

Healthy and Delicious Vegan Recipes!

French Toast

There's nothing like the smell of warm cinnamon in the morning. With this recipe, French toast doesn't have to be a thing of the past. Making vegan French toast is essentially the same as making traditional French toast, but with no egg.

Servings: 2 – Prep. time: 10 minutes – Cooking time: 15 minutes

Ingredients

- 4 slices bread
- 1 cup coconut milk
- 3 tablespoons maple syrup
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

Optional:

- Strawberries, sliced
- Soy whip

Preparation

1. Mix the coconut milk, cinnamon, vanilla extract, and maple syrup together.
2. Soak each slice of bread in the mixture, making sure both sides are coated.
3. Cook each slice in a frying pan until both sides are golden brown.
4. Drizzle additional maple syrup over each warm slice. Feel free to serve with sliced fruit or vegan whipped cream.

Green Goddess Dressing

Green goddess dressing is a vegan staple. Everyone has their own recipe, so once you've mastered this one, feel free to get creative with it!

Servings: 16 – Prep. time: 5 minutes – Cooking time: 5 minutes

Ingredients

- 1 avocado
- ½ cup basil
- 3 cloves garlic
- 1 lemon, juiced
- 2 tablespoons parsley
- 2 tablespoons cooking oil (avocado or olive recommended)

Optional:

- ⅓ cup almond milk (for a less creamy dressing)

Preparation

1. Add all ingredients to your food processor and make a creamy blend. For a more traditional dressing consistency, add some water or almond milk.
2. Serve on salad, in a wrap, or with pasta. Store in a sealed jar in the fridge.

Walnut Pâté

You may miss the decadent indulgence of pâté, but this vegan pâté made from walnuts and mushrooms is as gratifying as it is healthy.

Servings: 4 – Prep. time: 10 minutes – Cooking time: 35 minutes

Ingredients

- 1 cup walnuts
- 1 pound mushrooms, fresh
- 2 cloves garlic
- 1 onion, medium, diced
- ¼ cup white wine
- Salt
- Pepper

Preparation

1. Sauté the onion, garlic, mushrooms, and olive oil in a pan on medium heat.
2. When the onions are translucent and most of the liquid has evaporated, add the wine to the mixture.
3. Once the liquid has completely cooked away, transfer the mixture to a food processor and add the walnuts.
4. Blend until smooth and season with salt and pepper to taste.
5. Chill and serve with French bread, add to a sandwich, or even use the pâté as the base for a pasta sauce.

Mediterranean Quesadilla

Practical, self-contained, and oh so delicious, this meal is a quick fix for your Greek food cravings.

Servings: 2 – Prep. time: 10 minutes – Cooking time: 35 minutes

Ingredients

- ¼ cup garlic hummus
- 1 roasted eggplant, sliced
- 1 roasted red pepper, sliced
- 2 tortillas
- Cherry tomatoes, quartered
- Olive oil
- Salt

Optional:

- Tahini dressing
- Vegan mayonnaise
- Greek salad dressing or balsamic vinegar
- Vegan feta
- Diced avocado

Preparations

1. Drizzle the eggplant slices with olive oil, sprinkle with salt, and place in a baking tray.
2. Slice the red pepper and add it to the baking tray. Roast the veggies together at 400°F for about 30 minutes, flipping the eggplant about halfway through.
3. While the veggies are cooling, heat up the tortillas in the microwave for about a minute.
4. Spread about two tablespoons of garlic hummus on the tortillas. Add the roasted eggplant and red pepper slices. Drizzle with olive oil if you'd like. Throw on some cherry tomatoes and any other extras you might want.

Beet Chips

The stunning colors of these chips are sure to add a wow factor to your plate. These crunchy chips are a great way to satisfy your cravings for potato chips. Bet you can't have just one!

Servings: 2 – Prep. time: 10 minutes – Cooking time: 15 minutes

Ingredients

- 2 California golden beets
- 2 red beets
- 1 tablespoon olive oil
- ½ teaspoon salt

Preparation

1. Peel and slice the beets to your desired thickness, then “sweat” them. That means rubbing salt on the beets to remove excess moisture, which makes the chips crispier. Mix the beets with the olive oil and salt and allow to sit for 5 minutes.
2. Spread the beets out on a baking sheet and bake at 400°F for 10–15 minutes.
3. Save in an airtight container or serve right away.

Fudgey Black Bean Brownies

Protein packed, filling, and delicious? You can have your cake and eat it too!

Servings: 12 – Prep. time: 10 minutes – Cooking time: 30 minutes

Ingredients

- 1½ cups black beans, cooked
- 2 tablespoons baking powder
- ¼–½ cup maple syrup
- ¾ cup cocoa powder
- 1 flax egg
- ¼ teaspoon salt
- 2 tablespoons cooking oil (coconut recommended)
- Water (as needed)

Preparation

1. Drain the black beans and add them to a food processor. Blend until smooth, adding water as needed.
2. In a large bowl, mix together the blended black beans with the rest of the ingredients. Add water to reach the consistency of brownie batter.
3. Pour into a greased pan and bake at 350°F for about 30 minutes.

***These recipes and more can be found in Madison Miller's Vegan 5-Ingredient: Quick and Easy Plant-Based Vegan Recipes. To get a copy of the cookbook, click on the cover or click [here](#).

