

Vegan Holiday Menu Planner

Complete menus and timelines for stress-free plant-
based holidays

VeganPreps

How This Guide Works

This guide gives you two complete holiday menus with cooking timelines so you know exactly what to make and when to start each dish. Every recipe listed here is on VeganPreps and uses whole plant-based ingredients.

What You Get

- A complete Thanksgiving menu with appetizer, main, sides, and dessert
- A complete Christmas/Winter Holiday menu
- Cooking timelines for both meals so nothing runs behind
- A prep-ahead checklist for things you can make 1-3 days before
- 25+ holiday-appropriate recipes in a compact reference table

PLANNING AHEAD

The biggest holiday cooking stress comes from trying to do everything on the same day. The prep-ahead checklist on the last page shows you what can be made 1-3 days before and what needs to happen day-of. Split the work and the holiday stays relaxed.

For the full recipe collection, visit veganpreps.com.

Thanksgiving Menu

A complete plant-based Thanksgiving dinner for 6-8 people.

APPETIZER

Homemade Vegan Dolmades (Grape Leaves) – Stuffed grape leaves with rice, herbs, and lemon. Serve at room temperature while the main course finishes.

veganpreps.com/homemade-vegan-dolmades-grape-leaves/

MAIN COURSE (PICK ONE)

Option A: Stuffed Thanksgiving Pumpkins – Whole pumpkins stuffed with wild rice, cranberries, pecans, and sage. The centerpiece of the table.

veganpreps.com/stuffed-thanksgiving-pumpkins-diabetic-friendly/

Option B: Vegan Shepherd's Pie – Lentils and vegetables under a layer of creamy mashed potatoes. Hearty and familiar.

veganpreps.com/best-vegan-shepherds-pie-gardeners-pie/

SIDES

Roasted root vegetables – Carrots, parsnips, and sweet potatoes tossed in olive oil, salt, and rosemary. Roast at 425F for 30 minutes.

Creamy mashed potatoes – Yukon Gold potatoes mashed with plant butter and oat milk. Season with garlic and chives.

Cranberry sauce – 1 bag fresh cranberries, 3/4 cup sugar, 1/2 cup water. Simmer 10 minutes until cranberries pop. Cool to set.

DESSERT (PICK ONE)

Option A: Creamy Vegan Pumpkin Pie – Silken tofu and pumpkin puree in a flaky crust. Make the day before.

veganpreps.com/creamy-vegan-pumpkin-pie-dairy-free/

Option B: Apple Crumble Pie – Spiced apples under a brown sugar oat crumble. Warm and simple.

veganpreps.com/best-apple-crumble-pie-30-minute-dessert/

3 HOURS BEFORE DINNER

Start the stuffed pumpkins (or assemble the shepherd's pie)

Pumpkins need about 1.5 hours in the oven. Shepherd's pie takes about 1 hour including assembly.

2 HOURS BEFORE DINNER

Prep the root vegetables and put in the oven

Chop, toss with oil and herbs, and spread on sheet pans. They roast alongside the main for 30–40 minutes.

1.5 HOURS BEFORE DINNER

Start the mashed potatoes

Boil potatoes for 15–20 minutes, then mash. Keep warm in a covered pot on the lowest heat setting.

1 HOUR BEFORE DINNER

Make the cranberry sauce (if not already done)

10 minutes to cook, then it needs time to cool and thicken.

30 MINUTES BEFORE DINNER

Set out dolmades and any cold appetizers

Plate the dolmades at room temperature. Set the table.

SERVING TIME

Pull everything from the oven and serve family-style

Dessert can wait 30–60 minutes while people eat the main course. Warm the pie in the oven for 10 minutes before slicing.

Christmas / Winter Holiday Menu

A complete plant-based holiday dinner for 6–8 people.

APPETIZER

Mushroom Lettuce Wraps – Savory mushroom filling in crisp lettuce cups. Light, fresh, and easy to eat while standing around the kitchen.

veganpreps.com/best-mushrooms-in-lettuce-wraps-30-min/

MAIN COURSE (PICK ONE)

Option A: Vegan Pot Pie – Vegetables and beans in a savory gravy under a golden pastry crust. Comfort food at its best.

veganpreps.com/best-vegan-tofu-pot-pie-recipe-comfort-food/

Option B: Tempeh Bourguignon – French-style braised tempeh in red wine sauce with mushrooms and root vegetables.

veganpreps.com/tempeh-bourguignon-french-vegan-classic/

SIDES

Roasted root vegetables – Beets, carrots, turnips, and parsnips with balsamic glaze. Roast at 425F for 35 minutes.

Sourdough bread – Warm slices of crusty sourdough with olive oil for dipping. Buy a good loaf from a bakery.

DESSERT (PICK ONE)

Option A: Death By Chocolate Mousse Cakes – Rich chocolate mousse in individual portions. Silken tofu base, no one will know.

veganpreps.com/best-vegan-death-by-chocolate-mousse-cakes/

Option B: Lavender Raspberry Cake – Delicate lavender-scented cake with raspberry filling. Looks impressive, not hard to make.

veganpreps.com/easy-lavender-raspberry-vegan-cake-recipe/

Holiday Dinner Timeline

3 HOURS BEFORE DINNER

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Start the main course

Pot pie needs about 1 hour for filling + 30 minutes to bake. Bourguignon needs 1.5–2 hours to simmer properly.

2 HOURS BEFORE DINNER

Prep the root vegetables

Peel and chop the vegetables. Toss with oil and balsamic. They go in the oven 35 minutes before serving.

1 HOUR BEFORE DINNER

Prep the mushroom lettuce wraps

Cook the mushroom filling (15 minutes), wash and separate lettuce leaves. Keep filling warm.

35 MINUTES BEFORE DINNER

Root vegetables go in the oven

Spread on sheet pans and roast at 425F. They will be ready when the main comes out.

15 MINUTES BEFORE DINNER

Set out appetizers, warm the bread

Assemble lettuce wraps on a platter. Warm sourdough in the oven for 5–8 minutes. Set the table.

SERVING TIME

Serve the main course and sides together

Dessert is already in the fridge (mousse cakes) or can sit at room temperature (cake). Serve 30–60 minutes after the main.

Prep-Ahead Checklist

Split the work across multiple days so the holiday itself stays relaxed.

ITEM	WHEN TO PREP	STORAGE	DAY-OF INSTRUCTIONS
Pie crust (any pie)	2-3 days before	Wrapped tight in fridge	Let sit at room temp 10 min before rolling
Cranberry sauce	2-3 days before	Sealed jar in fridge	Serve cold or room temperature
Pumpkin pie / Mousse cakes	1-2 days before	Covered in fridge	Serve cold or at room temp
Dolmades	1-2 days before	Sealed container in fridge	Bring to room temp 30 min before serving
Shepherd's pie filling	1 day before	Covered container in fridge	Assemble with fresh mashed potatoes, bake 30 min
Bourguignon base	1 day before	Pot in fridge	Reheat on stove 20 min. Flavor improves overnight.
Chop vegetables for roasting	1 day before	Bags or containers in fridge	Toss with oil and roast 30-35 min
Mashed potatoes	Day of	Keep warm in covered pot	Boil, mash, add plant butter and milk
Pot pie assembly + baking	Day of	Straight to oven	Assemble, bake 30 min until golden
Mushroom lettuce wraps	Day of	Serve immediately	Cook filling 15 min, assemble, serve warm
Bread warming	Day of	Serve immediately	5-8 min in oven before serving

SHOPPING TIP

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Shop 3–4 days before the holiday. Stores get busiest 1–2 days before. Buy shelf-stable items (canned beans, broth, flour, sugar) a week early. Fresh produce and bread can wait until 2–3 days before.

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Recipes

1. Stuffed Thanksgiving Pumpkins (Diabetic-Friendly)		15 min Serves 8
INGREDIENTS	INSTRUCTIONS	
8 small (about 10 oz each) baby sugar pumpkins	1. Preheat oven to 375F (190C). Cut the top quarter off each pumpkin to create a lid. Scoop out seeds and stringy flesh with a spoon. Brush the inside of each pumpkin and the cut lids with 1 tablespoon olive oil, season with salt and pepper, and place cut-side up on a large rimmed baking sheet.	
2 tablespoons olive oil, divided	2. Heat remaining 1 tablespoon olive oil in a skillet over medium heat. Add onion and celery and cook for 5 minutes until softened. Add garlic, sage, and thyme and cook 1 minute more.	
1/2 cup onion, finely chopped	3. Remove skillet from heat. Stir in breadcrumbs, nuts, apricots, nutritional yeast, and vegetable stock. Mix until the breadcrumbs absorb the liquid. Season with salt and pepper.	
1/3 cup celery, finely chopped	4. Divide the filling among the 8 pumpkins, mounding it slightly. Place the pumpkin lids alongside on the baking sheet (not on top, so steam escapes).	
2 large garlic cloves, minced	5. Roast for 25-30 minutes until the pumpkin flesh is tender when pierced with a knife and the filling is lightly golden on top.	
1/2 teaspoon dried sage	6. Transfer each pumpkin to a plate, top with its lid, and serve immediately.	
1/2 teaspoon dried thyme		
1 cup whole wheat breadcrumbs		
1/4 cup mixed nuts (walnuts, almonds, or pecans), toasted and roughly chopped		
1/4 cup dried apricots, finely chopped		
1/2 cup nutritional yeast		
1/3 cup vegetable stock		
Salt and black pepper to taste		

2. Best Vegan Shepherd's Pie (Gardener's Pie)

25 min Serves 6

INGREDIENTS

1.5 kg (about 3.3 lb) russet or Yukon gold potatoes, peeled and cubed

1/2 cup vegetable broth

2 tablespoons unsweetened plant-based milk (such as oat or soy)

1 tablespoon vegan margarine or vegan butter

1 teaspoon salt, divided

1/2 teaspoon black pepper, divided

2 tablespoons olive oil

1 small onion, diced

2 garlic cloves, minced

1 teaspoon ground cumin

1 red bell pepper, diced

2 carrots, diced

1 celery rib, diced

1 cup cauliflower florets, roughly chopped

2 cups shredded cabbage

1 large zucchini, diced

1 cup chopped mushrooms

1 cup frozen corn

1 cup frozen peas

1 cup frozen green beans

1 (14-ounce) can diced tomatoes, with juices

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Boil potatoes in well-salted water until very tender, about 20 minutes. Drain and mash with vegetable broth, plant-based milk, margarine, 1/2 teaspoon salt, and 1/4 teaspoon pepper until smooth and creamy. Set aside.
2. Heat olive oil in a large oven-safe skillet or Dutch oven over medium heat. Add onion and cook 4 minutes until softened. Add garlic and cumin, cook 1 minute until fragrant.
3. Add bell pepper, carrots, celery, cauliflower, and cabbage. Cook 6 minutes, stirring occasionally. Add zucchini and mushrooms, cook 4 more minutes.
4. Stir in corn, peas, green beans, diced tomatoes with juices, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper. Simmer 5 minutes until liquid reduces slightly. Transfer to a 9x13-inch baking dish if not using an oven-safe skillet.
5. Spread mashed potatoes evenly over the vegetable filling. Use a fork to create ridges on top for crispiness.
6. Bake uncovered 25 minutes until the potato topping is golden at the ridges and the filling is bubbling at the edges. Let rest 5 minutes before serving.

3. Homemade Vegan Dolmades (Grape Leaves)

30 min Serves 8

INGREDIENTS

35 jarred grape leaves, rinsed, soaked in cold water 20 minutes, drained, and stems trimmed

1 tablespoon olive oil (for sauteing)

1 tablespoon olive oil (for drizzling)

4 green onions, thinly sliced

1/4 cup pine nuts

1/4 cup currants

1/2 teaspoon fresh dill, chopped

1/2 teaspoon fresh mint, chopped

1/2 teaspoon sea salt

1/2 cup long-grain white rice (basmati recommended), rinsed

2 cups vegetable stock (for cooking the filling)

1 cup vegetable stock (for braising the dolmades)

1/2 teaspoon lemon zest

1/2 lemon, juiced

1/2 cup frozen peas

2 tablespoons tomato paste

INSTRUCTIONS

1. Heat 1 tablespoon olive oil in a medium saucepan over medium heat. Saute green onions 2 minutes until softened. Add pine nuts and toast 1 minute. Stir in tomato paste, then add rinsed rice and 2 cups vegetable stock. Bring to a boil, reduce heat, cover, and simmer 12 minutes until rice is just barely cooked (it will finish cooking inside the leaves). Stir in currants, peas, dill, mint, salt, lemon zest, and lemon juice. Remove from heat and cool 10 minutes.
2. Lay a grape leaf flat on your work surface, vein-side up. Place about 1 tablespoon of filling near the stem end. Fold the bottom of the leaf up over the filling, fold in both sides, and roll up firmly into a tight cylinder. Repeat with remaining leaves and filling.
3. Line the bottom of a large, heavy-bottomed pot with 3-4 leftover or torn grape leaves (this prevents sticking). Arrange dolmades seam-side down in tight layers.
4. Pour the remaining 1 cup vegetable stock and 1 tablespoon olive oil over the dolmades. Place a small heatproof plate on top to keep them submerged. Cover the pot with a lid.
5. Bring to a simmer over medium heat, then reduce to low and cook 40-45 minutes until the grape leaves are tender and the rice is fully cooked. Check occasionally and add a splash of water if the pot runs dry.
6. Let rest off heat for 10 minutes before serving. Serve warm or at room temperature.

4. Best Vegan Tofu Pot Pie Recipe (Comfort Food)

70 min Serves 6

INGREDIENTS

Tofu: 1 lb (450 g) firm tofu, pressed 1 hour and cut into ½-inch cubes

Tofu: 3 tablespoons soy sauce

Tofu: 2 tablespoons neutral oil

Vegetables: 1 cup onion, minced

Vegetables: ½ cup celery, minced

Vegetables: ½ cup carrots, slivered

Vegetables: ½ cup frozen corn

Vegetables: ½ cup frozen peas

Gravy: 1 tablespoon corn oil

Gravy: ¼ cup tahini

Gravy: ½ cup nutritional yeast

Gravy: 4 tablespoons soy sauce

Gravy: ¼ cup all-purpose flour

Gravy: 2 teaspoons dried basil

Gravy: 1 teaspoon dried rosemary

Gravy: 2 teaspoons dried sage

Gravy: 3 cups vegetable stock

Pastry crust: 1 cup whole wheat pastry flour

Pastry crust: 1 cup unbleached white flour

Pastry crust: ⅓ cup light neutral oil

Pastry crust: 1 teaspoon salt

Pastry crust: ½ cup ice water

INSTRUCTIONS

1. Press tofu under a weighted plate or tofu press for 1 hour. Preheat oven to 425°F (220°C). Toss tofu cubes with soy sauce and 2 tablespoons oil, spread on an oiled baking sheet, and bake for 15 minutes until golden. Remove and reduce oven to 350°F (175°C).
2. Make the pastry: combine both flours and salt in a bowl. Drizzle in oil and mix with a fork until crumbly. Add ice water 1 tablespoon at a time, mixing until dough just comes together. Press into a disk, wrap, and refrigerate while you make the filling.
3. Make the gravy: heat 1 tablespoon corn oil in a large saucepan over medium heat. Add onion, celery, and carrots and cook for 5 minutes until softened. Whisk in flour and cook 1 minute. Add tahini, nutritional yeast, soy sauce, basil, rosemary, and sage, then gradually whisk in vegetable stock. Cook, stirring, until gravy thickens, 5–7 minutes.
4. Stir baked tofu, frozen corn, and frozen peas into the gravy. Pour filling into a greased 9x13-inch baking dish or a deep 9-inch pie dish.
5. Roll pastry between two sheets of parchment to fit your dish. Lay crust over the filling, press edges to seal, and cut several slits in the top for steam to escape. Bake at 350°F (175°C) for 40–45 minutes until crust is golden brown. Let stand 10 minutes before serving.

5. Vegan Vegetable Pot Pie (Homemade Crust)

25 min Serves 6

INGREDIENTS

For the crust:

1 3/4 cups all-purpose flour

3/4 cup whole wheat flour

1 teaspoon salt

2 teaspoons dried basil

2 teaspoons dried oregano

1/4 cup olive oil

1/2-2/3 cup cold water

For the filling:

3 1/4 cups vegetable broth

1/2 cup all-purpose flour

3 cups frozen mixed vegetables (peas, carrots, corn, green beans)

1 cup frozen corn

1 tablespoon olive oil

1 medium onion, diced

3 cloves garlic, minced

1 teaspoon dried thyme

1/2 teaspoon dried rosemary

1/2 teaspoon black pepper

1 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Make the crust: whisk together both flours, salt, basil, and oregano in a large bowl. Drizzle in olive oil and mix with a fork until the mixture resembles coarse crumbs. Add cold water 2 tablespoons at a time, mixing until the dough just comes together. Divide into two portions, wrap, and chill for 10 minutes.
2. Make the filling: heat olive oil in a large saucepan over medium heat. Add onion and cook for 4–5 minutes until softened. Add garlic, thyme, rosemary, salt, and pepper and cook for 1 minute. Sprinkle flour over the vegetables and stir for 1–2 minutes to cook out the raw flour taste.
3. Gradually whisk in vegetable broth, adding it in a slow stream while stirring constantly to prevent lumps. Cook over medium heat, stirring frequently, for 5–7 minutes until the filling thickens to a gravy consistency. Stir in frozen mixed vegetables and corn and remove from heat.
4. Roll out one dough portion on a lightly floured surface to fit a 9-inch pie dish. Press into the dish, trimming excess. Pour the warm filling into the crust.
5. Roll out the second dough portion and lay it over the filling. Pinch the edges together to seal and cut 3–4 small slits in the top crust to allow steam to escape.
6. Bake at 375°F for 35–40 minutes until the crust is golden brown and the filling is bubbling through the slits. Let rest for 10 minutes before slicing.

6. Tempeh Bourguignon (French Vegan Classic)

15 min Serves 4

INGREDIENTS

2 cups pinot noir wine
8 ounces tempeh, cut into 1-inch cubes
1 small onion, chopped
1 large carrot, peeled and cut into 1/2-inch dice
3 garlic cloves, peeled and chopped
3 tablespoons olive oil, divided
1/2 teaspoon herbes de Provence
1 bay leaf
1 tablespoon balsamic vinegar
2 tablespoons tomato paste
7 ounces shiitake mushrooms, sliced
3/4 cup vegetable broth
1 tablespoon all-purpose flour or cornstarch
Salt and black pepper to taste
2 tablespoons chopped fresh parsley, for garnish

INSTRUCTIONS

1. Combine wine, garlic, herbes de Provence, bay leaf, and balsamic vinegar in a bowl. Add tempeh cubes, cover, and marinate in the refrigerator for at least 1 hour (up to overnight). Remove tempeh and pat dry; reserve the marinade.
2. Heat 2 tablespoons olive oil in a large heavy skillet or Dutch oven over medium-high heat. Add tempeh in a single layer and cook without stirring for 3-4 minutes until browned. Flip and brown the other side, 2-3 minutes more. Remove tempeh and set aside.
3. Add remaining 1 tablespoon oil to the same pan. Add onion and carrot and cook over medium heat for 5 minutes, stirring occasionally. Add tomato paste and flour; stir for 1 minute to cook the flour.
4. Pour in the reserved marinade and vegetable broth, scraping up any browned bits from the bottom. Bring to a simmer and add the mushrooms.
5. Return tempeh to the pan. Simmer uncovered over medium-low heat for 30-35 minutes, stirring occasionally, until the sauce thickens and the vegetables are tender. Remove bay leaf, season with salt and pepper.
6. Serve over mashed potatoes, polenta, or egg-free pasta. Scatter chopped parsley over the top.

7. Best Vegan Death By Chocolate Mousse Cakes

20 min Serves 12

INGREDIENTS

Crust:

1 cup all-purpose white flour

1 teaspoon baking powder

1/2 cup brown sugar, packed

1/4 cup unsweetened cocoa powder

1/4 cup canola oil

1/2 cup unsweetened soymilk

1 teaspoon vanilla extract

1/4 teaspoon salt

Mousse:

1 1/2 cups (9 oz) semisweet vegan chocolate chips

12 oz (1 package) firm silken tofu, drained

3 tablespoons unsweetened soymilk

1 teaspoon vanilla extract

Chocolate Sauce:

1/2 cup granulated sugar

1/4 cup unsweetened cocoa powder

2 tablespoons all-purpose white flour

1 cup unsweetened soymilk

1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Lightly oil a standard 12-cup muffin pan. Whisk together flour, baking powder, brown sugar, cocoa powder, and salt in a medium bowl. In a small bowl, stir together canola oil, soymilk, and vanilla. Pour wet ingredients into dry and mix until just combined.
2. Spoon 2–3 tablespoons of crust batter into each muffin cup and press firmly up the sides and bottom to form a shallow shell. Bake for 12–15 minutes until the crust is set and pulling slightly from the edges. Let cool completely in the pan — at least 30 minutes.
3. Melt vegan chocolate chips in a double boiler or in 30-second microwave intervals, stirring between each, until fully smooth. Let cool for 5 minutes. Combine melted chocolate, silken tofu, soymilk, and vanilla in a blender or food processor. Blend on high for 60–90 seconds until completely smooth and creamy.
4. Spoon mousse into each cooled crust cup, filling to the top. Refrigerate for at least 2 hours until set.
5. For the chocolate sauce: whisk together sugar, cocoa powder, and flour in a small saucepan. Gradually whisk in soymilk until smooth. Cook over medium heat, stirring constantly, for 5–7 minutes until the sauce thickens and just comes to a boil. Remove from heat, stir in vanilla, and let cool.
6. Drizzle cooled chocolate sauce over chilled mousse cakes and serve. Store refrigerated up to 3 days.

8. Easy Lavender Raspberry Vegan Cake Recipe

30 min Serves 8

INGREDIENTS

For the base: 2 cups medjool dates, pitted

For the base: 1/2 cup rolled oats

For the base: 1/2 cup dried apricots

For the base: 1/4 cup raw peanuts (or cashews)

For the base: 2 teaspoons ground cinnamon

For the banana-lavender layer: 4 ripe bananas, sliced

For the banana-lavender layer: 1/2 cup raw cashews, soaked 4 hours and drained

For the banana-lavender layer: 1/2 cup coconut water

For the banana-lavender layer: 1 teaspoon dried culinary lavender buds (or 6 fresh food-grade lavender leaves)

For the berry layer: 3 ripe bananas, sliced

For the berry layer: 1 cup fresh or frozen raspberries

For the berry layer: 4 medjool dates, pitted

INSTRUCTIONS

1. Make the base: combine dates, oats, dried apricots, peanuts, and cinnamon in a food processor. Pulse until the mixture clumps when pressed. Press firmly into the bottom of a lined 8-inch springform pan. Freeze for 20 minutes.
2. Make the banana-lavender layer: blend bananas, soaked cashews, coconut water, and lavender until completely smooth. Pour over the chilled base and spread evenly. Freeze for 90 minutes until firm.
3. Make the berry layer: blend bananas, raspberries, and dates until smooth. Pour over the frozen banana-lavender layer and spread evenly.
4. Freeze the assembled cake for at least 4 hours or overnight until fully set.
5. Transfer to the refrigerator 20–30 minutes before serving to soften slightly. Release from springform, slice with a warm knife, and serve immediately.

9. Creamy Vegan Pumpkin Pie (Dairy-Free)

15 min Serves 8

INGREDIENTS

1 cup (240ml) vanilla-flavored almond milk

1/2 cup (100g) raw sugar

2 tablespoons arrowroot powder

1 (15 oz / 425g) can pumpkin puree

2 teaspoons pumpkin pie spice

1/2 teaspoon salt

1 (9-inch / 23cm) vegan pie shell, unbaked

INSTRUCTIONS

1. Preheat oven to 425F (220C). Whisk arrowroot powder into the almond milk until fully dissolved. Add raw sugar, pumpkin puree, pumpkin pie spice, and salt. Whisk until completely smooth and uniform.
2. Pour filling into the unbaked vegan pie shell. Smooth the top with a spatula.
3. Bake at 425F for 15 minutes, then reduce oven temperature to 350F (175C) without opening the door. Continue baking for 35–40 minutes until the filling is set at the edges and only slightly jiggly in the very center.
4. Remove from oven and let cool completely on a wire rack for at least 2 hours – the filling will firm up fully as it cools. Do not cut the pie while it is warm.
5. Refrigerate for at least 1 hour before slicing. Serve cold or at room temperature.

10. Best Apple Crumble Pie (30-Minute Dessert)

15 min Serves 8

INGREDIENTS

1 pre-made vegan pie crust (9-inch)
4 Gala apples, peeled, cored, and cut into 1-inch chunks
1 cup coconut sugar
2 teaspoons ground cinnamon
1 tablespoon vanilla extract
1 1/2 cups rolled oats (ancient grain or regular)
1/2 cup all-purpose flour
1/2 cup coconut sugar (for crumble topping)
1 teaspoon ground cinnamon (for crumble topping)
3 ounces (6 tablespoons) vegan butter, melted

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Press the pie crust into a 9-inch pie pan and set aside.
2. Toss apple chunks with 1 cup coconut sugar, 2 teaspoons cinnamon, and vanilla extract until evenly coated. Pour the apple filling into the prepared pie crust and spread evenly.
3. In a medium bowl, combine rolled oats, flour, 1/2 cup coconut sugar, 1 teaspoon cinnamon, and melted vegan butter. Mix with a fork until clumps form. Scatter crumble topping evenly over the apple filling.
4. Cover loosely with foil and bake for 30 minutes. Remove foil and bake for an additional 15 minutes, until the crumble is golden brown and the apples are tender when pierced with a knife.
5. Let cool for at least 15 minutes before slicing so the filling sets. Serve warm.

11. Best Mushrooms in Lettuce Wraps (30-Min)

35 min Serves 4

INGREDIENTS

16 medium dried shiitake mushrooms (about 2 inches in diameter)
2 cups hot water (for soaking mushrooms)
2 tablespoons soy sauce
1 tablespoon red wine vinegar
1 tablespoon dry red wine
1 1/2 teaspoons sugar
1 teaspoon fresh ground black pepper
1 teaspoon cornstarch
2 tablespoons vegetable oil
4 celery ribs, finely diced
3 carrots, peeled and finely diced
4 green onions, trimmed and minced
2 oz (55g) firm tofu, finely diced
1 teaspoon dark sesame oil
2–3 tablespoons lightly toasted pine nuts
8–12 Boston or iceberg lettuce leaves
2–3 tablespoons hoisin sauce, for serving

INSTRUCTIONS

1. Place the dried mushrooms in a bowl and pour over 2 cups of hot (not boiling) water. Soak for 25–30 minutes until fully rehydrated and tender. Drain, reserving 2 tablespoons of the soaking liquid. Squeeze the mushrooms dry, remove and discard the tough stems, and finely dice the caps.
2. Whisk together the soy sauce, red wine vinegar, dry red wine, reserved mushroom soaking liquid, sugar, black pepper, and cornstarch in a small bowl until the cornstarch is fully dissolved. Set the sauce aside.
3. Heat the vegetable oil in a wok or large skillet over medium-high heat. Add the diced celery and carrots and stir-fry for 3 minutes until just tender with a slight bite. Add the diced mushrooms and tofu and stir-fry for 2 more minutes.
4. Pour the sauce over the vegetables and stir constantly for 1–2 minutes until the sauce thickens and glazes everything evenly. Remove from heat and stir in the sesame oil and green onions.
5. Pat the lettuce leaves dry with paper towels and arrange on a serving platter in a cupped shape. Spoon the mushroom filling into each leaf, scatter pine nuts over the top, and serve with hoisin sauce on the side for drizzling.

12. Roasted Quinoa Stuffed Acorn Squash (Fall Favorite)

20 min Serves 4

INGREDIENTS

2 acorn or kabocha squash, halved and seeded
1 tablespoon olive oil or canola oil (for squash)
1/2 teaspoon salt, divided
1/4 cup plus 2 tablespoons (60 g) quinoa, rinsed and drained
3/4 cup (180 ml) water or vegetable broth (for cooking quinoa)
1 1/2 teaspoons canola oil
3 tablespoons shallots, finely chopped
3 tablespoons leeks, finely chopped
3 tablespoons celery, finely chopped
3 tablespoons carrots, finely chopped
2 cups (300 g) corn kernels (fresh or thawed frozen)
2/3 cup (160 ml) plain unsweetened soy milk
3/4 cup (180 ml) carrot juice
1/4 teaspoon cornstarch
2 tablespoons dried cranberries
1/4 cup fresh parsley, finely chopped
Black pepper to taste

INSTRUCTIONS

1. Preheat oven to 400 F (200 C). Brush cut sides of squash halves with oil, season with 1/4 teaspoon salt and pepper. Place cut-side down on a parchment-lined baking sheet. Roast for 40 to 50 minutes until flesh is completely tender when pierced with a fork and edges are caramelized.
2. While squash roasts, cook quinoa: combine quinoa with 3/4 cup water or broth and a pinch of salt in a small saucepan. Bring to a boil, reduce heat to low, cover, and cook for 12 to 15 minutes until water is absorbed. Fluff and set aside.
3. Heat canola oil in a medium skillet over medium heat. Add shallots, leeks, celery, and carrots. Cook, stirring, for 4 to 5 minutes until softened. Add corn and soy milk, stir to combine, and cook for 2 minutes. Add cooked quinoa, cranberries, and remaining 1/4 teaspoon salt. Stir to combine and remove from heat.
4. Whisk cornstarch into carrot juice until dissolved. Pour into a small saucepan and bring to a simmer over medium heat, stirring constantly, for 2 to 3 minutes until slightly thickened into a light glaze.
5. Flip roasted squash halves cut-side up. Divide quinoa-corn filling evenly among the 4 halves, mounding it in the cavity. Drizzle carrot glaze over filling and squash. Garnish with fresh parsley and serve.

13. Easy Vegan Stuffing Recipe (Best Holiday Side)

15 min Serves 6

INGREDIENTS

8 cups (about 400 g) day-old whole grain bread, cut into 3/4-inch cubes

2 tablespoons olive oil

1 medium onion, finely diced

3 celery stalks, finely diced

3 cloves garlic, minced

2 cups (480 ml) vegetable broth, low-sodium

1 1/2 teaspoons dried sage

1 teaspoon dried thyme

1 teaspoon dried rosemary, crumbled

1 teaspoon dried parsley

1/2 teaspoon salt

1/4 teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 325°F (165°C). Spread bread cubes in a single layer on a large baking sheet and toast for 10–12 minutes until dry and lightly golden. Transfer to a large mixing bowl.
2. Heat olive oil in a large skillet over medium heat. Add onion and celery and cook for 6–8 minutes, stirring often, until softened. Add garlic and cook for 1 more minute.
3. Add sage, thyme, rosemary, parsley, salt, and pepper to the skillet. Pour in 1/2 cup of the vegetable broth and stir to deglaze the pan.
4. Pour the vegetable mixture over the toasted bread cubes and toss to combine. Gradually pour in the remaining 1 1/2 cups vegetable broth, tossing as you go, until the bread is evenly moistened but not soggy.
5. Transfer stuffing to a greased 9x13-inch (23x33 cm) baking dish. Spread evenly and bake uncovered at 325°F for 30–35 minutes until the top is lightly crispy and golden.
6. Remove from oven and let rest for 5 minutes before serving.

14. Slow Cooker Sweet Potato Casserole (Dairy-Free)

15 min Serves 8

INGREDIENTS

5 medium sweet potatoes (about 2.5 lbs / 1.1 kg), peeled and roughly chopped

2 tablespoons vegan butter (such as Earth Balance), melted

1/2 cup fresh orange juice

2 teaspoons pure vanilla extract

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1 teaspoon fine salt

1/2 cup packed light brown sugar

2 cups vegan mini marshmallows

INSTRUCTIONS

1. Lightly grease the slow cooker insert with cooking spray or a thin layer of vegan butter. Add the chopped sweet potatoes.
2. Pour the orange juice and melted vegan butter over the sweet potatoes. Sprinkle with vanilla, cinnamon, nutmeg, salt, and brown sugar. Stir briefly to coat.
3. Cover and cook on LOW for 5 hours or HIGH for 3 hours, until the sweet potatoes are completely tender and pierced easily with a fork.
4. Use a fork or potato masher to mash the sweet potatoes in the slow cooker to your preferred texture – fully smooth or slightly chunky. Taste and adjust seasoning.
5. Transfer the casserole to an oven-safe dish. Scatter vegan mini marshmallows in an even layer over the top.
6. Broil on HIGH 4 to 6 inches from the heating element for 2 to 3 minutes, watching constantly, until the marshmallows are golden and toasted. Serve immediately.

15. Braised Tofu Casserole (Comfort in a Dish)

40 min Serves 2

INGREDIENTS

6 dried black mushrooms (shiitake), soaked in 1 cup hot water for 30 minutes

7 oz (200 g / 1/2 package) firm tofu, drained and cut into 1-inch cubes

2 teaspoons soy sauce (for tofu coating)

1 tablespoon cornstarch (for tofu coating)

2 tablespoons vegetable oil, divided

1 small zucchini, halved lengthwise and sliced into 1/2-inch pieces

1/2 cup sliced bamboo shoots, drained if canned

1 leek, white part only, cut into 1/2-inch rings

3/4 cup vegetable broth

2 tablespoons soy sauce (for braising)

2 teaspoons sugar

1 teaspoon sesame oil

1 teaspoon cornstarch dissolved in 2 teaspoons cold water (for thickening)

INSTRUCTIONS

1. Place dried mushrooms in a bowl and cover with 1 cup hot water. Soak for 30 minutes until fully softened. Remove mushrooms, squeeze out excess liquid, trim off any tough stems, and slice into strips. Reserve the soaking liquid.
2. Pat tofu cubes dry with paper towels. Toss with 2 teaspoons soy sauce, then dust evenly with 1 tablespoon cornstarch. Heat 1 tablespoon oil in a wok or large non-stick skillet over medium-high heat (about 375°F / 190°C). Fry tofu cubes for 2–3 minutes per side until golden. Transfer to a plate.
3. Add remaining 1 tablespoon oil to the pan over medium heat. Stir-fry leek rings for 2 minutes until softened. Add zucchini, bamboo shoots, and soaked mushrooms and stir-fry 2 minutes more.
4. Return tofu to the pan. Pour in vegetable broth and 1/4 cup of the reserved mushroom soaking liquid. Add soy sauce and sugar, stir to combine, and bring to a gentle simmer.
5. Reduce heat to medium-low, cover, and braise for 10–12 minutes until the vegetables are tender and the tofu has absorbed the flavors. If a thicker sauce is desired, stir in the cornstarch slurry and simmer uncovered for 1–2 minutes until the sauce thickens.
6. Drizzle with sesame oil, give a gentle stir, and serve hot over steamed rice.

16. Easy Vegan Chocolate-Pumpkin Gingerbread

15 min Serves 9

INGREDIENTS

1 2/3 cups (210 g) gluten-free all-purpose baking flour

1 teaspoon xanthan gum

1 1/2 cups (300 g) organic unrefined cane sugar

3 tablespoons unsweetened cocoa powder

1 teaspoon baking soda

3/4 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/4 cup (60 ml) almond milk or soymilk

1 teaspoon apple cider vinegar

1 (425 g / 15 oz) can pumpkin puree

3 tablespoons blackstrap molasses

3 tablespoons canola oil

1 teaspoon vanilla extract

1 tablespoon fresh ginger, finely minced

1 cup (170 g) dark non-dairy chocolate chips

INSTRUCTIONS

1. Preheat oven to 180°C (350°F). Grease a 23 cm x 23 cm (9x9-inch) square baking pan and line with parchment paper.
2. Whisk together flour, xanthan gum, sugar, cocoa powder, baking soda, salt, cinnamon, ground ginger, and nutmeg in a large bowl until evenly combined.
3. In a separate bowl, stir together plant milk, apple cider vinegar, pumpkin puree, molasses, canola oil, vanilla extract, and fresh ginger. Let sit 2 minutes until the milk curdles slightly.
4. Pour the wet ingredients into the dry ingredients and fold gently with a spatula until just combined — do not overmix. Fold in chocolate chips.
5. Transfer batter to the prepared pan and spread evenly. Bake for 38–42 minutes at 180°C (350°F) until a toothpick inserted in the center comes out with only moist crumbs (not wet batter).
6. Cool in the pan on a wire rack for 20 minutes before cutting into 9 squares. Store covered at room temperature up to 3 days.

17. Best 5-Minute Chocolate Banana Mousse

5 min Serves 2

INGREDIENTS

1 large ripe avocado, pitted and peeled

1 large ripe banana

1/4 cup unsweetened cocoa powder

1/4 cup coconut milk (or almond milk)

1 teaspoon vanilla extract

3 Medjool dates, pitted

2 teaspoons pure maple syrup

INSTRUCTIONS

1. Add all ingredients to a high-speed blender or food processor: avocado, banana, cocoa powder, coconut milk, vanilla extract, pitted dates, and maple syrup.
2. Blend on high for 60–90 seconds, scraping down the sides as needed, until completely smooth with no lumps.
3. Taste and adjust sweetness with a little more maple syrup if needed, or add a splash more milk to loosen the texture.
4. Spoon into two serving glasses or bowls. Refrigerate for at least 15 minutes to firm up slightly before serving.

18. Roasted Figs With Açaí Coconut Cream (Elegant)

10 min Serves 2

INGREDIENTS

10 fresh figs, halved lengthwise
2 teaspoons date syrup
2 tablespoons almond oil or other mild nut oil
320 ml (1 1/3 cups) full-fat coconut cream, refrigerated overnight
2 teaspoons freeze-dried açaí powder
1 teaspoon maple syrup or date syrup (for cream)
2 teaspoons pistachios, finely chopped
Pinch of flaky salt

INSTRUCTIONS

1. Preheat oven to 400 F (200 C). Line a small baking sheet with parchment paper. Arrange fig halves cut-side up, drizzle with almond oil and date syrup. Roast for 8 to 10 minutes until figs are soft, caramelized at the edges, and releasing their juices.
2. While figs roast, make açaí cream: open the refrigerated coconut cream without shaking. Scoop the thick solidified cream from the top into a chilled bowl (reserve the liquid for another use). Add açaí powder and maple syrup. Whisk or beat with an electric mixer for 1 to 2 minutes until smooth and lightly airy.
3. Divide açaí coconut cream between 2 plates or shallow bowls. Arrange 5 warm fig halves over each portion.
4. Scatter chopped pistachios over the figs, add a pinch of flaky salt, and serve immediately.

19. Easy Tofu and Mushroom Marsala

15 min Serves 4

INGREDIENTS

16 oz (450 g) firm tofu, pressed and cut into 3/4-inch cubes
10 oz (280 g) cremini mushrooms, sliced
1 (14 oz) can diced tomatoes, with juices
1 cup Marsala wine
2 tablespoons olive oil
4 garlic cloves, pressed or minced
1 red bell pepper, chopped
1/2 teaspoon dried oregano
1/2 teaspoon salt
Black pepper to taste
1/4 cup fresh basil, chopped
Crusty bread, for serving

INSTRUCTIONS

1. Press the tofu for at least 15 minutes, then cut into 3/4-inch cubes and pat dry with paper towels.
2. Heat olive oil in a large skillet over medium-high heat. Add tofu cubes in a single layer and sear for 3–4 minutes per side until golden. Remove and set aside.
3. In the same pan, add garlic and red bell pepper and cook over medium heat for 2 minutes until softened. Add oregano, salt, and black pepper and stir for 30 seconds.
4. Pour in the Marsala wine, increase heat to high, and cook for 4 minutes, stirring occasionally, until reduced by about half.
5. Add the diced tomatoes with their juices and the seared tofu. Stir to combine, reduce heat to medium, and simmer for 5–6 minutes until the sauce thickens slightly.
6. Remove from heat, stir in fresh basil, taste and adjust salt, and serve immediately with crusty bread.

20. Best Mushroom Seitan Rolls With Basil Pesto

15 min Serves 4

INGREDIENTS

1 lb seitan, sliced into 6–8 strips (about 1/4-inch thick)
3 tablespoons olive oil, divided
1 large garlic clove, minced
1 tablespoon minced fresh basil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 large portabella mushroom cap, sliced into 1/4-inch strips
4 scallions, halved lengthwise
3/4 cup vegetable stock
1/2 cup vegan basil pesto, thinned with 2 tablespoons hot water

INSTRUCTIONS

1. Combine 2 tablespoons olive oil, garlic, basil, salt, and pepper in a shallow dish. Add seitan strips and toss to coat; marinate for 10 minutes at room temperature.
2. Heat remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Add marinated seitan strips and cook 3–4 minutes per side until golden brown. Transfer to a plate.
3. In the same skillet, add mushroom strips and scallions. Cook over medium heat for 3 minutes, stirring occasionally, until mushrooms soften and scallions are just tender.
4. Pour in vegetable stock and bring to a simmer. Return seitan to the skillet, nestling strips among the vegetables. Cook 3–4 minutes until stock reduces by half and seitan is heated through.
5. Lay each seitan strip flat and place 2–3 mushroom strips and a scallion piece across one end; roll up firmly and secure with a toothpick if needed. Plate all rolls seam-side down.
6. Drizzle warm thinned pesto over rolls immediately before serving.

21. Savory Tofu Loaf (Best Vegetarian Recipe)

15 min Serves 4

INGREDIENTS

1 lb (450 g) firm or extra-firm tofu, drained and pressed
1 small yellow onion, finely diced (about 3/4 cup)
1/2 cup (120 g) ketchup, divided
1 cup (90 g) old-fashioned rolled oats (not instant)
1 tablespoon soy sauce
1 teaspoon yellow mustard
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon dried parsley
Salt and black pepper to taste

INSTRUCTIONS

1. Preheat oven to 375 F (190 C). Grease a 9x5-inch (23x13 cm) loaf pan and line the bottom with parchment paper. Press tofu for 20 minutes, then pat dry.
2. Crumble pressed tofu into a large bowl using your hands until no large chunks remain. Add onion, 1/4 cup ketchup, rolled oats, soy sauce, mustard, garlic powder, onion powder, parsley, and a pinch of black pepper. Mix thoroughly until well combined – the mixture should hold together when pressed.
3. Transfer mixture to the prepared loaf pan. Press down firmly and evenly with the back of a spoon or damp hands to compact it. Spread remaining 1/4 cup ketchup evenly over the top.
4. Bake uncovered for 35 to 40 minutes until the top is set, slightly caramelized, and the loaf pulls away slightly from the sides of the pan.
5. Let rest in the pan for 10 minutes before slicing. Run a knife around the edges, invert onto a cutting board, and slice into 4 portions. Serve warm.

22. Easy Vegan Portabello Mushroom Bake (30 Minutes)

10 min Serves 4

INGREDIENTS

4 large Portobello mushrooms, stems removed and gills scraped

1/2 cup (75 g) raw almonds

1/4 cup (60 ml) extra-virgin olive oil

1/4 cup (60 ml) Bragg's Liquid Aminos

1/3 cup (80 ml) water, plus more to adjust consistency

2 tablespoons balsamic vinegar

3 cloves garlic, roughly chopped

1 teaspoon dried rosemary

1 teaspoon dried oregano

1/2 medium onion, sliced into rings

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly oil a 9x13-inch (23x33 cm) baking dish.
2. Combine almonds, olive oil, Liquid Aminos, water, balsamic vinegar, garlic, rosemary, and oregano in a blender. Blend on high for 60 seconds until smooth and creamy. Add 1–2 more tablespoons water if needed to reach a pourable but thick sauce.
3. Place mushrooms gill-side up in the prepared baking dish. Scatter sliced onion around and over the mushrooms.
4. Pour almond sauce generously over each mushroom cap, letting it pool in the gills and surround the onions.
5. Bake uncovered for 20–22 minutes until mushrooms are tender and juicy and the sauce is set and lightly browned at the edges.
6. Transfer to plates and spoon any sauce from the dish over the top. Serve immediately as a main dish or over cooked grains.

23. Best Cauliflower Tofu Casserole (Vegan Comfort)

20 min Serves 6

INGREDIENTS

2 medium heads cauliflower (about 2 lbs total), cut into bite-sized florets

1 block (14 oz) extra-firm tofu, pressed and cubed into 3/4-inch pieces

2 tablespoons olive oil, divided

1 teaspoon salt, divided

1/2 teaspoon black pepper

1 (28 oz) can crushed tomatoes

3 cloves garlic, minced

1 small onion, finely chopped

1 teaspoon dried oregano

1 teaspoon dried basil

1/2 teaspoon smoked paprika

1/4 cup nutritional yeast

1/2 cup breadcrumbs (use gluten-free if needed)

INSTRUCTIONS

1. Preheat the oven to 400 F (200 C). Grease a 9x13-inch baking dish with a little olive oil.
2. Toss the cauliflower florets and tofu cubes with 1 tablespoon of the olive oil, 1/2 teaspoon salt, and the black pepper on a large rimmed baking sheet. Roast for 20 minutes, turning once halfway, until the cauliflower is tender with lightly browned edges.
3. While the vegetables roast, heat the remaining tablespoon of olive oil in a medium saucepan over medium heat. Add the onion and cook for 5 minutes until soft. Add the garlic and cook 1 minute more. Stir in the crushed tomatoes, oregano, basil, smoked paprika, and remaining 1/2 teaspoon salt. Simmer for 8 minutes.
4. Remove the sauce from heat and stir in the nutritional yeast. Transfer the roasted cauliflower and tofu to the prepared baking dish and pour the tomato sauce evenly over the top.
5. Scatter the breadcrumbs over the surface. Bake at 400 F for 20 to 25 minutes until the sauce is bubbling around the edges and the breadcrumb topping is golden brown.
6. Let the casserole rest for 5 minutes before serving so the sauce sets slightly.

24. Vegan Red Pepper Mushroom Quiche (Rice Crust)

20 min Serves 6

INGREDIENTS

For the rice crust:

2 cups cooked brown or white rice
1 tablespoon silken tofu (from filling batch below)
1/4 teaspoon salt
1/4 teaspoon black pepper

For the tofu filling:

14 ounces firm silken tofu, drained
3 tablespoons nutritional yeast
1 tablespoon soy sauce
1 tablespoon lemon juice
1/2 teaspoon turmeric
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
1/4 teaspoon salt

For the vegetables:

1 teaspoon olive oil
3 cloves garlic, minced
1 cup mushrooms, roughly chopped
1 whole roasted red pepper, chopped
1 green onion, white and green parts, chopped
1/4 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a 9-inch pie dish with oil or cooking spray. Blend all tofu filling ingredients together in a blender or food processor until completely smooth. Set aside 1 tablespoon of the blended filling for the crust.
2. Mix cooked rice with the reserved tablespoon of tofu filling, salt, and pepper until evenly combined. Press the rice mixture firmly and evenly into the bottom and up the sides of the prepared pie dish. Bake the empty crust for 8 minutes to set it, then remove from oven.
3. While the crust bakes, heat olive oil in a skillet over medium heat. Add garlic, mushrooms, roasted red pepper, and green onion. Cook for 5 minutes, stirring frequently, until mushrooms release their moisture and begin to brown. Season with salt and pepper.
4. Spread the sauteed vegetables evenly over the prebaked rice crust. Pour the blended tofu filling over the vegetables, spreading it to the edges with a spatula.
5. Bake at 375°F for 35–40 minutes until the filling is set, lightly golden on top, and no longer jiggles in the center when the dish is gently shaken.
6. Let the quiche cool in the dish for at least 15 minutes before slicing. This rest time is essential for the filling to firm up enough to hold clean slices.

25. Creamy Vegan Mushroom Soup (Joey's Recipe)

15 min Serves 4

INGREDIENTS

3 tablespoons plant-based margarine
1 1/2 tablespoons extra virgin olive oil
15 large white button mushrooms, chopped
4 scallions, chopped
3 garlic cloves, minced
1 tablespoon fresh ginger juice
1 (14 oz) can full-fat coconut milk
2 cups vegetable broth
1/4 teaspoon soy sauce
1/2 teaspoon salt, or to taste
1/4 teaspoon black pepper

INSTRUCTIONS

1. Melt margarine with olive oil in a large pot over medium heat. Add scallions and garlic, cook for 2 minutes until softened.
2. Add chopped mushrooms and cook for 8-10 minutes, stirring occasionally, until mushrooms release their liquid and begin to brown.
3. Stir in ginger juice, soy sauce, salt, and pepper. Pour in vegetable broth and bring to a simmer. Cook for 5 minutes.
4. Add coconut milk and stir to combine. Remove from heat and use an immersion blender to blend until smooth and creamy, or transfer in batches to a stand blender.
5. Return pot to low heat, taste and adjust salt. Simmer gently for 2-3 minutes. Serve hot.

26. Cozy Vegan Aduki Bean Pumpkin Stew

15 min Serves 4

INGREDIENTS

1 cup dried aduki beans, soaked 2-5 hours and drained
1 piece dried kombu (approx 5 cm square)
3 cups water
3 cups pumpkin or kabocha squash, peeled and cut into 1-inch cubes
2 cloves garlic, minced
1/2 teaspoon salt
2-3 tablespoons shoyu or tamari, to taste

INSTRUCTIONS

1. Rinse the soaked aduki beans and place in a medium saucepan with the kombu and 3 cups water. Bring to a boil over high heat, then reduce to a low simmer. Do not stir. Cook 30 minutes.
2. Add the pumpkin cubes and garlic. Continue simmering uncovered 20-25 minutes until the beans are fully tender and the pumpkin is soft. The pumpkin will partially break down and thicken the stew naturally.
3. Remove the kombu piece and discard. Season with salt and shoyu, starting with 2 tablespoons and adding more to taste. Simmer 5 more minutes to meld flavors.
4. Ladle into bowls and serve hot. Pairs well with steamed short-grain rice.

27. Gluten-Free Vegan Fig Cake Recipe

15 min Serves 8

INGREDIENTS

150 g fresh figs, peeled and roughly chopped, plus 1 whole fig for decoration

80 g raw cane sugar (beet sugar or unrefined cane sugar)

180 g rice flour (fine/confectionery grade)

20 g cornstarch

2 teaspoons baking powder

1 teaspoon ground cinnamon

1 tablespoon ground flax seed mixed with 3 tablespoons water (flax egg)

60 ml (1/4 cup) grape seed oil

80 ml (1/3 cup) unsweetened soy milk

1 teaspoon vanilla extract

1 pinch salt

INSTRUCTIONS

1. Preheat oven to 175°C (350°F). Grease a 20 cm (8-inch) round cake pan and line the base with parchment paper. Make the flax egg by stirring ground flax seed with 3 tablespoons water; set aside for 5 minutes to gel.
2. Place the 150 g chopped figs in a microwave-safe bowl, sprinkle with half the sugar (40 g), and stir to coat. Microwave at 600 W for 1 minute. The figs will soften and release their juices. Set aside to cool slightly.
3. In a large bowl, whisk together the rice flour, cornstarch, baking powder, cinnamon, remaining 40 g sugar, and salt.
4. To the microwaved figs, add the grape seed oil, soy milk, vanilla extract, and the flax egg. Stir to combine, then pour the wet mixture into the dry ingredients. Fold until a smooth, thick batter forms.
5. Pour the batter into the prepared pan and spread evenly. Slice the reserved whole fig into 8 wedges (skin on) and arrange decoratively on top, pressing each piece lightly into the batter.
6. Bake for 40–45 minutes until a skewer inserted into the centre comes out clean and the top is golden. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

28. Easy Raw Pumpkin Pie (No-Bake & Vegan)

30 min Serves 8

INGREDIENTS

For the crust:

2 cups ground flax seeds

1/2 cup hemp seeds

1/2 cup almond milk or coconut water

2 tbsp coconut butter, melted

1 tsp Celtic sea salt

For the filling:

3 cups fresh pumpkin or Japanese squash, peeled and roughly chopped

1 1/2 cups pine nuts

3/4 cup coconut water or filtered water

1 tbsp coconut butter

3 tsp ground cinnamon

1 tsp ground nutmeg

2 tbsp pumpkin pie spice

4 dried apricots, soaked in water for 30 minutes and drained

INSTRUCTIONS

1. Combine ground flax seeds, hemp seeds, almond milk, melted coconut butter, and sea salt in a bowl; mix until a firm, moldable dough forms. Press evenly into a 9-inch pie plate, covering the base and sides. Refrigerate while you make the filling.
2. Drain the soaked apricots and add them to a high-powered blender along with the pumpkin, pine nuts, coconut water, coconut butter, cinnamon, nutmeg, and pumpkin pie spice. Blend until completely smooth, scraping down the sides as needed.
3. Pour the filling into the prepared crust and smooth the top with a spatula.
4. Place the pie in a dehydrator set to 115–116 F and dehydrate for 4–5 hours until the surface is set and slightly firm but the filling remains creamy. Alternatively, refrigerate uncovered for at least 4 hours until firm.
5. Chill in the refrigerator for at least 1 hour before slicing. Serve cold, topped with a dusting of cinnamon or a drizzle of coconut cream if desired.

29. Quick Vegan Pumpkin Pie Pancakes

10 min Serves 4

INGREDIENTS

1 1/2 cups unbleached all-purpose flour

3 tablespoons sugar

1 tablespoon baking powder

1 teaspoon pumpkin pie spice

1/2 teaspoon salt

1 1/4 cups unsweetened soymilk

1/3 cup canned pumpkin puree (not pumpkin pie filling)

1 tablespoon vegetable oil

Vegan butter or neutral oil for the pan

INSTRUCTIONS

1. Whisk together flour, sugar, baking powder, pumpkin pie spice, and salt in a large bowl.
2. In a separate bowl, whisk together soymilk, pumpkin puree, and vegetable oil until smooth.
3. Pour wet ingredients into dry ingredients and stir until just combined – a few lumps are fine. Do not overmix.
4. Heat a non-stick skillet or griddle over medium heat (about 350F if using an electric griddle) and lightly grease with vegan butter or oil. Pour 1/4 cup batter per pancake and cook until bubbles form on the surface and edges look set, about 2–3 minutes. Flip and cook 1–2 minutes more until cooked through.
5. Repeat with remaining batter. Serve immediately with maple syrup.

30. Best Vegan Pear Cranberry Pecan Muffins

15 min Serves 12

INGREDIENTS

Cooking spray or muffin liners

2 cups all-purpose flour

1 tablespoon cornstarch

2 teaspoons baking powder

1 teaspoon ground cinnamon

1 teaspoon ground ginger

3/4 teaspoon fine salt

2/3 cup granulated sugar

One 15.25-ounce can pears packed in syrup

1/2 cup vegetable oil

2 teaspoons pure vanilla extract

1/4 cup unsweetened plant-based milk (as needed to adjust liquid)

1/2 cup pecans (or walnuts or almonds), roughly chopped

1/2 cup dried cranberries (or cherries or raisins)

Confectioners' sugar, for dusting (optional)

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a standard 12-cup muffin tin with cooking spray or line with paper liners.
2. Drain pears over a measuring cup. Chop pears into roughly 1/2-inch pieces and set aside. Measure the drained syrup and add plant-based milk to bring total liquid to 3/4 cup.
3. In a large bowl, whisk together flour, cornstarch, baking powder, cinnamon, ginger, salt, and sugar.
4. In a separate bowl, whisk together the 3/4 cup pear syrup mixture, vegetable oil, and vanilla. Pour wet ingredients into dry and fold with a spatula until just combined — a few streaks of flour are fine. Fold in chopped pears, nuts, and dried cranberries.
5. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full.
6. Bake 26–28 minutes until tops are golden and a toothpick inserted in the center comes out clean. Cool in pan 5 minutes, then transfer to a rack. Dust with confectioners' sugar before serving if desired.

31. Best Tofu Stuffed Mushrooms (Easy Appetizer)

20 min Serves 4

INGREDIENTS

24 medium button or cremini mushrooms (about 1.5 lbs), stems removed and reserved

12 oz firm tofu, pressed and crumbled

3 tablespoons tahini

2 tablespoons tamari

2 cloves garlic, minced

1/4 cup red bell pepper, finely minced

2 tablespoons fresh parsley or cilantro, finely minced

1/4 teaspoon black pepper

3/4 cup panko breadcrumbs

2 tablespoons olive oil

1 tablespoon nutritional yeast

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Lightly oil a 9x13-inch baking dish. Wipe mushroom caps clean and arrange hollow-side up in the dish.
2. Finely chop the reserved mushroom stems. Heat 1 teaspoon olive oil in a small skillet over medium heat; sauté stems with garlic and red bell pepper for 3–4 minutes until softened. Remove from heat.
3. Combine pressed tofu, tahini, tamari, nutritional yeast, and black pepper in a bowl; mash and stir until mostly smooth. Fold in the sautéed mushroom stem mixture and fresh herbs.
4. Toast panko with remaining olive oil in the same skillet over medium-high heat, stirring constantly for 2–3 minutes until golden brown. Remove from heat.
5. Spoon tofu filling into each mushroom cap, pressing gently to fill. Top each with a pinch of toasted panko.
6. Bake for 22–25 minutes until mushrooms are tender and the filling is heated through. Serve warm.

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