



**THE
PLANT-BASED**

FITNESS

COOKBOOK



19 *PLANT-BASED RECIPES TO SUPPORT
ENERGY, RECOVERY, AND STRENGTH*

FEATURING RECIPES BY:

DARIN OLIEN | DOTSIE BAUSCH | DREW HARRISBERG

DR. WILL BULSZIEWICS | MATT FRAZIER | KRIS CARR

KIKI NELSON | CHARLIE ENGLE | OCEAN ROBBINS

LAURENTINE TEN BOSCH | NATHAN CRANE

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**PLANTA
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ONLINE FESTIVAL

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When it comes to long-term fitness, nutrition plays just as big of a role in your success as the workouts and movement.

Eating a nutritious diet helps build and repair muscle, keep you energized and feeling fresh, and it helps you recover quickly.

In this cookbook, we compile recipes from 10 leading authors, doctors, and fitness experts who understand the impact of diet on your fitness.

Each of the recipes were selected for their unique nutritional properties to help you get the most out of your fuel.





Darin Olien

Bio

Darin Olien is a widely recognized wellness expert, author, and environmental advocate whose passion for health and sustainability has propelled him to the forefront of the plant-based movement. Known affectionately as the «Superfood Hunter», Darin traverses the globe in search of the most nutrient-dense foods, tirelessly championing their benefits for both personal well-being and planetary health. Through his groundbreaking work, including the hit Netflix documentary series «Down to Earth with Zac Efron» Darin inspires audiences worldwide to embrace a plant-powered lifestyle, fostering a deeper connection with food and the natural world.

Connect with Darin: [Podcast](#) | [Instagram](#)



DARIN'S POWER TRAIL MIX



Makes four ¼ cup servings



Per serving: 198 calories,
12 g fat, 19 G carbs,
6 g protein



Ingredients:

- 1 cup nuts—soaked or sprouted raw cashews, raw almonds, raw walnuts, or a combination
- 2 tbsp goji berries or dried cranberries
- 2 tbsp cacao nibs
- 2 tbsp golden berries or cut-up date chunks
- 1 tsp Himalayan salt



Directions:

1. Mix in a bowl
2. Store extra for future snacks





TEMPEH TACOS



Makes two 3-taco servings



Per serving: 478 calories,
14 g fat, 61 G carbs,
21 g protein



Ingredients:

- 1 block tempeh, chopped
- 1 cup each red and green bell pepper, chopped
- 3 green onions, chopped
- 2 tbsp red onion, chopped
- 1 cup chopped yellow squash
- 1 cup chopped portobello mushrooms
- a cup chopped green zucchini
- Mixed dried herbs, to taste
- 1 tsp Himalayan salt, or to taste
- 6 Ezekiel sprouted-corn tortillas
- 1 cup romaine lettuce, chopped
- 5 cherry tomatoes, chopped
- 1 tbsp Bragg's Liquid Aminos or Coconut Secret Aminos, or a dash of Himalayan salt



Directions:

- 1.** Sauté tempeh, peppers, onions, squash, portobello mushrooms, and zucchini in a pan with a layer of coconut oil until soft
- 2.** Season with mixed herbs and salt
- 3.** Fill tortilla shells with vegetable mixture and bake for 10 minutes at 300°F in regular oven, or in a dehydrator for 1 hour at 130°F
- 4.** Top with lettuce, mushrooms, tomatoes, and aminos or salt



Dotsie Bausch

of Switch for Good

Bio

Dotsie Bausch's journey from Olympic athlete to passionate advocate for plant-based living is as inspiring as it is transformative. As an Olympic silver medalist in cycling, Dotsie understands the power of nutrition firsthand and now channels her athletic prowess into advocating for plant-powered living and animal welfare. Dotsie is the founder of [Switch4Good](#), a nonprofit of dairy-free athletes, doctors, dietitians, and everyday active folk who strive to live better and do more.

Connect with Dotsie: [Switch4Good](#) | [Instagram](#)



SAVORY SOUTHERN BREAKFAST GRITS



1 Serving



Ingredients:

- ½ cup uncooked white or yellow grits
- 2 cups filtered water
- ½ cup non-dairy milk of choice (almond, hemp, soy or oat)
- 1 ½ tsp lemon juice
- ½ tsp sea salt
- 2 tsp non-dairy butter (such as Miyoko's or Earth Balance)
- ¼ cup non-dairy cheese shreds (optional; cheddar or pepper jack flavor from So Delicious or Follow Your Heart brand)
- 6 strips smoky tempeh bacon (such as Lightlife brand)
- 1 tsp coconut or olive oil (or coconut/olive oil spray)
- 2 tbsp canned green chiles
- ¼ cup pico de gallo or salsa



Directions:

Scramble

- 1.** To make the buttermilk: in a small mixing bowl, add 1 ½ teaspoons fresh lemon juice to ½ cup non-dairy milk, whisk vigorously and set aside.
- 2.** Heat coconut oil in a medium saute pan on medium low heat. Add tempeh bacon strips and cook for 3 minutes on each side until crispy. Remove from heat and cut strips into ½ pieces. Set aside.

3. Bring 2 cups of water, ½ cup buttermilk and sea salt to a boil over medium heat. Stir in grits, return to a boil and reduce heat to simmer until creamy and thick, about 25-30 minutes. Stir occasionally. Remove from heat, stir in buttermilk and butter.

4. To assemble the Savory Breakfast Grits: in a small serving bowl, add a generous amount of grits and top with dairy-free cheese shreds, tempeh bacon, green chiles and pico de gallo.





WEST AFRICAN GOODBOWL



Yields 2 servings



Ingredients:

Veggies and Jollof Rice

- 2 ½ tbsp tomato paste
- ½ cup low-sodium vegetable broth, divided
- ¼ cup diced white or yellow onion
- ¼ cup diced green bell pepper
- 1 small tomato, diced
- ⅓ cup green peas
- 1 cup canned black eyed peas
- ¼ tsp ground cumin
- ¼ tsp chili powder
- ⅛ tsp curry powder
- ⅛ tsp ground allspice
- ¼ tsp turmeric powder
- 1 pinch ground cinnamon
- 1 cup store-bought pre-cooked brown rice or wild rice mix (such as Seeds of Change or Whole Foods brand)
- 1 cup chopped swiss or rainbow chard
- ½ tsp minced ginger root
- 1 medium carrot, cut lengthwise on a bias
- 1 cup cut green beans
- ½ mango, peeled and diced
- Spicy Peanut Sauce
- 1 10-oz. bottle store-bought peanut sauce (such as Whole Foods 365, Trader Joe's or San-J brand; make sure it's free from fish or shrimp sauce)



Directions:

Veggies and Jollof Rice

- 1.** In a steamer basket, add green beans and carrots and steam for 10 minutes until tender. Set aside.
- 2.** In a medium skillet, add $\frac{1}{4}$ cup vegetable broth and warm over medium-low heat. Add onions and saute for 3 minutes until translucent. Add ginger root, bell pepper, green peas and tomato and sauté for an additional 5 minutes until tender. Add tomato sauce and spices, cook for 1 minute. Add remaining $\frac{1}{4}$ cup vegetable broth, black eyed peas and reduce to a low heat. Add swiss chard and cook for an additional 10 to 15 minutes. Add cooked rice mixture and stir to combine well. Remove from heat and transfer to a medium to large mixing bowl.
- 3.** To assemble the West African Good Bowl: in a medium to large mixing bowl, add the peanut sauce to the veggies and Jollof rice mixture. Stir to combine well. In a medium serving bowl, add the rice and veggie mixture and garnish with steamed green beans, carrot and diced mango.





Drew Harrisberg

of Drew's Daily Dose

Bio

Drew Harrisberg is an exercise physiologist, diabetes educator and most importantly a happy and healthy guy thriving with type 1 diabetes. With a deep understanding of the symbiotic relationship between movement and nutrition, Drew empowers individuals to optimize their health through evidence-based practices.

Connect with Drew: [Drew's Daily Dose](#) | [Instagram](#)



CHOC MINT SMOOTHIE BOWL



Per serving: Calories 425, Protein 38g, Carbs 25g, Fat 19g, Fibre 14g
*Not including Granola or Additional Chopped Banana



Ingredients:

- 110g Frozen Banana (approx 1 banana)
- 225g Plant Milk (Almond/Oat/Soy)
- 1 Scoop Chocolate Protein Powder
- 1 tbsp Ground Flax Meal
- 1 tbsp Chia Seeds
- 1 tbsp Hemp Seeds
- 4-6 Ice Cubes
- 3-5 Drops of Peppermint Essence

TO SERVE

- 2 tbsp Cacao Nibs
- 2 tbsp Granola
- Fresh Mint if you're feeling fancy



Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve in a bowl and top with all your favourite toppings.



CREAMY GREENS PROTEIN PASTA



Serves 4



Per serving: 4Calories 604,
Protein 65g, Carbs 37g, Fat
22g, Fibre 35g



Ingredients:

- 1 Head of Broccoli
- 1 large Zucchini
- 1/2 Bag of Mushrooms
- 1 Cup of Edamame Beans
- 1/2 Bunch of Kale
- 1 Brown Onion
- 1 Packet of Edamame Bean Pasta

CREAMY SAUCE

- 1 Can of Cannellini Beans
- 1/2 Cup Soaked Cashew Nuts
- 1/4 Cup Nutritional Yeast
- 3 Cloves Roasted or Fresh garlic
- Pinch of Salt
- Pinch of Pepper
- 1/2 cup Water or Oat Milk



Directions:

- 1.** Finely chop onion and saute in frying pan until golden.
- 2.** Add mushrooms and saute until brown.
- 3.** Add broccoli, zucchini, kale and edamame and cook until vegetables are soft
- 4.** While sauce is cooking, fill a saucepan with water and bring to the boil. Add pasta and cook until soft.
- 5.** Add all creamy sauce ingredients into a blender and blend until smooth.
- 6.** Add water to achieve desired consistency.
- 7.** Pour sauce over vegetables and mix until combined.
- 8.** Serve warm with pasta and top with vegan parmesan or nutritional yeast.



Dr. Will Bulsiewicz

Bio

Dr. Will Bulsiewicz, affectionately known as «Dr. B» is a trailblazing gastroenterologist and New York Times bestselling author of Fiber Fueled, whose pioneering research has revolutionized our understanding of the gut microbiome and its profound impact on health. With a passion for preventive medicine and a focus on plant-based nutrition, Dr. B educates and empowers individuals to nourish their bodies from the inside out.

Connect with Dr. B: [Website](#) | [Instagram](#)



LEMON LENTIL SALAD



Serves 4



8 Plant Points



Ingredients:

- 2 cups diced sweet potatoes
- 2 medium carrots, diced
- 1 small zucchini, diced
- 1 small yellow squash, diced
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt, plus more for the dressing
- 1/4 teaspoon freshly ground black pepper, plus more for the dressing
- 1 teaspoon Dijon mustard
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons tahini
- 1/4 cup finely chopped fresh flat-leaf parsley
- 1 1/2 cups canned lentils, drained and rinsed



Directions:

- 1.** Preheat the oven to 400F. Place the sweet potatoes, carrots, zucchini, and squash in a large bowl and add the paprika, cumin salt, and pepper. (See the PRO TIP below to become an expert in roasting oil free veggies.) Place in a single layer on a large baking sheet and bake for 25 to 30 minutes, until golden brown and tender.
- 2.** While the vegetables are cooking, make the dressing. Whisk together the mustard, lemon juice, tahini, and 2 tablespoons water

until creamy and smooth. Add in the parsley along with salt and pepper to taste.

3. Mix together the canned lentils and cooked vegetables with the dressing and serve.



PRO TIP:

Want to roast your veggies oil free? Let's do it! Simply steam the starchy vegetables (that is, the sweet potatoes and carrots) until just tender. Combine them with your raw non-starchy veggies (that is, the zucchini and squash) in a large bowl and add enough moisture to help the spices adhere. Now add the spices (Step 1 above), mix, and set aside for 10 to 20 minutes before roasting to allow the spices to absorb moisture. Boom! Delish.

FF UNLEASHED:

If you are not following a low FODMAP approach, add more zucchini and add 1 minced garlic clove to the dressing.

From *THE FIBER FUELED COOKBOOK: Inspiring Plant-Based Recipes to Turbocharge Your Health* by Will Bultsiewicz, MD, MSCI, Recipes by Alexandra Caspero, RD, to be published 5/17/22 by Avery, an imprint of Penguin Publishing Group, a division of Penguin Random House, LLC. © Copyright © 2022 by Will Bultsiewicz, MD





Matt Frazier

of No Meat Athlete

Bio

Matt Frazier is the New York Times bestselling author of *The Plant-Based Athlete*, and a vegan ultramarathoner, author, and entrepreneur. He is best known as the founder of the No Meat Athlete movement.

He and his work have been featured in books including Seth Godin's *What to Do When It's Your Turn*, Rich Roll's *Finding Ultra*, Brendan Brazier's *Thrive Foods*, Julianna Hever and Ray Cronise's *Complete Idiot's Guide to Plant-Based Nutrition*, and Kathy Freston's *Clean Protein*; print magazines such as *Runner's World*, *Trail Runner*, *Outside Magazine*, *VegNews*, *Shape*, and *Canadian Running*; online publications including *Sports Illustrated*, *People*, *Huffington Post*, *Forbes*, *Business Insider*, *WebMD*, *Shape*, and *Competitor*; and other media including CNN and the Rich Roll Podcast, where Matt has been a two-time guest.

Along with No Meat Athlete, Matt co-founded [Complement](#), a company whose mission it is to grow the plant-based movement by helping vegans thrive. Most recently, he has started a live podcast called *The Plant-Based Morning Show*.

Connect with Matt: [Instagram](#)



OLIVE-CHICKPEA WAFFLES



4 to 6 waffles



10 minutes to prep,
30 minutes to cook



Ingredients:

Soccas are Mediterranean flatbreads made with chickpea flour. But although they are quick to make and full of nutrition from the chickpeas, they typically call for quite a bit of olive oil to add flavor and richness. Inspired by socca but seeking something lighter, we created these savory waffles.

- 2 cups (240 g) chickpea flour (garbanzo bean flour)
- 1 tablespoon chopped rosemary or thyme
- 1 teaspoon GF baking powder
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- ½ cup (90 g) pitted Kalamata olives, chopped
- ¼ cup (15 g) sun-dried tomatoes, thinly sliced
- 1 tablespoon olive oil (Oil-Free: omit)
- 1½ cups (360 ml) hot water
- Hummus or Weeknight Marinara (page 81)



Directions:

- 1.** Preheat a waffle iron. (Oil-Free: See page 49 for baking directions if your waffle iron isn't truly nonstick.)
- 2.** Combine the flour, rosemary, baking powder, salt, and pepper in a large bowl. Stir in the olives and sun-dried tomatoes, then whisk in the oil followed by the hot water. The batter should be thick but thoroughly combined.

3. Spread about $\frac{1}{2}$ to $\frac{3}{4}$ cup (120 to 180 ml) batter onto the waffle iron, close the lid, and cook through, according to waffle iron directions, about 6 minutes.

4. Top with hummus and serve.

Variation: Substitute $\frac{1}{2}$ cup (30 g) chopped flat-leaf parsley for the olives and fold in $\frac{1}{4}$ cup (40 g) chopped red onion.

Credit line: Recipe from The No Meat Athlete Cookbook: Whole Food, Plant-Based Recipes to Fuel Your Workouts and the Rest of Your Life © Matt Frazier and Stephanie Romine, 2017. Photographs copyright © Ken Carlson, Waterbury Publications Inc. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold. theexperimentpublishing.com





Kris Carr

Bio

Kris Carr is a New York Times bestselling author, wellness advocate, and cancer thriver whose remarkable journey has inspired millions to prioritize self-care and embrace the healing power of plant-based living. Diagnosed with a rare and incurable cancer over a decade ago, Kris embarked on a mission to transform her health and her life, becoming a beacon of hope and resilience in the process. Through her books, films, and online platforms, Kris shares her wisdom, humor, and practical tips for thriving on a plant-based diet, empowering others to take control of their health destinies and live life to the fullest.

Connect with Kris: [Website](#) | [Instagram](#)



LEMON PEPPER “SCALLOP” LINGUINE

from Kris Carr’s Plant-Based Coaching Program, [Inner Circle Wellness](#)



4 servings



Prep Time: 20 minutes
Cook Time: 25 minutes
Total Time: 45 minutes



Ingredients:

Linguine Ingredients:

- 2 Tbsp olive oil
- 2 large shallots, thinly sliced (about 1 cup or 160 g)
- 5 garlic cloves, thinly sliced
- 1/2 cup (120 ml) dry white wine or low-sodium vegetable broth
- 3/4 cup (90 g) raw cashews (soaked)
- 2 Tbsp lemon juice (from 1 1/2 fresh lemons)
- 2 tsp salt
- 1/4 tsp black pepper
- 1 3/4 cups water
- 1 pound (454 g) dry linguine
- 1/4 cup (15 g) finely chopped fresh parsley

Lemon Pepper “Scallop” Ingredients:

- 2 Tbsp olive oil (plus more, if needed)
- 1 lb (454 g) king trumpet mushrooms,

trimmed and sliced into 1/2-inch thick rounds (king trumpet mushrooms can often be sourced at Asian grocery stores; if unavailable, substitute equal amount of sliced portobello mushroom caps)

- juice from 1/2 freshly squeezed lemon (about 2 tsp)
- 1/4 tsp black pepper
- 1/8 tsp salt



Directions:

1. Read through recipe and put all ingredients in your work area before starting your prep.

2. To make the linguine: In a large skillet, heat oil over medium heat. Add shallots and garlic and sauté for 3 minutes, or until shallots are translucent. Add wine or broth and sauté for 3 more minutes. Transfer shallot mixture to a high speed blender (set pan aside, we'll be using it in step 3); add cashews, lemon juice, salt, black pepper and water. Blend on high until mixture is completely combined and smooth.

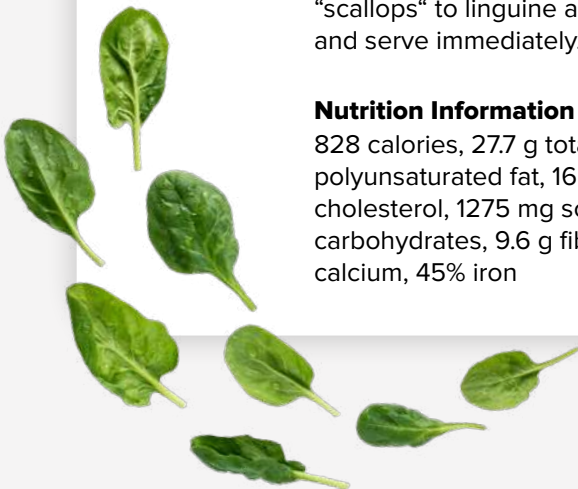
3. Bring a large pot of salted water to a boil. Add linguine and cook according to package directions. Drain well. While pasta cooks, prepare scallops. In the same pan that was used to cook the shallots, heat 2 Tbsp oil over medium-high heat. Add about half of the mushroom rounds in a single layer, being careful not to overcrowd the pan. Cook mushroom "scallops" without moving until the bottoms are golden brown, about 4 minutes. Turn over, and cook an additional 3–4 minutes, or until both sides are golden.

4. Transfer to a dish and repeat with remaining mushroom "scallops," adding more oil to the pan if necessary. Once all "scallops" are cooked, season evenly with lemon juice, black pepper and salt.

Transfer the cooked linguine to the empty pan; add sauce and toss well to combine over medium-low heat for 2 minutes. Add "scallops" to linguine and toss to combine. Garnish with parsley and serve immediately.

Nutrition Information Per Serving:

828 calories, 27.7 g total fat, 4.4 g saturated fat, 4.6 g polyunsaturated fat, 16.1 g monounsaturated fat, 0 mg cholesterol, 1275 mg sodium, 746 mg potassium, 116.3 g total carbohydrates, 9.6 g fiber, 6.6 g sugar, 25.8 g protein, 6% calcium, 45% iron





CHOCOLATE AVOCADO PUDDING WITH RASPBERRIES

from Kris Carr's Plant-Based Coaching Program, Inner Circle Wellness



Ingredients:

- 1 Hass avocado
- 3 Tbsp maple syrup
- 3 Tbsp fortified nondairy milk of choice (almond, hemp, rice, etc.)
- 2 Tbsp unsweetened cocoa or cacao powder
- 1 Tbsp almond butter
- 1/2 tsp vanilla extract
- 1/8 tsp salt
- 1 cup (133 g) fresh raspberries



Directions:

- 1.** Read through the recipe and put all ingredients in your work area before starting your prep.
- 2.** In a high-speed blender or food processor, blend or process all ingredients except raspberries on low until smooth. If you desire a chilled pudding, place in refrigerator for 30-60 minutes.
- 3.** To serve, place a 1/2-cup (120 ml) serving into a bowl and top with 1/2 cup (67 g) raspberries.

Nutrition Information Per Serving:

320 calories, 19.1 g total fat, 2.7 g saturated fat, 3 g polyunsaturated fat, 11.5 g monounsaturated fat, 0 mg cholesterol, 177 mg sodium, 753 mg potassium, 39.6 g total carbohydrates, 12.7 g fiber, 18.7 g sugar, 4.6 g protein, 11.6% calcium, 13.1% iron



Kiki Nelson

of PlantifulKiki

Bio

Plant-based chef and wellness coach Kiki Nelson, aka PlantifulKiki, is on a mission to revolutionize the way we think about food and nourishment. With her creative recipes, practical cooking tips, and infectious enthusiasm for vibrant, plant-based cuisine, Kiki inspires others to embrace a healthful and delicious approach to eating. As a dedicated advocate for holistic wellness, Kiki believes that food is medicine and that cultivating a mindful and compassionate relationship with what we eat can profoundly impact our health and happiness.

Connect with Kiki: [YouTube](#) | [Instagram](#)



LENTIL MUSHROOM STEW



Ingredients:

- 16 ounces baby bella mushrooms, wiped clean and quartered
- 1 medium yellow onion, chopped
- 1 cup peeled and diced carrots (3 medium carrots)
- 3 garlic cloves, minced
- 2 medium russet or Yukon Gold potatoes (426g), cut into 1-inch pieces
- 1 (14-ounce) can or jar tomato sauce
- 1 cup dry brown lentils
- 3 vegan bouillon cubes
- 1 dried bay leaf
- 1 teaspoon sea salt
- 1/2 teaspoon dried oregano
- Freshly ground black pepper, to taste
- 3 cups water
- 1 cup plain, unsweetened almond milk
- Fresh parsley, chopped, to garnish



Directions:

- 1.** If using an Instant Pot: Set the pot to the Sauté setting and add the mushrooms, onion, carrots, and garlic. Cook the vegetables, stirring occasionally, until they're tender, 5 to 8 minutes.
- 2.** Add the potatoes, tomato sauce, lentils, bouillon cubes, bay leaf, salt, oregano, and a couple of twists of pepper. Stir in the water. Secure the lid and cook on the high pressure setting for 15 minutes, then allow the pressure to release naturally. This typically takes about 40 minutes total.
- 3.** Remove the lid, discard the bay leaf, and stir in the almond milk. Adjust the seasonings to taste, if needed, and garnish with the parsley.
- 4.** If making on the stovetop: Heat a medium or large saucepan over medium-high heat. If you like, you can coat it with cooking spray to encourage even cooking, but it isn't necessary. Add the mushrooms, onion, carrots, and garlic and sauté, stirring occasionally, until the vegetables are soft, 5 to 8 minutes. If the vegetables start to stick, you can add a splash of water.
- 5.** Add the potatoes, tomato sauce, lentils, bouillon cubes, bay leaf, salt, oregano, and a couple of twists of pepper. Stir in the water and bring the mixture to a simmer. Cook, covered and stirring occasionally, for 15 to 20 minutes, or until the potatoes are tender.



ASIAN-INSPIRED VEGETABLE PANCAKES



Ingredients:

FOR THE BATTER

- 1½ cups (237g) white rice flour
- ¾ cup (90g) tapioca flour
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Pinch of turmeric (optional, for color)
- 1¾ cups water



Directions:

- 1.** Make the batter: In a medium bowl, whisk together the white rice flour, tapioca flour, salt, garlic powder, onion powder, and turmeric (if using). Add the water and whisk until the batter is smooth. It will be on the thinner side, similar to crepe batter. Set aside.
- 2.** Assemble the pancakes: In a medium bowl, toss together the mushrooms, pepper, zucchini, and scallions.
- 3.** Heat a 10-inch nonstick skillet over medium-high heat. If you like, you can coat it with cooking spray to help the pancakes cook evenly, but it isn't necessary. Add about ½ cup of the veggies to the pan and spread them out evenly. Give the batter a stir (the rice flour likes to settle at the bottom of the bowl), then pour ½ cup of the batter over the vegetables, making sure they're covered. Let the pancake cook for 5 minutes, or until the edges begin to brown and the pancake is no longer runny on top.

FOR ASSEMBLY

- 5 ounces shiitake mushrooms, wiped clean, stems removed, and thinly sliced
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced zucchini
- ½ cup sliced scallions (white and green parts)
- Cooking spray (optional)
- Soy sauce or favorite asian dipping sauce

Use a large spatula to gently flip the pancake and cook for another 3 to 5 minutes, until lightly golden and set.

4. Transfer the pancake to a plate and repeat with the remaining vegetables and pancake batter (you'll most likely run out of vegetables first). You should end up with 5½ pancakes; you can save the extra 1½ pancakes for a snack. Enjoy them warmed up or at room temperature, drizzled with dressing, if desired.





GARDEN VEGETABLE CHICKPEA OMELET



Ingredients:

- 1 cup (92g) chickpea flour
- 1 cup water
- 1/4 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/2 teaspoon black salt or sea salt (see Note)
- Pinch of turmeric (optional, for color)
- Cooking spray (see page 33, optional)
- Assorted veggies (see Note)
- Garlic salt, to taste
- 1/4 medium avocado (25g)
- Your favorite salsa and/or hot sauce, for serving I also like to add my [Famous Cheese Sauce](#)



Directions:

- 1.** In a medium bowl, whisk together the chickpea flour, water, garlic powder, onion powder, black or sea salt, and turmeric (if using). The omelet batter should be smooth. Set aside.
- 2.** Heat a large nonstick skillet over medium-high heat. If you like, you can coat it with cooking spray to encourage even cooking, but it isn't necessary. Add the veggies with a pinch of garlic salt and cook until tender. The timing will depend on the vegetables you choose and how many there are. If the veggies start to stick, you can add a splash of water to the pan to loosen them. Transfer the veggies to a plate or bowl and wipe out the pan.
- 3.** If desired, coat the pan again with cooking spray and place over medium heat. Scoop the batter into the pan using a 1/2-cup measuring cup. Use the bottom of the measuring cup to gently spread the batter until it resembles a large pancake about 6 inches in diameter and 1/4 inch thick. Cook the omelet until the bottom starts to brown and it's no longer wet in the center, about 3 minutes. Flip and continue cooking until the other side is lightly golden and set, about another 3 minutes. Transfer the omelet to a plate and repeat with the remaining batter.
- 4.** Divide the veggies among the omelets and top with avocado, salsa, and/or hot sauce. Serve immediately.



Charlie Engle

Bio

Charlie Engle's remarkable journey from addiction to ultramarathon running is a testament to the transformative power of plant-based living and the human spirit. As an endurance athlete, author, film maker, and motivational speaker, Charlie has captivated audiences worldwide with his compelling story of redemption and resilience. Charlie's running accomplishments include running across the Sahara Desert (as documented in *Running the Sahara*) and multi Badwater 135 finishes. Through his advocacy for plant-based nutrition and his unwavering commitment to pushing the limits of human potential, Charlie inspires others to overcome obstacles, pursue their passions, and live life with purpose and vitality.

Connect with Charlie: [Website](#) | [Instagram](#)



BADASS GREENISH SMOOTHIE



Ingredients:

- 1/2 organic banana
- 1 cup frozen organic blueberries
- 1 cup frozen organic mangoes
- 1/2 cup unsalted walnuts
- 3 cups fresh leaf spinach or kale
- (Optional) One good swirl of honey
- 2 tablespoons chia seeds
- 2 tablespoons flax powder
- 1 heaping tablespoon cacao powder
- 1 large serving of your preferred organic vegan protein powder
- Non dairy milk and water to create desired consistency



Directions:

1. Add ingredients to blender
2. Blend until smooth





Ocean Robbins

of Food Revolution Network

Bio

Ocean Robbins is a leading voice in the global food activism movement, dedicated to empowering individuals and communities to make healthy, sustainable, and compassionate food choices. As the CEO of the Food Revolution Network, Ocean is committed to creating a healthier, more equitable food system that prioritizes human and planetary well-being. Ocean is the author of several bestselling books, including *Real Superfoods* and *the 31-Day Food Revolution*.

Connect with Ocean: [Food Revolution Network](#)



FRN'S RAINBOW SHAKSHUKA WITH SAVORY CHICKPEA DUMPLINGS



6 servings



Prep time: 30 minutes
Cooking time: 45 minutes



Ingredients:

Name	Form/Description, etc.	Measurement	Units/Size, etc.
Chickpea Dumplings		1	batch
chickpea flour		1	cup plus 2 Tbsps
baking soda		1/4	tsp
organic spinach	finely chopped	1/2	cup
cilantro	(optional) or parsley, finely chopped	2	Tbsps
red onion	or yellow or white, finely chopped	1/4	cup
jalapeño	(optional) or green bell pepper, finely chopped	1/4	cup
lemon juice	freshly squeezed	1	tsp

plant-based yogurt	plain, unsweetened	1/4	cup
tahini paste		1/3	cup
ground turmeric		1/2	tsp
salt	(optional)	1/2	tsp
Shakshuka	(optional) to taste		
organic red bell pepper	finely chopped	1	medium
organic yellow bell pepper	finely chopped	1	medium
organic orange bell pepper	finely chopped	1	medium
onion	red, yellow, or white, finely chopped	1	medium
garlic	finely chopped	3	cloves
organic spinach	finely chopped	2	cups
harissa seasoning	powder or paste	2	tsps
ground turmeric		1/2	tsp
mustard powder		1	tsp
salt		1/2	tsp
ground black pepper		1/4	tsp
organic crushed tomatoes	(optional)	28	ounces
vegetable broth	(optional)	1/4	cup
pure maple syrup	BPA-free can	1	tsp





Directions:

- 1.** Make the chickpea dumplings: In a large bowl combine all ingredients and stir until well combined. The mixture will be a bit crumbly.
- 2.** Measure out 1 tablespoon at a time and roll the dough into balls. The mixture will make 16 dumplings. Set aside.
- 3.** Make the shakshuka: In a Dutch oven or deep cast iron skillet with a lid, over medium-high heat, add the peppers, onion, and garlic and sauté until the peppers soften and the onions become translucent about 10 minutes. Add the spinach, harissa, turmeric, mustard powder, salt, and black pepper, if using, and cook down for 5 minutes more.
- 4.** Add the crushed tomatoes, vegetable broth, and optional maple syrup, and bring to a gentle simmer. Reduce the heat to low, and nestle the dumplings in the sauce one by one.
- 5.** Cover with a lid, and simmer the sauce with the dumplings for 30 minutes. After 15 minutes gently rotate them from top to bottom so that the dumplings fully cook through.
- 6.** Remove from the heat, adjust the seasoning to your liking, and garnish with chopped cilantro or parsley on top.



Chef's Notes:

Substitutions

- Substitute spinach with baby kale or your favorite leafy greens of choice.
- Substitute lemon juice with apple cider vinegar.
- Substitute tahini paste with mashed avocado (note that avocado will change the color of the dumplings), silken tofu, or a neutral-flavored nut butter like cashew butter.
- Substitute yogurt with silken tofu.
- Use lentil flour in place of chickpea flour.



INSTANT POT WILD RICE LENTIL SOUP



6 servings



Prep time: 20 minutes
Cooking time: 30 minutes



Ingredients:

Name	Form/ Description, etc.	Measurement	Units/Size, etc.
onion	chopped	1	medium
organic celery	sliced	2	ribs
carrots	chopped	2	cups
fennel seeds		1	tsp
organic wild rice	dry, rinsed	1	cup
brown or green lentils	dry, rinsed	1	cup
fresh thyme	minced	1	Tbsp
bay leaves	whole	2	
garlic powder		1	tsp
onion powder		2	tsps

vegetable broth	unsalted, preferably homemade	6	cups
organic tomato sauce	BPA-free can	2	cups
organic apple cider vinegar		1	Tbsp
organic kale	stems removed, leaves chopped	2	cups
salt	(optional) to taste		
ground black pepper	(optional) to taste		
crushed red pepper flakes	(optional) to taste		
nutritional yeast	(optional) to taste		



Directions:

- 1.** Set the Instant Pot to sauté mode for 5 minutes. Add the onion, celery, carrots, and fennel seeds. Sauté the veggies for 5 minutes, stirring occasionally.
- 2.** Add the rice, lentils, thyme, bay leaves, garlic powder, onion powder, vegetable broth, tomato sauce, and apple cider vinegar. Stir to combine.
- 3.** Secure the lid on top. Set the pressure cooker to high and time for 30 minutes.
- 4.** Allow the pressure to release naturally, or slow-release for 10 minutes then quick-release the remaining pressure.
- 5.** Carefully remove the lid (use caution with the steam!) and stir in the kale.
- 6.** Taste and adjust seasoning, adding salt and pepper to taste.
- 7.** Divide between bowls and sprinkle with red pepper flakes and nutritional yeast, if desired.



Chef's Notes:

Substitutions

- Substitute brown, red, or black rice for wild rice.
- For the onion, use white, yellow, or red. Or use shallots in place of onion.
- Use split peas in place of lentils.
- Substitute another leafy green, like collards or Swiss chard, in place of kale.

Slow cooker instructions

- Add all ingredients to a slow cooker and cook on low for 6 hours or high for 3 hours.

Stovetop instructions

- Heat a large stockpot on medium-high heat.
- Add the onions, celery, carrots, and fennel seeds.
- Cook until the onions are translucent, about 3–4 minutes.
- Add 1–2 tablespoons of water as needed to deglaze the pot.
- Add the remaining ingredients, from the wild rice to the apple cider vinegar. Stir well and bring to a boil.
- Cover, reduce heat to simmer, and cook until the rice and lentils are tender, about 30 minutes.
- Once they're tender, remove the soup from heat and stir in the kale.
- Taste and adjust for seasoning or salt and pepper. If you prefer your soup more broth-based and less thick then you may need to add 1–2 cups of water or vegetable broth to reach the desired consistency.
- Garnish with red pepper flakes and nutritional yeast, if desired.





Laurentine ten Bosch

of Food Revolution Network

Bio

Laurentine ten Bosch is a filmmaker, author, co-founder of Food Matters and the Food Matters Institute, host of the Food Matters Podcast, and a nutrition and health coach. She is passionate about using food as medicine, healing the body naturally, and educating people to zoom out and take a holistic approach to their health by treating the cause rather than the symptoms.

Laurentine teaches people to activate their bodies with optimal nutrition while purifying the mind, body, and spirit.

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BLUEBERRY CHIA BOWL WITH CARAMELIZED SESAME BANANAS

Full of fiber, healthy fats, and gluten free, its luxurious flavor makes this treat taste a little bit naughty.

Need a new 'go-to' breakfast? One that's full of fiber, healthy fats, gluten-free, and utterly delicious? Get around this Food Matters chia bowl with blueberry and caramelized bananas.



1 serving,
Yield: 2 cups



Preparation time: 5 minutes
Cook time: 8 minutes



Ingredients:

For the chia bowl

- 1/2 cup frozen blueberries, thawed
- 1 cup unsweetened plant-based milk of choice (coconut, almond, oat)
- 3 tablespoons chia seeds
- 1 teaspoon ground cardamom
- 1 teaspoon ground nutmeg
- Pinch of unrefined sea salt
- For the caramelized banana
 - 1/2 tablespoon coconut oil

- 1 banana, peeled and sliced in half lengthways
- 1 tablespoon maple syrup
- 1 tablespoon almonds, chopped
- 1 tablespoon sesame seeds
- 1 tablespoon walnuts, chopped

To Serve

- 1 tablespoon ABC nut butter
- 2 tablespoons coconut yogurt



Directions:

- 1.** Mash the thawed blueberries with a fork then add plant-based milk, chia seeds, cardamom, nutmeg, and sea salt, stir to combine, and let sit for 20 minutes.
- 2.** To make the caramelized bananas, heat coconut oil, and maple syrup in a frypan then add in the sesame seeds, almonds, and walnuts, stirring until they start to become sticky.
- 3.** Make room in the center of the nut mixture in the frypan and place the banana slices there. Heat for just a minute on each side or until they begin to caramelize. Remove from heat.
- 4.** Serve the blueberry chia in a large bowl, top with coconut yogurt, and the bananas in the middle.
- 5.** Drizzle sticky nut mixture over the bananas then top with nut butter.

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FOOD MATTERS BREAKFAST BREAD

Transitioning to gluten-free principles doesn't mean you need to cut out bread. Our Food Matters Breakfast Bread is one of the most popular recipes on our website. This Breakfast Bread is gluten-free, versatile, freezes well, and it is packed with nourishing fats, protein, and fiber. Top it with our favorite Toast Toppers for the perfect start to your day.

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Serves: 4
Yield: 8 to 10 slices



Preparation time: 10 minutes
Cook time: 40 minutes



Ingredients:

- 2 cups almond meal
- 2/3 cup tapioca starch or arrowroot flour
- 2 tablespoons flax meal
- 1 tablespoon chia seeds
- 1 teaspoon baking powder
- 1 pinch unrefined sea salt
- 3 organic free-range eggs
- 1/4 cup coconut milk
- 1 tablespoon pure maple syrup
- 1/4 cup coconut oil
- 1 teaspoon apple cider vinegar



Directions:

- 1.** Preheat the oven to 350° F (180° C) and line a loaf tin with parchment paper.
- 2.** Combine the almond meal, tapioca starch, flax meal, chia seeds, baking powder, and salt in one bowl. Whisk together the eggs, milk, maple syrup, coconut oil, and apple cider vinegar in another bowl.
- 3.** Combine the wet and dry ingredients and pour into the loaf tin.
- 4.** Bake for 30 to 40 minutes or until golden brown on top and cooked through. Place a skewer in the center of the bread, and when the skewer comes out clean, the bread is ready.

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NUT-FREE CHOCOLATE BLISS BALLS

Bliss balls are the answer to almost any of life's worries. They're a nutrient-packed option for snacks on the go, a pick-me-up during the 3 P.M. slump, or even a sweet treat before bed. But the best thing about bliss balls is that you can recreate all your favorite sweet flavors. These four recipes show you just how diverse they can be, including some that are nut-free.



Serves: 15 to 18
Yield: 15 to 18 balls



Preparation time: 20 minutes
Cook time: none



Ingredients:

- 1/2 cup pepitas
- 1/2 cup sunflower seeds
- 2 tablespoons chia seeds
- 1 cup shredded coconut, plus more for rolling
- 1/4 cup raw cacao powder
- 1 teaspoon ground cinnamon
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup melted coconut oil



Directions:

- 1.** In a blender or food processor, blend or process all the ingredients, except the coconut indicated for rolling, until the mixture is a sticky crumble.
- 2.** Scoop out around 1 tablespoon of the mixture and roll into a 2-inch ball, then roll it in the shredded coconut. Place the ball on the baking sheet, repeat until all the mixture is used, and refrigerate until firm.
- 3.** Store in an airtight container in the refrigerator for up to a month.



Nathan Crane

Bio

Nathan Crane is a prominent speaker, author, and teacher known for his work in the field of holistic health and wellness. He is the Founder of The Panacea Community and serves as the Director of Panacea Life School. Nathan has authored several influential works, including «The Panacea Cleanse» and the best-selling anthology «27 Flavors of Fulfillment; How to Live Life to the Fullest!» He is a certified nutrition coach and holistic cancer coach, acclaimed for his contributions as a natural health researcher and filmmaker. Nathan's expertise has earned him 20 awards in documentary filmmaking, highlighting his dedication to promoting natural health and holistic wellness practices.

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PLANT-POWERED HIGH-PROTEIN STEEL-CUT OATS



Ingredients:

- 1/2 cup organic steel-cut oats
- 1 1/2 cups Orgain organic high-protein almond milk (plus an additional 1/2 cup for finishing)
- Pinch of cinnamon
- Organic honey, to taste
- 1 heaping tablespoon organic almond butter
- Handful of pecans
- Handful of raisins
- Handful of dry golden berries
- Fresh blueberries, to preference



Directions:

- 1.** In a medium saucepan, combine the organic steel-cut oats and 1 1/2 cups of Orgain organic high-protein almond milk. Avoid using water; the almond milk will serve as the cooking liquid.
- 2.** Cook the oats over medium heat, stirring occasionally, until they reach a smooth consistency and most of the liquid is absorbed. This should take approximately 15-20 minutes.
- 3.** Once the oats are almost dried up, add an additional 1/2 cup of almond milk to achieve the desired texture. Continue stirring occasionally.
- 4.** Sprinkle in a pinch of cinnamon and mix well.
- 5.** Drizzle in organic honey according to your taste preference, ensuring it's evenly distributed throughout the oats.
- 6.** Add a heaping tablespoon of organic almond butter to the oats and mix until fully incorporated.
- 7.** Toss in a handful of pecans and raisins, stirring to distribute them evenly.
- 8.** Gently fold in the dry golden berries for a tangy, sweet-sour flavor profile.

- 9.** Pour in an additional 1/2 cup of cold Orgain organic almond milk to cool down the oats and achieve the desired viscosity.
- 10.** Mix in a generous amount of fresh blueberries, adding as many as desired for extra flavor and nutrition.
- 11.** Once all ingredients are combined, transfer the plant-powered high-protein steel-cut oats to serving bowls.
- 12.** Optionally, garnish with additional fresh blueberries on top for an extra burst of flavor and visual appeal.
- 13.** Enjoy your delicious and nutritious breakfast, packed with 50 grams of high-quality plant-powered protein to fuel your athletic endeavors!





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