



LifeSource
natural foods
VEGAN RECIPES

2023



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ASPARAGUS RISOTTO

Makes 4 Servings

INGREDIENTS

- 4 cups low sodium vegetable broth
- 2 Tbsp plant-based butter
- 1 leek, finely chopped, tough greens discarded
- 3 cloves garlic, grated
- 1 cup Arborio rice
- ½ cup vegan dry white wine
- ½ lb fresh asparagus, sliced, tough ends discarded
- ½ cup parsley, finely chopped
- ½ cup parmesan style shreds
- 2 Tbsp lemon juice
- Zest of one lemon
- Salt and pepper, to taste

DIRECTIONS

1. Heat broth in a medium pot to a low boil. Reduce heat to low and keep warm.
2. Melt butter in a large heavy bottomed pot over medium heat. Add leeks to the butter with a pinch of salt. Cook, stirring frequently until golden, about 5 minutes. Turn down the heat if they begin to brown too quickly. Add garlic and rice, cook for an additional minute.
3. Add wine, cooking and stirring until absorbed, about 3 minutes.
4. Ladle in 1 cup of the hot broth, cooking and stirring constantly until the broth is absorbed, about 5 minutes. Continue stirring and adding broth ½ cup at a time, when the previous addition is absorbed. With the last addition of broth, add the sliced asparagus, continuing to cook and stir until broth is absorbed and the asparagus and rice are tender.
5. Remove the risotto from heat, and stir in parsley, cheese, lemon juice, zest, and salt and pepper to taste. Serve hot.



PANISSE OR BURMESE TOFU

By Ben Martin Horst | Makes 30 Squares

INGREDIENTS

- 1 qt water
- 2 cups chickpea (garbanzo bean) flour
- 2 tsp ground turmeric (optional, for Burmese tofu)
- 1 tsp kosher salt, or to taste
- 2 tsp oil, plus more for frying (use olive oil for panisse, or coconut, peanut, or other vegetable oil for Burmese tofu)

DIRECTIONS

1. Lightly oil a 9-inch-by-9-inch baking dish.
2. In a saucepan, heat the water with the salt, 2 tsp oil, and turmeric (if using), until nearly, but not quite, boiling. Whisk in the chickpea flour.
3. Turn heat down to medium and continue to whisk until the mixture begins to thicken, about 2-3 minutes.
4. Switch from the whisk to a wooden spoon and stir constantly over medium heat for about 10 more minutes, or until the mixture is very thick and holds its shape. Reduce heat as necessary to avoid scorching.
5. Remove from heat and scrape the mixture into the oiled baking dish and smooth the top. Allow to cool, either on the counter or in the fridge, until firm and set (about 30-60 minutes).
6. When firm, unmold the mixture by inverting over a cutting board. Cut into 1-inch squares. (There's no need to be finicky about the shape: in France, they're usually cut into rounds, in Myanmar into squares, but they're equally good cut into batons or wedges.)
7. In a heavy skillet, heat 1/4-inch of oil until it begins to shimmer. Fry the panisses or Burmese tofu in batches, being careful not to crowd the pan. When the first side is golden and crisp, use tongs to turn them until they have fried on all sides. Remove them from the pan and drain on paper towels. As you continue frying the rest, add more oil as needed, but be sure to allow the oil time to heat before adding another batch.

TO SERVE

Panisse: While still hot, sprinkle with salt and freshly ground black pepper, and eat as a snack, or to accompany a main dish. Alternatively, sprinkle them with sugar as a snack.

Burmese tofu: Eat as a snack, with a dipping sauce made from Sriracha, tamarind paste, and honey. You can also use it to replace croutons in a salad, or as the star ingredient in a curry with fresh tomatoes, onions, garlic, cilantro, chili, and fish sauce. Burmese tofu with sticky rice is a common breakfast in Myanmar.



ZOODLES WITH CASHEW ALFREDO

Makes 2 Servings

INGREDIENTS

- 1 head garlic
- 1 tsp olive oil
- 1 cup raw cashews
- 3 cups water
- 1 tsp sea salt
- 2 Tbsp pepperoncini juice
- 1 Tbsp plant-based butter
- 2 cups mushrooms, sliced
- 1 cup sweet peppers, thinly sliced
- 4 cups spiralized zucchini

DIRECTIONS

1. Preheat the oven to 400°F. Line a small baking sheet or dish with foil.
2. Remove loose skins from the garlic head. Cut about ½-inch off of the top. Drizzle with olive oil, rubbing oil into the cut edges so it is well coated.
3. Place garlic on the prepared baking sheet, and cover tightly with foil. Bake 30-40 minutes until the cloves are soft and caramelized. Remove from skins with a fork or sharp knife. Set aside.
4. Bring cashews to a boil with 3 cups of water in a small saucepan. Boil for 10 minutes. Remove from heat and drain, reserving liquid.
5. Place softened cashews, roasted garlic, sea salt, pepperoncini juice, and ½ cup of the cashew liquid into a blender.
6. Blend until completely smooth. Add more cashew liquid until desired consistency is reached. We found that 1 ½ cups of liquid was perfect for pasta or pizza sauce.
7. Taste sauce, and adjust seasonings if desired.
8. In a large skillet, melt butter over medium heat. Saute mushrooms until softened and cooked through, about 5-7 minutes. Add peppers and zucchini noodles, cook and stir until softened and heated through, about 5 minutes. Drain water from the skillet, if necessary.
9. Toss with 1 cup of the cashew Alfredo sauce, add salt and pepper to taste.



CREAMY AVOCADO PASTA SALAD

Makes 6-8 Servings

INGREDIENTS

- 16 oz einkorn or whole wheat short pasta
- 1 red onion
- 2 Tbsp balsamic vinegar
- 1 pint cherry tomatoes
- 1 Tbsp olive oil
- Salt and pepper, to taste
- 4 oz feta cheese
- 1 cup fresh basil
- ½ cup walnuts
- ¼ cup nutritional yeast
- 2 Tbsp fresh cilantro
- 1 Tbsp fresh parsley
- 1 lime, juiced
- 3 cloves garlic, peeled and smashed
- Salt, to taste
- 1 (12 oz) can full fat coconut milk

Dressing

- 1 large or 2 small avocados, peeled and pitted
- 1 cup fresh spinach

DIRECTIONS

1. Put a pot of salted water on to boil. Cook pasta to al dente, according to package directions, then drain, rinse, and set aside.
2. Preheat the oven to 350°F. Line a baking sheet with a silicone mat or parchment paper to ease cleanup. Slice cherry tomatoes in half. Toss with olive oil and a sprinkle of salt. Bake for 20-25 minutes in the preheated oven.
3. Slice red onions thin and marinate in balsamic vinegar and a pinch or two of black pepper.
4. To make the dressing, combine avocados, nutritional yeast, spinach, walnuts, basil, parsley, cilantro, lime juice, garlic, black pepper, and salt to taste in a blender. Add coconut milk, starting by pouring only the cream off the top and adding the liquid slowly as necessary to get a smooth dressing. Taste and adjust seasonings if desired.
5. Pour dressing over the pasta, topping with the tomatoes, marinated onions, and feta. Serve warm or chilled.



CHICKPEA SALAD SANDWICH

Makes 4 Servings

INGREDIENTS

- 1 (15 oz) can of chickpeas, drained and rinsed, or 2 cups cooked chickpeas
- 3 Tbsp vegan mayo or ½ mashed avocado
- 2 green onions, sliced
- ½ red onion, chopped
- ½ cup dried cranberries
- 1 stalk celery, diced
- ½ apple, diced
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt and pepper, to taste
- Sliced tomato, for serving
- Sprouts, for serving
- Whole grain bread, for serving

DIRECTIONS

1. In a large bowl, mash chickpeas.
2. Add onions, cranberries, celery, apple and seasonings and stir.
3. Mix in vegan mayo or mashed avocado. Season to taste with salt and pepper.
4. Serve on grainy bread with sprouts, tomato and more avocado.



VEGAN MEATBALLS

Makes 12 Meatballs

INGREDIENTS

- 1 cup soy fines or TVP
- 1 cup vegetable broth
- ½ cup yellow onion, minced
- ¼ cup breadcrumbs
- 2 Tbsp vegan parmesan, grated
- 2 Tbsp fresh parsley, minced
- 1 Tbsp chia seeds, ground and mixed with 2 Tbsp water
- 1 Tbsp tomato paste
- 1 Tbsp Italian seasoning
- 2 tsp vegan Worcestershire sauce or tamari
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp cumin
- ¼ tsp chili flakes (optional)
- Salt and pepper, to taste
- Oil for frying

DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a small saucepan, bring vegetable broth to a boil. Remove from heat and stir in the soy fines. Cover and let sit for 10 minutes, allowing soy fines to become hydrated.
3. In a large bowl, stir together hydrated soy fines and all other ingredients. Using your hands, knead the mixture until it can easily be formed into balls, about 2 minutes.
4. Scoop out 2 Tbsp portions and roll into balls. Place on the prepared baking sheet and bake in the preheated oven for 20 minutes.
5. Heat oil in a medium non-stick skillet over medium heat. Fry meatballs 3-4 minutes on each side or until crispy and cooked through. Serve hot with your favorite pasta sauce.

SHAWARMA SPICED TOFU WRAP

Makes 2-4 Servings



INGREDIENTS

Shawarma Spiced Tofu

- 14 oz package firm or extra firm tofu
- 2 Tbsp plain almond milk yogurt, we used Kite Hill
- 1 Tbsp olive oil
- 1 tsp black pepper
- 1 tsp kosher salt
- ½ tsp garlic powder
- ½ tsp ground turmeric
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp smoked paprika

- ¼ tsp ground cayenne
- ⅛ tsp ground allspice

Yogurt Sauce

- ¼ cup plain almond milk yogurt
- 1 lemon, zested and quartered
- 2 cloves garlic, smashed and minced
- 1-2 Tbsp fresh dill, chopped
- Salt and pepper, to taste
- Naan
- Shirazi Salad

DIRECTIONS

1. Press tofu to draw out water. Drain tofu and give it a quick rinse. Place a clean, folded kitchen towel on a plate. Put tofu on top of the towel, and place another clean, folded towel on top of the tofu. Place a small cutting board on top, and something heavy, such as a cast iron skillet or large cookbook on top of that. Allow to sit at least a half hour.
2. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
3. Stir together pepper, salt, and spices in a small bowl. Slice pressed tofu into half inch cubes.
4. Toss cubed tofu with 2 Tbsp almond milk yogurt, olive oil, and spices. Spread in a single layer on the prepared baking sheet. Bake for 25 minutes in the preheated oven, flipping after 12 minutes.
5. While tofu is baking, make the yogurt sauce. In a small bowl mix together ¼ cup yogurt, lemon zest, a squeeze of lemon, garlic, dill, and salt and pepper to taste.
6. Serve tofu on warm naan or pita with yogurt sauce and shirazi salad.

SHIRAZI SALAD

Makes 2 Servings



INGREDIENTS

- 4 persian cucumbers (english cucumber may also be used), 1/2-inch dice
- 1 pint cherry tomatoes, quartered
- ½ cup red onion, chopped
- 2 Tbsp picked dill, chopped (you can swap for your favorite fresh herbs, try cilantro, parsley, mint, or basil)
- 1 Tbsp olive oil
- 1 Tbsp golden balsamic vinegar (optional)
- 1 lemon, zest and juice
- 2 large cloves garlic, smashed and minced
- Salt and pepper, to taste

DIRECTIONS

Toss together all ingredients in a large bowl. Taste, and adjust seasonings if desired. Cover and refrigerate for an hour or two to let the flavors get to know each other.



BABA GANOUSH

Makes 4 Servings

INGREDIENTS

- 1 eggplant (about 1 lb)
- ¼ cup olive oil
- 1 Tbsp tahini
- 3 cloves garlic, peeled and smashed
- 2 Tbsp lemon juice
- 1 Tbsp parsley, rough chopped
- ½ tsp smoked paprika
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 425°F. Line a baking sheet with parchment.
2. Slice the eggplant in half lengthwise and brush with some of the olive oil. Place the cut side down on the prepared baking sheet. Bake for 45 minutes, or until tender.
3. Scoop the flesh out of the skin of the eggplant into a mesh strainer. Allow to drain for 10 minutes.
4. While the eggplant is draining, place the remaining olive oil, tahini, garlic, lemon juice, parsley, and paprika into a blender. Pulse a few times, scraping down the sides.
5. Add the eggplant to the blender, and blend until the desired consistency is reached. Season with a pinch each of salt and pepper. Taste, and adjust seasonings if desired.

You may also grill the eggplant whole (First, oil the grate!) over medium high heat for 25-35 minutes, turning occasionally. Cut in half lengthwise and follow the instructions starting with step 3.



VEGAN ELOTES

Makes 4 Servings

INGREDIENTS

Raw, Vegan Sour Cream

- 1 cup raw cashews (soaked 8 hours or overnight and drained)
- ¼-½ cup water
- ¼ tsp salt
- 1 tsp apple cider vinegar
- 1 tsp lemon juice

Corn

- 4 ears of corn, shucked

- ⅓ cup soy-free Vegenaise
- 2 large cloves of garlic, minced
- 1 Tbsp cilantro, finely minced
- 1 Tbsp fresh squeezed lime juice (about half a lime)
- ¼ tsp salt
- ½ cup Violife feta, crumbled
- 1 lime, cut into wedges for serving.

DIRECTIONS

1. Blend together ingredients for vegan sour cream. A blender works, but a food processor is better. Start with ¼ cup of water, adding more as needed to get a sour cream consistency.
2. Preheat the grill or broiler to about 400-450°F (medium high to high). Cook corn, turning often, until done, about 10 minutes.
3. In a medium bowl, mix together Vegenaise, garlic, cilantro, lime juice, and salt, and ⅓ cup cashew sour cream.
4. Place corn in a bowl, spooning on the sour cream-Vegenaise mixture to coat all sides. Move to a plate. Sprinkle with extra cheese and serve with lime wedges.

LEMON HERB PESTO PASTA

Makes 2 Servings



INGREDIENTS

- 4 oz pasta, your choice, cooked per package directions (we used Kite Hill Dairy Free Tortellini)
- 1 cup shelled peas (about 1 lb pea pods)
- ¼ cup fresh basil leaves, finely chopped
- ¼ cup fresh mint leaves, finely chopped
- 2 Tbsp fresh oregano, finely chopped
- 3 cloves garlic, finely chopped
- 2 Tbsp finely chopped raw cashews
- 2 tsp lemon zest, about 1 lemon
- 2 Tbsp lemon juice
- 2 Tbsp - ¼ cup olive oil
- ⅛ tsp salt, or to taste
- ⅛ tsp pepper, or to taste
- Lemon wedges, optional

DIRECTIONS

1. Cook pasta according to package instructions. Drain, set aside.
2. Place peas in a small saucepan, add about ¼ cup of water. Bring to a simmer over medium heat. Continue to simmer for 6 minutes, or until peas are bright green and tender. Drain and set aside.
3. In a small bowl, toss together fresh herbs, garlic, cashews, and lemon zest. Add lemon juice and 2 Tbsp of the olive oil. Drizzle in more oil if desired, until pesto reaches your desired consistency. Season with salt and pepper.
4. Toss cooked pasta with herb pesto and peas. May be served hot or cold, with a wedge of lemon.



DRAGON FRUIT HIBISCUS LIMEADE

Makes 4 Servings

INGREDIENTS

- 1/2 cup dried hibiscus petals (in the bulk department)
- 1 cup organic granulated cane sugar
- 1 cup filtered water
- 2 Pitaya Foods Dragon Fruit Smoothie Packs (or
- 8 oz fresh dragon fruit)
- 1 cup fresh lime juice (about 4-6 limes)
- 2-3 cups filtered water

DIRECTIONS

1. In a small saucepan, stir together hibiscus, sugar, and 1 cup water over medium high heat. Bring to a low boil, reduce heat to medium low. Simmer for 12 minutes, or until syrup is slightly thickened. Allow to cool covered for 30 minutes, then strain out the hibiscus flowers. Store the simple syrup in a sealed container in the fridge until ready to use.
2. Place smoothie packs, lime juice, 1/2 cup hibiscus syrup, and filtered water in a blender. Blend until smooth. Taste and add more hibiscus syrup if desired. Serve over ice.

Cocktail: Add 1 1/2 oz tequila blanco to 1 cup Dragon Fruit Hibiscus Limeade. Serve over ice.

Wine Spritzer: Add 1/4 cup chilled Dragon Fruit Hibiscus Limeade to 3/4 cup chilled sparkling wine.

Leftover dragon fruit hibiscus limeade can be stored in an airtight container in the fridge for 3 days, or frozen up to 1 year.



VEGAN ICE CREAM SANDWICHES

Makes 9 Ice Cream Sandwiches

INGREDIENTS

- 1 ½ cup all purpose flour
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp kosher salt
- ½ cup vegan butter, room temperature
- ½ cup unrefined cane sugar
- ½ cup packed brown sugar
- 2 Tbsp ground chia mixed with 6 Tbsp water (vegan eggs)
- 2 tsp vanilla extract
- 1 cup vegan chocolate chips
- 2 pints dairy free ice cream

DIRECTIONS

1. In a medium bowl, sift together flour, baking powder, baking soda, and salt. Set aside.
2. In a large bowl, cream together butter and sugar until light and fluffy, about 5 minutes. Beat in vegan chia eggs and vanilla until well blended, about 1 minute. Stir in flour mixture until no trace of flour is visible. Fold in chocolate chips. Let sit at room temperature for 30 minutes, allowing flour to hydrate.
3. Preheat the oven to 350°F. Line a baking sheet with parchment or a silicone mat.
4. Spoon 2 Tbsp portions of dough onto the prepared baking sheets, leaving a few inches between each scoop for spread. Bake for 12-13 minutes, or until set. Cookies will be soft and cake like. Allow to cool on a rack completely.
5. Freeze cooled cookies for 15 minutes before assembling sandwiches. While cookies are freezing, remove ice cream from the freezer and let it soften slightly. Scoop about ¼-½ cup ice cream onto 1 cookie, place another on top, and press together gently. Enjoy immediately, or freeze in an airtight container for up to 3 months.



CHOCOLATE CREME PIE

Makes 8 Servings

INGREDIENTS

Crust

- 1 ¼ cup unbleached wheat flour
- 2 tsp organic evaporated cane sugar (optional)
- ½ tsp kosher salt
- ½ cup cold vegan butter (freeze 30 minutes before using), cut into ½-inch cubes
- ½ cup ice water
- 2 Tbsp apple cider vinegar
- Plastic wrap

Pie

- ½ cup granulated cane sugar
- ¼ cup cocoa powder
- ¼ cup cornstarch
- 1 tsp cinnamon
- ¼ tsp kosher salt
- 1 (13.5 oz) can full fat coconut milk
- 1 cup non-dairy milk
- 1 cup vegan chocolate chips
- 1 tsp vanilla paste or extract
- 1 pre-baked vegan pie crust
- Dairy free whipped cream

DIRECTIONS

1. Whisk together flour, cane sugar, and salt in a medium bowl. With a pastry blender or fork, cut in vegan butter until the mixture resembles coarse meal, with some pea sized pieces.
2. Mix vinegar into the ice water. Mix water mixture into the flour mixture 1 Tbsp at a time until dough gathers into a shaggy ball. We used about 6 Tbsp, but it will vary.
3. Wrap dough in plastic wrap and form into a thick disk with smooth edges (this will make it easier to roll out). Refrigerate at least 1 hour, but dough will keep several days in the fridge.
4. Roll out to a 12-inch circle and place in your pie plate so about an inch of dough hangs off the side. Trim to ½-inch with a sharp knife or scissors. Fold the excess dough under, and flute or crimp with a fork. Refrigerate for another 30 minutes if dough has become very soft.
5. Preheat the oven to 375°F. Line your pie crust with parchment paper or foil, and fill with pie weights, beans, or sugar. Bake for 20 minutes. Remove the weights and parchment, and dock (prick) the bottom and sides of the crust with a fork. Return to the oven another 15-20 minutes, or until pie crust is golden brown.
6. Whisk together cane sugar, cocoa powder, cornstarch, cinnamon, and kosher salt in a medium saucepan. Stir in coconut milk and non-dairy milk. Turn up the heat to medium high.
7. Whisking constantly, bring the mixture to a low boil. Turn down heat to medium, and continue cooking and stirring until very thick, about 2 to 3 minutes. Remove from heat. Stir in chocolate chips and vanilla, continue stirring until chocolate chips are completely melted.
8. Scrape the pudding mixture into the pre-baked pie crust with a spatula. Cover and refrigerate until chilled, at least 3 hours. Slice and serve with dairy free whipped cream.



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