



# Plant-Based Cook Book

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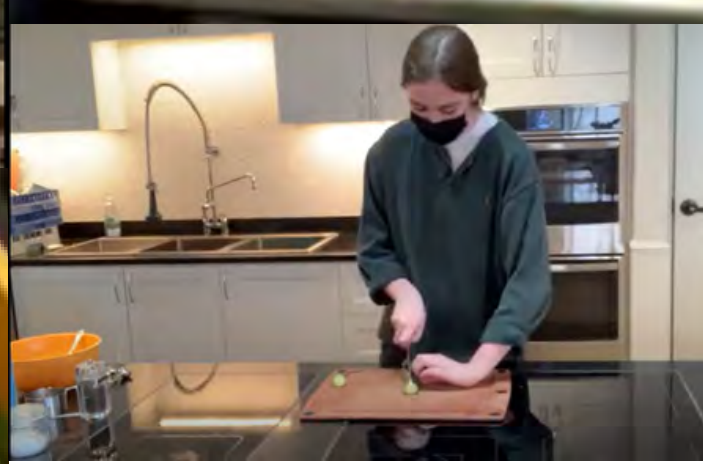
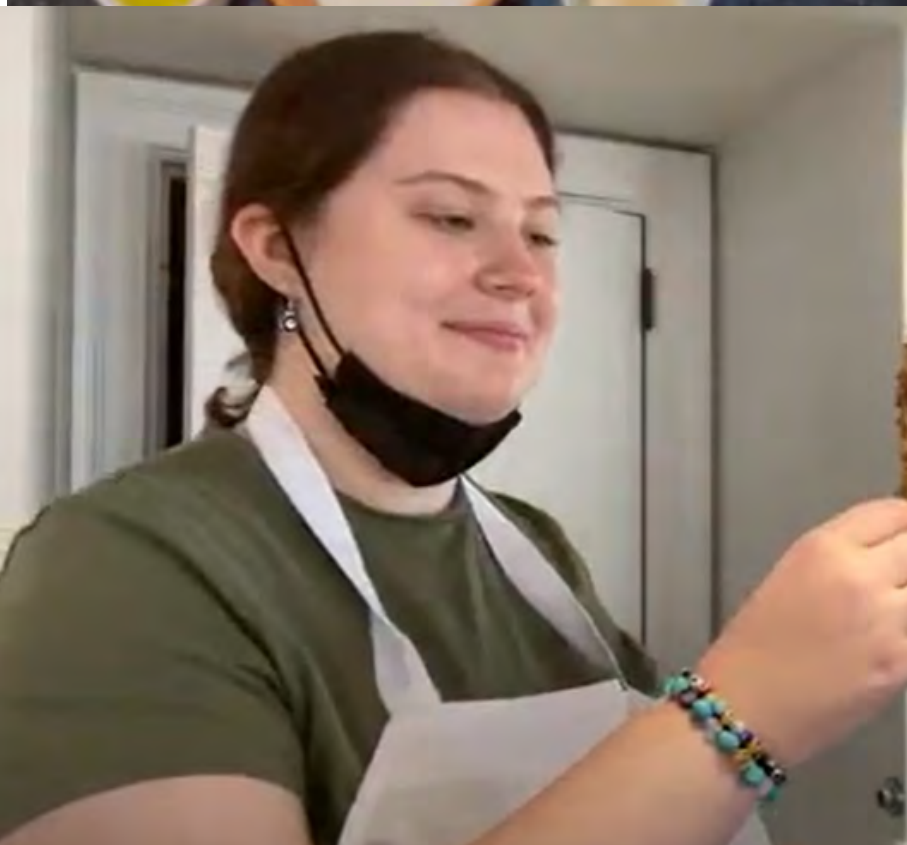
Phipps Youth Climate  
Advisory Committee



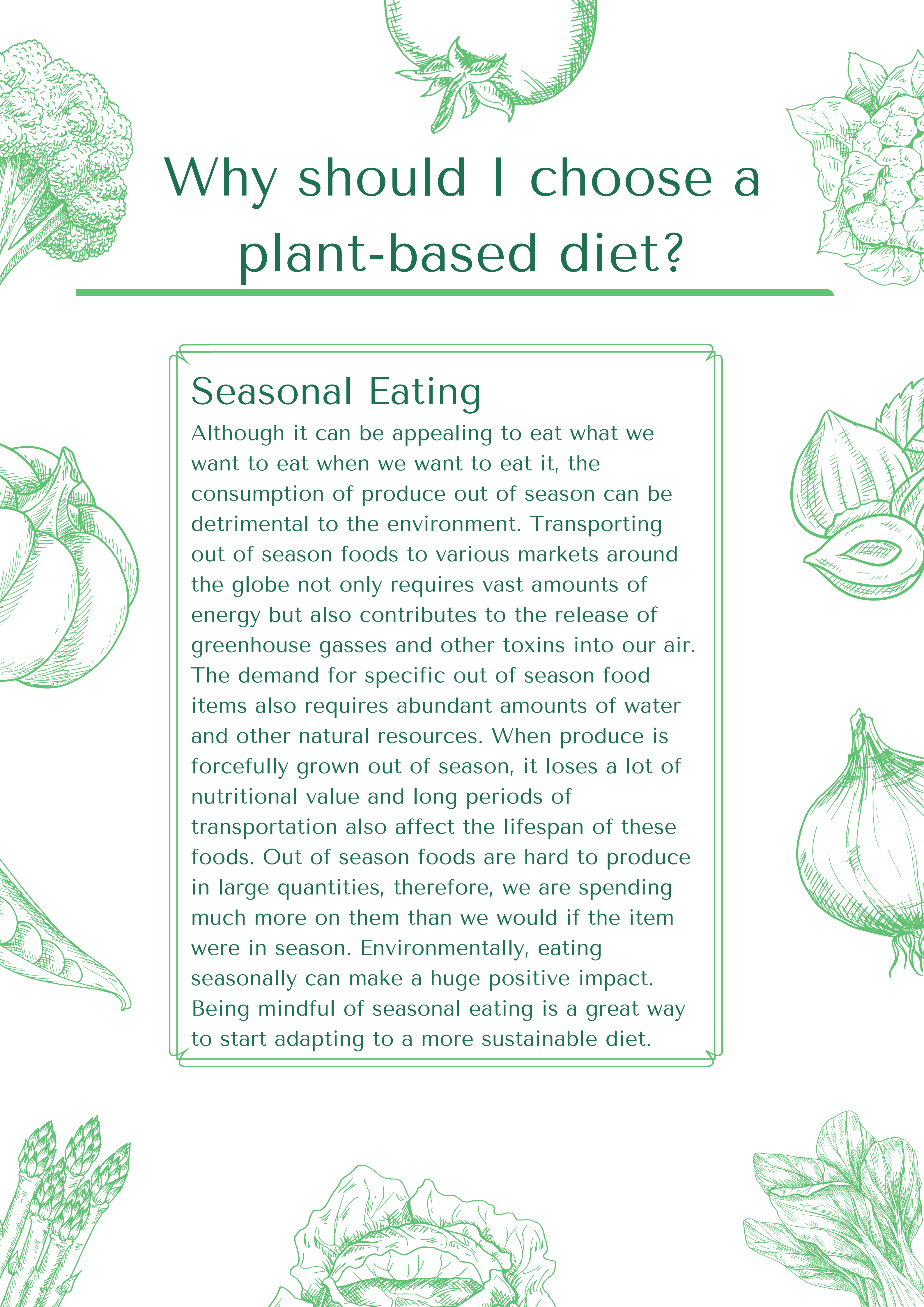
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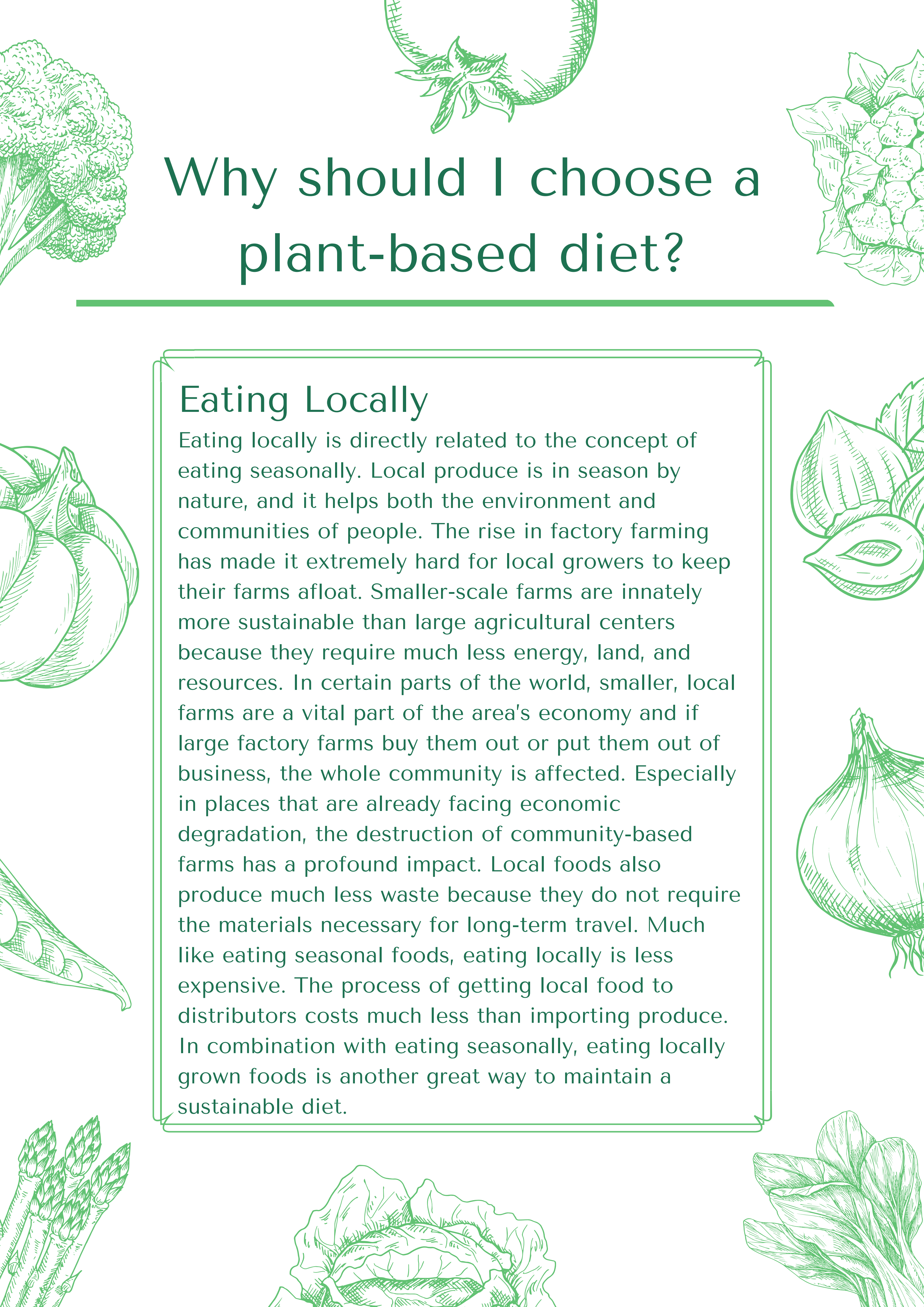


# Why should I choose a plant-based diet?

## Seasonal Eating

Although it can be appealing to eat what we want to eat when we want to eat it, the consumption of produce out of season can be detrimental to the environment. Transporting out of season foods to various markets around the globe not only requires vast amounts of energy but also contributes to the release of greenhouse gasses and other toxins into our air. The demand for specific out of season food items also requires abundant amounts of water and other natural resources. When produce is forcefully grown out of season, it loses a lot of nutritional value and long periods of transportation also affect the lifespan of these foods. Out of season foods are hard to produce in large quantities, therefore, we are spending much more on them than we would if the item were in season. Environmentally, eating seasonally can make a huge positive impact. Being mindful of seasonal eating is a great way to start adapting to a more sustainable diet.





# Why should I choose a plant-based diet?

## Eating Locally

Eating locally is directly related to the concept of eating seasonally. Local produce is in season by nature, and it helps both the environment and communities of people. The rise in factory farming has made it extremely hard for local growers to keep their farms afloat. Smaller-scale farms are innately more sustainable than large agricultural centers because they require much less energy, land, and resources. In certain parts of the world, smaller, local farms are a vital part of the area's economy and if large factory farms buy them out or put them out of business, the whole community is affected. Especially in places that are already facing economic degradation, the destruction of community-based farms has a profound impact. Local foods also produce much less waste because they do not require the materials necessary for long-term travel. Much like eating seasonal foods, eating locally is less expensive. The process of getting local food to distributors costs much less than importing produce. In combination with eating seasonally, eating locally grown foods is another great way to maintain a sustainable diet.

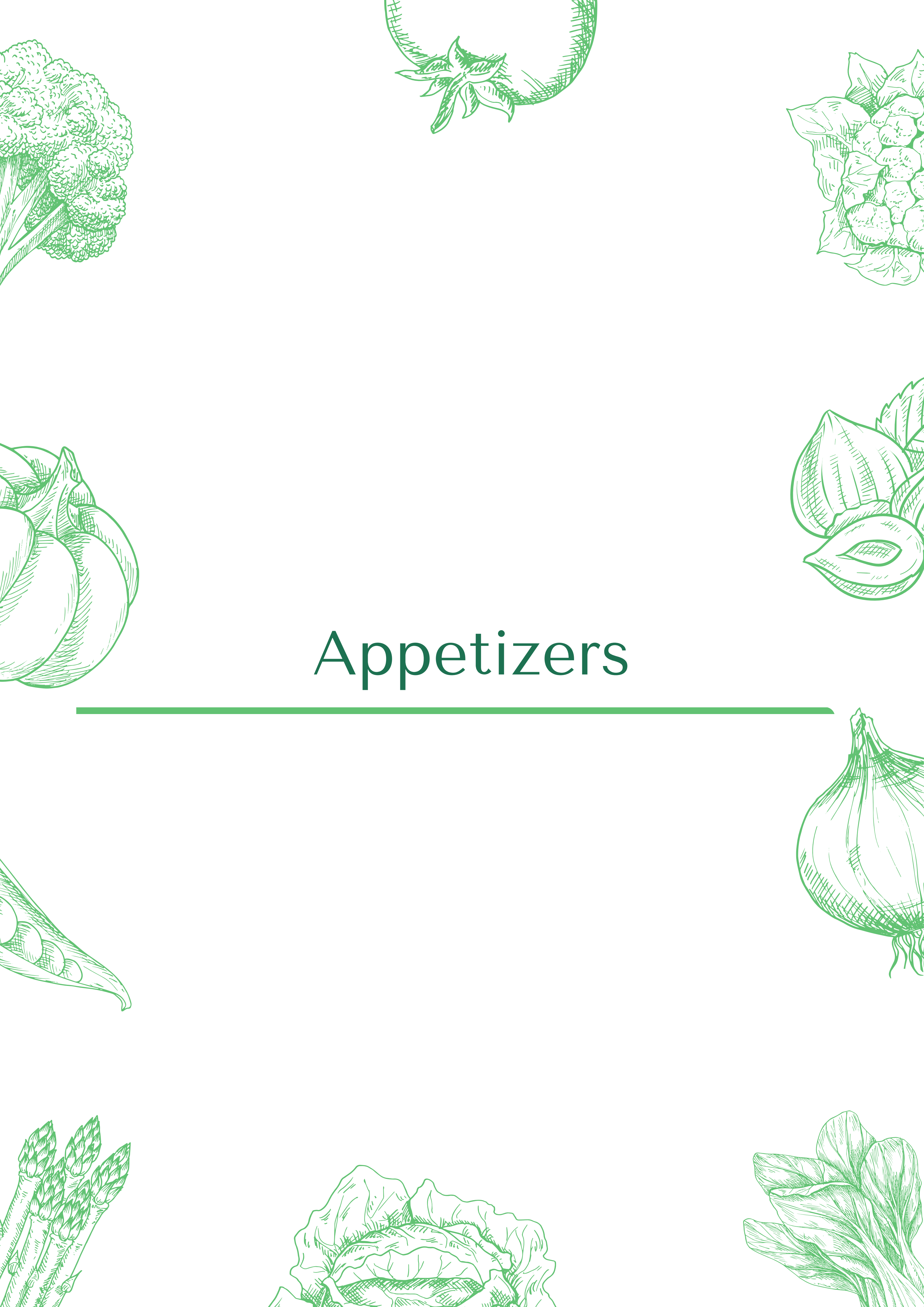




# Environmental Justice

We were motivated to create this cookbook with lower-income families in mind so that sustainable cooking can be accessible to everyone. Climate change disproportionately affects those in poverty, and we aim to give solutions for green eating that are available to a variety of consumers. It is known that natural disasters caused by global warming have unfairly harmed millions of people in developing nations. Each and every person can make a positive impact on the planet and work to right these wrongs. It is crucial that we do everything we can to prevent the environmental changes that are going to inevitably occur due to global warming. It's not possible to save this planet by ourselves; only united do we have a chance for a better future. There is only one Earth, we must protect it and all its inhabitants; starting with what we put on our plates.





# Appetizers





# Baked Zucchini Fries

## Ingredients:

- 1 cup Panko or breadcrumbs
- 1/2 freshly grated Parmesan cheese
- 1 tsp Italian seasoning
- Kosher salt and freshly ground black pepper to taste
- 4 zucchini, quartered lengthwise
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 2 tbsp chopped fresh parsley leaves



## Directions:

- Preheat oven to 425 degrees Fahrenheit. Coat a cooling rack with nonstick spray and place on baking sheet then set aside.
- In a large bowl, combine Panko, Parmesan and Italian seasoning. Season with salt and pepper to taste then set aside.
- Working in batches, dredge zucchini in flour, dip into eggs, then into Panko mixture, pressing to coat.
- Place zucchini onto prepared baking sheet and into oven for 20-22 minutes, or until golden brown.
- Serve while hot, garnished with parsley.

Source: #1







# Sweet Potato Fries

## Ingredients:

- 2 pounds of peeled sweet potatoes
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp paprika
- 1 tsp garlic powder

## Directions:

- Heat oven to 400°F
- Cut sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long then mix with oil.
- Add spices, salt, and pepper to sweet potatoes, and toss them together.
- Spread out coated sweet potatoes on baking sheets.
- Place in the oven and bake for around 15 minutes or until brown and crisp on the bottom. Flip and cook on other side for around 10 minutes.

Source: #2







# Kale and Quinoa Salad

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## Ingredients:

- 8 cups kale leaves
- 1 tbsp virgin olive oil
- 1/4 tsp salt and pepper
- 1 cup quinoa
- 1 cup cilantro leaves
- 2 1/2 tbsp lemon juice
- 1 garlic clove
- 1 red onion
- 1/4 cup dill leaves
- 1/2 cup roasted almonds

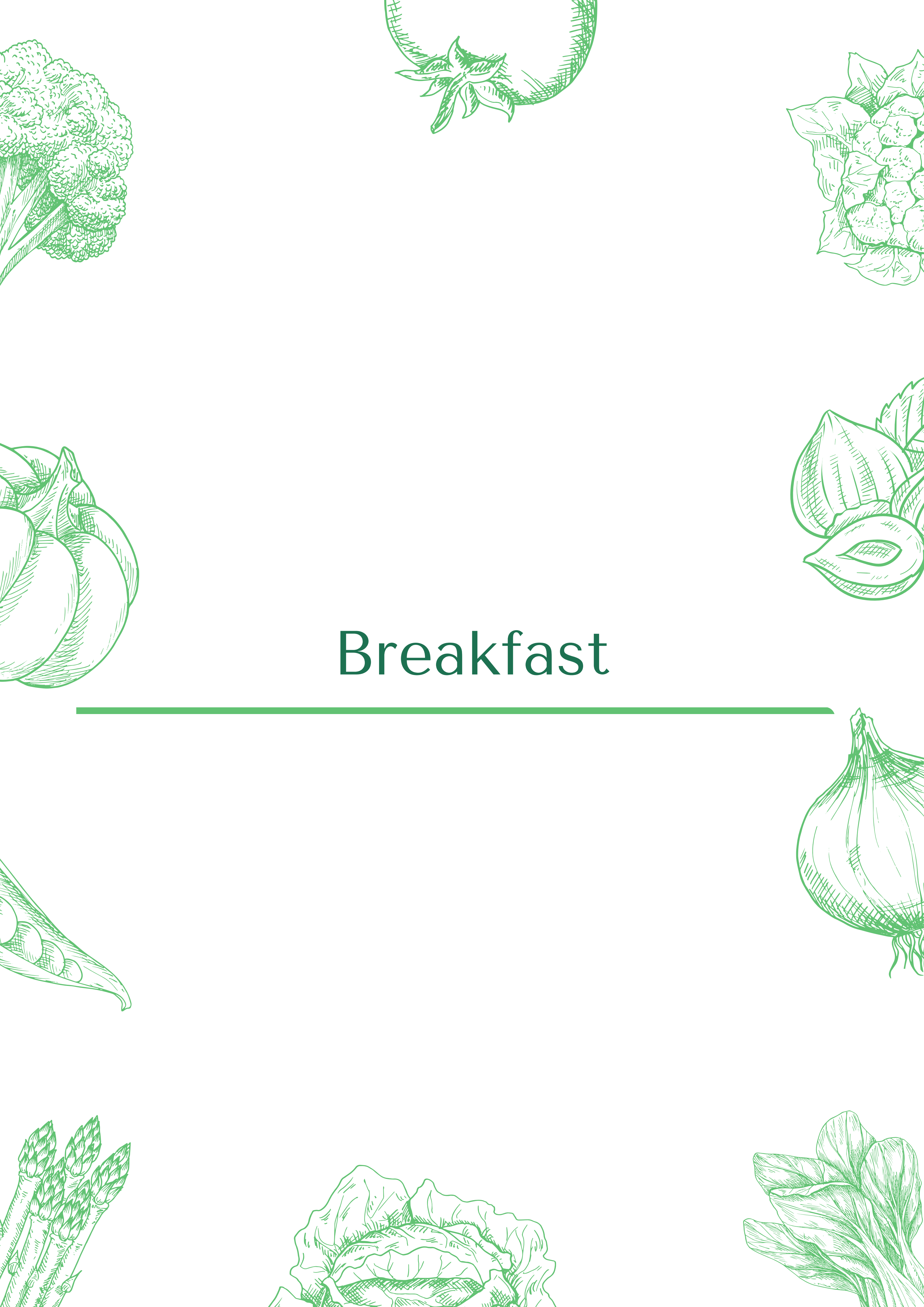
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## Directions:

- Bunch kale leaves together, slice to 1cm thickness, and add to a bowl. Drizzle olive oil and sprinkle salt and pepper on top. Mix with hands and leave for 30 minutes.
- Rinse quinoa for 30 seconds, place in a pan with 2 cups of water. Cover and allow to simmer over medium heat for 12-15 minutes until all water is absorbed. Once cooked, leave the lid on and let the quinoa cool.
- Add dill, cilantro, almonds, and lemon juice into a jar and shake well.
- Add quinoa to the bowl with kale and pour on dressing.

Source: #3





# Breakfast





# Vegan French Toast

## Ingredients:

- Heaping tbsp chia seeds
- 1 tsp ground cinnamon
- (whole or ground)
- 1/2 tsp vanilla extract
- 1/2 tbsp agave nectar or maple syrup
- 4-5 slices sturdy bread
- 1 cup unsweetened almond milk

## Directions:

- Mix all ingredients (except bread) in a large, shallow bowl and place in fridge for 20-30 minutes.
- Preheat griddle to medium heat and grease with 1 tbsp vegan butter or coconut oil.
- Dip each side of bread in the batter for about 20 seconds on each side (if batter is too thick, use milk alternative to thin, if the bread is too dry, leave it in longer).
- Place on griddle and cook both sides until golden brown.
- Top with desired toppings (ex. strawberries, coconut whipped cream, and ,of course, maple syrup).

Source: #4





# Ricotta and Banana Toast

## Ingredients:

- 2 slices of whole grain bread
- 2 tbsp part skim ricotta
- 1/8 tsp ground cinnamon
- 1/4 cup walnuts, roughly chopped
- 2 tsp honey



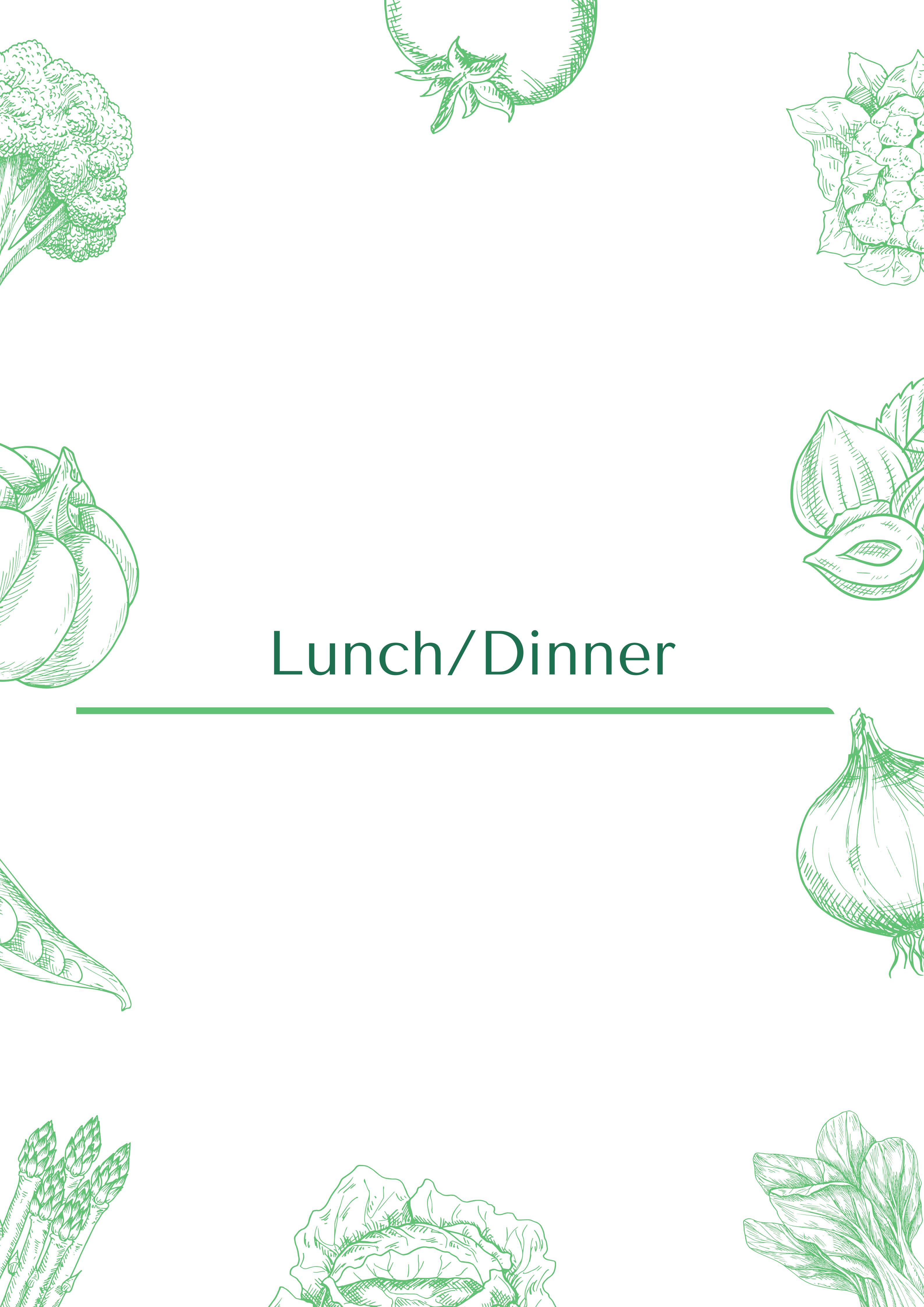
## Directions:

- Toast bread slices.
- After toasted, spread ricotta onto each slice of toast.
- Top with ground cinnamon, sliced banana, chopped walnuts, and a drizzle of honey.



Source: #5





# Lunch/Dinner

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# Veggie Pasta

## Ingredients

- 1/2 Pound Pasta
- 10 ounces fresh spinach
- 3/4 cup part-skim Ricotta cheese
- 3 tsp whole milk
- 1/4 tsp garlic powder
- olive oil
- Parmesan cheese



## Directions

- Cook the pasta according to box instructions.
- Drain well and return to the pot over low heat. Add in fresh spinach and stir to combine.
- Add ricotta cheese and milk using a spatula to gently break up the ricotta cheese.
- Stir with garlic powder (optional) and season well with salt and pepper.
- Once the spinach has wilted down and the ricotta cheese is broken down, drizzle with a bit of olive oil (optional) and finish with parmesan cheese.

Source: #7







# Vegan Banana Pancakes

## Ingredients

- 1 ¼ cups All Purpose Flour
- 2 Tbsp White Granulated Sugar
- 1 Tbsp Baking Powder
- ¼ tsp Salt
- 1 tsp Cinnamon
- ½ cup Mashed Banana (about 1 large ripe banana)
- 1 Tbsp Coconut Oil + more for frying
- ¾ cup Soy Milk (180ml) or another non-dairy milk
- 1 tsp Vanilla Extract

## Directions:

- Sift flour into a mixing bowl and add sugar, baking powder, salt and cinnamon then mix together.
- Mash banana with coconut oil in bowl Put in the mixing bowl, add soy milk and vanilla then mix.
- Heat up a pan with a little coconut oil until hot and then add in batter for your first pancake (around ¼ cup of batter at a time). When the pancake starts bubbling, flip over. Keep flipping and pushing down with your spatula until browned on both sides.
- Serve with sliced bananas and syrup for drizzling.

Source: #6





# Veggie Chickpea and Potatoes

## Ingredients

- 1 pound of potatoes (skinned and cut)
- 3 tbsp canola oil
- 1 diced onion
- 3 minced garlic cloves
- 2 tsp curry powder
- 3/4 tsp salt
- 1/4 tsp cayenne pepper
- 1(15 ounce) can low sodium chickpeas, rinsed
- 1 frozen cup of peas
- 1/2 tsp garam masala

## Directions

- Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover, and steam until tender (6 to 8 minutes). Set the potatoes aside.
- Heat oil in the pot. Pulse over medium-high heat. Add onion, stirring often, until soft and translucent (3 to 5 minutes). Add garlic, curry powder, salt, and cayenne; cook stirring constantly, for 1 minute in tomatoes and their cook for 2 minutes. transfer the mixture to a blender or food processor.
- Return the puree to the hot pot. Pulse the remaining 1/4 cup of water in the blender or the food processor to rinse the sauce residue. Add to the pot along with the reserved potatoes, chickpeas, peas, and garam masala. Cook stirring often, until hot , about 5 minutes.

Source: #8









# Vegetarian Chili



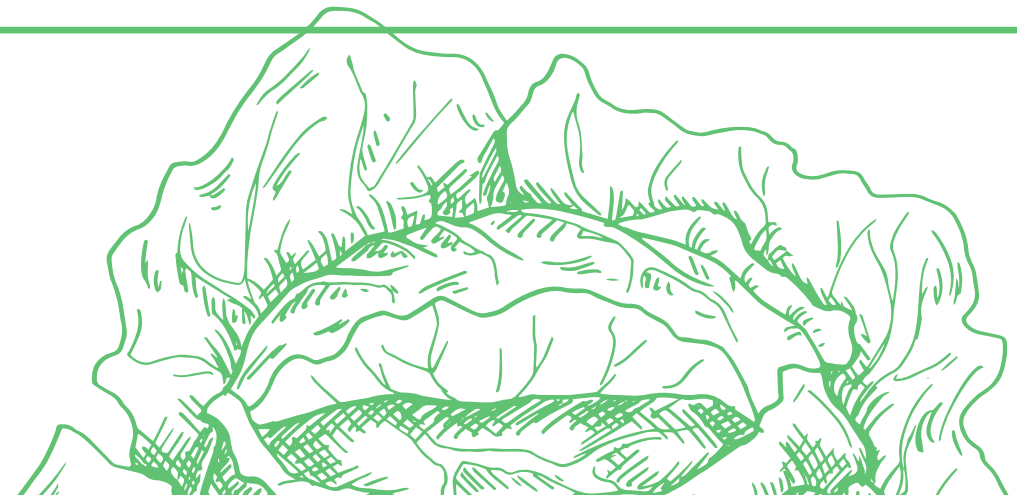

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## Ingredients

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- 2 tbsp extra-virgin olive oil
  - 1 small yellow onion, chopped
  - 2 garlic cloves, minced
  - 1 red bell pepper, diced
  - 1 (14 oz) can diced fire-roasted tomatoes
  - 1 (14 oz) can red beans, drained and rinsed
  - 1 (14 oz) can pinto beans, drained and rinsed
  - 1 cup water or broth
  - 3 chipotle peppers, canned in adobo and diced and sauce
  - 1 cup corn kernels, fresh or frozen
  - 1/2 tsp sea salt
  - freshly ground black pepper
  - 1 tbsp lime juice, with wedges for serving

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## Directions

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- Heat oil in a large pot over medium heat.
  - Add onion, salt, and pepper then stir.
  - Cook 5 minutes until the onion is translucent then add garlic and red pepper.
  - Stir and cook until soft (5 to 8 minutes).
  - Add in tomatoes, beans, water, chipotles, adobo sauce, corn, salt, and ground black pepper.
  - Cover, reduce the heat to low, and simmer for 25 minutes, stirring occasionally until chili has thickened.
  - Stir in lime juice and serve with desired toppings.

Source: #9









# Vegan Burrito Bowl

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## Ingredients

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- 1 cup quick-cook rice
  - 1 150z or 400g cans of black beans
  - 1 medium red onion
  - 2 bell peppers
  - 1 head of lettuce
  - Salsa of choice
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## Directions

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- Sear chopped peppers and onions in a skillet over medium-high heat.
  - Rinse rice in a strainer, cook as directed.
  - Wash and cut the lettuce then drain and rinse black beans. Add to skillet along with a 1/2 cup water.
  - Once everything is done cooking, assemble the burrito bowl: rice on bottom, layer on beans, top with the peppers, onions, and lettuce.
  - Season as you wish!

Source: #10







# Vegan Cold Peanut Noodle Salad

## Ingredients

### Peanut Lime Dressing

- 3 tbsp peanut butter
- 1 tbsp brown sugar
- 1 minced garlic clove
- 1/2 tsp grated fresh ginger
- 1 medium lime, juiced (2 Tbsp juice)
- 2 tsp soy sauce
- 1/4 cup neutral oil

### Salad

- 8 oz. whole wheat spaghetti
- 4 cups finely shredded red cabbage
- 2 carrots
- 1/2 bunch cilantro (about 1/2 cup chopped)
- 4 green onions (about 1/2 cup sliced)
- 1/2 cup peanuts, chopped

## Directions:

- Combine all dressing ingredients in a bowl or blender. Whisk or blend until smooth. Set aside.
- Bring a pot of water to a boil for the spaghetti. Break spaghetti in half to make it easier to stir into the salad ingredients later.
- Once water is boiling, add the spaghetti and cook until the pasta is tender.
- Drain in a colander.

Source #11







# Vegan Cold Peanut Noodle Salad

## Directions (Continued)

- Meanwhile, shred the cabbage as finely as possible using either a knife or the shredding attachment of a food processor.
- Shred carrots using a large-holed cheese grater. Roughly chop the cilantro and peanuts. Slice the green onion.
- Combine the cooled and well-drained pasta in a large bowl with the cabbage, carrots, cilantro, green onion, and peanuts. Toss the salad until the ingredients are evenly combined.
- Serve the salad and peanut lime dressing while fresh.

Source: #11





# Vegetarian Sweet Potato and Black Bean Tacos



## Ingredients

Roasted Sweet Potatoes:

- 1 to 2 medium sweet potatoes, cut into 1/2-inch cubes (about 2 cups cubed)
- 2 tbsp neutral cooking oil
- 1/2 tsp kosher salt
- 1 tsp chili powder
- 1/2 tsp ground cumin

Beans:

- 2 tbsp neutral cooking oil
- 1/2 medium yellow onion, diced (about 1/2 cup diced)
- 1/2 tsp salt
- 1 clove garlic, minced

- 1 jalapeño, stemmed, seeded, and minced

- 1 (15-ounce) can black beans, drained and rinsed
- Water as needed

To Serve:

- 10 to 12 corn tortillas
- 1/2 cup tomatillo salsa verde, homemade or store-bought
- 1 ripe avocado, sliced thin
- Fresh cilantro, roughly chopped
- Lime wedges
- 1/4 cup crumbled cotija cheese



## Directions

- Preheat oven to 425°F

Sweet potatoes:

- In a medium-sized bowl, toss the sweet potatoes with 2 tbsp oil, salt, cumin, and chili powder.

Source: #12





# Vegetarian Sweet Potato and Black Bean Tacos



## Directions (Continued)

- Spread on a baking sheet in an even layer. Bake 15 minutes, then use a spatula to flip and stir the sweet potatoes. Roast another 15 minutes or until puffed up with crisp, roasted edges.

Black Beans:

- While the sweet potatoes roast, heat 2 tbsp. oil in a medium saucepan over medium heat.
- Add the onions and 1/2 tsp. salt, and sauté until soft and translucent (5 to 7 minutes). Add the garlic and jalapeño, and sauté 2 minutes more.
- Fold in beans. Cook, stirring occasionally, until the beans are soft and seasoned (about 10 to 15 minutes).
- If beans seem dry or bottom of pan starts to sizzle, add a splash of apple cider vinegar or water as needed. Add salt to taste.

Warm the Tortillas:

- Briefly heat the tortillas one or two at a time in a dry skillet until warm. Transfer to a plate and cover with a towel to keep warm. Or warm a stack of 5 or fewer tortillas a time in the microwave, covered with a damp paper towel, in 30 second bursts until warmed through.

Serve the Tacos:

- Fill tacos with sweet potatoes and black beans. Serve with avocado slices, salsa, minced cilantro, and cotija cheese.

Source: #12







# Vegan Sushi Bowl With Spicy Cashew Mayo

## Ingredients:

### Sushi Bowl:

- 2 cups of cooked white or brown rice
- 1 cup of grated carrot
- 1 cup of diced cucumber
- 1 diced avocado
- 2 cups of peeled and cubed sweet potato
- 8 tbsp of crumbled dried seaweed sheets
- 2 cups of cooked edamame

- 4 tbsp of sesame seeds
- 1 finely chopped green onion

- Soy Sauce (optional)

### Cashew Mayo:

- 1/2 cup raw cashews
- 5 tbsp water
- 1 tbsp lime juice
- 1/2 tsp sea salt
- 2 tsp pure maple syrup
- 2 tsp soy sauce
- 1 tbsp of sriracha

## Directions:

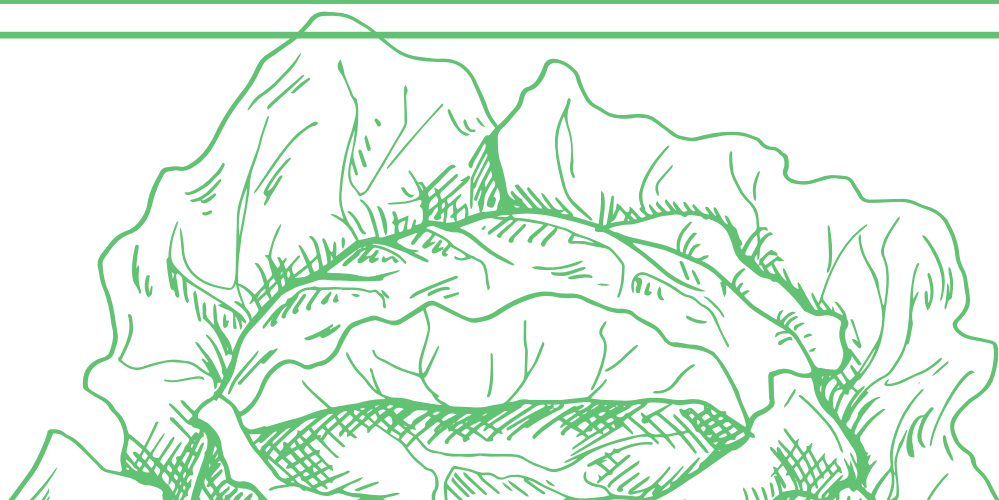
### Cashew Mayo:

- Soak the cashews in a bowl of water for at least 8 hours.
- Add cashews and all other ingredients to a blender and blend until texture is smooth.

### Sushi Bowl:

- Peel and cube the sweet potato and boil until tender.
- Grate the carrot and dice the cucumber and avocado.
- Add one scoop of rice and preferred amounts of the rest of the ingredients to a bowl.
- Sprinkle green onion, sesame seeds, and mayo/soy sauce on top.

Source: #13







# Mushroom Pasta

## Ingredients:

- 8 oz pasta of your choice
- 4 tbsp olive oil divided
- 16 oz of mushrooms, sliced
- 2 shallots, peeled and finely chopped
- 3 cloves garlic, finely chopped
- 1 tsp thyme leaves
- 1/4 tsp fine sea salt
- 2 tbsp all-purpose flour
- 400 ml milk of your choice
- 5 oz spinach
- 1/2 lemon juiced



## Directions:

- Add 2 tablespoons of olive oil to a large deep skillet and bring to medium-high heat. Cook 1/2 the batch of sliced mushrooms until browned (about 12 minutes) Transfer the mushrooms to a bowl and fry the second batch in the skillet using the same method.
- Pour all the mushrooms back into the skillet and add garlic, shallots, thyme, and salt. Cook for a few minutes until the shallots are softened.
- Add the all purpose flour to the mushrooms and cook for 2 to 3 minutes. Then add the milk, reduce the heat to a low simmer. Add the spinach and lemon juice and cover to wilt the spinach. Keep the sauce on very low heat.
- Cook the pasta according to package instructions. Scoop the pasta out of the pot and into the mushroom sauce with 2 to 3 tablespoons of reserved pasta water to thin. Mix to combine then serve.

Source: #14







# Vegan Thai Coconut Curry Soup

## Ingredients:

- 3 cups sliced mixed mushrooms
- 1 ¾ cups sliced mixed peppers
- 1 cup diced sweet onion
- 2 teaspoons chopped garlic
- ½ teaspoon sea salt
- 1 ¼ cups chickpeas , rinsed and drained
- ¼ cup chopped cilantro , measure packed
- 2-3 tablespoons red curry paste
- 2 ¼ cups light coconut milk
- 2 ¼ cup veggie broth , low sodium
- 1 tablespoons fresh lime juice
- 4 cups Asian style greens mix

## Directions:

- Sauté mushrooms, peppers, onion, garlic and salt in a soup pot with a drizzle of oil or broth until soft (about 7-8 minutes).
- Add in the chickpeas, cilantro and curry paste. Cook 2-3 minutes until everything is mixed well.
- Add in the coconut milk, broth and lime. Bring to a boil (about 5 minutes).
- Add in the greens and stir until wilted.

Source: #15







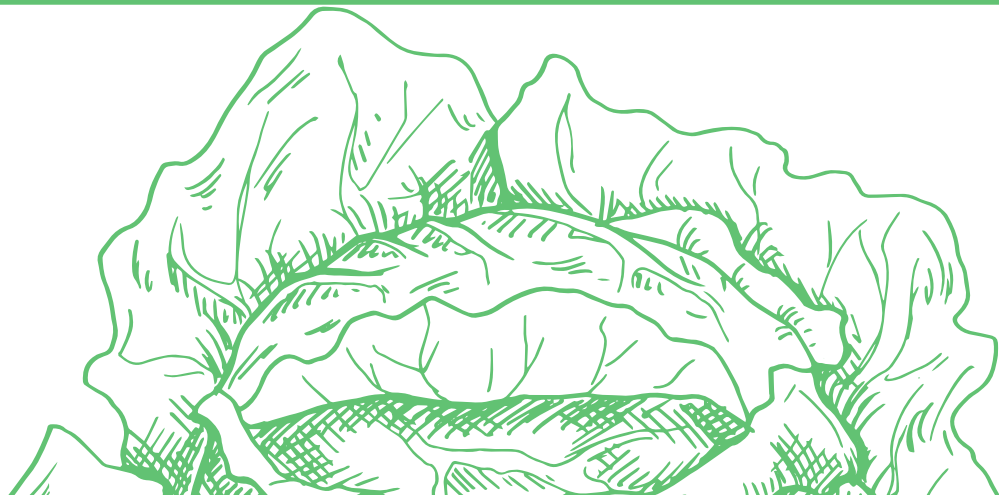

# BBQ Tofu

## Ingredients:

- 14 ounces extra firm tofu
- 2 tbsp of oil
- 1 pinch of salt
- 2 tbsp soy sauce
- 1/2 tbsp chili garlic sauce



## Directions:

- Cut the tofu into large cubes and pat dry with a towel.
  - Add the oil to a pan with tofu cubes and salt. Turn on the heat to medium-high. Cook 5 to 6 minutes until lightly browned on the bottom.
  - Briefly remove the pan from the heat to reduce spitting. Flip the tofu with chopsticks or tongs. Return the heat to medium-high and cook an additional 5 to 6 minutes until brown.
  - Meanwhile, stir together the BBQ sauce, soy sauce and chili garlic sauce.
  - Briefly remove the pan from the heat and drizzle with the sauce. Return to low heat and cook 4 minutes, turning occasionally, until sauce is thickened. Serve while hot.
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Source: #16







# Tex-Mex Pizza with BBQ Sauce

## Ingredients:

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- 1 pre-made pizza dough
  - 3 tbsp pasta sauce
  - 1 tbsp barbecue sauce
  - Hot sauce to taste
  - 1/3 cup of red onion, sliced
  - 1/2 cup sliced pepper, sliced
  - 1/4 cup canned sweet corn, drained
  - 1 cup vegan cheese
  - 1/4 avocado, sliced
  - 3 springs fresh coriander

## Directions:

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- Preheat oven to 425 degrees.
  - Roll pizza dough out on a pizza pan.
  - In a bowl, mix tomato and barbecue sauce together.
  - Add hot sauce as desired.
  - Spread sauce evenly on dough, leaving about 1/4 inch crust.
  - Place onions, peppers, and sweet corn on pizza.
  - Top with vegan cheese.
  - Bake for 15 minutes, or time according to pizza dough instructions.
  - Arrange avocado and coriander on top of pizza
  - Slice, serve, and enjoy!

Source: #17











# Vegetable Miso Noodle Soup

## Ingredients:

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- 1 tbsp toasted sesame oil
  - 1/2 cup chopped green onion (keep greens and whites separated)
  - 2 tsp freshly grated ginger
  - 2 cloves garlic, minced
  - 6 cups vegetable broth (suggested: mushroom broth)
  - 1/4 cup miso paste
  - 2-3 cups veggies of your choice (suggested: shiitake mushrooms, broccoli florets, carrots, edamame)
  - 2-4 tbsp tamari, to taste (soy sauce may also be used)
  - 4 oz brown rice noodles

## Directions:

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- Heat a medium soup pot or saucepan on medium heat. Add sesame oil, and when it's shimmering, add the white parts of the green onion, ginger, and garlic. Cook for one minute, then add broth. Bring to a boil.
  - In the meantime, place miso paste into a small bowl, add a little hot water or broth and whisk until smooth with no clumps. Set aside.

Source: #18







# Vegetable Miso Noodle Soup

## Directions (Continued):

- Add veggies of your choice to the pot and simmer for 15 minutes, or until tender. When veggies are almost tender, add the noodles. Cook for about 2 minutes, or according to instructions on noodle package.
- Once the noodles are tender, remove from heat, add green onion tops, miso mixture, and tamari and stir to combine.
- Taste and add more miso or tamari if desired. Serve hot. Garnish with sesame seeds.

Source: #18





# Mediterranean Chickpea Salad

## Ingredients:

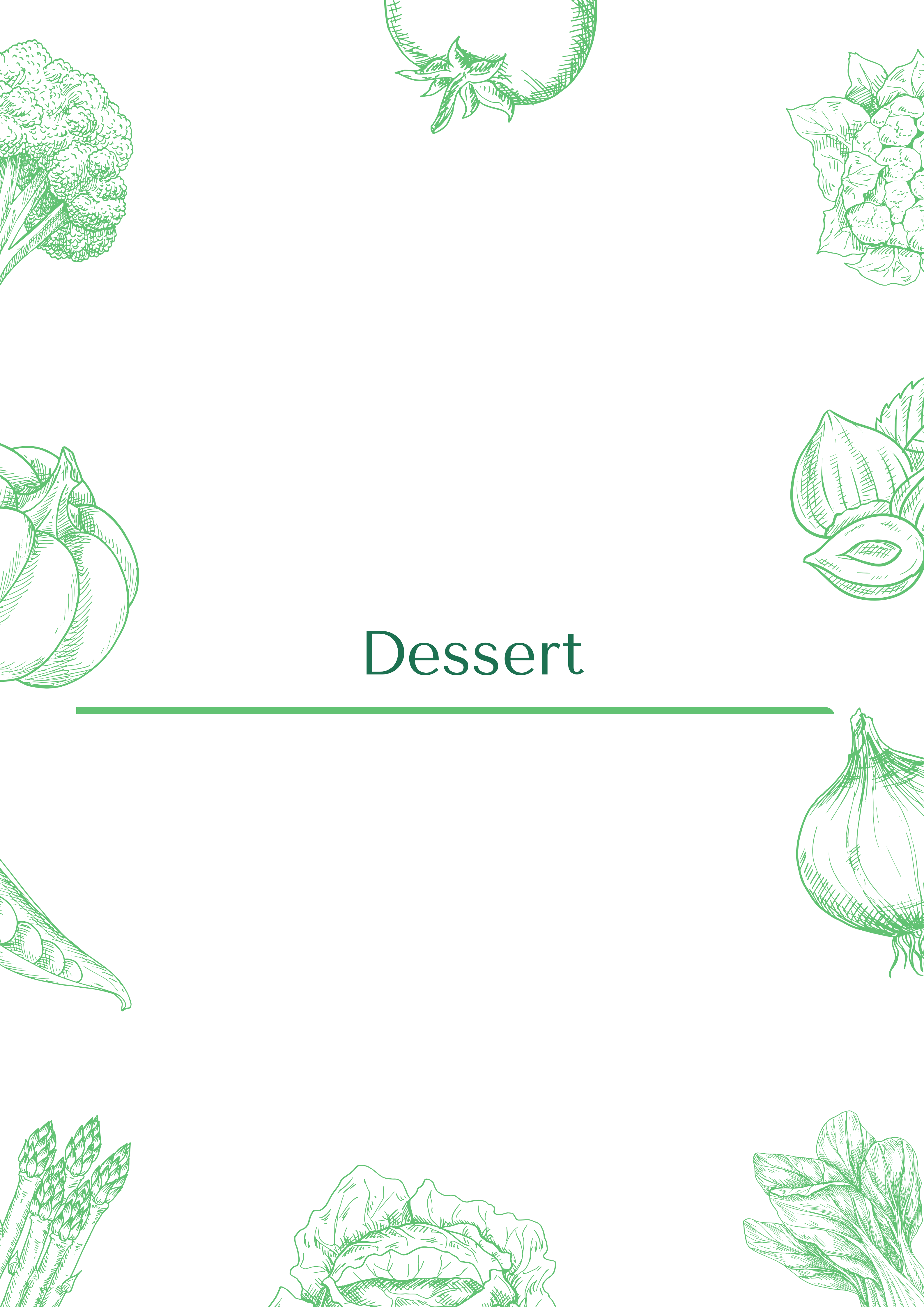
- 1 tbsp olive oil
- juice of 1 lemon
- zest of 1/2 a lemon
- 1 tbsp sea salt
- black pepper, to taste
- 4 cups cooked chickpeas
- 1 dry pint fresh tomatoes, diced
- 1 large cucumber, diced
- 1 red bell pepper, diced
- ½ red onion, diced
- ½ cup (65 g) kalamata olives, cut in half
- ½ bunch fresh parsley, finely chopped
- 2 tablespoons fresh mint, finely chopped

## Directions:

- Make the Dressing: Add the oil, lemon juice and zest, salt, and black pepper to the base of a large bowl. Whisk until emulsified.
- Add the Veggies: Toss the chickpeas, tomatoes, cucumber, bell pepper, onion, olives, parsley and mint into the bowl and mix until everything is evenly coated in the dressing. Season with additional salt and pepper, if necessary.
- Serve & Store: this Salad can be served immediately, but is best if you let it sit for 4 hours, preferably overnight. This gives the flavors a chance to mix together! Refrigerate leftovers in an airtight container for up to 6 days.

Source: #19





# Dessert

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# Vegan Chocolate Mousse

## Ingredients:

- 1 large ripe avocado
- 1 medium ripe banana
- 30g cacao powder
- 1/3 cup coconut cream
- 1 tsp vanilla essence
- 3 tbsp maple syrup
- 1 pinch sea salt

## Directions:

- Place all ingredients in your blender and blend until smooth.
- Spoon into desired bowl(s) and refrigerate for an hour or two.
- Serve and enjoy!

Source: #20







# Carrot Muffins



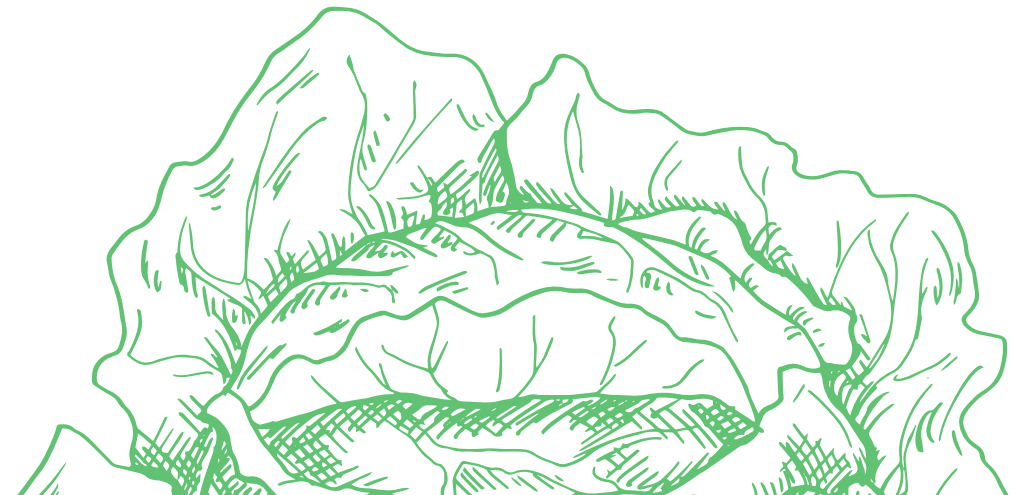

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## Ingredients:

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- 1 & 1/2 cups flour
  - 1/4 tsp salt
  - 1/2 tsp ground cinnamon
  - 1/2 tsp baking powder
  - 1/2 tsp baking soda
  - 1/2 cup granulated sugar
  - 1/2 cup brown sugar
  - 2 large eggs
  - 1/2 cup vegetable oil
  - 1 tsp vanilla extract
  - 1 & 1/2 cup grated carrots

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## Directions:

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- Preheat oven to 350 degrees. Line a 12 count muffin tin with paper liners or grease well.
  - For the batter, start by combining flour, baking powder, baking soda, salt, and cinnamon in a large-sized bowl. Whisk to combine and set aside.
  - In a separate medium bowl, whisk together eggs, granulated sugar, brown sugar, and oil. Fold in grated carrots.
  - Pour carrot mixture over dry ingredients. Mix everything together until combined with no dry flour visible.
  - Divide batter evenly into the prepared muffin tins. Bake for about 20 to 25 minutes, or until light brown on top.

Source: #21





# Lemon Olive Oil Cake

## Ingredients:

- 2 lemons
- 1/2 cup of milk of your choice
- 1/4 cup of aquafaba (liquid from chickpeas)
- 1 and 3/4 cups of flour
- 1/4 tsp of baking soda
- 1 tsp baking powder
- 1/4 tsp sea salt
- 1 and 1/2 tbsp sugar
- 1/2 cup of olive oil
- 1/2 tbsp of vanilla extract

## Directions:

- Preheat the oven to 350° and line a loaf pan with parchment paper.
- Zest the lemons to get 1 tablespoon of zest. Set aside.
- Juice the lemons to get 1/4 cup of juice and combine with the milk and set aside for 10 minutes to curdle.
- Pour the aquafaba into a bowl and mix it until foamy.
- In another bowl, add the flour, baking soda, baking powder, and salt. Whisk well until combined.
- Add half of the flour mixture into the wet ingredients and mix until combined.
- Add the remaining flour mixture and beat until almost smooth. Important: do not overmix to prevent the cake from becoming dense. The finished batter should be light and airy.
- Pour the batter into the prepared loaf pan and smooth out the top with the spatula. Bake for 35-40 minutes, until a toothpick inserted into the center top comes out clean and the top is lightly golden.
- Transfer the cake to a wire rack and cool for 15 to 20 minutes.

Source: #22





# Recipe Sources

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## Appetizers

- 1) <https://damndelicious.net/2015/04/18/baked-zucchini-fries/>
- 2) <https://cooking.nytimes.com/recipes/1014647-sweet-potato-fries>
- 3) <https://www.recipetineats.com/kale-and-quinoa-salad/>



## Breakfast

- 4) <https://minimalistbaker.com/basic-vegan-french-toast/>
- 5) <https://walnuts.org/recipe/ricotta-banana-walnut-and-honey-toast/>
- 6) <https://lovingitvegan.com/vegan-banana-pancakes/>

## Lunch/Dinner

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## Lunch/Dinner

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