

BY CHEF KIERAN

the ELEVATED ENERGY COOKBOOK

A VEGAN LIFESTYLE BOOK





To the beautiful soul that nurtured and provided our family and others with love and wisdom. In or out of a kitchen, you are forever unmatched. Thank you for it all, Velma Lee. It is my honor to carry your legacy.

-Granny's Sweetie



the ELEVATED ENERGY COOKBOOK

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INTRODUCTION

Welcome to "The Elevated Energy Cookbook"! In this book, chef Kieran invites you on a culinary journey into the vibrant world of vegan cooking. Whether you're a seasoned chef or a beginner in the kitchen, this cookbook is designed to inspire and delight your palate with delicious plant-based recipes.

As a self-taught chef, Kieran has spent years experimenting with ingredients, flavors, and techniques to create dishes that are not only nourishing but also bursting with flavor. In this cookbook, their passion for vegan cooking is shared along with their secrets to creating meals that are not only good for you but also incredibly satisfying.

Whether you're looking to incorporate more plant-based meals into your diet, explore new flavors, or simply expand your culinary repertoire, "The Elevated Energy Cookbook" has something for everyone. From brunch vibes to satisfying mains and decadent desserts, each recipe is thoughtfully crafted to showcase the versatility and deliciousness of vegan cuisine.

Get ready to elevate your energy and nourish your body with the power of plants!

BRUNCH

VIBES

FRENCH TOAST

INGREDIENTS

1 cup unsweetened soy milk (or other non-dairy milk)
1/4 cup cornstarch
1 teaspoon ground flaxseed
1/2 teaspoon baking powder
1 teaspoon ground cinnamon
2 teaspoons maple syrup
1 teaspoon vanilla
6-8 slices thick sliced bread
2-3 tablespoons vegan butter or grapeseed oil for frying

DIRECTIONS

- In a shallow dish, whisk together the plant-based milk, flour, nutritional yeast, maple syrup, vanilla extract, cinnamon, and salt until well combined.
- Heat a non-stick skillet or griddle over medium heat and add a small amount of coconut oil or vegan butter.



- Dip each slice of bread into the milk mixture, making sure to coat both sides evenly.
- Place the dipped bread onto the preheated skillet or griddle and cook for 2-3 minutes on each side, or until golden brown and crispy.
- Repeat with the remaining slices of bread, adding more coconut oil or vegan butter to the skillet or griddle as needed.
- Serve the vegan French toast hot with your choice of toppings, such as fresh berries, sliced peaches or a sprinkle of powdered sugar.

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CRISPY POTATOES

INGREDIENTS

4 large potatoes
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon paprika
Salt and pepper, to taste

DIRECTIONS

- Preheat the oven to 425°F (220°C).
- Peel the potatoes and cut them into small cubes or wedges.
- Place the potato cubes in a large bowl and drizzle with olive oil. Toss until the potatoes are evenly coated.



- In a separate small bowl, mix together the garlic powder, paprika, salt, and pepper.
- Sprinkle the seasoning mixture over the potatoes and toss again to evenly distribute the spices.
- Spread the seasoned potatoes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for about 30-35 minutes, or until the potatoes are golden brown and crispy.
- Remove from the oven and let cool for a few minutes before serving.

TOFU SCRAMBLE

INGREDIENTS

1 block of firm/extra firm tofu
1 tablespoon of olive oil
1/2 onion, diced
1 bell pepper, diced
2 cloves of garlic, minced
1 teaspoon of turmeric
1/2 teaspoon of cumin
1/2 teaspoon of paprika
Salt and pepper to taste

DIRECTIONS

- Drain the tofu and press it between paper towels or using a tofu press to remove excess moisture.
- Heat olive oil in a non-stick skillet over medium heat.



- Add the diced onion and garlic to the skillet and sauté until they become tender, about 3-4 minutes.
- Crumble the tofu into the skillet, resembling scrambled eggs.
- Add bell pepper, turmeric, cumin, paprika, salt, and pepper to the skillet. Stir well to evenly coat the tofu and spices.
- Cook for another 5-7 minutes, stirring occasionally, until the tofu is heated through and slightly golden.

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SPINACH MUSHROOM BISQUE

INGREDIENTS

2 tablespoons cooking oil

1 onion, diced

2 cloves garlic, minced

8 ounces mushrooms, sliced

4 cups vegetable broth

1 14oz can diced tomatoes

2 cups fresh spinach

1 cup unsweetened plant-based milk

1/4 cup nutritional yeast

Salt and pepper to taste

Optional toppings: vegan sour cream or roasted chickpeas.

DIRECTIONS

- Heat the oil in a large pot over medium heat. Add the diced onion and minced garlic, and sauté until the onion becomes translucent.
- Add the sliced mushrooms to the pot and cook until they release their moisture and start to brown.



- Pour in the vegetable broth and tomatoes, bring to a boil. Reduce the heat and let it simmer for about 10 minutes.
- Add the fresh spinach to the pot and cook until wilted.
- Using an immersion blender or a regular blender, blend the soup until smooth and creamy.
- Return the soup to the pot and stir in the plant-based milk and nutritional yeast. Season with salt and pepper to taste.
- Heat the soup over low heat until warmed through.
- Serve the vegan spinach mushroom bisque hot, garnished with chopped fresh parsley and a dollop of vegan sour cream, if desired.

‘CRAB’ CAKES

INGREDIENTS

1 can hearts of palm, drained and rinsed
1 sheet of nori, crumbled (dried seaweed)
1/4 cup vegan mayonnaise
2 tablespoons dijon mustard
1 tablespoon lemon juice
1/4 cup chopped green onion
1/4 cup chopped fresh parsley
1/4 cup bread crumbs
1/4 cup cornmeal
1 teaspoon Old Bay seasoning
Salt and pepper to taste
2 tablespoons oil, for frying

DIRECTIONS

- In a large mixing bowl, roughly chop the hearts of palm into small pieces.
- Add the vegan mayonnaise, dijon mustard, lemon juice, chopped green onion, chopped fresh parsley, bread crumbs, cornmeal, Old Bay seasoning, salt, and pepper to the bowl. Mix until well combined.



- Form the mixture into patties, about 1/2 inch thick and 3 inches in diameter.
- Heat the olive oil in a skillet over medium heat. Place the patties in the skillet and cook for about 4-5 minutes on each side, until golden brown and crispy.
- Remove the crab cakes from the skillet and place them on a paper towel-lined plate to absorb any excess oil.
- Serve the vegan crab cakes hot, with a side of vegan tartar sauce or your favorite dipping sauce.

STUFFED MUSHROOMS

INGREDIENTS

12 large mushrooms
1 tablespoon cooking oil
1 small onion, finely chopped
1 bell pepper (of your choice)
2 cloves garlic, minced
1/2 cup breadcrumbs
1/4 cup vegan Parmesan cheese, grated
2 tablespoons fresh parsley, chopped
Salt and pepper to taste

DIRECTIONS

- Preheat the oven to 375°F (190°C).
- Remove the stems from the mushrooms and set them aside.
- Heat the cooking oil in a skillet over medium heat. Add the chopped onion and minced garlic, and sauté until the onion is translucent.



- Finely chop the mushroom stems and peppers, add them to the skillet. Cook for about 5 minutes, until the mushroom stems are tender.
- Remove the skillet from heat and stir in the breadcrumbs, vegan Parmesan cheese, fresh parsley, salt, and pepper. Mix until well combined.
- Place the mushroom caps on a baking sheet lined with parchment paper. Spoon the stuffing mixture into each mushroom cap, pressing it down gently.
- Bake the stuffed mushrooms in the preheated oven for 15-20 minutes, or until the mushrooms are tender and the stuffing is golden brown.
- Remove from the oven and let them cool slightly before serving.

PANCAKES

INGREDIENTS

1 cup all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup almond milk (or any plant-based milk)
2 tablespoons cooking oil
1 teaspoon vanilla extract

DIRECTIONS

- In a large mixing bowl, whisk together the flour, sugar, baking powder, and salt.
- In a separate bowl, combine the almond milk, cooking oil and vanilla extract.
- Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix; a few lumps are okay.



- Preheat a non-stick skillet or griddle over medium heat.
- Scoop 1/4 cup of batter onto the skillet for each pancake.
- Cook until bubbles form on the surface of the pancake, then flip and cook for another 1-2 minutes, or until golden brown.
- Repeat with the remaining batter.
- Serve the vegan pancakes warm with your favorite toppings, such as fresh fruits, maple syrup, or vegan butter.

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FRITTATA

INGREDIENTS

1 cup chickpea flour
1 cup water
1 tablespoon nutritional yeast
1/2 teaspoon turmeric
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon baking powder
Salt and pepper to taste
1 tablespoon cooking oil
1/2 cup diced vegetables (e.g., peppers, onions, spinach)
1/4 cup diced vegan cheese (optional)
Fresh herbs for garnish (e.g., parsley, chives)

DIRECTIONS

- Preheat the oven to 375°F (190°C).
- In a large mixing bowl, whisk together the chickpea flour, water, nutritional yeast, turmeric, garlic powder, onion powder, baking powder, salt, and pepper until well combined. Let the mixture sit for 5 minutes to thicken.



- Heat the oil in an oven-safe skillet over medium heat. Add the diced vegetables and cook until they are tender, about 5 minutes.
- Pour the chickpea flour mixture into the skillet, covering the vegetables evenly. Sprinkle the vegan cheese on top, if desired.
- Transfer the skillet to the preheated oven and bake for 20-25 minutes, or until the frittata is set and lightly golden on top.
- Remove from the oven and let it cool for a few minutes. Garnish with fresh herbs.
- Slice the frittata into wedges and serve warm.

GAME

FOOD



FRIED TOFU

INGREDIENTS

1 block of firm tofu

1/2 cup all-purpose flour

1/2 teaspoon salt

1/2 teaspoon paprika

1/4 teaspoon garlic

powder

1/4 teaspoon onion

powder

1/4 teaspoon black pepper

1/4 teaspoon cayenne

pepper (optional)

oil for frying

DIRECTIONS

- Drain and press the tofu to remove excess moisture. Cut the tofu into rectangular slices or cubes of your desired size.
- In a shallow bowl, mix together the flour, salt, paprika, garlic powder, onion powder, black pepper, and cayenne pepper (if using).
- Heat cooking oil in a frying pan or skillet over medium-high heat.
- Dredge each tofu piece in the flour mixture, coating all sides evenly.
- Carefully place the coated tofu in the hot oil, making sure not to overcrowd the pan. Fry for about 3-4 minutes on each side until golden brown and crispy.
- Remove the fried tofu from the pan and place it on a paper towel-lined plate to absorb any excess oil.
- Serve the vegan fried tofu as is or tossed in sauce. It's delicious in sandwiches, or as a protein-packed addition to salads or stir-fries.





PULLED ‘PORK’

INGREDIENTS

1 can jackfruit (green, unripe)

1 onion, finely chopped

3 cloves of garlic, minced

1 tablespoon cooking oil

2 tablespoons soy sauce

2 tablespoons tomato paste

1 tablespoon maple syrup

1 tablespoon smoked paprika

1 teaspoon ground cumin

1 teaspoon chili powder

1/2 teaspoon liquid smoke

Salt and pepper to taste

DIRECTIONS

- Drain and rinse the jackfruit. Remove any seeds or tough core parts. Shred the jackfruit into smaller pieces resembling pulled pork.
- Heat oil in a large skillet over medium heat. Add the chopped onion and minced garlic. Sauté until the onion becomes translucent.
- Add the shredded jackfruit to the skillet and cook for about 5 minutes, stirring occasionally.
- In a small bowl, whisk together soy sauce, tomato paste, maple syrup, smoked paprika, ground cumin, chili powder, liquid smoke, salt, and pepper.
- Pour the sauce over the jackfruit in the skillet and mix well to coat the jackfruit evenly. Reduce the heat to low and let it simmer for about 15-20 minutes, stirring occasionally.
- Once the jackfruit has absorbed the flavors and becomes tender, remove it from the heat.
- Serve the vegan pulled pork on buns or in tacos, topped with your favorite barbecue sauce or coleslaw.





STUFFED SWEET POTATOES

INGREDIENTS

4 medium sweet potatoes

1 cup black beans, rinsed and drained

1 cup corn kernels

1 avocado, diced

1/4 cup red onion, finely chopped

1/4 cup fresh cilantro, chopped

Juice of 1 lime

Salt and pepper to taste

DIRECTIONS

- Preheat the oven to 400°F (200°C).
- Wash the sweet potatoes thoroughly and prick them with a fork.
- Place the sweet potatoes on a baking sheet and bake for 45-60 minutes, or until tender.
- While the sweet potatoes are baking, prepare the toppings. In a bowl, combine the black beans, corn, avocado, red onion, cilantro, lime juice, salt, and pepper. Mix well.
- Once the sweet potatoes are cooked, remove them from the oven and let them cool slightly.
- Slice each sweet potato lengthwise and slightly mash the flesh with a fork.
- Spoon the black bean and corn mixture over the sweet potatoes, dividing it evenly.





JALAPENO POPPERS

INGREDIENTS

6 large jalapeno peppers

1 cup vegan cream cheese

1/2 cup vegan shredded cheddar cheese

1/2 cup breadcrumbs

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/4 teaspoon paprika

Salt and pepper, to taste

DIRECTIONS

- Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
- Cut the jalapeno peppers in half lengthwise and remove the seeds and membranes.
- In a mixing bowl, combine the vegan cream cheese, vegan shredded cheddar cheese, breadcrumbs, garlic powder, onion powder, paprika, salt, and pepper. Mix well until all ingredients are evenly incorporated.
- Stuff each jalapeno half with the cream cheese mixture, ensuring they are well-filled.
- Place the stuffed jalapeno halves on the prepared baking sheet.
- Bake for 15-20 minutes, or until the jalapenos are tender and the filling is golden brown.
- Remove from the oven and let cool slightly before serving.





HUMMUS

INGREDIENTS

1 can (15 ounces) chickpeas (garbanzo beans), drained and rinsed

3 tablespoons tahini

2 tablespoons fresh lemon juice

2 cloves garlic, minced

2 tablespoons olive oil

1/2 teaspoon ground cumin

Salt, to taste

Water, as needed

DIRECTIONS

- In a food processor or blender, combine the chickpeas, tahini, lemon juice, minced garlic, olive oil, ground cumin, and a pinch of salt.
- Process the mixture until smooth and creamy. If the hummus is too thick, add water, 1 tablespoon at a time, until desired consistency is reached.
- Taste and adjust the seasoning with more salt if needed.
- Transfer the hummus to a serving bowl and drizzle with a little olive oil. Optional garnishes include a sprinkle of paprika or chopped fresh parsley.
- Serve with pita bread, fresh vegetables, or your favorite dippers.





ROASTED CHICKPEAS

INGREDIENTS

1 can of chickpeas

1 tablespoons cooking oil

1/2 teaspoon ground cumin

1/2 teaspoon paprika

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/4 teaspoon salt

DIRECTIONS

- Preheat your oven to 400°F (200°C).
- Drain and rinse the chickpeas thoroughly.
- Pat dry the chickpeas using a clean kitchen towel or paper towels.
- In a bowl, combine the olive oil, ground cumin, paprika, garlic powder, onion powder, and salt. Mix well.
- Add the chickpeas to the bowl and toss until they are evenly coated with the spice mixture.
- Spread the coated chickpeas in a single layer on a baking sheet.
- Roast in the preheated oven for about 25-30 minutes, or until the chickpeas are golden brown and crispy.
- Remove from the oven and let them cool slightly before serving.





VEGAN SUSHI

INGREDIENTS

Sushi rice

Nori seaweed sheets

Avocado

Carrot

Cucumber

Bell pepper

Green onion

Sesame seeds

Soy sauce (or tamari for gluten-free option)

Wasabi

Pickled ginger

DIRECTIONS

- Cook sushi rice according to package instructions and let it cool.
- Prepare the filling ingredients by slicing avocado, carrot, cucumber, bell pepper, and green onion into thin strips.
- Lay a sheet of nori seaweed on a bamboo sushi mat or a clean kitchen towel.
- Wet your hands with water to prevent sticking, and spread a thin, even layer of sushi rice over the nori, leaving about 1 inch at the top uncovered.
- Sprinkle sesame seeds over the rice.
- Arrange the vegetable fillings in a line along the bottom edge of the rice.
- Using the sushi mat or towel, roll the nori tightly over the fillings, applying gentle pressure to shape the roll.
- Wet the uncovered edge of the nori with water to seal the roll.
- Repeat the process to make more rolls with the remaining ingredients.
- Use a sharp knife to slice the rolls into bite-sized pieces.
- Serve the vegan sushi rolls with soy sauce, wasabi, and pickled ginger.





SPINACH ARTICHOKE DIP

INGREDIENTS

1 cup raw cashews, soaked overnight and drained

1 cup unsweetened almond milk

1 tablespoon nutritional yeast

2 tablespoons lemon juice

2 cloves garlic, minced

1/2 teaspoon onion powder

1/2 teaspoon salt

1/4 teaspoon black pepper

1 cup frozen spinach, thawed and drained

1 cup canned artichoke hearts, drained and chopped

1/4 cup vegan mayonnaise

1/4 cup vegan cream cheese

DIRECTIONS

- In a blender or food processor, combine the soaked cashews, almond milk, nutritional yeast, lemon juice, minced garlic, onion powder, salt, and black pepper. Blend until smooth and creamy.
- Transfer the mixture to a mixing bowl and fold in the thawed spinach, chopped artichoke hearts, vegan mayonnaise, and vegan cream cheese. Stir until well combined.
- Preheat the oven to 350°F (175°C).
- Transfer the dip to a baking dish and smooth the top with a spatula.
- Bake for 20-25 minutes, or until the top is lightly golden and the dip is heated through.
- Serve warm with tortilla chips, sliced baguette, or your favorite dipping options.





FRESH GUACAMOLE

INGREDIENTS

2 ripe avocados

1 lime, juiced

1/4 cup red onion, finely chopped

1/4 cup tomatoes, diced

1/4 cup cilantro, chopped

1/2 jalapeno, seeded and finely chopped

Salt, to taste

DIRECTIONS

- Cut the avocados in half, remove the pits, and scoop out the flesh into a bowl.
- Mash the avocados with a fork until desired consistency is reached.
- Add lime juice and mix well.
- Add the red onion, tomatoes, cilantro, and jalapeno to the bowl and mix until well combined.
- Season with salt to taste.
- Serve immediately with tortilla chips or as a topping for tacos, salads, or sandwiches.





ZUCCHINI FRITTERS

INGREDIENTS

2 medium zucchinis, grated

1/2 teaspoon salt

1/4 cup all-purpose flour

1/4 cup nutritional yeast

1/4 teaspoon baking powder

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/4 teaspoon paprika

1/4 teaspoon black pepper

2 tablespoons chopped fresh parsley

1 tablespoon flaxseed meal

3 tablespoons water

cooking oil for frying

DIRECTIONS

- Place the grated zucchinis in a colander and sprinkle with salt. Let them sit for about 10 minutes to allow excess moisture to drain. Squeeze out any remaining moisture using a clean kitchen towel or paper towels.
- In a large bowl, combine the grated zucchinis, all-purpose flour, nutritional yeast, baking powder, garlic powder, onion powder, paprika, black pepper, and chopped fresh parsley.
- In a small bowl, mix together the flaxseed meal and water. Let it sit for a few minutes to thicken and form a gel-like consistency. This will act as the egg substitute.
- Add the flaxseed mixture to the zucchini mixture and stir until well combined.
- Heat a thin layer of oil in a large skillet over medium heat.
- Spoon about 2 tablespoons of the zucchini mixture onto the skillet for each fritter. Flatten the mixture slightly with the back of a spoon.
- Cook the fritters for about 2-3 minutes on each side, or until golden brown and crispy.
- Transfer the cooked fritters to a paper towel-lined plate to drain any excess oil.
- Serve the vegan zucchini fritters warm with your favorite dipping sauce or as a side dish.



DATE

NIGHT

SOUTHERN SWEET POTATOES

INGREDIENTS

2 large sweet potatoes, peeled and sliced into 1/4-inch thick rounds

1/4 cup vegan butter

1/2 cup brown sugar

1/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon salt

1/4 cup water



DIRECTIONS

- In a large skillet, melt the vegan butter over medium heat.
- Add the sweet potato rounds to the skillet and cook for about 5 minutes, stirring occasionally.
- Sprinkle the brown sugar, cinnamon, nutmeg, and salt over the sweet potatoes. Stir to coat evenly.
- Pour the water into the skillet and stir gently.
- Reduce the heat to low, cover the skillet, and let the sweet potatoes simmer for about 15 minutes or until they are tender, stirring occasionally.
- Uncover the skillet and increase the heat to medium-high. Cook for an additional 5 minutes or until the liquid has thickened and the sweet potatoes are glazed, stirring occasionally.
- Remove from heat and let cool for a few minutes before serving.

BRAISED GREENS

INGREDIENTS

1 bunch of greens (such as kale, collard greens, or Swiss chard)

2 tablespoons cooking oil

1 small onion, chopped

3 cloves garlic, minced

1 cup vegetable broth

1 tablespoon apple cider vinegar

Salt and pepper to taste



DIRECTIONS

- Wash the greens thoroughly and remove any tough stems. Chop the leaves into bite-sized pieces.
- Heat oil in a large pot over medium heat. Add the chopped onion and minced garlic. Sauté until the onion is translucent and fragrant.
- Add the chopped greens to the pot and stir well to coat them with the onion and garlic mixture.
- Pour in the vegetable broth and apple cider vinegar. Stir to combine.
- Reduce the heat to low and cover the pot. Let the greens simmer for about 20-30 minutes, or until they are tender.
- Season with salt and pepper to taste.
- Serve the vegan braised greens as a side dish or as part of a main meal.

WHITE BEAN & KALE SOUP

INGREDIENTS

1 tablespoon cooking oil

1 onion, chopped

3 cloves garlic, minced

2 carrots, diced

2 celery stalks, diced

1 can (15 ounces) white beans, drained and rinsed

4 cups vegetable broth

1 bay leaf

1 teaspoon dried thyme

1 teaspoon dried rosemary

1 bunch kale, stems removed and leaves chopped

Salt and pepper to taste



DIRECTIONS

- Heat the oil in a large pot over medium heat. Add the onion and garlic, and sauté until fragrant and translucent.
- Add the carrots and celery to the pot and cook for 5 minutes, until they start to soften.
- Stir in the white beans, vegetable broth, bay leaf, thyme, and rosemary. Bring the mixture to a boil, then reduce the heat and let it simmer for 15 minutes.
- Remove bay leaf and add half of the beans and broth to a blender, blend and return to the pot (be very careful). This will add creaminess to your soup.
- Add the chopped kale to the pot and continue to simmer for an additional 10 minutes, until the kale is wilted and tender.
- Season with salt and pepper to taste.

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CRISPY BROCCOLI PENNE

DIRECTIONS

- Cook the penne pasta according to package instructions. Drain and set aside.
- Steam the broccoli florets until tender-crisp. Set aside.
- In a large skillet, heat the oil over medium heat. Add the minced garlic and red pepper flakes (if using) and sauté for 1-2 minutes until fragrant.
- Reduce the heat to low and add the plant-based milk and nutritional yeast to the skillet. Stir well to combine and let the sauce simmer for a few minutes until it thickens slightly.
- Add the cooked penne pasta and steamed broccoli to the skillet. Toss everything together until the pasta and broccoli are coated in the sauce.
- Season with salt and pepper to taste.
- Remove from heat, top with fried tofu and K sauce then garnish with chopped fresh parsley.

Note: All recipes needed for this dish are included in this book.

INGREDIENTS

8 ounces penne pasta

2 cups broccoli florets

2 tablespoons cooking oil

3 cloves garlic, minced

1/2 teaspoon red pepper flakes (optional)

1 cup plant-based milk

1/4 cup nutritional yeast

Salt and pepper to taste

Fresh parsley, chopped (for garnish)



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BAKED MAC & CHEESE

DIRECTIONS

- Preheat the oven to 375°F (190°C) and lightly grease a baking dish.
- Cook the elbow macaroni according to the package instructions. Drain and set aside.
- In a saucepan, melt the coconut oil over medium heat. Whisk in the flour until well combined to create a roux.
- Slowly pour in the plant-based milk, whisking constantly to prevent lumps from forming.
- Stir in the nutritional yeast, tamari or soy sauce, vegan cheese, Dijon mustard, garlic powder, onion powder, turmeric (if using), salt, and pepper. Continue to cook and whisk until the sauce thickens.
- Add the cooked macaroni to the sauce, stirring until well coated.
- Transfer the macaroni and cheese mixture to the prepared baking dish. Sprinkle bread crumbs on top if desired.
- Bake in the preheated oven for 25-30 minutes, or until the top is golden and crispy.
- Remove from the oven and let it cool for a few minutes before serving.

INGREDIENTS

2 cups elbow macaroni

2 cups plant-based milk (such as almond or soy milk)

1 cup nutritional yeast

1/2 cup vegan shredded cheese

1/4 cup refined coconut oil

1/4 cup all-purpose flour

2 tablespoons tamari or soy sauce

1 tablespoon Dijon mustard

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon turmeric (optional, for color)

Salt and pepper to taste

Bread crumbs for topping (optional)



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BATTERED 'FISH'

DIRECTIONS

- Slice the hearts of palm into fish stick-sized strips.
- In a mixing bowl, whisk together the flour, baking powder, salt, and black pepper.
- Slowly pour in the vegan beer while whisking until a smooth batter is formed.
- Heat oil in a deep pot or fryer to 350°F (175°C).
- Slice nori and wrap around hearts of palm strips.
- Dip each hearts of palm strip into the batter, allowing any excess to drip off.
- Carefully place the battered hearts of palm into the hot oil and fry until golden brown and crispy, about 3-4 minutes.
- Remove from the oil and drain on a paper towel-lined plate.
- Serve the battered hearts of palm fish sticks with your favorite dipping sauce.

INGREDIENTS

1 can hearts of palm, drained and rinsed

1 sheet nori

1 cup all-purpose flour

1 teaspoon baking powder

1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 cup vegan beer

oil, for frying



CHEDDAR BISCUITS

DIRECTIONS

- Preheat the oven to 450°F. Line a baking sheet with parchment paper.
- In a large bowl, whisk together the flour, baking powder, baking soda, garlic powder, sugar and salt.
- Add the melted butter to the flour mixture.
- Gradually pour in the almond milk and stir until just combined. Do not overmix.
- Fold in the vegan cheddar cheese.
- Drop 1/4 cup portions of the dough onto the prepared baking sheet, spacing them about 2 inches apart.
- Bake for 12-15 minutes, or until the biscuits are golden brown.
- While baking, mix topping ingredients.
- Remove from the oven and spoon topping mixture over the biscuits.
- Let cool for a few minutes before serving.

INGREDIENTS

2 cups all-purpose flour

3 teaspoons baking powder

1/4 teaspoon baking soda

1 tablespoon garlic powder

1 teaspoon sugar

1/2 teaspoon salt

1/2 cup vegan butter

1 cup unsweetened almond milk

1 cup vegan cheddar cheese, shredded

topping:

3 tablespoons vegan butter, melted

1 teaspoon dried parsley



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FLATBREAD

INGREDIENTS

2 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon salt

1/2 cup plant-based milk (such as almond or soy milk)

1/4 cup olive oil

DIRECTIONS

- In a large mixing bowl, whisk together the all-purpose flour, baking powder, and salt.
- Slowly add the plant-based milk and olive oil to the dry ingredients. Mix well until a smooth dough forms.
- Transfer the dough onto a lightly floured surface and knead for about 5 minutes, or until the dough is soft and elastic.
- Divide the dough into smaller portions and roll each portion into a thin circle, about 1/4 inch thick.
- Heat a non-stick skillet or griddle over medium-high heat.
- Cook each flatbread for about 2-3 minutes on each side, or until golden brown and slightly puffed.
- Remove from heat and serve warm.



Note: These are a great base for a veggie flatbread pizza or served with your favorite soup.

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CREAMY MUSHROOM PASTA

DIRECTIONS

- Cook the pasta according to the package instructions until al dente. Drain and set aside.
- Heat the oil in a large skillet over medium heat. Add the chopped onion and minced garlic, and sauté until the onion becomes translucent.
- Add the sliced mushrooms to the skillet and cook until they release their moisture and start to brown.
- In a separate bowl, whisk together the vegetable broth, plant-based milk, nutritional yeast, and cornstarch (if using) until well combined.
- Pour the mixture into the skillet with the mushrooms. Stir well and bring to a simmer.
- Cook the sauce for about 5 minutes, or until it thickens slightly.
- Season with salt and pepper to taste.
- Add the cooked pasta to the skillet and toss to coat it with the creamy mushroom sauce.
- Cook for an additional 2-3 minutes, allowing the flavors to meld together.
- Remove from heat and garnish with fresh parsley.

INGREDIENTS

8 ounces of pasta (of your choice)

2 tablespoons of cooking oil

1 onion, finely chopped

3 cloves of garlic, minced

8 ounces of mushrooms, sliced

1 cup of vegetable broth

1 cup of plant-based milk

2 tablespoons of nutritional yeast

1 tablespoon of cornstarch (optional for thickening)

Salt and pepper to taste

Fresh parsley, chopped (for garnish)



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PINEAPPLE MANGO PROTEIN SMOOTHIE

INGREDIENTS

1 cup frozen pineapple

1 cup frozen mango

1 teaspoon brown sugar

1 serving protein powder

1 cup non dairy milk

1 tablespoon chia seeds

DIRECTIONS

- Blend all ingredients in a blender.
- Adjust thickness by adding water or adjusting milk amount.

NOTES :

Enjoyed best when shared.



GREEN DRINK

INGREDIENTS

1 cup spinach

1 cup kale

1 green apple, cored and chopped

1 ripe banana

1/2 cup pineapple chunks

1/2 cup coconut water

1 tablespoon maple syrup

DIRECTIONS

- In a blender, combine spinach, kale, green apple, banana, pineapple chunks, and coconut water.
- Blend until smooth and creamy.
- Taste the mixture and add maple syrup for sweetness, adjusting the amount according to your preference.
- Blend again until all ingredients are well incorporated.
- Pour the green drink into a glass and serve chilled.



POWER BOWL

INGREDIENTS

1 cup cooked quinoa

1 cup roasted sweet potatoes, cubed

1 cup cooked black beans

1 cup steamed broccoli florets

1 cup sliced avocado

1/2 cup cherry tomatoes, halved

1/4 cup sliced red onion

2 tablespoons chopped fresh cilantro

2 tablespoons lemon juice

2 tablespoons olive oil

Salt and pepper to taste

DIRECTIONS

- In a large bowl, combine the cooked quinoa, roasted sweet potatoes, black beans, steamed broccoli, avocado, cherry tomatoes, red onion, and fresh cilantro.
- In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper to make the dressing.
- Pour the dressing over the quinoa mixture and toss to coat evenly.
- Serve the vegan power bowl immediately and enjoy!



ROASTED SWEET POTATOES

INGREDIENTS

2 large sweet potatoes, peeled and cut into cubes

2 tablespoons cooking oil

1 teaspoon smoked paprika

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

Salt and pepper, to taste

DIRECTIONS

- Preheat your oven to 425°F (220°C).
- In a large mixing bowl, combine the cubed sweet potatoes, oil, smoked paprika, garlic powder, onion powder, salt, and pepper. Toss until the sweet potatoes are evenly coated.
- Spread the sweet potatoes in a single layer on a baking sheet lined with parchment paper.
- Roast in the preheated oven for about 25-30 minutes, or until the sweet potatoes are tender and golden brown, flipping them halfway through.
- Remove from the oven and let cool for a few minutes before serving.



TOFU SALAD

INGREDIENTS

1 block of firm tofu, drained and pressed

2 tablespoons soy sauce

1 tablespoon rice vinegar

1 tablespoon sesame oil

1 teaspoon maple syrup

1 teaspoon turmeric

1 teaspoon grated ginger

1 clove garlic, minced

1/4 cup chopped green onions

1/4 cup chopped cilantro

Salt and pepper to taste

DIRECTIONS

- Cut the tofu into small cubes and place them in a bowl.
- In a separate bowl, whisk together the soy sauce, rice vinegar, sesame oil, maple syrup, grated ginger, turmeric and minced garlic.
- Pour the marinade over the tofu and toss to coat. Let it marinate for at least 30 minutes.
- Heat a non-stick pan over medium heat. Add the marinated tofu and cook until golden brown and crispy on all sides.
- Remove the tofu from the pan and let it cool.
- In a serving bowl, combine the tofu with chopped green onions, cilantro, and peanuts.
- Season with salt and pepper to taste.



PEACH COBBLER OATMEAL

INGREDIENTS

1 cup rolled oats

2 cups plant-based milk (such as almond or oat milk)

1 ripe peach, sliced

1 tablespoon maple syrup or agave nectar

1/4 teaspoon cinnamon

1/4 teaspoon vanilla extract

Optional toppings: sliced almonds, chia seeds, or coconut flakes

DIRECTIONS

- In a medium saucepan, combine the rolled oats and plant-based milk. Bring to a gentle boil over medium heat.
- Reduce the heat to low and simmer for about 5 minutes, or until the oats are cooked and the mixture has thickened to your desired consistency. Stir occasionally to prevent sticking.
- Remove the saucepan from heat and stir in the maple syrup or agave nectar, cinnamon, and vanilla extract.
- Transfer the oatmeal to serving bowls and top with sliced peaches. Add any desired additional toppings, such as sliced almonds, chia seeds, or coconut flakes.



GRANOLA

INGREDIENTS

2 cups rolled oats

1 cup nuts (e.g., almonds, walnuts, or cashews), chopped

1/2 cup seeds (e.g., pumpkin or sunflower seeds)

1/2 cup unsweetened shredded coconut

1/4 cup maple syrup

1/4 cup melted coconut oil

1/2 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

1/4 teaspoon salt

1/2 cup dried fruits (e.g., raisins, cranberries, or chopped dates)

DIRECTIONS

- Preheat your oven to 325°F (165°C) and line a baking sheet with parchment paper.
- In a large bowl, combine the rolled oats, chopped nuts, seeds, shredded coconut, cinnamon, and salt.
- In a separate small bowl, whisk together the maple syrup, melted coconut oil, and vanilla extract.
- Pour the wet mixture over the dry ingredients and stir until everything is well coated.
- Spread the mixture evenly onto the prepared baking sheet.
- Bake for 20-25 minutes, or until the granola is golden brown, stirring once halfway through.
- Remove from the oven and let it cool completely on the baking sheet.
- Once cooled, stir in the dried fruits.
- Store the vegan granola in an airtight container at room temperature for up to two weeks.



VEGAN 'TUNA'

INGREDIENTS

2 cans of chickpeas, drained and rinsed

2 tablespoons of tahini

2 tablespoons of nutritional yeast

2 tablespoons of soy sauce

1 tablespoon of lemon juice

1 tablespoon of olive oil

1 teaspoon of Dijon mustard

1/2 teaspoon of garlic powder

1/2 teaspoon of onion powder

Salt and pepper to taste

DIRECTIONS

- In a food processor, combine the chickpeas, tahini, nutritional yeast, soy sauce, lemon juice, olive oil, Dijon mustard, garlic powder, and onion powder. Pulse until well combined, but still slightly chunky.
- Taste and adjust the seasoning with salt and pepper as desired.
- Transfer the mixture to a bowl and refrigerate for at least 30 minutes to allow the flavors to meld together.
- Serve the vegan tuna on sandwiches, wraps, or salads. Enjoy!



SWEET POTATO SALAD

INGREDIENTS

2 large sweet potatoes, peeled and cubed

1 red bell pepper, diced

1/2 red onion, diced

1/4 cup chopped fresh parsley

1/4 cup chopped fresh cilantro

1/4 cup chopped green onions

1/4 cup vegan mayonnaise

2 tablespoons Dijon mustard

2 tablespoons apple cider vinegar

1 tablespoon maple syrup

Salt and pepper to taste

DIRECTIONS

- Preheat the oven to 425°F (200°C).
- Place the sweet potato cubes on a baking sheet and toss with olive oil, salt, and pepper. Roast in the preheated oven for 25-30 minutes, or until tender and slightly caramelized. Remove from the oven and let cool.
- In a large mixing bowl, combine the roasted sweet potatoes, diced red bell pepper, diced red onion, chopped parsley, chopped cilantro, and chopped green onions.
- In a small bowl, whisk together the vegan mayonnaise, Dijon mustard, apple cider vinegar, maple syrup, salt, and pepper until well combined.
- Pour the dressing over the sweet potato mixture and toss until everything is evenly coated.
- Taste and adjust the seasoning if needed.
- Cover the bowl and refrigerate for at least 1 hour to allow the flavors to meld together.
- Serve chilled.



KALE CHIPS

INGREDIENTS

1 bunch of kale

2 tablespoons of cooking oil

1 teaspoon of salt

1/2 teaspoon of garlic powder

Optional: nutritional yeast or other seasonings of your choice

DIRECTIONS

- Preheat your oven to 350°F (175°C).
- Wash the kale thoroughly and remove the stems. Tear the kale leaves into bite-sized pieces.
- In a large bowl, toss the kale with oil, making sure each piece is coated evenly.
- Sprinkle salt and garlic powder (and any other seasonings) over the kale, and mix well to distribute the seasonings.
- Spread the seasoned kale in a single layer on a baking sheet.
- Bake for about 10-15 minutes, or until the kale chips are crispy and slightly golden. Keep an eye on them to prevent burning.
- Remove from the oven and let the kale chips cool for a few minutes before serving.

SAUCE

BOSS



TERIYAKI SAUCE

INGREDIENTS

1/4 cup soy sauce

1/4 cup water

2 tablespoons maple syrup

1 tablespoon rice vinegar

1 clove garlic, minced

1 teaspoon grated ginger

1 teaspoon cornstarch

red pepper flakes to taste (optional)

DIRECTIONS

- In a small saucepan, whisk together soy sauce, water, maple syrup, rice vinegar, minced garlic, and grated ginger.
- In a separate bowl, dissolve cornstarch in 1 tablespoon of water to create a slurry.
- Add the cornstarch slurry to the saucepan and whisk until well combined.
- Place the saucepan over medium heat and bring the mixture to a simmer, stirring occasionally.
- Allow the sauce to simmer for 2-3 minutes, or until it thickens to your desired consistency.
- Remove from heat and let it cool before using.
- Use the vegan teriyaki sauce as a marinade, glaze, or dipping sauce for your favorite dishes.





K SAUCE

INGREDIENTS

1/2 cup mayonnaise

2 tablespoons sweet chili sauce

1 tablespoon sriracha or hot sauce

1 tablespoon jerk seasoning

1 teaspoon brown sugar

1 teaspoon rice vinegar

1/2 teaspoon garlic powder

1/4 teaspoon paprika

1/4 teaspoon salt

1/4 teaspoon black pepper

DIRECTIONS

- In a small bowl, combine mayonnaise, sweet chili sauce, sriracha/hot sauce, jerk seasoning, brown sugar, rice vinegar, garlic powder, paprika, salt, and black pepper.
- Whisk together until well combined and smooth.
- Taste and adjust seasonings according to your preference.
- Serve as a dipping sauce for fried foods such as tofu, use as a flavorful dressing for salads or toss with pasta.





AVOCADO TARTER

INGREDIENTS

1 ripe avocado

2 tablespoons vegan mayo

2 tablespoons relish

1 tablespoon finely chopped red onion

1 tablespoon lemon juice

1 tablespoon chopped fresh parsley

1 clove garlic, minced

1/4 teaspoon salt

1/4 teaspoon black pepper

DIRECTIONS

- Cut the avocado in half and remove the pit. Scoop out the flesh and place it in a bowl.
- Mash the avocado with a fork until smooth.
- Add the mayo chopped dill pickles, red onion, lemon juice, parsley, minced garlic, salt, and black pepper to the bowl. Stir well to combine.
- Taste and adjust the seasoning if needed.
- Serve the vegan avocado tartar sauce as a dip or spread for sandwiches and burgers.





RANCH

INGREDIENTS

1 cup vegan mayonnaise

1/4 cup non-dairy milk

2 tablespoons fresh dill, chopped

2 tablespoons fresh parsley, chopped

1 tablespoon fresh chives, chopped

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon dried dill

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon lemon juice

DIRECTIONS

- In a bowl, whisk together the vegan mayonnaise and non-dairy milk until smooth.
- Add the fresh dill, fresh parsley, fresh chives, garlic powder, onion powder, dried dill, salt, black pepper, and lemon juice. Mix well to combine.
- Taste and adjust the seasoning if needed.
- Transfer the vegan ranch sauce to a jar or container and refrigerate for at least 1 hour to allow the flavors to meld together.
- Serve as a dip for vegetables, drizzle over salads, or use as a dressing for sandwiches and wraps.





GARLIC ALFREDO

INGREDIENTS

2 tablespoons olive oil

4 cloves garlic, minced

2 cups unsweetened almond milk

1 cup raw cashews, soaked overnight and drained

1/4 cup nutritional yeast

1 tablespoon lemon juice

1 teaspoon salt

1/2 teaspoon black pepper

1/4 teaspoon onion powder

1/4 teaspoon dried thyme

1/4 teaspoon dried basil

8 ounces fettuccine or pasta of your choice

Fresh parsley, chopped (for garnish)

DIRECTIONS

- Heat the olive oil in a large skillet over medium heat. Add minced garlic and sauté for 1-2 minutes until fragrant.
- In a blender, combine almond milk, soaked cashews, nutritional yeast, lemon juice, salt, black pepper, onion powder, dried thyme, and dried basil. Blend until smooth and creamy.
- Cook the pasta according to package instructions until al dente. Drain and set aside.
- Pour the blended sauce into the skillet with the sautéed garlic. Stir well and cook over medium heat for 5 minutes, until the sauce thickens.
- Add the cooked pasta to the skillet and toss until it is evenly coated with the garlic alfredo sauce.
- Serve hot, garnished with fresh parsley.





CHEESE SAUCE

INGREDIENTS

1 cup raw cashews, soaked in water for at least 2 hours

1 cup unsweetened plant-based milk (such as almond or soy milk)

2 tablespoons nutritional yeast

1 tablespoon lemon juice

1 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon dijon mustard

1/2 teaspoon salt (or to taste)

1/4 teaspoon smoked paprika

DIRECTIONS

- Drain and rinse the soaked cashews.
- In a blender, combine the soaked cashews, plant-based milk, nutritional yeast, lemon juice, garlic powder, onion powder, dijon mustard, salt, and smoked paprika.
- Blend on high speed until smooth and creamy.
- Taste and adjust the seasoning if needed.
- If the sauce is too thick, add a little more plant-based milk to achieve the desired consistency.
- Transfer the sauce to a small saucepan and heat over low heat until warmed through, stirring occasionally.





PEANUT SAUCE

INGREDIENTS

1/2 cup natural peanut butter

2 tablespoons soy sauce

2 tablespoons maple syrup

1 tablespoon rice vinegar

1 tablespoon lime juice

1 clove garlic, minced

1/2 teaspoon grated ginger

1/4 teaspoon red pepper flakes (optional)

2-4 tablespoons water (adjust consistency as desired)

DIRECTIONS

- In a small bowl, whisk together the peanut butter, soy sauce, maple syrup, rice vinegar, lime juice, minced garlic, grated ginger, and red pepper flakes (if using).
- Add water gradually, starting with 2 tablespoons, until desired consistency is reached. If you prefer a thinner sauce, add more water.
- Taste and adjust the seasonings according to your preference. Add more soy sauce for saltiness, maple syrup for sweetness, or lime juice for tanginess.
- Serve as a dipping sauce for spring rolls, drizzle over noodles or veggies, or use as a marinade for tofu or tempeh.





GREEN DRESSING

INGREDIENTS

1 cup fresh spinach leaves

1/2 cup fresh basil leaves

1/4 cup fresh parsley leaves

1/4 cup fresh cilantro leaves

2 tablespoons fresh lemon juice

2 tablespoons apple cider vinegar

2 tablespoons maple syrup

1 clove garlic, minced

1/4 teaspoon salt

1/4 teaspoon black pepper

1/2 cup extra virgin olive oil

DIRECTIONS

- In a blender or food processor, combine the spinach, basil, parsley, cilantro, lemon juice, apple cider vinegar, maple syrup, garlic, salt, and black pepper.
- Blend until the ingredients are well combined and the mixture starts to break down.
- Gradually add the olive oil while continuing to blend, until the dressing reaches your desired consistency.
- Taste and adjust the seasoning if necessary.
- Transfer the dressing to a jar or container and store it in the refrigerator for up to one week.
- Serve the vegan green dressing over salads, roasted vegetables, or as a dip.





PINEAPPLE SYRUP

INGREDIENTS

1/2 cup pineapple juice

1/2 cup granulated sugar

1/8 cup water

1/2 tablespoon lemon juice

DIRECTIONS

- In a saucepan, combine the pineapple juice, granulated sugar, water, and lemon juice.
- Stir the mixture over medium heat until the sugar has dissolved completely.
- Bring the mixture to a boil, then reduce the heat to low and let it simmer for about 15-20 minutes, or until the syrup has thickened slightly.
- Remove the saucepan from the heat and let the syrup cool completely.
- Once cooled, transfer the syrup to a jar or bottle for storage.
- Vegan pineapple syrup is now ready to be used in your favorite recipes or as a sweet topping for pancakes, waffles, or desserts.





CARAMEL

INGREDIENTS

1 cup coconut milk

1 cup granulated sugar

1/4 cup maple syrup

1/4 teaspoon salt

1 teaspoon vanilla extract

DIRECTIONS

- In a medium-sized saucepan, combine the coconut milk, granulated sugar, maple syrup, and salt.
- Place the saucepan over medium heat and stir until the sugar has dissolved.
- Increase the heat to medium-high and bring the mixture to a boil.
- Once the mixture is boiling, reduce the heat to medium-low and let it simmer for about 30 minutes, stirring occasionally.
- After 30 minutes, remove the saucepan from the heat and stir in the vanilla extract.
- Let the caramel cool for a few minutes before transferring it to a jar or container for storage.
- The caramel will thicken as it cools. It can be used as a topping for desserts, in coffee or hot chocolate, or as a dip for fruit.



SWEET

THANG

BANANA PUDDING

INGREDIENTS

4 ripe bananas
1/2 cup coconut milk
1/4 cup maple syrup
1/4 cup cornstarch
1 teaspoon vanilla extract
Pinch of salt
Vegan vanilla wafers or cookies, for layering
Sliced bananas, for garnish
Vegan whipped cream, for topping (optional)

DIRECTIONS

- In a blender, blend the ripe bananas until smooth.
- In a saucepan, whisk together the coconut milk, maple syrup, cornstarch, vanilla extract, and salt.
- Place the saucepan over medium heat and bring the mixture to a gentle boil, stirring constantly.



- Reduce the heat to low and continue stirring until the mixture thickens to a pudding-like consistency.
- Remove the saucepan from heat and let the pudding cool for a few minutes.
- In serving glasses or a large bowl, layer the vegan vanilla wafers or cookies with the banana pudding.
- Repeat the layers until all the pudding is used, ending with a layer of pudding on top.
- Garnish with sliced bananas on top.
- Refrigerate for at least 2 hours to allow the pudding to set and the flavors to meld together.
- Serve chilled, and top with vegan whipped cream if desired.

RED VELVET CAKE

INGREDIENTS

ups all-purpose flour
1 1/2 cups granulated sugar
1/4 cup unsweetened cocoa powder
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup plant-based milk (such as almond or soy milk)
1/2 cup cooking oil
2 tablespoons apple cider vinegar
1 tablespoon vanilla extract
1 tablespoon red food coloring (gel or liquid)
Vegan cream cheese frosting
(following recipe)



DIRECTIONS

- Preheat the oven to 350°F (175°C). Grease and flour two 9-inch round cake pans.
- In a large mixing bowl, whisk together the flour, sugar, cocoa powder, baking powder, baking soda, and salt.
- In a separate bowl, combine the plant-based milk, oil, apple cider vinegar, vanilla extract, and red food coloring. Mix well.
- Gradually add the wet ingredients to the dry ingredients, mixing until just combined.
- Divide the batter evenly between the prepared cake pans.

- Bake for 25-30 minutes, or until a toothpick inserted into the center of the cakes comes out clean.
- Allow the cakes to cool in the pans for 10 minutes, then transfer them to a wire rack to cool completely.
- Once the cakes have cooled, frost the top of one cake layer with a generous amount of vegan cream cheese frosting. Place the second cake layer on top and frost the entire cake.



CREAM FROSTING

INGREDIENTS

24 oz vegan cream cheese
1/4 cup vegan butter, softened
1 1/2 cups powdered sugar
1 tsp vanilla extract

DIRECTIONS

- In a mixing bowl, beat the vegan cream cheese and vegan butter together until creamy and well combined.
- Gradually add the powdered sugar, about 1/2 cup at a time, beating well after each addition.
- Stir in the vanilla extract and mix until smooth and creamy.
- If the frosting is too thick, add a splash of non-dairy milk and mix until desired consistency is reached.



PEACH COBBLER

INGREDIENTS

4 cups sliced peaches
1 cup all-purpose flour
1 cup almond milk
1 cup brown sugar
1/2 cup vegan butter or coconut oil
1 tablespoon lemon juice
1 teaspoon vanilla extract
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon salt

DIRECTIONS

- Preheat your oven to 350°F (175°C).
- In a mixing bowl, combine the sliced peaches, lemon juice, and 1/4 cup of brown sugar. Toss to coat the peaches evenly, and set aside.
- In a separate bowl, whisk together the flour, 3/4 cup of brown sugar, baking powder, cinnamon, and salt.



- Cut the vegan butter or coconut oil into the dry mixture until it resembles coarse crumbs.
- Stir in the almond milk and vanilla extract until the batter is smooth.
- Pour the peach mixture into a greased baking dish.
- Spoon the batter evenly over the peaches, spreading it out to cover the dish.
- Bake for 40-45 minutes, or until the top is golden brown and the peaches are bubbling.
- Remove from the oven and let it cool for a few minutes before serving.
- Serve warm, and optionally, with a scoop of vegan ice cream or coconut whipped cream.

NICE CREAM

INGREDIENTS

2 cans full-fat coconut milk
1/2 cup maple syrup
1/4 cup coconut sugar
1 teaspoon vanilla extract
Optional mix-ins: chopped nuts, chocolate chips, fruit, etc.

DIRECTIONS



- Chill the cans of coconut milk in the refrigerator overnight.
- Once chilled, open the cans and scoop out the solidified coconut cream into a mixing bowl, leaving behind the liquid.
- Add the maple syrup, coconut sugar, and vanilla extract to the coconut cream. Mix well until the sweeteners are fully dissolved.
- Optional: If desired, blend the mixture in a blender or use an immersion blender for a smoother texture.
- Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.
- If adding mix-ins, add them during the last few minutes of churning.
- Transfer the ice cream to a lidded container and freeze for at least 4 hours or until firm.
- Once fully frozen, scoop and serve the vegan ice cream in bowls or cones.

CHOCOLATE CHIP COOKIES

INGREDIENTS

1 cup vegan butter, softened
1 cup brown sugar
1/2 cup granulated sugar
1/4 cup unsweetened applesauce
2 teaspoons vanilla extract
2 1/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1 1/2 cups vegan chocolate chips

DIRECTIONS

- Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- In a large mixing bowl, cream together the vegan butter, brown sugar, and granulated sugar until light and fluffy.
- Add the unsweetened applesauce and vanilla extract to the butter-sugar mixture. Mix well to combine.



- In a separate bowl, whisk together the all-purpose flour, baking soda, and salt.
- Gradually add the dry mixture to the wet mixture, mixing until just combined.
- Fold in the vegan chocolate chips until evenly distributed throughout the dough.
- Using a cookie scoop or tablespoon, drop rounded dough onto the prepared baking sheet, spacing them about 2 inches apart.
- Bake for 10-12 minutes, or until the edges are golden brown.
- Remove from the oven and let the cookies cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

CINNAMON ROLLS

INGREDIENTS

For the dough:

- 2 3/4 cups all-purpose flour
- 1/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 package (2 1/4 teaspoons) active dry yeast
- 1/2 cup unsweetened almond milk
- 1/4 cup vegan butter, melted
- 1/4 cup water
- 1 teaspoon vanilla extract

For the filling:

- 1/4 cup vegan butter, softened
- 3/4 cup brown sugar
- 2 tablespoons ground cinnamon

For the icing:

- 1 cup powdered sugar
- 2 tablespoons unsweetened almond milk
- 1/2 teaspoon vanilla extract



DIRECTIONS

- In a large mixing bowl, combine 2 cups of flour, granulated sugar, salt, and yeast. Mix well.
- In a small saucepan, heat almond milk, vegan butter, and water over low heat until warm (about 110°F or 43°C).
- Add the warm milk mixture and vanilla extract to the dry ingredients. Stir until well combined.
- Gradually add the remaining 3/4 cup of flour, 1/4 cup at a time, until the dough comes together and pulls away from the sides of the bowl.

- Transfer the dough to a lightly floured surface and knead for about 5 minutes until smooth and elastic.
- Place the dough in a greased bowl, cover with a clean kitchen towel, and let it rise in a warm place for about 1 hour or until doubled in size.
- Once the dough has risen, punch it down and roll it out into a rectangle, about 1/4 inch thick.
- Spread the softened vegan butter over the dough, leaving a small border around the edges.
- In a small bowl, mix together brown sugar and ground cinnamon. Sprinkle the mixture evenly over the buttered dough.
- Starting from one of the long sides, tightly roll up the dough into a log shape.
- Using a sharp knife, slice the log into individual rolls, about 1 1/2 inches thick.
- Place the rolls in a greased baking dish, leaving a little space between each roll.
- Cover the dish with a clean kitchen towel and let the rolls rise for another 30 minutes.
- Preheat your oven to 350°F (175°C).
- Bake the cinnamon rolls for 20-25 minutes or until golden brown.
- While the rolls are baking, prepare the icing by whisking together powdered sugar, almond milk, and vanilla extract until smooth.
- Remove the rolls from the oven and let them cool slightly before drizzling the icing over the top.



FUDGE BROWNIES

INGREDIENTS

1 cup all-purpose flour
3/4 cup unsweetened cocoa powder
1 cup granulated sugar
1/2 cup brown sugar
1/2 cup cooking oil
1/2 cup unsweetened applesauce
1/4 cup non-dairy milk
2 teaspoons vanilla extract
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup vegan chocolate chips

DIRECTIONS

- Preheat your oven to 350°F (175°C) and grease a 9x9-inch baking pan.
- In a mixing bowl, whisk together the flour, cocoa powder, granulated sugar, brown sugar, baking powder, and salt.



- In a separate bowl, combine the oil, unsweetened applesauce, non-dairy milk, and vanilla extract. Mix well.
- Pour the wet ingredients into the dry ingredients and stir until just combined.
- Fold in the vegan chocolate chips.
- Pour the batter into the prepared baking pan and spread it out evenly.
- Bake for 25-30 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs.
- Remove from the oven and let the brownies cool in the pan for about 10 minutes.
- Transfer the brownies to a wire rack to cool completely before cutting into squares.

THANK YOU FOR YOUR CONTINUED SUPPORT OF THE ELEVATED ENERGY.



ELEVATED energy

OUTRO

Now that you've taken a closer look into what elevating your energy entails, what do you think? Let us know!

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THANK YOU



Going vegan almost a decade ago, was not easy. There weren't that many options and information on the kinds of foods I wanted to explore were nonexistent. Elevated Energy was created out of love. I wanted to help people become the best, most healthy versions of themselves.

It's not all about food but I know that's where wellness starts. If you eat better, then you'll feel better. You will be better. It's all about elevation. Thank you for your time, your energy and your investment. Not just in this movement but in yourself. Kieran is my name but those close to me always call me Kris. I appreciate you.

BE WELL, *Kris*