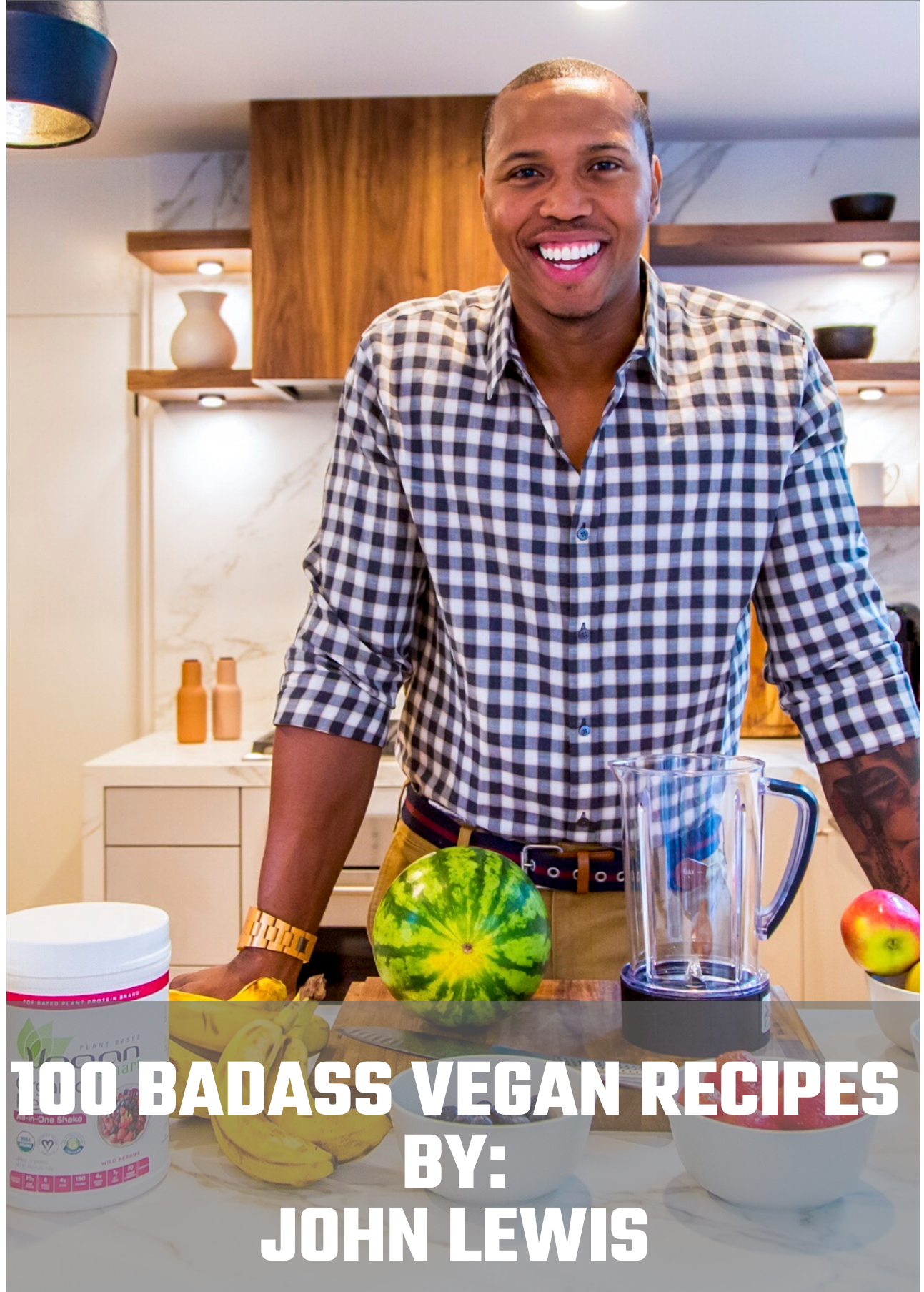


BADASS KITCHEN



**100 BADASS VEGAN RECIPES
BY:
JOHN LEWIS**

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Introduction

First things first, Thank you so much for purchasing this ebook. I really appreciate your support. My hope is that you can find something that you can grasp from my way of living to incorporate into your life.

I have been vegan for almost 15 years and I remember my transition like it was yesterday, I wish I had access to a book like this, so I figured why not make this available to others that may need it. I hope my recipes will be something that you will use as staples as you move through your own vegan journey and food that you can impress your family and friends that are vegan-curious.

If you are not vegan and looking to transition into the lifestyle, welcome. If you are already vegan and looking to change things up to maybe incorporate some delicious vegan recipes into your life, you are in the right place.

You will notice that this ebook is recipes only. You can look at this recipe guide as a prequel to My paperback book coming out in the Summer of 2020, titled:

“Badass Vegan” - The Ultimate Guide to Vegan Nutrition and Fitness.

In that book you will find amazing healthy recipes to assist you in your fitness goals as well as tasty vegan plant based alternatives of your favorites before transitioning to a vegan lifestyle. You will also learn how to Cut, Gain or maintain using your nutrition and your fitness to acquire your desired health goals all while living a vegan lifestyle.

Until then, please enjoy this amazing ebook packed with vegan goodness for you and your family.

John Lewis



CEO Badass Vegan LLC



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NOTE: Remember to purchase Non GMO and/or organic food items when available.



BANANA RECOVERY SMOOTHIE

1 serving

PREPARATION: 5 MIN

READY IN: 10 MIN

Ingredients

- 1 cup original unsweetened almond milk
- 1 tablespoon of natural peanut butter
- 2 tablespoons of hemp seeds
- 1 banana
- 1/2 cup of frozen pineapple

Directions

1. In a blender, put almond milk first, then add the peanut butter, hemp seeds, banana, and pineapple. Blend until smooth and creamy.

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	430
	% Daily Value*
Total Fat 23.8g	31%
Saturated Fat 2.8g	14%
Cholesterol 0mg	0%
Sodium 185mg	8%
Total Carbohydrate 44.4g	16%
Dietary Fiber 7.1g	25%
Total Sugars 23.5g	
Protein 17g	
Vitamin D 1mcg	7%
Calcium 350mg	27%
Iron 9mg	48%
Potassium 702mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CARROT PEAR SMOOTHIE

1 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

For Carrot Juice

- 1 cup carrots
- 3/4 cup filtered water

For Smoothie

- 1/2 large ripe banana
(previously peeled, sliced and frozen, more for a sweeter smoothie)
- 1/2 cup frozen or fresh pineapple
- 1/4 Tbsp fresh ginger (peeled // 1 small knob yields ~1/2 Tbsp)
- 1/8 tsp ground turmeric (or sub cinnamon)
- 1/4 cup carrot juice
- 1/2 Tbsp lemon juice (1/2 small lemon yields ~1 Tbsp or 15 ml)
- 1/2 cup unsweetened almond milk

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Nutrition Facts

Servings: 1

Amount per serving

Calories **167**

% Daily Value*

Total Fat 2.1g	3%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 167mg	7%
Total Carbohydrate 38.2g	14%
Dietary Fiber 6.1g	22%
Total Sugars 21.9g	
Protein 2.6g	
Vitamin D 1mcg	3%
Calcium 200mg	15%
Iron 1mg	6%
Potassium 781mg	17%

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Directions

1. For carrot juice, blend carrots and water in high speed blender. Sieve the mixture through dish towel in a bowl.
2. Add carrot juice and all smoothie ingredients in blender until smooth and creamy. Add almond milk to get desired consistency. Adjust sweetness by adding more banana.
3. Serve in glass.



APPLE PIE SMOOTHIE

1 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- 1 1/2 to 2 ripe and speckled bananas, peeled, sliced, and frozen
- 1 apple, peeled, seeded, and quartered
- 1 cup vanilla almond milk
- 1 tablespoon almond butter
- 1/2 teaspoon ground cinnamon
- pinch of ground nutmeg

Topping Idea

- chia seeds
- ground cinnamon
- walnuts
- apple pieces

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Nutrition Facts

Servings: 1

Amount per serving

Calories **456**

% Daily Value*

Total Fat 12.6g **16%**

Saturated Fat 1g **5%**

Cholesterol 0mg **0%**

Sodium 155mg **7%**

Total Carbohydrate 89.3g **32%**

Dietary Fiber 13.3g **47%**

Total Sugars 58.7g

Protein 7g

Vitamin D 1mcg **6%**

Calcium 477mg **37%**

Iron 5mg **29%**

Potassium 1178mg **25%**

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Directions

1. In a blender, put all ingredients and blend until smooth and creamy. Top with your favorite toppings



RASPBERRY SMOOTHIE

1 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- 3/4 cups apple juice
- 1/2 banana
- 1/4 cups frozen raspberries
- 1/3 cup vanilla vegan yogurt
- 1/2 tablespoon maple syrup
- fresh raspberries and mint sprigs for garnish optional

Directions

1. In a blender, add apple juice, banana, frozen raspberries, vegan yogurt and maple syrup. Blend until smooth and creamy.
2. Pour in glass and topped with raspberries and mint leaves.

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	284
% Daily Value*	
Total Fat 3.2g	4%
Saturated Fat 1.9g	9%
Cholesterol 11mg	4%
Sodium 47mg	2%
Total Carbohydrate 63.5g	23%
Dietary Fiber 5.7g	20%
Total Sugars 50.1g	
Protein 4.2g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 1mg	5%
Potassium 617mg	13%

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CHERRY SMOOTHIE

2 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- 20 Cherries (fresh or frozen)
- 3 Frozen Bananas (10.5oz/300g)
- 1 cup (240ml) Almond Milk
- 2 Fresh Dates
- 2 Tbsp Nut Butter
- 1 serving of Vegansmart VANILLA

Directions

1. Add the cherries, dates, nut butter, protein powder and almond milk to the blender followed by the frozen banana and blend until very smooth.
2. Serve immediately.

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Nutrition Facts

Servings: 2

Amount per serving

Calories 468

% Daily Value*

Total Fat 17.9g 23%

Saturated Fat 4g 20%

Cholesterol 32mg 11%

Sodium 35mg 2%

Total Carbohydrate 64.3g 23%

Dietary Fiber 8.4g 30%

Total Sugars 36.8g

Protein 22g

Vitamin D 0mcg 0%

Calcium 86mg 7%

Iron 2mg 9%

Potassium 1117mg 24%

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DRAGON FRUIT SMOOTHIE

1 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- 1/4 cup apples, peeled and cubed
- 3/4 cup dragon fruit cubes
- 3/4 cup almond milk
- 1 tsp maple syrup
- 1 serving of Vegansmart VANILLA

Directions

1. Add all ingredients in a blender and blend until smooth and creamy.
2. Serve in glass.

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	354
% Daily Value*	
Total Fat 9.9g	13%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 514mg	22%
Total Carbohydrate 50.4g	18%
Dietary Fiber 7.4g	26%
Total Sugars 35.2g	
Protein 22.1g	
Vitamin D 198mcg	988%
Calcium 5mg	0%
Iron 9mg	52%
Potassium 193mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



APPLE SPINACH SMOOTHIE

1 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- 1 apple (peeled and chopped)
- 1 banana (peeled and chopped)
- Handful of fresh spinach
- 4 ice cubes
- 25ml cold water
- 1 serving of Vegansmart VANILLA

Directions

1. Add all ingredients in a blender and blend until smooth and creamy.
2. Serve in glass.

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	388
% Daily Value*	
Total Fat 5.9g	8%
Saturated Fat 1.2g	6%
Cholesterol 0mg	0%
Sodium 267mg	12%
Total Carbohydrate 72.8g	26%
Dietary Fiber 15.1g	54%
Total Sugars 42.8g	
Protein 22.8g	
Vitamin D 8mcg	38%
Calcium 37mg	3%
Iron 11mg	62%
Potassium 948mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



ORANGE CARROT SMOOTHIE

1 serving

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PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- 1 Cup apple cubes
- 3/4 Cup Orange juice
- 1/3 Cup Carrot, sliced
- 1 tsp Fresh ginger, minced
- Maple syrup (Optional and to taste)
- 1 serving of Vegansmart VANILLA
- 1/2 cup ice cubes if required

Nutrition Facts

Servings: 1

Amount per serving

Calories **370**

% Daily Value*

Total Fat 5.7g **7%**

Saturated Fat 1.1g **6%**

Cholesterol 0mg **0%**

Sodium 269mg **12%**

Total Carbohydrate 65.7g **24%**

Dietary Fiber 8.9g **32%**

Total Sugars 45.5g

Protein 22g

Vitamin D 8mcg **38%**

Calcium 35mg **3%**

Iron 12mg **66%**

Potassium 773mg **16%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Add all ingredients in a blender and blend until smooth and creamy.
2. Serve in glass. Garnish with orange slice.



AVOCADO SMOOTHIE

1 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- ½ cucumber
- 1 stalk celery (50g)
- 1 green apple
- 1 avocado, stone removed
- Juice of ½ lemon
- ½ tbsp chopped fresh dill
- 100ml almond milk

Directions

1. Cut the cucumber and celery into small pieces.
2. Remove the core and cut the apple into small pieces.
3. Remove the flesh from the avocado.
4. Squeeze half a lemon.
5. Place all ingredients in a blender and puree until it is fine enough to drink.
6. If necessary, add a little almond milk to make the smoothie thinner.

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Nutrition Facts

Servings: 1

Amount per serving

Calories 571

% Daily Value*

Total Fat 33.8g 43%

Saturated Fat 6g 30%

Cholesterol 0mg 0%

Sodium 168mg 7%

Total Carbohydrate 69.8g 25%

Dietary Fiber 23.7g 85%

Total Sugars 39.8g

Protein 9.8g

Vitamin D 100mcg 500%

Calcium 90mg 7%

Iron 3mg 15%

Potassium 1628mg 35%

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PUMPKIN SMOOTHIE

1 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- pumpkin purée (1.5 ounce)
- plant milk of your choice, or to taste (1/2 cup)
- ice (1/4 cup)
- maple syrup, or to taste (1 tsp)
- vanilla extract, or to taste (1/4 tablespoon)
- pumpkin pie spice, or use a combination of cinnamon, nutmeg, and allspice (1/4 tsp)
- 1 serving of Vegansmart VANILLA
- mint leave for garnish

Directions

1. Combine all ingredients in blender.
2. Blend for 1 to 2 minutes until everything is incorporated.
3. Garnish with mint leaves.

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	306
	% Daily Value*
Total Fat 8.2g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 423mg	18%
Total Carbohydrate 41.2g	15%
Dietary Fiber 10.1g	36%
Total Sugars 22.6g	
Protein 22.3g	
Vitamin D 133mcg	663%
Calcium 52mg	4%
Iron 11mg	61%
Potassium 147mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FRENCH VEGAN TOAST

6 serving

PREPARATION: 20 MIN

COOKING: 20 MIN

READY IN: 40 MIN

Ingredients

- 3 tbsp maple syrup
- 2 tbsp gram flour
- 2 tbsp ground almonds
- 2 tsp cinnamon
- 200ml oat milk or rice milk
- 1 tbsp ground caster sugar
- 1 tsp vanilla extract
- 6 slices of thick brown bread
- grapeseed oil, for frying

Directions

1. Take a shallow bowl and whisk in it the flour, almonds, cinnamon, sugar, and vanilla extract.
2. Heat oil in a frying pan over medium heat. Dip a slice of bread in milk mixture and shake off excess and fry on both sides until golden brown and crisp.
3. Keep the slices warm in a low oven while you make the others.
4. Drizzle maple syrup over french toast and serve immediately.

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Nutrition Facts

Servings: 6

Amount per serving

Calories **182**

% Daily Value*

Total Fat 2.2g	3%
Saturated Fat 0.3g	1%
Cholesterol 0mg	0%
Sodium 227mg	10%
Total Carbohydrate 34.9g	13%
Dietary Fiber 3.9g	14%
Total Sugars 11.2g	
Protein 6g	
Vitamin D 14mcg	70%
Calcium 70mg	5%
Iron 0mg	2%
Potassium 56mg	1%

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QUINOA PORRIDGE WITH FRESH FRUITS

2 serving

PREPARATION: 10 MIN

COOKING: 15 MIN

READY IN: 25 MIN

Ingredients

- 75g quinoa
- 25g porridge oats
- 4 cardamom pods
- 250ml unsweetened almond milk
- 2 ripe peaches, cut into slices
- 1 tsp maple syrup
- Fresh fruits for toppings

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	287
	% Daily Value*
Total Fat 5.6g	7%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 99mg	4%
Total Carbohydrate 52.6g	19%
Dietary Fiber 7.8g	28%
Total Sugars 16.1g	
Protein 9.3g	
Vitamin D 1mcg	3%
Calcium 200mg	15%
Iron 4mg	20%
Potassium 693mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Take a saucepan and put in it the quinoa, oats, and cardamom pods along with 250ml water and 100ml of almond milk. Heat over low-medium heat.
2. Bring it to boil and allow to simmer for 15 minutes on low heat. Stir occasionally.
3. Now add the remaining almond milk and cook for more 5 minutes until creamy.
4. Remove the cardamom pods and pour into two bowls equally. Top with fresh fruits and sliced peaches and maple syrup.
5. Serve immediately.



BAKED VEGAN GRANOLA

3 serving

PREPARATION: 3 MIN

COOKING: 20 MIN

READY IN: 23 MIN

Ingredients

- 3/4 cup Old Fashioned oats
- 1/8 tsp cinnamon
- 1/3 cup dried apple, roughly chopped
- 1/3 cup coconut oil, melted
- 1/2 cup mixed nuts, roughly chopped
- 2 tbsp maple syrup

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	287
	% Daily Value*
Total Fat 5.6g	7%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 99mg	4%
Total Carbohydrate 52.6g	19%
Dietary Fiber 7.8g	28%
Total Sugars 16.1g	
Protein 9.3g	
Vitamin D 1mcg	3%
Calcium 200mg	15%
Iron 4mg	20%
Potassium 693mg	15%

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Directions

1. Preheat the oven at 180 C/356 F.
2. Mix together all ingredients except the maple syrup. Line a baking tray with parchment paper. Spread the granola mixture in the tray and drizzle maple syrup over it.
3. Bake in the oven for 20 minutes. Stir the granola halfway, so that it cooks evenly.
4. Before storing in a jar, leave it to be completely cooled. Can be stored upto 1 month.



MIXED GRAIN PORIDGE

5 serving

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- 1 cup oatmeal
- 1 cup spelt flakes
- 1 cup barley flakes
- maple syrup and sliced strawberries, almonds to serve (optional)

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Nutrition Facts	
Servings: 5	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 162mg	7%
Total Carbohydrate 53.1g	19%
Dietary Fiber 7.2g	26%
Total Sugars 15.7g	
Protein 5.9g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	8%
Potassium 155mg	3%

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Directions

1. Mix three grains and toast them in a dry frying pan for about 5 minutes or until golden brown. Leave it to cool. After that store it in an air tight container.
2. When you want to eat it, simply combine ½ cup of the toasted three-grain mixture and cook it in 1 cup of almond milk or water for 5 minutes.
3. Top with maple syrup and sliced strawberries. Enjoy!
4. This porridge mixture can be stored up to 3 months.



VEGAN PANCAKES

5-6 serving

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PREPARATION: 5 MIN

COOKING: 30 MIN

READY IN: 35 MIN

Ingredients

- 300g self-raising flour
- 1 tsp baking powder
- 1 tbsp sugar (any kind)
- 1 tbsp vanilla extract
- 400ml almond milk
- 1 tbsp vegetable oil for cooking
- To serve (optional) banana slices, blueberries, maple syrup,

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	257
	% Daily Value*
Total Fat 4.4g	6%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 46.2g	17%
Dietary Fiber 1.4g	5%
Total Sugars 6.4g	
Protein 5.8g	
Vitamin D 67mcg	333%
Calcium 44mg	3%
Iron 2mg	13%
Potassium 141mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Whisk together all dry ingredients using a balloon whisk, then add vanilla extract and a pinch of salt. Slowly add almond milk by continuously whisking. Make a thick batter.
2. In a non-stick frying pan, heat some oil over low-medium heat. Add ¼ cup of batter to the frying pan, spreading it in a round shape. You can make any size pancake by changing the amount of batter. Cook each side for about 3 minutes or until golden brown on both sides. Keep them warm in low oven while you make remaining pancakes.
3. Serve stacked pancakes with maple syrup and toppings of your choice.



CHIA PUDDING

2 serving

PREPARATION: 35 MIN
COOKING: 1 HOUR
READY IN: 1 HOUR 35 MIN

Ingredients

- 1/2 cup unsweetened almond milk
- 1/2 cup soy yogurt
- 1 tablespoons maple syrup, more if desired
- 2 tbsp chia seeds
- 1/4 cup strawberries, hulled and chopped
- Blueberries for topping
- Raspberries for topping

Directions

1. Gently whisk together almond milk, yogurt and maple syrup in a small bowl. Add more maple syrup if required. Then add chia seeds and mix. Let it sit for 30 minutes. Then cover and refrigerate for 1 hour or until desired consistency is achieved.
2. Stir and divide the pudding into two small bowls or glasses. Top with blueberries and raspberries. Garnish with mint leaves. Enjoy.

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	309
	% Daily Value*
Total Fat 8.1g	10%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 57.5g	21%
Dietary Fiber 14.9g	53%
Total Sugars 33.9g	
Protein 7.6g	
Vitamin D 0mcg	2%
Calcium 307mg	24%
Iron 5mg	28%
Potassium 400mg	9%

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BEET ROOT HUMMUS SANDWICH

3 serving

PREPARATION: 5 MIN
COOKING: 1 HOUR
READY IN: 1 HOUR 5 MIN

Ingredients

- 1/2 small roasted beet
- 1/2 15-oz. can cooked chickpeas
- 1/2 large lemon (zested)
- 1/4 large lemon (juiced)
- 1/4 healthy pinch salt and black pepper
- 1 large cloves garlic (minced)
- 1 heaping Tbsp tahini
- 2 tbsp cup extra virgin olive oil
- 6 brown bread slices
- 1 cucumber, sliced
- 1 tomato, sliced
- carrots, juliene
- salad sprouts

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Nutrition Facts	
Servings: 3	
Amount per serving	
Calories	379
% Daily Value*	
Total Fat 17.1g	22%
Saturated Fat 2.4g	12%
Cholesterol 30mg	10%
Sodium 593mg	26%
Total Carbohydrate 55.2g	20%
Dietary Fiber 9.7g	34%
Total Sugars 8.2g	
Protein 10.1g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 4mg	22%
Potassium 468mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Directions

1. Preheat the oven to 375 degrees F (190 C). Wash and remove the stem and most of the root from beet.
2. Wrap beet(s) in foil, drizzle on a bit of olive oil, wrap tightly, and roast for one hour or until a knife inserted falls out without resistance.
3. When cooled, peel the beet and blend in a food processor until small bits remain. Now add chickpeas, lemon juice, lemon zest, garlic, and tahini sauce. Season with salt and pepper. Again process and drizzle olive oil during mixing. Adjust taste using more salt and pepper, lemon juice and olive oil. If the mixture is too thick, add some water to adjust the consistency of your choice.
4. Spread the beet hummus over bread slices, then sliced cucumber and tomatoes. Then carrots and salad sprouts over it. Top with another bread slice. Enjoy!



VEGAN BREAKFAST BURRITO

5-6 serving

PREPARATION: 15 MIN

COOKING: 30 MIN

READY IN: 45 MIN

Ingredients

For tofu

- 1 block tofu, cubed into bite size
- 1 tbsp avocado oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 tsp turmeric powder
- 1/4 tsp paprika
- 1/2 tsp liquid soy seasoning (can sub tamari or soy sauce)

Other

- 1/2 tbsp avocado oil
- 1/4 tsp salt
- 1 avocado, sliced
- 1 cup spinach
- 1 carrot, julienne cut
- 6 tortilla wraps

Directions

1. In a large skillet, heat avocado oil over low-medium heat.
2. Saute onions for 2-3 minutes, then add garlic and saute for 2 minutes. Add tofu cubes, salt, cumin, turmeric, paprika, and soy seasoning.
3. Cook for 2-3 minutes.
4. Place the spinach, avocado, and cooked tofu into the tortilla wrap and roll it up.
5. Grill your burrito in the pan if required. Serve immediately

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Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	299
	% Daily Value*
Total Fat 13.4g	17%
Saturated Fat 3.5g	17%
Cholesterol 0mg	0%
Sodium 548mg	24%
Total Carbohydrate 37.5g	14%
Dietary Fiber 6.8g	24%
Total Sugars 2.6g	
Protein 7.8g	
Vitamin D 0mcg	0%
Calcium 67mg	5%
Iron 1mg	7%
Potassium 276mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



BLACK BEANS TOMATO CORN QUESADILLA

5-6 serving

PREPARATION: 15 MIN

COOKING: 30 MIN

READY IN: 45 MIN

Ingredients

- 1 small onion, chopped
- ½ red capsicum, de-seeded and chopped
- 400g can Tomatoes
- 400g can Black Beans in Spring water, drained
- 1 cup Super sweet Corn Kernels
- 6 flour tortilla (gluten free, optional)
- 1 cup grated vegan cheddar cheese

Directions

1. In a medium frying pan, heat a dash of olive oil over low-medium heat. Saute onion and capsicum until soft. Add tomatoes and reduce the heat. Simmer for about 10 minutes until sauce gets thickened. Add beans and corn and cook for 5 minutes. Remove from heat.
2. Heat a tortilla in a sandwich press or frying pan. On a plate, place a heated tortilla. Spread ½ cup of the hot mixture over half of the tortilla. Sprinkle grated cheese and fold. Cook for 3-4 minutes or until quesadilla is golden and crisp. Similarly, prepare all quesadilla. Cut into wedges and serve.

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Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	262
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.1g	20%
Cholesterol 20mg	7%
Sodium 279mg	12%
Total Carbohydrate 35.9g	13%
Dietary Fiber 9.3g	33%
Total Sugars 5.3g	
Protein 13.5g	
Vitamin D 2mcg	11%
Calcium 188mg	14%
Iron 2mg	12%
Potassium 329mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BUCKWHEAT PANCAKES & CARAMEL APPLES

11 pancakes (3 Servings)

PREPARATION: 15 MIN

COOKING: 1 HOUR

READY IN: 1 HOUR 15 MIN

Ingredients

DRY INGREDIENTS

- 1 3/4 cups buckwheat flour
- 2 tsp baking powder
- 2 tbsp coconut sugar
- 1/4 tsp fine sea salt
- 1/4 tsp vanilla powder
- 2 tsp cinnamon

WET INGREDIENTS

- 1 1/4 cups almond milk
- 1 flax egg (1 tbsp ground flax-seeds + 3 tbsp water)
- 2 tbsp melted coconut oil
- 1 cup peeled and finely chopped apple

COCONUT CARAMEL APPLES

- 1 tsp coconut oil
- 2 tbsp coconut sugar
- 1 tsp cinnamon
- 1/4 tsp water | Royal Gala apple, peeled and cut into wedges

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Nutrition Facts	
Servings: 3	
Amount per serving	
Calories	539
	% Daily Value*
Total Fat 10.8g	14%
Saturated Fat 6.3g	32%
Cholesterol 0mg	0%
Sodium 296mg	13%
Total Carbohydrate 102.6g	37%
Dietary Fiber 11.3g	40%
Total Sugars 21g	
Protein 10.9g	
Vitamin D 40mcg	200%
Calcium 182mg	14%
Iron 4mg	20%
Potassium 917mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Prepare flax egg by mixing flax seeds and water and rest for 5 minutes. Sift and whisk together all dry ingredients. Mix the flax seed mixture with almond milk and gently fold into dry ingredients. Do not over-mix the batter. Let it rest for 15 minutes.
2. Chop the apple and fold it in the batter along with additional almond milk and melted coconut oil. In a no-stick frying pan, add a few drops of coconut oil and spread with a paper towel. Pour 1/4 cup of batter in the heated frying pan. Allow cooking for 2 or 3 minutes until bubbles start popping on top. Flip the pancake over with a spatula and cook for about 2 more minutes.
3. In a non-stick frying pan, melt the coconut oil and add the coconut sugar, cinnamon, and water. Mix and allow to combine into the smooth caramel sauce. Add the chopped apples and cook until soft and warm.
4. Serve the caramel apples over the pancakes and enjoy!



CINNAMON & GINGER WAFFLE

6 waffles (2 Servings)

PREPARATION: 10 MIN

COOKING: 5 MIN

READY IN: 15 MIN

Ingredients

DRY INGREDIENTS

- 1 cup slightly heaping spelt flour
- 1 tablespoon ground flax seeds
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 4 tablespoons coconut sugar (you may sub this for any other brown sugar)

WET INGREDIENTS

- 1 cup non dairy milk
- 1 tablespoon apple cider vinegar
- 2 tablespoons black strap molasses
- 1 1/2 tablespoons liquid oil

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	395
	% Daily Value*
Total Fat 23.8g	31%
Saturated Fat 11.2g	56%
Cholesterol 0mg	0%
Sodium 462mg	20%
Total Carbohydrate 40.7g	15%
Dietary Fiber 8.4g	30%
Total Sugars 1.7g	
Protein 7.1g	
Vitamin D 0mcg	0%
Calcium 244mg	19%
Iron 4mg	22%
Potassium 877mg	19%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Directions

1. Preheat and grease your waffle iron. If you don't have a waffle iron, you can use a frying pan to make simple cakes from this batter.
2. Add all dry ingredients in a bowl and mix them. Mix all wet ingredients in a jug. Slowly pour wet ingredients into dry ingredients. Do not overmix, a few small lumps are fine. If the batter is too thick add some more milk but don't make the batter too thin. It should be like a cake batter consistency.
3. When waffle iron is ready, pour waffle batter until full (every waffle iron differs so you will be able to make more or fewer waffles). Cook until steam stops coming out of the side of the waffle iron. Ignore the iron alarm that your waffle is cooked. Carefully remove the waffle from the iron.
4. Serve with maple syrup immediately.



CHICKPEA OMELETTE

1 Servings

PREPARATION: 5 MIN

COOKING: 5 MIN

READY IN: 10 MIN

Ingredients

- 3 large heaping Tbsp chickpea flour (it should be superfine)
- ½ tsp (black) salt
- pinch of ground black pepper
- 8 Tbsp water
- 1 small onion
- fresh herbs (dill, spring onions and basil)
- 2 Tbsp oil

Directions

1. In a small bowl, add chickpea flour and season with salt and pepper. Whisk and add water until you get a smooth batter. Add green onions and herbs. Mix everything together.
2. In a frying pan over low-medium heat. Add some oil and pour omelet batter in it. Spread equally with a spoon. Cook for 2-3 minutes each side or until golden brown.
3. When cooked, serve onto bread or eat as it is.

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	446
% Daily Value*	
Total Fat 30.4g	39%
Saturated Fat 3.8g	19%
Cholesterol 0mg	0%
Sodium 1198mg	52%
Total Carbohydrate 33g	12%
Dietary Fiber 6.6g	24%
Total Sugars 7.9g	
Protein 11.3g	
Vitamin D 0mcg	0%
Calcium 63mg	5%
Iron 3mg	15%
Potassium 522mg	11%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



QUINOA & FRESH FRUITS BOWL

1 Servings

PREPARATION: 10 MIN

READY IN: 20 MIN

Ingredients

- 1/2 cup cooked black quinoa
- 3 Strawberries, Sliced
- 3 Raspberries whole
- 6 Blueberries
- 1/2 kiwi, cubed
- 4 blackberries whole
- 1 small bunch cranberries
- 1/4 cup mango cubed
- 2 tbsp raisins
- 7-8 almonds

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Nutrition Facts

Servings: 1

Amount per serving

Calories 313

% Daily Value*

Total Fat 6.6g 8%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 61.3g 22%

Dietary Fiber 12.3g 44%

Total Sugars 29.1g

Protein 7.7g

Vitamin D 0mcg 0%

Calcium 83mg 6%

Iron 3mg 19%

Potassium 708mg 15%

*The % Daily Value (DV) tells you how much a

nutrient in a food serving contributes to a daily diet.

2,000-calorie a day is used for general nutrition

advice.

Directions

1. In a medium bowl, add cooked black quinoa at the centre. Line fruits around the quinoa. Top with almonds. Enjoy!



FLAXSEED PORIDGE

4 Servings

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 20 MIN

Ingredients

- 1 cup flax seeds, ground
- 2 cups almond milk
- Optional: sweetener of choice, 2-3 dates pitted and diced,
- 1 mashed banana
- 1 tbsp maple syrup
- Almonds for topping(chopped)
- pinch of salt

Directions

1. Blend flax seeds and all other ingredients in a blender to desired consistency.
2. Refrigerate for 60 minutes so that it comes to a pudding-like consistency. It prefers to refrigerate overnight.
3. Top with chopped almonds. Enjoy!

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	259
% Daily Value*	
Total Fat 12.3g	16%
Saturated Fat 1.4g	7%
Cholesterol 0mg	0%
Sodium 79mg	3%
Total Carbohydrate 27.7g	10%
Dietary Fiber 9.4g	34%
Total Sugars 14.1g	
Protein 7.1g	
Vitamin D 50mcg	250%
Calcium 27mg	2%
Iron 8mg	46%
Potassium 415mg	9%

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ORANGE MARMALADE TOAST

1 serving

PREPARATION: 45 MIN
COOKING: 1 HOUR
READY IN: 1 DAY 1 HR 45 MIN

Ingredients

- 1/4 cup orange marmalade
- 2 slices whole wheat bread

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	335
% Daily Value*	
Total Fat 1.9g	2%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 309mg	13%
Total Carbohydrate 76.2g	28%
Dietary Fiber 4.4g	16%
Total Sugars 51.1g	
Protein 7.5g	
Vitamin D 0mcg	0%
Calcium 90mg	7%
Iron 1mg	8%
Potassium 168mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Toast the 2 slices of bread. Divide the marmalade onto 2 slices. Enjoy!



VEGAN GINGERBREAD SCONES

8 Servings

PREPARATION: 15 MIN

COOKING: 16 MIN

READY IN: 31 MIN

Ingredients

- 1 flax egg
- 2 cups wholewheat pastry flour
- ⅓ cup coconut sugar
- 1 Tbsp baking powder
- 1 tsp ginger
- ½ tsp cinnamon
- ¼ tsp cloves
- ¼ tsp sea salt
- ½ cup + 2 Tbsp unsweetened almond milk
- ⅓ cup molasses
- 5 Tbsp coconut oil (in hardened form) or vegan butter

Glaze

- ½ vanilla bean
- ¾ cup powdered sugar
- 1 Tbsp unsweetened almond milk (or until you reach your desired consistency)

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Nutrition Facts

Servings: 8

Amount per serving

Calories **280**

% Daily Value*

Total Fat 10.2g **13%**

Saturated Fat 7.5g **37%**

Cholesterol 0mg **0%**

Sodium 78mg **3%**

Total Carbohydrate 45.3g **16%**

Dietary Fiber 3.3g **12%**

Total Sugars 22.4g

Protein 3.1g

Vitamin D 0mcg **0%**

Calcium 139mg **11%**

Iron 2mg **9%**

Potassium 421mg **9%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Preheat your oven to 400 F/204 C degrees. Make flaxseed egg by adding flaxseed and some milk in a small bowl. Let it sit for 5 minutes.
2. Combine all dry ingredients in a large bowl.
3. Add almond milk and molasses to the flaxseed egg mixture. Whisk together to combine to make a fluffy mixture.
4. Add hardened coconut oil to the dry ingredients and mix to make crumbs like texture.
5. Add wet ingredients to dry ingredients slowly. Carefully mix with the help of a spatula. Do not over mix. A few little lumps are ok.
6. Make small scones with batter and place them on baking tray lined with baking paper.
7. Place in oven. Bake for 14-20 minutes or until golden brown and cooked through. Let cool for 10 minutes.
8. To make the glaze, add all ingredients to a bowl and whisk to combine. Drizzle on top of your scones. Keep scones fully covered for freshness. Enjoy



PEANUT BUTTER TOAST

2 Servings

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PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 2 Thick slices of bread
- 2 tbsp peanut butter
- 2 tbsp maple syrup (optional)

Directions

1. Toast the 2 slices of bread. Divide the peanut butter onto 2 slices. Top with maple syrup. Enjoy!

Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	264
% Daily Value*	
Total Fat 16.4g	21%
Saturated Fat 3.5g	17%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 24.3g	9%
Dietary Fiber 2.1g	8%
Total Sugars 15.3g	
Protein 8.7g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 4mg	20%
Potassium 257mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.



CHICKPEA HUMMUS TOAST

2 Servings

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PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 2 Thick slices of bread
- 1/2 cup chickpea hummus
- 1/2 avocado, sliced
- Sesame seeds for topping

Directions

1. Toast the 2 slices of bread. Divide the chickpea hummus onto 2 slices. Top with sliced avocado and sesame seeds. Enjoy!

Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	171
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2.2g	11%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 12.1g	4%
Dietary Fiber 4.5g	16%
Total Sugars 0.6g	
Protein 3.3g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 260mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SWEET POTATO HASH WITH VEGETABLES

2 Servings

PREPARATION: 25 MIN

COOKING: 25 MIN

READY IN: 50 MIN

Ingredients

For Sweet Potato

- 1/2 tablespoon virgin coconut oil or olive oil
- 1 clove garlic, minced
- 1/2 medium yellow onion, diced
- 2 cups peeled and cubed sweet potatoes
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon sea salt or to taste
- 3 tbs chopped fresh cilantro

For veggies

- 3 tbs diced grape tomatoes
- 3 tbs finely diced white onion
- 3 tbs chopped green capsicum
- 3 tbs chopped fresh cilantro
- sea salt to taste

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Nutrition Facts

Servings: 2

Amount per serving

Calories 145

	% Daily Value*
Total Fat 3.8g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 27.1g	10%
Dietary Fiber 3.8g	13%
Total Sugars 3.6g	
Protein 2.2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	4%
Potassium 204mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Directions

1. In a medium skillet, heat coconut oil over low-medium heat. Add in the garlic, yellow onion, sweet potatoes, paprika, cumin, turmeric, and sea salt. Let it cook for 20 minutes. Stir 1-2 times only, so that the potatoes get a chance to be caramelized.
2. Meanwhile, prepare veggies by mixing them in a small bowl and season with salt.
3. Serve the cooked sweet potatoes topped with veggies.



VEGAN BREAKFAST CASSEROLE

6 Servings

PREPARATION: 15 MIN

COOKING: 30 MIN

READY IN: 1 HOUR

Ingredients

- 5 medium potatoes
- 1 medium onion, chopped
- salt, to taste
- black pepper, to taste
- 1 teaspoon paprika powder
- 10 oz silken tofu
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon paprika powder
- 1 pinch black salt
- 1 teaspoon turmeric
- 1 tablespoon corn starch
- 1 tablespoon fresh or frozen chives, cut into rings
- 1/2 cup vegan cheese
- 5 oz tempeh
- 1 tablespoon BBQ-sauce
- 1 teaspoon paprika powder
- 1 teaspoon soy sauce
- more vegan cheese to sprinkle on top
- fresh chives
- cherry tomatoes
- green onions

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Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	303
	% Daily Value*
Total Fat 13.8g	18%
Saturated Fat 5.2g	26%
Cholesterol 20mg	7%
Sodium 224mg	10%
Total Carbohydrate 31.3g	11%
Dietary Fiber 4g	14%
Total Sugars 3.3g	
Protein 15.8g	
Vitamin D 2mcg	11%
Calcium 204mg	16%
Iron 3mg	15%
Potassium 898mg	19%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Boil the potatoes until they become tender. Peel and cut into cubes.
2. In a large pan, heat some oil over low-medium heat. Saute half of the chopped onions for 2 minutes or until translucent. Add potato cubes and seasoned with paprika powder, salt, and pepper. Cook until crispy and set aside.
3. In the same pan, add some more oil and saute remaining onions in it. Add the tempeh and stir in BBQ sauce, paprika powder and soy sauce. Season with salt and pepper and cook for 5 minutes.
4. In a medium bowl, combine the silken tofu, the oil, the starch, the turmeric, the paprika powder, and the black salt. Whisk until smooth. Stir in the vegan cheese and the chives.
5. Fill the potatoes and the BBQ tempeh into a casserole dish and stir in the vegan egg-cheese mixture. Sprinkle with some more vegan cheese and cherry tomatoes. Bake for 15-20 minutes at 350 °F.
6. Serve with fresh chives, parsley, and cherry tomatoes.



VEGAN CARROT BURGERS

6 Servings

PREPARATION: 20 MIN

COOKING: 40 MIN

READY IN: 1 HOUR

Ingredients

- 1 cup dry peas
- 3 medium carrots
- 1 medium onion
- 1/2 tablespoon olive oil
- 1/3 cup sunflower seeds
- 3 tablespoons ground flaxseed
- 3 and 3 tablespoons buckwheat flour
divided
- 3 1/2 cups millet
- A few sprigs of carrot leaves
- 1 tablespoon soy sauce
- 1/2 teaspoon chili
- 1 teaspoon cumin
- Ground black pepper

Directions

1. Separately cook peas and millet until soft. Peel and cut carrots in cubes. Boil them until they are soft enough to insert a knife. Drain and rinse them with cold water. Set aside all the ingredients to cool.
2. Chop the onions and saute it until golden brown. Set aside and in the same frying pan toast sunflower seeds.
3. Blend all ingredients peas, millet, carrots, flaxseed, a tablespoon of flour, soy sauce, and spices. Let it thicken for some time. Now add chopped carrot leaves, sunflower seeds, and onions and mix thoroughly. It should be moist and sticky.
4. Preheat oven at 375°F/190°C. Make burger patties and lightly coat them with buckwheat flour. Transfer them to a baking tray lined with butter paper and bake for 25 minutes. Change the sides of the burgers and again bake for 15-20 more minutes. Serve hot.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	452
	% Daily Value*
Total Fat 9.3g	12%
Saturated Fat 1.3g	7%
Cholesterol 0mg	0%
Sodium 271mg	12%
Total Carbohydrate 77.9g	28%
Dietary Fiber 12.9g	46%
Total Sugars 6g	
Protein 14.4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 6mg	31%
Potassium 560mg	12%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CAULIFLOWER LENTIL CURRY

4 Servings

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

Ingredients

- 1 tablespoon coconut oil
- 1 small yellow onion, chopped
- 1 jalapeno, chopped
- 3-4 cloves garlic, minced
- 1 tbsp fresh ginger, peeled and minced
- 1 tablespoon curry powder
- 1 teaspoon cumin
- 1 14.5 oz can diced tomatoes
- 1 cup dried red lentils, rinsed
- 1 small head cauliflower, torn into small pieces
- 3 cups vegetable stock
- 1/2 cup coconut milk
- salt and pepper, to taste
- 2 cups cooked rice
- Fresh cilantro

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	322
	% Daily Value*
Total Fat 12.4g	16%
Saturated Fat 9.6g	48%
Cholesterol 0mg	0%
Sodium 74mg	3%
Total Carbohydrate 43g	16%
Dietary Fiber 9.8g	35%
Total Sugars 7.6g	
Protein 14.8g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 6mg	31%
Potassium 923mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Directions

1. In a large pot heat coconut oil over low-medium heat. Saute onions and jalapenos for 6 minutes or until soft and fragrant. Add garlic and ginger and saute for 2 more minutes. Stir in curry powder and cumin.
2. Add tomatoes, lentils, vegetable broth, and cauliflower to the pot and bring to a boil. Slow down the heat and simmer for 20 minutes, half covered. Cook until cauliflower and lentils are soft.
3. Add coconut milk and season with salt and pepper. Cook for 2 more minutes. Garnish with fresh cilantro leaves.
4. Serve with cooked rice.



GRILLED VEGETABLE KEBABS

4 Servings

PREPARATION: 30 MIN

COOKING: 10 MIN

READY IN: 40 MIN

Ingredients

- 3½ tbsp olive oil
- 2 garlic cloves, crushed
- 1 tsp chili flakes
- 3 rosemary sprigs, finely chopped
- 4 mushrooms(of your choice), each cut into quarters
- 4 Cherry tomatoes, halves
- 2 large zucchini , sliced
- 2 large red onions, each cut into 8 wedges
(leave the root on)
- 2 yellow peppers, cut into wedges

Directions

1. Mix 3 tbsp oil with the crushed garlic, chili flakes, and rosemary. Thread alternate pieces of mushroom, cherry tomatoes, zucchini, and red onion onto each skewer – you can get two pieces of everything on each. Brush the kebabs with the flavored olive oil and season with salt and black pepper, then set aside. The kebabs can be made the day before and kept in the fridge.
2. Heat the grill to its highest setting. Grill the skewers for 4-5 mins on each side or until cooked through. Pile onto a platter and serve.

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Nutrition Facts

Servings: 4

Amount per serving

Calories 222

% Daily Value*

Total Fat 13.5g 17%

Saturated Fat 2.1g 10%

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 25.8g 9%

Dietary Fiber 7g 25%

Total Sugars 9.5g

Protein 5.6g

Vitamin D 65mcg 324%

Calcium 98mg 8%

Iron 3mg 15%

Potassium 1108mg 24%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



BAKED EGGPLANT

4 Servings

PREPARATION: 20 MIN

COOKING: 50 MIN

READY IN: 1 HOUR 10 MIN

Ingredients

- 8 small eggplant , about 12cm long
- 2 tbsp olive oil
- 1 onion large, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp ground cumin
- ½ tsp dried chili flakes
- tomatoes 400g and chopped
- cilantro leaves for garnish

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	147
	% Daily Value*
Total Fat 7.7g	10%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 12mg	1%
Total Carbohydrate 19.9g	7%
Dietary Fiber 9.2g	33%
Total Sugars 10.3g	
Protein 3.4g	
Vitamin D 0mcg	0%
Calcium 44mg	3%
Iron 1mg	7%
Potassium 765mg	16%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Heat the oven to 180C/fan 160C/gas 4.
2. Make small holes all over the aubergines using a skewer. Put the whole aubergines on a baking tray and cook at the same temperature for about 30 minutes, or until completely soft.
3. While the aubergines are roasting, heat 2 tbsp oil in a large frying pan. Saute onions for 7-8 minutes until soft and lightly golden. Uncover, stir in the garlic, cumin and dried chili and cook for another minute.
4. Once the aubergines are cooked, cut them in half lengthwise.
5. Top the aubergine with fried onion and tomato mixture. Again bake for 10 minutes.
6. Sprinkle cilantro leaves. Serve hot.



PEARLY BARLEY MUSHROOM & PEAS

4 Servings

PREPARATION: 5 MIN

COOKING: 25 MIN

READY IN: 30 MIN

Ingredients

- 2 onions, sliced
- 2 tbsp olive oil
- 3/4 lb cremini mushrooms, sliced
- 1/2 cup sweet peas, canned
- 2 small carrots, julienne cut
- 1 1/2 cup pearly barley
- 3 cups vegetable broth
- salt and pepper to taste

Directions

1. Cook sliced onions in olive oil over low-medium heat until golden brown. Add carrots, peas and mushrooms. Season with salt and pepper and cook until mushrooms and vegetables become tender.
2. Cook quick-cooking barley in vegetable broth as the label directs, then toss with the mushrooms and vegetables. Add more salt and pepper if needed. Serve hot.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	278
	% Daily Value*
Total Fat 8.6g	11%
Saturated Fat 1.4g	7%
Cholesterol 0mg	0%
Sodium 601mg	26%
Total Carbohydrate 40.7g	15%
Dietary Fiber 8.5g	30%
Total Sugars 6.8g	
Protein 10.9g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 2mg	11%
Potassium 835mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



TOMATO BASIL SOUP

2 Servings

PREPARATION: 5 MIN

COOKING: 10 MIN

READY IN: 15 MIN

Ingredients

- 1/2 teaspoon olive oil
- 1/2 medium onion chopped
- 1.5 large cloves of garlic chopped very finely
- 3.5 cups / 700 g of chopped fresh tomatoes
- 1/2 handful of basil leaves and stalks are fine
- 1 teaspoons salt adjust to taste
- 1/2 teaspoon pepper adjust to taste

Directions

1. Heat oil in a medium pan over low-medium heat. Saute onion and garlic until golden brown. Add the chopped tomatoes. Cook over low-medium heat until tomatoes are soft and broken. Stirring occasionally.
2. Remove from the heat and add basil and salt and pepper then blend in a blender until smooth.
3. Top with freshly chopped basil leaves. Serve hot with grilled bread slices.

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	88
% Daily Value*	
Total Fat 1.2g	2%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 18.3g	7%
Dietary Fiber 6.1g	22%
Total Sugars 11.4g	
Protein 3.5g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	5%
Potassium 63mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



HEALTHY VEGAN LUNCH BOWL

1 Servings

PREPARATION: 20 MIN

COOKING: 10 MIN

READY IN: 30 MIN

Ingredients

- 1/2 cup cooked quinoa
- 3-4 cherry tomatoes
- 1/2 avocado, sliced
- 1 cucumber, sliced
- 1 small red pepper, sliced
- 3 tbsp chickpea hummus
- 1 cup salad greens
- Fresh cilantro leaves for garnish
- Black seeds to sprinkle

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Nutrition Facts

Servings: 1

Amount per serving

Calories 500

% Daily Value*

Total Fat 28.6g 37%

Saturated Fat 5g 25%

Cholesterol 0mg 0%

Sodium 189mg 8%

Total Carbohydrate 60g 22%

Dietary Fiber 16.8g 60%

Total Sugars 22.6g

Protein 12.9g

Vitamin D 0mcg 0%

Calcium 141mg 11%

Iron 5mg 25%

Potassium 2109mg 45%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Prepare all vegetables by cutting and slicing them.
2. For quinoa, cook it in simple water with salt.
3. In a bowl add cooked quinoa and salad greens at the base. Then add all the vegetables. Top with chickpea hummus and fresh cilantro leaves.
4. Sprinkle some black seeds. Enjoy!



EGG PLANT PASTA

3 Servings

PREPARATION: 10 MIN

COOKING: 25 MIN

READY IN: 35 MIN

Ingredients

- 1 small egg plant, cut into 3cm cubes
- 2 tsp extra-virgin olive oil
- 1/2 onion finely chopped
- 1 garlic large clove, crushed
- dried chili flakes a pinch
- plum tomatoes 400g tin
- gluten-free penne 150g
- basil a handful of leaves
- salt and pepper to taste
- Your favourite vegan cheese for topping(optional)

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Nutrition Facts	
Servings: 3	
Amount per serving	
Calories	151
% Daily Value*	
Total Fat 5.5g	7%
Saturated Fat 1.4g	7%
Cholesterol 8mg	2%
Sodium 540mg	23%
Total Carbohydrate 20.1g	7%
Dietary Fiber 4g	14%
Total Sugars 5.6g	
Protein 5.7g	
Vitamin D 0mcg	0%
Calcium 127mg	10%
Iron 1mg	7%
Potassium 115mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Directions

1. Toss the eggplant cubes with olive oil in a large bowl. Heat a medium frying pan and fry eggplant in it. Cook for 5 minutes or until the eggplant is charred. Set aside.
2. Slow down the heat, Fry onion with a splash of water in it. Cook until translucent. Add the garlic and chili, and cook for 2 minutes, then tip in the tomatoes and ½ a tin of water. Season well and use a masher to break up the large tomato pieces. Tip the eggplant back in and simmer gently for 20-30 minutes or until thickened and the aubergine is soft.
3. Cook pasta according to packet instructions. Reserve some pasta water for later use. Add cooked pasta to the sauce and toss. Season with salt and pepper. Add pasta water if the sauce is too thick.
4. Top with your favorite vegan cheese and basil leaves. Serve hot.



BAKED GARLIC POTATOES

8 Servings

PREPARATION: 10 MIN

COOKING: 1 HOUR

READY IN: 1 HOUR 10 MIN

Ingredients

- 3 pounds small red or white potatoes
- 1/4 cup good olive oil
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons minced garlic (6 cloves)
- 2 tablespoons minced fresh parsley

For sauce

- 2 tablespoons vegan butter
- 2 tablespoons all-purpose flour
- 1/8 teaspoon salt
- Dash white pepper
- 1 cup almond milk

Directions

1. Preheat the oven to 400 F/207 C.
2. Cut the potatoes into wedges and place in a bowl with the olive oil, salt, pepper, and garlic. Toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer.
3. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning. Remove the potatoes from the oven, toss with parsley, season to taste.

For Sauce

In a small saucepan, melt butter over medium heat. Whisk in the flour, salt, and pepper until smooth. Gradually whisk in the milk. Bring to a boil. Cook and stir for 2 minutes or until thickened. Serve with hot potatoes.

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Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	236
% Daily Value*	
Total Fat 10.4g	13%
Saturated Fat 6.9g	34%
Cholesterol 0mg	0%
Sodium 497mg	22%
Total Carbohydrate 33.4g	12%
Dietary Fiber 5.1g	18%
Total Sugars 3.5g	
Protein 4.5g	
Vitamin D 0mcg	0%
Calcium 33mg	3%
Iron 2mg	10%
Potassium 790mg	17%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SESAME FRIED TOFU

2 Servings

PREPARATION: 30 MIN

COOKING: 15 MIN

READY IN: 45 MIN

Ingredients

- 14 ounces extra firm tofu
- 2 tablespoons cornstarch
- 1 tablespoon sesame oil
- green onions to sprinkle

For the sauce

- 1/4 cup low-sodium soy sauce
- 2 tablespoons water
- 2 teaspoons maple syrup
- 1 1/2 teaspoons chili garlic sauce (if you like it less spicy, stick with 1 teaspoon)
- 1/2 teaspoon rice wine vinegar
- 2 teaspoons cornstarch

Directions

1. Drain excess water in tofu by putting some weight over it. Not so heavy but weigh enough to drain all liquid from it. Cut it in cubes and put it in a large bowl.
2. Add cornstarch and gently toss to coat the tofu.
3. Heat sesame oil in a medium skillet over medium-high heat. Add the tofu and let it golden brown on all sides.
4. Meanwhile, prepare the sauce by whisking together the sauce ingredients. When tofu becomes golden crispy, add sauce and let it thicken and coat the tofu. Add sesame seeds.
5. Remove from heat. Sprinkle green onions. Serve immediately and Enjoy!

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Nutrition Facts

Servings: 2

Amount per serving

Calories 288

% Daily Value*

Total Fat 15.1g **19%**

Saturated Fat 2.7g **13%**

Cholesterol 0mg **0%**

Sodium 1786mg **78%**

Total Carbohydrate 24.4g **9%**

Dietary Fiber 1.9g **7%**

Total Sugars 7.2g

Protein 18.3g

Vitamin D 0mcg **0%**

Calcium 404mg **31%**

Iron 3mg **19%**

Potassium 308mg **7%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



GRILLED VEGETABLES

2 Servings

PREPARATION: 30 MIN

COOKING: 10 MIN

READY IN: 40 MIN

Ingredients

- 1 eggplant, sliced
- 1 zucchini, sliced
- 1 yellow pepper, de seeded and cut lengthwise
- 1 red pepper, de seeded and cut lengthwise
- 2 tablespoons extra virgin olive oil
- 1 tsp kosher salt
- 1 tsp freshly ground black pepper
- basil leaves for garnish

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Nutrition Facts

Servings: 2

Amount per serving

Calories 180

% Daily Value*

Total Fat 14.5g 19%

Saturated Fat 2.1g 10%

Cholesterol 0mg 0%

Sodium 1177mg 51%

Total Carbohydrate 13.2g 5%

Dietary Fiber 5.5g 20%

Total Sugars 5.9g

Protein 3g

Vitamin D 0mcg 0%

Calcium 32mg 2%

Iron 1mg 6%

Potassium 572mg 12%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Prepare the grill with clean grates and preheat to medium heat, 350°F to 450°F.
2. Drizzle the vegetables with olive oil and sprinkle evenly with salt and pepper.
3. Grill the vegetables with the lid closed until tender and lightly charred all over, about 8 to 10 minutes.
4. Serve warm or at room temperature.



BROCCOLI SOUP WITH CROUTONS

2 Servings

PREPARATION: 10 MIN

COOKING: 15 MIN

READY IN: 25 MIN

Ingredients

Broccoli Soup

- 4 cups water
- 1 head broccoli
- 1/4 cup full-fat canned coconut milk + more for swirls
- 1 small bunch parsley
- 1/2 teaspoon salt + more to taste

For Garlic Croutons

- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 1/2 cups bread cubes

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Nutrition Facts

Servings: 2

Amount per serving

Calories **201**

% Daily Value*

Total Fat 10.9g **14%**

Saturated Fat 6.9g **35%**

Cholesterol 0mg **0%**

Sodium 811mg **35%**

Total Carbohydrate 22.9g **8%**

Dietary Fiber 4.7g **17%**

Total Sugars 3.9g

Protein 6.1g

Vitamin D 0mcg **0%**

Calcium 129mg **10%**

Iron 4mg **22%**

Potassium 559mg **12%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Add water to a large pot and bring it to boil. Wash and chop the broccoli in florets and add to boiling water. Cook for about 8 minutes.
2. Cool and transfer the soft boiled broccoli to a blender. Add Broccoli water, coconut milk, salt, and parsley to the blender and blend until smooth. Add more salt if needed.
3. To prepare Garlic croutons, heat a small pan over low to medium heat and add olive oil, salt, garlic powder, and bread cubes in it. Fry until golden brown.
4. Reheat the soup in the pot. Transfer to bowls and top with coconut milk swirls and croutons. Serve hot.



VEGETABLE CHICKPEA & MUSHROOM SPAGHETTI

4 Servings

PREPARATION: 5 MIN

COOKING: 10 MIN

READY IN: 15 MIN

Ingredients

- ½ package of whole wheat spaghetti
- ½ cup canned chickpeas (garbanzo beans)
- 250 g fresh mushrooms, sliced
- 16 fresh cherries tomatoes
- 1 cup Broccoli florets
- 2 small size onions, chopped
- 3 cloves of garlic, peeled and minced
- fresh ginger, peeled and finely chopped
- 1 tablespoon extra-virgin olive oil
- fresh basil for garnish
- sea salt and pepper to taste

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	201
	% Daily Value*
Total Fat 5.5g	7%
Saturated Fat 0.7g	4%
Cholesterol 0mg	0%
Sodium 27mg	1%
Total Carbohydrate 31.3g	11%
Dietary Fiber 8.1g	29%
Total Sugars 7.3g	
Protein 9.8g	
Vitamin D 225mcg	1125%
Calcium 53mg	4%
Iron 4mg	24%
Potassium 718mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Cook the whole wheat spaghetti according to the package instructions.
2. Prepare the sauce by blending the half of cherry tomatoes, little ginger, 1 onion and 3 garlic cloves in a food processor.
3. In a medium saucepan, heat olive oil and saute remaining onion until lightly golden.
4. Add mushrooms, cherry tomatoes, chickpeas, broccoli, and sauce. Cook for 10 minutes and season with salt and pepper.
5. Add cooked spaghetti and mix everything together.
6. Dish out and garnish with basil leaves. Serve hot.



QUINOA AND OAT CUTLETS

4 Servings

PREPARATION: 15 MIN

COOKING: 20 MIN

READY IN: 35 MIN

Ingredients

- 1 cup dry quinoa
- 2 cups water
- salt to taste

For Cutlets

- 1 cup roasted oats
- 4 tablespoon carrot
- 1 cup boiled potato
- 1 teaspoon ginger paste
- refined oil as required
- salt and pepper as required
- 1/2 teaspoon garam masala powder
- 1 teaspoon crushed to paste green chilli

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	279
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 50.5g	18%
Dietary Fiber 6.5g	23%
Total Sugars 0.6g	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 45mg	3%
Iron 4mg	21%
Potassium 490mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a medium pot add water, quinoa and salt to taste. Heat over low to medium heat and cook until quinoa absorbs all the water.
2. Grate the carrots. Boil, peel and mash the potatoes.
3. In a large bowl, mix together the oats, mashed potatoes, ginger paste, green chili paste, carrot, salt, pepper, and garam masala powder.
4. Shape the mixture into medium-sized cutlets using your hands. Flatten them with your palm.
5. Fry the cutlets in a non-stick frying pan using a very little amount of oil. Serve with cooked black quinoa and tomato wedges.



PESTO PASTA

2 Servings

PREPARATION: 10 MIN

COOKING: 15 MIN

READY IN: 25 MIN

Ingredients

- 2 cups penne pasta
- 1 small zucchini
- 1/4 cup canned peas

For Pesto

- 2 cups organic fresh basil leaves
- 1/4 cup organic extra-virgin olive oil
- 1/3 cup organic pine nuts
- 1/4 cup nutritional yeast
- 1 2 clove organic garlic
- 1/2 teaspoon Himalayan pink salt
- 1/4 teaspoon organic ground black pepper

Directions

1. Cut the zucchini in half and then slice it.
2. Cook pasta according to packet instructions.
3. Prepare pesto sauce by blending all pesto sauce ingredients in a food processor.
4. Heat 1sp of oil in a non-stick frying pan over low-medium heat. Add zucchini and cook 8-10 minutes or until tender. Add peas, pesto sauce, and cooked pasta and toss everything together.
5. Cook until heated through. Serve hot.

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	684
	% Daily Value*
Total Fat 44.2g	57%
Saturated Fat 4.9g	24%
Cholesterol 0mg	0%
Sodium 141mg	6%
Total Carbohydrate 56.5g	21%
Dietary Fiber 12g	43%
Total Sugars 5g	
Protein 25g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 9mg	52%
Potassium 900mg	19%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



VEGETABLE STEAMED RICE

2 Servings

PREPARATION: 20 MIN

COOKING: 10 MIN

READY IN: 30 MIN

Ingredients

- 1 cup rice (soaked in water for 20 minutes to a maximum of 1 hour, No more than that)
- 1 1/2 cup water
- 1 cup frozen vegetable (carrot and peas)
- 1/4 teaspoon salt or to taste
- 1 tablespoon olive oil
- 1 bay leaf (optional)

Directions

1. Start with thoroughly washing the rice. Soak them at least 20 minutes to get fluffy rice.
2. In a medium non-stick pan, add frozen vegetables, olive oil, soaked rice, water, and salt.
3. Stir and bring it to boil. Slow down the heat and cover the pan.
4. Cook for about 10 minutes or until rice and vegetables soak all the water. Serve warm.

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	304
	% Daily Value*
Total Fat 7.6g	10%
Saturated Fat 1.1g	6%
Cholesterol 0mg	0%
Sodium 331mg	14%
Total Carbohydrate 52.6g	19%
Dietary Fiber 4.9g	17%
Total Sugars 2.9g	
Protein 6.2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	18%
Potassium 218mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BAKED MUSHROOMS WITH SOY SAUCE

4 Servings

PREPARATION: 10 MIN
COOKING: 30 MIN
READY IN: 40 MIN

Ingredients

- 2 pounds (900g) button mushrooms, washed, trimmed, and sliced
- 1/4 cup (60ml) extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 3 tbsp soy sauce
- 8 to 12 sprigs thyme or rosemary
- 2 tablespoons chopped parsley, chives, tarragon, or other fresh herbs
- Green onions to sprinkle

Directions

1. Preheat the oven at 375°F (190°C). Line a baking tray with aluminum foil. In bowl toss mushrooms, olive oil, soy sauce, salt, and black pepper. Spread fresh herbs and toss again.
2. Transfer the mushrooms to the baking tray and bake for about 15 minutes.
3. After 15 minutes, drain all liquid into a separate bowl (save it, its a great vegan seasoning sauce). Then again bake until golden and crisp. Top with green onions and serve immediately.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	188
	% Daily Value*
Total Fat 13.9g	18%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 696mg	30%
Total Carbohydrate 14.2g	5%
Dietary Fiber 5.7g	20%
Total Sugars 4.3g	
Protein 8.7g	
Vitamin D 810mcg	4050%
Calcium 170mg	13%
Iron 17mg	97%
Potassium 832mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



ROASTED GARLIC BROCCOLI & QUINOA

4 Servings

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

Ingredients

- 2 medium heads broccoli
- 1 tbsp olive oil
- 4 garlic cloves, finely chopped
- 1/2 tsp sea or kosher salt
- 1/2 tsp cracked black pepper
- 1/2 cup quinoa, white, red, or tri-color
- 1 cup water or vegetable broth

Directions

1. Wash and trim the broccoli. Cut the broccoli florets into bite-size pieces. Spread the broccoli into the prepared baking sheet and drizzle olive oil. Add chopped garlic and season with salt and pepper. Toss everything together and bake for 20 minutes at 450 F/180 C.
2. Wash the quinoa through a fine mesh and combine it with water in a medium pot. Heat over medium-high heat and bring it to boil. Then reduce the heat and let it simmer by covering the pot for 15 minutes or until quinoa absorbs all the water.
3. Combine the roasted broccoli and cooked quinoa in a large mixing bowl. Serve hot.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	88
	% Daily Value*
Total Fat 4.2g	5%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 293mg	13%
Total Carbohydrate 8.4g	3%
Dietary Fiber 1.9g	7%
Total Sugars 0g	
Protein 3.1g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 1mg	3%
Potassium 67mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BAKED CHICKPEA FALAFEL

4 Servings (22 falafel)

PREPARATION: 15 MIN

COOKING: 45 MIN

READY IN: 1 HOUR

Ingredients

For Falafel

- 2 (15-ounce) cans chickpeas, drained and rinsed (3 cups)
- 1 ½ cups cooked brown rice
- 1 small onion, cut into 1-inch pieces (1 cup)
- 3 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- ¼ cup nutritional yeast
- ¼ cup lime juice
- ¼ cup finely chopped fresh parsley
- Sea salt and freshly ground black pepper

For Coating

- ½ cup whole grain bread crumbs
- 2 teaspoons Italian seasoning

Directions

1. Preheat oven to 425 F/220 C. Line a baking sheet with parchment paper. Mix together coating ingredients in a small bowl and set aside.
2. Add all falafel ingredients in a food processor and pulse to a pliable mixture.
3. Taking 2 tablespoons of the mixture, make oblong falafels and press with your palm. Roll them in coating and transfer to the baking tray.
4. Bake for 20 minutes, then flip nuggets and bake for 20 more minutes.
5. Serve hot with ketchup, BBQ sauce, and/or hot sauce for dipping.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	376
	% Daily Value*
Total Fat 6.3g	8%
Saturated Fat 0.8g	4%
Cholesterol 2mg	1%
Sodium 107mg	5%
Total Carbohydrate 64.2g	23%
Dietary Fiber 14.9g	53%
Total Sugars 9.3g	
Protein 18.6g	
Vitamin D 0mcg	0%
Calcium 118mg	9%
Iron 7mg	40%
Potassium 865mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CRISPY BUFFALO CAULIFLOWER BITES

5 Servings

PREPARATION: 10 MIN

COOKING: 25MIN

READY IN: 35 MIN

Ingredients

- ⅔ cup brown rice flour
- 2 tablespoons almond flour
- 1 tablespoon tomato paste
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons smoked paprika
- 1 teaspoon dried parsley
- 1 head cauliflower, cut into 2-inch florets
- ⅓ cup hot sauce or barbecue sauce

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Nutrition Facts	
Servings: 5	
Amount per serving	
Calories	113
	% Daily Value*
Total Fat 1.7g	2%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 429mg	19%
Total Carbohydrate 22.2g	8%
Dietary Fiber 3.1g	11%
Total Sugars 2.8g	
Protein 3.6g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 319mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Preheat oven to 450°F/220 C. Line 2 baking sheets with parchment paper. blend the brown rice flour, almond flour, tomato paste, garlic powder, onion powder, paprika, parsley, and ⅓ cup of water in a blender. Blend until the batter is smooth and thick.
2. Toss the cauliflower florets in the batter until completely covered with sauce. Spread the cauliflower in prepared baking trays in single layer. Bake 20-25 minutes or until golden and crisp.
3. Remove from the heat and let stand for 3 minutes to crisp up a bit more. Transfer to a bowl and drizzle with the sauce. Serve immediately.

Dinner Recipes



FRIED TOFU SALAD

2 Servings

PREPARATION: 10 MIN

COOKING: 15 MIN

READY IN: 25 MIN

Ingredients

For Tofu

- 4 oz firm or extra firm tofu, cut into 1 inch cubes
- 1/4 tbsp soy sauce
- 1/2 tbsp cornstarch
- 1/8 tsp garlic powder
- Ground black pepper, to taste
- 1/2 tbsp olive oil
- Green onion, finely chopped
- Sesame seeds, for garnish

Salad

- 2 Tomatoes, cut into wedges
- 1 large cucumber, sliced
- 1/2 avocado, peeled, cubed
- 1 bunch salad leaves
- 1 tbsp sesame seeds to sprinkle

Directions

1. Add tofu cubes and soy sauce in a medium bowl and gently stir with wooden or rubber spatula. Set aside.
2. In another medium bowl, add cornstarch, garlic powder, and pepper. Stir well with a fork and set aside.
3. Heat oil in a medium no-stick frying pan. It should be sizzling hot to cook tofu right away after adding. Put the tofu in cornstarch bowl and mix to make tofu sticky. Fry in one layer until crisp.
4. In a bowl, layer salad leaves at the bottom. Add tomato wedges, sliced cucumber, and cubed avocado.
5. Top with crispy tofu and sesame seeds. Enjoy

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	213
	% Daily Value*
Total Fat 13.3g	17%
Saturated Fat 2.2g	11%
Cholesterol 0mg	0%
Sodium 212mg	9%
Total Carbohydrate 16.1g	6%
Dietary Fiber 3.9g	14%
Total Sugars 7.3g	
Protein 12.3g	
Vitamin D 0mcg	0%
Calcium 296mg	23%
Iron 3mg	18%
Potassium 731mg	16%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



LENTIL SOUP

4 Servings

PREPARATION: 5 MIN

COOKING: 45 MIN

READY IN: 50 MIN

Ingredients

- 1 large onion, chopped
- 2 1/2 teaspoons minced fresh rosemary leaves
- 1/2 teaspoon fine sea salt (or to taste)
- 1/4 teaspoon cracked black pepper
- 1 1/4 cups (225 g) brown lentils
- 6 cups (1.5 L) water

Directions

1. Heat 1/3 cup water in a large pan over medium-high heat. Add onions and reduce heat. Cook until onions are golden brown. Add rosemary, salt, and pepper, cook for 1 minute. Add lentils and water. Bring to boil and reduce heat. Let it simmer for 20 minutes or until lentil and vegetables are soft.
2. Give the soup some vigorous stirring during the final minutes of cooking (to help break up lentils).
3. Season with salt and pepper if required. Serve hot.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	186
	% Daily Value*
Total Fat 0.7g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 236mg	10%
Total Carbohydrate 31.5g	11%
Dietary Fiber 6.2g	22%
Total Sugars 1.6g	
Protein 12.8g	
Vitamin D 0mcg	0%
Calcium 19mg	1%
Iron 0mg	2%
Potassium 64mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



POTATO PANCAKES

4 Servings

PREPARATION: 25 MIN

COOKING: 25 MIN

READY IN: 50 MIN

Ingredients

- 2 potatoes, grated
- 1 large zucchini, grated
- ½ yellow onion, grated
- ½ cup oat flour
- 1 teaspoon baking powder
- ½ teaspoon freshly ground black pepper

Directions

1. Preheat oven to 425 F/220 C. Cover two sheet pans with parchment paper.
2. Squeeze all the grated vegetables in a kitchen towel or cheesecloth to drain all the excess moisture present in vegetables. Combine the oat flour, baking powder, pepper, and vegetables in a bowl. Thoroughly mix all the ingredients using your hands.
3. Taking ¼ of the mixture on your hand, make pancakes with your hands and press with your palm. Transfer the pancakes to the baking tray and bake for 12 minutes. Flip and bake for another 12 minutes or until golden and crisp on both sides.
4. Serve and top with the condiment of your choice.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	139
	% Daily Value*
Total Fat 1.1g	1%
Saturated Fat 0.3g	1%
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 29.4g	11%
Dietary Fiber 5g	18%
Total Sugars 3.2g	
Protein 4.5g	
Vitamin D 0mcg	0%
Calcium 88mg	7%
Iron 2mg	9%
Potassium 834mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



GRILLED TOFU SKEWERS

2 Servings

PREPARATION: 10 MIN

COOKING: 15 MIN

READY IN: 25 MIN

Ingredients

- 2 cups tofu cubes
- 1 small green pepper, de seeded and cubed
- 2 small white onion, peeled and cubed
- 6 cherry tomatoes, sliced
- 2 tbsp olive oil
- Skewers
- Black pepper
- 1/2 tsp bbq sauce for serving

Directions

1. Alternate the tofu cubes with veggies as well, like onion slices, green pepper, and cherry tomatoes.
2. Baste the skewers with some olive oil and season to taste with salt and pepper.
3. Put the skewers either on a grill or fry on all sides in a griddle pan or a normal pan would do as well.
4. When cooked, serve hot with your favorite sauce.

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	316
% Daily Value*	
Total Fat 20.8g	27%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 31mg	1%
Total Carbohydrate 24.9g	9%
Dietary Fiber 6.9g	25%
Total Sugars 13.6g	
Protein 14.4g	
Vitamin D 0mcg	0%
Calcium 491mg	38%
Iron 8mg	44%
Potassium 1192mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BAKED SWEET POTATO WITH LIME SAUCE

4 Servings

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

Ingredients

- 2 pounds sweet potatoes
- 3-4 tablespoons extra virgin olive oil
- Kosher salt

Lime Sauce

- 1/4 cup finely chopped fresh cilantro (including tender stems)
- 1 teaspoon of lime zest or lemon zest
- 2 tablespoons of fresh lime or lemon juice
- 1/4 cup extra virgin olive oil
- Pinch of salt

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	358
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.6g	8%
Cholesterol 0mg	0%
Sodium 61mg	3%
Total Carbohydrate 63g	23%
Dietary Fiber 9.3g	33%
Total Sugars 1.3g	
Protein 3.5g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 1mg	7%
Potassium 1852mg	39%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Preheat the oven at 450 F/220 C. Peel the sweet potatoes and slice lengthwise, or on a diagonal, into 1/4 inch-thick pieces. Coat the sweet potato slices with olive oil and lightly sprinkle with Kosher salt and freshly chopped cilantro leaves.
2. Prepare cilantro lime sauce. Combine all of the dressing ingredients into a small bowl.
3. Lay the sweet potato pieces down onto the baking tray. Bake between 10-11 minutes for each side or until tender. Serve hot with lime sauce.



CAULIFLOWER SOUP

4-6 Servings

PREPARATION: 15 MIN

COOKING: 25 MIN

READY IN: 40 MIN

Ingredients

- 1 Tbsp Olive Oil
- 1 Onion (Chopped)
- 1 tsp Crushed Garlic
- 1 tsp Dried Thyme
- 1/2 tsp Dried Rosemary
- 1 Large Head Cauliflower (chopped)
- 2 cups (480ml) Vegetable Stock
- 1 14oz (400ml) Can Coconut Milk
- Salt and Pepper (To Taste)

Directions

1. Heat olive oil in a medium pot over low-medium heat. Saute onion, crushed garlic, thyme and rosemary until onions are soft.
2. Add the cauliflower and toss-up with the spices. Then add in the vegetable stock and coconut milk. Bring to the boil. Turn down the heat, cover the pot and simmer until the cauliflower is softened.
3. Blend the mixture in a blender until smooth. Blend by adding small portions to the blender. Season with salt and pepper.
4. Serve with croutons.

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Nutrition Facts

Servings: 5

Amount per serving

Calories **266**

% Daily Value*

Total Fat 22.2g **28%**

Saturated Fat 17.4g **87%**

Cholesterol 0mg **0%**

Sodium 112mg **5%**

Total Carbohydrate 16.7g **6%**

Dietary Fiber 7.1g **25%**

Total Sugars 8.3g

Protein 5.9g

Vitamin D 0mcg **0%**

Calcium 61mg **5%**

Iron 2mg **13%**

Potassium 757mg **16%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



VEGAN BEET BURGERS

6 Servings

PREPARATION: 15 MIN
COOKING: 20 MIN
READY IN: 35 MIN

Ingredients

- 1 tbsp grape seed oil
- 2 cloves of garlic, minced
- 1 large raw beet, peeled and diced into tiny cubes
- 2 raw carrots, shredded (about 1 cup)
- 1 ½ cups black beans (or 1 can, drained and rinsed)
- ¾ cup cooked rice (any kind will do)
- ¾ cup raw walnuts, chopped
- 1 cup fresh parsley or cilantro
- 1 tsp smoked paprika
- 1 ½ tsp cumin powder
- 1 tsp black pepper
- 1 tsp sea salt + more to taste

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Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	374
	% Daily Value*
Total Fat 10.7g	14%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 104mg	5%
Total Carbohydrate 55.6g	20%
Dietary Fiber 10.2g	36%
Total Sugars 3.7g	
Protein 16.9g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 5mg	29%
Potassium 1025mg	22%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. If baking, preheat oven to 350°F.
2. In a skillet add oil and heat over medium heat. Saute garlic in it about 30 seconds. Stir in diced beets and carrots. Reduce heat and cook for 15 minutes, stir in between.
3. Add beans and rice. Then add walnuts, parsley, paprika, cumin, black pepper, and salt. Mix thoroughly and remove from heat. Blend all the mixture in a food processor. Bring back to skillet and season with more salt and pepper to taste. Make tightly packed burger patties and transfer to a prepared baking tray. Bake for 35 minutes, flip in between.
4. Serve with avocado or tahini sauce.



GUACAMOLE STUFFED SWEET POTATOES

2 Servings

PREPARATION: 10 MIN

COOKING: 45 MIN

READY IN: 55 MIN

Ingredients

- 2 medium sweet potatoes
- 1 ripe avocado
- 1 teaspoon of lime juice
- 1/2 teaspoon of garlic powder
- salt and pepper to taste
- 1/8 cup of onion (or more to taste)
- 1/4 cup of tomato (more or less to taste)
- 2 tablespoons of cilantro, chopped
- 1/2 cup arugula leaves
- 1/2 tsp nigella seeds

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	267
	% Daily Value*
Total Fat 19.7g	26%
Saturated Fat 4.1g	21%
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 22.7g	8%
Dietary Fiber 9.4g	33%
Total Sugars 5.2g	
Protein 3.5g	
Vitamin D 0mcg	0%
Calcium 36mg	3%
Iron 1mg	6%
Potassium 586mg	12%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Directions

1. Preheat the oven at 400 F.
2. Poke a few holes in each sweet potato and bake for 40-45 minutes until tender. Set aside and cool.
3. Prepare guacamole. Peel and de seed the avocado. Mash the avocado in a bowl. Add lime juice, garlic powder, salt and pepper, onion, tomato, and cilantro and mix.
4. Cut a slight down the middle of sweet potato and open the potato. Use a fork to mash and fluff up the inside of the potato.
5. Divide the black guacamole evenly among the potatoes and top with the arugula leaves and nigella seeds.
6. ENJOY!



VEGETABLE QUINOA

6 Servings

PREPARATION: 5 MIN

COOKING: 30 MIN

READY IN: 35 MIN

Ingredients

- 1 cup dried quinoa, rinsed
- 1 3/4 cups water or low-sodium vegetable broth
- 1 cup corn
- 2 carrots, peeled and diced
- 3 scallions, thinly sliced (green and white parts)
- 1 cup cauliflower, chopped
- 1/2 cup bell pepper (any color), cored and diced
- 1/2 cup basil, chopped, optional
- 1 tablespoon sesame oil
- 3 tablespoons tamari, coconut aminos or soy sauce
- 2 – 3 teaspoons garlic powder
- salt + pepper to taste
- sriracha hot sauce, red pepper flakes or dash of cayenne pepper, to taste

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Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	169
	% Daily Value*
Total Fat 4.4g	8%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 479mg	21%
Total Carbohydrate 27.9g	10%
Dietary Fiber 4g	14%
Total Sugars 3.1g	
Protein 6.1g	
Vitamin D 0mcg	0%
Calcium 37mg	3%
Iron 2mg	14%
Potassium 408mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a saucepan add rinsed quinoa and water. Heat over medium heat and bring it to boil and simmer for 15 minutes. Now cover and cook for 10 more minutes, so quinoa absorbs all the water. When cooked, fluff and set aside.
2. Heat oil In a wok or large skillet over medium-high, add vegetables and stir fry for 1 minute or so. Add tamari, garlic powder and other seasonings to taste. Cook for another 3 – 4 minutes stirring occasionally, use a lid if needed to help soften the vegetables a bit. Add in quinoa to the veggie mixture, turn heat to high, cook another 3 – 5 minutes stirring constantly adding a drizzle of oil if the mixture seems too dry.



SLOW COOKER BEANS

8-10 Servings

PREPARATION: 20 MIN

COOKING: 8 HOUR

READY IN: 8 HOUR 20 MIN

Ingredients

- 1 pound dried red beans
- 3 ribs celery, chopped
- 1 medium onion, chopped
- 1 large green bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon brown sugar
- Kosher salt
- 4 cups vegetable stock
- 8 cups cooked long-grain white rice, for serving
- Cilantro leaves, chopped

Directions

1. Combine the beans, celery, onions, bell peppers, chili powder, cumin, garlic powder, cayenne, onion powder, paprika, brown sugar and 2 teaspoons salt in a slow cooker,. Add the vegetable stock and 2 cups water and stir to mix.
2. Cook on the high setting until the beans are tender, 6 to 8 hours. Season with salt. Serve with rice, topped with cilantro leaves.

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Nutrition Facts

Servings: 10

Amount per serving

Calories 365

% Daily Value*

Total Fat 1.8g 2%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 365mg 16%

Total Carbohydrate 74.3g 27%

Dietary Fiber 8.2g 29%

Total Sugars 3.3g

Protein 14.2g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 15mg 86%

Potassium 737mg 16%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



STIR FRY MUSHROOM ZUCCHINI

1 Servings

PREPARATION: 5 MIN

COOKING: 20 MIN

READY IN: 25 MIN

Ingredients

- 1.5 tsp dark soy sauce
- 1 tsp dark brown sugar
- 120g chickpeas (drained weight)
- freshly ground black pepper
- 1 handful fresh coriander
- 1 medium zucchini, halved and sliced
- 125g button mushrooms, cleaned and cut in half
- 1 small red chilli, deseeded and finely diced

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	281
	% Daily Value*
Total Fat 2.2g	3%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 3141mg	137%
Total Carbohydrate 55.9g	20%
Dietary Fiber 9.8g	35%
Total Sugars 19.6g	
Protein 13.9g	
Vitamin D 450mcg	2250%
Calcium 84mg	6%
Iron 6mg	35%
Potassium 1227mg	26%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Heat a skillet over medium heat and add a couple of sprays of the rapeseed oil. Add the chickpeas, chili, and zucchini and cook for 10 minutes, stirring occasionally.
2. Stir in mushrooms, soy sauce, brown sugar, and coriander, and cook until tender, stirring occasionally. Season with a little black pepper and serve immediately.



ROASTED BUTTERNUT SQUASH

4-6 Servings

PREPARATION: 5 MIN

COOKING: 40 MIN

READY IN: 45 MIN

Ingredients

- 1 large (4-pound) butternut squash, peeled, seeded, and 1-inch-diced
- 3 tablespoons good olive oil
- 1 tablespoon minced fresh thyme leaves
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper

Directions

1. Preheat the oven to 400 F.
2. Toss the squash with olive oil, thyme, salt, and pepper with your hands. Roast for 30 to 40 minutes, until tender, tossing once during cooking with a large metal spatula so the cubes brown evenly.
3. Season to taste and serve hot.

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Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	196
	% Daily Value*
Total Fat 7.3g	9%
Saturated Fat 1.1g	5%
Cholesterol 0mg	0%
Sodium 787mg	34%
Total Carbohydrate 35.2g	13%
Dietary Fiber 6.1g	22%
Total Sugars 6.6g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 147mg	11%
Iron 2mg	12%
Potassium 1059mg	23%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BLACK BEAN CORN RICE

6 Servings

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 20 MIN

Ingredients

- 6 cups cooked white rice
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can corn, drained
- 4 fresh tomatoes, diced
- 1/2 cup red onion, chopped
- 1/2 cup cilantro, chopped
- 1 jalapeno pepper, seeded and diced
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 2 dashes hot sauce

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Nutrition Facts

Servings: 6

Amount per serving		216
Calories		
	% Daily Value*	
Total Fat 3.6g	5%	
Saturated Fat 0.6g	3%	
Cholesterol 0mg	0%	
Sodium 205mg	9%	
Total Carbohydrate 40.9g	15%	
Dietary Fiber 8g	28%	
Total Sugars 4.5g		
Protein 8.6g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron 4mg	24%	
Potassium 556mg	12%	

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a large skillet, heat olive oil over medium heat. Add black beans, corn, tomatoes, onion, and jalapeno. Saute for a minute and add lime juice and hot sauce. Season with salt and pepper. Add cooked white rice and toss everything together. Cook until heated through. Add fresh cilantro and serve hot.



STIR FRIED TOFU & SPINACH

3 Servings

PREPARATION: 5 MIN

COOKING: 10 MIN

READY IN: 15 MIN

Ingredients

- 1 tablespoon canola oil
- ½ pound tofu, cut in small dice
- 1 large garlic clove, minced
- 1 teaspoon grated or minced fresh ginger
- ¼ teaspoon red chili flakes
- Soy sauce to taste
- 1 6-ounce bag baby spinach, rinsed
- 2 tablespoons toasted sesame seeds
- 1 teaspoon sesame oil

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Nutrition Facts	
Servings: 3	
Amount per serving	
Calories	159
% Daily Value*	
Total Fat 12.6g	16%
Saturated Fat 1.7g	8%
Cholesterol 0mg	0%
Sodium 118mg	5%
Total Carbohydrate 5.5g	2%
Dietary Fiber 2.7g	10%
Total Sugars 0.7g	
Protein 9g	
Vitamin D 0mcg	0%
Calcium 269mg	21%
Iron 4mg	21%
Potassium 469mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Heat oil in a large skillet over medium-high heat. Add tofu and stir fry until lightly golden about 3-5 minutes. Add ginger, garlic and chili flakes. Stir and cook until fragrant. Add soy sauce to taste. Add spinach and cook until it becomes wilted. Stir in sesame seeds and add more soy sauce if needed. Remove from heat.
2. Move to a serving bowl leaving behind the liquid. Drizzle some sesame oil and serve with rice or noodles.



LENTIL & CARROT

5 Servings

PREPARATION: 10 MIN

COOKING: 40 MIN

READY IN: 50 MIN

Ingredients

- 1 cup brown, green or black lentils, rinsed
- 3 cups water
- ¼ cup extra virgin olive oil
- 1 onion, halved lengthwise, then sliced thin across the grain
- 1 teaspoon coriander seeds
- 4 garlic cloves, minced
- 1 ½ pounds carrots, peeled and cut into thin strips
- 1 tablespoon tomato paste dissolved in 1 cup water
- 1 teaspoon sugar
- Salt to taste
- ½ cup chopped fresh cilantro

Directions

1. In a saucepan, combine lentils and 3 cups of water. Heat over medium-high heat and bring it to boil. Slow down the heat and simmer for 15 minutes. Drain and set aside.
2. In a large skillet heat oil over medium heat. Add onion and coriander seeds and saute until onions become soft. Then add garlic and carrot and cook until carrots are tender. Stir in tomato paste, sugar and lentils. Season with salt and pepper and simmer for 15-20 minutes until lentils are soft and all the water evaporates. Sprinkle chopped cilantro and serve.

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Nutrition Facts

Servings: 5

Amount per serving

Calories 299

% Daily Value*

Total Fat 10.5g 13%

Saturated Fat 1.5g 8%

Cholesterol 0mg 0%

Sodium 137mg 6%

Total Carbohydrate 41.5g 15%

Dietary Fiber 16g 57%

Total Sugars 10g

Protein 11.6g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 4mg 20%

Potassium 911mg 19%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BUCKWHEAT SOBA NOODLES

6 Servings

PREPARATION: 25 MIN

COOKING: 5 MIN

READY IN: 30 MIN

Ingredients

Noodles

- 6 ounces buckwheat soba noodles
- 2 cups frozen organic sweet peas
- 10 ounces (about 3 cups) sugar snap peas or snow peas
- 6 medium-sized carrots, peeled, slice into thin long strips
- ½ cup chopped fresh cilantro (about 2 handfuls)
- 1 tbsp olive oil

Sauce

- ¼ cup reduced-sodium soy sauce
- 2 tbsp olive oil
- 1 small lime, juiced
- 1 tbsp toasted sesame oil
- 1 tbsp maple syrup
- 1 tbsp white miso
- 2 tsp freshly grated ginger
- 1 tsp chili garlic sauce

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Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	376
	% Daily Value*
Total Fat 11.1g	14%
Saturated Fat 1.6g	8%
Cholesterol 0mg	0%
Sodium 506mg	22%
Total Carbohydrate 57.1g	21%
Dietary Fiber 6.7g	24%
Total Sugars 9.1g	
Protein 12.6g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 2mg	12%
Potassium 348mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Prepare the sauce by whisking all the sauce ingredients in a bowl. Set aside.
2. Cook soba noodles according to packet instructions for about 5 minutes, drain and rinse under cold water.
3. In a large skillet, heat olive oil over low to medium heat and saute vegetables in it for about 3-4 minutes or until tender but do not lose their color. Add sauce and cooked soba noodles. Add chopped cilantro and toss everything together. Cook until heated through.
4. Serve immediately.



CREAMY MUSHROOM PASTA

3 Servings

PREPARATION: 10 MIN

COOKING: 25 MIN

READY IN: 35 MIN

Ingredients

- 8 oz penne pasta of choice
- 5 oz button mushrooms, sliced
- 1/2 onion (diced)
- 3 garlic cloves (minced)
- 1/2 cup low sodium vegetable broth (divided) (or water)
- 1/4 cup tahini
- 1/4 cup unsweetened original almond or cashew milk
(plus more as needed) (water can be used instead of the milk if necessary)
- 2 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 2 tbsp nutritional yeast
- 1/2 tsp Himalayan pink salt (or to taste)
- 1 tsp pure maple syrup (optional) handful of fresh chopped parsley

Directions

1. Cook pasta according to packet instructions. Drain and set aside. Meanwhile when pasta is cooking, cook mushrooms in a non-stick skillet over low to medium heat until tender, about 10 minutes. Set aside.
2. In the same skillet saute onion, garlic and ginger until translucent. Add vegetable broth and cook until all water is absorbed. In a bowl whisk tahini, non-dairy milk, apple cider vinegar, lemon juice, nutritional yeast, salt and maple syrup if using, until smooth.
3. Pour the tahini sauce into the skillet with the onions and garlic. Whisk to warm through just for a minute and remove from the heat. Add the pasta and the mushrooms to the sauce immediately and stir to combine. Add additional non dairy milk or water 1 tablespoon at a time to thin, if necessary. Throw in the chopped fresh parsley and stir. Serve immediately.

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Nutrition Facts	
Servings: 3	
Amount per serving	
Calories	346
	% Daily Value*
Total Fat 6.3g	8%
Saturated Fat 0.9g	5%
Cholesterol 0mg	0%
Sodium 167mg	7%
Total Carbohydrate 59.5g	22%
Dietary Fiber 10.5g	38%
Total Sugars 5.2g	
Protein 15.2g	
Vitamin D 170mcg	851%
Calcium 105mg	8%
Iron 8mg	42%
Potassium 721mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SWEET & SPICY EGGPLANT

4 Servings

PREPARATION: 5 MIN

COOKING: 15 MIN

READY IN: 20 MIN

Ingredients

- 1 tablespoon avocado oil
- 1 tablespoon sesame oil
- 1 medium onion, julienne
- 3 long eggplants (about 2 lb. total), quartered and cut into 3-inch spears
- 1 tablespoon ginger, minced
- 3 large garlic cloves, minced
- 1/2 teaspoon ground Sichuan pepper
- 1 cup stock, divided
- 2 tablespoons soy sauce
- 1 tablespoon garlic chili sauce
- 1 tablespoon rice vinegar or red wine vinegar
- 1 teaspoon maple syrup
- 1 teaspoon corn starch
- Chopped cilantro, green onions and toasted sesame seeds, for garnish

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 4.9g	6%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 653mg	28%
Total Carbohydrate 33g	12%
Dietary Fiber 17g	61%
Total Sugars 16.1g	
Protein 5.7g	
Vitamin D 0mcg	0%
Calcium 60mg	5%
Iron 2mg	9%
Potassium 1137mg	24%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a large frying pan, heat oil over medium heat and saute onion for 3 minutes. Then add eggplant, ginger, garlic and Sichuan pepper and stir together. Pour 3/4 cup of the stock over top and cover the pan. Let the eggplant cook for 10 minutes.
2. In a small bowl mix the remaining 1/4 cup of water with the soy sauce, garlic chili sauce, vinegar, maple syrup, and corn starch.
3. When eggplant is cooked, pour the sauce over it and cook for another 1 minute until the sauce gets thickened.
4. Remove the eggplant from the heat, sprinkle with chopped cilantro, green onions and sesame seeds and serve immediately.



VEGAN PUMPKIN SOUP

4 Servings

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

Ingredients

- 1 Tbsp Coconut Oil
- 1 Onion (chopped)
- 2 Cloves Garlic (crushed)
- 1 tsp Ginger (minced or finely chopped)
- 1 tsp Thyme
- 1/2 tsp Cayenne Pepper
- 9 cups (2.2lb/1kg) Pumpkin (peeled and cubed)
- 1 14oz (400ml) Can Coconut Cream
- 1 and 1/2 cups (360ml) Vegetable Stock/Broth
- Salt and Pepper to taste

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	321
% Daily Value*	
Total Fat 25.4g	33%
Saturated Fat 23.1g	116%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22.3g	8%
Dietary Fiber 1.6g	6%
Total Sugars 5.5g	
Protein 4.6g	
Vitamin D 0mcg	0%
Calcium 68mg	5%
Iron 5mg	28%
Potassium 950mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Heat oil in a pot over medium heat and saute ginger, garlic, and onion in it. add the thyme and cayenne pepper and sauté until the onions are softened.
2. Then add coconut cream, vegetable stock, and pumpkin. Bring it to boil and reduce heat. Cook until the pumpkin is soft about 10 minutes.
3. Using immersion blender smooth the soup inside the pot. You can also blend in a blender if you don't have an immersion blender. Season with salt and pepper.
4. Top with pumpkin seeds and serve.



STIR FRY TEMPEH

4 Servings

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

Ingredients

Sauce

- 1/4 cup orange juice
- 3 tablespoons maple syrup
- 2 tablespoons unseasoned rice vinegar
- 2 tablespoons soy sauce
- 2 tablespoons avocado oil
- 2 cloves garlic, minced
- 1 tablespoon freshly grated ginger

For stir fry

- 2 teaspoons avocado oil
- 8 oz. tempeh, cut into slices
- 8 cups broccoli florets (from about 1-2 heads broccoli)
- 2 scallions, sliced
- 2 cups cooked white rice for serving(1/2 cup each serving)

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	231
	% Daily Value*
Total Fat 8.4g	11%
Saturated Fat 1.4g	7%
Cholesterol 0mg	0%
Sodium 518mg	23%
Total Carbohydrate 30.7g	11%
Dietary Fiber 5.5g	20%
Total Sugars 13.7g	
Protein 13.9g	
Vitamin D 0mcg	0%
Calcium 154mg	12%
Iron 3mg	18%
Potassium 893mg	19%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Directions

1. Whisk together all of the sauce ingredients in a bowl and set aside. Heat a large pan over medium heat. Add in the avocado oil and the tempeh. Cook the tempeh until it begins to brown on the first side, about 3 to 5 minutes. Flip the tempeh and repeat on the second side.
2. Add in the sauce and the broccoli and cook until the sauce is absorbed and the broccoli is tender about 7 to 10 minutes. Sprinkle in the sesame and black seeds. Serve over rice, if desired.



FRESH STRAWBERRY SPINACH SALAD

2 Servings

PREPARATION: 10 MIN

READY IN: 10 MIN

Ingredients

- 4 cups baby spinach washed
- 1 cup sliced fresh strawberries
- 1/4 cup walnuts chopped or halves
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon maple syrup
- Pinch of salt pepper

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	359
% Daily Value*	
Total Fat 31g	40%
Saturated Fat 3.9g	20%
Cholesterol 0mg	0%
Sodium 132mg	6%
Total Carbohydrate 13.3g	5%
Dietary Fiber 4.5g	16%
Total Sugars 5.4g	
Protein 8.8g	
Vitamin D 0mcg	0%
Calcium 148mg	11%
Iron 3mg	16%
Potassium 1447mg	31%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Divide spinach, strawberries, and walnuts among two large plates or bowls.
2. In a small bowl whisk together olive oil, balsamic vinegar, maple syrup, and season with salt and pepper.
3. Drizzle dressing over both salads as desired. Serve immediately.



QUINOA SALAD BOWL

1 Servings

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 20 MIN

Ingredients

- 1/2 cup cooked quinoa
- 3 tbsp chickpea hummus
- 1 tomato, cut into wedges
- 2 red radish, sliced
- 1/2 small green pepper, deseeded and julienne cut
- 1 small cucumber sliced
- 2 to-3 salad leaves
- 2 tbsp chickpeas
- 1/8 cup pomegranate grains
- 1/8 cup green olives
- 6 to-7 pecans
- 1/4 tsp flax seeds
- 1/4 tsp black seeds
- salt to taste

Directions

1. In a large bowl, place salad leaves at the base of the bowl. Arrange vegetables over salad leaves in a circle, first cooked quinoa, sliced cucumber, chickpeas, sliced radish, and green pepper. Put olives in the center. Sprinkle pomegranate seeds, pecans, black seeds, flax seeds and salt to taste. Serve with chickpea hummus. Enjoy.

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Nutrition Facts

Servings: 1

Amount per serving	
Calories	404
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 1.3g	7%
Cholesterol 0mg	0%
Sodium 783mg	34%
Total Carbohydrate 43.7g	16%
Dietary Fiber 9.5g	34%
Total Sugars 4.7g	
Protein 13.2g	
Vitamin D 0mcg	0%
Calcium 142mg	11%
Iron 5mg	26%
Potassium 463mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SALAD WITH ARUGULA, BEETS AND NUTS

4 Servings

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 20 MIN

Ingredients

- 3 large beets, peeled and cut into cubes
- 1 tsp olive oil
- 1/4 teaspoon coarse salt
- 1/8 teaspoon ground black pepper
- 1 bunch arugula, torn
- 1 large lemon, sliced and cut into small pieces
- 1/3 cup walnuts
- 1/4 cup balsamic vinegar

Directions

1. Mix beets, arugula, lemon wedges, walnuts, balsamic vinegar, olive oil, salt, pepper together in a bowl until well combined. Serve.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	118
	% Daily Value*
Total Fat 7.6g	10%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 181mg	8%
Total Carbohydrate 10.8g	4%
Dietary Fiber 2.9g	10%
Total Sugars 6.8g	
Protein 4.1g	
Vitamin D 0mcg	0%
Calcium 33mg	3%
Iron 1mg	7%
Potassium 343mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



PASTA SALAD FUSILLI

2 Servings

PREPARATION: 5 MIN

COOKING: 10 MIN

READY IN: 15 MIN

Ingredients

- 1 cup lettuce leaves
- 1/2 cup arugula
- 1 large cucumber, sliced
- 1/2 cup spinach leaves
- 1 onion, peeled and sliced
- 1 cup fusilli pasta
- 1/4 cup balsamic vinegar

Directions

1. Cook pasta according to packet instructions. Drain and cool under the water. Set aside.
2. Mix all ingredients in a large bowl. Add balsamic vinegar as per your taste. Serve.

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Nutrition Facts

Servings: 2

Amount per serving	
Calories	211
	% Daily Value*
Total Fat 0.8g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 27mg	1%
Total Carbohydrate 43.8g	16%
Dietary Fiber 4.2g	15%
Total Sugars 6.1g	
Protein 7.9g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 3mg	17%
Potassium 384mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ARUGULA TOMATO SALAD

4 Servings

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 20 MIN

Ingredients

- 2 tablespoons champagne vinegar
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 6 ounces baby arugula
- 1 pint(475g) halved grape tomatoes

Directions

1. Combine vinegar, olive oil, Dijon mustard, pepper, and salt in a medium bowl. Stir with a whisk. Add arugula and tomatoes. Toss to coat and serve.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	71
% Daily Value*	
Total Fat 3.8g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 107mg	5%
Total Carbohydrate 7.3g	3%
Dietary Fiber 2.1g	8%
Total Sugars 3.7g	
Protein 2.5g	
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 1mg	7%
Potassium 430mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



AVOCADO SPINACH SALAD

8 Servings

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 20 MIN

Ingredients

Sauce Vinaigrette

- 1/4 cup white vinegar
- 2 tablespoons lemon juice
- 1 tablespoon hot, dark mustard (such as Dijon)
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 3/4 cup extra virgin olive oil

Salad

- 12 ounces baby spinach leaves
- 2 ripe avocados, peeled and sliced
- 1 pomegranate

Directions

1. Prepare the dressing by mixing together vinegar, lemon juice, mustard, oil, salt, and pepper in a mixing bowl, and whisk until well blended. Set aside.
2. Rinse the spinach and pat dry. Place in a large serving bowl.
3. De-seed the pomegranate and add seeds to the bowl. Cut the avocados in half, discard the pits, and slice lengthwise into small segments. Add avocado chunks to the salad bowl.
4. Drizzle dressing over greens and toss. Serve immediately.

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Nutrition Facts

Servings: 8

Amount per serving

Calories **291**

% Daily Value*

Total Fat 28.9g **37%**

Saturated Fat 4.8g **24%**

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 9.3g **3%**

Dietary Fiber 4.5g **16%**

Total Sugars 3.2g

Protein 2.3g

Vitamin D 0mcg **0%**

Calcium 49mg **4%**

Iron 2mg **9%**

Potassium 542mg **12%**

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GRILLED CORN SKEWERS WITH TOMATOES

4 Servings

PREPARATION: 10 MIN

COOKING: 25 MIN

READY IN: 35 MIN

Ingredients

- 6 ears fresh corn, silks removed, husks left on, soaked in cold water for 5 minutes
- freshly chopped cilantro leaves for garnish
- Salt and freshly ground black pepper
- 4 tomatoes, cut into wedges

Directions

1. Heat grill over high heat.
2. Place the corn on the grill, close the cover and grill for 15 to 20 minutes, turning every 5 minutes, or until kernels are tender. Remove from the grill, let cool slightly, remove husks and cut into 1-inch rounds.
3. Skewer the corn and tomato wedges onto skewers, and season with salt and pepper.
4. Grill for 2 to 3 minutes per side until slightly charred.
5. Remove and garnish with chopped cilantro.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 41mg	2%
Total Carbohydrate 48.3g	18%
Dietary Fiber 7.8g	28%
Total Sugars 10.7g	
Protein 8.6g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 6mg	35%
Potassium 916mg	19%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



MARINATED ZUCCHINI SALAD

4 Servings

PREPARATION: 10 MIN

COOKING: 4 HOURS

READY IN: 4 HOURS 10 MIN

Ingredients

- 1 lb zucchini, washed, sliced paper thin
- 1 large lemon, juice of, more to taste
- 2 garlic cloves, crushed and cut in half
- 1 to 2 tablespoon extra virgin olive oil
- salt
- fresh ground black pepper
- 3 tablespoons fresh parsley, chopped

Directions

1. In a glass bowl toss together the thinly sliced zucchini with the lemon juice, garlic halves, olive oil, salt and pepper to taste.
2. Refrigerate for 4-8 hours and stir occasionally.
3. When marinated, remove garlic cloves. Mince one garlic clove and put it back to the bowl. Adjust salt if needed. Just before serving, add freshly chopped parsley.

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	86
	<small>% Daily Value*</small>
Total Fat 7.3g	9%
Saturated Fat 1.1g	5%
Cholesterol 0mg	0%
Sodium 52mg	2%
Total Carbohydrate 5.9g	2%
Dietary Fiber 1.8g	6%
Total Sugars 2.4g	
Protein 1.7g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	4%
Potassium 339mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CHICKPEA & BEET SALAD

2 Servings

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 40 MIN

Ingredients

- 2 cans chickpeas, 15.5 oz each
- 1/4 cup cilantro leaves, chopped
- 1/4 cup green onion, sliced (green part)
- 2 small beet roots
- 1/2 lemon, juiced
- salt and pepper to taste

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	409
	% Daily Value*
Total Fat 6.3g	8%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 97mg	4%
Total Carbohydrate 70.2g	26%
Dietary Fiber 19.9g	71%
Total Sugars 16.5g	
Protein 20.8g	
Vitamin D 0mcg	0%
Calcium 117mg	9%
Iron 7mg	40%
Potassium 950mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Preheat the oven to 400°F/180 C. Wash the beetroots and tightly wrap them in aluminum foil. Bake them for 30 minutes or until easily pierced. Remove from foil and peel. Cut into bite-size cubes.
2. In a large bowl combine chickpeas, beetroot cubes, chopped cilantro leaves, green onions, walnuts, and lemon juice. Season with salt and pepper. Toss everything together and top with vegan cheese. Enjoy!



LAMB'S LETTUCE SALAD

4 Servings

PREPARATION: 10 MIN
COOKING: 30 MIN
READY IN: 40 MIN

Ingredients

- 1 cup lamb's lettuce
- 1/2 cup toasted walnuts
- 1/2 cup pomegranate grains
- 8 small blood oranges, peeled and sliced
- 1 tbsp chia seeds
- 2 teaspoon olive oil
- salt to taste

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 12.9g	17%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 28.8g	10%
Dietary Fiber 7.2g	26%
Total Sugars 19.6g	
Protein 6.5g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 1mg	6%
Potassium 444mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a small pan, saute walnuts until lightly golden. Remove from pan let them cool. Divide the lamb's lettuce into four bowls.
2. Add blood orange slices, pomegranate grains, walnuts, and chia seeds. Top with olive oil and salt to taste. Enjoy.



VEGETABLE CORN SALAD

2 Servings

PREPARATION: 15 MIN
READY IN: 15 MIN

Ingredients

- 1 cup cherry tomatoes, cut into wedges
- 1/2 avocado, peeled and cut into bite size cubes
- 1/2 cup sweet corns, canned
- 2 small red onion, peeled and diced
- 1 cup lettuce leaves
- salt to taste

Directions

1. Mix all ingredients in a bowl and season with salt and pepper. Enjoy.

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	183
	% Daily Value*
Total Fat 10.6g	14%
Saturated Fat 2.2g	11%
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 22.4g	8%
Dietary Fiber 7.2g	26%
Total Sugars 7.1g	
Protein 3.9g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	14%
Potassium 702mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



KALE & CARROT SALAD

2 Servings

PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 1 1/2 cup kale
- 1 red pepper, cut into small cubes
- 2 small carrots, peeled and cubed
- 1/2 cup sweet corns
- 2 tbsp lime juice
- salt and pepper to taste

Directions

1. Mix all ingredients in a bowl and season with salt and pepper. Enjoy.

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	97
% Daily Value*	
Total Fat 0.6g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 63mg	3%
Total Carbohydrate 22.2g	8%
Dietary Fiber 3.8g	13%
Total Sugars 6.8g	
Protein 3.7g	
Vitamin D 0mcg	0%
Calcium 91mg	7%
Iron 2mg	12%
Potassium 626mg	13%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



QUINOA BERRY SALAD

2 Servings

PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 1 cup strawberries
- 1/2 cup blueberries
- 1/4 cup quinoa
- 1/2 cup water
- 1 tsp chia seeds
- 1 tbsp maple syrup
- few arugula leaves

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	129
	% Daily Value*
Total Fat 1.9g	2%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 26.6g	10%
Dietary Fiber 4.1g	15%
Total Sugars 13.1g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 45mg	3%
Iron 2mg	10%
Potassium 247mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Take small pot and add washed quinoa and 1/2 cup water in it. Heat over medium high heat and bring it to boil. Reduce heat and cook covered until quinoa absorbs all the water. Let it cool for some time
2. Divide the quinoa between two bowls. Add strawberries and blueberries. Sprinkle chia seeds and arugula leaves. Drizzle some maple syrup. Enjoy.



APPLE & MANGO SALAD

2 Servings

PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 1/2 cup arugula
- 1 green Apple , thinly sliced
- 1/3 cup walnuts, halved
- 1 medium mango, peeled and cubed
- 1/8 cup Apple Cider Vinaigrette

For Vinaigrette

- 3/4 cup Apple Cider
- 1/3 cup Apple Cider Vinegar
- 1 tablespoon Dijon Mustard
- 1/2 teaspoon Kosher Salt
- 1 cup Extra Virgin Olive Oil

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	272
	% Daily Value*
Total Fat 15.8g	20%
Saturated Fat 1.3g	6%
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 32g	12%
Dietary Fiber 5.5g	20%
Total Sugars 25.2g	
Protein 6.1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	8%
Potassium 385mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Heat apple cider vinegar in a pan over medium heat and bring it to boil. Slow down the heat and let it simmer until it reduces to half. Allow cooling for some time.
2. Place the reduced cider, apple cider vinegar, Dijon mustard, and Kosher salt in a small mixing bowl and whisk vigorously. While continuing to whisk, slowly drizzle in the olive oil.
3. Dress the salad before plating. Combine the arugula, apple, mango cubes, and walnuts in a large mixing bowl. Drizzle in the vinaigrette, gently tossing the salad to thoroughly incorporate the dressing. Top with your favorite vegan cheese.



FRESH VEGETABLE SALAD

2 Servings

PREPARATION: 10 MIN

READY IN: 10 MIN

Ingredients

- 7-8 lettuce leaves
- 1 small red onion, thinly sliced
- 2 cucumber, thinly sliced
- 1/2 cup tomatoes, cut into wedges
- salt to taste
- 2 tbs lemon juice
- pinch of paprika

Directions

1. Assemble the salad, place lettuce leaves in two bowls. Top with red onion, cucumber, tomatoes, , and salt to taste. Sprinkle paprika and drizzle lemon juice.
2. Serve immediately.

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	74
% Daily Value*	
Total Fat 0.6g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 16.9g	6%
Dietary Fiber 3g	11%
Total Sugars 8.2g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 62mg	5%
Iron 2mg	9%
Potassium 647mg	14%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



COUSCOUS SALAD

8 (1 cup) Servings

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 20 MIN

Ingredients

- 1 1/2 cups dried pearl couscous
- Salt and fresh ground black pepper
- 1/4 cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon maple syrup
- 1 teaspoon finely grated lemon zest
- 2 to 4 tablespoons fresh squeezed lemon juice, depending on taste
- 1 medium cucumber, diced
- 1 large red pepper, diced
- 1/2 cup coarsely chopped fresh herbs; use any combination of fresh parsley, cilantro, basil, dill, or mint

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Nutrition Facts

Servings: 8

Amount per serving

Calories 109

% Daily Value*

Total Fat 6.6g 8%

Saturated Fat 0.9g 5%

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 11.7g 4%

Dietary Fiber 0.8g 3%

Total Sugars 2g

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 5%

Potassium 116mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Add water, couscous, and salt in a large saucepan and heat over low-medium heat. Bring it to boil and cook for 8-10 minutes. Drain.
2. In a large bowl, whisk the oil, mustard, maple syrup, lemon zest, lemon juice, 1/2 teaspoon of salt, and 1/4 teaspoon pepper. Add couscous and toss everything together.
3. Stir in the cucumber, tomato, and herbs. Adjust with salt and/or pepper as needed. Enjoy warm.



FRUIT SALAD

2 Servings

PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 2 oranges, peeled and separated into segments
- 1 green apple, de seeded and cubed
- 1 red apple, de seeded and cubed
- 1 kiwi, peeled and cubed
- 1/4 cup pomegranate seeds

Dressing

- ¼ cup maple syrup
- 2 tsp lime zest
- 1 tbsp fresh lime juice

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	281
	% Daily Value*
Total Fat 0.8g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 70.1g	25%
Dietary Fiber 8.8g	32%
Total Sugars 55.9g	
Protein 2.6g	
Vitamin D 0mcg	0%
Calcium 117mg	9%
Iron 1mg	7%
Potassium 663mg	14%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Prepare the dressing by mixing maple syrup, lime zest and lime juice in a small bowl. In a medium bowl, mix all fruits and pour dressing as you like. Enjoy!



QUINOA AVOCADO SALAD

1 Servings

PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 1/2 cup cooked quinoa
- 2 cherry tomatoes, sliced
- 1/4 avocado, peeled and sliced
- 2 tbsp avocado mash
- 1/2 cucumber sliced
- 2 red radish, sliced
- 1/2 carrot, grated
- 3 tbsp purple cabbage, sliced
- 1/4 tsp black seeds
- salt and pepper to taste
- few leaves arugula

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	470
	% Daily Value*
Total Fat 18.8g	24%
Saturated Fat 2.8g	14%
Cholesterol 0mg	0%
Sodium 62mg	3%
Total Carbohydrate 66g	24%
Dietary Fiber 15.3g	55%
Total Sugars 11.2g	
Protein 13.8g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 20mg	109%
Potassium 1175mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a large bowl, arrange cooked quinoa, sliced cherry tomatoes, sliced avocado, purple cabbage, grated carrot, sliced red radish, and sliced cucumbers. Top with avocado mash, arugula leaves, sliced lemons, and black. Sprinkle salt and pepper to taste. Enjoy.



GRILLED AVOCADO SALAD

1 Servings

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 10 MIN

Ingredients

- 1/2 avocado, peeled and sliced
- 3 to 4 stalks asparagus
- 1/4 cup chickpeas, canned
- 1/2 cup broccoli florets
- 1/4 cup pea sprouts
- 1/8 cup Vinaigrette
- 1 tsp olive oil
- salt and pepper to taste

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Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	391
	% Daily Value*
Total Fat 27.2g	35%
Saturated Fat 5.2g	26%
Cholesterol 0mg	0%
Sodium 417mg	18%
Total Carbohydrate 34.9g	13%
Dietary Fiber 10.9g	39%
Total Sugars 4g	
Protein 9.1g	
Vitamin D 0mcg	0%
Calcium 69mg	5%
Iron 3mg	19%
Potassium 906mg	19%

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Directions

1. Preheat the grill at high heat. In a bowl add sliced avocado, asparagus stalks, broccoli florets, olive oil, and salt and pepper to taste. Gently toss. Grill for 8-10 minutes, flip in between. Remove from grill and let them cool. In a serving bowl add avocado, asparagus, broccoli, chickpea, and pea sprouts. Pour vinaigrette and serve.



FIG SALAD

2 Servings

PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 2 large fresh figs, Cut into wedges
- 1/2 cup pomegranate seeds
- 1 cup arugula leaves
- 1/4 cup pecans/walnut, halves
- 1/8 cup Vinaigrette

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	146
% Daily Value*	
Total Fat 10.5g	13%
Saturated Fat 1.7g	9%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13.4g	5%
Dietary Fiber 1.6g	6%
Total Sugars 8.9g	
Protein 1.4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0mg	3%
Potassium 130mg	3%

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Directions

1. In a medium bowl, add fresh fig wedges, arugula leaves, pomegranate seeds, toasted pecans/walnuts and vinaigrette. Toss everything gently. Top with your favorite vegan cheese.



BEET ROOT HUMMUS

6 Servings

PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 1 small roasted beet
- 1 15-oz. can cooked chickpeas (mostly drained // 1 can yield ~1 3/4 cup)
- 1 large lemon (zested)
- ½ large lemon (juiced)
- 1 healthy pinch salt and black pepper
- 2 large cloves garlic (minced)
- 2 heaping Tbsp tahini
- ¼ cup extra virgin olive oil

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Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	177
	% Daily Value*
Total Fat 9.5g	12%
Saturated Fat 1.5g	7%
Cholesterol 1mg	0%
Sodium 266mg	12%
Total Carbohydrate 19.9g	7%
Dietary Fiber 4g	14%
Total Sugars 0g	
Protein 4.3g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	7%
Potassium 138mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Wash and dry the beet root. Drizzle some olive oil and tightly cover with aluminum foil. Bake at 375 F until tender or knife inserted falls out easily.
2. Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.
3. Add remaining ingredients except for olive oil and blend until smooth. Add in olive oil as the hummus is mixing. Taste and adjust seasonings as needed, adding more salt, lemon juice, or olive oil if needed. If it's too thick, add a bit of water.



GUACAMOLE

3 Servings

PREPARATION: 10 MIN
READY IN: 10 MIN

Ingredients

- 2 ripe avocados
- ½ red onion, minced (about 1/2 cup)
- 1-2 chilis, stems and seeds removed, minced
- 2 tbsp coriander leaves, finely chopped
- 1 tbsp of fresh lemon juice
- ½ tsp coarse salt
- freshly ground black pepper
- ½ ripe tomato, seeds and pulp removed, chopped

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Nutrition Facts	
Servings: 3	
Amount per serving	
Calories	284
% Daily Value*	
Total Fat 26.2g	34%
Saturated Fat 5.5g	28%
Cholesterol 0mg	0%
Sodium 331mg	14%
Total Carbohydrate 13.8g	5%
Dietary Fiber 9.5g	34%
Total Sugars 1.8g	
Protein 2.9g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	5%
Potassium 711mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Peel and cut the avocado. Remove the seed and with the help of a spoon, scoop out all flesh in a bowl. Mash the flesh and add chopped onion, coriander, lemon, salt, and pepper and mash some more. Add chili to your taste and just before serving, mix in chopped tomatoes. Serve with nachos.



CHICKPEA HUMMUS

6 Servings

PREPARATION: 10 MIN

READY IN: 10 MIN

Ingredients

- 1 (15-ounce) can chickpeas or 1 1/2 cups (250 grams) cooked chickpeas
- 1/4 cup (60 ml) fresh lemon juice (1 large lemon)
- 1/4 cup (60 ml) well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons (30 ml) extra-virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons (30 to 45 ml) water

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Nutrition Facts	
Servings: 6	
Amount per serving	172
Calories	
	% Daily Value*
Total Fat 11.2g	14%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 42mg	2%
Total Carbohydrate 14.8g	5%
Dietary Fiber 4.4g	16%
Total Sugars 2.3g	
Protein 5.6g	
Vitamin D 0mcg	0%
Calcium 68mg	5%
Iron 2mg	13%
Potassium 183mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a food processor, add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Blend until well combined. Then add drained chickpeas and again process until a thick paste is formed. Add little water to get desired consistency. Adjust seasoning to your taste and serve with a drizzle of olive oil and dash of cumin powder.



HOMEMADE SALSA

2 Servings

PREPARATION: 15 MIN

READY IN: 15 MIN

Ingredients

- 2 (15-ounce) cans fire roasted tomatoes or use 4 cups chopped fresh tomatoes (1 3/4 pounds)
- 1/3 cup chopped white or sweet onion (half medium onion)
- 2 medium cloves garlic (2 teaspoons minced)
- 1 to 2 medium jalapeño or serrano peppers, with stems, membrane and seeds removed
- 1 cup chopped fresh cilantro
- 1 to 2 medium limes
- 1/2 teaspoon fine sea salt, plus more to taste

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Nutrition Facts	
Servings: 3	
Amount per serving	
Calories	67
% Daily Value*	
Total Fat 0.6g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 328mg	14%
Total Carbohydrate 15.3g	6%
Dietary Fiber 4.2g	15%
Total Sugars 7.5g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 672mg	14%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Drain the tomatoes and save the juice for later use in salsa. Add chopped onion to a medium bowl and cover with cold water. Set aside for 10 minutes, drain, and then rinse.
2. Process the garlic in a food processor until chopped small. Then add drained tomatoes, drained and rinsed onions, peppers, cilantro, 1/4 teaspoon of salt, and the juice of half a lime. Process until you get desired consistency. Adjust taste with more salt and lime juice. Serve with nachos.



ALMOND BUTTER TOAST

2 Servings

PREPARATION: 10 MIN

READY IN: 10 MIN

Ingredients

- 2 slice brown bread
- 4 tbsp almond butter
- 1 banana, sliced
- 2 tsp maple syrup

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	296
	% Daily Value*
Total Fat 19.4g	25%
Saturated Fat 1.9g	10%
Cholesterol 0mg	0%
Sodium 206mg	9%
Total Carbohydrate 29.3g	11%
Dietary Fiber 2.9g	10%
Total Sugars 13.2g	
Protein 6.2g	
Vitamin D 0mcg	0%
Calcium 107mg	8%
Iron 2mg	10%
Potassium 476mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Toast the bread slices. Spread almond butter on the bread slices. Top with sliced banana and maple syrup. Enjoy!



APPLESAUCE

4 Servings

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

Ingredients

- 4 apples peeled, cored and chopped
- 3/4 cup water
- 1/4 cup Medjool Dates, finely chopped
- 1/2 teaspoon ground cinnamon

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Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	164
% Daily Value*	
Total Fat 0.4g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 43.5g	16%
Dietary Fiber 5.6g	20%
Total Sugars 35.7g	
Protein 0.6g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 1mg	6%
Potassium 240mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Add apples, water, Medjool Dates, and cinnamon in a saucepan. Heat over medium heat and cover. Cook for 15-20 minutes or until apples is soft. Let it cool and mash with a fork or potato masher.



CACAO BITES

14 balls

PREPARATION: 10 MIN
READY IN: 30 MIN

Ingredients

- 1 cup walnuts (115 g)
- 1 cup Medjool dates (200 g)
- 2 tbsp raw cacao

Directions

1. Crumble the walnuts using the food processor. Add the dates and the cacao and blend. Make balls with your hands. The balls are ready to serve. You can also store them in the refrigerator in a sealed bag or container.

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Nutrition Facts	
Servings: 14	
Amount per serving	
Calories	105
	% Daily Value*
Total Fat 6.3g	8%
Saturated Fat 0.9g	4%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11.6g	4%
Dietary Fiber 1.6g	6%
Total Sugars 9.3g	
Protein 2.7g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	3%
Potassium 47mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



ZUCCHINI DIP

2 servings

PREPARATION: 10 MIN
COOKING: 20 MIN
READY IN: 30 MIN

Ingredients

- 9 oz fresh zucchini (250 g), diced
- a handful pine nuts or almonds
- a handful fresh basil
- 2 tbsp olive oil
- pepper salt

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 20.2g	26%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 6.9g	3%
Dietary Fiber 2.9g	11%
Total Sugars 2.7g	
Protein 4.1g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 430mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a large non-stick pan, heat olive oil over medium heat. Add zucchini and season with salt and pepper. Cook zucchini for 4 minutes or until it starts to soften. Remove from heat and transfer to the blender or food processor. Pulse a few times, then add basil and nuts(toast the nuts before adding to zucchini). Blend until smooth. Serve with fresh vegetables.



MIXED FRUITS

2 servings

PREPARATION: 10 MIN

READY IN: 10 MIN

Ingredients

- 1 banana, sliced
- 4 to 6 strawberries, halved
- 1/4 cup blueberries
- 2 oranges, peeled and segments separated
- 1/4 cup grapes
- 1/4 cup mangoes
- 1 tbs lemon juice

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Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	179
% Daily Value*	
Total Fat 0.7g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 44.8g	16%
Dietary Fiber 7.3g	26%
Total Sugars 32.3g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 85mg	7%
Iron 1mg	4%
Potassium 661mg	14%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Combine all the fruits in a bowl and mix with lemon juice. Enjoy!



PEANUT BUTTER & BLUEBERRY TOAST

2 servings

PREPARATION: 10 MIN

READY IN: 10 MIN

Ingredients

- 2 slice brown bread
- 4 tbsp peanut butter
- 1/4 cup blueberries

Directions

1. Toast two slices of bread and spread peanut butter over it. Top with blueberries. Enjoy!

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Nutrition Facts

Servings: 2

Amount per serving

Calories **222**

% Daily Value*

Total Fat 16.5g 21%

Saturated Fat 3.5g 17%

Cholesterol 0mg 0%

Sodium 208mg 9%

Total Carbohydrate 13.5g 5%

Dietary Fiber 2.6g 9%

Total Sugars 5.2g

Protein 8.8g

Vitamin D 0mcg 0%

Calcium 15mg 1%

Iron 4mg 20%

Potassium 231mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.