

*Zimt Chocolates'*

## **Vegan Holiday Meal Guide**

*Hi There-*

*I made this meal plan for you because I think it will help make cooking a healthful, vegan feast for family and friends a lot easier. I don't know about you, but I find cooking, especially for larger groups, to be super stressful! What to make first? Second? ... What are the groceries we even need? Will this stuff even taste good? Oh yikes...*

*We were a group of 6 and had plenty of leftovers- people were so full!  
I hope you try this out the next time you have guests over for dinner- makes a perfect fall meal.*

*xo emma of Zimt*

### **Menu**

**Crazy Easy Challah**  
**Festive Kale Salad with Roast Pepitas + Red Quinoa**  
**Amazing Mashed Potatoes**  
**Roast Autumn Veggies**  
**Vegan Butter (DIY!)**  
**Simple. Tasty. Gravy.**  
**Lentil Chickpea Loaf**  
**Chocolate Pumpkin Pie**  
**Sweet Cashew Crème**

### **TIMING**

**If you don't have a full day to make everything, split it up into two days:**

**Day 1:** foods that do not have to be hot when served.

- **Festive Kale Salad:** cook quinoa
- **Festive Kale Salad:** roast pepitas
- **Festive Kale Salad:** make vinaigrette (melt coconut oil for vegan butter while you mix the ingredients for the vinaigrette, if you'd like)
- make **chocolate pumpkin pie** (melt chocolate while you are cooking quinoa and roasting pepitas, if you have enough stove burners)
- make **vegan butter**
- make **sweet cashew crème**
- make **Simple. Tasty. Gravy.** and just reheat
- chop veggies for your **Roast Autumn Veggies**

## Day 2:

- **Challah:** after your first step of challah making, you will have time to do a lot of other things, like assembling your **Festive Kale Salad**, chopping up your veggies for your **Roasted Veggies**, and assembling your **Lentil Loaf**. I suggest setting your timer for the allocated step times for your **Challah** and working around this, as it is the most time intensive but really you have very little active work time.
  - your **challah loaf** takes just under 4 hours to make, start to finish
  - there are no other items that need to be baked at the same time as the challah
  - I would say to make your challah first and free up the oven for your **roasted veggies** and **lentil loaf** that need/should be served hot. You can always warm up your challah from the leftover oven heat from the other items before serving.
- **Lentil Loaf:** put this in the oven after you take out the **challah**
  - if you haven't chopped your veggies for your **roasted veggies** by this point, do so while this is in the oven
- **Festive Kale Salad:** assemble salad; it can marinate for a few hours
- **Roasted Veggies:** after the lentil loaf is done cooking, roast the veggies
  - do this 1.5 hours before you want to serve dinner as they take about 1 hour to roast
  - you can put your **lentil loaf** back in the oven for a few minutes after you turn off the oven from roasting your **roasted veggies** so as to warm it back up
  - put your potatoes on to boil for your **mashed potatoes** so that you can make these while your veggies are roasting
- **Gravy:** make while veggies are roasting and warm up on the stove if you need to before serving
- **Mashed Potatoes:** make while veggies are roasting (should be one of the last things you make)
- **Cranberry Sauce:** I couldn't find any cranberries to make fresh sauce out of so I just bought a can. You will need at least 20 seconds to open the can and pour them into a bowl.

## RECIPES

**Crazy Easy Challah** pronounced "Hacchhhhhlah". Tough to say but easy to make. I only made it with regular white, non bleached, organic flour so I cannot say how it will turn out if you make a GF variety. Also a good idea? Sprinkle with coarse salt before baking. Not the healthiest thing in the world but really, it is completely delicious and good for your soul if you let it be. Mazel tov!

- 1 tbsp. yeast
- 1 cup warm water
- 3 tbsp. sugar
- 1/2 tbsp. salt
- 1/3 cup canola oil
- 3 cups all-purpose flour + 1/4 cup

- olive oil or melted coconut oil for brushing

**To Make:**

1. In a 1 gallon plastic sealable bag, add the yeast, water, sugar, salt, oil and 3 cups of flour. (You can reuse one. I have. You're *baking it*. That means death to many germs.)
2. Give the bag a little shake and make sure there are no clumps. I would suggest even whisking it a bit as there were a few clumps in my bread but NBD could not even taste them it was more for aesthetics.
3. Place the bag in a bowl of warm water for 30 minutes.
4. Remove from bowl, shake, release air from bag, and place on the table for 1 hour. Flip bag every 20 minutes within this 1 hour (so 3 flips- keep track! I lost track =S). The dough should be *very wet*. It will start to bubble and self-knead.
5. After the 1 hour, add 1/4 cup flour and give the bag another shake, to keep the dough from sticking to the bag.
6. Leave the bag for 1 hour and 30 minutes to rise. It should still be a wet dough. If it's not rising, flip it over and knock it down. If the dough is wet, the recipe will turn out amazing.
7. Preheat oven to 300F/150C.
8. On a well-floured surface, separate the dough and stretch out 3 strands. Braid.
9. Baste with olive oil or melted coconut oil and sprinkle on coarse salt. Leave to rise for 15 minutes before it goes in the oven.
10. Bake on a non stick tray for 40 minutes or until golden on top. Take out of oven and let cool a bit before you dig in.

**Festive Kale Salad with Vinaigrette by Oh She Glows:**

- 1 head curly green kale
- ¼ C pepitas- pan roasted
- ¼ C quinoa (preferably red), to cook (cook with 2/3 C water)
- 3 T cranberries, dried

**Vinaigrette: Oh She Glows** *Use flaxseed oil for an extra boost of Omega 3s and ALAs.*

- ¼ (60 mL) apple cider vinegar
- 3 tablespoons (45 mL) flaxseed oil or extra-virgin olive oil
- 2 tablespoons (30 mL) balsamic vinegar

- 2 tablespoons (30 mL) unsweetened apple sauce or a small apple, chopped
- 1 tablespoon (15 mL) pure maple syrup
- 1½ teaspoons (7 mL) Dijon mustard
- 1 clove garlic, minced
- ¼ teaspoon (1 mL) fine-grain sea salt, or to taste
- Freshly ground pep

*To Make:*

If you are using apple sauce, just pour it all in a bowl and whisk and then put in a glass jar for storage in the fridge. If you are using a high speed blender, put everything in the blender (liquids first) and blend until smooth. Store in a glass jar in the fridge.

Tare up the kale into little bite sized pieces and wash and dry. Put in a bowl and toss in vinaigrette. Then, throw in the quinoa once it has cooked and cooled off, of course, and sprinkle with the roast pepitas and cranberries.

**Chocolate Pumpkin Pie with Chocolate Cookie Crust** *This is based off of a recipe by Dreena Burton, a local cook book author with many a cook book under her belt. She wrote some of the first books I ever had when I started being vegan- her recipes are awesome and so easy to make. Very healthy, too. The crust recipe is my idea- tastes like a crunchy chocolate cookie. Also note- don't use the spices if you want to just have a pie that tastes like eating a regular chocolate truffle on a cookie crust. Add a few more chocolate chunks for this effect to make the pie even denser.*

**Filling:**

- 1¼ cups dark chocolate chips (hmmmm like our baking chocolate!)
- 14-ounce can organic pumpkin
- 2 tablespoons coconut sugar
- 2 teaspoon arrowroot powder
- ⅛ teaspoon (rounded) sea salt
- ¾ t cinnamon
- ¼ t ginger
- generous pinch cloves
- generous pinch nutmeg

**Crust:**

- 1 cup coconut flakes
- 1 cup rolled oats (or 1 cup oat flour)
- ¼ cup cocoa or cacao powder (might as well use cocoa if you have a choice as you will be baking this anyway)
- ¼ cup coconut sugar

*To Make:*

- Preheat oven to 425 C.
- Melt your chocolate chips.
- Put all your crust ingredients into a blender or food processor and process until it is a sort of crumbly dough. Press this into a 9 inch pie pan and pop into the oven that is heating up for about 10 minutes.
- Put all the other ingredients for the pie filling in a blender and blend until smooth.
- Put your melted chocolate chips in a blender. And blend them into the other ingredients.
- Take out your pie crust and leave it to cool for a few minutes (you could do anything while this is cooling. Like start making other Day 1 items).
- Pour pie filling into pie crust and put back into oven for 15 minutes.
- After 15 minutes, take out of oven and lower to 350 F and bake pie for 35 minutes
- Keep it in the fridge after it cools down.

### **Sweet Cashew Crème**

- 1 cup cashews, soaked overnight (or pour hot water over them and let them sit for 30 minutes)
- ¼ cup mylk
- ¼ cup coconut nectar
- pinch vanilla bean powder

#### *To Make:*

Put everything in a blender and blend until smooth and try not to eat it all when you have a taste!

**Vegan Butter** I think aquafaba is the coolest. If you haven't heard of it, well, you are in for a treat. Because it seems to make *everything* better! Including butter. Check out this super cool recipe by a girl named Nina in Denmark... PS use a handheld immersion blender for this one. I don't have one and it didn't work for me in the Vitamix or double the recipe for butter for days and it may work in your stand blender. It still tastes alright but it isn't as fluffy as one would want.

- **3 T aquafaba**
- **1/3 C + 1 tbs (1 dl) coconut oil**
- **1tbs + 1tsp (20 ml) cold pressed grapeseed oil or canola oil**
- **2/3 tsp apple cider vinegar (ACV)**
- **1/3 tsp salt**

#### *To Make:*

- Let the coconut oil melt gently until it's almost all liquid. Remove the pan from the heat and let the rest melt. Add your other preferred oil. Let the oil mixture cool to room temperature.
- Pour the (just under room temperature cold) aquafaba in a narrow container with the salt and vinegar. Start blending it with an immersion blender/stick blender.
- With the blender running, slowly pour the oils in, all while making sure all oil thoroughly incorporated before you add more. It should take a couple of minutes to add all the oil and achieve a thick mayo like consistency. (IF you taste test it, know that it will taste pretty salty and tangy.
- Pour it in a suitable container - DO NOT COVER IT - and put it in the fridge (or maybe a short while in freezer if you're in a hurry). It will take some hours for the butter to solidify. Store it in the fridge, especially if you live in a hot area. Depending on what blend of oils you used (unrefined coconut is softer than the refined one) you should be able to spread it directly from the fridge. Leave it on the counter for 15 minutes to make it even softer.

**Simple. Tasty. Gravy.** *TBH, this tasted pretty bland when I first tried it so I made a few modifications. Make sure you add the herbs listed at the end (you don't have to add all of them but certainly wouldn't hurt... unless you are allergic.).*

- 2 1/4 cups vegetable broth or a combination of broth and non-dairy milk (mylk), or water with extra seasonings, which is what I did.
- 1/4 cup brown rice flour
- 1/4 cup nutritional yeast
- generous grating of black pepper
- soy sauce, tamari, or coconut aminos
- salt, to taste
- thyme, rosemary, sage, garlic powder, onion powder, to taste

*To Make:*

Combine all ingredients in a pot. Cook, whisking, over medium-high heat until gravy boils and thickens. Check seasonings and add more as needed. Reduce heat and simmer, stirring often, for about 5 minutes. If it's too thick, add additional broth or non-dairy milk to thin it out. It will thin out when it cools down, too.

**Lentil Chickpea Loaf** *I have never made lentil loaf (at least not in recent memory) because it just seems too daunting but I decided to take on that challenge this week and made not one, but two lentil loaves (you might as well have leftovers. Nobody wants to go through alllll these steps twice.)*

*This makes 1 loaf but please double everything for 2 loaves. There are ingredients listed for 2 loaves on your shopping list.*

- 7/8 cup dry lentils (use green/brown)
- 2 ¼ cups water
- 3 tablespoons flaxseed meal (ground flaxseeds)
- 1/3 cup water (6 tablespoons)
- 2 tablespoons olive oil **or** steam sauté using 1/4 cup water
- 3 garlic cloves, minced
- 1 small onion, finely diced
- 1 small red bell pepper, finely diced
- 1 carrot, grated
- 1 celery stalk, finely diced
- 3/4 cup oats
- 1/2 cup oat flour or finely ground oats (any flour of choice will work here too)
- 1 heaping teaspoon dried thyme
- 1/2 heaping teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 ½ tablespoon soy free coconut aminos or soy sauce or whatever in that realm
- 1/4 – 1/2 teaspoon ground chipotle pepper, optional
- cracked pepper & sea salt to taste

## Glaze

- ½ tin tomato paste (the little tins. You know. A can.)
- 1 tablespoon balsamic vinegar
- 1 tablespoon pure maple syrup
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon fine salt

### *To Make:*

Rinse lentils. In large pot add 2 1/4 cups water with lentils. Bring to a boil, reduce heat, cover and simmer for about 40 minutes, stirring once in a while. It's ok if they get mushy, as you will puree 3/4 of the mixture when cooled. Once done, remove lid and set aside to cool, they will thicken a bit upon standing, for about 15 minutes.

Preheat oven to 350 degrees.

In small bowl combine flaxseed meal and 1/3 cup water, set aside for at least 10 minutes in the refrigerator.

Prepare vegetables. In sauté pan heat oil or water over medium heat. Sauté garlic, onion, bell pepper, carrots and celery for about 5 minutes. Add spices mixing well to incorporate. Set aside to cool.

Using a food processor, blend 3/4 of the lentil mixture with all of the lentils or mash them with a potato masher or fork.

Combine sautéed vegetables with the lentils and chickpeas, oats, oat flour and flax/water mixture, mix well. Taste, adding salt and pepper as needed, or any other herb or spice you might like. Place mixture into a loaf pan lined with parchment paper, leaving it overlapping for easy removal later. Press down firmly filling in along the edges too.

Prepare your glaze by combining all ingredients in a small bowl, mix until incorporated. Spread over top of loaf and bake in oven for about 45 – 50 minutes. Let cool a bit before slicing.

### **Roasted Autumn Veggies:** *essential.*

- 2 yams
- 1 onion
- 1 squash (I used a medium sized delicata squash)
- 3 purple potatoes (or any potatoes other than... Russets...)
- 2 tablespoons coconut oil, melted
- 5 sprigs of fresh rosemary
- salt as needed
- black pepper as needed

#### *To Make:*

Everything needs to be chopped into bite sized pieces. Then drizzle your coconut oil over it and then shake all the veggies if you have them in a container (I baked them in a really large Pyrex container so I just used the lid on that and shook it around a bit to coat everything in coconut oil).

Then sprinkle with salt and pepper and shake the veggies around some more and then pop in the rosemary, burying it a bit in the veggies. Bake for about 45 minutes at 425 C.

**Amazing Mashed Potatoes** I never have liked mashed potatoes. I always found them bland, or too salty, like the salt was just covering up the bland. But... somebody was requesting mashed potatoes at dinner and to be honest I told this person that they had better help me make them if they wanted them but work schedules got in the way and so I was just like, OK. I will do this. I want to make this a great Thanksgiving. Thank you infinitely to Dana of Minimalist Baker for the recipe. I love it. I wanted to eat them all myself and yet, I shared.

- 6-8 medium Yukon gold potatoes (if large, quarter them; and do not peel them- lends a nice texture)
- 1.5 tsp sea salt
- 1/2 tsp ground black pepper
- 5-6 cloves garlic, minced and sautéed in coconut oil
- 3 Tbsp vegan butter
- 1/4 cup fresh chives for topping (optional but I would have totally done this if I had had chives)



*To Make:*

- Place potatoes in a large saucepan or pot and cover with water. Bring to a light boil over medium-high heat, add 1 tsp of sea salt, cover and cook for 25-30 minutes or until very tender. They should effortlessly slide off a knife when pierced with a knife.
- While the potatoes are cooking, chop up your chives and measure your vegan butter.
- Once tender, drain your potatoes and place them back in the hot pot off the heat for 1 minute to evaporate any additional water. Then transfer to a large mixing bowl.
- Mash your potatoes using either a potato masher or a hand mixer until fluffy. Note: Be careful using a hand mixer as you can over mix the potatoes and they can become gluey. I used the hand mixer method but I wouldn't recommend it- potatoes almost got gluey. Was just feeling lazy/rushed/I had moved thousands of lbs of cacao that morning, so...
- Add in butter, garlic, salt, black pepper and stir to combine. Taste and adjust seasonings as needed.
- Lastly top with chives, stir and serve as is or your favorite gravy. Leftovers will keep in the fridge covered for up to a few days. (They won't last a few days because you will want to eat them all!!)

**Happy (less stress) Holidays!**

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### **Crazy Easy Challah**

### **Festive Kale Salad with Roast Pepitas + Red Quinoa**

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### **Roast Autumn Veggies**

### **Vegan Butter (DIY!)**

### **Simple. Tasty. Gravy.**

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### **Chocolate Pumpkin Pie**

### **Sweet Cashew Crème**

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- make **chocolate pumpkin pie** (melt chocolate while you are cooking quinoa and roasting pepitas, if you have enough stove burners)
- make **vegan butter**
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**Day 2:**

- **Challah:** after your first step of challah making, you will have time to do a lot of other things, like assembling your **Festive Kale Salad**, chopping up your veggies for your **Roasted Veggies**, and assembling your **Lentil Loaf**. I suggest setting your timer for the allocated step times for your **Challah** and working around this, as it is the most time intensive but really you have very little active work time.
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## RECIPES

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- 1 tbsp. yeast
- 1 cup warm water
- 3 tbsp. sugar
- 1/2 tbsp. salt
- 1/3 cup canola oil
- 3 cups all-purpose flour + 1/4 cup
- olive oil or melted coconut oil for brushing

### To Make:

1. In a 1 gallon plastic sealable bag, add the yeast, water, sugar, salt, oil and 3 cups of flour.
2. Give the bag a little shake and make sure there are no clumps. I would suggest even whisking it a bit as there were a few clumps in my bread but NBD could not even taste them it was more for aesthetics.
3. Place the bag in a bowl of warm water for 30 minutes.

4. Remove from bowl, shake, release air from bag, and place on the table for 1 hour. Flip bag every 20 minutes within this 1 hour (so 3 flips- keep track! I lost track =S). The dough should be *very wet*. It will start to bubble and self-knead.
5. After the 1 hour, add 1/4 cup flour and give the bag another shake, to keep the dough from sticking to the bag.
6. Leave the bag for 1 hour and 30 minutes to rise. It should still be a wet dough. If it's not rising, flip it over and knock it down. If the dough is wet, the recipe will turn out amazing.
7. Preheat oven to 300F/150C.
8. On a well-floured surface, separate the dough and stretch out 3 strands. Braid.
9. Baste with olive oil or melted coconut oil and sprinkle on coarse salt. Leave to rise for 15 minutes before it goes in the oven.
10. Bake on a non stick tray for 40 minutes or until golden on top. Take out of oven and let cool a bit before you dig in.

### **Festive Kale Salad with Vinaigrette by Oh She Glows:**

- 1 head curly green kale
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- ¼ C quinoa (preferably red), to cook (cook with 2/3 C water)
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**Vinaigrette: Oh She Glows** *Use flaxseed oil for an extra boost of Omega 3s and ALAs.*

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- 2 tablespoons (30 mL) balsamic vinegar
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- 1 tablespoon (15 mL) pure maple syrup
- 1½ teaspoons (7 mL) Dijon mustard
- 1 clove garlic, minced
- ¼ teaspoon (1 mL) fine-grain sea salt, or to taste
- Freshly ground pep

#### *To Make:*

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**Chocolate Pumpkin Pie with Chocolate Cookie Crust** *This is based off of a recipe by Dreena Burton, a local cook book author with many a cook book under her belt. She wrote some of the first books I ever had when I started being vegan- her recipes are awesome and so*

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**Filling:**

- 1¼ cups dark chocolate chips (hmmmm like our baking chocolate!)
- 14-ounce can organic pumpkin
- 2 tablespoons coconut sugar
- 2 teaspoon arrowroot powder
- ⅛ teaspoon (rounded) sea salt
- ¾ t cinnamon
- ¼ t ginger
- generous pinch cloves
- generous pinch nutmeg

**Crust:**

- 1 cup coconut flakes
- 1 cup rolled oats (or 1 cup oat flour)
- ¼ cup cocoa or cacao powder (might as well use cocoa if you have a choice as you will be baking this anyway)
- ¼ cup coconut sugar

**To Make:**

- Preheat oven to 425 C.
- Melt your chocolate chips.
- Put all your crust ingredients into a blender or food processor and process until it is a sort of crumbly dough. Press this into a 9 inch pie pan and pop into the oven that is heating up for about 10 minutes.
- Put all the other ingredients for the pie filling in a blender and blend until smooth.
- Put your melted chocolate chips in a blender. And blend them into the other ingredients.
- Take out your pie crust and leave it to cool for a few minutes (you could do anything while this is cooling. Like start making other Day 1 items).
- Pour pie filling into pie crust and put back into oven for 15 minutes.
- After 15 minutes, take out of oven and lower to 350 F and bake pie for 35 minutes
- Keep it in the fridge after it cools down.

**Sweet Cashew Crème**

- 1 cup cashews, soaked overnight (or pour hot water over them and let them sit for 30 minutes)

- ¼ cup mylk
- ¼ cup coconut nectar
- pinch vanilla bean powder

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- **3 T aquafaba**
- **1/3 C + 1 tbs (1 dl) coconut oil**
- **1tbs + 1tsp (20 ml) cold pressed rapeseed oil or canola oil**
- **2/3 tsp apple cider vinegar (ACV)**
- **1/3 tsp salt**

*To Make:*

- Let the coconut oil melt gently until it's almost all liquid. Remove the pan from the heat and let the rest melt. Add your other preferred oil. Let the oil mixture cool to room temperature.
- Pour the (just under room temperature cold) aquafaba in a narrow container with the salt and vinegar. Start blending it with an immersion blender/stick blender.
- With the blender running, slowly pour the oils in, all while making sure all oil thoroughly incorporated before you add more. It should take a couple of minutes to add all the oil and achieve a thick mayo like consistency. (IF you taste test it, know that it will taste pretty salty and tangy.
- Pour it in a suitable container - DO NOT COVER IT - and put it in the fridge (or maybe a short while in freezer if you're in a hurry). It will take some hours for the butter to solidify. Store it in the fridge, especially if you live in a hot area. Depending on what blend of oils you used (unrefined coconut is softer than the refined one) you should be able to spread it directly from the fridge. Leave it on the counter for 15 minutes to make it even softer.

**Simple. Tasty. Gravy.** *TBH, this tasted pretty bland when I first tried it so I made a few modifications. Make sure you add the herbs listed at the end (you don't have to add all of them but certainly wouldn't hurt... unless you are allergic.).*

- 2 1/4 cups vegetable broth or a combination of broth and non-dairy milk (mylk), or water with extra seasonings, which is what I did.
- 1/4 cup brown rice flour
- 1/4 cup nutritional yeast
- generous grating of black pepper
- soy sauce, tamari, or coconut aminos
- salt, to taste
- thyme, rosemary, sage, garlic powder, onion powder, to taste

*To Make:*

Combine all ingredients in a pot. Cook, whisking, over medium-high heat until gravy boils and thickens. Check seasonings and add more as needed. Reduce heat and simmer, stirring often, for about 5 minutes. If it's too thick, add additional broth or non-dairy milk to thin it out. It will thin out when it cools down, too.

**Lentil Chickpea Loaf** *I have never made lentil loaf (at least not in recent memory) because it just seems too daunting but I decided to take on that challenge this week and made not one, but two lentil loaves (you might as well have leftovers. Nobody wants to go through alllll these steps twice.)*

*This makes 1 loaf but please double everything for 2 loaves. There are ingredients listed for 2 loaves on your shopping list.*

- 7/8 cup dry lentils (use green/brown)
- 2 1/4 cups water
- 3 tablespoons flaxseed meal (ground flaxseeds)
- 1/3 cup water (6 tablespoons)
- 2 tablespoons olive oil **or** steam sauté using 1/4 cup water
- 3 garlic cloves, minced
- 1 small onion, finely diced
- 1 small red bell pepper, finely diced
- 1 carrot, grated
- 1 celery stalk, finely diced
- 3/4 cup oats
- 1/2 cup oat flour or finely ground oats (any flour of choice will work here too)
- 1 heaping teaspoon dried thyme
- 1/2 heaping teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 1/2 tablespoon soy free coconut aminos or soy sauce or whatever in that realm
- 1/4 – 1/2 teaspoon ground chipotle pepper, optional
- cracked pepper & sea salt to taste

## Glaze

- ½ tin tomato paste (the little tins. You know. A can.)
- 1 tablespoon balsamic vinegar
- 1 tablespoon pure maple syrup
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon fine salt

### *To Make:*

Rinse lentils. In large pot add 2 1/4 cups water with lentils. Bring to a boil, reduce heat, cover and simmer for about 40 minutes, stirring once in a while. It's ok if they get mushy, as you will puree 3/4 of the mixture when cooled. Once done, remove lid and set aside to cool, they will thicken a bit upon standing, for about 15 minutes.

Preheat oven to 350 degrees.

In small bowl combine flaxseed meal and 1/3 cup water, set aside for at least 10 minutes in the refrigerator.

Prepare vegetables. In sauté pan heat oil or water over medium heat. Sauté garlic, onion, bell pepper, carrots and celery for about 5 minutes. Add spices mixing well to incorporate. Set aside to cool.

Using a food processor, blend 3/4 of the lentil mixture with all of the lentils or mash them with a potato masher or fork.

Combine sautéed vegetables with the lentils and chickpeas, oats, oat flour and flax/water mixture, mix well. Taste, adding salt and pepper as needed, or any other herb or spice you might like. Place mixture into a loaf pan lined with parchment paper, leaving it overlapping for easy removal later. Press down firmly filling in along the edges too.

Prepare your glaze by combining all ingredients in a small bowl, mix until incorporated. Spread over top of loaf and bake in oven for about 45 – 50 minutes. Let cool a bit before slicing.

### **Roasted Autumn Veggies:** *essential.*

- 2 yams
- 1 onion
- 1 squash (I used a medium sized delicata squash)
- 3 purple potatoes (or any potatoes other than... Russets...)
- 2 tablespoons coconut oil, melted
- 5 sprigs of fresh rosemary
- salt as needed
- black pepper as needed

### *To Make:*



Everything needs to be chopped into bite sized pieces. Then drizzle your coconut oil over it and then shake all the veggies if you have them in a container (I baked them in a really large Pyrex container so I just used the lid on that and shook it around a bit to coat everything in coconut oil).

Then sprinkle with salt and pepper and shake the veggies around some more and then pop in the rosemary, burying it a bit in the veggies. Bake for about 45 minutes at 425 C.

**Amazing Mashed Potatoes** I never have liked mashed potatoes. I always found them bland, or too salty, like the salt was just covering up the bland. But... somebody was requesting mashed potatoes at dinner and to be honest I told this person that they had better help me make them if they wanted them but work schedules got in the way and so I was just like, OK. I will do this. I want to make this a great Thanksgiving. Thank you infinitely to Dana of Minimalist Baker for the recipe. I love it. I wanted to eat them all myself and yet, I shared.

- 6-8 medium Yukon gold potatoes (if large, quarter them; and do not peel them- lends a nice texture)
- 1.5 tsp sea salt
- 1/2 tsp ground black pepper
- 5-6 cloves garlic, minced and sautéed in coconut oil
- 3 Tbsp vegan butter
- 1/4 cup fresh chives for topping (optional but I would have totally done this if I had had chives)

#### *To Make:*

- Place potatoes in a large saucepan or pot and cover with water. Bring to a light boil over medium-high heat, add 1 tsp of sea salt, cover and cook for 25-30 minutes or until very tender. They should effortlessly slide off a knife when pierced with a knife.
- While the potatoes are cooking, chop up your chives and measure your vegan butter.
- Once tender, drain your potatoes and place them back in the hot pot off the heat for 1 minute to evaporate any additional water. Then transfer to a large mixing bowl.
- Mash your potatoes using either a potato masher or a hand mixer until fluffy. Note: Be careful using a hand mixer as you can over mix the potatoes and they can become gluey. I used the hand mixer method but I wouldn't recommend it- potatoes almost got gluey. Was just feeling lazy/rushed/I had moved thousands of lbs of cacao that morning, so...
- Add in butter, garlic, salt, black pepper and stir to combine. Taste and adjust seasonings as needed.
- Lastly top with chives, stir and serve as is or your favorite gravy. Leftovers will keep in the fridge covered for up to a few days. (They won't last a few days because you will want to eat them all!!!)

**Happy (*less stress*) Holidays!**

xo emma of Zimt