



Roasted Potatoes

Preheat oven to 425 degrees Fahrenheit.

Place in a large mixing bowl:

About 5 pounds of potatoes, cut in large bite size chunks (you don't want them too big)

Toss with:

2-3 Tbsp. olive oil

2 tsp. salt

1 tsp. paprika (optional)

1 tsp. garlic powder (optional)

Place potatoes in a single layer on a non-stick baking sheet. Bake at 425 degrees for 45-60 minutes, stirring every 15 minutes.

Spinach Strawberry Salad

Combine for dressing:

1/2 cups vegan mayonnaise

2 tsp. lemon juice

1/3 cup white sugar

1/4 cup non-dairy milk

2 Tbsp. poppy seeds

Toss the following ingredients for the salad:

Mixed baby greens and spinach

sliced strawberries

slivered almonds (or you can use pecans or walnuts)

dried cherries

sliced green onions (or thinly sliced regular onion)

Pour dressing over salad. Toss and serve.

Easy Vegan Brown Gravy



4.45 from 49 votes

This gravy tastes like the stuff I grew up eating on my mashed potatoes as a kid, but it happens to be vegan and has zero artery clogging saturated animal fat.

Prep Time	Cook Time	Total Time
5 mins	5 mins	10 mins

Course: Sides Cuisine: American Diet: Low Calorie, Low Fat, Vegan, Vegetarian Servings: 8 servings
Calories: 15kcal Author: Terri Edwards

Ingredients

- 3 cups vegetable stock
- 1/3 cup soy sauce *low sodium, or amino acids*
- 1 tablespoon vegan worcestershire sauce
- 1 teaspoon maple syrup *optional*
- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 1 teaspoon basil
- 1 teaspoon parsley
- 1.5 teaspoon smoked paprika
- pinch pepper
- 5 + tablespoons thickener *cornstarch, arrowroot, potato starch*
- 1/2 cup water

Instructions

1. In a medium saucepan, bring all ingredients EXCEPT thickener and water to a boil, then reduce heat to medium and allow to simmer for approximately 5 minutes.
2. In a separate small bowl, whisk together the thickener of your choice and water.
3. After allowing the pot on the stove to simmer for 5-minutes, pour the thickener slurry in with other ingredients and begin to whisk immediately.
4. As the gravy begins to thicken, continue whisking constantly until desired thickness is achieved. This will not take long. Then remove from heat.
5. The gravy is ready to be poured over any and everything!

Notes

Cooking: If left on the heat, it will continue to thicken and may get thicker than you would like. If that does happen, simply add more broth or water to the pot, and whisk to thin out. Just remember to remove it from the heat quickly.

Gluten-free: Vegan brown gravy can be made gluten-free by using a gluten-free flour blend, arrowroot powder, or cornstarch as a thickening agent. Additionally, ensure all other ingredients, such as soy sauce or tamari, are certified gluten-free.

Storage: Store vegan brown gravy in an airtight container in the refrigerator for up to 3-4 days.

Reheating: Reheat it on the stovetop over low heat, stirring occasionally, until warmed through. If the gravy becomes too thick, add a splash of vegetable broth to reach the desired consistency.

MUSHROOM WELLINGTON

PREP TIME: 15 MINUTES COOK TIME: 20 MINUTES BAKING: 30 MINUTES TOTAL TIME: 1 HOUR 5 MINUTES

SERVINGS: 8 PEOPLE AUTHOR: NICO PALLOTTA

- 2 tablespoons (2 tablespoons) **extra virgin olive oil**
- 1 medium (1 medium) **leek** cut in half and thinly sliced
- 1 large (1 large) **onion** chopped
- 1 large (1 large) **carrot** chopped
- 1 rib (1 rib) **celery** chopped
- 4 cloves (4 cloves) **garlic** minced
- 2 tablespoons (2 tablespoons) **tomato paste**
- 1 teaspoon (1 teaspoon) **rosemary** dry or fresh chopped
- 1 teaspoon (1 teaspoon) **sage** dry or fresh chopped
- ½ teaspoon (½ teaspoon) **thyme**
- 1 pound (450 grams) **mushrooms**
- 1½ cans (15 oz each) (360 grams) **lentils** or 2 cups cooked lentils
- 1 cup (90 grams) **walnuts** chopped
- 2 tablespoons (2 tablespoons) **soy sauce** or balsamic vinegar
- 4 tablespoons (4 tablespoons) **rolled oats**
- 1½ teaspoons (1½ teaspoons) **salt** more or less to taste
- ⅛ teaspoon (⅛ teaspoon) **black pepper**
- 10 to 14-ounce (250 - 350 grams) **puff pastry sheet** refrigerated or frozen and thawed

- 1 Heat **2 tablespoons extra virgin olive oil** in a large skillet. Add **1 medium leek** (cut in half and sliced), **1 large onion**, **1 large carrot**, **1 rib celery**, and **4 cloves garlic** (all chopped), and cook for 5 - 10 minutes, stirring often. Add **2 tablespoons tomato paste**, **1 teaspoon rosemary**, **1 teaspoon sage**, **½ teaspoon thyme**, and cook for 2 more minutes.
- 2 Meanwhile, rinse and coarsely chop **1 pound mushrooms** and add them to the pan. Add **1½ cans (15 oz each) lentils** (drained and rinsed), **1 cup walnuts** (chopped), **4 tablespoons rolled oats**, then season with **2 tablespoons soy sauce**, **1½ teaspoons salt**, and **⅛ teaspoon black pepper**. Cook 15 minutes, stirring occasionally. Taste, adjust, and let cool down to room temperature.
- 3 Preheat oven to **350°F** or 180°C. Line a baking tray with parchment paper. Arrange a **10 to 14-ounce puff pastry sheet** on baking tray to create a rectangle of at least **12 x 8 inches** (30 x 20 cm). Make **diagonal cuts** on the sides of the puff pastry sheet (about 1 inch / 2.5 cm wide). Arrange the **mushroom filling** in the center, leaving some space at the margins, and compact it with your hands or a spoon.
- 4 Fold in the strips to create a **cross-hatch pattern** and wrap the filling. Brush with heavy cream, milk, or their non-dairy substitutes.
- 5 Bake at **350°F** or 180°C for about **30 minutes** or until golden brown. Let it cool down for 5 minutes, then **cut it with a serrated knife**. We recommend serving it with **mushroom gravy**.

Easy Vegan Lemon Cake

This is the easiest Vegan Lemon Cake you will ever make! It is **only 6 ingredients** and takes just 10 minutes prep time. It is incredibly light, fluffy, moist and amazingly, delicious!



4.97 from 152 votes

Course: Dessert **Cuisine:** American, Vegan

Keyword: best vegan lemon cake, easy vegan lemon cake, oil free vegan lemon cake, vegan lemon cake, vegan lemon cake recipe

Servings: 16 slices **Calories:** 163kcal **Author:** Brandi Doming

Ingredients

- 1 3/4 cups (224g) regular white all-purpose flour (this flour is crucial to this cake) SEE NOTES BELOW for GF
- 3/4 cup + 2 tablespoons (170g) fine granulated white sugar (SEE NOTES)
- 1 tablespoon baking powder
- 1/2 teaspoon fine salt
- 3/4 cup + 2 tablespoons (210g) ROOM TEMPERATURE full-fat coconut milk (**THIS cannot be subbed**, it replaces all oil/butter and is what makes the cake light and moist, it leaves NO coconut taste) I like Thai Kitchen and Taste of Thai brands, both work great here. **DO NOT use the Polar brand, it is all stabilizers and additives and not pure coconut milk.**
- 2 1/2 tablespoons (37g) fresh lemon juice PLUS the zest of a lemon
- 2 teaspoons vanilla extract

LEMON GLAZE

- 1 cup (152g) powdered sugar
- 1 tablespoon (15g) fresh lemon juice
- 1 tablespoon (15g) non-dairy yogurt (plain or vanilla) This gives a nice tang, but if you don't have it, add 1/2 tablespoon of any creamy milk instead.
- 1/4 teaspoon vanilla extract

NOTE

- I always recommend to use a scale for accuracy when baking, following MY gram weights listed, since we all measure differently. This greatly improves your chance for success and lessons room for error. You never need cups or to compare them to the weights, just use the scale and bowl and make sure to zero out in between each ingredient. My recipes are 100% tested specifically using my exact weights and your results will turn out as mine are pictured this way. **SEE NOTES at bottom if you don't have a scale.**
- I use this scale.

Instructions

1. Now this step is **VERY important to the cake end result**. First, make sure you are using a fresh can of room temperature, NOT COLD, full-fat coconut milk. With full-fat coconut milk, the coconut cream will separate from the water in the can. You need to scrape out all of the water and cream from the can into a blender or another bowl and either blend it until smooth or whisk very well until completely smooth and mixed (see post pics). If you do not do this first, you run the high risk of either getting too much cream or too much water and not the right mixed combo of each, will be really affect the cake's texture. Please do not skip doing this! Set aside.
2. Preheat the oven to 350°F (177°C) and lightly grease an 8x8 square stone baking dish. Wipe off any excess runny oil. Stone is best for a soft cake around the edges, but if you don't have one, use glass or metal, just keep an eye, as the edges will cook a bit more in these types of pans.
3. To a large bowl, add the flour, sugar, baking powder and salt and whisk well until mixed. Set aside.
4. After you have premixed the coconut milk (from step 1), add the 3/4 cup + 2 tablespoons (210 grams) to a **separate bowl** (weighing for best results), then add the lemon juice, lemon zest and vanilla extract. Whisk to mix and pour over the dry ingredients.
5. Mix the batter with a large spoon and fold in the flour, gently, from the edges of the bowl into the batter. Don't overmix. Mix until just moistened and no flour is visible. The batter will be THICK. It will seem too dry at first, but as you mix and it gets moistened, it will loosen up a bit into more of a softer batter, however, the batter will be thick. **DO NOT be tempted to add more liquid** or you will not get the correct, light and fluffy texture you see in the pics (or the video I shared of me making it on social media). If you weighed/measured everything correctly, your cake batter will be thick and that is correct.
6. Scrape all of the cake batter into the greased dish and spread out evenly and flat with the back of a spoon.
7. Bake for 25 minutes or until a toothpick comes out completely clean. The edges should be golden and slightly pulled away from the edges. Set to cool for 45 minutes or more before adding the glaze. The cake should be cool before glazing.
8. This cake is SO good on it's own, but the glaze does add another layer of moisture and the lemon flavor is MUCH more pronounced with the glaze! BUT to save on the sugar, you can do just half the glaze and drizzle it over the top instead, if desired. Add the ingredients to a small bowl and whisk for a few minutes until it's completely smooth and no lumps remain.
9. Pour all of the glaze over the center of the cooled cake. Use the back of a spoon or an offset spatula and spread it out evenly all over the cake. Zest some more lemon over the top for presentation and extra zing of flavor. Let the glaze firm up a bit (15 minutes or so) and then slice and serve.

Notes

- **MEASURING FLOUR:** As you know, I always recommend a scale for the best results, following my weights listed, but if you don't have a scale or really do not want to get one,

make sure to measure your flour this way: Place the cup on the counter and spoon the flour from the bag into the cup, filling it all up, overflowing a bit and then take a butter knife and level it off. Measure the 1 cup this way and the 1/2 cup and 1/4 cup (for the 1 3/4 cup total) but since you won't be using a scale, by measuring with this spoon method, you will need 1 additional tablespoon of flour to equal the 224 grams. I tested this spooning method myself and this was exactly how I arrived to 224 grams that you need for the recipe.

- Keep in mind, that even with measuring cups, they themselves can vary. This is also why some readers will have variances in weights when they try to compare, so just follow my weights listed.
- **SIMPLE CAKE:** This cake is for those who just want a very simple cake with very basic, regular ingredients. It is not meant to be one of my standard healthier flours and sweeteners I usually use in recipes. This isn't the cake to change all the ingredients. I have plenty of other healthy recipes on the blog if you want a healthier cake! Try this Healthy Vegan Lemon Cake if you don't want to use white flour or sugar. It is low-fat and whole grain.
- **SUGAR:** This amount was JUST enough of the perfect sweetness to counteract sourness, it is lightly sweetened. I advise against subbing this with coconut sugar or another sugar, it will overpower the lemon flavor that way and change the cake.
- **GLUTEN-FREE:** Here is the gluten-free version of this cake!

Nutrition

Serving: 1slice | Calories: 163kcal | Carbohydrates: 32.2g | Protein: 1.8g | Fat: 3.3g | Saturated Fat: 2.8g | Sodium: 78mg | Potassium: 150mg | Fiber: 0.7g | Sugar: 20.4g | Calcium: 46mg
