

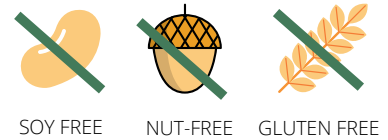
WINTER TO SPRING

VEGAN MEAL PREP



ROASTED CAULIFLOWER CHOWDER

Full of hearty veggies and soothing broth, this vegan Roasted Cauliflower Chowder recipe will be sure to keep you warm and satisfied during the colder months!



Prep Time: 10 minutes

Total Time: 50 mins

Serves: 6

1 large head cauliflower
3 cloves garlic
1 tablespoon olive oil
3 tablespoons vegan butter
1 onion, chopped
2 carrots, chopped
2 celery stalks, chopped
1/2 teaspoon thyme
1 bay leaf
1/4 cup flour (GF if necessary)
4 cups vegetable broth
1 1/2 cup unsweetened non-dairy milk
1/2 cup nutritional yeast
Salt and pepper

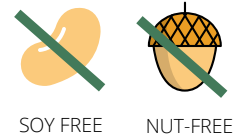
FAITH'S TIP

To make this soup gluten-free, use gluten-free all purpose flour. To make this soup soy free, use unsweetened almond, cashew or oat milk. To make this soup nut free, use soy or oat milk!

- 1.** Start by preheating your oven to 400F and lining a baking sheet with a silicone baking mat or parchment paper or greasing it with cooking spray.
- 2.** Roughly chop up the head of cauliflower into florets and spread them onto your baking sheet. Add on the cloves of garlic and drizzle everything with about a tablespoon of olive oil. Stir to coat. Roast the cauliflower and garlic for about 20-25 minutes, stirring halfway through, or until soft and slightly charred.
- 3.** While the cauliflower is roasting, place a large pot over medium heat. Melt the vegan butter and sauté the onion until soft and translucent, about 2-3 minutes. Add in the chopped up carrots and celery and cook for another 5 minutes, stirring occasionally.
- 4.** Once the cauliflower and garlic are done roasting, roughly chop up the cauliflower and mince the roasted garlic cloves. Add them, along with the bay leaf and dried thyme, to the pot.
- 5.** Sprinkle the flour over top of the vegetables and cook until the flour disappears. Pour in the vegetable broth and stir everything together. Bring the mixture to a simmer and allow everything to simmer for 10 minutes.
- 6.** Lastly stir in the non-dairy milk and nutritional yeast and season liberally with salt and freshly ground black pepper. I've found this soup can use a good bit of salt so don't be shy!
- 7.** If desired, you can use an immersion blender to blend part of the soup so that it's more creamy and smooth.

ORANGE CRANBERRY MUFFINS

Studded with tart cranberries and fresh orange zest, these whole grain Vegan Cranberry Orange Muffins are a light and refreshing way to start the day!



Prep Time: 15 minutes
Total Time: 35 minutes
Serves: 12

6 tablespoons aquafaba*
3/4 cup unsweetened applesauce
1/3 cup sugar
1/4 cup non dairy milk
1/4 cup oil
1/3 cup orange juice
1/4 cup maple syrup
2 tablespoons orange zest
1 1/2 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon sea salt
1 cup whole wheat flour
1 cup oat flour
Optional: Fresh or dried
cranberries

- 1.** Preheat your oven to 375F/190C and grease 12 muffin cups with cooking spray or line them with silicone muffin liners. Set the muffin pan aside.
- 2.** In a mixing bowl, whisk together the first 11 ingredients, from the aquafaba to the sea salt. Allow the mixture to foam for 5 minutes. This is the baking soda reacting with the orange juice.
- 3.** Add in the whole wheat flour and oat flour and stir just until combined.
- 4.** Lastly, gently fold any any optional mix-ins.
- 5.** Divide the batter evenly among the 12 standard muffin cups.
- 6.** Bake the muffins for 18-20 minutes or until they are slightly golden on top and a toothpick inserted into the center comes out clean.
- 7.** Allow the muffins to cool for a few minutes in the pan before removing them and allowing them to cool completely on a wire rack.
- 8.** Store the muffins in an airtight container at room temperature for a couple of days or in the fridge for up to a week.

FAITH'S TIP

*Aquafaba is the liquid from a can of chickpeas.

Also, you can swap the orange juice and zest for lemon juice and zest to make lemon muffins!

INSTANT POT BERRY COMPOTE

Made with only 4 ingredients and three minutes of cooking time in a pressure cooker, this Instant Pot Berry Compote is a great condiment to dollop on pancakes, oatmeal or toast all throughout the week!



NUT-FREE



GLUTEN FREE



SOY FREE

Prep Time: 5 minutes

Total Time: 40 minutes

Serves: 8

3 cups frozen berries
1/4 cup coconut sugar
2 tablespoons water
1 tablespoon corn starch

- 1.** Place the frozen berries, coconut sugar and water in the bottom of your pressure cooker and stir briefly to combine.
- 2.** Place the lid on the pressure cooker and set the valve to seal. Cook on manual for 3 minutes.
- 3.** After the three minutes, cancel the pressure cooker and allow the berries to rest for 10 minutes with the lid on.
- 4.** After 10 minutes, remove the lid, turn on the sauté function and whisk in 1 tablespoon of corn starch. Continue whisking the berries for about 2-5 minutes until the mixture thickens.
- 5.** Turn off the sauté function and allow the berries to cool a little bit before pouring them into a sealable jar. Once cool, seal the jar and store the compote in the fridge.
- 6.** Use the compote as a "syrup" for pancakes, a topping for oatmeal or a jam for sandwiches! If it becomes too thick after cooling in the fridge, you can thin it out with a little water and/or reheat it.

VEGAN "HONEY" MUSTARD DRESSING

Raw cashews, tangy mustard and sweet maple syrup get blended until smooth to create this Vegan "Honey" Mustard Dressing.



GLUTEN FREE SOY FREE

Prep Time: 1 hour

Total Time: 1 H, 5 minutes

Serves: 8

3/4 cup raw cashews, soaked
1/2 cup yellow mustard
2 tablespoons maple syrup
1/2 teaspoon garlic powder
1/2 cup water

- 1.** Drain the cashews after soaking and place them into a blender with the remaining ingredients.
- 2.** Blend until smooth, adding more water as necessary. Taste and adjust the flavor if desired, adding more mustard for tanginess or maple syrup for sweetness.

* Other items prepared in this meal prep video were quinoa, kale and a sheet of roasted vegetables!

PLANT BiASED

If you want to try out more of my all-time favorite recipes -- plus some eBook exclusives! -- be sure to check out my Plant Biased eBook. It contains more than 80 of my favorite plant-based recipes in addition to tips on how to transition to a more plant-based diet!

Here's what's included:

- Plant based protein sources
- How to transition to a more plant-based diet
- My pantry staples
- 20 sweet & savory vegan breakfast recipes
- 22 vegan lunch & dinner recipes
- 6 vegan snack recipes
- 6 vegan bread recipes
- 11 vegan condiment recipes
- 15 vegan dessert recipes
- 9 vegan drink recipes



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About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



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