



Hi there!
I'm Sarah, blogger behind **My Darling Vegan**, a 10 year vegan, and mama of 2 adorable children. Follow me on my journey towards peace and health at:
www.mydarlingvegan.com

6 years ago my plant-based diet relied heavily on gluten and processed foods; I couldn't fathom another way. But after the birth of my first child I was faced with unexpected health issues and was forced to examine my diet. In doing so, I unlocked the secret to vibrancy and youth. Switching to a whole foods, plant-based diet changed my life. And, of course it did! I learned that **the food we put in our bodies affects EVERYTHING within**. Therefore, clean eating can benefit us in countless ways from how we manage stress, to the quality of our sleep to our daily mood. With the power to be so life-giving, why then, is it so hard to eat right?

Clean eating can be intimidating and it's hard to know where to begin but with the right resources and a little bit of planning, changing to a plant-based, whole foods diet might be the **best decision you've made**. This book has 30 whole food, plant-based recipes to help you begin your clean eating journey. Ready to dig in?

Let's go!

LOOKING FOR MORE? FIND ME AT:
www.mydarlingvegan.com

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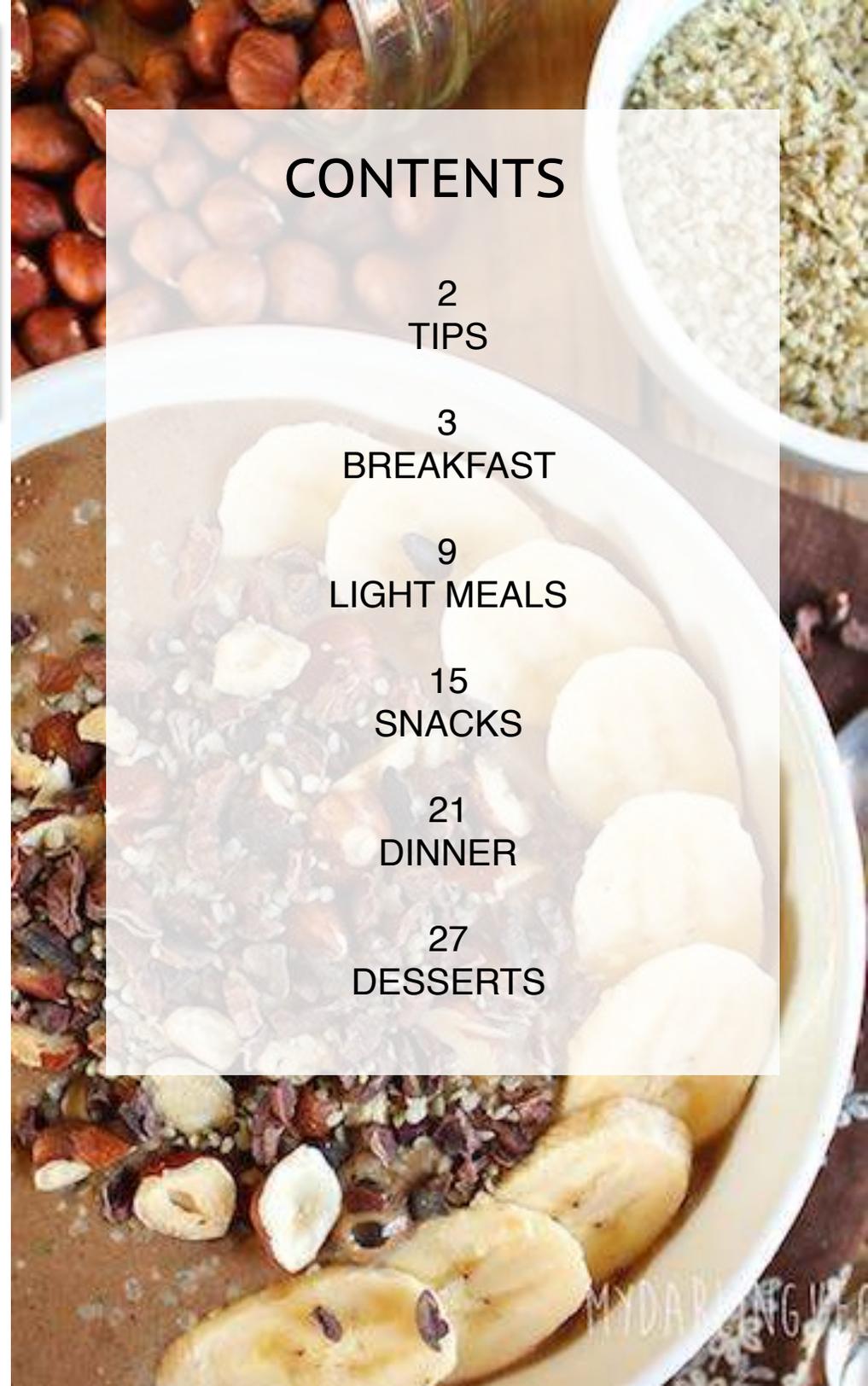
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TOP 5 CLEAN EATING TIPS



- 1. STOCK YOUR KITCHEN.** Make sure to keep your fridge FULL of fruits and veggies and your pantry stocked with nuts, seeds, grains, and legumes. When you have lots of options, clean eating won't feel restrictive.
- 2. MAKE A MEAL PLAN.** Take the guesswork out of your next meal! Make a meal plan at the beginning of the week and prepare snacks for quick grab-and-go treats. Take the guesswork out of your next meal.
- 3. CLEAN-EATING COMFORT FOOD.** This is crucial to your clean eating success. Find a healthy comfort food you love and stock up. For me, that's large, juicy, Medjool dates. Yum!
- 4. DRINK LOTS OF WATER.** Always. Always. Always. Water helps clean your system of toxins and makes you glow from the inside-out.
- 5. CARRY SNACKS EVERYWHERE.** Seriously. Do it. Make a batch of 5-ingredient chewy peanut granola bars (see Snacks) and keep them in your bag when you need a quick mid-day pick-me-up.

BREAKFAST



Chocolate Hemp Hazelnut
Smoothie Bowl

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Tropical Green Power Smoothie

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Strawberry n' Cream Overnight
Oats

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Pumpkin Date Breakfast Bars

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Vanilla Raspberry Smoothie Bowl

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CHOCOLATE HAZELNUT SMOOTHIE BOWL



Start your morning right with this chocolate hazelnut smoothie bowl. Filled super foods, healthy fats, and flavor for a purely decadent and hearty breakfast.

Serves 1

INGREDIENTS

SMOOTHIE

- 2 frozen banana
- ¼ cup hazelnuts, soaked 30 minutes
- 2 tablespoon hemp protein powder
- 2 tablespoons raw cacao powder
- ¾ cup almond milk
- 3-4 large dates, pitted

TOPPINGS

- 1 small banana
- 2 tablespoons hazelnuts, chopped
- 1 tablespoon cacao nibs
- 1 tablespoon hemp seeds

PROCEDURE

1. Blend all the smoothie ingredients together until smooth.
2. Pour into a bowl and add toppings.
3. Serve immediately.

TROPICAL GREEN POWER SMOOTHIE



Rehydrate yourself with this refreshing green smoothie. Packed with nutrients and proteins for a energizing breakfast or midday snack.

Serves 1

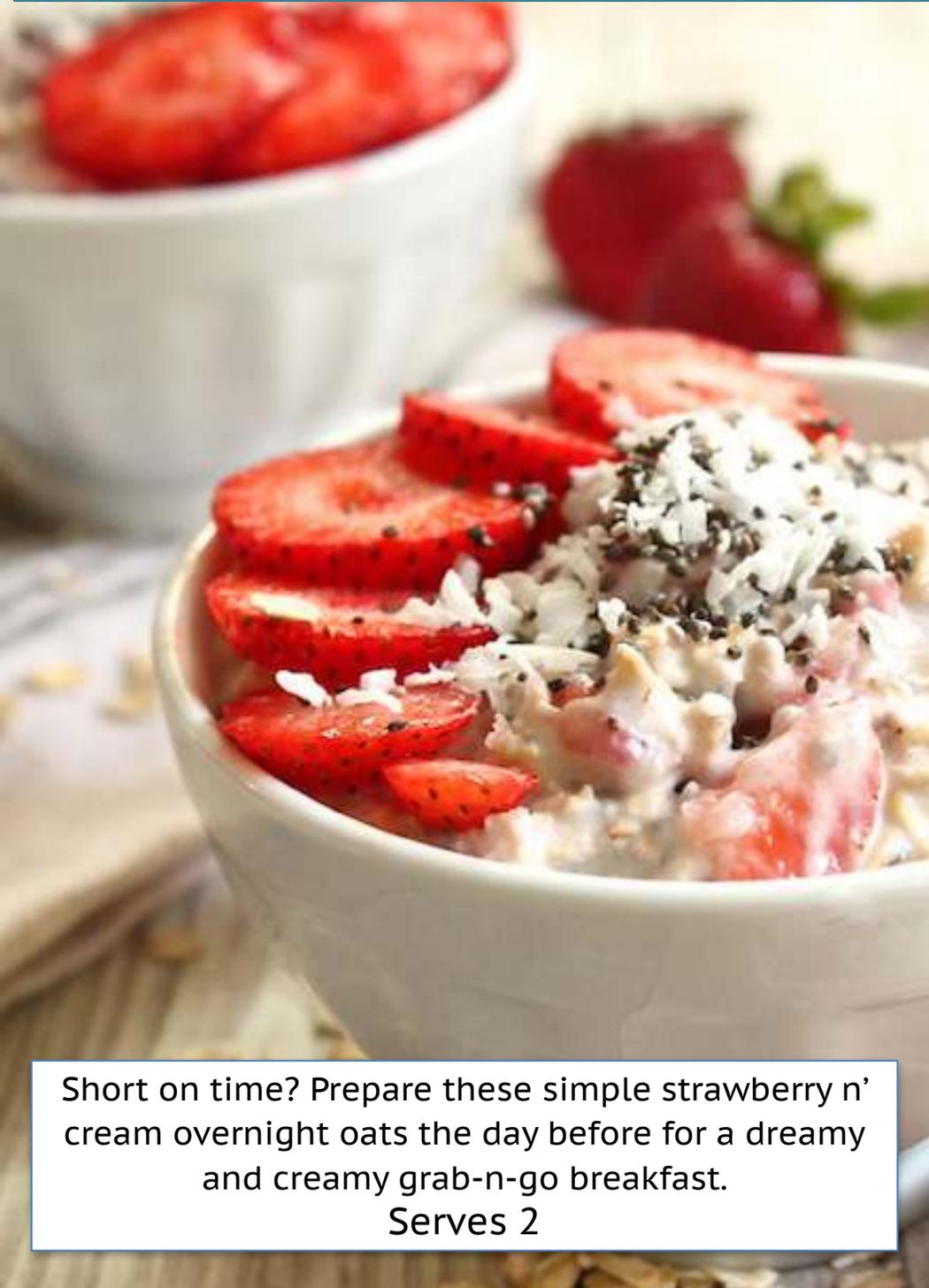
INGREDIENTS

- 1 cup coconut water
- 1 banana, sliced
- 1 large handful fresh spinach
- ½ cup frozen mango
- ½ cup frozen pineapple
- 2 tablespoons shredded coconut
- 1 tablespoon hemp seeds
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed oil

PROCEDURE

Combine all the ingredients in a blender and process until smooth. Serve immediately.

STRAWBERRY N' CREAM OVERNIGHT OATS



Short on time? Prepare these simple strawberry n' cream overnight oats the day before for a dreamy and creamy grab-n-go breakfast.

Serves 2

INGREDIENTS

OATMEAL

- 1 cup gluten-free rolled oats
- ½ cup coconut milk
- ½ cup almond or cashew milk
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract (optional)
- 1-2 tablespoon maple syrup
- pinch of salt
- ¾ cup chopped strawberries

TOPPINGS

- sliced strawberries
- chia seeds
- sliced almonds
- shredded coconut

PROCEDURE

1. Combine oats, milk, chia seeds, vanilla and almond extract, salt and maple syrup in a large bowl. Stir together until well combined.
2. Fold in chopped strawberries.
3. Cover a place in the refrigerator at least 4 hours or overnight.
4. When ready, divide into two cups and top with desired toppings.

PUMPKIN DATE BREAKFAST BARS



Naturally sweetened with dates and pumpkin, these bars are a delicious wholesome breakfast or any-time-of-day snack.

Makes 9 bars

INGREDIENTS

PUMPKIN FILLING

- 1 cup packed medjool dates, pitted
- 1 cup pumpkin puree
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- ⅛ teaspoon ground cloves
- zest of 1 large orange

OAT CRUMBLE

- 2½ cups rolled oats
- 1 cup almond meal
- ½ teaspoon cinnamon
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup maple syrup
- ½ cup coconut oil

PROCEDURE

1. Preheat the oven to 375. Spray an 8x8 baking sheet.
2. Soak the dates for 30 minutes. Drain and place in a food processor along with the remaining pumpkin filling ingredients. Blend until smooth. Set aside.
3. Combine oats, almond meal, cinnamon, baking soda, and salt. In a smaller bowl whisk combine coconut oil and maple syrup. Add the coconut oil/syrup mixture to the oats and stir to combine.
4. Pour half of the oat crumble on the bottom of the prepared baking sheet and press down. Top with the pumpkin filling, smoothing even with a spatula. Finish by sprinkling the remaining oat crumble evenly over the top. Press down lightly.
5. Bake for 30-35 minutes until crumb is golden brown. Remove from oven and let cool completely before slicing into 16 even pieces.

VANILLA RASPBERRY SMOOTHIE BOWL



Eat your smoothie with a spoon and enjoy a little bit of crunch in this granola, cacao nibs, and fresh berries smoothie super bowl.

Serves 2

INGREDIENTS

SMOOTHIE

- 2 small frozen banana
- 2 cup frozen raspberries
- 1 1/2 cup almond milk
- 2 tablespoons vanilla protein powder
- 1/4 cup chia seeds

TOPPINGS

- 1/2 cup granola of choice
- fresh raspberries
- 2 tablespoon cacao nibs

PROCEDURE

1. Place all smoothie ingredients in a blender and blend until smooth.
2. Divide into two bowls and top with granola, raspberries, and cacao nibs.
3. Enjoy with a spoon!

LIGHT MEALS



Vegan Greek Salad
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Miso Noodle Soup
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Pineapple Cashew Thai Quinoa
Salad
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Cream of Asparagus Soup
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Strawberry Mint Quinoa Salad
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VEGAN GREEK SALAD



This simple salad is packed with flavor and plant-based protein for a quick & easy light meal.

Serves 2

INGREDIENTS

SALAD

- 1 (15) oz can of chickpeas (or 2 cups freshly cooked)
- 1 cup cherry tomatoes, quartered
- 1 cup cucumber, chopped
- ¼ cup Kalamata olives, halved
- ¼ cup red onion, chopped

- ½ cup fresh parsley, loosely packed

DRESSING

- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons olive oil
- salt and pepper to taste

PROCEDURE

Combine all the salad ingredients in a big bowl. Toss with dressing. For best results refrigerate for 30 minutes to let the flavors soak into each other. Serve over a bed of lettuce.

MISO NOODLE SOUP



INGREDIENTS

MISO SOUP

- 4 ounces rice noodles
- 1 tablespoon oil
- 1/2 yellow onion, sliced thin
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 large carrot, sliced thin
- 3 cups vegetable broth
- 2 teaspoons yellow miso
- 4 ounces tofu, cubed
- 1 large handful of spinach

TOPPINGS

- Soy Sauce
- Hot sauce

PROCEDURE

1. In a small pot cook the rice noodles. Strain and set aside.
2. In another pot heat the canola oil over medium heat. Add the onions and sauté until translucent, about 8 minutes. Stir in the garlic & ginger and cook for another minute.
3. Add the carrot and vegetable broth. Bring to a boil then reduce heat and let simmer for 5 minutes, until carrots are tender. Stir in the miso.
4. Add tofu, cooked noodles, and spinach and cook until spinach is wilted.
5. Serve immediately.

Feed your body & mind with this nutrient-dense soup for a quick & easy 10-minute meal.
Serves 2

PINEAPPLE CASHEW THAI SALAD



A fresh and flavor-packed Thai quinoa salad mixed together in a Sesame Peanut Sauce for a zesty and delicious lunch or dinner.

Serves 2

INGREDIENTS

THAI QUINOA SALAD

- ½ cup (uncooked) quinoa
- 1 red bell pepper, sliced thin
- 1 large carrot, shaved or sliced thin
- 1 cup fresh pineapple, chopped
- 1 cup kale, massaged
- ¾ cup edamame
- ½ cup roasted cashews

- ¼ cup basil, chopped
- 3-4 green onions, diced

SESAME PEANUT SAUCE

- ½ cup peanut butter
- ½ cup sesame oil
- ¼ cup rice vinegar
- ¼ cup soy sauce
- 1 tablespoon fresh ginger, chopped
- 2-3 teaspoons agave nectar

PROCEDURE

1. Cook quinoa according to package's direction.
2. While the quinoa is cooking, prepare all the salad ingredients. Set aside.
3. In a blender combine the **Sesame Peanut Sauce** ingredients and process until smooth.
4. When quinoa is cooled, toss all salad ingredients together. Stir in Sesame Peanut Sauce.
5. Top with extra green onions, basil, and cashews and serve.

CREAM OF ASPARAGUS SOUP



This creamy asparagus soup is filled with hidden vegetables and immune boosters for an incredibly delicious and healthy meal.

Serves 4

INGREDIENTS

ASPARAGUS SOUP

- 1 tablespoon olive oil
- 1 yellow onion, thinly sliced
- 3-4 cloves garlic, minced
- 2 pounds asparagus, ends trimmed and chopped
- 1/2 head medium cauliflower
- 6 cups vegetable broth
- 1 juice of lemon
- 1/2 cup nutritional yeast
- salt and pepper, to taste

OPTIONAL TOPPINGS

- caramelized onions
- fresh asparagus
- freshly ground pepper

PROCEDURE

1. Heat oil in a large stock pot over medium-high heat. Stir in onions and garlic and cook until onions are translucent, about 7 minutes.
2. Add asparagus, cauliflower, and vegetable broth. Bring to a boil, then reduce heat to a simmer. Simmer for about 10 minutes, until asparagus and cauliflower are tender.
3. Transfer soup to a blender (this may have to be done in batches) and blend until smooth. Return to heat and stir in lemon juice, nutritional yeast, and salt and pepper.
4. Serve with desired toppings.

STRAWBERRY MINT QUINOA SALAD



A refreshing summer salad combining strawberry, mint, & citrus into the perfect combination.

Serves 4

INGREDIENTS

QUINOA SALAD

- $\frac{3}{4}$ cup uncooked quinoa
- 1 cup fresh strawberries, chopped
- $\frac{1}{4}$ cup pine nuts
- 3 scallions, sliced thin
- 2 tablespoons fresh mint, chopped

LEMON VINIGARETTE

- $\frac{1}{4}$ cup fresh lemon juice
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 2 cloves garlic, crushed
- 2 tablespoons fresh mint
- salt and pepper to taste

PROCEDURE

1. Make quinoa according to package's directions.
2. In a blender combine the ingredients for the Lemon Vinaigrette until well blended. Set aside.
3. Chop strawberries, mint, and scallions.
4. Lightly toast the pine nuts in a sauce pan over medium heat until slightly browned.
5. Stir pine nuts, strawberries, mint, and scallions into cooled quinoa. Add vinaigrette just before serving.
6. Season with salt and pepper to taste.

SNACKS



Homemade Larabars
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Buffalo Chickpea Lettuce Wraps
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5-Ingredient Chewy Peanut
Granola Bars
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Smokey Jalapeño Cheddar
Cheese Ball
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Chocolate Protein Truffles
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HOMEMADE LARABARS



Make your own Larabars with this easy 5-ingredient recipe for a healthy snack to keep throughout the day.
Makes 12 bars

INGREDIENTS

- 1 1/2 cup pitted Medjool dates, packed
- 1 cup roasted peanuts, unsalted
- 1/2 cup raw cashews
- pinch of sea salt
- 1/3 cup raisins or [raw chocolate chips](#).

PROCEDURE

1. In a food processor blend dates, peanuts, cashews, and salt until nuts are broken into tiny pieces and the dough sticks together when pressed.
2. Transfer to a small bowl and mix in raisins or raw chocolate chips.
3. Place dough in between two pieces of parchment paper and roll smooth to about 1/2 inch thick, straightening the sides as you roll to form approximately a 8x8 square.
4. Refrigerate for at least one hour. Cut into 12 equal bars. Cover with plastic wrap and store in the refrigerator.

BUFFALO CHICKPEA LETTUCE WRAPS



These lettuce wraps are filled with zesty buffalo chickpeas and creamy cashew ranch dressing for a delightful light meal or snack.

Serves 2

INGREDIENTS

BUFFALO CHICKPEAS

- 2 cups cooked chickpeas
- ¼ cup Franks hot sauce
- 1 teaspoon agave nectar
- ½ teaspoon apple cider vinegar
- pinch of salt
- 2 celery stalks, diced

RANCH DRESSING

EXTRAS

- 8-12 large leaves of Romain Lettuce
- 2 green onions, diced

PROCEDURE

1. To make the buffalo chickpeas, combine hot sauce, mayonnaise, agave nectar, apple cider vinegar, and salt in a small bowl. Stir in chickpeas and celery, cover, and place in the refrigerator for at least two hours.
2. To assemble, place 3-4 tablespoons of buffalo chickpeas inside each romaine lettuce leaf. Drizzle with [ranch dressing](#), top with green onions and serve immediately.
3. Store chickpeas and dressing in the refrigerator for up to five days.

5-INGREDIENT PEANUT GRANOLA BARS



Easy chewy peanut butter bars for a great grab-n-go snack anytime of day
Makes 12 bars

INGREDIENTS

- 2 cups gluten-free rolled oats
- 1 cup packed dates, pitted and soaked for 30 minutes
- 1/2 cup smooth peanut butter
- 1/4 cup maple syrup
- 1/2 cup dry-roasted peanuts

PROCEDURE

1. Drain and rinse the dates. In a food processor blend together the dates, peanut butter, and maple syrup until smooth, scraping down the sides as necessary. Transfer to a medium-size pot and place over low heat, stirring occasionally, until it begins to get soft - about 10 minutes.
2. Remove from heat and stir in the oats and peanuts until well combined.
3. Transfer to a parchment-lined 8x8 baking dish and roll or pat flat. Place in the refrigerator until hardened, about 1 hour.
4. Cut into 12 equal pieces.
5. Store in refrigerator for up to 5 days.

SMOKEY JALAPENO CHEDDAR CHEESE BALL



Made with cashews and sun-dried tomatoes, this smokey and spicy cheeseball is certain to impress.
Makes 1 cheese ball

INGREDIENTS

- 1½ cups raw cashews, soaked 4-6 hours
- 3 tablespoon sun-dried tomatoes, soaked 30-60 min
- ¼ cup + 2 tablespoons nutritional yeast
- 1 tablespoon tahini paste
- 1 teaspoon white wine vinegar
- 1 teaspoon spicy mustard
- 1 teaspoon onion powder
- 1 teaspoon salt
- ½ teaspoon turmeric
- ½ teaspoon smoked paprika
- ½ cup coconut oil, melted
- 1 jalapeno, minced
- ⅓ cup almond slices, crushed

PROCEDURE

1. Drain and rinse the cashews.
2. Place them in a food processor along with tomatoes, nutritional yeast, tahini, vinegar, mustard, & spices and blend until smooth. With the motor running, slowly add coconut oil until completely incorporated.
3. By hand stir in the minced jalapeños and transfer to an airtight container. Refrigerate for at least 4 hours, until the cheese is firm enough to mold.
4. Shape the cheese into a ball or rectangle, coat it in crushed almonds, and serve.
5. Store in the refrigerator for up to 5 days.

CHOCOLATE PROTEIN TRUFFLES



Get your chocolate fix with these incredible chocolate truffles. Each one packed with protein and good-for-you fats for a healthy energy boost.
Makes 12 truffles

INGREDIENTS

- ½ cup cashews, soaked 2-4 hours
- ½ cup walnuts, soaked 2-4 hours
- 8 large medjool dates, pitted
- 2 tablespoons coconut oil, melted
- ¼ cup + 2 tablespoons Chocolate Protein Powder
- 2 tablespoons cacao nibs
- about 2 tablespoon cacao powder, for dusting

PROCEDURE

1. Drain and rinse the cashews and walnuts and transfer them to a food processor along with the dates. Process until mixed together.
2. With the motor running, slowly add the melted coconut oil. Blend again until very smooth.
3. Add the Chocolate protein powder and puree until completely incorporated. Add cacao nibs and pulse a few times until mixed together.
4. Transfer to a small bowl, cover, and refrigerate for one hour until the truffle dough is hard enough to roll into balls.
5. Roll into balls about 1 tablespoon in size, coat in cacao powder, and enjoy!
6. Store in the refrigerator.

DINNER



Deconstructed Burrito Bowls
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Cuban Bowls with Plantain Fries
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Broccoli Pepper Stir Fry
24

Pumpkin Peanut Curry
25

Buddha Bowls with Special Sauce
26

DECONSTRUCTED BURRITO BOWLS



Hearty Burrito Bowls filled with fresh flavors and spices for a satisfying and filling dinner.

Serves 4

INGREDIENTS

BURRITO BOWLS

- 1 cup uncooked brown rice or quinoa*
- [Black Beans](#)
- [Avocado Corn Salsa](#)
- [Mexican Coleslaw](#)

ADDITIONAL TOPPINGS

- Cilantro
- Cashew Sour Cream (recipe follows)

- Hot Sauce

CASHEW SOUR CREAM

- 1 cup cashews, soaked 4-6 hours
- ½ cup water
- 2 tbsp lemon juice
- 1 tsp apple cider vinegar
- ½ tsp salt

PROCEDURE

1. Begin by making the rice according to package's directions.
2. To make the [Avocado Corn Salsa](#), combine everything in a medium size bowl. Refrigerate until ready to use.
3. Toss the ingredients of the [Mexican Coleslaw](#) together and refrigerate until ready to use.
4. To make the [Black Beans](#) coat beans in the spices and place in a pot over medium heat. Cook until heated all the way through, stirring as necessary.
5. To make the cashew sour cream, drain and rinse the cashews. Place in a high-powered blender or food processor along with the other ingredients and blend until completely smooth. Refrigerate until ready to use.
6. Assemble the bowls by placing the rice on the bottom. Top with salsa, coleslaw and beans. Serve with cilantro, hot sauce, and/or cashew sour cream.

CUBAN BOWLS WITH PLANTAIN FRIES



A flavorful dinner of plantain fries, cuban black beans, browned sweet potatoes, and fresh pico de gallo
Serves 4

INGREDIENTS

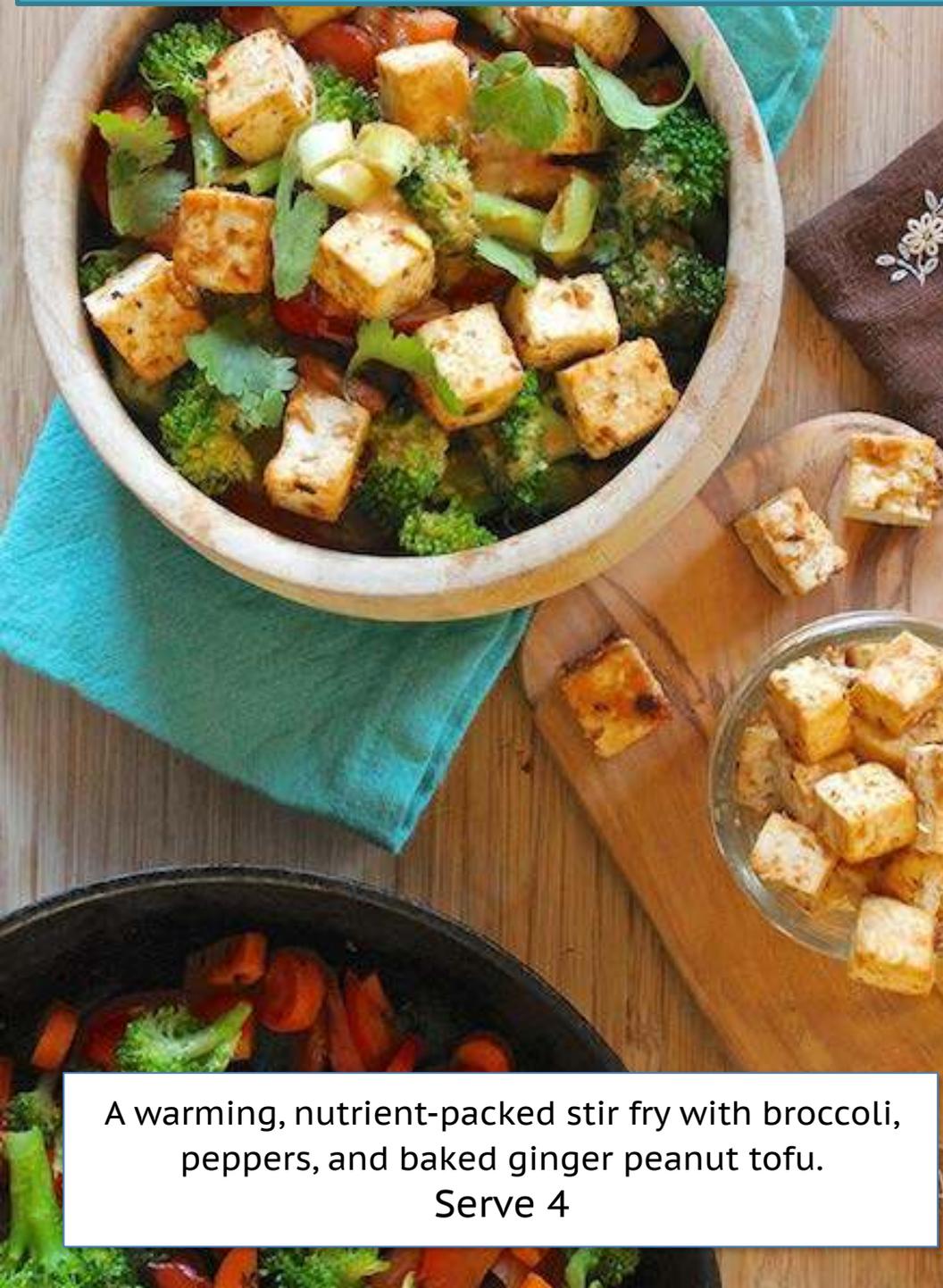
CUBAN BOWLS

- 1 cup (uncooked) brown or white rice
- 1 (15 oz) can or 1½ cup cooked black beans
- 1 medium sweet potato
- 2 tablespoons coconut oil
- 1 large or 2 small avocados, cubed
- [Plantain Fries](#)
- Pico de Gallo ([homemade](#)) or store-bought
- [Cashew Sour Cream](#)

PROCEDURE

1. Cook the rice according to package directions.
2. Meanwhile, make the [plantain fries](#), [pico do gallo](#) and [cashew sour cream](#).
3. Peel and slice the sweet potato into ¼". Heat 2 tablespoons of coconut oil in a large frying pan and sauté the sweet potatoes until lightly browned and cooked all the way through (about 3 minutes per side)
4. To assemble place a big scoop of rice in the bottom of each bowl. Add black beans, plantain fries, sweet potatoes, Pico de Gallo, and avocado. Top with cashew sour cream.

BROCCOLI PEPPER STIR FRY



INGREDIENTS

STIR FRY

- 2 cups cooked rice or quinoa
- 1 tablespoon coconut oil
- ½ red onion, thinly sliced
- 2 medium carrots, chopped
- 1 red bell pepper, chopped
- 1 medium head of broccoli, chopped

- [Ginger Peanut Tofu](#)
- [Ginger Peanut Sauce](#)

TOPPINGS

- green onions
- cilantro
- peanuts
- hot sauce

PROCEDURE

1. Combine the ingredients for the [Ginger Peanut Sauce](#) in a blender and process until well combined. Set aside.
2. Cut the tofu into ½" cubes and place in a shallow dish. Pour ¼ cup of the Ginger Peanut Sauce over tofu, stir to coat, and marinate for at least 30 minutes.
3. Preheat the oven to 375F. Place the tofu on a parchment-lined baking sheet and bake for 20 minutes, flipping once.
4. Heat 1 tablespoon coconut oil in a cast iron skillet over medium heat. Add onions and sauté for 5 minutes, until translucent. Add carrots, bell peppers, and broccoli and continue cooking for an additional 5 minutes, until vegetables are tender. Stir in the remaining peanut sauce and baked tofu. Remove from heat
5. Serve over rice or quinoa and top with green onions, cilantro, peanuts, and/or hot sauce.

A warming, nutrient-packed stir fry with broccoli, peppers, and baked ginger peanut tofu.

Serve 4

PEANUT PUMPKIN CURRY



A healthy thai peanut curry with as seasonal twist for the perfect cold-weather meal.

Serves 4

INGREDIENTS

- 1 tablespoon coconut oil
- 8-10 oz extra firm tofu, cubed
- 4 cups fresh pumpkin, chopped
- 1 red bell pepper, chopped
- 1 can full-fat coconut milk
- ½ cup water
- 2-3 tablespoons red curry paste
- 2 tablespoons maple syrup
- 2 tablespoons peanut butter
- ¼ cup thai basil, chopped
- salt, to taste
- ½ cup peanuts

PROCEDURE

1. Heat a large cast iron skillet over medium-high heat. Add coconut oil. Once the oil is hot, add tofu and pan-fry for 5-6 minutes, stirring often. Once lightly browned on all sides, remove the tofu from the pan and set aside.
2. In another large saucepan stir together coconut milk, water, maple syrup, and curry paste. Bring mixture to a boil then reduce heat to a light simmer. Add the pumpkin and cover. Let simmer for 5 minutes. Add the bell pepper and tofu and continue to simmer for 5 more minutes until the pumpkin is tender.
3. Transfer ¼ cup of the coconut milk/curry mixture to a small bowl and add two tablespoons of peanut butter. Whisk together then add back to the sauce pan, stirring to incorporate. Add salt.
4. Remove from heat. Stir in thai basil.
5. Top with extra basil and peanuts and serve over rice.

BUDDHA BOWLS WITH SPECIAL SAUCE



My go-to dinner when I want a flavorful, filling meal packed with nutrients and proteins.

Serves 4

INGREDIENTS

BUDDHA BOWLS

- 1 cup uncooked quinoa
- 2 cups chickpeas
- ½ bunch fresh kale, chopped
- 1 medium sweet potato, peeled and diced
- 1 large avocado, diced
- ¼ cup carrots, shredded
- 1 tablespoon fresh lemon juice
- salt, to taste
- [Cheesy Garlic Sauce](#)

ADDITIONAL TOPPINGS

CABBAGE/CARROT SLAW

- 1 cup purple cabbage, shredded
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- salt to taste

PROCEDURE

1. Cook quinoa according to package's directions
2. While quinoa is cooking prepare the rest of the vegetables. Preheat oven to 350F. Peel and dice the sweet potatoes. Toss in 1 tablespoon of olive oil and salt, to taste. Spread onto a baking sheet in a single layer and bake for 30 minutes, flipping occasionally.
3. Combine the ingredients for the Cabbage/Carrot Salad and refrigerate until ready to use.
4. Make the [Cheesy Garlic Sauce](#)
5. Steam the kale with 1 tablespoon of lemon juice and salt to taste until it just begins to wilt. Remove from heat and set aside.
6. To assemble the bowls, place a ½ cup of cooked quinoa at the bottom of each bowl. Top with sweet potatoes, cabbage, chickpeas, avocado, and kale. Top with cheesy garlic sauce and serve immediately.

DESSERTS



Coconut Mango Panna Cotta
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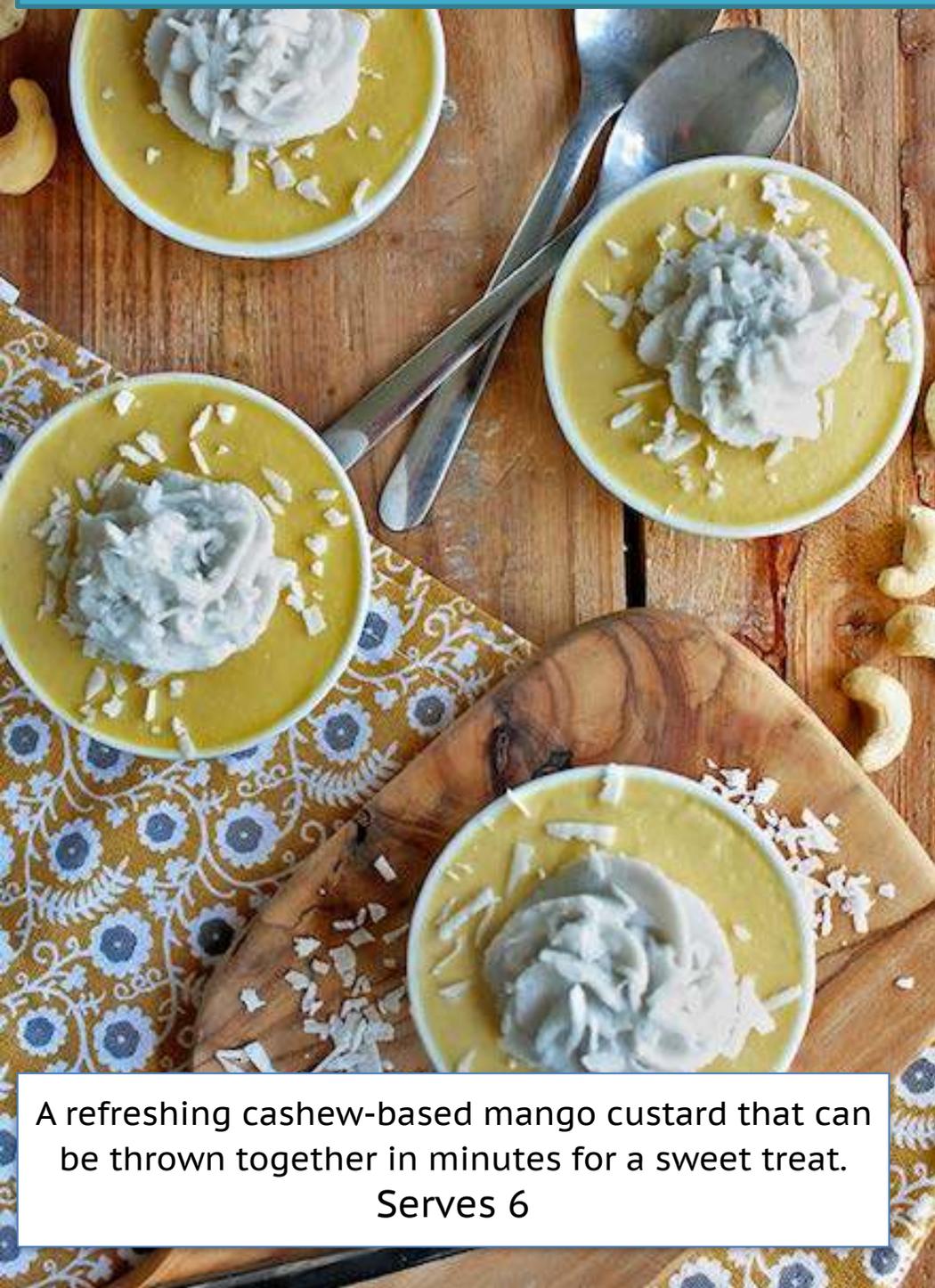
Raw Mint Chocolate Chip Ice
Cream
29

Raw Chocolate Dipped Coconut
Macaroons
30

Vanilla Cheesecake with Mixed
Berry Compote
31

Chocolate Banana Cream Mini
Pies
32

COCONUT MANGO PANNA COTTA



A refreshing cashew-based mango custard that can be thrown together in minutes for a sweet treat.

Serves 6

INGREDIENTS

PANNA COTTA

- 1 cup cashews pieces, soaked for two hours
- 2 cup frozen mango pieces
- coconut solids from 1 can + 2-4 tablespoon coconut water (as needed)

- 1 teaspoon vanilla extract
- 2 teaspoons agave extract
- pinch of salt

TOPPINGS

- [whipped coconut cream](#)
- shredded coconut

PROCEDURE

1. Drain and rinse the cashews.
2. Place in a high-speed blender with remaining Panna Cotta ingredients and blend until completely smooth.
3. Pour into custard cups and chill for at least 6 hours.
4. Top with coconut whipped cream and shredded coconut and serve.

RAW MINT CHOCOLATE CHIP ICE CREAM

INGREDIENTS

MINT ICE CREAM

- 2 cups fresh young coconut meat (about 2 young coconuts)
- 1 cup raw cashews, soaked 4-6 hours
- 1 cup raw almond milk
- 1 teaspoon vanilla extract
- 1½ teaspoon peppermint extract
- ¼ cup + 2 tablespoon raw agave or maple syrup

- 1 handful of fresh spinach (optional, for color)

CHOCOLATE CHUNKS

- 3 tablespoon coconut oil, melted
- ¼ cup raw cacao powder
- 2 tablespoon maple syrup
- ½ teaspoon vanilla extract

PROCEDURE

1. To make the ice cream combine all the ingredients in a food processor or high-powered blender. Mix until very smooth. Transfer to a shallow container and refrigerate for about 2 hours, until chilled all the way through.
2. Meanwhile combine all the chocolate chunks ingredients in a small bowl. Transfer to a shallow container and freeze. Once frozen (15-25 minutes) remove chocolate and cut into small chunks.
3. Add the chilled ice cream to your ice cream maker and process according to manufacturer's instructions. Once done place the ice cream in a loaf pan, stir in chocolate chunks, then smooth top and cover. Return to freezer and allow 2-3 hours for the ice cream to freeze.
4. Remove from freezer and let thaw 10 minutes before serving.

A healthy spin on an American classic for a delicious and satisfying dessert.

Serves 4

CHOCOLATE DIPPED COCONUT MACAROONS



A classic cookie made healthier. Filled with coconut & dipped in rich chocolate to feed your sweet tooth.
Makes 12 Cookies

INGREDIENTS

MACAROONS

- 3 cups shredded
- (unsweetened) coconut
- 1/4 cup raw agave nectar
- 1 tsp coconut extract
- 1 tsp vanilla extract
- pinch of salt
- 2 tbsp of water

CHOCOLATE GLAZE

- 1/2 cup coconut oil, melted
- 1/2 cup raw cacao powder
- 1/4 cup maple syrup (or agave nectar)

PROCEDURE

1. Blend 1 1/2 cups of the shredded coconut in a food processor or high-powered blender until coconut begins to clump together and form a rough paste. Add remaining coconut, 1/4 cup agave nectar, extracts, salt, and water. Blend until combined.
2. Using a rounded tablespoon, scoop cookies onto a parchment-lined baking sheet, mounding the top of each macaroon. Place in freezer while making the chocolate glaze.
3. Combine all the ingredients for chocolate glaze, stirring until smooth. Dip the bottom of each chilled macaroon into the chocolate and place it back onto the parchment paper. Drizzle the top with any remaining chocolate glaze. Return to freezer until the chocolate has set up.
4. Allow to thaw for 10 minutes before serving. Store in refrigerator for up to 5 days.

VANILLA MIXED BERRY MINI CHEESECAKES



These decadent mini-cheesecakes are easy to make & will last for weeks for when the sweet craving hits.
Makes 12 cheesecakes

INGREDIENTS

ALMOND CRUST

- 1 cup almond meal
- 2 tablespoons agave nectar
- 1 tablespoon coconut oil melted
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon fresh lemon juice
- ½ teaspoon salt
- ¼ cup coconut oil, melted.
- 2 vanilla beans scraped
- 1-2 tablespoon water, if needed

CHEESECAKE

- 1.5 cups cashews, soaked
- 3 tablespoons agave nectar

BERRY COMPOTE

PROCEDURE

1. [Make the crust.](#)
2. To make the vanilla cheesecake, drain and rinse the cashews and place in a high-powered blender or food processor along with all the other ingredients except water. Blend until completely smooth, scraping down as necessary and adding the water if needed.
3. Spoon or pipe filling on top of the chilled crusts, leaving about ⅛ inch of room. Return to freezer and let harden while making the berry topping.
4. [Make the berry compote](#)
5. Carefully spoon over chilled cheesecakes and return to the freezer until frozen all the way through.
6. To serve run a warm knife around the out edge of each cheesecake and they should pop out. Serve within 10 minutes of thawing and store in the freezer.

CHOCOLATE BANANA CREAM MINI PIES



Naturally sweetened mini-cream pies served in a nutty crust & filled with creamy custard
Makes 12 Mini Pies

INGREDIENTS

• WALNUT CRUST

- 1 cup walnuts
- 1 cup shredded coconut
- 1 tablespoon water

BANANA FILLING

- ½ cup raw cashews, soaked 4 hours
- 1 tablespoon lemon juice
- 1 tablespoon coconut oil, melted
- ½ cup shredded coconut
- 2 very ripe bananas

- ½ teaspoon vanilla extract
- pinch of salt

CHOCOLATE MOUSSE

- ½ cup cashews, soaked 4-6 hours
- 2 tablespoons water
- 2 tablespoons maple syrup
- 2 tablespoons raw cacao powder
- ½ teaspoon vanilla extract
- pinch of salt
- 2 tablespoons coconut oil, melted

PROCEDURE

1. Make the crust.
2. To make the coconut filling: Drain and rinse cashews. Place them into a food processor or powerful blender with lemon juice, and coconut oil and mix until completely smooth. Add the coconut, bananas, and vanilla extract and blend until well combined. Spoon or pipe the filling into chilled crusts. Return to freezer and freeze until filling is solid.
3. To make the chocolate mousse: Combine cashews, water, and maple syrup together in a food processor or high-powered blender until very smooth. Add cacao powder and salt and blend until well combined. With motor running, slowly add coconut oil until thoroughly mixed. Place mousse in the refrigerator for 10 minutes.
4. To assemble: Remove the coconut pies from muffin tin by placing a butter knife between crust and tin. Use knife as a lever to pop the pies out. Top with chilled mousse and a banana chip or coconut. Store in freezer until ready to serve.

I HOPE YOU ENJOYED THIS FREE COOKBOOK!

For more recipes and healthy-eating tips, find me at
www.mydarlingvegan.com

- Sarah

