

How to eat healthy

A vegan Cookbook

14 Carefully Crafted Recipes

Gluten-Free

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APPETIZERS

Zesty Avocado Hummus

A creamy blend of ripe avocados, tahini, and zesty lime, this hummus is perfect for dipping fresh veggies or spreading on gluten-free crackers.

🕒 Prep: 10 minutes

🔥 Cook: 0 minutes

🍽️ 4 servings

🇮🇹 Easy

Ingredients

- 2 ripe avocados, peeled and pitted
- 1/4 cup tahini
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 2 tablespoons water (more if needed)
- Fresh cilantro for garnish (optional)

Instructions

- 1 In a food processor, combine the ripe avocados, tahini, lime juice, minced garlic, ground cumin, salt, and black pepper.
- 2 Blend until smooth and creamy, scraping down the sides as needed.
- 3 With the food processor running, slowly drizzle in the olive oil and water until the desired consistency is reached. Add more water if you prefer a thinner hummus.
- 4 Taste and adjust seasoning if necessary, adding more lime juice, salt, or pepper to suit your preference.
- 5 Transfer the zesty avocado hummus to a serving bowl, and garnish with fresh cilantro if desired.
- 6 Serve with fresh veggies, gluten-free crackers, or pita chips.

Chef's Tips

For extra zest, add a pinch of chili powder or cayenne pepper. Serve with a variety of colorful veggies for an appealing presentation.

Nutrition Facts

130

Calories

3g

Protein

8g

Carbs

10g

Fat

5g

Fiber



SOUPS & SALADS

Chilled Cucumber Mint Soup

Refreshing and light, this chilled soup combines crisp cucumbers with fragrant mint, creating a delightful summer dish that's both hydrating and nutritious.

🕒 Prep: 15 minutes

🔥 Cook: 0 minutes

🍽️ 4 servings

🇮🇹 Easy

Ingredients

- 4 medium cucumbers, peeled and diced
- 1 cup plain vegan yogurt
- 1/2 cup fresh mint leaves, packed
- 1/4 cup fresh lemon juice
- 2 cups vegetable broth, chilled
- 1 clove garlic, minced
- Salt to taste
- Pepper to taste
- 1 tablespoon olive oil (optional, for garnish)
- Fresh mint leaves for garnish

Instructions

- 1 In a blender, combine the diced cucumbers, vegan yogurt, fresh mint leaves, lemon juice, vegetable broth, and minced garlic.
- 2 Blend the mixture on high speed until smooth and creamy, about 1-2 minutes.
- 3 Taste the soup and season with salt and pepper as needed, blending again to combine.
- 4 Transfer the soup to a bowl or container and refrigerate for at least 30 minutes to chill and allow the flavors to meld.
- 5 Once chilled, stir the soup and ladle it into serving bowls.
- 6 Drizzle with olive oil if desired and garnish with fresh mint leaves before serving.

Chef's Tips

For an extra burst of flavor, add a pinch of cayenne pepper or diced jalapeño for some heat. Make sure to chill the soup thoroughly for optimal refreshment.

Nutrition Facts

110

Calories

4g

Protein

12g

Carbs

5g

Fat

2g

Fiber



MAIN COURSES

Quinoa-Stuffed Bell Peppers

Colorful bell peppers filled with a hearty mixture of quinoa, black beans, and spices, then baked until tender and bursting with flavor.

🕒 Prep: 20 minutes

🔥 Cook: 30 minutes

🍽️ 4 servings

🇮🇹 Medium

Ingredients

- 4 medium bell peppers (any color)
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh or frozen)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt and pepper to taste
- 1/4 cup fresh cilantro, chopped (optional for garnish)
- 1 avocado, sliced (optional for serving)

Instructions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the tops off the bell peppers and remove the seeds and membranes. Place them upright in a baking dish.
- 3 In a medium saucepan, bring the vegetable broth to a boil. Add the rinsed quinoa, reduce heat to low, cover, and simmer for 15 minutes or until quinoa is fluffy and liquid is absorbed.
- 4 In a large mixing bowl, combine the cooked quinoa, black beans, corn, cumin, chili powder, garlic powder, onion powder, salt, and pepper. Mix well until all ingredients are evenly incorporated.
- 5 Stuff each bell pepper with the quinoa mixture, pressing down gently to pack it in.
- 6 Cover the baking dish with aluminum foil and bake for 25 minutes.

7 Remove the foil and bake for an additional 5 minutes to slightly char the tops.

8 Remove from the oven and let cool for a few minutes before serving.

9 Garnish with fresh cilantro and serve with avocado slices if desired.

Chef's Tips

For added flavor, try roasting the bell peppers before stuffing them. You can also substitute the black beans with lentils for a different texture.

Nutrition Facts

320

Calories

12g

Protein

54g

Carbs

6g

Fat

10g

Fiber



BREAKFAST

Chia Seed Pudding Parfait

A delightful layering of creamy chia seed pudding and fresh berries, making for a nutritious breakfast that's as beautiful as it is delicious.

🕒 Prep: 10 minutes

🔥 Cook: 0 minutes

🍽️ 2 servings

🇮🇹 Easy

Ingredients

- 1/2 cup chia seeds
- 2 cups almond milk (or any plant-based milk)
- 2 tablespoons maple syrup (or sweetener of choice)
- 1 teaspoon vanilla extract
- 1 cup mixed fresh berries (strawberries, blueberries, raspberries)
- 1/4 cup granola (gluten-free if desired)
- Mint leaves for garnish (optional)

Instructions

- 1 In a mixing bowl, combine the chia seeds, almond milk, maple syrup, and vanilla extract.
- 2 Whisk the mixture well to ensure the chia seeds are evenly distributed and not clumped together.
- 3 Cover the bowl and refrigerate for at least 4 hours or overnight to allow the chia seeds to swell and thicken the pudding.
- 4 After the chia pudding has set, take it out of the refrigerator and stir well to break up any clumps.
- 5 In serving glasses or bowls, layer the chia pudding with fresh mixed berries and a sprinkle of granola.
- 6 Repeat the layering until the glasses are filled, finishing with a layer of berries on top.
- 7 Garnish with mint leaves if desired and serve immediately or keep in the refrigerator until ready to enjoy.

Chef's Tips

For a creamier texture, blend the chia pudding mixture before refrigerating. Experiment with different fruits and toppings for variety.

Nutrition Facts

320

Calories

10g

Protein

40g

Carbs

15g

Fat

16g

Fiber



SNACKS

Spicy Roasted Chickpeas

Crispy, crunchy, and packed with flavor, these roasted chickpeas are seasoned with spices to make a satisfying and healthy snack.

🕒 Prep: 10 minutes

🔥 Cook: 30 minutes

🍽️ 4 servings

🇮🇹 Easy

Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

- 1 Preheat your oven to 400°F (200°C).
- 2 Drain and rinse the chickpeas under cold water, then pat them dry with a clean kitchen towel.
- 3 In a mixing bowl, combine the chickpeas, olive oil, smoked paprika, garlic powder, cayenne pepper, ground cumin, salt, and black pepper.
- 4 Toss the chickpeas well to ensure they are evenly coated with the oil and spices.
- 5 Spread the seasoned chickpeas in a single layer on a baking sheet lined with parchment paper.
- 6 Roast in the preheated oven for 25-30 minutes, shaking the pan halfway through to ensure even cooking.
- 7 Remove from the oven when the chickpeas are golden brown and crispy.
- 8 Allow them to cool for a few minutes before serving.

Chef's Tips

For extra crunch, make sure to dry the chickpeas thoroughly before seasoning. You can also experiment with different spices to customize the flavor.

Nutrition Facts

120

Calories

6g

Protein

20g

Carbs

3g

Fat

6g

Fiber



BEVERAGES

Green Detox Smoothie

A refreshing blend of spinach, banana, and almond milk, this detox smoothie is a nutrient-packed drink that energizes and revitalizes.

🕒 Prep: 5 minutes

🔥 Cook: 0 minutes

🍽️ 1 serving

📊 Easy

Ingredients

- 2 cups fresh spinach
- 1 ripe banana
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup (optional)
- Ice cubes (optional)

Instructions

- 1 Wash the fresh spinach thoroughly under cold water to remove any dirt or grit.
- 2 In a blender, combine the fresh spinach, ripe banana, almond milk, and chia seeds.
- 3 If you prefer a sweeter smoothie, add the maple syrup to the blender.
- 4 For a chilled smoothie, add a few ice cubes to the mixture.
- 5 Blend the ingredients on high speed until smooth and creamy, about 30-60 seconds.
- 6 Taste the smoothie and adjust sweetness if necessary by adding more maple syrup.
- 7 Pour the smoothie into a glass and serve immediately for the best flavor and texture.

💡 Chef's Tips

For an extra nutrient boost, consider adding a scoop of your favorite plant-based protein powder. Always use ripe bananas for the best sweetness and creaminess.

Nutrition Facts

250

Calories

5g

Protein

40g

Carbs

8g

Fat

7g

Fiber



SIDE DISHES

Garlic Roasted Brussels Sprouts

Tender Brussels sprouts roasted to perfection with garlic and olive oil, making for a deliciously healthy side dish that complements any meal.

🕒 Prep: 10 minutes

🔥 Cook: 25 minutes

🍽️ 4 servings

🇮🇹 Medium

Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 4 cloves garlic, minced
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon balsamic vinegar (optional)
- 2 tablespoons grated Parmesan cheese (optional, for non-vegan version)

Instructions

- 1 Preheat your oven to 400°F (200°C).
- 2 In a large mixing bowl, combine the halved Brussels sprouts, minced garlic, olive oil, salt, and black pepper. Toss until the Brussels sprouts are evenly coated.
- 3 Spread the Brussels sprouts in a single layer on a baking sheet lined with parchment paper.
- 4 Roast in the preheated oven for 20-25 minutes, or until the Brussels sprouts are tender and golden brown, stirring halfway through for even cooking.
- 5 If using, drizzle the balsamic vinegar over the Brussels sprouts during the last 5 minutes of roasting for added flavor.
- 6 Remove from the oven and, if desired, sprinkle with grated Parmesan cheese before serving.
- 7 Serve warm as a side dish to your favorite main course.

Chef's Tips

For extra flavor, try adding a pinch of red pepper flakes for some heat or finish with a squeeze of fresh lemon juice before serving.

Nutrition Facts

120

Calories

4g

Protein

12g

Carbs

7g

Fat

4g

Fiber



DESSERTS

Raw Chocolate Avocado Mousse

Indulge your sweet tooth with this rich and creamy chocolate mousse made from ripe avocados, cocoa powder, and maple syrup for a guilt-free treat.

🕒 Prep: 10 minutes

🔥 Cook: 0 minutes

🍽️ 2 servings

🇮🇹 Easy

Ingredients

- 2 ripe avocados, pitted and peeled
- 1/4 cup unsweetened cocoa powder
- 1/4 cup pure maple syrup
- 2 tablespoons almond milk (or any plant-based milk)
- 1 teaspoon vanilla extract
- Pinch of sea salt

Instructions

- 1 In a food processor, combine the ripe avocados, cocoa powder, maple syrup, almond milk, vanilla extract, and sea salt.
- 2 Blend on high speed until the mixture is smooth and creamy, scraping down the sides as necessary.
- 3 Taste the mousse and adjust sweetness if desired by adding more maple syrup.
- 4 Once blended to a silky texture, transfer the mousse into serving bowls or glasses.
- 5 Chill in the refrigerator for at least 30 minutes before serving to enhance the flavors.
- 6 Serve chilled, optionally topped with fresh berries, nuts, or coconut flakes.

💡 Chef's Tips

For an extra rich flavor, use high-quality dark cocoa powder. Make sure your avocados are perfectly ripe for the smoothest texture.

Nutrition Facts

300

Calories

4g

Protein

40g

Carbs

15g

Fat

10g

Fiber



MAIN COURSES

Vegan Lentil Bolognese

A hearty and savory lentil bolognese sauce served over gluten-free pasta, delivering all the comforting flavors of traditional Italian cuisine.

🕒 Prep: 10 minutes

🔥 Cook: 40 minutes

🍽️ 4 servings

🇮🇹 Medium

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 medium carrot, finely diced
- 1 medium celery stalk, finely diced
- 1 red bell pepper, finely diced
- 1 cup mushrooms, finely chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon red pepper flakes (optional)
- 1 cup green or brown lentils, rinsed and drained
- 1 can (14 oz) crushed tomatoes
- 2 cups vegetable broth
- 1 tablespoon tomato paste
- Salt and pepper to taste
- 12 oz gluten-free pasta
- Fresh basil leaves for garnish (optional)

Instructions

- 1 In a large skillet, heat the olive oil over medium heat.
- 2 Add the chopped onion and sauté for about 3-4 minutes until softened.
- 3 Stir in the minced garlic, diced carrot, diced celery, and diced red bell pepper, and cook for another 5 minutes until the vegetables are tender.
- 4 Add the chopped mushrooms, dried oregano, dried basil, and red pepper flakes (if using). Cook for an additional 5 minutes until the mushrooms have released their moisture.

- 5 Stir in the lentils, crushed tomatoes, vegetable broth, and tomato paste. Season with salt and pepper to taste.
- 6 Bring the mixture to a boil, then reduce the heat to low. Cover and let it simmer for about 25-30 minutes, or until the lentils are tender and the sauce has thickened.
- 7 While the sauce is simmering, cook the gluten-free pasta according to package instructions. Drain and set aside.
- 8 Once the lentil bolognese is done, adjust seasoning if necessary.
- 9 Serve the lentil bolognese over the cooked gluten-free pasta, garnished with fresh basil leaves if desired.

Chef's Tips

For added richness, consider adding a splash of balsamic vinegar to the sauce before serving. Also, let the bolognese sit for a few minutes off the heat to deepen the flavors.

Nutrition Facts

350

Calories

18g

Protein

55g

Carbs

8g

Fat

15g

Fiber



SOUPS & SALADS

Hearty Kale and White Bean Salad

This filling salad is packed with nutrient-dense kale, creamy white beans, and a lemon-tahini dressing for a powerful punch of flavor.

🕒 Prep: 15 minutes

🔥 Cook: 0 minutes

🍽️ 4 servings

🇮🇹 Easy

Ingredients

- 4 cups chopped kale, stems removed
- 1 can (15 oz) white beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1/2 cup red onion, thinly sliced
- 1/4 cup fresh parsley, chopped
- 1/4 cup tahini
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions

- 1 In a large bowl, combine the chopped kale and a pinch of salt. Massage the kale for about 2-3 minutes until it becomes slightly tender.
- 2 Add the drained and rinsed white beans, cherry tomatoes, red onion, and parsley to the bowl with the kale.
- 3 In a separate small bowl, whisk together the tahini, lemon juice, olive oil, minced garlic, and a pinch of salt and pepper until smooth and creamy.
- 4 Pour the tahini dressing over the salad ingredients and toss gently to combine, ensuring everything is evenly coated.
- 5 Taste and adjust seasoning with additional salt, pepper, or lemon juice as desired.
- 6 Serve immediately or let it sit for 10-15 minutes to allow the flavors to meld before serving.

Chef's Tips

For an extra crunch, add toasted pumpkin seeds or almonds. You can also substitute the tahini with sunflower seed butter for a nut-free version.

Nutrition Facts

230

Calories

10g

Protein

30g

Carbs

10g

Fat

8g

Fiber



SNACKS

Nutty Energy Bites

These no-bake energy bites are a perfect on-the-go snack, made with oats, nuts, and a hint of maple syrup for natural sweetness.

🕒 Prep: 15 minutes

🔥 Cook: 0 minutes

🍴 12 bites

📊 Easy

Ingredients

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup maple syrup
- 1/2 cup mixed nuts, chopped (e.g., almonds, walnuts, cashews)
- 1/4 cup mini dark chocolate chips (optional)
- 1/4 cup ground flaxseed
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- Pinch of salt

Instructions

- 1 In a large mixing bowl, combine the rolled oats, almond butter, and maple syrup.
- 2 Add the chopped mixed nuts, mini dark chocolate chips (if using), ground flaxseed, vanilla extract, cinnamon, and a pinch of salt to the bowl.
- 3 Mix all the ingredients together until well combined. The mixture should be sticky and hold together when pressed.
- 4 Using your hands, scoop out about 1 tablespoon of the mixture and roll it into a ball. Repeat until all the mixture is formed into bites.
- 5 Place the energy bites on a parchment-lined baking sheet or plate.
- 6 Refrigerate the bites for at least 30 minutes to firm up.
- 7 Store the energy bites in an airtight container in the refrigerator for up to one week.

Chef's Tips

Use your favorite nut butter for a personalized flavor, and feel free to add in dried fruits or seeds for extra nutrition.

Nutrition Facts

100

Calories

3g

Protein

10g

Carbs

5g

Fat

2g

Fiber



BREAKFAST

Savory Oatmeal with Spinach and Tomatoes

Transform your breakfast with this savory oatmeal topped with sautéed spinach and cherry tomatoes, offering a deliciously hearty start to your day.

🕒 Prep: 5 minutes

🔥 Cook: 10 minutes

🍽️ 2 servings

🇮🇹 Easy

Ingredients

- 1 cup rolled oats
- 2 cups water or vegetable broth
- 1 tablespoon olive oil
- 2 cups fresh spinach, chopped
- 1 cup cherry tomatoes, halved
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 1/4 teaspoon red pepper flakes (optional)
- 2 tablespoons nutritional yeast (optional)
- Fresh herbs for garnish (optional)

Instructions

- 1 In a medium saucepan, bring the water or vegetable broth to a boil.
- 2 Add the rolled oats to the boiling liquid, reduce the heat to low, and simmer for about 5 minutes, stirring occasionally, until the oats are tender and creamy.
- 3 While the oats are cooking, heat the olive oil in a skillet over medium heat.
- 4 Add the chopped spinach to the skillet and sauté for about 2-3 minutes until wilted.
- 5 Add the halved cherry tomatoes to the skillet along with the garlic powder, salt, pepper, and red pepper flakes if using. Cook for another 2-3 minutes until the tomatoes are softened.
- 6 Once the oatmeal is cooked, divide it into two bowls.
- 7 Top each bowl of oatmeal with the sautéed spinach and tomatoes.

8 Sprinkle nutritional yeast on top if desired, and garnish with fresh herbs.

9 Serve immediately and enjoy your savory breakfast!

Chef's Tips

For added flavor, consider mixing in some soy sauce or tamari to the sautéed vegetables. You can also experiment with different greens like kale or arugula.

Nutrition Facts

300

Calories

10g

Protein

50g

Carbs

10g

Fat

8g

Fiber



BEVERAGES

Turmeric Golden Milk

Sip on this warm and soothing golden milk made with turmeric, almond milk, and a hint of cinnamon for a comforting and healthful beverage.

🕒 Prep: 5 minutes

🔥 Cook: 10 minutes

🍽️ 2 servings

🇮🇹 Easy

Ingredients

- 2 cups unsweetened almond milk
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1 teaspoon maple syrup or honey (optional)
- 1/4 teaspoon black pepper
- 1 teaspoon vanilla extract
- Pinch of salt

Instructions

- 1 In a small saucepan, combine almond milk, ground turmeric, ground cinnamon, black pepper, and salt.
- 2 Whisk the mixture over medium heat until it is well combined and starts to warm up, about 3-4 minutes.
- 3 Once the milk is warm (but not boiling), add the vanilla extract and maple syrup or honey if using.
- 4 Continue to whisk for another 2-3 minutes to ensure all ingredients are well incorporated.
- 5 Remove from heat and let the mixture sit for a minute to cool slightly.
- 6 Pour the golden milk into two mugs and sprinkle a little extra cinnamon on top if desired.
- 7 Serve warm and enjoy your soothing golden milk.

💡 Chef's Tips

For an extra creamy texture, blend the warm golden milk in a blender before serving. Adding a pinch of ginger can enhance the flavor and health benefits.

Nutrition Facts

90

Calories

2g

Protein

12g

Carbs

4g

Fat

1g

Fiber



SIDE DISHES

Spicy Sweet Potato Wedges

Oven-baked sweet potato wedges seasoned with chili and paprika, delivering a sweet and spicy side that is irresistible and healthy.

🕒 Prep: 10 minutes

🔥 Cook: 30 minutes

🍽️ 4 servings

🇮🇹 Easy

Ingredients

- 4 medium sweet potatoes, washed and cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon fresh parsley, chopped (for garnish)

Instructions

- 1 Preheat your oven to 425°F (220°C).
- 2 In a large bowl, combine the sweet potato wedges with olive oil, chili powder, smoked paprika, garlic powder, salt, and black pepper.
- 3 Toss the wedges until they are evenly coated with the seasoning mixture.
- 4 Spread the wedges in a single layer on a baking sheet lined with parchment paper.
- 5 Bake in the preheated oven for 25-30 minutes, flipping halfway through, until they are crispy and golden brown.
- 6 Remove from the oven and let cool slightly.
- 7 Garnish with fresh parsley before serving.

Chef's Tips

For extra crispiness, soak the sweet potato wedges in cold water for 30 minutes before seasoning and baking.

Nutrition Facts

180

Calories

3g

Protein

36g

Carbs

5g

Fat

5g

Fiber