

# Vegan Smoothie Formula Chart

Build the perfect smoothie every time



**VeganPreps**

# How This Guide Works

Follow the formula chart to build a balanced smoothie from 6 categories of ingredients. Pick one from each column, blend, and drink. The formula works every time regardless of which combination you choose.

## What You Get

- A formula chart with 6 ingredient categories and tested options for each
- 5 signature smoothie combos that are ready to blend
- The full smoothie and snack recipe collection from VeganPreps

### BLENDING ORDER

Always add liquid first, then soft ingredients (banana, greens), then frozen fruit, then powders and seeds last. This prevents air pockets and gives you a smoother result without stopping to scrape the sides.

For the full recipe collection, visit [veganpreps.com](https://veganpreps.com).

# The Smoothie Formula

Pick 1 from each column. Blend for 30–60 seconds. Makes 1 large or 2 small smoothies.

## BASE LIQUID (1 CUP)

- Oat Milk
- Soy Milk
- Coconut Water
- Almond Milk

## FROZEN FRUIT (1 CUP)

- Banana
- Mixed Berries
- Mango
- Pineapple
- Peach

## PROTEIN (1 SCOOP/TBSP)

- Peanut Butter
- Hemp Seeds
- Protein Powder
- Silken Tofu
- Chia Seeds

## GREENS (1 HANDFUL)

- Spinach
- Kale
- Swiss Chard
- (frozen works)

## BOOSTER (PICK 1)

- Flax Seeds
- Cocoa Powder
- Turmeric
- Ginger
- Vanilla
- Cinnamon

## THICKENER (OPTIONAL)

- Frozen Banana
- Avocado
- Oats
- Ice

### FREEZER PACK SHORTCUT

On Sunday, fill 5 freezer bags with the frozen fruit, greens, and protein booster for each day. In the morning, dump the bag into a blender, add liquid, and blend. Total time: under 2 minutes.

## 5 Signature Combos

Tested combinations from the formula chart. Each one is ready to blend.

### TROPICAL

**Liquid:** Coconut Water | **Fruit:** Mango + Pineapple | **Protein:** Chia Seeds

**Greens:** Spinach | **Booster:** Vanilla

Light and refreshing. The coconut water keeps it thin enough to drink through a straw. Spinach disappears completely behind the tropical flavors.

### CHOCOLATE PROTEIN

**Liquid:** Soy Milk | **Fruit:** Banana | **Protein:** Peanut Butter + Hemp Seeds

**Greens:** Spinach | **Booster:** Cocoa Powder

Thick and filling. Tastes like a chocolate milkshake but packs 20+ grams of protein. Use frozen banana for an ice-cream-like texture.

### BERRY BLAST

**Liquid:** Oat Milk | **Fruit:** Mixed Berries + Banana | **Protein:** Flax Seeds

**Greens:** Kale | **Booster:** Vanilla

The classic. Berries and banana make it naturally sweet. Kale adds nutrients without changing the flavor. Flax seeds thicken it slightly.

### GREEN MACHINE

**Liquid:** Almond Milk | **Fruit:** Banana | **Protein:** Protein Powder

**Greens:** Spinach (big handful) | **Booster:** Ginger

Heavy on the greens. The banana and protein powder balance the vegetal flavor. Fresh ginger adds a sharp kick. Good post-workout option.

### ACAI BOWL (BLEND THICK)

**Liquid:** Oat Milk (1/2 cup only) | **Fruit:** Acai packet + Blueberries + Banana | **Protein:** Hemp Seeds

**Greens:** None | **Booster:** Cinnamon

Use less liquid and blend until thick like soft serve. Pour into a bowl and top with granola, sliced banana, coconut flakes, and a drizzle of nut butter.

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## 1. Green Beans With Sesame Seeds (Best Vegan Side)

30 min Serves 4

### INGREDIENTS

See [veganpreps.com](https://veganpreps.com) for full recipe

### INSTRUCTIONS

See [veganpreps.com](https://veganpreps.com) for full recipe

## 2. Protein-Packed Quinoa with Edamame (Vegan)

15 Serves 4

### INGREDIENTS

2 cups quinoa, rinsed  
4 cups water  
4 teaspoons vegetable bouillon (or 2 cubes)  
2 1/2 cups frozen shelled edamame  
1 tablespoon olive oil  
2 sweet onions, finely chopped  
2 bell peppers (any color), chopped  
2 tablespoons fresh ginger, minced  
6 cloves garlic, minced  
1/4 cup reduced-sodium soy sauce  
2 tablespoons fresh cilantro, chopped  
1 tablespoon hot chili paste such as sambal oelek (optional)

### INSTRUCTIONS

1. Bring 4 cups water to a boil in a medium saucepan. Stir in bouillon until dissolved, then add rinsed quinoa. Reduce heat to low, cover, and cook for 15 minutes until water is absorbed. Remove from heat and let stand covered for 5 minutes, then fluff with a fork.
2. While quinoa cooks, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add onions and cook for 5–6 minutes, stirring occasionally, until softened and lightly golden.
3. Add garlic and ginger to the skillet and cook for 1–2 minutes until fragrant.
4. Add bell peppers and cook for 3–4 minutes until just tender. Stir in edamame and cook for 2–3 minutes until heated through.
5. Add cooked quinoa to the skillet. Pour in soy sauce and chili paste if using. Toss everything together over medium heat for 2 minutes until well combined.
6. Remove from heat, stir in chopped cilantro, and serve immediately.

### 3. Easy Udon with Crispy Tofu & Asian Greens

10 Serves 4

#### INGREDIENTS

1 (225 g / 8 oz) package udon noodles

4 tablespoons roasted peanut oil (or 3 tablespoons sesame oil + 1 tablespoon vegetable oil)

1 (340 g / 12 oz) package firm tofu, pressed and cut into 12 pieces

3/4 teaspoon kosher salt, divided

1/4 teaspoon freshly ground black pepper

1 (310 g / 11 oz) package Asian cooking greens or baby spinach

1 bunch scallions, thinly sliced on the diagonal

1/4 teaspoon red pepper flakes

3 tablespoons soy sauce

1/2 teaspoon sugar

#### INSTRUCTIONS

1. Cook udon noodles according to package directions in well-salted boiling water. Reserve 240 ml (1 cup) of the cooking water before draining. Drain and set noodles aside.
2. Pat tofu pieces dry with paper towels and season on all sides with 1/2 teaspoon salt and black pepper. Heat 2 tablespoons of the oil in a large non-stick skillet or wok over medium-high heat until shimmering. Add tofu in a single layer and sear undisturbed for 3-4 minutes per side until deep golden and crisp. Transfer to a plate.
3. Add remaining 2 tablespoons oil to the same pan over medium heat. Add scallion whites and red pepper flakes and cook 1 minute. Add greens and toss with tongs for 1-2 minutes until just wilted.
4. Add the drained noodles to the pan along with 180 ml (3/4 cup) of the reserved noodle water, soy sauce, sugar, and remaining 1/4 teaspoon salt. Toss everything together over medium heat for 1-2 minutes until the broth is absorbed and noodles are coated.
5. Return crispy tofu to the pan and toss gently to combine. Divide into bowls and top with scallion greens. Serve immediately.

### 4. Creamy Green Pea Pasta Sauce (Vegan)

10 Serves 4

#### INGREDIENTS

12 oz pasta of choice (linguine or spaghetti work well)

1 cup frozen green peas

1 cup water

2 green onions, chopped

2 tablespoons fresh flat-leaf parsley

1 tablespoon olive oil

Juice of 1 small lemon (about 2 tablespoons)

1/2 teaspoon sea salt

1/4 teaspoon black pepper

#### INSTRUCTIONS

1. Cook pasta in a large pot of salted boiling water according to package instructions. Reserve 1/4 cup pasta water before draining.
2. While pasta cooks, combine frozen peas, water, green onions, olive oil, lemon juice, salt, and pepper in a small saucepan. Bring to a simmer over medium heat and cook for 4-5 minutes until peas are tender.
3. Transfer the pea mixture to a blender and add parsley. Blend on high for 60 seconds until completely smooth. Add reserved pasta water 1 tablespoon at a time if sauce is too thick.
4. Toss hot drained pasta with the green pea sauce until evenly coated. Taste and adjust salt and lemon juice.
5. Serve immediately, topped with extra fresh parsley if desired.

## 5. Best Szechwan Tofu With Greens (Spicy & Easy)

15 Serves 4

### INGREDIENTS

14 oz (400g) firm tofu, pressed and cut into 3/4-inch cubes

5 tablespoons canola oil, divided

4 tablespoons minced seeded jalapeno or poblano pepper (or 2 tablespoons dried chili flakes)

3 garlic cloves, minced

1 tablespoon fresh ginger, grated

3 cups (200g) mustard greens, stems removed, leaves roughly chopped

3 cups (200g) Chinese cabbage (napa cabbage), roughly chopped

3 tablespoons tamari (or soy sauce)

1 tablespoon rice vinegar

1 teaspoon toasted sesame oil

1 teaspoon cornstarch dissolved in 2 tablespoons cold water

1 teaspoon Szechwan peppercorns, lightly toasted and ground (optional but recommended)

### INSTRUCTIONS

1. Heat 3 tablespoons of the canola oil in a wok or large skillet over high heat until shimmering and just starting to smoke. Add the tofu cubes in a single layer — do not crowd the pan. Cook without stirring for 3 minutes until the bottom is golden and crisp, then toss and cook 2 more minutes until golden on multiple sides. Remove tofu to a plate.
2. Add the remaining 2 tablespoons canola oil to the wok over medium-high heat. Add the minced pepper and stir-fry for 30 seconds. Add the garlic and ginger and stir-fry for another 30 seconds until fragrant.
3. Add the mustard greens and Chinese cabbage to the wok. Toss and stir-fry for 2–3 minutes until the greens are wilted and bright but still have some texture — do not overcook.
4. Return the crisped tofu to the wok. Pour in the tamari, rice vinegar, and Szechwan peppercorn powder. Stir in the cornstarch slurry and toss everything together over high heat for 1–2 minutes until the sauce thickens and coats the tofu and greens.
5. Remove from heat, drizzle with the sesame oil, toss once more, and serve immediately over steamed rice.

## 6. Quick Tofu & Green Onion Stir-Fry

10 Serves 2

### INGREDIENTS

1 (1 lb / 450 g) package extra firm tofu, cut into 3/4-inch cubes

2 tablespoons peanut oil or vegetable oil

1 cup green onions, sliced into 1-inch pieces (white and light green parts)

3 cloves garlic, chopped

2 jalapeño peppers, finely chopped (seeds removed for less heat)

1/2 cup vegetable stock

2 tablespoons soy sauce

Salt and black pepper to taste

### INSTRUCTIONS

1. Wrap tofu in a clean kitchen towel and press under a heavy pan for 10 minutes to remove excess moisture. Cut into 3/4-inch cubes and season lightly with salt and pepper.
2. Heat oil in a large skillet or wok over medium-high heat. Add tofu in a single layer and cook undisturbed for 3 minutes until golden on the bottom, then turn and cook 2 more minutes.
3. Push tofu to the side of the pan. Add garlic and jalapeño to the center and cook for 1 minute until fragrant. Add green onions and stir everything together.
4. Pour in vegetable stock and soy sauce. Cook, stirring, for 2 to 3 minutes until the liquid reduces by half and coats the tofu. Taste and adjust seasoning. Serve immediately over steamed rice.

## 7. Moon Gazing Dumplings with Tofu (Quick Recipe)

15 Serves 4

### INGREDIENTS

100g (3.5 oz) shiratako (glutinous rice flour)

100g (3.5 oz) silken tofu

3 tablespoons kinako (roasted soybean flour)

1 tablespoon kuromitsu (brown sugar syrup)

1 teaspoon sugar (to mix into kinako)

1/4 teaspoon salt (to mix into kinako)

### INSTRUCTIONS

1. Combine the silken tofu and shiratako in a bowl. Mix and knead with your hands, adding the tofu a little at a time, until a smooth, pliable dough forms — it should feel as soft as an earlobe. If the dough is too dry, add 1 teaspoon of water at a time; if too wet, add a pinch more shiratako.
2. Divide the dough into 12 equal pieces and roll each into a smooth ball between your palms. Flatten the center of each ball slightly with your thumb so they cook evenly.
3. Bring a medium saucepan of water to a rolling boil over high heat. Add the dumplings and cook for 3–4 minutes, until they float to the surface and have been floating for at least 1 minute. Remove with a slotted spoon and transfer to a bowl of cold water for 1 minute to stop cooking and firm up the texture.
4. While the dumplings cool, mix the kinako, sugar, and salt together in a small bowl to make the coating. Drain the cooled dumplings and pat lightly dry with paper towels.
5. Roll each dumpling in the kinako mixture until fully coated, then thread 3 onto a skewer. Drizzle with kuromitsu just before serving.

## 8. Quick Thai Green Bean Salad (20 Minutes)

15 Serves 4

### INGREDIENTS

1 (14 oz) block firm tofu, cut into 1/2-inch planks

1 tablespoon vegetable oil (plus more for grill)

3/4 lb (340 g) green beans, trimmed

2 to 3 Thai or serrano chiles, seeds removed, finely chopped

4 cloves garlic, pressed

1/2 cup fresh lime juice (about 4 limes)

1/4 cup granulated sugar

3 tablespoons soy sauce

1 teaspoon kosher salt

1 large ripe mango, peeled and thinly sliced

2 medium carrots, peeled and julienned or shredded

1 medium avocado, thinly sliced

1/2 cup fresh cilantro leaves

12 large butter lettuce or iceberg leaves

### INSTRUCTIONS

1. Whisk together chiles, garlic, lime juice, sugar, soy sauce, and salt in a bowl. Divide in half: pour one portion into a shallow dish, add 1 tablespoon oil, and stir. Add tofu planks to the marinade and let sit 10 minutes, turning once.
2. Heat a grill or grill pan over medium-high heat and lightly oil the grates. Grill tofu 3 to 4 minutes per side until clear grill marks form. In the last 3 minutes, add green beans and grill, turning once, until lightly charred. Remove everything and let cool slightly.
3. Cut grilled tofu into bite-sized pieces. Toss green beans with half the reserved sauce.
4. Arrange lettuce leaves on a large platter. Divide mango, carrot, grilled green beans, and tofu among the cups. Top with avocado slices and cilantro. Drizzle remaining sauce over the top and serve immediately.

## 9. Valentine's Day Smoothie Bowl (5 Minutes)

5 Serves 2

### INGREDIENTS

1½ cups water  
1 small beet, peeled and chopped  
½ cup diced cucumber  
2 celery stalks, roughly chopped  
1 apple, cored and cubed  
1 mango, cubed  
½ lemon, peeled  
1 banana, peeled  
1 package (4 oz) frozen acai, broken into chunks  
2 tablespoons hemp hearts  
2 tablespoons cacao nibs  
¼ cup fresh blueberries  
2 tablespoons fresh raspberries  
2 teaspoons chia seeds  
10 fresh mint leaves

### INSTRUCTIONS

1. Add water, beet, cucumber, celery, apple, mango, lemon, banana, and frozen acai to a high-powered blender. Blend on high for 60 seconds until completely smooth and thick; if the mixture is too thick to blend, add water 1 tablespoon at a time.
2. Check consistency: the base should be thick enough to hold toppings without sinking—similar to soft-serve ice cream. If too thin, add more frozen acai or banana and blend again for 20 seconds.
3. Divide the smoothie evenly between two wide bowls.
4. Top each bowl with hemp hearts, cacao nibs, blueberries, raspberries, chia seeds, and mint leaves. Arrange decoratively and serve immediately.

## 10. Easy Tofu Nut Patties (Plant-Based Protein)

15 Serves 4

### INGREDIENTS

1/2 pound (225 g) firm tofu, pressed and crumbled  
1 cup whole wheat bread crumbs  
1/2 cup almond butter  
1/2 cup finely chopped walnuts  
1/2 cup lightly roasted sunflower seeds  
1/2 cup pre-cooked millet or brown rice  
3 tablespoons aquafaba (liquid from canned chickpeas)  
2 tablespoons almond oil (or neutral vegetable oil)  
2 tablespoons fresh parsley, finely chopped  
1 tablespoon onion powder  
1 teaspoon garlic powder  
1 teaspoon dried thyme  
1/2 teaspoon dried marjoram  
1/2 teaspoon sea salt  
1/8 teaspoon ground rosemary  
2-4 tablespoons water, as needed

### INSTRUCTIONS

1. Preheat the oven to 375°F (190°C). Line a large baking sheet (18x13 inches) with parchment paper and brush lightly with almond oil.
2. Press the tofu dry and crumble it into a large mixing bowl. Add almond butter, walnuts, sunflower seeds, millet or rice, bread crumbs, parsley, onion powder, garlic powder, thyme, marjoram, salt, and rosemary. Mix well.
3. Add the aquafaba and almond oil, then stir until the mixture holds together when pressed. If too dry to form a patty, add water 1 tablespoon at a time.
4. Divide the mixture into 8 equal portions and shape each into a firm patty about 3/4 inch thick. Place on the prepared baking sheet, spacing them 1 inch apart.
5. Bake for 20-22 minutes, flipping once at the 12-minute mark, until the patties are firm and golden brown on both sides.
6. Let the patties rest on the baking sheet for 3 minutes before serving — they firm up as they cool.

## 11. Best Tofu Taegu Salad (Protein-Packed)

20 Serves 4

### INGREDIENTS

1 block (14 oz) extra-firm tofu, pressed and cubed  
1 tablespoon sesame oil  
1 tablespoon tamari or soy sauce  
1 bunch watercress (about 6 oz), cut into 1-inch pieces  
8 oz bean sprouts, rinsed  
1 red onion, thinly sliced  
2-3 medium tomatoes, diced  
6 oz takuwan (Japanese pickled daikon radish), thinly sliced  
2/3 cup green onions, chopped  
1/4 cup neutral oil (such as avocado or grapeseed)  
1/4 cup shoyu (soy sauce)  
1 tablespoon rice vinegar  
1 teaspoon toasted sesame oil  
2 cloves garlic, minced or grated  
1 teaspoon sugar

### INSTRUCTIONS

1. Press tofu for at least 15 minutes, then cut into 3/4-inch cubes. Toss with 1 tablespoon sesame oil and 1 tablespoon tamari. Pan-fry in a non-stick skillet over medium-high heat for 3-4 minutes per side until golden. Set aside to cool.
2. Blanch bean sprouts in boiling water for 1 minute, drain, and rinse under cold water. Squeeze out excess moisture.
3. Whisk together neutral oil, shoyu, rice vinegar, toasted sesame oil, garlic, and sugar in a small bowl to make the dressing.
4. Layer watercress, bean sprouts, red onion, tomatoes, takuwan, and baked tofu in a large salad bowl. Scatter green onions on top.
5. Pour dressing over the salad, toss gently to coat, and serve immediately.

## 12. Bean Curd Peanut Salad (Best Protein)

15 Serves 2

### INGREDIENTS

1 lb (450g) fresh medium-firm tofu, pressed and cut into 1/4-inch cubes  
1 teaspoon fresh ginger root, finely minced  
3 tablespoons scallions, minced  
3 tablespoons fresh cilantro leaves, minced  
2 tablespoons sesame oil  
1 tablespoon low-sodium soy sauce  
1 tablespoon dry sherry  
1/2 teaspoon sugar  
1 dash hot sauce (such as Tabasco)  
3 tablespoons dry-roasted peanuts

### INSTRUCTIONS

1. Press tofu wrapped in a clean towel under a heavy pan for 10 minutes to remove excess moisture. Cut into uniform 1/4-inch cubes and place in a medium bowl.
2. Add ginger, scallions, cilantro, sesame oil, soy sauce, sherry, sugar, and hot sauce to the bowl.
3. Using clean hands or two spoons, toss gently to coat the tofu without breaking the cubes. Every piece should be evenly coated with dressing.
4. Let the salad rest for 10 minutes at room temperature so the tofu absorbs the flavors. Scatter peanuts over the top and serve.

### 13. Warm Vegan Leafy Greens Salad (Best & Healthy)

10 Serves 4

#### INGREDIENTS

2 medium sweet potatoes (about 1 lb total), peeled and cut into 1/2-inch cubes

2 large onions, peeled and sliced into 1/4-inch half-moons

3 tablespoons olive oil, divided

1 teaspoon salt, divided

1/2 teaspoon black pepper, divided

8 cups leafy greens (such as Swiss chard, kale, bok choy, or spinach), stems and leaves roughly chopped

#### INSTRUCTIONS

1. Preheat the oven to 400 F (200 C). Toss the sweet potato cubes and sliced onions together on a large rimmed baking sheet with 2 tablespoons of the olive oil, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Spread in a single layer.
2. Roast for 20 to 25 minutes, stirring once halfway through, until the sweet potatoes are tender when pierced and the onion edges are caramelized and lightly browned.
3. While the vegetables finish roasting, heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat. Add the greens and any stems.
4. Cook the greens, tossing frequently, for 4 to 6 minutes until wilted and stems are just tender. Season with the remaining 1/2 teaspoon salt and 1/4 teaspoon black pepper.
5. Add the roasted sweet potatoes and onions directly to the skillet with the greens and toss everything together over low heat for 1 to 2 minutes to combine and warm through.
6. Taste and adjust salt and pepper, then serve immediately.

### 14. Tofu Nicoise Salad (Plant-Based Protein)

15 Serves 4

#### INGREDIENTS

1/4 cup low-fat Italian dressing

1 tablespoon fresh lemon juice

1 clove garlic, finely minced

1/8 teaspoon freshly ground black pepper

6 cups baby salad greens

4 medium tomatoes, cut into wedges

2 packages (8 oz each) Italian-style baked tofu, sliced 1/4 inch thick

1/4 pound (4 oz) baby green beans, trimmed

4 medium white mushrooms, thinly sliced

16 niçoise or kalamata olives

#### INSTRUCTIONS

1. Bring a small saucepan of lightly salted water to a boil. Add green beans and cook for 3 to 4 minutes until just tender but still bright green. Drain and immediately transfer to a bowl of ice water for 2 minutes to stop cooking. Drain and pat dry.
2. In a small bowl, whisk together the Italian dressing, lemon juice, minced garlic, and black pepper until combined.
3. Divide salad greens between 4 plates or arrange on a large platter. Arrange tofu slices, tomato wedges, chilled green beans, sliced mushrooms, and olives over the greens.
4. Drizzle the dressing evenly over each salad and serve immediately.

## 15. Easy Green Scrambled Tofu (5-Minute Recipe)

5 Serves 2

### INGREDIENTS

1 (12 oz) package firm tofu, drained and crumbled  
1 tablespoon olive oil  
1-2 tablespoons soy sauce  
1/2 teaspoon ground turmeric  
1/4 teaspoon black pepper  
1/2 teaspoon dried oregano  
6-8 kalamata olives, pitted and roughly chopped  
1/2 cup sun-dried tomatoes, drained if oil-packed, roughly chopped  
1/2 cup fresh spinach, roughly chopped

### INSTRUCTIONS

1. Heat olive oil in a medium non-stick skillet over medium-high heat. Add crumbled tofu and cook 3-4 minutes, stirring occasionally, until it starts to dry out and take on a little color.
2. Season with soy sauce, turmeric, oregano, and black pepper. Stir well to coat the tofu evenly with the yellow color from the turmeric.
3. Add sun-dried tomatoes and olives. Cook 2 minutes, stirring, until heated through.
4. Add spinach and stir 1 minute until just wilted. Remove from heat and serve immediately on toast, in a wrap, or alongside roasted vegetables.

## 16. Easy Superfood Smoothie Bowl (Ready in 5 Minutes)

5 Serves 1

### INGREDIENTS

1 cup frozen dragon fruit (pitaya) chunks (or 1 Pitaya Plus frozen smoothie pack)  
1 ripe banana, fresh or frozen and sliced  
1/2 cup unsweetened almond milk (plus more if needed to blend)  
1 tablespoon chia seeds  
1/2 cup fresh or frozen blueberries  
1/2 cup granola or roughly chopped mixed nuts  
1 tablespoon unsweetened shredded coconut (optional)

### INSTRUCTIONS

1. Add the frozen dragon fruit, banana, and almond milk to a blender. Blend on high for 30-45 seconds until completely smooth — the base should be thick enough to hold toppings. Add more almond milk 1 tablespoon at a time only if the blender stalls.
2. Pour the smoothie base into a wide, shallow bowl.
3. Arrange blueberries, granola or chopped nuts, chia seeds, and shredded coconut on top. Serve immediately before the base melts.

## 17. Acai Berry Smoothie Bowl for 2 (Quick & Easy)

5 Serves 2

### INGREDIENTS

4 oz (115 g) frozen unsweetened acai pulp (such as Sambazon), broken into pieces

2 ripe bananas, peeled and frozen

1 1/4 cups (300 ml) unsweetened almond milk

1/2 cup (45 g) rolled oats

1 1/2 cups (225 g) fresh mixed berries, divided (half for blending, half for topping)

1 tablespoon unsweetened coconut flakes, for topping

2 teaspoons maple syrup, for drizzling

### INSTRUCTIONS

1. Add frozen acai pulp, frozen bananas, almond milk, oats, and 3/4 cup of the mixed berries to a high-speed blender.
2. Blend on high, tamping down as needed, until completely smooth and very thick — the consistency should be thicker than a drinkable smoothie. Add a splash more almond milk only if the blender stalls.
3. Divide the smoothie base evenly between two bowls.
4. Top each bowl with the remaining 3/4 cup mixed berries and the coconut flakes. Drizzle each with 1 teaspoon maple syrup and serve immediately.

## 18. Best Tofu Hummus Sprout Pita (Protein-Packed)

10 Serves 2

### INGREDIENTS

2 whole wheat pita breads

1 cup (about 6 oz) firm tofu, pressed and cut into small cubes

1 tablespoon olive oil

1 teaspoon soy sauce

1/2 teaspoon garlic powder

1/4 teaspoon smoked paprika

4 tablespoons hummus

1 cup alfalfa sprouts

1/2 small cucumber, thinly sliced

Salt and black pepper to taste

Squeeze of lemon juice

### INSTRUCTIONS

1. Press tofu for at least 10 minutes, then cut into small 1/2-inch cubes. Heat olive oil in a nonstick skillet over medium-high heat. Add tofu cubes and cook 4–5 minutes, turning occasionally, until lightly golden on several sides. Add soy sauce, garlic powder, and paprika, toss to coat, and cook 1 minute more. Season with salt and pepper.
2. Warm pita breads in a dry skillet over medium heat for 30 seconds per side, or wrap in a damp paper towel and microwave 20 seconds, until pliable.
3. Cut each pita in half to form 4 pockets. Spread 1 tablespoon hummus inside each pocket.
4. Divide the seasoned tofu cubes, alfalfa sprouts, and cucumber slices evenly among the 4 pita pockets. Squeeze a little lemon juice inside each pocket and serve immediately.

## 19. Easy Walnut Tofu Burgers (Protein-Packed)

15 Serves 8

### INGREDIENTS

10 1/2 oz (297 g) silken tofu, well drained  
1 cup walnuts, finely chopped  
1/4 cup sunflower seeds  
1/4 cup scallions (green onions), finely chopped  
2 tablespoons tamari or soy sauce  
2 tablespoons nutritional yeast flakes  
1/2 teaspoon dried basil  
2 cups herb stuffing mix, crumbled (not whole cubes)

### INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a standard baking sheet with parchment paper. Drain silken tofu thoroughly by wrapping in a clean kitchen towel and pressing gently to remove excess liquid.
2. In a large bowl, mash drained tofu until smooth. Add walnuts, sunflower seeds, scallions, tamari, nutritional yeast, and basil. Mix well.
3. Stir in the crumbled herb stuffing mix. The mixture should hold together when pressed; if too wet, add another 2–3 tablespoons of stuffing mix. If too dry, add 1 tablespoon of water.
4. With damp hands, shape the mixture into 8 equal patties, each about 3/4 inch thick. Place on the prepared baking sheet.
5. Bake at 375°F (190°C) for 15 minutes, flip carefully, and bake another 12–15 minutes until both sides are firm and golden brown. Serve on buns or with a green salad.

## 20. Best Vegan Parmesan: Olive-Miso Shake

15 Serves 16

### INGREDIENTS

1 pound (500g, about 3 cups) high-quality pitted green olives (such as Manzanilla), drained and thoroughly patted dry on paper towels  
2 ounces (60g, about 5 tablespoons) white miso paste  
1 ounce (30g, about 4 tablespoons) freshly grated lemon zest (from 3 to 4 lemons)  
1 ounce (30g, leaves from about 3 sprigs) fresh rosemary leaves

### INSTRUCTIONS

1. Preheat oven to 200°F (93°C) and line a large baking sheet with parchment paper. Alternatively, set a food dehydrator to 135°F (57°C).
2. Combine drained, dried olives, miso paste, lemon zest, and rosemary in a food processor. Pulse 8–10 times until a rough, chunky paste forms — do not blend smooth.
3. Spread the olive mixture in a thin, even layer (no thicker than 1/4 inch) on the prepared baking sheet.
4. Dehydrate in the oven with the door propped open slightly (to allow moisture to escape) for 5–7 hours, or in a dehydrator for 6–8 hours, until the mixture is completely dry, crackly, and no longer tacky. Check every hour and break up clumps as needed.
5. Let cool completely on the pan. Transfer to a food processor and pulse until a coarse, crumbly powder forms resembling grated Parmesan.
6. Store in an airtight jar at room temperature for up to 2 weeks or refrigerate for up to 6 weeks. Use as a finishing sprinkle over pasta, salads, soups, or roasted vegetables.

## 21. Easy Green Vegan Smoothie (5-Minute)

5 Serves 1

### INGREDIENTS

1/2 cup water  
1 cup frozen mango chunks  
1 cup tightly packed baby spinach  
1/2 ripe avocado  
2 tablespoons fresh lemon juice  
1 tablespoon maple syrup (or to taste)  
1 cup ice cubes

### INSTRUCTIONS

1. Add water, frozen mango, spinach, avocado, lemon juice, and maple syrup to a blender. Blend on high speed for 45-60 seconds until smooth.
2. Add ice cubes and blend again on high for 20-30 seconds until thick and creamy.
3. Taste and adjust sweetness with more maple syrup or tartness with more lemon juice. Pour into a glass and serve immediately.

## 22. Creamy Dill & Parsley Vegan Dip

10 Serves 8

### INGREDIENTS

1 (12 oz) package silken tofu, drained  
1.5 tablespoons lemon juice, freshly squeezed  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/4 teaspoon salt, plus more to taste  
1/4 teaspoon black pepper  
2-3 tablespoons water (to thin consistency as needed)  
3 tablespoons fresh dill, chopped  
1.5 tablespoons fresh parsley, chopped

### INSTRUCTIONS

1. Break the silken tofu into chunks and add it to a food processor or blender along with lemon juice, garlic powder, onion powder, salt, and pepper.
2. Blend on high for 60-90 seconds until completely smooth and silky. Add water one tablespoon at a time and blend again until the dip reaches a pourable-but-thick consistency.
3. Add the fresh dill and parsley and pulse 5-6 times to combine without fully pureeing the herbs - some green flecks should remain visible.
4. Taste and adjust salt, lemon, or pepper. Transfer to a bowl, garnish with a few extra herb sprigs, and refrigerate at least 15 minutes before serving. Serve with vegetables, crackers, or flatbread. Keeps refrigerated for up to 4 days.

## 23. Easy Vegan Dumplings (Rice Paper)

30 Serves 2

### INGREDIENTS

8 sheets rice paper (22 cm / 9-inch)  
150 g shiitake mushrooms, finely minced  
50 g carrots, finely minced  
30 g leeks, thinly sliced  
30 g shallots, finely minced  
10 g fresh ginger, finely minced  
1 tablespoon chia seeds  
15 ml (1 tablespoon) hot water  
15 ml (1 tablespoon) soy sauce (use tamari for gluten-free)  
15 ml (1 tablespoon) sesame oil  
1/2 teaspoon Chinese five spice powder  
1/4 teaspoon black pepper

### INSTRUCTIONS

1. Stir chia seeds into the hot water in a small bowl and let sit 5 minutes until a gel forms.
2. Heat sesame oil in a skillet over medium heat. Add shallots, ginger, and leeks and cook 2 minutes until softened. Add mushrooms and carrots, cook 4 minutes until moisture evaporates. Stir in soy sauce, five spice, black pepper, and chia gel. Remove from heat and cool completely.
3. Fill a wide shallow bowl with warm water. Dip one rice paper sheet for 10–15 seconds until just pliable but not limp. Lay flat on a damp work surface.
4. Place 1 heaped tablespoon of filling in the lower third of the wrapper. Fold the bottom edge up over the filling, fold in both sides, then roll tightly upward to seal. Repeat with remaining wrappers and filling.
5. Set a steamer basket over 2.5 cm (1 inch) of boiling water. Line the basket with parchment or cabbage leaves. Place dumplings seam-side down without touching. Steam over medium-high heat for 6–8 minutes until wrappers are translucent and tender.
6. Serve immediately with soy sauce, rice vinegar, or chili oil for dipping.

## 24. Easy Chocolate Cherry Smoothie (Ready in 5 Min)

5 Serves 1

### INGREDIENTS

1 ripe banana (frozen for thicker texture)  
1/2 cup frozen dark cherries  
1/3 cup rolled oats  
1/4 cup shelled walnut halves  
1 cup unsweetened almond milk  
1 teaspoon unsweetened cocoa powder  
1/4 teaspoon almond extract  
5 ice cubes

### INSTRUCTIONS

1. Add almond milk to the blender first, then add oats and walnuts and blend for 30 seconds to break them down before adding remaining ingredients.
2. Add banana (broken into chunks), frozen cherries, cocoa powder, almond extract, and ice cubes to the blender.
3. Blend on high for 60–90 seconds until completely smooth, scraping down the sides once if needed.
4. Taste and adjust: add more banana for sweetness, more cocoa for chocolate intensity, or more almond milk to thin the consistency.
5. Pour into a glass and drink immediately.

## 25. Best Pear-Fect Vegan Smoothie Recipe

5 Serves 1

### INGREDIENTS

1 ripe banana, peeled and broken into chunks  
120 ml (1/2 cup) unsweetened soy milk  
120 ml (1/2 cup) unsweetened apple juice  
1/2 ripe pear, peeled, cored, and chopped (about 1/2 cup)  
60 ml (1/4 cup) fresh or frozen blueberries

### INSTRUCTIONS

1. Peel and break the banana into chunks; peel, core, and chop the pear.
2. Add all ingredients to a blender in the order listed: banana, soy milk, apple juice, pear, blueberries.
3. Blend on high for 45–60 seconds until completely smooth with no fruit chunks remaining.
4. Taste and add a few drops of lemon juice if you want more brightness, or a small piece of extra banana for more sweetness.
5. Pour into a glass and serve immediately, or refrigerate for up to 1 hour.

## 26. Quick Mango Rambutan Frappe (Tropical)

5 Serves 1

### INGREDIENTS

1 mango cheek (about 150g), flesh removed and cubed  
5 rambutans, peeled and seeded  
1/2 cup light coconut cream  
1 cup ice cubes

### INSTRUCTIONS

1. Cut mango flesh from the cheek into rough chunks. Peel and seed rambutans.
2. Add mango, rambutans, coconut cream, and ice cubes to a blender in that order (liquid under solid helps blending).
3. Pulse 5 times to break up the fruit, then blend on high for 30–45 seconds until completely smooth and frosty.
4. Taste and blend in 1 teaspoon maple syrup if the fruit is under-ripe and extra sweetness is needed.
5. Pour immediately into a tall chilled glass and serve with a straw.

## 27. Best Vegan Potstickers (Easy Homemade)

25 Serves 8

### INGREDIENTS

2 heads bok choy, finely diced

1 (8-ounce) can bamboo shoots, drained, dried, and finely diced

1 (8-ounce) can water chestnuts, drained, dried, and finely diced

1/4 cup chopped fresh cilantro

3 scallions, thinly sliced

1 tablespoon soy sauce

4 small garlic cloves, minced

1/2 teaspoon minced fresh ginger

6 tablespoons neutral oil (such as sunflower or vegetable), divided

6 ounces (1/2 of a 12-ounce package) firm tofu, pressed and finely diced

2 large portobello mushrooms, finely diced

1 (16-ounce) package round potsticker wrappers (about 32 wrappers)

1/2 cup water, for steaming

### INSTRUCTIONS

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add tofu and mushrooms, cook 5 minutes until golden and moisture has evaporated. Transfer to a large bowl. Add bok choy, bamboo shoots, water chestnuts, cilantro, scallions, soy sauce, garlic, and ginger. Stir well to combine the filling.
2. Set up a small bowl of water. Place a potsticker wrapper flat on your palm. Spoon 1 heaping teaspoon of filling into the center. Dip a finger in water and run it around the edge of the wrapper. Fold in half and press edges firmly to seal, pleating if desired. Repeat with remaining wrappers and filling.
3. Heat 1 tablespoon oil in a large non-stick or cast-iron skillet over medium heat. Add potstickers in a single layer, flat-side down, without crowding (work in batches). Cook undisturbed 2-3 minutes until the bottoms are golden brown.
4. Carefully pour 2-3 tablespoons of water into the skillet and immediately cover with a lid. Steam 3-4 minutes until wrappers are translucent and tender and water has evaporated.
5. Remove lid and cook 1 minute more until bottoms re-crisp. Slide onto a plate. Repeat with remaining batches, adding 1 tablespoon oil per batch.
6. Serve immediately with soy sauce or chili dipping sauce.

## 28. Creamy Morning Green Shake (30 Seconds)

5 Serves 1

### INGREDIENTS

1 cup unsweetened almond milk

1 cup carrot juice

2 cups fresh spinach

1 ripe avocado, flesh only

2 tablespoons almond butter

1 tablespoon hemp protein powder

2 teaspoons ground flax seed

Pinch of sea salt

1/2 cup ice cubes

### INSTRUCTIONS

1. Pour almond milk and carrot juice into a blender. Add spinach and blend briefly until greens are broken down.
2. Add avocado flesh, almond butter, hemp protein powder, ground flax seed, sea salt, and ice cubes.
3. Blend on high for 30-45 seconds until completely smooth and creamy. Add a splash more almond milk if too thick.
4. Pour into a glass and drink immediately for best nutrition.

## 29. Best Raw Superfood Oat Smoothie (Vegan)

5 Serves 2

### INGREDIENTS

2 sweet apples, cored and roughly chopped  
2 cups unsweetened almond milk  
2 ripe bananas, peeled  
1 tablespoon almond butter  
1 tablespoon coconut sugar  
1 tablespoon maca powder  
1 teaspoon spirulina powder  
1 teaspoon chlorella powder  
1 cup rolled oats (certified gluten-free if needed)

### INSTRUCTIONS

1. If you have time, soak oats in almond milk for 15 minutes beforehand to make blending easier and the texture smoother.
2. Add almond milk to the blender first, then add oats, bananas, chopped apples, and almond butter.
3. Add coconut sugar, maca powder, spirulina, and chlorella.
4. Blend on high for 60 to 90 seconds until completely smooth. If the smoothie is too thick, add additional almond milk 1/4 cup at a time and blend again.
5. Pour into two glasses and serve immediately. If new to spirulina or chlorella, start with 1/2 teaspoon each and increase gradually over time.

## 30. Easy Vegan Hot Cocoa (Dairy-Free Recipe)

2 Serves 1

### INGREDIENTS

1 tablespoon unsweetened cocoa powder  
2 tablespoons unrefined vegan sugar (or coconut sugar)  
1 cup rice milk (or oat milk or soy milk)  
1/4 teaspoon vanilla extract or almond extract

### INSTRUCTIONS

1. Add cocoa powder and sugar to a large mug and stir them together with a fork until evenly combined.
2. Pour in 2 tablespoons of the rice milk and stir into a smooth paste with no dry lumps.
3. Pour in the remaining rice milk and stir well to combine; add vanilla or almond extract and stir once more.
4. Microwave on full power (800–1000W) for 60–75 seconds until steaming hot but not boiling, or heat in a small saucepan over medium heat, stirring constantly, for 2–3 minutes; stir again before drinking.

## 31. Green & Sweet Smoothie (Super Easy)

5 Serves 1

### INGREDIENTS

1/3 medium cucumber (about 80 g), roughly chopped  
1 cup (30 g) fresh baby spinach  
1/2 ripe mango (about 150 g), peeled and chopped  
10 fresh or frozen gooseberries  
120 ml (1/2 cup) apple juice, no added sugar  
60 ml (1/4 cup) water  
2 tablespoons chia seeds

### INSTRUCTIONS

1. Add cucumber, spinach, mango, and gooseberries to a high-speed blender.
2. Pour in the apple juice and water. Blend on high for 45–60 seconds until completely smooth.
3. Add chia seeds and blend for a further 10 seconds to distribute evenly without over-grinding (this preserves some texture).
4. Pour into a large glass and serve immediately. Stir once before drinking if the chia seeds have started to settle.

### 32. Best No-Bake Energy Bites (Vegan Snack)

15 Serves 12

#### INGREDIENTS

100 g (1 cup) quick-cooking rolled oats  
125 g (1/2 cup) natural peanut butter or any nut butter  
80 ml (1/4 cup) agave nectar or maple syrup  
1 tablespoon melted coconut oil  
1 tablespoon chia seeds  
2 tablespoons ground flaxseed meal  
3 tablespoons vegan mini chocolate chips  
1 pinch fine sea salt  
1/4 teaspoon ground cinnamon  
Optional: 2 tablespoons raisins, chopped nuts, dried fruit, or shredded unsweetened coconut

#### INSTRUCTIONS

1. In a large bowl, combine peanut butter, agave nectar, and melted coconut oil. Stir until smooth and fully combined.
2. Add oats, chia seeds, flaxseed meal, chocolate chips, salt, and cinnamon. Stir until everything is evenly coated. If adding optional mix-ins, fold them in now.
3. Cover the bowl and refrigerate for at least 30 minutes until the mixture is firm enough to roll without sticking to your hands.
4. Scoop tablespoon-sized portions and roll firmly between your palms into balls. If the mixture crumbles, press harder or return to the fridge for another 10 minutes.
5. Place finished bites on a parchment-lined tray and refrigerate for another 15 minutes to firm up. Store in an airtight container in the fridge for up to 1 week, or freeze for up to 3 months.

### 33. Best Spiced Paleo Apple Dip (Creamy, Easy)

10 Serves 6

#### INGREDIENTS

1/2 cup raw cashews, soaked in water 2 hours and drained  
1/2 cup raw pecans  
1/2 cup full-fat coconut cream  
2 teaspoons maple syrup  
1 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
1/4 teaspoon sea salt  
1 teaspoon unsweetened cocoa powder  
5 firm apples, cored and sliced  
1 tablespoon lemon juice

#### INSTRUCTIONS

1. Soak cashews in cold water for at least 2 hours, then drain and rinse.
2. Add drained cashews, pecans, coconut cream, maple syrup, cinnamon, vanilla extract, sea salt, and cocoa powder to a high-speed blender. Blend on high for 60 to 90 seconds until completely smooth, scraping down the sides as needed.
3. Taste and adjust sweetness with more maple syrup or spice with more cinnamon.
4. Core and slice apples, then toss immediately with lemon juice to prevent browning.
5. Transfer dip to a serving bowl and arrange apple slices around it. Serve immediately or refrigerate the dip, covered, for up to 3 days.

### 34. Homemade Tofu Jerky (Vegan Snack, Ready in 1 Hour)

15 Serves 4

#### INGREDIENTS

1 lb extra-firm tofu, pressed for 20 minutes  
3 tablespoons soy sauce  
1 tablespoon apple cider vinegar  
1 teaspoon liquid smoke  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon smoked paprika  
1/2 teaspoon ground black pepper  
1 teaspoon maple syrup  
1/4 teaspoon salt

#### INSTRUCTIONS

1. Press tofu for 20 minutes. Slice into strips about 1/4-inch thick and 3 inches long.
2. Whisk together soy sauce, apple cider vinegar, liquid smoke, garlic powder, onion powder, smoked paprika, black pepper, maple syrup, and salt in a shallow dish.
3. Add tofu strips in a single layer. Marinate for at least 30 minutes, flipping once (or up to 4 hours for deeper flavor).
4. Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper. Arrange tofu strips in a single layer.
5. Bake for 45 minutes, flip each strip, then bake another 30–40 minutes until dark, firm, and chewy. The strips should feel dry to the touch, not soft.
6. Cool on the baking sheet for 10 minutes – they firm up further as they cool. Store in an airtight container at room temperature up to 5 days.

### 35. Fresh Strawberry-Apple Juice (Quick, Detox)

10 Serves 2

#### INGREDIENTS

2 cups fresh strawberries, hulled  
1 medium apple (Red Delicious, Gala, or Fuji), cored and roughly chopped  
1/2 cup cold water (if blending; omit if using a juicer)  
1 tablespoon chia seeds (optional)  
Ice cubes, to serve

#### INSTRUCTIONS

1. Wash and hull the strawberries. Core and roughly chop the apple; no need to peel if using a juicer.
2. Juicer method: Feed strawberries and apple through a cold-press or centrifugal juicer. Stir and serve over ice. Blender method: Combine strawberries, apple, and cold water in a high-powered blender and blend on high for 60 seconds until smooth, then strain through a fine-mesh sieve or nut milk bag, pressing to extract all liquid.
3. If using chia seeds, stir them into the finished juice and let sit for 5 minutes so they begin to swell slightly before serving.
4. Pour over ice into two glasses and serve immediately for the best flavor and nutrition.

## 36. Peanut Chocolate Chia Quinoa Poppers (No-Bake)

15 Serves 12

### INGREDIENTS

1/2 cup sprouted quinoa (dry, uncooked)  
1/2 cup cocktail peanuts  
1/2 cup pitted Medjool dates (about 8-10 dates)  
1/2 cup organic dark roasted crunchy peanut butter  
1/2 tablespoon chia seeds  
2 tablespoons unsweetened cocoa powder  
1/4 cup cinnamon sugar (for rolling)

### INSTRUCTIONS

1. Toast the sprouted quinoa in a dry skillet over medium heat for 3-4 minutes, shaking the pan, until golden and fragrant. Some grains will pop – this is normal. Transfer to a plate to cool completely.
2. Place dates in a food processor and pulse until a sticky paste forms. Add peanut butter, cocoa powder, and chia seeds and process until combined.
3. Add toasted quinoa and peanuts to the food processor. Pulse in short bursts until the mixture comes together but still has texture – do not over-process. The mixture should hold its shape when pressed together. If too dry, add 1 teaspoon water and pulse again.
4. Scoop tablespoon-sized portions of the mixture and roll into balls between your palms. Roll each ball in cinnamon sugar to coat.
5. Place poppers on a parchment-lined plate or tray and refrigerate for at least 30 minutes until firm. Store in an airtight container in the refrigerator for up to 1 week.

## 37. Steamed Vegetable Dumplings (Easy, Authentic)

45 Serves 4

### INGREDIENTS

For the dough:

2 cups all-purpose flour

1/2 cup just-boiled water

1/4 cup cold water

For the filling:

4 cups lightly packed coarsely chopped fresh spinach (about 7 oz)

4 large dried shiitake mushrooms, soaked in 1 cup hot water 30 minutes, stemmed and finely chopped (reserve soaking liquid)

3 ounces brown pressed tofu, finely chopped

1/3 cup finely chopped carrot

1/2 cup chopped Chinese chives or scallions

1 tablespoon finely minced fresh ginger

1 1/2 tablespoons soy sauce

2 tablespoons sesame oil

2 tablespoons canola oil

2 teaspoons cornstarch dissolved in 1 tablespoon cold water

3/4 teaspoon sugar

1/4 teaspoon salt

1/4 teaspoon ground white pepper

For the dipping sauce:

3 tablespoons soy sauce

1 tablespoon rice vinegar

1 teaspoon sesame oil

1/2 teaspoon chili oil or pinch of red pepper flakes

1 clove garlic, minced

### INSTRUCTIONS

1. Make the dough: Place flour in a bowl. Gradually pour the just-boiled water over the flour while stirring with chopsticks or a fork. Add cold water and mix until a shaggy dough forms. Knead on a lightly floured surface for 5 minutes until smooth. Cover with a damp cloth and rest 20 minutes.
2. Make the filling: Blanch spinach in boiling water for 30 seconds, drain, cool under cold water, and squeeze out as much liquid as possible. Chop finely. Heat canola oil in a skillet over medium heat; add ginger, carrot, and tofu and stir-fry 2 minutes. Add mushrooms and cook 1 minute. Add spinach and chives, stir in soy sauce, sesame oil, sugar, salt, white pepper, and the cornstarch slurry. Stir over heat 1 minute until slightly thickened. Spread on a plate to cool.
3. Make the dipping sauce: whisk together soy sauce, rice vinegar, sesame oil, chili oil, and garlic in a small bowl. Set aside.
4. Shape the dumplings: divide dough into 24 equal pieces. Roll each piece into a 3 1/2-inch round, slightly thicker at the center. Place 1 heaping teaspoon filling in the center. Fold the dough over the filling to form a half-moon, then pleat and press the curved edge firmly to seal. Keep finished dumplings covered with a damp cloth.
5. Line a bamboo steamer basket with parchment paper or cabbage leaves (to prevent sticking). Bring 2 inches of water to a boil in a wok or pot that fits the steamer. Arrange dumplings 1 inch apart in the steamer, cover tightly, and steam over medium-high heat for 10–12 minutes until wrappers are translucent and cooked through.
6. Serve immediately with the dipping sauce on the side.

### 38. Green Apple Goodness Shake (Protein-Packed)

5 Serves 1

#### INGREDIENTS

240 ml (8 oz) unsweetened almond milk  
1/2 green apple (about 75 g), cored and roughly chopped  
1/2 cup ice cubes  
2 scoops (about 60 g) vegan vanilla protein powder  
1 tablespoon almond butter  
1 tablespoon ground flax seed  
1/4 teaspoon ground cinnamon

#### INSTRUCTIONS

1. Add almond milk to the blender first as the liquid base to protect the blades.
2. Add the chopped green apple, ice cubes, protein powder, almond butter, ground flax seed, and cinnamon.
3. Blend on high for 45–60 seconds until completely smooth and creamy. If the shake is too thick, add 2–3 tablespoons more almond milk and blend again briefly.
4. Pour into a large glass and serve immediately.

### 39. Chocolate Cherry Protein Smoothie (Quick Fix)

5 Serves 1

#### INGREDIENTS

80 g (about 1/2 cup) fresh cherries, pitted (or frozen, thawed)  
200 ml (3/4 cup) unsweetened almond milk  
2 tablespoons pumpkin seed protein powder  
1 1/2 teaspoons organic unsweetened cocoa powder  
1 teaspoon ground flaxseeds

#### INSTRUCTIONS

1. Pit the fresh cherries. If using frozen cherries, let them thaw for 5 minutes — they will also make the smoothie colder and thicker.
2. Add the cherries, almond milk, protein powder, cocoa powder, and ground flaxseeds to a blender.
3. Blend on high for 45–60 seconds until completely smooth. Taste and add a pitted date or a few drops of maple syrup if extra sweetness is desired.
4. Pour into a glass and serve immediately.

## 40. Vegan Gluten-Free Skordalia (Creamy Dip)

15 Serves 6

### INGREDIENTS

4 medium russet potatoes (about 2 lb / 900 g total), scrubbed but not peeled

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1 cup raw almonds, blanched or slivered

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6 to 10 cloves garlic, peeled (adjust to taste)

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5 tablespoons fresh lemon juice

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2 tablespoons white wine vinegar

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1/2 cup cold-pressed extra-virgin olive oil

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1/2 teaspoon Celtic sea salt, plus more to taste

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Freshly ground black pepper to taste

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3 tablespoons fresh cilantro or parsley, finely chopped (for garnish)

### INSTRUCTIONS

1. Place the whole scrubbed potatoes in a large pot of cold, well-salted water. Bring to a boil over high heat, then reduce to a steady simmer and cook for 25 to 30 minutes until completely tender when pierced with a knife. Drain and let cool slightly, then peel while still warm.
2. While the potatoes cook, place the blanched almonds and garlic cloves in a food processor. Process for 1 to 2 minutes until the almonds are ground into a fine, paste-like consistency.
3. Break the warm potatoes into large chunks and add to the food processor with the almond-garlic paste. Pulse several times to begin combining, then add the lemon juice and white wine vinegar. Process until the mixture is smooth and thick.
4. With the food processor running on low, drizzle the olive oil in a slow, steady stream through the feed tube, much like making an aioli. Continue processing until the oil is fully incorporated and the skordalia is creamy and smooth. Do not over-process or it can become gluey.
5. Season generously with salt and black pepper. Transfer to a serving bowl, drizzle lightly with additional olive oil, and scatter the chopped cilantro or parsley over the top. Serve at room temperature with vegetable crudites, warm pita, or crackers.

## 41. Quick Raw Basil Cilantro Dressing (5 Minutes)

5 Serves 6

### INGREDIENTS

1/2 cup extra-virgin olive oil

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1/3 cup apple cider vinegar

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1/3 cup fresh basil leaves, loosely packed

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1/3 cup fresh cilantro leaves, loosely packed

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1 tablespoon nutritional yeast

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2 teaspoons liquid aminos or tamari

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1/4 teaspoon Himalayan pink salt, or to taste

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1/4 teaspoon cracked black pepper, or to taste

### INSTRUCTIONS

1. Add olive oil, apple cider vinegar, basil, cilantro, nutritional yeast, and liquid aminos to a blender or food processor.
2. Blend on high for 30 seconds until the herbs are fully incorporated and the dressing is smooth and bright green.
3. Taste and season with salt and pepper. Blend briefly to combine.
4. Use immediately or transfer to a sealed jar and refrigerate for up to 5 days. Shake or stir well before each use as the dressing will separate.

## 42. 30-Second Blueberry Chia Breakfast Smoothie

2 Serves 2

### INGREDIENTS

2 cups (480 ml) full-fat coconut milk (from a carton or BPA-free can, shaken well)

1 cup (150 g) mixed berries, frozen or fresh

1 ripe banana, peeled and frozen

2 tablespoons plant-based protein powder (vanilla or unflavored)

1 tablespoon organic wild blueberry powder

1 teaspoon chia seeds, plus more for garnish

### INSTRUCTIONS

1. Add coconut milk to the blender first, then add frozen banana, mixed berries, blueberry powder, protein powder, and chia seeds.
2. Blend on high speed for 45 to 60 seconds until completely smooth and creamy. If too thick, add a splash of coconut milk; if too thin, add a few more frozen berries.
3. Pour into two glasses, sprinkle with extra chia seeds, and serve immediately.

## 43. Raw Zucchini Basil Hummus (Vegan & Fresh)

10 Serves 3

### INGREDIENTS

1 medium zucchini (about 200g), cut into 1-inch disks

1/2 cup fresh basil leaves, packed

5 tablespoons raw tahini

1 tablespoon fresh lemon juice

2 garlic cloves, peeled

1/2 teaspoon fine sea salt

1–2 tablespoons water (to adjust consistency)

### INSTRUCTIONS

1. Wash and dry the zucchini, then cut it into 1-inch disks. No peeling required.
2. Add zucchini, basil, tahini, lemon juice, garlic, and salt to a food processor fitted with the S-blade.
3. Process on high for 60–90 seconds, scraping down the sides once, until smooth and creamy. Add water 1 tablespoon at a time if the mixture is too thick to blend.
4. Taste and adjust lemon juice or salt as needed. Transfer to a serving bowl.
5. Serve immediately with carrot sticks, celery, bell pepper strips, or crackers. Refrigerate leftovers in an airtight container for up to 3 days.

## 44. Best Grilled Tempeh Satay (Plant-Based)

30 Serves 4

### INGREDIENTS

2 (8-ounce / 225g) packages tempeh, cut into 1-inch cubes

1 small onion, quartered

1 lemongrass stalk, cut into 1-inch pieces

1 (1-inch) piece fresh ginger, peeled and sliced

1 clove garlic, peeled

1 cup (240ml) low-fat coconut milk

2 teaspoons sriracha or chile sauce

2 teaspoons light brown sugar

3 strips lime peel

1/4 cup (60ml) toasted sesame oil

1/4 cup (80g) apricot jam

2 tablespoons fresh lime juice

1 teaspoon low-sodium soy sauce

### INSTRUCTIONS

1. Soak 8 wooden skewers in water for 30 minutes to prevent burning. Blend onion, lemongrass, ginger, garlic, coconut milk, sriracha, brown sugar, and lime peel in a blender until smooth to make the marinade.
2. Place tempeh cubes in a shallow dish, pour marinade over them, and toss to coat. Cover and refrigerate for at least 30 minutes, or up to 4 hours.
3. Whisk together sesame oil, apricot jam, lime juice, and soy sauce in a small bowl to make the dipping sauce. Set aside.
4. Preheat grill or grill pan to medium-high heat (about 400F / 200C). Thread marinated tempeh onto skewers.
5. Grill skewers for 3–4 minutes per side, turning once, until grill marks appear and tempeh is heated through and lightly charred.
6. Serve immediately with dipping sauce on the side.

## 45. Tropical Smoothie Bowl With Mango (Easy)

5 Serves 1

### INGREDIENTS

1½ cups frozen mango chunks

1 frozen banana, sliced

1 tablespoon unsweetened coconut cream

¼ teaspoon vanilla extract

¼ cup vanilla-flavored almond milk (plus more as needed)

1 tablespoon unsweetened flaked coconut

1 teaspoon goji berries

½ teaspoon chia seeds

¼ cup fresh pineapple or mango chunks (optional topping)

1 tablespoon granola (optional topping)

### INSTRUCTIONS

1. Add frozen mango, frozen banana, coconut cream, vanilla extract, and almond milk to a high-powered blender. Blend on high for 30 to 45 seconds, stopping to scrape down the sides as needed.
2. Check consistency—the base should be thick enough to eat with a spoon and hold toppings without sinking. If too thick, add almond milk 1 tablespoon at a time and blend briefly. Do not over-thin.
3. Pour into a bowl and immediately top with flaked coconut, goji berries, and chia seeds. Add optional pineapple chunks and granola if using. Serve right away.

## 46. Crispy Spiced Chickpea Nuts (Vegan Snack)

15 Serves 6

### INGREDIENTS

1 pound (450g) dried chickpeas, soaked overnight in cold water and drained

1 teaspoon sea salt, plus more for boiling

1/4 cup extra-virgin olive oil

1/2 cup nutritional yeast

2 teaspoons ground cumin

1/2 teaspoon granulated garlic

### INSTRUCTIONS

1. Drain soaked chickpeas and place in a large pot. Cover with fresh water by 2 inches, add a generous pinch of salt, and bring to a boil. Reduce heat and simmer for 45-60 minutes until tender but not mushy. Drain and spread on a clean towel; pat very dry.
2. Preheat oven to 400F (200C). Spread dried chickpeas on a rimmed baking sheet in a single layer. Roast for 20 minutes, shaking the pan once halfway through.
3. Remove pan from oven and drizzle chickpeas with olive oil. Sprinkle with nutritional yeast, cumin, granulated garlic, and 1 teaspoon salt. Toss to coat evenly.
4. Return to oven and roast for another 20-25 minutes, shaking the pan every 10 minutes, until chickpeas are deep golden and fully crunchy throughout.
5. Let cool on the baking sheet for 10 minutes before serving - they crisp further as they cool. Store in an open container at room temperature for up to 3 days.

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