea salt. Want more heat? Throw in some cayenne. Need stronger acidity? Add more vinegar.
3. When everything is perfect, simply add the mushroom filling onto the mini buns (or full-sized hamburger buns) and serve. These aren’t super calorie-dense so 4 sliders or 2 full-sized buns might be a reasonable serving. Enjoy!

### INGREDIENTS

- 4 large portobello mushrooms
- 1 white onion
- 1/3+ cup BBQ sauce
- 2 tablespoons soy sauce
- 2 tablespoons apple cider vinegar
- 1 clove garlic
- 10 mini hamburger buns

**Makes about 10 sliders**



# The One Ingredient Veggie Burger

*Veggie burgers are tough to make. Often, the texture is too dry or too mushy. But one day I discovered the secret by accident: I was upset with another batch of mushy burgers and threw them in the refrigerator. When I checked on them the next morning, I was surprised to find that they solidified overnight – even after being reheated! Now that the texture is right, these veggie burgers are just about perfect and they have a classic, meaty burger taste.*

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1. Preheat the oven to 400°F. Drain the can of beans VERY well – you don't want any extra moisture or the final burgers will be too mushy. Combine all ingredients (minus the whole wheat flour) into a food processor and pulse until everything is well incorporated. Texture is really important here and if it seems too runny, you can add a tablespoon or two of whole wheat flour to thicken the mixture.
2. On a lightly greased baking sheet or silicone mat, form the mixture into 4-5 burger-sized rounds. Bake for approx. 12 minutes. Remove from the oven and carefully flip the burgers – they will be very mushy at this point. Cook for another 12-15 minutes. They'll still be slightly mushy, but should at least hold together. Remove from the oven and allow to cool at room temperature before freezing uncovered overnight. Again, the freezing step is important for the final texture.
3. When ready to prepare, simply reheat the frozen burger. I've had best results with baking the burgers at about 350° until hot, but you can also cook them on the stovetop or even a grill. I like to serve on a healthy sprouted wheat bun with guacamole.

## INGREDIENTS

- 5 ounces Crimini mushrooms, sliced
- 16 ounce can of black beans – drained
- 3 tablespoons rolled oats
- 3 tablespoons diced cilantro
- 2 tablespoons tamari
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- Whole wheat flour (if needed)

**Makes 4 patties**



# Homemade Potato & Black Bean Frozen Burritos

*With this recipe, I have reverse engineered my favorite frozen burritos (yes, this is what I do for a living) to create this potato, corn, and black bean filling that has all the magical frozen burrito flavors you love, but only fresh and natural ingredients. You can whip up a big batch in just a few minutes and have healthy frozen burritos on hand for weeks. Your guilty pleasure... now without the guilt.*

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1. Prepare all the ingredients: peel and dice the potato, drain the can of beans, and roughly chop the onion, tomatoes, bell pepper, garlic, and jalapeño into medium-sized chunks. Add all the ingredients (except tortillas) to a food processor and pulse until all the large pieces have been broken down but some smaller chunks remain.
2. Transfer this mixture to a saucepan and allow to simmer over medium heat for 15-20 minutes. This cooks the potatoes thoroughly and allows all the flavors to mingle. Give it a taste to adjust any seasonings. When it's perfect, remove from the heat and allow to cool before continuing.
3. Roll the burritos. Start with a large tortilla and add the filling lengthwise. Tuck in the two ends and roll around the filling. Cover with foil or plastic wrap and freeze until ready to be eaten. You can either reheat by popping them right in their foil into a 350° oven until the center is warm, or in typical frozen burrito fashion, using a microwave. Simply remove from the foil, add to a plate and cook for about 2 minutes on each side.

## INGREDIENTS

- 1 large potato
- 16 oz can black beans
- 1/2 white onion
- 2/3 cup corn (fresh or frozen)
- 2 roma tomatoes
- 1 green bell pepper
- 2 cloves garlic
- 1/2 jalapeño pepper
- sea salt, cumin, coriander to taste
- 4-5 large tortillas

**Makes 4-5 frozen burritos**



## Quinoa Stuffed Bell Peppers

*Ah, real food. This is the kind of stuff that gets me excited. It's so delicious, so fresh, so perfect for spring-time alfresco dining with lots of wine and great conversations. These peppers will take some time to prep and you might have to get your hands dirty, but why not get the whole family involved and make a great weekend dinner out of it? The payoff of spending time together to make a fresh and delicious meal is absolutely worth the investment.*

### The Quinoa

Before we can get started on the peppers, we need to make the quinoa stuffing. We're basically making a tabbouleh, like this Quinoa Tabbouleh I posted earlier. This adds so much more flavor and depth than if we simply added plain quinoa to the peppers.

1. Begin cooking the quinoa. First, measure out 1 1/2 cups and rinse the grains well to remove the bitter coating (you'll thank me later). Then, add to a pot with 3 cups water. Let this simmer (covered) for about 20-25 minutes until all the water is absorbed and the quinoa is fluffy.
2. Meanwhile, chop the parsley, sun-dried tomatoes, and Kalamata olives. Toast the pine nuts in a skillet (it's worth the extra step), and set aside the lemon.
3. When the quinoa is done cooking, add it to a large mixing bowl and fold in all the other ingredients (parsley, sun-dried tomatoes, Kalamata olives, pine nuts, lemon juice, lemon zest, sea salt, and pepper). Give this a taste and adjust any ingredients as needed.

### INGREDIENTS

- 1 1/2 cup quinoa
- 1/2 cup parsley
- 1/3 cup pine nuts
- 1/3 cup Kalamata olives
- 1/3 cup sun-dried tomatoes
- 1 lemon (juice + zest)
- Sea salt & black pepper
- 4 bell peppers
- 1 red onion
- 3 medium zucchini
- 3 cloves garlic
- 10 oz. sliced mushrooms
- 1 tablespoon olive oil
- Handful of arugula, with balsamic and agave for dressing

**Makes 4 stuffed peppers**



# Quinoa Stuffed Bell Peppers

## The Veggies & Peppers

1. Preheat the oven to about 375° F.
2. Cut the onion into small wedges, loosely chunk the garlic, chop the zucchini, and slice the mushrooms. Add all these veggies to a baking pan and toss with a small splash of olive oil, salt, and pepper. Set this aside.
3. Take the 4 bell peppers and carefully slice them in half. Remove the seeds and white pith. Then, pack in as much of the quinoa stuffing as each pepper will hold.
4. Set the peppers into the baking pan around the veggies (if you're making 4 servings, you'll probably need to use two pans). Cover with foil to lock in the flavors and moisture.
5. Bake for about 45 minutes until the veggies are fully cooked and the peppers are just starting to wilt.

## Serving

These peppers go great with bitter greens like arugula. Put a few handfuls of arugula into a bowl and drizzle a little balsamic, agave nectar, and black pepper for a delicious fat-free dressing. Use your hands to gently toss.

Place two stuffed peppers onto a plate, surrounded by some of the roasted veggies and the arugula salad. Grab a bottle of wine, go out to the patio, and enjoy eating a fresh home-cooked meal with the people you care about.

# Zucchini Fritters in Tomato Sauce

*To be honest, I wasn't expecting much from zucchini fritters. I don't particularly like zucchini by itself and I had never tried making anything like this before. But after prepping the batter and lightly pan frying them until golden and crispy, I took a bite and... wow. I was shocked. These guys are so amazingly fresh, crispy, and delicious.*

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1. Grate two large zucchini until you have about 3 cups. If you have a food processor with grating attachment, it makes this job so, so much easier while also creating the perfectly-sized shreds for making fritters.
2. Start the tomato sauce. These fritters can be eaten by themselves, but a simple tomato sauce adds a lot. To make, simply combine the tomato sauce, olives, capers, basil, and salt & pepper into a saucepan and let it simmer for 15+ minutes while you're preparing the fritters.
3. Prepare the fritters by mixing the zucchini shreds with the flour, sliced green onions, oregano, salt & pepper, and lemon juice. Use your hands to toss everything together in a mixing bowl. Test the consistency by trying to form into a ball, about 1/2 the size of a baseball. If they hold together nicely, the batter is perfect. If they're too watery, add more flour; too dry, add a few tablespoons of water.
4. Heat a skillet with enough olive oil to cover the bottom of the pan over fairly high heat. While the oil is heating, roll the fritters into balls and flatten to about 2/3 inch thick.

## INGREDIENTS

- 3 cups grated zucchini
- 2/3 cup whole wheat flour
- 2 green onions
- 1 tablespoon dried oregano
- Sea salt & black pepper
- 1 lemon (juice)
- 3 tablespoons olive oil
- 1 16 oz can of tomato sauce
- 10 Kalamata olives
- 1/4 cup capers
- Handful of basil leaves
- Sea salt & black pepper

**Makes 6 fritters**



## Zucchini Fritters in Tomato Sauce

5. Carefully add 3 fritters into the pan and let them cook until thoroughly browned on that side (about 4 minutes). Then, flip and allow the other side to brown as well.
6. Remove from the heat and allow the skillet to cool before pouring in a layer of the now-cooked tomato sauce to cover the bottom half of the fritters. To serve, plate 1-2 fritters with a drizzle of the tomato sauce.

# Quinoa Tabbouleh with Sautéed Tempeh

*If 'Sautéed' is the only word you recognize in that title, don't be afraid. This dish is an increasingly popular play on a traditional tabbouleh, but this one uses quinoa – a protein-packed South American grain that can be incredibly tasty. To top it off, we're adding some sautéed marinated tempeh (a soy product similar to tofu, but fermented) for even more protein.*

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1. Rinse the quinoa well. Then, add to a pot with water and simmer according to package instructions (about 25 minutes). It's finished when the grains are soft, translucent, and don't clump together.
2. Meanwhile, get chopping! Loosely chop the parsley and cut the green onions into thin slices. Throw these into a bowl with the pine nuts. Gather the spices and slice the lemon in half. Set all these ingredients aside until the quinoa is cooked.
3. When the quinoa is fully cooked, remove from the heat and transfer to a mixing bowl. Add the parsley, green onion, pine nuts, spices, and juice+zest of the lemon into the mixture. You can also add a tablespoon or two of olive oil if you don't mind the extra calories. Toss gently until all ingredients are well incorporated. Have a taste and adjust the spices as necessary. Cover and refrigerate for at least 90 minutes or up to 3 days.
4. When ready to serve, prepare the tempeh. Cut it into small cubes. Begin heating a skillet and add a splash of tamari and rice vinegar. Add the tempeh and toss to coat. Continue tossing regularly and the tempeh should cook in 5-7 minutes. Add a dash of cayenne pepper as it begins to brown. Pour the warm tempeh over the chilled quinoa and enjoy!

## INGREDIENTS

- 1 cup uncooked quinoa
- ⅓ cup parsley, chopped
- ¼ cup pine nuts, toasted
- 3 green onions
- 1 lemon (juice + zest)
- 1 tablespoon cumin
- 1 tablespoon coriander
- Salt & black pepper to taste
- 8 ounces Tempeh, cut into ½ inch cubes
- Rice Vinegar
- Tamari
- Cayenne pepper

**Makes 4 servings**



## Risotto with Peas & Sun-Dried Tomatoes

*This risotto is just too good to pass up. The flavors work perfectly and it's one of the easiest Italian recipes to turn vegan without losing any quality. Don't let the 'aura' of risotto intimidate you, the process is incredibly quick and simple if you follow a few guidelines. YOU can make a restaurant-quality risotto in under 30 minutes.*

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**Making a risotto bianco** (white risotto) is actually pretty easy. You simply add the rice to the pan and pour in one ladle of broth at a time, stirring regularly and waiting until all the liquid is absorbed before adding more. This gives the rice its smooth flowing texture. Here's how it works...

1. Add the vegetable broth to a small pot and begin warming on a burner. This way, the broth will already be hot as you pour it over the rice.
2. In a deep pan, begin softening the finely-chopped celery and onion with a little of olive oil and water.
3. When the celery and onions are soft (but not browned) add in the risotto rice and let it fry for 1-2 minutes.
4. Pour in the white wine and continue to stir until it is fully absorbed.
5. Then, begin adding one ladle of the hot broth (about 3/4 cup) at a time, waiting for it to become absorbed, and then adding another ladle.
6. Continue this process until two-thirds of the stock have been used. Then, add in whatever toppings you're planning on using. In this case, the sun-dried tomatoes and frozen peas, and continue ladling until all the broth has been used.

### INGREDIENTS

- 10 ounces Arborio (risotto) rice
- 1 red onion – finely diced
- 3 celery stalks – finely diced
- 750 ml vegetable stock
- 1/3 cup white wine
- Splash of olive oil
- 1/2 cup frozen peas
- 1/2 cup sun-dried tomatoes
- 1 lemon
- Salt & pepper to taste

**Makes 4 servings**



## Risotto with Peas & Sun-Dried Tomatoes

7. The goal of a risotto is to develop a ‘lava-like’ texture (Jamie Oliver’s words) that will slowly ooze off the end of a spoon. Unfortunately for the picture above, I let mine sit for too long before photographing it and it is too dry – yours should be smoother.
8. If the vegetable broth didn’t fully achieve this texture, continue adding water until it looks about right to you.
9. When the risotto is finished, remove from heat, squeeze the lemon juice over the top, add salt and pepper to taste, and cover for 1-5 minutes to let the flavors and texture become perfect before serving.
10. The above process should take about 25-30 minutes. See a timeline on the right of approximately what the risotto should look like at different points in its lifetime.



That’s basically all there is to it! Just remember to stir regularly and cook until lava-like (a few minutes longer than the 25 minute picture above). Minus the peas and tomatoes, this is a standard ‘risotto bianco’ and you can experiment with adding anything you like to it. Pesto is one of my favorites, as are pumpkin + sage, asparagus, or even mushrooms. When the rice is two-thirds cooked, simply throw in whatever ingredients you want to try – you can’t go wrong.

11.

# Pumpkin & Sage Risotto

*Risotto is by far the world's most comforting food. This is true under any circumstances, but when the weather starts getting colder and we throw in some fall-inspired ingredients like pumpkin and sage, the comfort in this dish starts to reach levels that one might almost consider magical.*

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## Preheat the oven to 350° F.

1. “Butcher” your pumpkin and cut into small cubes. If you’ve never done this before, it can be quite a job. Watch this video for more instructions and keep your fingers safe.
2. With the pumpkin in small chunks, add them to a baking sheet with a splash of olive oil and roast for about 45 minutes until fully cooked and slightly browned.
3. Meanwhile, finely chop the celery and onions and add them to a large saucepan over medium heat with a splash of olive oil. Allow these to soften but not brown.
4. In a separate pot, add the vegetable stock with a few large sage leaves and bring to a simmer.
5. Add the arborio rice to the hot pan with celery and onions and allow it to cook dry for 1-2 minutes. Then, add a bit of white wine and stir until it is absorbed into the rice. Slowly add one ladle-full of stock into the pan at a time and stir occasionally until fully absorbed before adding more. This should take 20-30 minutes.

## INGREDIENTS

- 1 small pumpkin
- 1 handful fresh sage leaves
- 1 medium red onion
- 3 stalks celery
- 1 1/2 cups arborio (risotto) rice
- 1/4 cup white wine
- 750 ml vegetable stock
- 1 lemon
- Olive oil
- Sea salt & Black pepper
- (optional) 1/4 cup Daiya Mozzarella-stlye shreds

**Makes 5 servings**



## Pumpkin & Sage Risotto

6. As the risotto is nearing completion, check on the pumpkin in the oven (did you forget about it?). It should be soft and fully cooked. When it is, toss it into the pan with the risotto along with generous amounts of salt and black pepper.
7. At this point taste the risotto. If all the stock has been absorbed and it is still too al dente and crunchy, use warm water until you have a perfect lava-like texture and the rice has become softened but not completely overcooked.
8. At the last minute, squeeze in a little lemon juice and throw in a few tablespoons of finely-chopped sage leaves. If you want to be naughty, you can also add a handful of non-dairy mozzarella-style shreds (Daiya works well). Stir these into the rice and remove from the heat – let the risotto rest for 2-5 minutes before serving alongside a glass of gorgeous Italian white wine... if you didn't drink it all while stirring the risotto :)

# Potato Gnocchi with Pumpkin Alfredo Sauce

*This recipe is a blend of two things I love: autumn, and my Cauliflower Alfredo Sauce. That sauce has all the authentic creamy flavors and textures of an Alfredo, but it's completely vegan and unprocessed. It is one of my all-time favorites. What we have here, however, is a whole different animal. Yes, it starts out with the same basic white sauce, but we add pumpkin and spices to give it a gorgeous fall-inspired feel. And instead of pasta, this version pairs perfectly with light pillows of gnocchi.*

1. Break up the cauliflower head into 2 1/2 cups of medium-sized pieces and add them to a pot with the pumpkin, almond milk, nutritional yeast, tahini, lemon juice, nutmeg, salt and pepper. Cover and allow the ingredients to gently simmer for at least 15-20 minutes, but do not let the mixture boil.
2. When the cauliflower has begun to break down and becomes soft, transfer the mixture to a blender and blend thoroughly until the sauce is totally creamy and no chunks remain. At this point, give the sauce a taste and adjust any ingredients as necessary – feel free to add more tahini, salt, lemon juice, etc.
3. When ready to serve, prepare the gnocchi by bringing a pot of water to just under a boil and slowly adding in the gnocchi until cooked.
4. With the gnocchi fully cooked, use a slotted spoon to pull it from the water and add generous amounts of the sauce over top. Gently toss with a spoon to evenly coat the gnocchi. Plate and garnish with sliced almonds and finely-chopped chives.

## INGREDIENTS

- 16 oz potato gnocchi (store-bought or homemade)
- 2 cups cauliflower Alfredo sauce (see page 5)
- 2 1/2 cups chunked cauliflower
- 1 1/2 cups plain unsweetened almond milk
- 1/3 cup nutritional yeast
- 3-4 tablespoons tahini
- 1 lemon (juice)
- 1/2 teaspoon ground nutmeg
- sea salt
- black pepper
- Whole wheat fettuccine, macaroni, or any pasta
- 1/4 cup sliced toasted almonds (garnish)
- Fresh chives (garnish)

**Makes 4 servings**



## Ochazuke: Rice in Green Tea Broth

*Ochazuke is traditional Japanese dish that is essentially rice topped with veggies and drenched in a broth of warm green tea. This is a simple, hearty, no-fuss way to use leftover rice for a quick meal in a pinch.*

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1. Begin cooking the rice according to package instructions. I liked to use a short-grain, Japanese-style rice for this bowl (similar to sushi rice), but virtually any variety of rice will work.
2. Meanwhile, slice the carrots, parsley, and sheet of nori into thin strips. Slice your mushrooms. For this version, I used my absolute favorite mushroom (Enoki). They're long, thin white mushrooms that resemble sprouts. However, I only used these because my grocery store was out of Shiitake, which would probably be an even better choice for this bowl. Shiitake, however, should not be eaten raw, as they can cause an allergic reaction in some people, and I would recommend steaming or sautéing them for 4-5 minutes if you go that route. Set all these ingredients aside until the rice is finished.
3. For the tofu: Cut the tofu into 1/4 inch thin slices, like the squares in the picture. Then, simply follow my How to Cook Tofu tutorial to get the perfect crust on your tofu. You can skip the seasoning step if you'd like and simply top with a little sea salt.
4. To assemble: Add rice to a bowl. Top with the veggies, tofu, and sesame seeds. Then pour enough green tea over the top to create a broth. I would suggest adding a tablespoon of soy sauce over the top as well – it helps the more subtle flavors pop.

### INGREDIENTS

- 1 1/2 cups rice, cooked
- 2/3 cup Japanese green tea
- 1/4 cup mushrooms (Shiitake?)
- 1/2 carrot, thinly sliced
- 1/2 sheet roasted nori (seaweed)
- 2 tablespoons parsley, chopped
- 2 teaspoons sesame seeds
- 1 tablespoon soy sauce (optional)
- 4 oz firm tofu (optional)

**Makes 1 bowl**



# Tomato and Chickpea Curry

*This is another staple dish in my home and I make it several times a month. It's packed with protein, nutrients and tons of flavor. It's also incredibly easy to prepare: it takes no more than 10 minutes of prep, and 30-40 minutes for the spices to mingle with the stewing chickpeas and tomatoes for the perfect blend of flavors.*

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1. Heat the vegetable oil in a large skillet and cook the onions until translucent (about 4 minutes). Meanwhile, mince the garlic and ginger and set aside.
2. Take 1 teaspoon of each spice (cinnamon, coriander, cumin, turmeric, cayenne pepper, salt, cloves) and add directly into the cooking onions. Stir until well incorporated. After 2 minutes, add the garlic, ginger, and two cans of drained chickpeas and let simmer for 3 more minutes.
3. Start the rice. Add about 2 cups brown rice and 4 cups water to a pot and bring to a boil. Then, turn down the heat and let it simmer for about 30 minutes. It should magically be ready around the same time as the curry.
4. After the chickpeas and onions have absorbed the flavors of the spices, add in the two cans of tomatoes and stir everything together. This should all cook together for about 30 minutes until the tomatoes start to break down and it resembles something like a stew. About half way through, use your tastebuds to determine if you need more spices. I usually add about another half-teaspoon of each (except the salt) at this point. If the consistency is too runny, mash a few of chickpeas to release starches that will absorb the liquid.

## INGREDIENTS

- 2 cans (15 oz) chickpeas
- 2 cans (15 oz) diced tomatoes
- 1 tablespoon vegetable oil
- 1 large white onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1+ teaspoon each: cinnamon, coriander, cumin, turmeric, cayenne pepper, salt, cloves
- 1/4 cup cilantro – chopped
- 2 cups uncooked brown rice

**Makes 6 servings**



## Dal Bhat (Nepalese Lentil Curry)

*This dish, Dal (lentils) Bhat (rice), has its roots in the Himalayas of Nepal and thus, has a big influence on mountaineering in the area. On the trek into Everest base camp, dal bhat is basically the only meal served in the tea houses along the path. It is no surprise to me that this dish of plant-based nutrition is what fuels climbers in the most strenuous environment in the world: carbs, protein, fiber, vegetables, vitamins, and spices. It is the most perfectly balanced meal.*

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1. Begin cooking the rice according to the package instructions (usually 2 parts water to 1 part rice). Once the rice is starting, chop the onion and garlic and add them to a large pan with a splash of olive oil.
2. Once the onions and garlic have softened, add the lentils and allow them to cook dry for a minute or two, then add about 3 cups of water into the pan, cover, and let cook. Once that water is absorbed (15+ minutes), add the spices to taste, the can of tomatoes, and more water (if needed). Simmer for another 10-15 minutes until the lentils are fully cooked and the flavors have melded together perfectly. Give them a taste and adjust any seasonings as needed.
3. At the very last minute, add a handful of chopped cilantro and remove from the heat. The rice should be cooked and fluffy at this point. To serve, add a few heaping spoons of rice to a plate and top with the lentils. Garnish with a lime wedge, some sliced chilies, and a sprig of cilantro.

### INGREDIENTS

- 1 1/2 cups uncooked rice
- 1 cup dry Lentils (any color)
- 1 small yellow onion
- 3 cloves garlic
- 1 tablespoon olive oil
- 16 oz. canned tomatoes
- 1/3 cup cilantro
- 1 lime
- 1 red chili
- Spices to taste: Salt, Cumin, Coriander, Turmeric, Cayenne Pepper

**Makes 4 servings**



# *Soups & Salads*



# Sesame Rice Bowl

*This is my favorite meal. Period. If I was forced to eat just one meal for the rest of my life, this would be it. It is a recipe I originally learned from Steve Pavlina, and I have been making it at least once a week for the past year. This meal is so savory and satisfying, and it can be prepared in minutes with leftover brown rice.*

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1. Begin cooking the rice. Add 1 part rice to 2 parts water (1 1/2 cups of rice and 3 cups water) to a large pot and bring to a boil. Then cover and reduce to a simmer. Allow to cook for 35+ minutes until the water is absorbed and the rice is fluffy.
2. Meanwhile, chop the cucumber, fresh tomatoes, dried tomatoes, avocado, and green onions. Also gather the sesame seeds, tamari, and sesame oil. Set all this aside and go take a break until the rice is finished cooking.
3. When the rice is done, fluff with a fork and let it sit uncovered for a few minutes to cool, then divide it between three serving bowls. To put this rice bowl together, we're going to toss the rice twice; first with all the seasonings, and then again with the veggies. This helps the rice absorb the flavors and prevents the veggies from becoming too mushy.
4. To each bowl, add a few dashes of sesame seeds, a tablespoon of tamari, and < 1 teaspoon of sesame oil (you don't need much, it's very powerful) and toss until the rice is thoroughly coated. Then, evenly divide the veggies between the bowls and gently toss again. Grind some black pepper over the top and serve.

## INGREDIENTS

- 1 1/2 cup (uncooked) brown rice
- 1 large cucumber
- 2 roma tomatoes
- 9 sun-dried tomatoes
- 3 green onions
- 1 avocado
- 3 tablespoons tamari or soy sauce
- Toasted sesame oil to taste
- Sesame seeds to taste
- Black pepper to taste

**Makes 3 servings**



## Mediterranean Antipasto Salad

*Have you heard the One Ingredient rule to making the perfect salad? No? It's simple: never make a salad that is more than 1/3 lettuce. That's it. Follow that one rule and you will never again make a boring salad.*

*This antipasto (appetizer) salad is a great example. It has a little lettuce, but it's mostly fresh asparagus, chickpeas, freshly roasted bell peppers, and artichoke hearts. Delicious. Eat it as a meal by itself, or make it as an appetizer.*

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1. First, roast the peppers and mushrooms. Cut the peppers in half and slice the mushrooms. Add them to an oiled baking sheet and bake at 375° for 15-20 minutes until the peppers just begin to blacken. Meanwhile, cut off the whole tips of the asparagus and slice the stalks into 1/4 inch slices (use both in the salad). Chop the olives in half and gather all the other ingredients.
2. When the peppers are slightly blackened, remove from the oven and slice into thin strips. Add the peppers, mushrooms, asparagus, artichoke hearts, (drained) chickpeas, olives, sun-dried tomatoes, salt, and pepper into a bowl with several cups of chopped romaine lettuce (remember the 1/3 rule!). Toss everything together until well mixed.
3. This salad is perfectly fine without any dressing – there's enough great flavors in the food that you don't need to hide them. But for some extra acidity and freshness, squeeze a little orange juice over the top with a splash of balsamic vinegar and toss again. You can also serve with crostinis, or thin slices of crusty bread.

### INGREDIENTS

- 3 cups chopped romaine lettuce
- 2 red/yellow bell peppers
- 1 cup crimini mushrooms
- 10+ asparagus stalks
- 1/2 cup artichoke hearts
- 15 oz can chickpeas
- 1/3 cup kolomota olives
- 1/2 cup sun-dried tomatoes
- 3 tablespoons balsamic vinegar
- 3 tablespoons orange juice
- Sea salt & black pepper

**Makes 3 entree servings**



# "Everything" Rice Salad Tacos

*Fruits. Nuts. Beans. Vegetables. Grains. This is the kind of food I love.*

*The artistic side of me likes to play around with crazy recipes, but I much prefer simple and hearty meals like this when I'm cooking for myself. These rice salad tacos contain virtually every food group, every color, and everything is fresh and whole. The One Ingredient Diet was inspired by food like this.*

1. Begin cooking the rice. Add about 1 1/2 cups brown rice with 3 cups water and bring to a boil, then reduce to a simmer and leave covered for about 30-35 minutes until dry and fluffy.
2. Meanwhile, gather all the fresh ingredients. Drain/rinse the pinto beans. Defrost the frozen corn. Chop/dice all the vegetables.
3. When the rice is perfectly fluffy, transfer to a large mixing bowl and toss with the salt, pepper, and balsamic vinegar to coat the rice. Then, add in all the other ingredients (minus the lettuce and tortillas) and gently toss again
4. Why toss the rice two times? You want the rice (not the other ingredients) to absorb the seasonings. By first coating the rice alone, you develop a much better flavor from the rice and the other ingredients aren't masked by too much acid or salt. Also, it prevents the softer ingredients (i.e. avocado) from becoming mashed due to excessive tossing.
5. Coat the bottom of your serving plates with a layer of romaine lettuce and spoon the rice salad on top. Serve with corn tortillas on the side.

## INGREDIENTS

- 4 cups cooked brown rice
- 1 can pinto beans
- 1 cup frozen corn
- 1 avocado
- 1 mango
- 1 green bell pepper
- 4 green onions
- 10 grape tomatoes, halved
- 1 Jalapeño
- 1/4 cup raisins
- 1/4 cup cilantro
- 1/4 cup walnuts
- Balsamic vinegar to taste
- Salt and pepper to taste
- 2 cups romaine lettuce
- Corn tortillas for serving

**Makes 4 entree servings**



## Sesame Steamed Greens

*One of the reasons why people overeat is because they are malnourished. No, we are certainly not lacking macronutrients like carbs and protein, but most people's bodies are literally starving for micronutrients found in fresh, whole plant-based foods from all colors of the rainbow. Without these essential antioxidants, vitamins, minerals, and phytonutrients, the centers of our brain that handle satiation never feel satisfied. You can reach for cookies and chips all day long, but without those micronutrients, your body never feels like it has had enough to eat. Start your day with a big bowl of these sesame greens and watch how different you feel throughout the day.*

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### How to Steam Greens

Simply add 1/2 cup filtered water to a pot. Insert a steamer basket (you can [get one for under \\$7 on Amazon](#)), add 2-3 handfuls of greens (spinach, kale, chard, collard greens, watercress, etc.), cover with a lid, and steam for 5-10 minutes until the greens are wilted.

Transfer the greens to a bowl, drizzle a little vinegar (balsamic is fine, or a fancy fruit vinegar) along with some red pepper flakes. Then toss with tongs. Finally, sprinkle a few sesame seeds over the top for a perfect finish.

### Steamed Greens "Tea"

When you steam greens, they lose some of their nutrients (I've heard about 30%). But you can recover most of that by drinking the broth made from steaming with that 1/2 cup of water. This may sound completely bizarre, but try it before you knock it, okay? It turns out, this "tea" can be absolutely delicious, almost like a nice green tea with hints of whatever greens you used. Not only do you have an obscenely nutritious multivitamin-in-a-bowl to start your day, but it also comes with a free cup of tea!

### INGREDIENTS

- 3 big handful of fresh greens (spinach, kale, chard, and/or others)
- 1-2 teaspoons sesame seeds
- 1 teaspoon red pepper flakes
- 1 tablespoon balsamic or other vinegar

**Makes 1 serving**



# Roasted Brussels Sprout & Red Potato Salad

*These aren't your mom's Brussels sprouts! (sorry, mom) No, these babies are oven-roasted with red potatoes and then finished in a sauté pan with a delicious white wine and caper reduction. If you're the kind of person who has never liked brussels sprouts (due to childhood trauma or otherwise), this is the perfect recipe to reintroduce these delicious little cabbage buds back into your life.*

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1. Preheat the oven to 400° F. Wash and quarter the small red potatoes, toss them with a very small amount of olive oil and salt/pepper, and get them in the oven on a baking sheet. They'll take about 15 minutes longer than the Brussels sprouts, so it's good to give them a head start.
2. Clean and prepare the Brussels sprouts: cut off the tough stems, remove the loose outer layers, and chop in half. Toss with a few drops of olive oil and salt/pepper, add them to a separate baking sheet and get them in the oven as well.

The potatoes will take about 40 minutes to cook and the Brussels sprouts should be done after 25. These are only rough estimates, however, so check the sprouts regularly and remove them as soon as the outer layers begin to brown.

3. In a large saucepan, heat two cloves chopped garlic, 1/4 cup capers, 1 tablespoon olive oil, and 1/4 cup white wine. Throw in the brussels sprouts and toss until well coated. Slowly add the other 1/4 cup of white wine and let this reduce over medium heat.
4. When the potatoes are done (soft all the way through and slightly browned on the outside), add them to the pan as well and toss together.

## INGREDIENTS

- 2 1/2 cups Brussels sprouts
- 2 1/2 cups chopped red potatoes
- 1/2 cup dry white wine
- 1/3 cup capers
- 2 tablespoons olive oil
- 2 cloves garlic
- sea salt and black pepper

**Makes 4-6 servings**



## The 8-Minute Black Bean Soup

*The most common complaint I hear about cooking from scratch is that it takes too much time. This is just nonsense, of course. If you really want to cook healthy, you can do it in less time than it takes to go through a drive through. So today, we're giving the naysayers no excuse. This is a healthy and delicious dinner you can start from scratch at 5:30 and have it prepared, enjoyed, and cleaned up by 6:00 sharp. And for something so quick and easy, the flavors are actually quite well developed.*

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1. Drain both cans of black beans, but do not rinse. Using a fork, loosely mash 2/3 of the beans, reserving about 1/3 cup unmashed. Combine both the whole and mashed beans in a saucepan with 1/4 cup water or vegetable broth and a squeeze of lime juice. Begin warming over medium-high heat. Meanwhile...
2. Dice the Roma tomato, mince a clove of garlic, slice the green onions, and chop the cilantro. Add all of this to the saucepan (reserving a few green onion slices for garnish). Then, add spices to taste – the combo of cumin, coriander, and cayenne is perfect. If the beans weren't salted, add a little salt as well. Give the soup a taste and adjust any spices as needed. Let this simmer for a few minutes, allowing the flavors to meld together.
3. Pour the soup into serving bowls and top with avocado slices and the reserved green onions. You can serve with a side of avo toast to make everyone happier.

### INGREDIENTS

- 2 15 oz cans of black beans
- 1/4 cup vegetable broth (or water)
- 1 large roma tomato
- 2 green onions, sliced
- 2 tablespoons cilantro
- 1 clove of garlic
- 1 lime, juice
- Pinch of salt
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon cayenne pepper
- 1/2 avocado (optional)

**Makes 2 servings**



# The Ultimate Miso Soup

*You have to admit that miso soup sounds a little weird. The ingredients are a little bizarre... "miso" and "shiitake" and "wakame" don't exactly whet the appetite. But in true Japanese fashion, the individual components of miso come together in perfect harmony when prepared with the right care. The result is a balanced and flavorful soup that is unlike anything else.*

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1. Prep the ingredients. Slice the shiitake mushrooms, slice the green onions, and rehydrate about 1 tablespoon dried wakame in a little warm water.
2. In a saucepan, bring about 2 cups of dashi (see next page) to a simmer. Add the mushrooms, wakame, and tofu.
3. In a small bowl, measure two tablespoons of miso paste and cover with a small amount of the warm dashi. Stir the miso until fully dissolved in this bowl. Many people will simply add the dashi into the saucepan, where it has a hard time fully dissolving. By doing this in a separate bowl, we ensure a more consistent texture.
4. Pour the miso into the saucepan and carefully watch as you bring to a gentle boil. The moment it reaches a boil, turn the heat down and allow to gently simmer for about 5 more minutes.
5. Divide the soup between two bowls and top with a few sliced green onions.

## INGREDIENTS

- 2 cups vegetarian dashi (next page)
- 2 tablespoons miso paste
- 1 tablespoon dried wakame seaweed
- 1/2 cup sliced shiitake mushrooms
- 3 sliced green onions
- 1/3 cup cubed tofu

**Makes 2 bowls**



## Dashi Recipe (for miso soup)

“Dashi” is a Japanese sea vegetable stock. It’s the primary base for any miso soup. The traditional version is made with bonito (fish) flakes and kombu seaweed. However, a vegetarian version can be made by simply replacing the bonito with a diced shiitake mushroom. Here’s how to do it:

1. Add 2 1/2 cups of water to a saucepan and warm over low heat.
2. Add 1 large diced shiitake mushroom to the pan
3. Soak 1 tablespoon dried wakame seaweed in water to reconstitute for a few minutes, then add to the saucepan
4. Allow these ingredients to simmer over low heat for about 10 minutes, then remove from the heat and let sit for 30-90 minutes for the water to fully absorb the flavors.
5. Finally, strain through a cheesecloth or strainer and squeeze all the water out of the mushrooms and seaweed.
6. This can be made in advance, and in even larger quantities. Store refrigerated in a sealed container for up to a week.

*A note about seaweed varieties... Dashi is traditionally made with a type of seaweed called kombu, but the type of seaweed added to the finished soup is a different variety called wakame. The two are fairly similar, and for simplicity’s sake I prefer to just keep one version (wakame) on hand and use that for both purposes. Wakame can be found in most grocery stores like Whole Foods and is typically sold in dried flakes. Eden Foods makes a great version.*

## Pea Soup

*Jamie Oliver is one of my cooking heroes. His books, apps, and TV shows (especially Food Revolution) have taught me so much about cooking and eating real food.*

*This pea soup draws some inspiration from a recipe I first learned in the Jamie's Recipes app for iOS and it's probably my favorite soup recipe of all time. It has been veganized and one-ingredientized, as always.*

*Jamie has an annual [Food Revolution Day](#) that to focus on keeping cooking skills alive. Most kids don't know where food comes from and never learn proper cooking skills. I believe strongly in this initiative because One Ingredient Chef was created on the same principles.*

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1. Dice the onion and chop the celery – the soup will eventually be blended, so don't worry about making the dices too pretty. In a large pot, heat a tablespoon of olive oil and add the celery and onion, letting them cook over medium heat.
2. In a second pot, add the 4 cups of vegetable broth and heat to a simmer. Peel and grate the potatoes, add them to the pot of vegetable broth. Break up 3-4 large mint leaves and throw them into the pot as well.

*NOTE: Don't forget the mint! One time I had started making this soup and realized I didn't have any mint. Rather than skipping it, I put everything on hold and went to the nearest grocery store to get some. In this pea soup, I would say the mint is as important as the peas: forget it and the soup is only a shell of what it could be.*

### INGREDIENTS

- 2 cups frozen peas
- 2 potatoes
- 1 white onion
- 4 stalks celery
- 4 cups vegetable broth
- 6 large mint leaves
- 1/2 cup soy milk or soy cream
- 1 tablespoon olive oil
- salt & black pepper
- 3 slices bread (for croutons)

**Makes 4-5 servings**



## Pea Soup

3. Back to the first pot... when the onions and celery are translucent but not browned, add the 2 cups frozen peas and cook until thawed. Then, add the 1/2 cup soy (or any non-dairy) milk. Although not certified one ingredient, I often use soy coffee creamer for a richer taste. Add about 1 teaspoon salt and pepper. Allow to cook for 2-3 minutes.
4. Then, carefully pour the broth and potatoes into the main pot with the peas and stir until everything is incorporated.
5. Transfer the soup to a blender and puree until smooth. Depending on the size of your blender, you may need to divide the soup into 2-3 batches. Alternatively, you can use a hand (immersion) blender to puree right in the pot. Return to the pot and continue to heat for 5-10 minutes. At this time, give the soup a taste and adjust the salt/pepper as needed.
6. Make the croutons. If you've never made croutons like this before, you're in for a treat. You can use any bread you like. A natural, whole-grain bread like Ezekiel works surprisingly well, but I cheated and used Ciabatta rolls for the images on this recipe. Slice your bread into 1/2 inch chunks and heat over medium-high heat with a splash of olive oil. Toss occasionally and let them slowly become crispy. Meanwhile, finely chop the remaining mint leaves and add them to a bowl. When the croutons are ready, transfer them to this bowl and toss to coat with the mint.

Ladle the soup into bowls, top with the mint/croutons, pour a glass of white wine, and dig in.

# Sides & Snacks



## Mini Mexican Pizzas

*I'll admit it – when I was a kid, Taco Bell's Mexican Pizzas were one of my favorite fast food meals. Let's give this pizza a 'One Ingredient' remix, shall we? This version has all natural corn tortillas, fat-free refried beans, avocado, nutritional yeast, and plenty of fresh vegetables. If you ask me, it's even better than Taco Bell's (but that's not much of an accomplishment...)*

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1. Each pizza needs a bottom layer and a top layer. Lay two tortillas flat on a cutting board, spread each with a smooth layer of refried beans and a sprinkling of nutritional yeast to cover. The 'bottom layer' is done, set it aside. But for the top layer, also add a few tomatoes, olive slices, and some green onions.

Put these on a baking sheet and into your oven's broiler for 4-6 minutes until the edges start to brown and the toppings begin to wilt.

2. While the tortillas are in the broiler, mash the avocado with a little lime and salt.

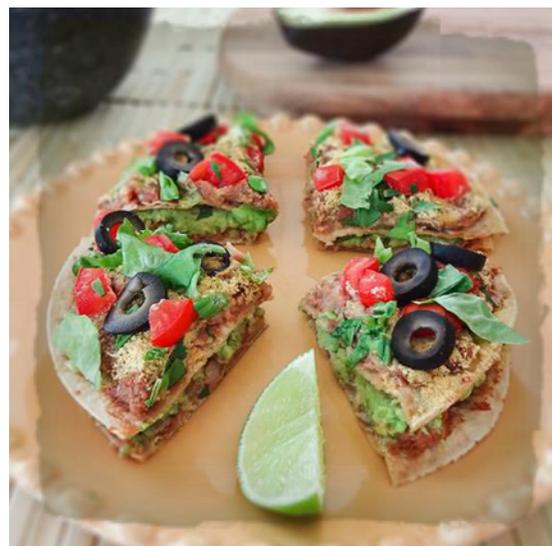
Take the tortillas out of the oven when they're perfectly browned. Spread a layer of mashed avocado on the bottom layer (the one without the toppings). Then, set the top layer (with the tomatoes, olives, and green onion) on top to complete the two-layer pizza.

3. Garnish with cilantro and lettuce. Use a pizza cutter to slice into 4 triangles.

### INGREDIENTS

- 6 small corn tortillas
- 1 can fat-free refried beans
- 1 avocado
- 3 tablespoons nutritional yeast
- 1 tomato – diced
- 2 green onions – sliced
- 1/4 cup olives – sliced thin
- 1/4 cup lettuce – chopped
- 2 tablespoons cilantro – chopped
- 1 lime

**Makes 3 mini pizzas**



# Cashew Cheese Quesadillas

*I cook with cashews a lot. Not only are they delicious, they're a vegan cook's BFF. With a little cajoling, you can turn them into milks, creams, and cheeses of all varieties. The cashew cheese recipe here is similar to a cheese sauce, but it is a little thicker and works perfect as a spread for quesadillas.*

*Top with a little guacamole and these quesadillas make the perfect snack or meal.*

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1. This cashew cheese absolutely needs a few hours to chill (preferably overnight) for the flavors to develop. Make it ahead of time and it will keep for 3-4 days in the refrigerator. It is also helpful to soak the cashews for an hour or two before pureeing.

Add the drained cashews, lemon juice, nutritional yeast, garlic, salt, and pepper to a food processor and puree until completely smooth. Transfer to a covered container and refrigerate.

2. Toss the filling ingredients (black beans, corn, tomato, and cilantro) in a mixing bowl and set to the side.
3. Heat a skillet with a drop of coconut oil and add a quesadilla. This cheese won't necessarily melt, so the goal is simply to heat the interior ingredients and allow the outside of the tortillas to develop a golden crust (about 4 minutes on each side).
4. Slice the quesadillas and serve with a side of simple mashed avocado (or full-blown guacamole with lime juice, tomato, diced jalapeño, and cilantro).

## INGREDIENTS

- 1 1/2 cups cashews – soaked
- 1 lemon (juice)
- 2 tablespoons nutritional yeast
- 1 clove garlic
- Sea salt & black pepper
- 8 Flour Tortillas
- 1 cup black beans
- 1 cup corn
- 3 chopped green onions
- 1/4 cup chopped cilantro
- 2 diced roma tomatos
- 1 avocado
- 1 tablespoon coconut oil

**Makes 4 quesadillas**



## Sweet & Savory Cornbread Stuffing

*I'm the guy who always brings stuffing for Thanksgiving. It's usually pretty classic: dried out french bread, celery, onions, sage, and some yawns. Not this year, family. What we have here is a totally unique and crazy-delicious stuffing (dressing?) that is both sweet and savory. This recipe has all the classic savory holiday flavors you'd want from stuffing, but made from a cornbread base with a drizzle of maple syrup that makes it slightly reminiscent of a Mexican sweet corn cake. I may never be able to look at stuffing the same way ever again.*

1. Make a 9×13 pan of cornbread. I used Isa's Vegan Cornbread Recipe at <http://www.theppk.com/2007/10/vegan-cornbread/>. It's so easy and came out absolutely perfect. When the cornbread is finished cooking, loosely dice it into 1/2 inch cubes. Add these cubes to a baking tray and return to a 375° F oven to become more dry and crispy.
2. While the cornbread is becoming crispy, chop the onions and celery and get them sautéing in a pan with a splash of water. After they become soft (3-5 minutes), add 1 cup of frozen sweet corn, sage, thyme, 1 tablespoon of maple syrup, and salt/pepper to taste. Let these sauté for 5-8 more minutes.
3. Remove the cornbread cubes from the oven after about 12-15 minutes, they should be fairly dry and even more golden. Add these to a very large mixing bowl and toss in the vegetable/corn mixture.

(cont.)

### INGREDIENTS

- 9×13 pan of cornbread (below)
- 4 celery stalks
- 1 medium white onion
- 1 cup sweet corn
- 3 tablespoons diced fresh sage
- 1 tablespoon thyme
- 2+ tablespoons maple syrup
- 1 1/2 cups vegetable broth
- 1/2 cup soy milk
- sea salt & black pepper

**Makes 6-8 Servings**



## Sweet & Savory Cornbread Stuffing

4. In a separate bowl, combine the vegetable broth and soy milk – we’re adding a little soy milk to the broth because it adds a wonderful level of creaminess. Slowly drizzle this mixture over the top of the stuffing, continuously stirring so that the cornbread is evenly coated.
5. The amount of broth needed will be a little different every time. Start with the amounts listed here and feel free to add more if needed. You want the cornbread to be moist but not completely soggy.
6. Add the stuffing to a large casserole dish and bake at 375° F, uncovered, for about 20-25 minutes until just crispy and golden brown on top.

# Tarahumara Pinole Energy Bars

*In the book *Born to Run*, Christopher McDougall talks about the legendary Tarahumara tribe in Mexico who regularly run 50 miles or more per day. How can they accomplish such a feat? Their diet certainly plays an important role, and a secret magical food called “pinole” is one of their staples. Pinole is so simple: it’s basically toasted cornmeal mixed with natural sugar, spices, and water. It can be eaten as a porridge, or baked into a cake so that you can take it with you while running.*

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**Preheat the oven to 350°F.**

1. Start toasting the cornmeal and chia seeds. Add both ingredients to a skillet and toast over medium-high heat for 5-8 minutes. This step is essential, but can be tricky: If the heat is too low, the cornmeal won’t toast. If the heat is too high, it will burn. Keep a constant eye on it and stir regularly.
2. Add all the ingredients to a food processor and pulse until there are no large chunks of dates remaining. If the mixture is too crumbly, add a little more water until you’re left with a thick paste.
3. Form the mixture into 3 rounds, about 3/8 inch thick and 5 inches in diameter. Bake on a nonstick tray for about 10-12 minutes until the outside forms a solid crust and begins to show small cracks. Remove from the oven and let cool. They can be eaten immediately or saved in the refrigerator for several days.

## INGREDIENTS

- 1 cup masa harina (cornmeal treated with lime)
- 1/4 cup chopped dates
- 2/3 cup water
- 3 tablespoons brown rice syrup
- 2 tablespoons chia seeds
- dash cinnamon

**Makes 3 energy cakes**



## Slow-Cooker Beans

*Seriously, slow cookers are a lifesaver. And perhaps the best use for this magical device is cooking your own beans. Canned black and pinto beans taste fine... until you make them yourself in a slow cooker. Not to mention, slow-cooking your own beans is more economical and less processed. It's a win-win-win. The way the garlic and onions mingle with the starchy beans, it almost taste like a delicious stew that is good enough to be eaten all by itself. Add them to a corn tortilla with some lettuce and it is the perfect meal.*

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1. Loosely dice the onion and garlic and add them to your slow cooker with the dried beans and enough water to cover the beans by about 3 inches. It seems like a lot of water now, but the beans absorb tons of water as they cook. If this is your first time, it would be a good idea to keep an eye on the water level to make sure the beans haven't run dry (not a good thing).
2. Go take an 8-hour break. These beans start to come together after about 5 hours and really hit their stride between the 7-8 hour mark. At this point, the onions & garlic are completely broken down and the beans become starchy and magical and delicious.
3. As I mentioned, these beans are good enough to be eaten all by themselves, but one of my favorite ways to serve them is, like pictured, on corn tortillas with lettuce.

### INGREDIENTS

- 16 oz dried pinto or black beans
- water
- 1 yellow onion
- 2 cloves garlic
- Salt, to taste

**Makes 5 cups of beans**



## Two-Minute Taquitos

*At the heart of these Taquitos is a shockingly tasty Spanish-style rice that doesn't require any prep. You simply add salsa and lime juice to rice and eat it with tortilla chips or rolled up inside a tortilla, like we're doing here. For something so simple, it is incredibly satisfying and delicious.*

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1. To make the filling, simply grab about 1 1/2 cups cold leftover rice, spoon in a little salsa and some lime juice. Mix together and you have instant Spanish rice. This also goes great right out of the bowl with tortilla chips.
2. Put it all together by spooning some of the “Spanish rice” into a corn tortilla. Lay them flat and warm in the microwave. Honestly, the microwave is the only thing that works for this. The tortilla needs to be really warm and soft in order to roll up into a taquito. If the tortilla is too cold or dried out (oven), the tortilla will simply crack. The microwave, surprisingly, gives these tortillas the perfect moist texture that allows them to be rolled.
3. Once the rice is warm and the tortilla is soft, roll them up as tightly as possible. You can use toothpicks to hold things together if they start to unroll. If you have another two minutes, you can mash an avocado with some salt, cilantro, and lime juice to serve on the side.

### INGREDIENTS

- 1 1/2 cups cooked brown rice
- 3 tablespoons roasted salsa (see next page)
- 1 lime (juice)
- 6 small corn tortillas

**Makes 6 taquitos**



# Homemade Roasted Salsa

*The only downside of this homemade salsa recipe is that you'll never again want to eat the store-bought stuff. This salsa is in a league of its own.*

---

1. Cut the tomatoes, jalapeños, and onion in half and add them to a baking sheet along with the whole garlic (leave the skins on). Turn on your oven's broiler to high and add the baking sheet to the top-most rack. Allow the veggies to broil for 4-8 minutes, then move everything around and return to the broiler until the tomatoes start to wilt and the onions start to brown.
2. Remove from the oven and allow to cool for a few minutes. Then, add everything to a food processor and pulse until the ingredients are the right consistency for salsa. NOTE: You may want to start with less onion and less jalapeño and use your taste to determine if you'd like to add more.
3. Finally, add the chopped cilantro, lime juice, and sea salt to taste. Pulse again to incorporate the new ingredients. Give the final salsa a taste and adjust any seasonings as needed.

## INGREDIENTS

- 5 medium roma tomatos
- 1 small white onion
- 3 cloves garlic
- 2 peppers (Jalapeños)
- 2 limes (juice)
- Sea salt to taste
- 1/4 cup chopped cilantro

**Makes 2 cups**



# Homemade Texas Caviar

*Don't worry – no fish were harmed in the making of this caviar... and it doesn't cost \$4,000 per pound either. "Texas Caviar" is a salsa-like dish with corn and black beans coated in a spicy chipotle sauce. It's a super versatile recipe that can be used any way you imagine; as an appetizer with tortilla chips, as a topping or side dish for another meal, or even as a simple dinner with corn tortillas and guacamole.*

.....

1. To get started, we'll make a super simple and spicy chipotle sauce by combining all the ingredients from the first list (chipotles, bell pepper, jalapeño, tomatoes, and lime juice) in a blender and blending until smooth.
2. We use chipotles in adobo (which are easy to find at most grocers) because they already have a great smoky flavor and perfect blend of spices infused into the peppers. It isn't exactly a one ingredient food, but the can I used just had peppers and spices without any preservatives.
3. Add about 1 1/2 cups each of corn (any kind) and cooked/drained black beans into a saucepan and coat with the chipotle sauce. Add a few pinches of salt and mix until the beans & corn are coated. Allow this to simmer over medium heat for about 20 minutes.
4. Serve! As I mentioned, this dish is extremely versatile. It works great hot, cold, or at room temperature. Serve it as an appetizer or (my favorite) spoon onto corn tortillas with some brown rice and guacamole for a simple and delicious dinner.

## INGREDIENTS

- 1/3 cup chipotle peppers in adobo sauce
- 1/3 red bell pepper
- 1/2 jalapeño
- 1 cup fresh diced tomatoes
- 1 lime (juice)
- 1 1/2 cups black beans
- 1 1/2 cups corn
- sea salt

**Makes 4 cups**



## Lemon Dulse Spread

*A friend walked up to me with a bag of something called ‘dulse’ and she said, “I bought this stuff but it’s really terrible and I don’t know what to do with it. Can you make something awesome out of it?” I did some research, but there are scant dulse recipes online and I found one that had potential. It was a basic spread with lemons and cashews. Using that as a starting point, I added a few other ingredients and came up with something that I’m absolutely loving. I never would have expected it to work so well, but I could eat this stuff all day.*

.....

1. Soak the cashews and sunflower seeds for at least 2 hours in several cups of water. Then, drain the soaking water and add them to a food processor with the tahini, lemon juice + zest, and 1-2 cloves garlic. Pulse until the nuts have been broken down and the consistency is fairly creamy.
2. Chop the sun-dried tomatoes and add them to the food processor with the dulse flakes, salt, and a little water (as needed) to get a spreadable, but not watery, consistency. Give the spread a taste and feel free to adjust any ingredients as needed.  
  
*Note: dulse flakes should be fairly easy to find in most health-conscious grocers near other types of seaweed.*
3. Refrigerate! As with all nut-based spreads, they become better after refrigerating for 2-3 hours. When the ingredients have a chance to rest, the flavors become much more developed.
4. Serve by adding to crackers, crusty bread, sandwiches, or whatever else you can imagine.

### INGREDIENTS

- 1/2 cup cashews
- 1/4 cup sunflower seeds
- 3 tablespoons tahini
- 1 lemon (juice + zest)
- 1 clove garlic
- 3 tablespoons sun-dried tomatoes
- 3 tablespoons dulse flakes
- 1/2 teaspoon salt (to taste)
- water (as needed)

**Makes 1 cup**



## Sweet & Spicy Cashews

*These roasted cashews draw inspiration from Asian/ Indian spices with just enough sweetness to create a beautiful caramelized and crunchy exterior. They're like a much more unique and flavorful version of your typical honey roasted cashews but without all the weird ingredients and preservatives.*

---

1. Preheat the oven to 300° F. Add the cashews to a mixing bowl and pour all the other ingredients (minus the sea salt) over the top. Roll up your sleeves and use your hands to toss/coat thoroughly.
2. Transfer the cashews to parchment paper or a Silpat and bake for about 7 minutes. Then, remove from the oven and toss with a spatula to ensure even coating. Bake for another 5-8 minutes until the cashews become light brown — if they get too dark, things are probably burning and you don't want that!
3. Remove from the oven and sprinkle with a little sea salt. Allow to cool for at least 10 minutes before serving. Straight out of the oven, the cashews will be soft and rubbery, but they develop a much nicer crunchy texture after cooling.

### INGREDIENTS

- 2 cups raw unsalted cashews
- 3 tablespoons soy sauce
- 3 tablespoons maple syrup
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1/2 teaspoon sea salt

**Makes 2 cups**



## Sesame Superfood Energy Bites

*Carob! Maca! Sesame! Sunflower! Dates! The casual eater might think these bites are made with chocolate, but tastes can be deceiving... Instead, these guys call for carob, which is similar to cocoa, but entirely different. It has a natural sweetness (so you need less sweetener, or in this case, no sweetener at all) and contains no caffeine. Compared to chocolate, the taste is both sweeter and more bitter at the same time and I absolutely love it. It works so well with the other flavors in this recipe.*

---

1. Add the dates, almond butter, sunflower seeds, maca powder, and salt to a food processor and process until it's a solid, gooey ball. Only then do you add the carob powder... why? Otherwise, the powder will atomize inside the processor and find its way onto every inch of your kitchen. So, once the other ingredients are processed, add half the carob powder and pulse, then the final half until well mixed. Finally, add the slivered almonds and pulse until incorporated but not completely ground.
2. At this point, test out a sampling of the dough and try to roll it into a ball with your hands. If it is too crumbly, feel free to add a little extra almond butter and/or water to the food processor as needed until the mixture is just gooey enough to be rolled. When they're just right, roll each into a ball about 1/2+ inch in diameter.
3. This final step is the hardest and most time-consuming one. While the bites are still warm and soft from being processed and rolled, dip each one into a bowl of sesame seeds and repeatedly press the seeds into the outside so that they stick.

### INGREDIENTS

- 18 small dates
- 3 tablespoons almond butter
- 3 tablespoons carob powder
- 3 tablespoons sunflower seeds
- 3 teaspoons maca root powder
- 1/4 cup slivered almonds
- Pinch of salt
- sesame seeds, for coating

**Makes 12 energy bites**



# Breakfast



## Black Bean & Tofu Hash

*This recipe is as delicious as it is simple. A quick tofu hash is perfect for just about any occasion: a rushed weekday breakfast, a lazy Sunday brunch, a post-workout recovery meal, a power lunch, or even a hearty dinner for the whole family. Plus, this is a dish full of complete plant-based nutrition that will keep you satisfied for hours.*

1. In a very large skillet, heat the two teaspoons of olive oil (you don't need much) and add the onion. Allow the onion to soften (about 4 minutes), and then add the hash browns and green pepper. Try to keep everything as close to a single layer as possible so the dish cooks and browns evenly.

*Note on the hash browns: it is easiest to buy frozen, pre-shredded hash browns but only if you can find them with just potatoes and no other oils or preservatives (Whole Foods has these). The other option is to simply grate a fresh potato – it only takes about 5 minutes – for fresher hash browns.*

2. Allow everything to cook for about 10-12 minutes, tossing occasionally with a wooden spatula, until the tofu and hash browns develop a golden color. Then, stir in the black beans, some hot sauce, and salt & black pepper to taste. Cook for another 5 minutes.
3. Transfer to serving plates with liberal amounts of hot sauce.

**Variations:** Don't let my recipe limit you – feel free to throw in any other veggies you want. Ideas? Diced green onions, spinach, or sliced mushrooms.

### INGREDIENTS

- 1 1/2 cups frozen hash browns
- 1 cup black beans
- 1 cup cubed tofu
- 1 green bell pepper – diced
- 1/2 white onion – diced
- 2 teaspoons olive oil
- salt and black pepper to taste
- hot sauce

**Makes 2 servings**



## Apple Pie Oatmeal

*Talk about breakfast of champions! In a perfect world, we would all eat pie for breakfast... and it would be healthy for us. Well, this Apple Pie Oatmeal is about as close as we're going to get. It starts with simple oatmeal that is kicked up to taste like pie crust, then topped with caramelized cinnamon apples.*

1. **The Oatmeal 'Crust'** – Combine all ingredients from the first list (oats through nutmeg) into a saucepan and begin cooking over medium heat. Adjust the amount of water until the oatmeal has the consistency you want. Stir occasionally. Adding ingredients like the nuts, vanilla, etc. gives the plain oatmeal a more complex taste that resembles a pie crust.
2. **The Apple 'Filling'** – Caramelize the apples. The secret here is to cut the apple into very thin slices. By thin, I don't mean 8 slices per apple, I mean 20 or more. Take your time and make sure the apple is the only thing getting cut.

Once the apples are sliced, lay them in a single layer in a wide pan with the maple syrup, lemon juice, and a little water. Let cook over medium-high heat for about 6 minutes without flipping or disturbing them. Once they're getting browned, sprinkle a little cinnamon and flip. Cook for another 5 minutes until both sides are beautifully browned and delicious.

### INGREDIENTS

- 1 1/2 cup rolled oats
- 1 cup non-dairy milk
- 1 cup water (approx.)
- 1/4 cup finely chopped nuts (pecans, walnuts, or macadamias)
- 1 tablespoon vanilla
- Dash Stevia or other sweetener
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 Granny Smith apple
- 2 tablespoons maple syrup
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon

**Makes 2 servings**



# Chocolate Peanut Butter Cup Oatmeal

*Ever since I learned how to make it over a year ago, I've been hooked on this obnoxiously delicious and healthy chocolate peanut butter cup oatmeal. You see, in my world, chocolate and peanut butter are both essential food groups and this oatmeal has it all covered. It's sugar free, high in fiber, low in fat, but so delicious that it will get you out of bed in the morning. Best of all, it takes no more than 4-5 minutes to prepare from start to finish.*

.....

1. Add the rolled oats, stevia, and cocoa powder to a saucepan and stir to remove any lumps in the cocoa powder. Pour in 1/2 cup soy milk (other non-dairy milks work, but soy has the best flavor for this recipe in my opinion) and about 1/2 cup water. As this starts cooking, pour in the vanilla and use the side of your spoon to slice half the banana into the oatmeal.

***Note:** Stevia is a plant that makes an extremely potent calorie-free sweetener. It has a totally unique taste that works perfectly with the chocolate and oatmeal in this recipe. We aren't just using stevia to cut calories, it is essential to developing the right flavors that would be completely lost if brown sugar or maple syrup, for example, were substituted.*

2. Let this simmer over medium heat for about 4-5 minutes, stirring occasionally. Add more water if the oatmeal becomes too thick for your liking. Remove from the heat, pour into a bowl and mix with 1 tablespoon peanut butter. Top with the other half of the banana and (optionally) dark chocolate chips. Done!

## INGREDIENTS

- 2/3 cup rolled oats
- 1+ tablespoon cocoa powder
- 1/2 cup soy milk
- 1/2 cup water
- 1 banana
- 1/2 teaspoon vanilla
- 1 packet Stevia
- 1 tablespoon peanut butter

**Makes 1 big serving**



## The Famous "One Ingredient" Granola

*Technically, this granola isn't famous yet – but with its sweet, savory, nutty, crunchy awesomeness, I'd be shocked if it isn't world-famous by the weekend. Granola is one of my favorite bed-time snacks and I like this natural whole-food version much better than the processed kinds you can buy in the store. Make a double or triple batch and save it in mason jars for up to two weeks – my pantry is often lined with them.*

1. Preheat the oven to 300°F. Then, combine all the wet ingredients (peanut butter, brown rice syrup, maple syrup, coconut oil, vanilla) in a saucepan and warm over low heat until everything is melted and blended together. The goal is just to melt the ingredients, not cook them, so keep the heat on low.
2. Combine the dry ingredients (oats, almonds, sunflower seeds, dried fruit, coconut flakes, cinnamon, nutmeg, and salt) in a large bowl – omit the salt if using salted peanut butter – and mix until combined.
3. Pour the liquid mixture on top of the oats and mix together with a spoon or your hands (if the liquid isn't too hot). Mix well, making sure the oats are evenly coated and somewhat clumpy.
4. Spread the mixture into a baking tray and cook at 300°F for about 30 minutes. Take the mixture out of the oven every 10 minutes and use a spatula to mix and rotate the granola so that it cooks evenly. When it's finished (don't let it burn!) allow to cool on the baking sheet before transferring to a sealed container for storage.

### INGREDIENTS

- 2 cups old fashioned rolled oats
- 1 cup almonds (chopped or sliced)
- ⅓ cup sunflower seeds
- ½ cup dried fruit (cranberries or raisins work well)
- ⅓ cup coconut flakes
- Cinnamon, nutmeg, salt to taste
- 2 tablespoons peanut butter (unsalted)
- 2 ½ tablespoons brown rice syrup
- 3 tablespoons maple syrup
- 2 ½ tablespoons coconut oil
- 1 tablespoon vanilla

**Makes 4 cups**



# The “Perfect” Vegan Pancakes

*Vegan pancakes are not easy. I have failed more times than I care to remember, but when everything finally came together, it was totally worth the struggle. These are by far the most delicious pancakes I’ve ever tasted. They’re simple, sweet, light, fluffy, and just a little tart from the “buttermilk” we add. If you’ve ever struggled with pancakes, definitely give this recipe a shot.*

.....

1. One of the most exciting parts about this recipe is that it uses no banana. So many vegan pancake recipes rely on banana to hold things together. This makes the batter too dense, for one, and it also adds a banana taste (not surprisingly). Instead, we’ll use a flax egg, which is 1 tablespoon of ground flaxseed with 2.5 tablespoons of water. Whisk these together in a bowl and set aside to thicken.
2. In a medium mixing bowl, add the dry ingredients (flour, sugar, baking powder, baking soda, salt) and stir together.
3. In a separate bowl, add the non-dairy milk and apple cider vinegar to create buttermilk. Then add one tablespoon melted coconut oil and finally the flax egg. Mix the wet ingredients.
4. Now, carefully mix the two together without stressing the batter. To do this, form a “crater” in the middle of the dry ingredients, then pour the wet ingredients (as shown) into the crater. Slowly stir until most of the batter is incorporated. A few small lumps are your friend, too much mixing is not.

## INGREDIENTS

- 1 cup flour (all-purpose or whole wheat)
- 1 teaspoon sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground flax seed
- 1 cup + 1 tablespoon non-dairy milk
- 1 teaspoon apple cider vinegar
- 1 tablespoon coconut oil

**Makes 6 pancakes**



## The “Perfect” Vegan Pancakes

*Note: The original blog post shares a deeper tutorial on making “perfect” pancakes and it’s worth a read: [OneIngredientChef.com/vegan-pancakes](http://OneIngredientChef.com/vegan-pancakes)*

5. Warm the pan over medium-high heat for 3-5 minutes. Then, use a paper towel to spread a little vegetable oil over the bottom of the pan. Test the temperature by cooking one small pancake first. If it sizzles when it hits the pan and forms bubbles after 1-2 minutes without burning, your temperatures are right.
6. Use a 1/4 cup measurement to create the perfect 4-inch pancakes. If your pan is large enough, you can cook 2-3 at a time. Again, wait 2 minutes for large bubbles to form on the surface, then flip and cook for another 90 seconds. Store the first batches in a warm oven while you finish the rest. Then, top with blueberries, maple syrup, chocolate, peanut butter, coconut whipped cream, or whatever you love on pancakes.

# Chocolate Raspberry Pancakes

*Chocolate. Raspberry. Pancakes. What could be better? Oh, I know: let's make them super healthy, all natural, and insanely delicious. I cook different versions of these pancakes at least twice a week for breakfast – it's a proven fact that starting your morning with pancakes makes it impossible to have a bad day.*

.....

1. Stir together all dry ingredients (flour through cocoa powder) in a mixing bowl. Add milk, vanilla, coconut oil (optional), and raspberries and continue stirring until well incorporated. If the batter seems too thick, add a tablespoon more non-dairy milk.
2. Heat a non-stick skillet over medium heat and spoon the batter into about 3 medium-sized pancakes. If they seem too thick, use a fork to quickly spread the batter out before it begins to cook.
3. After about 3-4 minutes, flip the pancakes and cook for another 3-4 minutes until the centers are thoroughly cooked. As you can see from the pictures, these pancakes tend to be thicker than most (which I love), but they do take a few extra minutes to cook.
4. Optional: top with homemade coconut whipped cream: [OneIngredientChef.com/coconut-whipped-cream/](http://OneIngredientChef.com/coconut-whipped-cream/)

## INGREDIENTS

- ½ cup whole wheat pastry flour
- 3 tablespoons rolled oats
- ½ teaspoon baking powder
- dash of salt
- dash of stevia
- 1 tablespoon cocoa powder
- ¼ cup raspberries (fresh or frozen)
- ½ cup non-dairy milk
- 1 teaspoon vanilla
- 2 teaspoons coconut oil – optional

**Makes 3 medium pancakes**



## Green Tea Shamrock Pancakes

*Perfect for Saint Patrick's Day, these pancakes are obnoxiously green. And instead of dumping some chemical food dye into the batter, we're using all natural, antioxidant-filled green tea powder (matcha) that also adds a great flavor. Plus, you can skip the morning Starbucks because one teaspoon of matcha powder has the same amount of caffeine as a cup of coffee.*

1. Stir together all dry ingredients (flour through sweetener) in a mixing bowl. Add milk, vanilla, and coconut oil (optional) and continue stirring until well incorporated. In a separate bowl, mix a teaspoon of the matcha with a tablespoon of water – this ensures the matcha will be well dissolved and lump-free. Pour the green tea into the batter.
2. Heat a non-stick skillet over medium heat and spoon the batter into about 3 medium-sized pancakes. If they seem too thick, use a fork to quickly spread the batter out before it begins to cook.
3. After about 3-4 minutes, flip the pancakes and cook for another 3-4 minutes until the centers are thoroughly done, but don't overcook or you might lose some of the bright green color. Plate with a sprinkle of matcha powder and some kiwi for garnish.
4. Optional: top with homemade coconut whipped cream: [OneIngredientChef.com/coconut-whipped-cream/](http://OneIngredientChef.com/coconut-whipped-cream/)

### INGREDIENTS

- ½ cup whole wheat pastry flour
- 3 tablespoons rolled oats
- ½ teaspoon baking powder
- dash of salt
- dash of stevia
- 1 teaspoon matcha / green tea powder
- ½ cup non-dairy milk
- 1 teaspoon vanilla
- 2 teaspoons coconut oil (optional)
- 1 kiwi – garnish

**Makes 3 medium pancakes**



# Banana-Coconut Chia Pudding

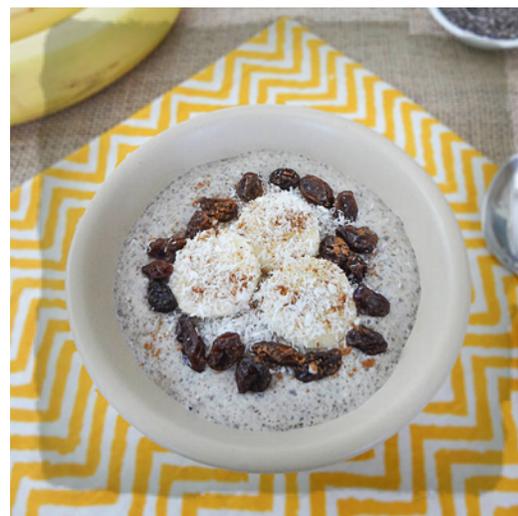
*Chia seeds are one of my favorite ingredients. The term “super-food” gets thrown around too much these days, but chia really is the epitome of a super-food. One of the great things about chia seeds is that they “gelatinize” in liquid. This turns a tablespoon of chia and some liquid into a semi-solid jelly that makes the perfect texture for a breakfast pudding.*

1. Add the almond milk, chia seeds, rolled oats, lemon juice, maple syrup, and vanilla to a blender and blend until the chia seeds and rolled oats have been fully puréed. At this point, the mixture will still be a runny liquid – the chia seeds need a few hours to thicken into a gel. Add to a covered container (mason jar?) and refrigerate overnight, or at least 3 hours.
2. When you’re ready to serve the pudding, thinly slice 1/3 of a banana and set aside for garnish. Mash the other 2/3 of the banana into your serving bowl. Add a tablespoon of shredded coconut to the bowl. Finally, pour the chia pudding over the top and mix the banana, coconut, and chia together.
3. Add the toppings! The pudding is great by itself, but the toppings take it to another level. Lay the banana slices on top, sprinkle on a few raisins, dust with some shredded coconut and cinnamon. Experiment with other additions as well, such as chopped nuts or additional spices.

## INGREDIENTS

- 1 cup almond milk
- 2 tablespoons chia seeds
- 2 tablespoons rolled oats
- 1 tablespoon fresh lemon juice
- 1 tablespoon maple syrup
- 1 teaspoon vanilla
- 1 banana
- 1 tablespoon shredded coconut
- 1 tablespoon raisins
- dash of cinnamon

**Makes 1 big bowl**



## Chocolate Quinoa Cereal

*I run a lot. Between the miles I log every week and my already-fast metabolism, I actually have to put some effort into getting enough calories. This cereal was developed as a snack that was high in protein, fiber, and calories while still being healthy, unprocessed, and (of course) incredibly tasty.*

*But don't worry – I scaled back the ingredients here and this version is lower in calories. This healthy chocolate-coated quinoa makes a perfectly-balanced hot or cold breakfast.*

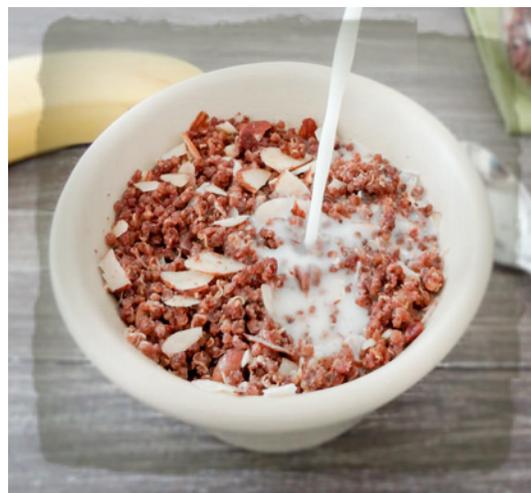
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1. Cook the quinoa. First, rinse the dry quinoa thoroughly through a strainer to remove the bitter coating, then add to a pot with 1 1/2 cups water. Allow to simmer for about 20 minutes until all the water is absorbed. Typically with quinoa, you want to use 2:1 water:quinoa ratio, but we're using a little less water here so the cereal is more dry after cooking.
2. Just before the quinoa is finished cooking, prepare the chocolate, coconut, and peanut butter sauce. To do this, add all the remaining ingredients (minus the almonds) to a saucepan and gently heat. You don't want to "cook" this mixture, just melt and incorporate the sauce.
3. In a large mixing bowl, pour the liquid chocolate mixture over the top and toss gently until the quinoa is completely coated. What you have now is a warm and delicious chocolate-coated quinoa.

### INGREDIENTS

- 1 cup uncooked white quinoa
- 1 1/2 cups water
- 1/4 cup peanut butter
- 1/4 cup cocoa powder
- 1/4 cup maple syrup
- 3 tablespoons coconut butter
- 2 tablespoons coconut oil
- Pinch of salt
- Slivered almonds (optional)

**Makes** about 3 cups



## Chocolate Quinoa Cereal

If you're ready to eat this right away, you could easily skip the baking step and enjoy the cereal as-is. But for a firmer texture that will keep for several days:

4. Preheat the oven to 350° F and thinly spread the quinoa mixture onto a baking sheet. The thinner you can spread this, the crispier it will get. Bake for at least 30 minutes until it becomes somewhat dry. This will never become super-crunchy granola, but it does firm up quite a bit. Toss in the optional almonds (or any other add-ins you'd like).
5. Store in mason jars in the refrigerator for up to 5 days. When ready to serve, add to a bowl with non-dairy milk and enjoy hot or cold (both are delicious!).

# Pumpkin Spice Waffles with Maple Cashew Sauce

*Nothing says fall like canned pumpkin. When it's easy to find, there are 270,000 great uses for canned pumpkin, and these spiced waffles are at the very top of that list. They are perfect for a lazy weekend brunch that the whole family can enjoy. And while the waffles themselves are great, what takes them to a whole other level is the maple cashew sauce. It is cashew cream infused with maple syrup and pumpkin pie spice. You'll never be able to use plain ol' maple syrup again.*

---

1. In a large mixing bowl, combine the milk (soy works well) with the apple cider vinegar and set aside for several minutes to create “buttermilk.” Meanwhile, sift all the dry ingredients (flour, brown sugar, spice, baking powder, salt) together in a separate mixing bowl.
2. Add the remaining wet ingredients (canned pumpkin and coconut oil) to the buttermilk and whisk until no large clumps of pumpkin remain. Then, slowly whisk the dry ingredients into the wet.
3. Spoon a portion of the batter onto a hot waffle iron and cook according to your waffle iron's instructions, until just crispy on the outside.
4. When the waffles are done, don't even think about reaching for the boring maple syrup. What these guys need is some of the spiced maple cashew sauce on the next page...

## INGREDIENTS

- 1 1/2 cups whole wheat flour
- 2 tablespoons brown sugar
- 2 teaspoons pumpkin pie spice (or a blend of cinnamon, cloves, ginger, nutmeg)
- 1 teaspoon baking powder
- Pinch of salt
- 1 1/4 cups non-dairy milk
- 1 tablespoon apple cider vinegar
- 1 cup canned pumpkin
- 2 tablespoons coconut oil

**Makes 4 waffles**



## Spiced Maple Cashew Sauce

### INGREDIENTS

- *1/2 cup cashews, soaked*
- *1/4 cup maple syrup*
- *1 teaspoon pumpkin pie spice*
- *water, as needed*

*The waffles are delicious, but wretchedly incomplete without this amazing sauce. It's like a buttery cashew cream, but with the sweetness and classic taste of maple syrup all blended into one decadent sauce. It's rich, creamy, sweet, and so easy to make:*

Soak the cashews ahead of time (at least one hour) to soften them up. Then combine all ingredients in a blender with 1/4 cup water to start. Blend until fully puréed and give the sauce a taste. Adjust any ingredients as necessary or add more water to loosen it up (so it can be poured like syrup).

## 6 Terrific Toast Recipes

*Toast! It's the perfect food: thin slices of crispy bread topped with delicious spreads... what more could you ask for? But at the One Ingredient Chef research facilities (i.e. my little kitchen), we aren't content to just slather on some peanut butter and call it a day (although that's a perfectly acceptable option, too). Oh no, we're taking toast to a whole new level.*

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### 1. Hippie Cinnamon Toast



In a traditional cinnamon toast recipe, you coat bread with a layer of butter, then sprinkle sugar with a little cinnamon over the top. That's kind of what we're doing here, except this 'hippie' version uses coconut butter instead of real butter and date sugar instead of white sugar. I think this version is 100x better (does that make me a hippie?).

Start out with a warm piece of toast and spread with a tablespoon of coconut butter. Then add 1-2 teaspoons of date sugar and a sprinkling of ground cinnamon.

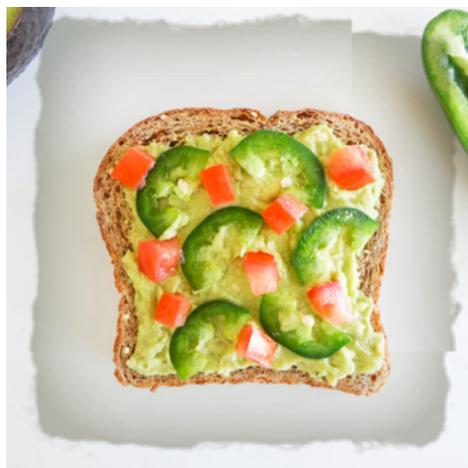
### 2. Tofu Ricotta with Crushed Pistachios



I recently learned how to make Tofu ricotta and it has become one of my favorite new spreads. It's so simple: add 1 cup tofu to a blender with 1/2 cup cashews, 2 tablespoons nutritional yeast, 1 tablespoon olive oil, and a dash of sea salt to a food processor and process until creamy. That's it! Store sealed in the refrigerator for up to 5 days.

For this amazing toast, the basil and crushed pistachios develop really interesting flavors and make this toast totally unique. To make, add a tablespoon or two of the tofu ricotta, a few shreds of chopped basil, and some crushed pistachio nuts to a crispy piece of toast and enjoy.

### 3. Spicy Avocado



I just recently joined the avocado toast craze. I didn't know what all the fuss was about... until I tried it. It seems bizarre, but mashed avocado and toast are the perfect marriage. Lately, this has become my go-to snack. To make this kicked-up avocado toast, start with a crispy piece of bread and add 1/4 an avocado on top. Use a butter knife to “chop” the avocado on top of the toast and then spread it evenly. Top with finely diced tomatoes, jalapeños, and a sprinkling of sea salt.

For some reason, I can eat jalapeños like they're sweet bell peppers – the spiciness has almost no effect. Someone said that's because I have fewer capsaicin receptors on my tongue, but whatever, they're delicious. If you, however, are reaching for a glass of water just by looking at those jalapeño slices, feel free to dice them up smaller and use less.

### 4. Mango Bruschetta



A salsa with mango, avocados and tomatoes is one of my favorite snacks. A bruschetta of crispy bread topped with tomato, basil, and garlic is another. Why not combine the two into a “mango bruschetta” fusion? This flavors in this combo work extremely well.

To make, mash 1/2 clove garlic with a teaspoon of olive oil and spread across a crispy piece of bread. Top with a mixture of diced mango, tomato, avocado, and cilantro.

## 5. Mediterranean Mashed Chickpea



Chickpeas are incredibly versatile. They are an amazing source of vegetable protein that work so well in many different textures and flavor combos. What we're doing here is almost like a homemade chunky hummus but much more rustic and fresh: it's simply mashed chickpeas with tahini, basil, and lemon.

To make, gently mash 1/4 cup chickpeas with a fork and add in a teaspoon of tahini (sesame paste), a few chopped parsley leaves, a squeeze of lemon juice, and a dash of sea salt. Spread over a piece of toast for a flavorful, high-protein snack.

## 6. Chocolate Ganache with Strawberries



This is basically a strawberry-topped piece of chocolate fudge over toast... but on second thought, I should just skip posting the recipe – surely no one would be interested in trying this combo.

I stumbled upon this fudgy ganache while making chocolate quinoa cereal (page 50). It works like this: add a tablespoon of each peanut butter, cocoa powder, coconut butter, and maple syrup to a saucepan and gently heat until everything is melted and combined. Then, spread over a piece of crispy bread with some sliced strawberries for an unforgettable piece of toast.

# *Beverages*



## Super Kale Shake

*Forget your boring green smoothie – the bright-green Super Kale Shake tastes just like an ice cream milkshake. Be sure to keep a steady supply of frozen bananas in your freezer and this delicious shake can be ready in under 3 minutes.*

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1. Take the bananas out of the freezer and combine all ingredients in a blender. Blend until smooth. You can adjust the amount of liquid until it reaches the desired consistency.
2. Pour into a glass, throw in a straw, and enjoy! If you want to get super-fancy, you can garnish with some grated cashew and dried red fruit like acai or cranberries.

### INGREDIENTS

- 1 ½ bananas – frozen
- ½ cup non-dairy milk
- 2-3 large kale leaves
- ¼ cup raw cashews
- 1 tablespoon agave nectar
- 1 teaspoon vanilla

**Makes 1 shake**



## “One Ingredient” Strawberry Milkshake

*This simple shake has just 6 natural ingredients and tastes good enough to pass for a “real” milkshake. In fact, this is a straight knock-off of my [Super Kale Shake](#) (minus the kale and plus the strawberries). The cashews and vanilla are a perfect combination that give this drink such a rich & creamy taste without adding anything artificial.*

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1. Freeze the bananas ahead of time. Simply peel a few ripe bananas, break into chunks, and put them into a plastic bag to freeze overnight. I keep a steady supply in my freezer for milkshakes and smoothies.
2. Add all ingredients to a blender and blend until smooth. If the drink is too thick, add more milk; too thin, add more frozen banana or strawberry. I typically use almond milk for mine, but any non-dairy milk (soy, rice, hemp, etc.) all work well. If you don't have much of a sweet tooth, feel free to omit the agave or use something like stevia for a slightly bitter-sweet taste, which I like.
3. To garnish, you can grate a cashew over the top or slice a strawberry lengthwise and add it to the side of the glass.

*Adults? This would also be great with a splash (or three) of rum for an all natural Strawberry Daiquiri type of drink.*

### INGREDIENTS

- 1 1/2 bananas – frozen
- 5 strawberries – frozen
- 1 cup non-dairy milk
- 1/4 cup raw cashews
- 2/3 teaspoon vanilla
- 1 tablespoon agave (optional)

**Makes 1 shake**



# Homemade Orange Julius

*Ah, the classic mall favorite. As a kid, I would beg my parents for an Orange Julius whenever we went to the mall. I mean, how can you resist the bright counters lined with rows of fake oranges? Or the teenagers standing ready to blend you a delightfully creamy beverage?*

*To make our version as authentically creamy as possible, while still being healthy, we're using a few clever ingredients: dates and vanilla to give it creaminess, and orange juice concentrate with almond milk for the perfect frothy orangeyness.*

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To make, simply add all ingredients to a blender and blend until the ice is completely incorporated and no date pieces remain. A high-powered blender like a Vitamix will yield better results. A word of caution, however: make sure your dates are pitted. I made that mistake on the first Orange Julius experiment and my Vitamix wasn't too happy with me.

After 30-60 seconds, this drink becomes incredibly frothy, as you can see in the picture. It doesn't keep well, though, the icy frothiness dissolves after sitting for 15 minutes, so plan on drinking soon after you make it.

**Variation:** Use frozen strawberries in place of some/all of the ice cubes for a strawberry Orange Julius.

## INGREDIENTS

- 8 oz frozen orange juice concentrate
- 1 1/2 cups almond milk
- 1 tablespoon vanilla
- 2 large medjool dates or 4 smaller dates
- 5-6 ice cubes

**Makes 1 smoothie**



# Homemade Ginger Ale

*I swear by ginger. In my experience, it is one of the few “natural remedies” that actually work for a myriad of ailments. So why not pop open a can of Ginger Ale from your local supermarket? First, store-bought ginger ale may or may not contain any real ginger at all and what it does have is likely heavily processed. Second, it has an obscene amount of sugar from high fructose corn syrup that drowns out any benefits it might offer. Third, it tastes entirely artificial and disgusting.*

*Instead, this homemade version has tons of real ginger, plus the citrus and mint add so much freshness that make this drink incredibly refreshing.*

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1. Take your ginger root and loosely peel it. You can use the backside of a knife or a vegetable peeler; the skin should come off fairly easily. Then, chop it into loose chunks. You should have about 2/3 cup but the exact amount isn't important.
2. Add the peeled ginger chunks to a blender with one cup of water and puree for at least 3 minutes to fully incorporate the ginger into the water.
3. Pour the mixture through a fine strainer into a bowl. Use your hands to squeeze out all the liquid, leaving behind a dry chunk of ginger pulp (similar to vegetable pulp after juicing).
4. Take the chunk of ginger pulp and return it to the blender. The ginger still has plenty of flavor left, so we'll blend it once more. This time, however, blend with about 1/2 cup of citrus juice instead of water. The citrus will add some acidity to help balance out

## INGREDIENTS

- 1 whole ginger root
- 1 cup water
- 1 orange
- 1 lime
- 1/3 cup liquid sweetener (Agave)
- club soda
- Sprigs of mint (garnish)
- Lime slices (garnish)

**Makes 2 cups concentrate, 6-8 cups of ginger ale**



## Homemade Ginger Ale

5. the ginger flavor. Squeeze the orange and the lime into the blender and top off with water until you reach 1/2 cup. Just like before, blend for several minutes and then strain into the bowl with the existing ginger concentrate.
6. Add about 1/3 cup liquid sweetener to the bowl of concentrate and stir. I hate using too much sugar in anything and this seems like a lot, but remember that this will be heavily diluted in the final beverage.
7. Finally, add to an air-tight mason jar and store in the refrigerator until ready to use. In my experience, it will keep for about 5-6 days.
8. When ready to serve, add 1 part ginger concentrate to about 3 parts club soda (you can adjust this ratio to taste) to a glass with ice. It absolutely must be garnished with mint for optimal flavors, and you can add a lime wedge as well.
9. To get the best flavors, I like to gently shake the ginger concentrate, club soda, lime wedge, and 3-4 mint leaves in a martini shaker before pouring over a glass of ice.

## Detoxifying Cold-Brewed Citrus Green Tea

*Cold-brewing tea is my new obsession. I was surprised to learn that you don't need hot water to brew tea, you just need time. Add 1 teaspoon of tea to a cup of water, stick it in the fridge and wait a few hours. You'll have fully brewed tea with all the gorgeous tea flavors and none of the bitter tannins.*

*This beverage is a combination of cold-brewed green tea and a detoxing citrus drink. Simply add sliced citrus fruits, green tea, and herbs to a large pitcher of filtered water and let time do all the work. In the morning, you can forget about coffee. You'll have a delicious, refreshing, inspiring beverage that flushes out toxins and helps build energy to start your day on the right foot.*

### INGREDIENTS

- 1 orange
- 2 lemons
- 2 limes
- 3 large mint leaves
- 3 basil leaves
- 4 teaspoons green tea

**Makes 6 cups**

1. Slice 1 orange, 2 lemons, and 2 limes. Wash and tear up a small handful of mint and basil leaves (not too many or it will become bitter). Measure 4 teaspoons of green tea. Add all these ingredients to a large pitcher with 6 cups of water. Refrigerate for at least 4 hours.

NOTE: If you don't have loose-leaf tea, you can use 3 green tea teabags instead.

2. After everything has had a few hours to mingle, the tea is ready to drink. The exciting part is that you can simply refill this pitcher with fresh water to make a new batch. The tea will rebrew several times and the citrus still has plenty of flavor left. I like to drink half the pitcher and top off with more water. You can get about 2-3 refills before it becomes too weak/bitter and you'll need to make a new batch.



# Homemade Apple Cider

*Apple cider definitely falls into the “homemade is always better” category. You can buy all the store-bought cider you want and it will never come close to the quality you get by making your own. Not only was it surprisingly easy (throw everything in a pot, let it simmer for a few hours, and strain), but I have never tasted cider quite this good. The apple flavors are bursting, while the fresh vanilla, orange, and spices compliment each other perfectly.*

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1. Wash and cut the apples into quarters. Add them to a large pot with about 6-7 cups of water and start heating. Meanwhile, throw in a cinnamon stick, half a vanilla bean (or some extract), 2 slices of orange peel (about 1 inch square), and some sweetener.
2. Leave the pot uncovered and bring to a boil. Allow to boil vigorously for about 30 minutes. Then, cover and let the cider simmer on lower heat for about 2 more hours. This would be a good time to make some healthy two-ingredient caramel sauce or some coconut whipped cream for the top. :)
3. After about 2 1/2 hours of cooking, remove from the heat and allow to cool. Then, using a handheld potato masher, turn the apples into applesauce inside the pot to fully release their flavors.
4. Pour the cider through a strainer to remove all the apple pulp. The best way to do this is through cheesecloth or a nut milk bag.
5. Serve warm, either by itself or with some coconut whipped cream and caramel sauce. Store leftovers in the refrigerator in mason jars for 5-7 days.

## INGREDIENTS

- 6 medium apples (any kind)
- 6 cups of filtered water
- 1/3 cup turbinado sugar or maple syrup (or to taste)
- 1 cinnamon stick
- 1/2 fresh vanilla bean (or 1 tbsp extract)
- 1 whole star anise
- 2 orange peel slices

**Makes 6 cups**



# The Perfect Tea Latte

*The funny thing about this chai latte is that it uses simple, inexpensive Tazo tea (in a tea bag) for the best results. Oh sure, I've tried all the top first flush Darjeelings and Assams perfectly spiced with cardamom. And you know what? They make terrible lattes. Simple Tazo or Peets tea work best.*

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1. In a saucepan, combine the non-dairy milk and water. Heat the mixture until it begins to simmer, but stir regularly and don't let it boil.

*It is important to use 2 parts milk and 1 part water for the right consistency. I like to use soy milk for tea lattes, but feel free to use almond, rice, etc.*

2. Break open the teabag and pour the loose tea into the pan. This is hugely important. If you simply set the teabag into the water, the milk is too thick to penetrate the walls and you're left with very weak tea lacking virtually any of the spices. Whisk the tea and allow it to simmer for about 2 minutes over the heat.
3. Then, remove from the heat and let sit for 4-5 minutes to give the tea even longer to brew. At this point, add in the agave, vanilla, and (if you're making a chai latte) a pinch of cinnamon to boost the spiciness.
4. Using some kind of a strainer, pour the tea into a cup and strain out the tea leaves. There are many strainers purposely built for tea (see the picture), but you can probably use any kitchen strainer with small enough holes to catch the leaves.

## INGREDIENTS

- 1 teabag (Chai or your favorite bold, black tea)
- 2 parts (8 oz) non-dairy milk
- 1 part (4 oz) water
- 1 teaspoon vanilla
- 1 tablespoon agave nectar
- A pinch cinnamon (optional)

**Makes 1 latte**



## Cashew Milk

*There's a reason this milk is uniquely delicious. Cashew milk is fundamentally different than almond and other nut-based milks. With those, you blend the nuts with water, then strain out all the pulp from the nuts, and hope some of the flavor remains in the water. Not so with cashews. After soaking all night, the cashews become so soft that you can pinch them and they fall apart. Because of their softness, there is no pulp after blending and no need to squeeze through a filter bag. The whole nut is blended into a thick, creamy, pure-white liquid that is beyond delicious.*

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1. Soak the 1 1/2 cups cashews overnight in the refrigerator. You may be able to get away with as little as 5 hours of soaking, but the longer you soak, the better they will blend in the final milk. I usually soak for about 12 hours and this works perfectly.
2. After they have soaked, drain the cashews and add them to a high-powered blender like a Vitamix with 4 1/2 cups of water, 2 pitted Medjool dates, at least 1 teaspoon of vanilla, and 1/2 teaspoon sea salt. Blend for 2+ minutes (much longer than you would a smoothie, for example) to ensure the cashews have been fully pureed.
3. Pour into a pitcher or decanter and chill before serving. As I mentioned, this milk does not need to be filtered when using a high-powered blender. This was a surprise to me. I actually tried filtering it like I would almond milk and everything went straight through the bag with no pulp remaining. Perfect.

### INGREDIENTS

- 1 1/2 cups raw cashews
- 4 1/2 cups filtered water
- 2 Medjool dates
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt

**Makes 1 shake**



# Desserts



## Chai-Infused Chocolate Pudding

*If I had to describe this pudding in one word, it would be haunting. The chocolate. The spices. The black tea. The flavor combination is indescribable and irresistible; silky smooth and comforting, but totally invigorating. It uses a tofu base that disappears behind chocolate and spices but gives the finished product just the right texture with tons of protein and fiber. If you have never made a tofu-based pudding before, this is a great one to try.*

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*The process of getting just the right amount of chai tea flavor into the pudding took some time to develop. It works like this...first, we'll steep the tea with warm almond milk, strain it out and reserve the leaves for later, then add the chocolate and other ingredients into the almond milk tea. Finally, we'll blend this liquid with the tofu and add a tablespoon of the reserved leaves right into the blender to drive the chai flavors over the top. It sounds complicated, but the process is really simple. Let's get started!*

1. Add 1/2 cup non-dairy milk (almond works best) to a saucepan with two teabags of chai tea. In my experience, none of the fancy and expensive tea brands work very well. My favorites are Peets or Tazo chai teabags, both are widely available and very affordable. You'll want to break open the teabags and let the loose leaves mix in with the almond milk. Let this sit over very low heat for about 10 minutes to extract the full chai flavors. Stir regularly.
2. Using any type of tea or kitchen strainer, strain out the tea leaves and set them aside. Return the liquid back to the saucepan over low heat. Add in the cocoa powder, liquid sweetener, and coconut oil.

### INGREDIENTS

- 15 oz extra firm tofu
- 1/2 cup unsweetened almond milk
- 2 chai tea teabags
- 1/4 cup cocoa powder
- 1 teaspoon vanilla
- 1/4 cup liquid sweetener (maple syrup, etc.)
- 2 tablespoons coconut oil
- 1 coconut whipped cream recipe

**Makes 4-6 servings**



## Chai-Infused Chocolate Pudding

3. Whisk until everything is melted and fully incorporated. Remove from the heat and let cool.
4. In a blender, add the tofu, liquid mixture, 1 teaspoon vanilla, and 1 1/2 teaspoons of the chai tea leaves. Blend until smooth and creamy. Give this mixture a taste and adjust the sweetener and cocoa powder if needed. When the flavors are perfect, pour into a bowl and refrigerate for several hours before serving.
5. *Optional: Prepare a batch of my coconut whipped cream recipe ([OneIngredientChef.com/coconut-whipped-cream/](http://OneIngredientChef.com/coconut-whipped-cream/)) and add a dollop on top of each serving bowl along with some dark chocolate shavings.*

# Crème Brûlée Tapioca Pudding

*This dessert is the result of a few lucky accidents and experiments that pushed the boundaries of what a pudding can be. I just kept asking “what if...” until I had a final product that was totally unique. This dessert is 50% tapioca pudding, 50% crème brûlée, and 100% delicious. It starts out as a humble tapioca until we make a few smart substitutions to transform it into a completely unique caramelized, custard-like dessert.*

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## The Pudding

1. In a saucepan, add 1  $\frac{3}{4}$  cans of coconut milk (save a few tablespoons for our caramel sauce later). Stir in a dash of salt and the tapioca granules and allow to simmer over medium heat. Stir occasionally.
2. Meanwhile, we’re going to “caramelize” some maple syrup. By taking this extra step, the pudding will have an even richer and more custardy flavor. So, in a separate skillet, add  $\frac{1}{4}$  cup maple syrup and cook over medium heat until it starts to bubble. Stir regularly and allow it to bubble for several minutes until it becomes thick and sticky – if you were to remove this from the heat and let it cool, you’d have solid maple candy. Before that happens, pour the syrup into the tapioca pudding and stir well.
3. When the tapioca starts to swell and become translucent, remove it from the heat and stir in 1  $\frac{1}{2}$  tablespoons of vanilla. Then, pour the pudding into 4 ramekins and let chill for at least 4 hours.

## INGREDIENTS

- 2 13.5 oz. cans light coconut milk
- $\frac{1}{4}$  cup granulated tapioca
- $\frac{1}{4}$  cup + 2 tablespoons maple syrup
- dash of salt
- 1  $\frac{1}{2}$  tablespoons vanilla
- berries for garnish
- 1 coconut whipped cream recipe

**Makes 4 ramekins**



# Crème Brûlée Tapioca Pudding

## The Maple Caramel Sauce

If you caramelize the maple syrup (like above), it becomes hard candy when cooled... but add in a little liquid (coconut milk), and you have a sweet caramel sauce with the perfect texture. So just like before, we're basically going to caramelize a little more syrup.

Reheat that skillet and add another 2-3 tablespoons of maple syrup. Again, allow it to bubble for several minutes (stirring constantly). This time, remove it from the heat and add about 2 tablespoons of the reserved coconut milk. As it cools, it should have a light golden color and a wonderful caramelized maple taste. Set this aside until ready to be served.

## The Brûlée

Brûlée is French for “burned” and in a crème brûlée it refers to the sugar that is burnt and caramelized onto the top of the custard. In our case, we'll be caramelizing a little of the maple sauce in the broiler.

Allow the the pudding to thoroughly chill until the top has a solid film. Then, using a pastry brush (or just a fork), coat the top of each ramekin with a thin layer of the sauce. Add to your oven's broiler for about 5 minutes until the sauce starts bubbling and caramelizing. Finally, return to the refrigerator (or freezer) for about 10 minutes before serving so that the maple caramel forms a crust on top. [Of course, you could also use a brûlée torch - if you're cool like that].

Top with a dollop of coconut whipped cream ([OneIngredientChef.com/coconut-whipped-cream/](http://OneIngredientChef.com/coconut-whipped-cream/)), a few berries, and a sprig of mint.

# Single-Serving Chocolate Macaroon Pies

*These adorable (did I just say adorable?) little ramekin pies are so much fun to make. They're crafted from only simple ingredients, require no special skills, and you don't even have to bake them. Oh, and you can eat an entire pie all by yourself with no guilt. Awesome.*

## The Crust

The crust is simply nuts and dates. You can use any type of nuts you'd like and it is recommended to mix 2-3 different varieties. For this recipe, I used 1 cup walnuts and a mixture of cashews and almonds for the remainder.

Add the nuts to a food processor with a pinch of salt and process until they are coarsely ground and no large chunks remain. Then, add in the (pitted!) dates and pulse until the mixture is sticky and well incorporated.

Add a quarter of the mixture to each ramekin and press it against the sides and bottom to form the crust. The one in the picture is only half done, make sure you go all the way to the top edge of the ramekin. Chill these in the freezer for about 10 minutes while preparing the filling...

## The Filling

The filling is even easier than the crust. Simply combine all the ingredients from the second list (bananas, cocoa powder, shredded coconut, almond flour\*, maple syrup, and vanilla in the food processor and pulse until everything is well incorporated.

Spoon the filling into the now-chilled pie crusts and refrigerate for at least two hours before serving.

## INGREDIENTS

- 1 2/3 cup nuts (walnuts, cashews, almonds, pecans, etc.)
- 1 cup dates
- pinch sea salt
- 3 medium bananas
- 1/2 cup cocoa powder
- 1/2 cup unsweetened shredded coconut
- 1/3 cup almond flour
- 1/3 cup maple syrup (or more)
- 1 teaspoon vanilla

**Makes 4 ramekins**



*\* Almond flour is just finely ground almonds. If you don't have this ingredient, simply add whole almonds to a food processor and pulse into a powder.*

# Cashew Cream Crêpes with Strawberry Awesome-Sauce

*There seems to be a rumor that vegan crêpes are somewhere between difficult and impossible. I bought into this idea for a long time... until I tried it myself. My very first batch of vegan crêpes were absolutely perfect and I've never had a bad result with the following vegan crêpe recipe. In addition to being a fairly healthy desert, these crêpes are shockingly easy to make and incredibly delicious. You owe it to yourself to try them!*

## The Crêpes

Mix all ingredients in a blender until smooth. Transfer to a covered bowl and refrigerate for at least 2 hours.

After the batter has been thoroughly refrigerated, spoon about 1/3 cup into a hot, lightly oiled non-stick pan. Very quickly swirl the pan so the batter spreads to the edges and thins out. After about two minutes, the crêpe should be solid. Carefully use a spatula to peel up all the edges and ensure it isn't sticking, then flip. Cook for another 1-2 minutes until both sides are golden brown.

## The Cashew Cream

If you've never tried making cream out of cashews, you're missing out. This simple recipe is perfect for crêpes, pancakes, and anywhere else you'd use a slightly sweet type of cream. And it's so simple to make:

Mix all the ingredients in a blender until completely smooth. Then refrigerate for 2-4 hours. Like with the crêpes, don't skip the chilling; this cream tastes fine straight out of the blender, but after chilling for 2-5 hours it develops a much richer flavor.

## INGREDIENTS

### Crêpes:

- 1 cup whole wheat flour
- 1/2 cup non-dairy milk
- 1/2 cup water
- 2 tablespoons coconut oil (melted)
- 2 tablespoons maple syrup
- dash of salt

### Cashew Cream:

- 1 1/2 cups cashews
- 2/3 cup water
- Juice of one lemon
- 1 teaspoon vanilla
- 2 tablespoons liquid sweetener (maple syrup or agave)

(cont.)



# Cashew Cream Crêpes with Strawberry Awesome-Sauce

## INGREDIENTS

### **Strawberry Sauce:**

- *2 cups chopped strawberries*
- *1/2 cup red wine*
- *2 tablespoons maple syrup*
- *juice of one lemon*
- *1 teaspoon cornstarch dissolved in water*

Ideally, let this cream chill at the same time as the crêpe batter. Prepare them both and then go for a nice long run: those last few miles will be so much easier when you know there's crêpe batter waiting for you back home.

## The Strawberry Awesome-Sauce

This sauce is basically a simple strawberry reduction, but awesome-sauce sounds so much cooler, doesn't it? The wine and acid from the lemons mix with the strawberries into a gooey sauce that is begging to be spooned over a warm crêpe.

Make this sauce as you're about ready to start cooking the crêpes. Heat a wide pan and add all ingredients except the cornstarch. Cook for 10-15 minutes, add the cornstarch to thicken, and continue cooking until most of the liquid has evaporated and the sauce thickens to your liking. It's that simple!

When your crêpes finish cooking, spread one side generously with cashew cream and fold however you'd like (in half, in thirds, or rolled like mine). Top with a spoonful of the awesome-sauce and dig in!

## 5-Minute Copycat Coco-Roons

*“Coco-Roons” are a brand of desserts by a company called Wonderfully Raw. They can be found in most natural grocers like Whole Foods for, ahem, \$7.99 per small package. They are an insanely delicious almost-raw dessert made from coconut and almond flour. Best of all, the version we’re making here is totally One Ingredient Diet approved. Yes, they pack at least a million grams of fat per tablespoon-sized serving, and are about as naughty a dessert as you’ll find on the One Ingredient Diet, but hey, they are made with only one ingredient foods!*

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1. Slightly soften the coconut butter in the microwave for a few seconds, or if you prefer, in a saucepan over low heat. Coconut butter is basically puréed coconut that includes the flesh and the oil, so it will not melt like coconut oil, but it will soften quite a bit.
2. Then, stir in the almond flour, cacao nibs, maple syrup, vanilla, and salt until combined. Note: Almond flour is just finely-ground almonds. If you don’t have this ingredient, add whole almonds to a food processor until ground into a powder.
3. These are super rich desserts and it is important to make small serving sizes. I use a tablespoon to measure the perfect size, then roll the soft dough between my hands to form a ball. These can be eaten as is, but they get much better after chilling for an hour or two to firm up. Tip: it’s best to refrigerate on non-stick paper as they do have a tendency to stick to plates.

### INGREDIENTS

- 1/3 cup coconut butter
- 1/3 cup almond flour
- 2 tablespoons maple syrup
- 2 tablespoons cacao nibs
- 1 teaspoon vanilla
- 1/8 teaspoon sea salt

**Makes 9 coco-roons**



## Mini (No Bake) Lemon Tarts

*In my opinion, you can never go wrong with a lemony dessert. Whether it be lemon bars, lemon pound cake, lemon pudding, lemon meringue pie, or lemon tarts, like these little guys. There's something about the acidity of lemon mixed with just the right amount of sweetness that creates an unbeatable dessert. This no-nonsense treat can be whipped up with just a food processor and mini (or regular) muffin tin. They're also made with only real foods, and can be completely raw if you use raw nuts and agave.*

.....

1. Make the crust by combining all ingredient from the first list (nuts, dates, sea salt) in a food processor until completely broken down. The nuts should be crumbly and the dates should be sticky enough to hold everything together. Pinch a chunk of this crust between your fingers – if it forms a flat disc and holds together, you're done. If it's still too crumbly, add 1-2 more dates and continue processing.
2. Form this crust in a mini-muffin tin, pressing a thin layer along the edges of ~9 holes. You can use a full-size muffin tin, but they will be much bigger than single servings and you'll only get 3-4 tarts with this recipe. When the crust has been formed, pop the muffin tin into the freezer. Meanwhile...
3. Make the filling. Returning to the food processor, add all ingredients from the second list (almond flour, coconut butter, maple syrup or agave, lemon juice, and lemon zest and process until smooth. This will be very sticky. Remove the crusts from the freezer and add a spoonful of the lemon filling to each.

### INGREDIENTS

- 1/2 cup almonds
- 1/2 cup walnuts
- 4 medjool dates
- Pinch of sea salt
- 1 teaspoon coconut oil (optional)
- 1/3 cup almond flour
- 1/3 cup coconut butter
- 2 tablespoons maple syrup or agave
- 1 lemon (juice + zest)

**Makes 9 mini tarts**



## Mini (No Bake) Lemon Tarts

Notes: If you don't have **almond flour**, simply process whole almonds by themselves first until they're a powdery consistency. **Coconut butter** is the pureed flesh of a coconut, Artisana makes a great version and it's widely available.

4. Return to the freezer for at least 1 hour. The reason for this is to allow everything to become hard enough that you can pop them out of the muffin tins. To do that, carefully slide a butter knife around the edges of the chilled tarts and they should pop out. Transfer to another dish and store in the refrigerator until ready to eat. They will keep for 2-3 days if refrigerated.

## Sweet & Tart Lemon Bars with Figs

*This is a classic lemon bar in every respect. Except, we're taking it to a new level by adding fresh figs into the lemon topping. This gives our bars a gorgeous purple color and a light fig flavor that blends perfectly with the tart lemons. The filling is so easy and authentic, even though it uses no eggs or refined sugars.*

*To make it all come together, we're using a little bit of tofu, dates, and figs to give the filling body, and a tablespoon of cornstarch to bind it together. Not only does it set into the perfect texture, but it has all the delicious flavors you'd expect from a lemon bar.*

**Preheat the oven to 350° F**

### The Oat Shortbread Crust

Begin melting the coconut oil and sugar in a saucepan over low heat.

In a food processor, add the 1 cup flour, oats, and apple sauce and pulse until combined. Slowly drizzle in the coconut oil and sugar mixture until the dough is clumpy, but do not overmix.

Transfer the dough to a lightly-oiled 8 x 8 inch pan and form a crust along the bottom. Bake for about 15 minutes or until slightly browned.

### The Fig & Lemon Topping

In the food processor, combine all ingredients from the first list (tofu, figs, lemon juice + zest, dates, maple syrup, flour, cornstarch, and vanilla) and process until combined

### INGREDIENTS

- 6 oz firm tofu
- 4 purple figs
- 3 lemons (juice + zest)
- 5-6 small dates
- 1/4 cup maple syrup
- 2 tablespoons whole wheat flour
- 1 tablespoon cornstarch
- 2 teaspoons vanilla
- 1 cup whole wheat flour
- 1/4 cup oats
- 1/4 cup granulated sugar (I use Sucanat)
- 3 tablespoons coconut oil
- 3 tablespoons apple sauce

**Makes 9 bars**



## Sweet & Tart Lemon Bars with Figs

and fully smooth. Give this topping a taste and adjust any ingredients as necessary. Set this topping aside.

When the crust is lightly browned, remove from the oven and allow to cool slightly. Then spread the filling over the top and return to the oven for about 20 minutes at 350° F until the topping has fully set and starts to darken around the edges.

### The Glazed Lemon & Fig Slices

As an optional final step, you can slice a lemon and fig into 9 paper-thin slices and add them to a sauté pan with a splash of maple syrup until softened.

About 5 minutes before the lemon bars are finished baking, arrange a lemon and fig slice on top of each square, as shown. Lemon bars are typically topped with powdered white sugar but this is an even prettier (and much healthier) way to top off your fig and lemon bars, don't you think?

# Peanut Butter & Jelly Granola Bars

*Granola bars are one of my favorite snacks. So are peanut butter and jelly sandwiches. Put the two together and life just doesn't get much better. These bars taste like a fresh peanut butter and jelly sandwich folded into a sweet and savory granola bar that's a solid inch thick. These aren't the average hard, stale, flimsy granola bars you buy in a package. Not by a long shot.*

.....

**Preheat the oven to 350°F.**

1. Add the coconut oil, apple sauce, and peanut butter to a saucepan over low heat until melted and incorporated.
2. Meanwhile, combine the dry ingredients: rolled oats, flour, Sucanat (sugar), flaxseeds (whole or ground), and salt in a mixing bowl. When the liquid ingredients are melted, slowly drizzle them into the mixing bowl with the dry ingredients. Stir until well combined.
3. Add the granola to a lightly-oiled 8 x 8 inch pan and press down evenly. Top with the raspberry jam and use a knife (like above) to scrape and swirl the jam into the top layer of the granola mixture.
4. Bake for about 30 minutes until lightly browned and firm, but don't overcook because the edges will burn fairly easily. Allow to cool for at least 30 minutes before attempting to cut and remove from the pan.

## INGREDIENTS

- 2 cups rolled oats
- 1/3 cup whole wheat flour
- 1/3 cup Sucanat (sugar)
- 2 tablespoons flaxseeds
- pinch sea salt
- 1/4 cup coconut oil
- 1/4 cup apple sauce
- 1/2 cup peanut butter
- 1/3 cup raspberry jam

**Makes 9 bars**



## Tropical Dessert Sushi

*This is just a traditional sushi roll with salmon sashimi on top... right? Wrong. Looks, my friends, can be deceiving. What we have here is coconut-infused sticky rice, a pineapple date coconut filling, papaya (not salmon) sashimi, and a macadamia/sesame crumble sprinkled on top. Seriously, every bite tastes like Hawaii in your mouth. This dessert not only tastes heavenly, but is made entirely from real foods with no added sugars or fats and absolutely nothing unnatural.*

1. Cook the sushi rice using 1 cup of rice, 1 cup of coconut milk and 2/3 cup water. Bring to a boil, cover, and allow to cook until all the liquid is absorbed (about 20 minutes).
2. In a food processor, combine a handful of macadamia nuts with 2 tablespoons of sesame seeds. If you're using unsalted macadamias, feel free to add a pinch of salt and (optionally) a dash of sucanat or turbinado sugar as well. This is the star of the dessert for me – sesames and macadamias blend together so well for a rich, flavorful, and salty topping to the sweet dessert.
3. Back in the food processor, add about 2/3 cup of dates and pulse until they're broken up. Then, add the pineapple and unsweetened coconut and blend until all ingredients are incorporated, but don't puree so much that you end up with baby food.
4. This is the most fun step. Sushi is often topped with sashimi, or thinly sliced raw fish. Bright orange salmon is most commonly used, so, why not make our own papaya sashimi that fits perfectly with this tropical dessert theme? Take a chunk of papaya and, using a sharp knife, make very thin slices about 1 inch wide.

### INGREDIENTS

- 3 spring roll wrappers / rice paper
- 1 cup uncooked sushi rice
- 1 can light coconut milk
- 2/3 cup cubed pineapple
- 2/3 cup dates
- 1/4 cup unsweetened shredded coconut
- 1/4 cup macadamia nuts
- 2 tablespoons sesame seeds
- 2-3 slices papaya

**Makes 3 sushi rolls**



## Tropical Dessert Sushi

5. Sushi is typically wrapped in nori (seaweed), but I don't imagine that pairing well with our dessert sushi... Instead, we wrap these in rice paper / spring roll wrappers that have almost no taste and hold everything together nicely.

Take a deep breath and start with a clean non-stick surface such as a Silpat mat, parchment, or plastic wrap. Soften the rice paper in a bowl of warm water, then carefully transfer a sheet to the work surface. Add a thin layer of rice to cover the wrapper, then a long row of the pineapple/date filling. Carefully pull up one end of the wrapper and tightly roll lengthwise along the filling. Tuck in the ends and top with a few slices of papaya sashimi. Using a sharp and wet knife, slowly slice into 1/2 inch slices and plate by sprinkling some of the macadamia/sesame crumble over top.

## Carrot Cake Cupcakes

*These delicious little carrot cake cupcakes (muffins?) are pretty exciting for a few reasons: Not only do they taste as good as any carrot cake I've ever had, they're so much healthier than a typical carrot cake drenched with oils and processed sugars. Plus, they're full of vitamins, fiber, and omega 3's. And if that wasn't enough, they're actually moist and fluffy (always a challenge with eggless baking).*

### Preheat the oven to 350° F

1. Make the flax 'eggs' – whip 1 tablespoon flax with 3 tablespoons of water with a fork and let it sit for 5-10 minutes until thick. For this cake, we need about 3 flax eggs, or 3 tablespoons flax and 1/2 cup water. Whip this together and set aside.
2. In a large mixing bowl, combine the flour, Sucanat, baking soda, baking powder, cinnamon, cloves, nutmeg, and salt. Gently mix the ingredients until well combined.
3. In another bowl, pour in the flax 'eggs' and mix with the applesauce, melted coconut oil, maple syrup, carrots, walnuts, and raisins. Then, gently fold the wet ingredients into the dry ingredients until well combined but do not over mix.
4. Transfer the batter to cupcake liners or a lightly-greased cake pan. Bake at 350° F for about 35 minutes until the tops turn golden brown and a toothpick comes out clean. Allow to cool in the pan for at least 10 minutes before attempting to remove them.

You can leave these uniced or top them with my Tofu icing recipe at [OneIngredientChef.com/carrot-cake-cupcakes/](http://OneIngredientChef.com/carrot-cake-cupcakes/).

### INGREDIENTS

- 3 tablespoons flax seed
- ½ cup water
- 1 ½ cups spelt or whole wheat flour
- ½ cup Sucanat
- 1 ½ teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- ½ teaspoon nutmeg
- ½ teaspoon salt
- ½ cup applesauce
- ¼ cup melted coconut oil
- 2 tablespoons maple syrup
- 1 ½ cups grated carrots
- 1 cup chopped walnuts
- 1 cup raisins

**Makes 9 cupcakes**



# The Easiest Banana Oat Cookies

*The holy grail of healthy cooking is to make something so delicious that you want to eat it all day long... and so healthy that you CAN eat it all day long. If the recipe is easy as well, you're really onto something. These cookies are about the closest thing I have ever found. They are sugar-less, flour-less, easy to make, and so delicious you'd never know they're healthy.*

*The base is simply made from mashed banana and rolled oats, with some date sugar, spices, and whatever throw-ins you'd like. Bake them for a few minutes and devour the whole batch yourself :)*

1. Grab 3 bananas and mash them with a fork until no chunks remain. Pour in about 1 3/4 cups rolled oats and 1/2 cup date sugar\*. Use the fork to mix until combined. Stir in a dash or two of cinnamon and a teaspoon of vanilla. Finally, add whatever throw-ins you'd like (see suggestions below) and mix again.
2. Spoon the batter into 12 rounds and place them on a Silpat or lightly-oiled baking sheet. Cook for about 10-14 minutes, until the outsides become golden and solid. Remove from the oven and allow to cool for 10 minutes before eating.
3. At this point, if you want to melt some dark chocolate and drizzle it over the top, no one would blame you.
4. Bake at a low heat of 320° F for as long as possible before the edges become too browned, about 20-25 minutes. Let them cool in the molds before removing and serving at room temperature.

## INGREDIENTS

- 3 bananas
- 1 3/4 cups rolled oats
- 1/2 cup date sugar
- 1 teaspoon vanilla
- 2 pinches cinnamon

**Makes 12 cookies**



**NOTE:** *Date sugar is not actually a type of sugar. It is simply whole dried dates that have been pulverized into a powder. Thus, date sugar and real sugar cannot be substituted interchangeably. If you don't have date sugar, blending an equivalent amount of whole dates with the banana in a food processor would likely be the best substitute.*

## Blueberry Financiers

*What we have here are one of the coolest vegan deserts ever. They are a spin on a financier (fin-awn-see-ay) which are a super-classy french dessert made mostly from almonds, brown butter, and egg whites. Thus, they are incredibly hard to “veganize” with any accuracy. This recipe will get you pretty close, but I must warn you – there is nothing “One Ingredient” about what follows. It uses vegan margarine, sugar, and white flour (gasp!).*

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1. Mix the egg replacer and water in a bowl and whip until no clumps remain. Set aside for 5-10 minutes. Meanwhile, add the vegan margarine and sugar to a saucepan and begin heating until melted and incorporated. You won't get 'brown butter' with this stuff, but a little caramelization will help, so allow this to simmer over medium-high heat for 5 minutes. Stir regularly.
2. Mix the flour and almond flour\* in a bowl and fold in the egg replacer and sugar/butter mixture, but don't overmix. Spoon this batter into a greased mini-muffin tin or (if you're awesome) a rectangular silicone mold. Financiers should be fairly thin (not like muffins), so only cover the bottom 1/2 inch of the pan or so. Add 3-4 blueberries to the top of each mold and press them down.

*\* If you don't have almond flour, simply use a food processor to grind whole almonds into a super-fine powder.*

3. Bake at a low heat of 320° F for as long as possible before the edges become too browned, about 20-25 minutes. Let them cool in the molds before removing and serving at room temperature.

### INGREDIENTS

- 1/2 cup almond flour
- 1/4 cup pastry flour
- 3 tablespoons Ener-G Egg Replacer
- 6 tablespoons warm water
- 1/4 cup Sucanat or brown sugar
- 1/4 cup vegan margarine
- 1/4 cup fresh or frozen blueberries

**Makes 9 cakes**



# Coconut Thin Mint Cookies

*What we have here are like the classic thin mint Girl Scout Cookies, except veganized and (mostly) unprocessed. Sure, they use dark chocolate chips and coconut oil, but they make an awesome treat, especially around the holidays.*

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1. Combine all the dry ingredients (flours, cocoa powder, salt, and baking soda) in a large mixing bowl and stir together. In another bowl, melt the wet ingredients (coconut oil, applesauce, almond milk, vanilla, and peppermint extract) and whisk together.
2. Carefully add the wet ingredients into the dry and gently fold together. At this point, roll up your sleeves and use the best kitchen tools you have (your hands) to squeeze this dough together and form it into one large ball.
3. Add the dough to a lightly-floured surface and roll out to about 1/4 inch thick. Then, use a cookie cutter (or the rim of a cup) to cut out rounds about 1 1/2 inches in diameter. Bake on parchment paper at 350° F for 12-16 minutes until the cookies are firm and fully cooked.
4. Place the cookies on a wire rack to cool and prepare the chocolate coating by melting dark chocolate chips/chunks in the microwave and adding a few drops of peppermint extract. You can either brush the chocolate over the cookies or go all-in and simply dip them into the bowl of melted chocolate. Finally, top with a dusting of finely-shredded coconut (and optionally, crushed candy cane pieces).
5. Allow to cool in the refrigerator for at least an hour so that the chocolate can set... if you can wait that long :)

## INGREDIENTS

- 1/2 cup white or whole wheat flour
- 1/2 cup brown rice flour
- 1/2 cup cocoa powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1/3 cup coconut oil
- 1/4 cup applesauce
- 1/3 cup almond milk
- 1 teaspoon vanilla
- 1/2 teaspoon peppermint extract
- 1 cup vegan dark chocolate chips
- Shredded unsweetened coconut, to garnish

**Makes 16 cookies**



# Molasses Peanut Butter Cookies

*These cookies have no oil or processed fats, are very high in fiber and nutrients, are sweetened with nutrient-packed molasses, and have great complimentary flavors. The peanut butter shines, of course, but there are also deep notes from the molasses and a hint of banana as well. All in all, this is one of my favorite cookies and it's absolutely guilt-free.*

.....  
**Preheat the oven to 350° F.**

1. First, make the flax “egg” which is a staple in ‘One Ingredient’ baking. To make a healthy egg replacer, simply combine 1 tablespoon ground flax seeds with 3 tablespoons water. Set this aside, as it needs 5-10 minutes to create a gel-like consistency.
2. Next, combine all the dry ingredients (flour, salt, baking soda, sucanat) in a mixing bowl. Same with the wet ingredients: in a separate bowl, mash 1/2 cup banana and add peanut butter, molasses\*, non-dairy milk, vanilla, and the flax egg. Mix well. Then, add the dry ingredients into the wet and gently combine.

*\* Molasses makes these cookies so much darker than a typical peanut butter cookie. I think it works great in these cookies, but if you aren't such a big fan, feel free to add a little more Sucanat and less molasses.*

3. Form the batter into ~1 inch balls onto a baking sheet and press lightly with a wet fork to get the trademark criss-cross patterns of oatmeal cookies. Bake for about 15 minutes at 350° F until the edges are just turning brown and the cookies have firmed up a bit. Remove from the oven and allow to cool for 5+ minutes before transferring to a cooling rack.

## INGREDIENTS

- 2/3 cup whole wheat flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/3 cup Sucanat
- 1/2 cup peanut butter
- 1/2 cup mashed banana
- 1/4 cup molasses
- 2 tablespoons non-dairy milk
- 1 teaspoon Vanilla
- 1 Flax egg (ground flaxseed + water)

**Makes 16 cookies**



## Matcha (Green Tea) Muffins

*These guys are a basic whole-grain muffin naturally sweetened with maple syrup and infused with lots of matcha, or, powdered Japanese green tea. Start your day with one of these matcha muffins and you'll totally forget about the cup of coffee you used to love*

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### Preheat the oven to 350° F

1. Combine the soy milk, flax seed, lemon juice, and vanilla in a bowl and whisk together. Set this aside and allow to thicken for 5-10 minutes.
2. In a separate mixing bowl, combine the flour, baking powder, and salt. Then, sift in the matcha powder. Sifting is important to prevent any clumps of matcha in the batter.
3. Melt the coconut oil and maple syrup in a large mixing bowl. As mentioned, these muffins are fairly dry. If you like dry muffins, this recipe is perfect. If not, you can either add more coconut oil (not recommended) or half a mashed banana which adds a lot of moisture and body without adding too strong of a banana flavor.
4. Then, pour in the soy milk mixture and stir together. Slowly add in the dry ingredients and combine, but do not over mix. I added a handful of vegan dark chocolate chips at this point, but blueberries are a healthier option that would work just as well.
5. Spoon the batter to a muffin pan with liners, about 2/3 full, and bake for about 20 minutes until a toothpick comes out clean, but before the edges start browning. Optionally sift a little matcha over the top and allow to cool before serving.

### INGREDIENTS

- 2/3 cup soy milk
- 1 tablespoon ground flax
- 2 tablespoons lemon juice
- 1 teaspoon vanilla
- 1/4+ cup coconut oil
- 1/2 cup maple syrup
- 1 3/4 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 teaspoons matcha
- Chocolate chips or blueberries

**Makes 12 muffins**



# One Ingredient Coconut Pops

*Sometimes new readers see “one ingredient” recipes that have more than one ingredient and get confused. Of course, if you’ve read the One Ingredient Diet page or the Manifesto, you’ll understand that the whole point is to take single-ingredient foods and combine them into recipes. But for any the haters out there, THIS is a truly ‘one ingredient’ recipe. All you need is one whole coconut, a blender, and some popsicle molds. As always, you can spice things up with a little ginger or some sweetener, but the pure ‘one ingredient’ coconut pops are pretty delicious by themselves.*

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1. Punch two holes into the top of the coconut and drain the water into a glass. Then, crack the coconut in half and remove at least 75% of the meat. For this step, success is defined as completing the job with all your fingers intact.
2. Combine the coconut water, coconut meat, and any/all of the optional ingredients into a high-powered blender and blend until very well incorporated. Transfer the coconut to popsicle molds and allow to freeze for several hours.
3. Shake/stir regularly. Even after blended, the coconut water and meat will separate in the freezer. To prevent this, shake or stir the popsicle molds after about 45-60 minutes in the freezer and then they should freeze smoothly.

*While the plain coconut pops are great by themselves, they are also a nice “base” for other ingredients to create interesting flavors. An idea? Add a few raspberries while blending, then throw in a few chopped berries just before pouring into the molds.*

## INGREDIENTS

- 1 coconut
- Optional: agave/maple syrup
- Optional: fresh grated ginger
- Optional: fresh berries

**Makes 4 popsicles**



## Sexy Strawberry Cocoa Ice Cream

*Some foods make you healthier the more you eat them. This category includes things like kale and spinach, of course. But come on, spinach? Wouldn't it be great if we could get the same effects from more indulgent foods like ice cream, for example? What if we could create a strawberry chocolate ice cream that was so full of nutrients and antioxidants that it increased our health with every bite?*

*Sure, let's put some strawberries, dates, red wine, and cocoa (could you imagine a sexier list of ingredients?) into a blender to make the most decadent 'ice cream' that just happens to be vegan, almost fat free, low calorie, full of phytonutrients, and so easy to make... Are you starting to see the power of the One Ingredient Diet yet?*

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1. Combine all ingredients in a high-powered blender and blend until smooth and creamy. At this point, it should have the consistency of soft-serve ice cream. If it's too runny, add more strawberries; too thick, add more milk.

Note: if you don't want to use red wine (why not?), simply substitute with extra non-dairy milk.

2. The ice cream can be eaten as is, but since the majority of the ingredients didn't start out frozen, it probably will not be cold or firm enough. This ice cream is best served after freezing for 3-4 hours. Once it is semi-solid, remove from the freezer, and serve!

### INGREDIENTS

- 1 1/2 cups frozen strawberries
- 4 pitted medjool dates
- 1 cup non-dairy milk
- 1/4 cup cocoa powder
- 1+ tablespoon vanilla
- 1/4 cup red wine (optional)

**Makes 3.5 cups**



# Pumpkin Spice Ice Cream with Candied Pecans

*If you've never had coconut milk ice cream, you're missing out. It doesn't taste like coconut at all, and provides just the right mouthfeel of real cream. Getting the perfect frozen texture takes some work, however. But with this recipe, I think we finally have the ingredient mix just right. There are three things that help make this version work so well: 1) using half full-fat and half light coconut milk seems to be just the right combo for ice cream. 2) Adding a tablespoon of alcohol prevents the mixture from turning completely solid (more on that later) and 3) adding pumpkin puree helps with the consistency.*

.....

1. Combine all ingredients except pecans in a blender until smooth. At this point, you can give the mixture a taste and adjust anything as needed. It won't be nearly as good now as when frozen, but you'll get a good idea of which flavors need to be enhanced. I added a little extra maple syrup, spice, and pumpkin puree.

*The vodka is optional, but recommended. Vodka doesn't freeze, so when you add just a tablespoon to the ice cream, it gives it a lovely creamy consistency.*

2. Place this mixture in the refrigerator and allow to fully chill. Meanwhile, you can optionally toast the pecan pieces by themselves in a sauté pan, or add a drizzle of maple syrup (or even brown sugar...) to the pan to create candied pecans, which are amazing.
3. With the mixture chilled, follow your ice cream maker's instructions, stirring in the pecans at the last minute. Straight out of the ice cream maker, it will likely still be fairly soft. Add to a chilled container (I used a loaf pan) and freeze for at least 3 hours until firm, and it'll keep for 5+ days in the freezer.

4.

## INGREDIENTS

- 1 15 oz can full-fat coconut milk
- 1 15 oz can light coconut milk
- 1 cup pumpkin puree
- 1/3 – 1/2 cup agave or maple syrup
- 1+ teaspoon pumpkin pie spice
- 1 tablespoon vanilla
- Pinch of salt
- 1 tablespoon vodka or rum (optional)
- 1/2 cup pecan pieces

**Makes 5 cups**



# Dark Chocolate Sorbet

*What we have here is NOT a heavy chocolate ice cream; this is a sorbet (chocolate + water) that is light and refreshing but incredibly rich. Each bite tastes like a frozen brownie that melts in your mouth. As I was making this, I didn't expect much. Then I tasted a spoonful of the unfrozen sorbet... then another... then an entire teacup. It was incredible, and it only got better after freezing. Who knew chocolate and water could be so delicious?*

.....

1. Heat the water, cocoa powder, chocolate chips, salt, and sugar in a saucepan until melted and well mixed. Remove from the heat and stir in the vanilla and optional vodka (vodka doesn't freeze, which will help keep your sorbet from becoming a block of ice after freezing. It isn't totally necessary, but it helps).
2. Transfer the mixture to a blender and pulse for a few seconds to fully combine the ingredients. Then, move to the refrigerator until well chilled.
3. Follow your ice cream maker's instructions to make the sorbet. Depending on how it looks when finished, you may be able to eat it right away (I dare you not to!) or you can chill it further until it develops the perfect consistency.
4. Variation: Add a few drops of peppermint oil when adding the vanilla for Mint Chocolate Sorbet. I've tried both and they're each amazing in their own right. If you like peppermint patties, you'll love the mint version.

**NOTE:** If you do not have an ice cream maker, see [OneIngredientChef.com/chocolate-sorbet/](http://OneIngredientChef.com/chocolate-sorbet/) for alternate instructions.

## INGREDIENTS

- 2 1/4 cups water
- 1/2 cup vegan chocolate chips
- 1/2 cup cocoa powder
- 1/4 cup Sucanat/sugar
- 1 teaspoon vanilla
- dash salt
- 1 tablespoon vodka
- 6 drops peppermint oil (optional)

**Makes 3.5 cups**



## One Ingredient Ice Cream, 5 Ways

*Did you know you can make a delicious raw vegan ice cream from just one ingredient? Not in a “one ingredient diet” sense of combining multiple whole-ingredient foods, but really, just one ingredient. Can you guess what it is?*

### ***Banana!***

*The recipe is as simple as the ingredient list: all you have to do is peel and freeze some ripe bananas, then blend them in a food processor. You’ll end up with a sweet, gooey, creamy, frozen desert that’s nothing short of amazing.*



1. Take **4-5 ripe bananas** (the more ripe the better – they should have at least a few brown spots), peel them, and add to a plastic freezer bag to freeze overnight until they’re completely solid. They will keep for at least a week.

*Actually, I always have bananas in my freezer and you should too! You never know when the inspiration for one ingredient ice cream will strike, and they’re also a necessity for just about any good smoothie. There’s nothing worse than wanting to make a super kale shake and realizing you have no frozen bananas!*

2. Cut the bananas into 1/2 inch chunks and add them to a food processor. See the banana pieces in the picture above? They’re way too big and they simply caught in the blades and spun around until I got smart and cut them smaller. Save yourself the trouble: use small banana chunks.
3. After about 45-60 seconds, the bananas should be fully blended into a smooth, creamy, and light frozen dessert. Be careful not to overprocess or the friction from the processor will begin to melt the ice cream. You can enjoy this dessert right away for best results, but it will also freeze well for a day or two.

*See the next page for 4 more unique banana ice cream flavor combinations...*

## Mint Chip



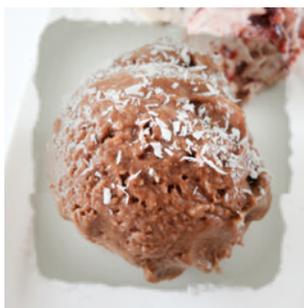
Mint chip was the surprise flavor for me. It tasted exactly like an authentic mint chip ice cream with almost no banana taste at all. It worked so much better than I expected. For this one, combine a few drops of peppermint oil with a handful of dairy-free dark chocolate chips and pulse in the food processor for 10-15 seconds.

## Cherry Vanilla



This, too, is absolutely delicious and the color is stunning. Add a few frozen cherries (you can use fresh, but frozen works even better) and a few drops of vanilla to the food processor with the ice cream and pulse until the color becomes a consistent pink. Optional: throw in a few chocolate chunks for a “Cherry Garcia” like flavor.

## Chocolate Coconut



This flavor reminds me a lot of the filling from my no-bake macaroon pie recipe. That’s not surprising since the filling is banana, coconut, and cocoa powder, which is exactly what we’re using here. Add some unsweetened coconut flakes and a tablespoon or two of cocoa powder to the ice cream and process for a few seconds until combined.

## Peanut Butter Raisin



The inspiration for this flavor is “ants on a log” where you take a banana, coat it in peanut butter, and add raisins (ants) in a row on top. This is like ants on a (blended) log and all the authentic flavors come through perfectly. Take one bite and you won’t believe it’s just peanut butter, banana, and raisins. Simply add a tablespoon or two of peanut butter with a handful of raisins and pulse for about 30 seconds until the peanut butter is fully incorporated.