



Holiday Recipe Guide

15 Recipes To Keep You And Your Family
PLANTSTRONG During The Holidays!



Give the gift of health this season!





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Cranberry Salsa



4 servings



15 mins

Ingredients:

- 1/4 Cup Lime juice
- 4 Green onions
- 1 Jalapeno
- 4 Cups Cranberries, fresh and rinsed or frozen and thawed
- 2 Cups Cilantro
- 1 Cup Maple syrup

Steps:

- Rinse the cranberries.
- Juice the lime(s).
- Wash and thinly slice the green onions.
- Wash, de-seed and chop the jalapeno (be sure to wash your hands afterwards!).
- Wash the fresh cilantro.
- Combine all the ingredients in a food processor and blend only until coarsely chopped. Chill and serve.
- This salsa add wonderful zing to any holiday meal! Store leftovers in the fridge.

Serve with some baked corn tortilla chips and a bowl of Creamy White Bean Chili!





Plantstrong Holiday Stuffing



4-6 servings



80 mins

Ingredients:

- 8 Slices Bread (whole-grain or gluten-free)
- 4 Stalks Celery
- 2 Cups Mushrooms
- 2 Shallots
- 2 Tbsp Fresh rosemary
- 1 Tbsp Flax meal
- 1/4 Cup Dried Cranberries
- 1/2 Tsp Dried sage
- 2 Cups PLANTSTRONG Sweet Corn or Vegetable Broth
- Salt & Pepper to taste

Steps:

- Chop slices of bread into 12 pieces each. Leave them out on the counter to dry, or bake them at 150F (65C) for an hour until stale. You want dry, stale pieces of bread.
- 2. Dice the celery and mushrooms. Peel and dice the shallots. Mince the rosemary.
- On low heat, sweat the shallot, celery and mushrooms in a pan with a little bit of broth.
- Preheat the oven to 350F (175C).
- Mix the flax meal in a small bowl with 2 Tbsp water . Set it aside.
- In a bowl, mix the bread pieces, the veggies, cranberries, rosemary, and sage. Toss until mixed. Stir in one cup of the broth and the flax-water mixture. Stir, then add the remaining broth. The texture of the stuffing should be soft and wet, but there shouldn't be much excess liquid in the bottom of the bowl.
- Line a muffin pan with liners or, make your own with cut parchment paper. Line the muffin pan and scoop in the stuffing to fill each cup about $\frac{3}{4}$ of the way.
- Bake until the top is golden brown and the inside is moist but no longer wet. You can open one to test. It may take up to 45 minutes.

Elevate this recipe with Sweet Corn Broth! Click to order!





Savory Wild Mushroom Kasha



4-6 servings



80 mins

Ingredients:

- 4 Cups PLANTSTRONG Shiitake Mushroom Broth or Vegetable Broth
- 3 Cups Buckwheat
- 3 Bay leaves
- 3 Shallots
- 3 Cloves Garlic
- 3 Stalks Celery
- 3 Cups Wild mushrooms*
- 2 Tbsps Apple cider vinegar
- Salt & Black Pepper to taste
- Fresh Chives to taste

*Shiitake or Baby Bella mushrooms may be substituted.

Steps:

- In a pot, bring the broth and buckwheat to a boil. Add the bay leaves, cover the pot, reduce heat to medium-low and simmer until tender. It should take just about 10 minutes. Check the pot after about 6 minutes and add some additional water, if needed.
- Produce prep- Peel and dice the shallots and garlic. Dice the celery.
- Rinse and roughly chop the mushrooms.
- In a pan heated on medium-low, add a couple of tablespoons of water.
- When the water boils, add the shallots, mushrooms and celery. Stir and cook for a few minutes, or until the shallot is translucent. Stir in the apple cider vinegar so it deglazes the pan. Stir in the garlic and continue heating on low just until the mushrooms are cooked through. Sprinkle with salt and pepper.
- In a bowl, mix the buckwheat and mushroom mixture. Add diced chives, if desired. Enjoy!

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Plantstrong Harvest Salad



4 servings



15 mins

Ingredients:

- 3/4 Tsp Cayenne pepper
- 1/4 Tsp Smoked paprika
- 1/2 cup Dijon mustard
- 1/2 Cup Maple syrup
- 1 Cup Unsweetened plant milk
- 3 Cups Frozen brown rice
- 3 Apples
- 1/4 Cup Pumpkin seeds
- 6 Cups Mixed greens
- 1/4 Cup Dried cranberries

Steps:

For the dressing:

- In a small bowl, whisk the unsweetened plant-based milk, cayenne pepper, smoked paprika, mustard, and maple syrup together, set aside. If you really like heat, you can increase the Cayenne pepper to 1 Tsp!

For the salad:

- Prepare the rice (thaw, reheat) according to package instructions.
- Produce prep: Wash all the produce. Pat or spin dry the salad greens.
- Dice the apple.
- Toast the pumpkin seeds. Heat a small pan over medium-high heat.
- Toast the pumpkin seeds for 3-4 minutes. Place the toasted seeds onto a plate to cool. Set aside.
- Once the rice cools down, combine the mixed greens, diced apples, cooked rice, cranberries and pumpkin seeds in a bowl. Toss with the dressing and enjoy!

Pairs great with a bowl of Indian Lentil Stew. [Click here to order yours today!](#)





Roth's Celery Salad



4-6 servings



15 mins

Ingredients:

- 8 Stalks Celery
- 1/4 Cup Smoked almonds
- 4-6 Medjool dates
- 4 Tbsp of lemon juice
- Salt & Pepper, pinch

Steps:

- Chop the celery and almonds.
- Remove & discard the pits from the dates, then chop.
- Combine in a bowl with lemon juice.
- Toss until well coated.
- Top with a pinch of salt and pepper.

Pairs great with a bowl of
Thai Carrot Chickpea
Stew!





Sweet Holy Deliciousness Soup



6 servings



15 mins



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Ingredients:

- 2 large onions, chopped
- 6 large garlic cloves, chopped
- 2 pinches crushed red pepper flakes
- ½ teaspoon ground turmeric
- 1 teaspoon garam masala
- 6 cups PLANTSTRONG Vegetable broth
- 1 cup dried red lentils
- 2 large sweet potatoes, peeled and cut into cubes
- 2 bunches kale or greens of choice, stripped or spines, spines discarded, and cut into bite-size pieces
- Freshly ground black pepper, to taste

Steps:

- In a soup pot, stir-fry the onions and garlic for a few minutes until the onions are limp. Add the pepper flakes, turmeric and garam masala and stir to coat the onions and garlic. Add the vegetable broth and lentils and bring to a boil. Decrease the heat to low, cover and simmer until the lentils are fully cooked and the sweet potatoes are tender, about 5 to 10 minutes. Add the kale and cook 5 minutes more, or until the kale is soft. Season with black pepper to taste.
- Serve on its own or over a mound of cooked whole grains.



Cauliflower Pot Roast



4 servings



15 mins

Ingredients:

- 4 cloves garlic, minced
- 1 tablespoon salt-free steak seasoning
- ½ small bunch of fresh thyme
- 1 sprig rosemary
- ¼ cup fresh sage leaves or 1 tablespoon dried sage
- 2 tablespoons Bragg Liquid Aminos
- ½ teaspoon freshly ground black pepper
- zest and juice of 1 lemon
- 1 large cauliflower, with leaves left on
- 4 carrots, coarsely chopped
- 4 potatoes (any variety), quartered
- 3 stalks celery, chopped
- 1 onion, quartered
- 1 cup PLANTSTRONG Sweet Corn Broth

Steps:

- Preheat the oven to 375 degrees Fahrenheit.
- Trim the outer cauliflower leaves. Trim away and discard the stalk so the cauliflower can sit flat, then cut a cross into the base, then place in a covered cast iron roasting pan. Pour water into the bottom of the pan. Add carrots, onions, potatoes and celery around the cauliflower. Drizzle the liquid aminos and lemon juice over the vegetables and cauliflower roast. Sprinkle the entire pan with garlic, herbs and spices. Cover and roast in the oven for around 1 hour 20 minutes, or until tender, removing the lid for the final 20 minutes.
- Slice the cauliflower into steaks and serve with the vegetables and your favorite brown gravy recipe. We like Mommie's Mushroom Gravy from The Prevent and Reverse Heart Disease Cookbook by Ann & Jane Esselstyn.

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Pumpkin and White Bean Soup with Roasted Brussels Sprouts



4 servings



15 mins



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Ingredients:

- 4 Cups Brussels Sprouts
- 1 Onion
- 4 Cloves Garlic
- 4 Cups PLANTSTRONG Vegetable Broth
- 2 Tsp Dried rosemary
- 2 Cups Canned pumpkin Puree
- 1 Can No-salt Canned Cannellini Beans
- 4 Slices Bread (whole-grain or gluten-free)
- Salt & Black Pepper (to taste)
- Hot Sauce (optional)

Steps:

- Rinse the Brussels sprouts and trim the rough ends. Cut each in half. Peel the onion and garlic. Chop the onion, and mince the garlic.
- Preheat the oven to 400°F/200°C. On a baking sheet lined with foil, spread out the halved Brussels sprouts. Season with salt and pepper.
- Roast the Brussels sprouts for 30-40 minutes, or until they are browned all around. Shake the pan or stir occasionally to even out the browning.
- In a large pot, add the onions with a splash of water and saute for 5-8 minutes, stirring occasionally, until the onions have caramelized. Stir in the garlic and cook for another minute.
- Add in the vegetable broth, pumpkin puree and dried rosemary, and bring up to a boil. Reduce heat to low and simmer for 5 minutes.
- Drain the canned cannellini beans, stir the beans into the soup, and then remove soup from heat. Let it cool for a few minutes.
- Toast the whole grain bread and cut into squares like croutons.
- Using an immersion blender, standing blender or food processor, blend the soup until smooth. Add salt and pepper to taste.
- Top a bowl of the soup with the toasted croutons, sprinkle with additional herbs or hot sauce, and serve hot with the side of Brussels Sprouts.



Lynn's "Meatloaf"



4-6 servings



80 mins



Grab some popcorn for a healthy snack!

Ingredients:

- 2 Stalks Celery, chopped
- ½ Onion, chopped
- 2 Cloves Garlic, minced or pressed
- 10 Ounces Firm tofu, drained
- ¼ Cup Walnuts, finely ground
- ½ Cup Cooked brown lentils
- ¼ Cups Rolled oats
- 3 Tablespoons Low-sodium soy sauce
- 2 Tablespoons Ketchup (additional for topping)
- 1 Tablespoon Dijon mustard
- 2 Teaspoons Dried parsley
- ½ Teaspoon Each dried thyme, sage, and rosemary

Steps:

- Preheat the oven to 375°F.
- Sauté the celery, onion, and garlic on high heat in a skillet with a few drops of water for 5 minutes, until tender.
- Remove from heat and cool.
- Mash the tofu in a large bowl.
- Stir in the cooked mixture and remaining ingredients, and combine well.
- Spoon the mixture into a parchment-lined loaf pan.
- Top with a layer of ketchup. Bake for 55 to 60 minutes, or until a toothpick inserted in the center comes out clean.



Mommy's Mushroom Gravy



4-6 servings



15 mins



Ingredients:

- 1 Onion
- 2 Cloves Garlic
- 1-2 Cups Mushrooms
- 1 Tbsps White miso paste
- 3 Tbsps Wheat flour
- 3 Tbsps Low-sodium soy sauce/tamari
- 3 Cups PLANTSTRONG Shiitake Mushroom Broth or low-sodium vegetable broth
- Black pepper to taste

Steps:

- Peel and dice the onion and garlic. Wash and slice the mushrooms.
- Saute onion, mushrooms and garlic over medium-high heat until soft. Add a splash of the broth and stir.
- Add the miso, whole wheat flour, the tamari, and the remaining broth and stir until dissolved.
- Continue cooking until the gravy thickens to your liking.
- Season with pepper to taste.



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Tempeh Brisket



4-6 servings



80 mins



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Ingredients:

- 2 Carrots
- 2 Fennel bulb
- 2 Portobello mushrooms
- 2 Cloves Garlic
- 2 Blocks Tempeh
- 2 Cups PLANTSTRONG Vegetable Broth
- 1 Tsp Fresh thyme
- 1/4 Cup Low-sodium soy sauce/tamari
- 3/4 Tsp Allspice
- 2 Tsp Maple Syrup
- 1/4 Cup Apple cider vinegar
- 1 Tsp Dried sage
- 2 Tbsp Paprika
- 1/4 Cup Tomato paste

Steps:

- Preheat the oven to 375F/190C.
- Wash the produce. Cut the carrots into 1/2 inch chunks. Slice the fennel and portobello into strips. Dice the garlic.
- Slice the tempeh at an angle into rectangular strips. You will get about 8 strips per block of tempeh.
- Mix the remaining ingredients in a bowl.
- In an oven-safe dish such as a Pyrex, line with parchment paper, then add half of the sauce mixture. Place the tempeh in the middle of the dish and surround it with the garlic, then the fennel, carrot and portobello.
- Pour the remaining sauce on top of the tempeh and veggies.
- Cover the dish and bake for 30 minutes.
- After 30 minutes, remove the dish. Flip the tempeh and stir the vegetables. Put the dish back in the oven uncovered. Cook for another 30 minutes or until the liquid has mostly evaporated and vegetables are tender.



Berry Crumble Cookies



18 Cookies



15 mins

Ingredients:

- 2 cups PLANTSTRONG Mixed Berry Crumble Granola
- 2 cups oat flour
- 1 cup old fashioned rolled oats
- ¼ cup date sugar
- 1 tsp cinnamon
- 1 tsp low sodium baking powder
- 1 tbsp lemon zest
- ½ lemon juiced
- 1 tsp vanilla extract
- 2 cups unsweetened plant milk
- 1 6 oz box raspberries

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Steps:

- In a medium mixing bowl combine: oat flour, oats, date sugar, cinnamon and baking powder. Stir until well combined.
- Add the granola.
- Add the lemon zest, lemon juice, vanilla extract and plant milk. Stir to combine.
- Add the raspberries to the batter, stirring gently to incorporate.
- Let the batter sit for 15 minutes before dropping spoonfuls onto a parchment lined baking sheet.
- Bake at 400 degrees for 15 minutes.
- Enjoy! Store leftovers in a sealed container in the refrigerator. Warm gently in a toaster oven for 1 minute or microwave for 15 seconds.



Guilt Free Apple Crisp



2 servings



15 mins

Ingredients:

- 2 Granny Smith Apples - sliced or diced
- 1/2 cup unsweetened applesauce
- 1/2 cup PLANTSTRONG All-American Apple Pie Granola
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

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Steps:

- Peel and slice up the Granny Smith Apples and cook in a small saucepan over medium heat with the applesauce.
- Sprinkle in cinnamon and nutmeg as it cooks.
- Stir frequently, until the apples are tender. 12-15 minutes.
- Top with granola and serve warm.
- Optional, but super delicious: serve warm alongside a serving of Yonanas Banana soft serve!



Reindeer Crunch Cookies



4-6 servings



20 mins



Ingredients:

- 4 Bananas
- 3/4 Cup Peanut butter
- 2 Cups Rolled oats or use Rip's Big Bowl Cereal - any flavor!
- 1 Tbsp Cinnamon
- 1/4 cup Dried cranberries
- 8 Medjool dates, pitted and chopped

Steps:

- Preheat the oven to 375°F/190°C.
- Produce Prep: Mash the banana with fork until it's a soft puree. Cut each date into tiny pieces. Add the mashed banana, peanut butter, rolled oats or cereal, cinnamon, cranberries and dates in a bowl and mix until fully blended.
- Drop the dough by the tablespoonful onto a cookie sheet, then press down slightly to make cookies.
- Bake for 10 minutes, then allow to cool.

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Plantstrong Pumpkin Pie



4 servings



15 mins



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Ingredients:

For the Crust:

- 1 bag of Rip's Big Bowl Cereal
- 10 dates - pitted
- ¾ cup plant-milk

For the filling:

- 1 cup of raw cashews
- 6 pitted dates
- 1 - 15 oz can pumpkin puree

- ½ cup unsweetened plant-milk
- ¼ cup oat flour
- ½ tablespoon pumpkin pie spice
- 1 teaspoon vanilla extract

Steps:

- In a blender or food processor - blend the dates until finely chopped. Add the Rip's Big Bowl Banana Walnut Cereal to the dates in the food processor and blend until well combined - slightly chunkier than graham cracker crumbs.
- In a pie plate or a springform pan - press the date/cereal mixture into the bottom of the pan - reserving 1 cup of crumbs to add to the top later. Once you have pressed the crumbs into the bottom of the pan - you will add the plant-milk ¼ cup at a time - slowly pouring the plant-milk over the crust to evenly saturate the crust with plant-milk. Bake the crust at 400 degrees for 20 minutes. Allow the crust to cool completely in the pan.
- Soak the cashews in hot water for one hour.
- Drain the soaked cashews.
- In a blender or food processor add the drained cashews, dates, pumpkin puree, plant-milk, oat flour, pumpkin pie spice, and vanilla extract and blend until smooth.
- Taste your mixture and adjust if necessary. You can add more spices, sweetener or plant milk if needed. Your mixture should be spreadable - not pourable.
- Spread the pumpkin filling into the cooled crust and refrigerate for at least one hour before slicing.
- Slice, serve and enjoy!



We wish you a happy and healthy holiday season!