

== Blessed ==

Diner

INSPIRED PLANT-BASED
DINER STYLE RECIPES & MORE





MENU



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Cauliflower Nuggets & Waffles

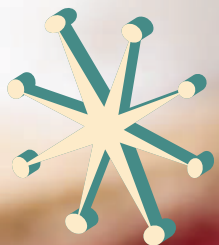
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Cherry Pie





Cherry Pie



PREP TIME
20 minutes



COOKING TIME
65 minutes



SERVINGS
12

INGREDIENTS

3 cups oat flour
2/3 cup coconut oil
1/2 cup sugar free maple syrup

Filling

6 cups frozen cherries
1/2 cup sugar free maple syrup
1/3 cup cornstarch
1 tbsp vanilla extract

DIRECTIONS

- 1** To make the filling, place the cherries in a large saucepan and cook, over medium heat, until slightly softened and juices release.
- 2** Add the maple syrup and cornstarch and mix to combine.
- 3** Cook until thickened, stirring frequently. Set aside.
- 4** Preheat the oven to 350°F.
- 5** To make the dough, combine all the ingredients in a bowl and mix until sticky dough forms.
- 6** Refrigerate for 30 minutes.
- 7** Remove from the fridge and cut the dough in half on a lightly floured surface.
- 8** Press one half of dough evenly into a lightly greased 9 inch pie pan.
- 9** Pour in pie filling and pat down.
- 10** Roll out the remaining dough until 1/4 inch thick.
- 11** Cover the pie with the crust.
- 12** Seal the edges.
- 13** Trim the extra dough.
- 14** Pinch the edges to create a crimp.
- 15** Cut a few slits in the top of the pie to create a vent.
- 16** Bake in preheated oven for 45 -50 minutes or until golden.
- 17** Remove from the oven.
- 18** Allow to cool completely before slicing.

Hot Dog





Hot Dog



PREP TIME
30 minutes



COOKING TIME
40 minutes



SERVINGS
8

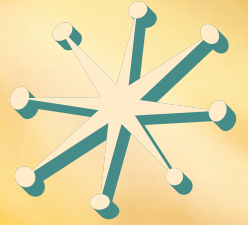
INGREDIENTS

2 tbsp olive oil, divided	2 tsp smoked paprika	1 (14 oz) cannellini beans, drained, rinsed & pat dry
1 medium red onion, finely chopped	1 tbsp tomato paste	5 tbs chickpea flour
1 cup finely chopped bell pepper	1 tbsp soy sauce	3 tbs breadcrumbs
1/4 cup finely chopped mushroom	1 tbsp miso paste	salt and black pepper, to taste
3 garlic cloves, minced	1 (14 oz) can red kidney beans, drained, rinsed & pat dry	8 hot dog buns
1 tsp paprika		

DIRECTIONS

- 1 In a large skillet heat 1 tablespoon of olive oil over medium heat.
- 2 Add the onion, bell pepper and mushrooms and cook until tender.
- 3 Add the garlic, paprika, smoked paprika, tomato paste, soy sauce and miso paste cook for 1-2 minutes. Remove from the heat.
- 4 Add the beans, mushroom – bell pepper mixture, chickpea flour, breadcrumb, salt and black pepper to a large bowl.
- 5 Mix to combine.
- 6 Using a masher, mash the mixture until it just starts to come together.
- 7 Lightly flour your hands and divide the mixture into eight equal pieces.
- 8 Roll each into a sausage shape.
- 9 Wrap each sausage in lightly oiled aluminum foil then in cling film.
- 10 In a large pot with a steamer basket, bring enough water to a boil.
- 11 Place the sausage in the steamer.
- 12 Cover and steam for 30 minutes.
- 13 Remove from the heat and allow to cool completely.
- 14 Unwrap the sausage.
- 15 Heat the remaining olive oil in a non stick pan.
- 16 Add the sausages and fry them until golden.
- 17 Serve on buns with your favorite condiments.

Banana Split Sundae





Banana Split Sundae



PREP TIME
30 minutes



SERVINGS
1

INGREDIENTS

1 medium banana

For Chocolate Ice Cream:

1 can (15 oz) full-fat coconut milk
1/3 cup cocoa powder
1/4 cup sugar free maple syrup

For Vanilla Ice Cream

1 can (15 oz) full-fat coconut milk
1/4 cup sugar free maple syrup seeds from 1 vanilla bean

For Strawberry Ice Cream

1 can (15 oz) full-fat coconut milk
1 cup frozen strawberries
1/4 cup sugar free maple syrup

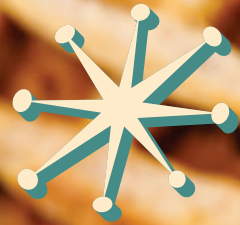
For decoration (optional)

Whipped coconut cream
Sprinkles
Maraschino cherries
Sugar free chocolate sauce

DIRECTIONS

- 1** To make the chocolate ice cream, add all the ingredients to a blender and blend until smooth.
- 2** Pour the mixture into an airtight container and freeze for minimum 2 hours.
- 3** To make the strawberry ice cream, add all the ingredients to a blender and blend until smooth.
- 4** Pour the mixture into an airtight container and freeze for minimum 2 hours.
- 5** To make the vanilla ice cream, add all the ingredients to a blender and blend until smooth.
- 6** Pour the mixture into an airtight container and freeze for minimum 2 hours.
- 7** To assemble the banana split, remove the ice creams from the freezer and allow to soften for 10 to 15 minutes before scooping.
- 8** Peel and split the banana lengthwise.
- 9** Place the banana in a dessert dish.
- 10** Top with one scoop of vanilla ice cream, one scoop of strawberry ice cream and one scoop of chocolate ice cream.
- 11** Decorate with whipped coconut cream, sprinkles, chocolate sauce and maraschino cherries and serve.

Cauliflower Nuggets
& Waffles





Cauliflower Nuggets & Waffles



PREP TIME
20 minutes



COOKING TIME
40 minutes



SERVINGS
6

INGREDIENTS

For cauliflower nuggets

16 ounces cauliflower florets,
cut into bite-size pieces
1 cup all-purpose flour
1/2 teaspoon cayenne pepper
1 tsp onion powder
1 tsp garlic powder
1 tsp smoked paprika

2 tablespoon nutritional yeast
3/4 tsp salt 1/4 tsp black pepper
1/2 cup unsweetened almond milk
1 tbsp lemon juice
olive oil spray

For waffles

1 1/2 cups spelt flour
2 tbsp coconut sugar
2 tsp baking powder
1 1/2 cups unsweetened
almond milk
3 tbsp grapeseed oil

For sauce

1/2 cup sugar free maple
syrup
1 tbsp hot sauce

DIRECTIONS

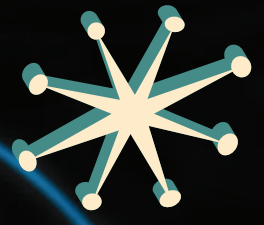
- 1** To make the cauliflower "nuggets", preheat oven 400° F.
- 2** Place the flour, cayenne pepper, onion powder, garlic powder, smoked paprika, nutritional yeast, salt and black pepper in a shallow bowl and mix to combine. Set aside.
- 3** Add the almond milk and lemon juice to another bowl and mix to combine..
- 4** Dip the cauliflower florets in almond milk mixture then coat in flour mixture.
- 5** Repeat this step.
- 6** Place the cauliflower florets on a lightly oiled baking sheet.
- 7** Spray the cauliflower with olive oil spray.
- 8** Bake in preheated oven for 25-30 minutes or until golden and crispy.
- 9** Meanwhile make the waffles.
- 10** Add the spelt flour, coconut sugar and baking powder to a bowl and mix to combine.
- 11** Add the almond milk and grapeseed oil and mix to combine.
- 12** Preheat the waffle iron and coat it generously with oil.
- 13** Pour just enough batter to fill the bottom part, do not overfill.
- 14** Cook the waffles until golden brown.
- 15** To make the sauce, in a small bowl combine maple syrup and hot sauce.
- 16** To serve, place the cauliflower "nuggets" on top of a waffle.
- 17** Pour the sauce over everything and serve immediately.

Strawberry Mylk

Recipes



Strawberry Protein
Balls





Strawberry Protein Balls



PREP TIME
10 minutes



SERVINGS
6

INGREDIENTS

1 scoop Blessed Protein Strawberry Mylk
1/3 cup unsweetened almond milk
1 cup finely shredded coconut, unsweetened

For decoration:
2 tbsp freeze dried strawberries
2 tbsp finely shredded coconut, unsweetened

DIRECTIONS

- 1** Add the Blessed Strawberry Mylk protein and shredded coconut to a food processor and pulse a few times.
- 2** With the motor running, add the almond milk and process until you get a dough you can shape with your hands.
- 3** Roll the dough into balls about 1 tablespoon in size.
- 4** In a small bowl combine the freeze-dried strawberries and shredded coconut.
- 5** Roll each ball into the mixture.
- 6** Keep the balls in an airtight container in the refrigerator until ready to serve.

Acai Bowl





Acai Bowl



PREP TIME

5 minutes



SERVINGS

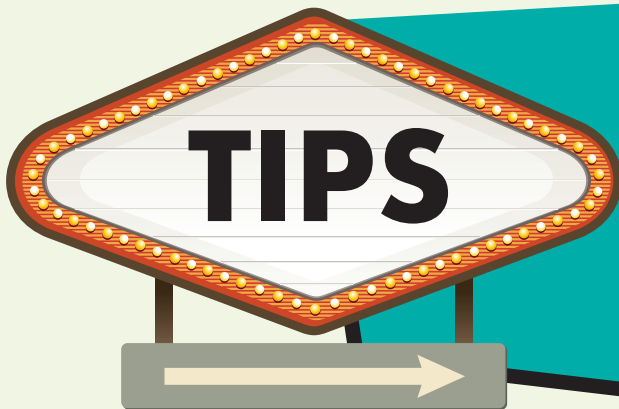
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INGREDIENTS

- 1 cups frozen strawberries
- 1 medium banana, sliced and frozen
- 1 tbsp acai powder
- 1/4 cup unsweetened almond milk
- 1 scoop Blessed Protein Strawberry Mylk

DIRECTIONS

- 1 Add all the ingredients to a high powder blender and blend until smooth.
- 2 Transfer to a bowl.
- 3 Top with your favorite toppings and serve.



Take your acai bowl to the next level with these toppings -

- * Granola
- * Coconut flakes
- * Strawberries
- * Pineapple
- * Kiwifruit
- * Watermelon
- * Chai Seeds

Strawberry Cheezecake





Strawberry Cheezecake



PREP TIME
30 minutes



SERVINGS
8

INGREDIENTS

For the base:

1 cup almonds
2/3 cup fresh dates, pitted

For the filing:

2 cups cashew nuts,
soaked overnight
2 tbsp lemon juice
1 tsp pure vanilla extract
1/3 cup maple syrup

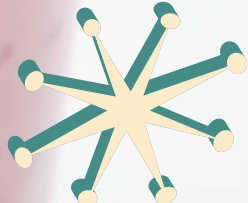
1/2 cup melted coconut oil
2 cups strawberries
2 scoops Blessed Protein
Strawberry Mylk

DIRECTIONS

- 1** To make the crust, place the almonds and dates in a food processor and pulse until combine.
- 2** Grease an 8 inch springform pan and line with parchment paper.
- 3** Press the mixture firmly and evenly against the bottom of the cake pan.
- 4** To make the filling, rinse and drain well cashew nuts.
- 5** Place them in a high power food processor.
- 6** Add the lemon juice, vanilla extract, maple syrup, coconut oil and Blessed Protein Strawberry Mylk and blend until smooth.
- 7** Add the strawberries and process until well blended.
- 8** Pour the filing over the cake base and refrigerate overnight.
- 9** Decorate as you wish, slice and serve.



Blessed
PROTEIN



Ombre Strawberry
Milkshake





Ombre Strawberry Mylkshake



PREP TIME

5 minutes



SERVINGS

1

INGREDIENTS

1 medium banana, sliced and frozen
1/2 cup unsweetened almond milk
1 scoop Blessed Protein Strawberry Mylk
1 cup frozen strawberries
1/2 cup frozen raspberries

DIRECTIONS

- 1** Add the almond milk, banana and Blessed Protein to a high power blender and blend until smooth.
- 2** Fill a glass 1/4 of the way up with the smoothie.
- 3** Add 1/2 cup of frozen strawberries to the blender and blend until smooth.
- 4** Pour the smoothie in the glass filling it up 1/2 of the way.
- 5** Add 1/2 cup of frozen strawberries to the blender and blend until smooth.
- 6** Pour the smoothie in the glass filling it up 3/4 of the way.
- 7** Add 1/2 cup of frozen raspberries to the blender and blend until smooth.
- 8** Pour the remaining smoothie into the glass to create the final layer.
- 9** Decorate as you wish and serve immediately.

STEP BACK IN TIME AND TRY OUR NEW ADDITION TO THE *Blessed* FAMILY

Strawberry Mylk

Creamy and delicious
you won't believe it's
a protein shake!



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NOW

IMMERSE YOURSELF INTO A WORLD OF FIRST DATES
AND ROLLER SKATES. GET READY TO SHAKE, RATTLE
AND ROLL, AND JOIN US FOR A DELICIOUSLY
SMOOTH BLESSED EXPERIENCE.

MEET YOU AT THE

Diner

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