



31

ALL-TIME

greatest  
Eats!



# Meet Faith



I'm Faith, aka "The Conscientious Eater"

I'm a plant-eating, mom of two littles who is currently living in the wonderful city of Kuala Lumpur, Malaysia!

In 2013, I went vegan cold-turkey after watching the Forks Over Knives documentary! Later that year, I started The Conscientious Eater to share my recipes with the world.

The vast majority of my recipes are easy to make, use ingredients that you can read (think whole foods), and can be made by anyone!

For my main dishes and sides, I focus on well-balanced meals that have a protein, carb, fat, and either fruit or veggies. Oh! And yes, I think dessert absolutely has a place in a well-balanced diet!



Whether you're an absolute beginner in plant based healthy eating or you're looking for more inspiration to spice up your vegan meals, my cookbook *Plant Biased* will be the one indispensable cookbook you'll always want on hand in the kitchen!

It contains over 90 of my favorite, go-to vegan recipes, a beginners guide to eating a plant-based diet and beautiful photos of each of the recipes.

**My Cookbook** | Plant Biased



# Table of Contents

---

## Breakfast

- 04 5 Super-Simple Vegan Overnight Oats
- 06 Brownie Batter Chocolate Baked Oatmeal
- 08 Whole Wheat Vegan Banana Pancakes
- 10 Marmite Avocado Toast
- 12 Healthy Chocolate Muffins
- 14 Vegan Lemon Scones
- 16 Easy Tahini Granola

## Main Dish

- 18 Best Vegan Enchiladas Recipe!
- 20 Quick and Easy Vegan Miso Noodles
- 22 Vegan Three Bean Chili
- 24 Vegan Chickpea "Tuna" Salad
- 26 Buffalo Chickpea Salad
- 28 Tomato Zucchini Soup
- 30 Peanut Butter Sweet Potato Curry

## Condiments

- 32 Tahini "Crack" Sauce
- 34 Vegan Caesar Dressing
- 36 The Best Hummus Recipe
- 38 Vegan Nacho Cheese Sauce

## Desserts

- 40 Super-Fudgy Sweet Potato Brownies
- 42 Bakery-Style Chocolate Chip Cookies
- 44 Lemon Loaf Cake

## Drinks

- 46 Homemade Oat Milk
- 48 Dairy-Free Indian Chai
- 50 Simple Chocolate Syrup & Homemade Chocolate Milk
- 52 Refreshing Green Smoothie

## Snacks

- 54 Sweet and Spicy Roasted Cashews
- 56 Oatmeal Date Granola Bars
- 58 5 Ingredient Energy Bites

## Bread Recipes

- 60 Easy Whole Wheat Artisan Bread
- 62 Whole Wheat Sandwich Bread
- 64 Whole Wheat No-Yeast No-Rise Pizza Dough

**66 Plant Biased** + Amazon Reviews

**68 About The Conscientious Eater**

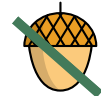




# 5 Super-Simple Vegan Overnight Oats Recipes



SOY-FREE



NUT-FREE



GLUTEN-FREE

Made the night before with just a handful of wholesome ingredients, overnight Oats are a refreshing and nourishing way to start your day!

**Prep Time:** 5 minutes

**Total Time:** 8 hours 5 mins

**Serves:** 1

## DOUBLE CHOCOLATE

1 tablespoon cocoa powder  
2-3 teaspoons liquid sweetener  
1 tablespoon cacao nibs or chocolate chips

## LEMON BLUEBERRY

Zest of half a lemon  
2-3 teaspoons maple syrup  
Handful of fresh or frozen blueberries

## CINNAMON APPLE

1/2 apple, grated  
A dash of cinnamon  
Optional: 2-3 teaspoons maple syrup  
Day of topping (optional): chopped walnuts

## PB&J

1 1/2 tablespoons strawberry jam  
Day of topping: 1 tablespoon peanut butter  
(or sun butter for a nut free option!)

## MANGO COCONUT

1 tablespoon desiccated coconut  
(or coconut cream)  
1/2 mango, cut into small pieces (or puréed)  
A dash of cinnamon  
A dash of ground ginger  
Optional: 2-3 teaspoons maple syrup

1. Into 5 different mason jars, combine 1/2 cup of rolled oats, 1 tablespoon of chia seeds, a pinch of salt and 3/4-1 cup of non-dairy milk. If you want thicker overnight oats, just use 3/4 cup of milk.
2. Next, to each jar stir in the ingredients needed for whichever flavor you desire, excluding the "day of toppings" which you'll add the morning you eat that flavor.
3. Seal the jars and store them in the fridge for up to 5 days!
4. Overnight oats can be soy, nut and gluten-free if desired. Just be sure to use certified gluten-free oats as well as soy/nut-free non-dairy milk!

## BASE RECIPE

1/2 cup rolled oats  
1 tablespoon chia seeds  
Pinch of salt  
3/4 - 1 cup non-dairy milk



# Brownie Batter Baked Oatmeal

Enjoy chocolate for breakfast with this hearty, naturally sweetened Vegan Brownie Batter Baked Oatmeal!



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 10 minutes

**Total Time:** 45 minutes

**Serves:** 6

1 flax egg\*  
 1 cup mashed banana  
 (from 2-3 ripe bananas)  
 1/3 cup cocoa powder  
 1/4 cup nut butter\*\*  
 1/4 cup maple syrup  
 1 teaspoon vanilla extract  
 1 teaspoon baking powder  
 1/2 teaspoon cinnamon  
 1/2 teaspoon sea salt  
 1 3/4 cups non-dairy milk  
 3 cups rolled oats

## FAITH'S TIPS

\* To make a flax egg, whisk together 1 tablespoon of ground flaxseed with 3 tablespoons of water. Set the mixture aside to thicken.

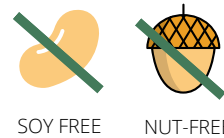
\*\*I like to use black or white tahini, but any nut or seed butter will work great!

1. Preheat your oven to 375°F / 190°C.
2. Grease a 8x8 inch baking dish or 9 inch cake pan. Set aside.
3. In a small bowl, whisk together 1 tablespoon ground flaxseed with 3 tablespoons water. Set aside to thicken. This will be your "egg."
4. In a mixing bowl, mash your bananas.
5. To the bananas, add in the thickened flax egg, cocoa powder, nut butter, maple syrup, vanilla, baking powder, cinnamon and salt. Whisk everything together until a uniform batter forms.
6. Next whisk in the non-dairy milk until smooth.
7. Add in the 3 cups of old-fashioned rolled oats and stir until combined.
8. Pour the batter into your prepared baking dish and bake for about 25-35 minutes or until cooked through.
9. Serve warm with more maple syrup, nut butter and non-dairy milk!





# Whole Wheat Banana Sheet Pan Pancakes



Made with whole wheat flour and sweetened naturally with banana and maple syrup, these Whole Wheat Vegan Banana Pancakes are a healthy start to the day!

**Prep Time:** 10 minutes  
**Total Time:** 30 minutes  
**Serves:** 8

2 flax eggs\*  
2 ripe bananas, mashed  
1 3/4 cups non-dairy milk  
2 tablespoons coconut oil,  
melted  
1 tablespoon maple syrup  
2 teaspoons baking powder  
1 teaspoons baking soda  
1/2 teaspoon salt  
2 cups whole wheat flour

- 1.** Preheat your oven to 425F/218C and line a quarter sheet pan (or a 9x13 inch baking dish) with parchment paper or grease it liberally with cooking spray.
- 2.** Prepare your flax eggs by whisking 2 tablespoons of ground flaxseed with 6 tablespoons of water. Set the "eggs" aside to thicken.
- 3.** In a large mixing bowl, mash the ripe bananas. Add in the remaining wet ingredients, baking powder, baking soda, salt, and thickened flax eggs. Whisk everything together until fairly smooth.
- 4.** Lastly stir in the whole wheat flour.
- 5.** Spread the batter evenly into your prepared baking dish and bake for 14-17 minutes. Allow the pancakes to cool for a few minutes in the pan before using the parchment paper to lift the sheet of pancakes onto a wire rack to cool.
- 6.** Slice and enjoy warm or allow the pancakes to cool completely before freezing.

## FAITH'S TIP

\*To make 2 flax eggs, whisk together 2 tablespoons of ground flaxseed with 6 tablespoons of water. Set the mixture aside to thicken.



# Marmite Avocado Toast

Jazz up your basic avocado toast with some Marmite and sautéed mushrooms! Trust me, once you make avocado toast this way, you won't ever look back!



SOY-FREE



NUT-FREE

**Prep Time:** 10 minutes

**Total Time:** 20 minutes

**Serves:** 2 servings

1 teaspoon Olive oil  
8 ounces button mushrooms  
4 slices bread  
1 ripe avocados mashed  
1 tablespoon Marmite  
Salt pepper and chili flakes

- 1.** In a sauté pan, heat some olive oil over medium-high heat.
- 2.** Wash your mushrooms by rubbing a damp towel over the tops to remove any dirt. Slice the mushrooms.
- 3.** Cook the mushrooms in the olive oil in a single layer until browned on one side. Turn them over and cook until browned on the other side. Season with salt and pepper.
- 4.** While the mushrooms are cooking, toast your bread.
- 5.** After your bread has toasted, spread a thin layer of Marmite on each slice. Next spread on a fairly thick layer of mashed avocado.
- 6.** Top the toast with the sautéed mushrooms and season with chili flakes, black pepper and more salt if desire. Just remember Marmite is really salty!

## FAITH'S TIPS

You may want to use up to 2 avocados.

You may also want to use more Marmite!



# Chocolate Breakfast Muffins

Made with a base of whole grains and naturally sweetened, these healthy, jumbo Chocolate Breakfast Muffins are an awesome way to start your day!



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 15 minutes

**Total Time:** 30 minutes

**Serves:** 6 muffins

2 flax eggs  
 1 cup mashed banana  
 ½ cup non-dairy milk  
 ¼ cup maple syrup  
 ¼ cup coconut oil  
 1 teaspoon vanilla  
 1 teaspoon baking powder  
 1 teaspoon baking soda  
 ¼ teaspoon salt  
 ½ cup cocoa powder  
 1 ¾ cup oat flour  
 ½ cup almond flour  
 Optional: 1-2 handfuls dairy  
 free chocolate chips

## FAITH'S TIPS

**2 flax eggs** is 6 tablespoons warm water + 2 tablespoons ground flaxseed

**1 cup mashed banana** is about 3 super ripe bananas

1. Preheat your oven to 350 °F and grease 6 jumbo muffin cups or ramekins\* with oil or cooking spray.
2. Prepare your flax eggs by whisking together 2 tablespoons of ground flaxseed with 6 tablespoons of warm water. Set the mixture aside to thicken.
3. I usually just make this recipe using one bowl. So in a large mixing bowl, stir together all of the wet ingredients, from the mashed banana to the vanilla. Add in the thickened flax egg and combine.
4. Add the remaining dry ingredients into the wet ingredients and stir until just combined.
5. Divide the batter evenly among your 6 prepared muffin cups.
6. Bake the muffins for about 30 minutes or until set and a knife inserted into the center comes out clean.\*
7. Allow the muffins to cool for awhile in the pan before removing and allowing them to cool the rest of the way on a wire rack.
8. Store in an airtight container in the fridge for up to 3 days.
9. When ready to eat, reheat a muffin and pair it with your favorite nut butter, fruit, etc.

\* I haven't tried it yet, but I'm sure you can bake these muffins in standard muffin cups. You will just want to decrease the baking time. My guess would be to bake them for around 18-22 minutes!

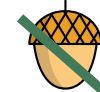


# Easy Vegan Lemon Scones

Made with minimal ingredients and infused with lemon zest, this Easy Vegan Lemon Scone Recipe is a delicious and easy breakfast or afternoon tea treat!



SOY-FREE



NUT-FREE

**Prep Time:** 15 minutes

**Total Time:** 35 minutes

**Serves:** 8 scones

1 cup + 2 tablespoons  
non-dairy milk

2 tablespoon lemon juice

½ cup coconut oil chilled

3 cups flour

⅓ cup sugar

1 tablespoon baking powder

1 teaspoon salt

½ teaspoon baking soda

2 tablespoons lemon zest

## LEMON GLAZE

¾ cup powdered sugar

1-2 tablespoons lemon juice

## FAITH'S TIPS

These scones taste best straight out of the oven or eaten the day they are baked.

If you have leftovers, they can be stored in an airtight container for 1-2 days.

1. Preheat your oven to 400 °F.
2. Line a baking sheet with parchment paper or silicone baking mat.
3. In a smaller bowl, mix together the non-dairy milk and 2 tablespoons of lemon juice and set it aside.
4. If your coconut oil isn't hard, measure out 1/2 cup of coconut oil and place it in the freezer until ready to use.
5. In a mixing bowl, whisk together the flour, sugar, baking powder, salt, baking soda and lemon zest. Add in the chilled coconut oil and using a fork, cut the oil into the flour mixture until a coarse meal forms.
6. Gradually add the lemon juice and milk mixture to the flour mixture and stir until a moist dough forms. Add more non-dairy milk if necessary to get all the flour to combine into the dough.
7. Pour the dough out onto lightly floured work surface and knead the dough briefly.
8. Form the dough into 1-inch-thick round. Cut the dough into 8 wedges and then carefully pull the wedges apart and place them on your prepared baking sheet 2 inches apart from each other.
9. Bake the scones until the tops of the scones are slightly golden brown, about 18-20 minutes.
10. Remove the scones from the oven and allow them to cool for a few minutes while you prepare the lemon glaze.
11. To make the lemon glaze, whisk together the ¾ cup of powdered sugar with 1 tablespoon of lemon juice. Continue adding lemon juice 1 teaspoon at a time until you get a thick, yet spreadable consistency.
12. Cover the top of each scone with the lemon glaze until all the glaze has been used up.
13. Serve immediately.





# Easy Tahini Granola

Sweetened with maple syrup and full of crunchy clusters, this Easy Tahini Granola is the perfect way to start your day!



SOY FREE



GLUTEN FREE

**Prep Time:** 10 minutes

**Total Time:** 30 minutes

**Serves:** 14 servings

1/4 cup tahini

1/4 cup coconut oil, liquid

1/2 cup maple syrup

1 teaspoon cinnamon

1/2 teaspoon salt

4 cups rolled oats

1 1/2 cups seeds/chopped nuts

Optional: 1/2 cup add-ins

(dried fruit, chocolate chips,  
etc.)

- 1.** Preheat your oven to 350 degrees and spray a baking sheet with cooking spray. Set it aside.
- 2.** In a large mixing bowl, whisk together the tahini, coconut oil, maple syrup, cinnamon and salt until smooth.
- 3.** Add in the oats, nuts and seeds and stir well until all of the oat mixture has been well coated in the tahini sauce.
- 4.** Dump the oat mixture onto your prepared baking sheet and use a spatula to spread it out into an even layer. Use the spatula to press down on the oat mixture so that the oats start to stick together.
- 5.** Bake the granola towards the top of the oven for 10 minutes. Then move the baking sheet to the bottom of the oven and allow it to bake for another 8-12 minutes or until golden brown on top.
- 6.** Remove the tray from the oven and allow the granola to cool completely before breaking it into clusters and storing it in an airtight container.

## FAITH'S TIP

The key to getting clusters in your granola is patience! Letting the granola cool completely allows the oats to harden together, creating large, crunchy clusters!



# Cheesy Vegan Enchiladas

This surprisingly delicious vegan enchiladas recipe is a healthy take on a traditional comfort food that your family will love.



NUT-FREE

**Prep Time:** 30 minutes

**Total Time:** 50 minutes

**Serves:** 8

## TEMPEH "MEAT"

2 tablespoons olive oil  
 1 block tempeh  
 1/2 onion, chopped  
 3 cloves garlic, minced  
 1 14.5 oz can black beans,  
 drained and rinsed  
 2 teaspoons ground cumin  
 1 teaspoon paprika  
 1/4 teaspoon liquid smoke  
 2 tablespoons less-sodium  
 soy sauce  
 Salt to taste

## ENCHILADAS

1 1/2 - 2 cups shredded vegan  
 cheese, divided  
 8 tortillas (GF if necessary)  
 2 cups enchilada sauce  
 (I love [this recipe!](#))

## SERVING SUGGESTIONS

Shredded lettuce, salsa, vegan  
 sour cream, guacamole,  
 cilantro, etc.

**1.** In a large skillet, heat the olive oil over medium heat. While the oil is heating, prepare the tempeh mixture. If you have a food processor, rip the block of tempeh into smaller chunks and place it in your food processor. Pulse the tempeh until it is the size of ground beef. If you don't have a food processor, just cut or crumble the tempeh into small pieces.

**2.** Once the oil is hot, add in the chopped onion and sauté until translucent. Add in the minced garlic and tempeh and cook until the tempeh starts to brown. Add in the drained and rinsed black beans as well as the spices and stir to combine. Lastly pour over the soy sauce and liquid smoke and stir again to make sure all the tempeh and black beans have been well seasoned. Taste the mixture and add more salt or spices to taste.

**3.** Preheat your oven to 350F and start assembling the enchiladas. Pour about 1/2-1 cup of enchilada sauce over the bottom of a 9x13 inch baking dish and spread it out to coat the bottom of the dish.

**4.** Place a tortilla flat on a clean surface and spread a spoonful of the tempeh/bean mixture across the tortilla. Next sprinkle over a small handful of the shredded vegan cheese. Roll up the tortilla and place it seam-side down into your prepared baking dish. Continue this process until all 8 tortillas have been filled and placed in the dish. You'll want to use about 1 cup of the shredded vegan cheese, or more as needed.

**5.** Pour over the remaining enchilada sauce and spread it evenly over the tortillas. Sprinkle the top of the enchiladas with the remaining 1/2 cup of shredded vegan cheese. Bake the enchiladas uncovered for about 20 minutes. Serve warm with your favorite toppings!



# Quick & Easy Miso Noodles

Made with quick cooking ramen noodles and veggies, these delicious Miso Noodles make for the perfect, balanced weeknight dinner!



NUT-FREE

**Prep Time:** 30 minutes

**Total Time:** 50 minutes

**Serves:** 8

## MISO SAUCE

¼ cup white miso

¼ cup rice vinegar

2 tablespoons soy sauce\*

1 tablespoon maple syrup

1 teaspoon sesame oil

¼ teaspoon ground ginger

## NOODLES

Thinly sliced vegetables

Ramen noodles

Cooked protein source

## FAITH'S TIPS

You can use tamari if you're gluten-free!

This sauce is pretty salty, so add only a little to start. You can always add more as needed.

**1.** In a little water or oil in a large wok, sauté whatever quick-cooking vegetables you have on hand until soft. Season with salt.

**2.** In a large pot of boiling water, boil 4 servings of ramen noodles according to the package directions.

**3.** While the vegetables are cooking and the noodles are boiling, combine all of the miso sauce ingredients in a bowl and whisk until smooth. Set aside.

**4.** Strain the ramen noodles and rinse them in cold water.

**5.** Add them to the pan with the vegetables, add in your protein source and add the miso sauce a little at a time to taste. The miso sauce is fairly salty, so start with less as you can always add more!

**6.** Toss everything together to ensure everything is coated in the miso sauce. Serve with sliced green onion and toasted sesame seeds.



# Three Bean Vegan Chili

This Three Bean Vegan Chili is hearty, flavorful and so simple to prepare. It's perfect for a cold evening meal and will please vegans and carnivores alike!



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 20 minutes

**Total Time:** 40 minutes

**Serves:** 6

1 medium onion ~2 cups  
 4 cloves garlic minced  
 1 cup chopped carrots  
 ~2 large carrots  
 1 cup chopped celery ~2 stalks  
 1 red bell pepper\*  
 15 ounce black beans\*\*  
 15 ounce pinto beans\*\*  
 15 ounce kidney beans\*\*  
 28 ounce diced tomatoes \*\*\*  
 15 ounce tomato sauce  
 1 cup vegetable broth  
 2 tablespoons chili powder  
 (use less if you want it milder)  
 1 ½ teaspoons cumin  
 1 teaspoon dried oregano  
 1 chipotle chili in Adobe sauce  
 minced + 2 teaspoons sauce  
 ½ teaspoon salt  
 Ground pepper to taste

\*seeded and chopped

\*\*drained and rinsed

\*\*\*undrained

**1.** In a large saucepan over medium heat, sauté the onions, garlic and carrots in some olive oil or using cooking spray until soft and transparent. Add in the celery and bell pepper and cook 3 more minutes.

**2.** Drain and rinse the black, pinto and kidney beans very well. Add them to the pot along with the diced tomatoes, tomato sauce, vegetable broth, chili powder, cumin, dried oregano, chipotle chili and salt. Add ground pepper to taste.

**3.** Bring everything to a boil, then reduce the heat to a simmer and let the chili cook for about 15 minutes.

**4.** Serve warm with your favorite toppings and a thick slice of vegan cornbread!





# Chickpea "Tuna" Salad

---

Tangy, creamy and full of plant-based protein, this Chickpea "Tuna" Salad will quickly become your favorite sandwich filling!



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 15 minutes**Total Time:** 15 minutes**Serves:** 3

---

1 can chickpeas\*  
3 tablespoons tahini  
2 tablespoons vinegar  
Juice of ½ lemon  
1 stalk celery finely chopped  
⅛ red onion finely chopped  
1 clove garlic minced  
Salt and pepper to taste

\*drained and rinsed

- 1.** Place the drained and rinsed chickpeas into a food processor along with the tahini, vinegar and lemon juice. Pulse until everything is well combined, but the chickpeas still have some texture.
- 2.** Pour the chickpea mixture into a large mixing bowl and add in the remaining ingredients. Stir well to combine.
- 3.** Taste and add more salt if needed.



# Buffalo Chickpea Salad

Made with minimal ingredients and flavorful Frank's Hot Sauce, this Buffalo Chickpea Salad is a quick and delicious base for a hearty snack or meal!



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Serves:** 4

- 1 can chickpeas  
drained and rinsed
- ¼ cup Frank's Hot Sauce
- 2 tablespoons tahini
- 1 stalk celery diced
- ¼ cup onion minced
- 1 clove garlic minced

- 1.** Place the drained and rinsed chickpeas, hot sauce and tahini in a food processor and pulse until the chickpeas are broken down and the hot sauce and tahini are evenly distributed.
- 2.** Pour the mixture into a bowl and stir in the prepared celery, onion and garlic.
- 3.** Serve with crackers, on salad or as a sandwich!

Store this buffalo chickpea salad in an airtight container in the fridge for about 4-5 days.

## FAITH'S TIP

Don't over-process the chickpeas, tahini and hot sauce. You want this salad to have some texture!



# Creamy Tomato Zucchini Soup

This Creamy Vegan Tomato and Zucchini Soup packs a nutritious punch without sacrificing flavor!



SOY-FREE



GLUTEN-FREE

**Prep Time:** 10 minutes

**Total Time:** 55 minutes

**Serves:** 8

1 cup diced carrots  
 1 cup diced celery  
 4 cups diced zucchini  
 1 large onion diced  
 5 cloves garlic minced  
 1 teaspoon dried thyme  
 2 bay leaves  
 Pinch of salt  
 Pinch red pepper flakes  
 56 ounce crushed tomatoes  
 (2 large cans)  
 4 cups vegetable broth  
 ¾ cup cashews soaked  
 1 cup water

## FAITH'S TIP

Even though I have a high speed blender, I still soak my cashews in hot water before blending them into cashew cream.

1. Before making this soup, cover your cashews with water in a bowl and let them soak for a few hours.
2. In a large saucepan, sauté the carrots, celery, zucchini and onion for about 10 minutes, until the onion is translucent and the vegetables are soft. Stir in the garlic, thyme, bay leaves, and a pinch of salt and red pepper flakes and stir well. Let cook 1-2 more minutes.
3. Add in the tomatoes and vegetable broth and stir everything well. Bring everything to a boil and then reduce the heat to a simmer and allow the soup to cook for about 30 minutes. You want all of the vegetables to be very soft and tender.
4. Remove the bay leaves and then with an immersion blender, or in batches in a regular blender, puree the soup until smooth. Pour the pureed soup back into the large saucepan.
5. Rinse out your blender and drain and rinse your cashews. Place the cashews and 1 cup of water in your blender and blend until smooth and creamy. Pour the cashew cream into the pureed soup and stir well.
6. Heat until warm and serve!



# Peanut Butter Sweet Potato Curry



SOY FREE

GLUTEN FREE

**Prep Time:** 10 minutes**Total Time:** 35 minutes**Serves:** 6

Made with thick coconut milk and rich peanut butter, this Creamy Sweet Potato Peanut Butter Curry will please vegetarians and omnivores alike!

## SPICE MIX

2 teaspoons ground coriander  
 2 teaspoons ground cumin  
 1 1/2 teaspoons sea salt  
 1 teaspoon ground turmeric  
 1 teaspoon paprika  
 fresh black pepper

## CURRY

1 onion, chopped  
 4 cloves garlic, minced  
 1 tablespoon freshly grated ginger  
 1 red chili (optional), minced  
 2 tablespoons tomato paste  
 1 large sweet potato (1 lb.)  
 (about 3 -4 cups chopped)  
 1 15 oz. can full fat coconut milk  
 1 15 oz. can chopped tomatoes  
 2 cups chopped vegetables  
 (bell pepper, green beans,  
 carrot, etc.)  
 1/4 cup natural peanut butter


## GARNISH

fresh lemon juice, cilantro, chili flakes, etc.

1. In a small bowl, whisk together the spice mix ingredients. Set aside.
2. In a large pot over medium heat, sauté the onion, garlic, grated ginger and chili in some water or olive oil until soft.
3. Add in the spice mix and tomato paste, stir everything together and sauté until fragrant, about 2-3 minutes.
4. Add in the chopped sweet potato and stir everything together until the sweet potato is coated in the spice mixture.
5. Pour in the coconut milk and chopped tomatoes and bring everything to a boil. Reduce the heat to a simmer and allow the sweet potatoes to cook for about 10 minutes.
6. After 10 minutes, add in the chopped vegetables and allow everything to simmer for another 10-20 minutes or until the sweet potatoes are fork tender and the curry is nice and thick. Make sure to stir the curry occasionally as it simmers.
7. Towards the end of cooking, stir in the natural peanut butter. Taste and add more salt or spices as needed.
8. Serve with steamed rice, fresh lemon or lime juice, cilantro and chili flakes!

## FAITH'S TIP

For a protein boost, add in a can of drained and rinsed chickpeas!

A glass jar with a brown lid is the central focus, filled with a thick, light-brown tahini dressing. The jar is placed on a white surface. In the background, there are several white containers: one with yellowish-orange fried items, another with white powder, and a third with sliced cucumbers. In the foreground, there are pieces of golden-brown fried chicken. The lighting is bright and even, highlighting the texture of the dressing and the surrounding food.

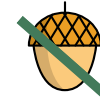
TAHINI  
dressing



# Crack Sauce

---

If you're looking for a sauce that makes any vegetable or basic Buddha bowl taste amazing, then try out this recipe for Crack Sauce! This tahini soy dressing recipe is easy to make and will quickly become a staple in your kitchen.



NUT-FREE

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Serves:** 6

---

½ cup tahini  
2 tablespoons reduced sodium  
soy sauce  
2 tablespoons rice vinegar  
1 tablespoon maple syrup  
1 teaspoon sesame oil  
1 clove garlic minced  
1 teaspoon grated ginger  
Water to thin

- 1.** Add all of the ingredients (except for the water) to a glass jar and stir until combined.
- 2.** Add water to thin until the sauce reaches your desired consistency.
- 3.** Seal the jar and store the sauce in the fridge for up to a week.

---

## FAITH'S TIPS

Thanks to rice vinegar and salt, this dressing should last up to a week in the fridge.

Simply make and store it in an airtight container in the fridge for up to a week.

Towards the end of the week, smell it before using to make sure it hasn't gone off.



# Vegan Caesar Dressing

---

Creamy, rich and zesty, this Vegan Caesar Dressing is something you'll want in your fridge all year round!



GLUTEN-FREE

**Prep Time:** 10 minutes  
**Total Time:** 8 hr 10 min  
**Serves:** 8

---

½ cup cashews soaked  
6 tablespoons water  
1 tablespoon lemon juice  
½ tablespoon Dijon mustard  
½ tablespoon soy sauce  
(use gluten-free if necessary!)  
1 small garlic clove  
½ teaspoon garlic powder  
½ teaspoon fine grain sea salt  
Freshly ground black pepper  
to taste

---

## FAITH'S TIPS

This dressing should last for 4-5 days in the fridge.

This recipe can easily be doubled.

- 1.** Drain the cashews and add them to a high speed blender.
- 2.** Add in the remaining ingredients and blend until smooth.
- 3.** Taste and adjust seasonings as desired. Add more lemon juice for zest, soy sauce for umami, and salt for saltiness.
- 4.** Pour over a green salad, dip veggies into it or use it as a dressing for pasta salad!

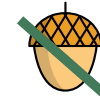


# The Best Hummus Recipe

Creamy, zesty and full of plant-based protein, this easy-to-make hummus will quickly become a staple in your household!



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Serves:** 8

¼ cup freshly squeezed lemon juice (2-4 lemons)  
 3 tablespoons tahini  
 15 ounces chickpeas drained and rinsed  
 2 small cloves garlic minced  
 ¾ teaspoons salt  
 ½ teaspoon ground cumin  
 3-4 tablespoons olive oil or water

- 1.** Pour the lemon juice and tahini into your food processor and process on high until a thick paste forms. Scrape down the bowl of your processor with a spatula and process again for a few more seconds.
- 2.** Add in the chickpeas, minced garlic, salt and cumin and process for a minute or until everything is thick and combined. Again, scrape down the sides of the bowl.
- 3.** While the food processor is running, slowly stream in the olive oil (or water) until a smooth, creamy hummus forms. Make sure to add the olive oil slowly so you don't add too much and end up with an over-runny hummus.
- 4.** Taste and add more salt if needed. Serve immediately with an extra drizzle of olive oil and a dash of cumin or store in an airtight container in the fridge for a week.

## FAITH'S TIP

If you have leftovers of this hummus, then simply place it in an airtight container and store it in the fridge for up to a week. The lemon keeps it nice and fresh!



# Vegan Nacho Cheese Sauce

Made with whole food, pantry-friendly ingredients, this super simple Vegan Nacho Cheese Sauce will quickly become a staple in your diet. It's savory, creamy and rich and can turn the most basic meal into something incredible!



GLUTEN FREE

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

**Serves:** 8

1 cup raw cashews  
soaked and drained

1 ½ tablespoons lemon juice

1 tablespoon soy sauce  
(or Tamari if gluten free)

¼ cup nutritional yeast

¼ teaspoon smoked paprika

½ teaspoon onion powder

½ teaspoon garlic powder

⅛ teaspoon turmeric  
(optional for color)

1 teaspoon sea salt or to taste

¾-1 cup water

- 1.** If you have a high speed blender, soak your cashews in hot water for 15 minutes. If you have a normal blender, soak the cashews for about 8 hours or overnight. After soaking, drain and rinse the cashews.
- 2.** Place the soaked and drained cashews into your blender along with all of the other ingredients, starting with ¾ cup of water, and blend until smooth. Add more water for a thinner consistency if desired.
- 3.** Use the sauce right away or to heat it up, you can pour the sauce into a sauce pan over medium heat. Stir the sauce continually until warmed through.
- 4.** Use the sauce for:
  - sauce for buddha bowls and nachos
  - a cheesy pasta sauce with tempeh bacon and roasted broccoli (it'll remind you of hamburger helper!)
  - dip for chips (vegan queso for Tex-Mex recipes!)
  - a quesadillas dip, topping, or filling
  - cheesy casseroles
  - vegan enchiladas
  - coat roasted veggies in it





# Fudgy Sweet Potato Brownies

Sweetened with mashed sweet potato and maple syrup, these Fudgy Sweet Potato Brownies are delicious and healthy treat for any time of day!



SOY-FREE



GLUTEN-FREE

**Prep Time:** 10 minutes

**Total Time:** 38 minutes

**Serves:** 8

1 cup mashed sweet potato  
 ¼ cup maple syrup  
 ¼ cup almond butter  
 ¼ cup coconut oil melted  
 1 teaspoon vanilla  
 ½ cup cocoa powder  
 ¼ cup coconut flour  
 Pinch sea salt  
 ½ cup dairy free chocolate  
 chips (~50 grams)

## FAITH'S TIPS

I always baked extra sweet potatoes whenever I'm baking them so that this recipe can come together super quickly. Use any nut or seed butter you desire instead of almond butter.

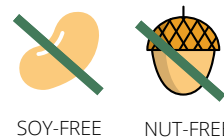
Readers have also mentioned almond flour works as a good substitute for coconut flour.

Allow these brownies to chill overnight to get the fudgiest texture!

1. Preheat your oven to 350°F / 177°C and line a loaf pan with parchment paper.
2. In a mixing bowl, mix together the sweet potato, maple syrup, almond butter, coconut oil and vanilla until smooth.
3. Next mix in the cocoa powder, coconut flour and sea salt until a uniform batter form.
4. Fold in the chocolate chips.
5. Pour the batter into your prepared loaf pan and press down the batter until level.
6. Bake the brownies for 25-28 minutes or until a knife inserted into the center comes out clean.
7. Allow the brownies to cool in the loaf pan before using the parchment paper to carefully remove the brownies from the pan and cut them into squares.
8. Store any leftovers in an airtight container for up to a few days.



# Bakery Style Vegan Chocolate Chip Cookies



SOY-FREE

NUT-FREE

Full of melted chocolate chunks and topped with sea salt, these jumbo Bakery-Style Chocolate Chip Cookies are a sure crowd pleaser!

**Prep Time:** 15 minutes

**Total Time:** 40 minutes

**Serves:** 4 jumbo cookies

½ cup vegan butter  
 ½ cup packed brown sugar  
 ⅓ cup cane sugar  
 1 tablespoon aquafaba\*  
 ½ tablespoon vanilla extract  
 2 teaspoons cornstarch  
 ¾ teaspoon sea salt  
 ½ teaspoon baking powder  
 ½ teaspoon baking soda  
 1 ½ cups white flour\*\*  
 1 block dark chocolate 100g,  
 cut into chunks, divided

## FAITH'S TIPS

\*Aquafaba is the liquid from a can of chickpeas and it makes a great egg substitute!

\*\*Measure the flour by scooping it up with a spoon and placing it in the measuring cup. Then use a straight edge knife to level the top off. This recipe was adapted and veganized from Chelsey's Messy Apron!

1. Preheat your oven to 325 °F and line a baking tray with a silicone baking mat or parchment paper.
2. In a large mixing bowl, use a large spoon or hand mixer to cream together the vegan butter and sugars until a uniform paste forms.
3. Add in the aquafaba and vanilla and stir until combined.
4. Add in the remaining dry ingredients, from the cornstarch to the flour\*\* and stir until a dough forms.
5. Fold in the chocolate chunks, reserving about ¼ cup to sprinkle on top once the cookies are baked.
6. Divide the dough into 4 equal portions, roll each portion into a ball and place it on your lined baking sheet. Make sure each portion of dough has plenty of room around it as these cookies will spread out significantly while baking.
7. Bake the cookies for 22-25 minutes.
8. Remove the cookies from the oven and immediately sprinkle the tops of the cookies with the reserved chocolate chunks and a touch of sea salt.
9. Enjoy the cookies while still warm if you like a softer cookie, or allow them to cool completely for a chewier cookie!

Store the cookies in an airtight container or baggie on the counter for a couple days.



# Vegan Lemon Loaf Cake

Infused with lots of fresh lemon zest and juice, this tart and sweet Vegan Lemon Loaf Cake is a quick and delicious dessert that you can enjoy all year round.



SOY-FREE



NUT-FREE

**Prep Time:** 15 minutes

**Total Time:** 125 minutes

**Serves:** 10 servings

2 tablespoons lemon zest\*  
 1/4 cup freshly squeezed  
 lemon juice  
 3/4 cup non-dairy milk  
 (room temperature)  
 1/2 cup melted coconut oil  
 (cooled)  
 3/4 cup cane sugar  
 2 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1/2 teaspoon salt  
 1 1/2 cups flour

## LEMON GLAZE

1 cup powdered sugar  
 1-2 tablespoons lemon juice

## FAITH'S TIPS

\*It's best to get zest from wax-free, organic lemons if possible!

If you are able to prepare ahead, bring the non-dairy milk and melted coconut oil to room temperature so that when you whisk them together the coconut oil doesn't turn solid.

1. Preheat your oven to 350 °F and grease a standard size 9x5 loaf pan with cooking spray or lining it with parchment paper. Set it aside.
2. Into a large mixing bowl, zest 2-4 lemons until you get 2 tablespoons worth of lemon zest. Don't skimp on the amount as the zest adds lots of lemon flavor!
3. Next, whisk in the fresh lemon juice, non-dairy milk, melted coconut oil and cane sugar until smooth. Make sure the coconut oil doesn't start solidifying during this step. If it starts to turn hard, you may need to briefly microwave these ingredients to make it liquid again.
4. Whisk in the baking powder, baking soda and salt.
5. Lastly, stir in the flour until a smooth batter forms.
6. Pour the batter into your prepared loaf pan and bake the cake for 45 - 50 minutes or until the middle has risen and the outside is golden brown.
7. Remove the cake from the oven and allow it to cool completely while you prepare the lemon glaze.
8. To make the lemon glaze, place 1 cup of powdered sugar into a bowl and stir in 1 teaspoon of lemon juice at a time until you reach a thick, yet pourable consistency. Once the cake has cooled completely, pour the glaze ovetop of the cake and spread it out as desired.
9. Slice and enjoy!



# Homemade Oat Milk

Using just oats and water you can make and enjoy this cheap and delicious Homemade Oat Milk!



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 5 minutes

**Total Time:** 5 minutes

**Serves:** 3 servings

1 cup old-fashioned rolled  
oats

3 cups cold filtered water

## FAITH'S TIPS

This milk CANNOT be heated up, unless you want a thick, gelatinous mess :)

If you have a high speed blender and want your oat milk to remain thick, you can drink it without straining it.

If you are using a liquid sweetener to sweeten your milk, first make and strain your milk using only the oats and water. After you've strained your milk, then pour the oat milk back into your blender and blend in your liquid sweetener.

**1.** Pour the oats, water and any optional ingredients into your blender and blend on high until smooth.\*

**2.** Strain the oat milk by pouring it through a nut milk bag (or cheese cloth) into a pitcher or bowl. Use your hands to squeeze the milk out of your nut milk bag. Once no more milk is coming out, you can discard the oat pulp. Refrigerate your oat milk until chilled.

**3.** Store your oat milk in the refrigerator for 2-3 days. Shake thoroughly before using.





# Dairy Free Indian Chai

This warm and spicy authentic Dairy-Free Indian Chai is the perfect beverage to warm you up this Holiday season.



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 5 minutes

**Total Time:** 40 minutes

**Serves:** 4 servings

4 cups of water  
1 cinnamon stick  
8 cardamom pods  
    lightly crushed  
10 whole cloves  
4 black pepper corns  
1 star anise  
2 slices fresh ginger root  
2 teaspoons loose leaf black tea  
3 cups non-dairy milk  
¼ cup sweetener or to taste

- 1.** In a sauce pan, combine the water and spices and bring it to a boil. Cover the pot, reduce the heat to a simmer, and allow the spices to infuse the water for about 30 minutes.
- 2.** After 30 minutes, add in the black tea and allow it to simmer for 3-4 minutes.
- 3.** Strain the water into another container and then pour it back into the pot.
- 4.** Add in the non-dairy milk and liquid sweetener or sugar to taste. The sweetness make this tea, so be generous! Bring the liquid back to a simmer, watching carefully so that it doesn't overflow.
- 5.** Pour into cups and serve.

## FAITH'S TIP

Always use the freshest spices possible for this drink!



# Simple Chocolate Syrup & Homemade Chocolate Milk



SOY-FREE



NUT-FREE



GLUTEN-FREE

This simple homemade chocolate syrup recipe is great to have on hand during the summer months when you want to make a quick and delicious glass of chocolate milk!

**Prep Time:** 5 minutes

**Total Time:** 5 minutes

**Serves:** 2 servings

## CHOCOLATE SYRUP

½ cup sugar

(I use coconut sugar)

¼ cup + 2 tablespoons

cocoa powder

¼ cup + 2 tablespoons

hot water

## CHOCOLATE MILK

- 1 cup non-dairy milk
- 1-3 tablespoons chocolate syrup

## FAITH'S TIP

Make sure to whisk your chocolate syrup together well so that you don't have lumps in your chocolate syrup.

## CHOCOLATE SYRUP

1. In a jar, mix together the sugar and cocoa powder.
2. Add in 2 tablespoons of hot water and stir until a uniform paste forms. Slowly stir in the remaining hot water until a smooth syrup forms.

## CHOCOLATE MILK

3. To make chocolate milk, stir 1 tablespoon of chocolate syrup into a cup of milk. Add more syrup if you want a richer chocolate milk.

Store the chocolate syrup in a sealed jar for up to a couple weeks.



# Refreshing Green Smoothie

---

With water-rich vegetables and a touch of lemon juice, this Refreshing Green Smoothie will make you feel so light and hydrated!



SOY-FREE



NUT-FREE



GLUTEN-FREE

**Prep Time:** 5 minutes**Total Time:** 5 minutes**Serves:** 2 smoothies

---

1 large mango frozen  
1 green apple cored  
6 small leaves of romaine  
or 3 handfuls of spinach  
2 celery stalks  
½ english cucumber  
½ lemon peeled and seeded  
cold filtered water to blend  
(about 2 cups)

1. Place everything into a high speed blender and blend until smooth.
2. Serve and enjoy immediately!

---

## FAITH'S TIPS

Freeze your produce for the best texture.



# Sweet and Spicy Roasted Cashews

These easy to prepare Sweet and Spicy Roasted Cashews have the perfect balance of sweetness and heat to keep you going back for more. They never last long in our house!



SOY-FREE



GLUTEN-FREE

**Prep Time:** 5 minutes

**Total Time:** 20 minutes

**Serves:** 8

2 cups raw cashews  
1 tablespoons olive oil  
2 tablespoons maple syrup  
3/4 teaspoon sea salt, divided  
1/2 teaspoon ground cayenne  
pepper\*

- 1.** Preheat your oven to 375°F/190°C and line a baking sheet with parchment paper.
- 2.** In a bowl, mix together all of the ingredients, starting with just 1/4 teaspoon sea salt. \*You can also add more or less ground cayenne pepper to taste.
- 3.** Pour the coated nuts into your lined baking sheet. Spread the nuts out so that they are not touching each other.
- 4.** Bake the cashews for 5 minutes. Give them a stir before returning them to the oven to bake another 4-5 minutes or until golden.
- 5.** Remove the nuts from the oven and sprinkle over the remaining 1/2 teaspoon of sea salt.
- 6.** Allow the cashews to cool completely so they become hard and caramelized.
- 7.** Store the nuts in an airtight container at room temperature for 1-2 weeks.

## FAITH'S TIP

These make for an excellent salad and/or buddha bowl topping as well!





# Oatmeal Date Granola Bars

Made with whole grain oats and chewy dates, these Easy Homemade Oatmeal Date Granola Bars are perfect for a quick and healthy snack on the go!



SOY-FREE



GLUTEN-FREE

**Prep Time:** 15 minutes

**Total Time:** 75 minutes

**Serves:** 24 granola bars

2 cups rolled oats  
 1 cup desiccated coconut  
 Pinch of salt  
 ½ cup nut butter  
 2.5 cups pitted Medjool dates  
 (about 30 packed dates)  
 5-6 tablespoons coconut oil

1. Line an 8x8 baking dish with parchment paper and set aside.
2. In a food processor, pulse the oats, coconut and salt a few times until combined.
3. Add in the nut butter and pitted dates and process until everything is broken down into a crumbly mixture.
4. Run the food processor again and stream in the coconut oil 1 tablespoon at a time until a sticky dough forms. It should be able to hold together when pressed between your fingers. You should have to use between 4-6 tablespoons.
5. Press the mixture firmly into a lined 8x8 baking dish. The mixture may feel a little oily, but the bars won't taste oily. They will just hold together really well!
6. Place the pan in the fridge for about 1 hour until the dough has set. Cut the dough into rectangles or squares. I get about 24 small rectangles.

Store the bars in an airtight container in the fridge for up to 2 weeks.

## FAITH'S TIPS

Any nut or seed butter should work.

I have only tried these bars with sticky Medjool dates

You can always halve this recipe for fewer bars or bars that are thinner.



# 5 Ingredient No-Bake Energy Bites

Chewy, sweet and full of plant-based fiber, these 5 Ingredient No-Bake Energy Bites will quickly become a family staple in your home!



SOY-FREE

GLUTEN-FREE

**Prep Time:** 20 minutes**Total Time:** 20 minutes**Serves:** 15

Scant 2 cups quick oats  
1/2 cup ground flaxseed  
1/2 cup raisins\*  
1/2 cup nut butter  
1/2 cup liquid sweetener

- 1.** In a large mixing bowl, combine the quick oats, ground flaxseed and mix-ins. Stir to combine.
- 2.** Add in the nut butter and sweetener and stir everything together until a sticky, uniform dough forms.
- 3.** Using damp hands, roll the dough into balls. Continue wetting your hands as needed to keep the dough from sticking to your hands.
- 4.** Store the energy bites in an airtight container for 1-2 weeks.

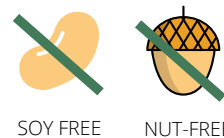
## FAITH'S TIP

\*You can use whatever mix-ins you desire. Some of our favorites are dried fruit (raisins, craisins, chopped apricots, etc.) and dairy-free chocolate chips!



# Artisan Bread

Using just four basic ingredients and minimal hands-on time, you can make freshly baked, whole wheat artisan bread right in the comfort of your own home!



SOY FREE

NUT-FREE

**Prep Time:** 10 minutes

**Total Time:** 13 hours

**Serves:** 12

4 cups whole wheat flour\*  
 2 teaspoons salt  
 ¾ teaspoon active dry yeast  
 1-2 cups room temp. water  
 (see notes)

## FAITH'S TIP

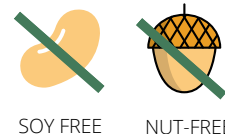
You can use a mix of whole wheat and white flour. However, if you use white flour for part or all of this recipe, you'll probably need less water. Start with one cup of water and add more as needed until a dough comes together.

- 1.** In a large mixing bowl, whisk together the flour, salt, and yeast.
- 2.** Pour in the room temperature water (starting with just 1 cup if using some white flour) and stir until a uniform dough comes together. You may need to use your hands. Form the dough into a rough ball and place it in the bottom of the same bowl you made the dough in. Cover the bowl with plastic wrap and let it sit on the counter for 12-18 hours. I usually make the dough in the evening and let it rise overnight while I sleep.
- 3.** A little bit before you are ready to bake the dough, preheat your oven to 475°F / 250°C and place a dutch oven inside the oven to preheat as well. Once the oven has preheated and the dutch oven is hot, carefully remove the pot from the oven and take the lid off.
- 4.** Using floured hands, remove the risen dough from the bowl and form it back into a rough ball. Place it on some baking paper and drop it into your hot dutch oven. Cover the dutch oven with the lid and place it into the oven.
- 5.** Bake the bread for 30 minutes with the lid on. Then remove the lid and allow the bread to bake another 15 minutes or until golden and crusty on the outside.
- 6.** Remove the pot from the oven and carefully remove the bread from the dutch oven. Place it on a wire rack to cool.



# Whole Wheat Sandwich Bread

This No Knead Whole Wheat Vegan Sandwich Bread requires only 5 ingredients, minimal experience and tastes amazing. Anyone can make it!



**Prep Time:** 4 hours

**Total Time:** 4 hours 45 min

**Serves:** 1 loaf

2 cups warm water  
 2 tablespoons liquid sweetener  
 (agave, maple syrup, honey)  
 1 ½ teaspoons active dry yeast  
 3 ½ cups whole wheat flour  
 1 ¼ teaspoon salt

## FAITH'S TIP

Since this process is fairly time consuming, I like to make two loaves at a time. One loaf we eat throughout the week and the second loaf I slice and freeze for later.

1. In a large mixing bowl, whisk together the warm water and liquid sweetener.
2. Sprinkle the yeast over the warm water and allow it to sit for 10 minutes until the yeast starts to activate and become foamy.
3. Once the yeast has activated, add in the whole wheat flour and salt and, using a wooden spoon, mix everything together until a sticky dough forms. Once a dough forms mix vigorously for about 1 minute.
4. Place a plastic bag over the bowl and allow the dough to sit in a warm place for about 1 ½ hours or until it doubles in size.
5. After 1 ½ hours, remove the plastic bag and mix the dough with the wooden spoon for about 30 seconds. Recover the bowl with the plastic bag and let it rise again for another 1 ½ hours or until it doubles in size.
6. Meanwhile, prepare your bread loaf pan by spraying it with cooking spray. Set it aside.
7. After the second 1 ½ hours, mix the dough for about 30 seconds to de-gas it and then scoop the dough out of the mixing bowl and place it into your prepared bread pan. Use your hands to spread the dough out so that it fills the whole pan.
8. Let the dough rise in the loaf pan for about 40 minutes or until 80-90% the size it will be when baked.
9. While the dough is rising in the bread pan, preheat your oven to 350°F / 177°C.
10. Bake the bread for 40-45 minutes.
11. Let the loaf cool in the pan for about 30 minutes before transferring it to a wire rack to finish cooling.





# Whole Wheat No-Yeast No-Rise Vegan Pizza Dough



SOY FREE



NUT-FREE

This 5 ingredient, Whole Wheat No-Yeast No-Rise Vegan Pizza Dough is a quick, easy and healthy alternative to take-out pizzas that you can make any night of the week!

**Prep Time:** 15 minutes

**Total Time:** 45 minutes

**Serves:** 3

1 1/3 cup whole wheat flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup non-dairy milk  
    unsweetened (or water)  
2 tablespoons olive oil or  
    unsweetened applesauce

1. Preheat your oven to 400°F / 205°C.
2. Whisk together the dry ingredients then stir in the milk (or water) and oil (or applesauce) until a dough forms. If the dough is too dry add 1-2 teaspoons of water at a time until the dough comes together.
3. Knead the dough with your hands about 10 times and then form it into a ball. Cover the dough with a towel and let the dough rest for 10 minutes.
4. On a sheet of parchment paper or a non-stick silicone baking mat, roll the dough out into a 12 inch circle or divide the dough in half for two smaller pizzas.
5. Poke the dough with a fork and then bake it plain for 8 minutes. Remove the dough from the oven and cover with desired toppings. Return the pizza to the oven and bake 15-22 more minutes, or until the cheese has melted and the dough is cooked to your desired consistency. The amount of baking time will also depend on how thinly you rolled out your pizza dough.
6. Slice and enjoy!

## FAITH'S TIP

I've tried this dough using both combinations of oil and milk *and* applesauce and water and liked both!

# Plant Biased

---

In my Plant Biased ebook and print book, I share practical advice and mouth-watering recipes (including 100+ photos so you know what you're making!) for those looking to start a healthier vegan or plant-based diet.

Whether you're an absolute beginner in plant-based healthy eating or you're looking for more inspiration to spice up your vegan meals, Plant Biased will be the one indispensable cookbook you always keep handy in the kitchen.



## What This Beginner's Guide Will Teach You:

- ✓ **Why Plant Biased?** Understand the "why" behind your choice to go plant-based!
- ✓ **Vegan Cooking Basics:** What you need to know and what to avoid when cooking.
- ✓ **Grocery Shopping:** How to confidently find healthy, unprocessed foods at the store.
- ✓ **Nutritional Guidelines:** Make sure you and your family meet all your nutritional needs!
- ✓ **Kitchen Essentials:** Learn to create a place where you'll LOVE to cook!

## 90+ Vegan Recipes (and LOTS of Photos!) Including:

- ✓ **Breakfast Recipes:** Pancakes, granola, breads, donuts, oatmeals and more!
- ✓ **Main Meal Recipes:** Creative, hearty and healthy meals that will satisfy even meat-eaters!
- ✓ **Dessert Recipes:** Even vegans need dessert, and these recipes won't disappoint.
- ✓ **Snack & Bread Recipes:** Delicious breads and snacks to keep everybody filled.
- ✓ **Drink Recipes:** Smoothies, juices, milks and teas to compliment any meal.

...and much, much more!

\$8.99!

BUY THE eBook - ~~\$9.99~~

with this 10% discount only available by purchasing direct from The Conscientious Eater

BUY THE BOOK - \$18.95

on Amazon (Kindle version is \$9.99)

# Plant Biased Reviews on amazon

★★★★★ 4.8 out of 5

 Mark

★★★★★ **Really awesome book for a non-vegan looking for options**

Reviewed in the United States 🇺🇸 on April 29, 2022

Verified Purchase

I love this book. Very simple to follow and has easy to obtain ingredients for anyone who is interested in making a change to healthier eating patterns. I myself, am not switching over to vegan but wanted to see (and try) out vegan OPTIONS... Faith did a marvelous job on this!!!!

 XO2read

★★★★★ **Easily the best cookbook I've purchased, photo's are amazing**

Reviewed in Canada 🇨🇦 on June 15, 2022

Verified Purchase

I am new to a plant based diet and actually new to using utube, so it was completely coincidental that I found Faith. I have spent sometime with a few other channels but I love that the recipes are simple and different so I bought her cook book. You can tell right off this cookbook was made with love. It is absolutely gorgeous- there are so many beautifully coloured photo's. I wouldn't hesitate to say it's the best I have ever bought and I've bought many. I love getting photos of the recipes, you need those. The information provided about a plant based diet is head and shoulders above others I've read. What an amazing gift to give to newbies like myself. I highly recommend.

 Christine W

★★★★★ **Easy to follow recipes**

Reviewed in the United States 🇺🇸 on July 15, 2022

Verified Purchase

I was so excited to get this in the mail today! This will be my go to recommendation book for any friends or family curious about plant based recipes. I like that there is a recommended meal plan for a month, information about how to read a nutrition label, pictures with most recipes and so much more. Can't wait to make some of these baked goods! 😊


 sdryals

★★★★★ **Best vegan cookbook I have ever had!**

Reviewed in the United States 🇺🇸 on July 28, 2022

Verified Purchase

I bought this on my Kindle but I wish I had bought the hard copy. It has beautiful pictures and the recipes are outstanding. The recipes don't have hard to find ingredients and are not difficult to make. I recommend this book to new vegans but a seasoned vegan will love it too!

 amy waters-webb

★★★★★ **Best Amazon Purchase of 2021!**

Reviewed in the United Kingdom 🇬🇧 on June 7, 2021

Verified Purchase

This book has everything you could ever need to become more confident and comfortable when considering increasing your plant based consumption. I do not claim to be a vegan, however some of these recipes are fast becoming my favourite meals to make. The shopping list of staples along with the equipment required section are incredibly helpful and make the whole experience a stress free one! I have a very sweet tooth and therefore the chocolate treats are a real delight! Superb recipes and superb price!

 Amazon Customer

★★★★★ **Verified Purchase**

**Plant based eating made easy!**

Reviewed in the United States 🇺🇸 on December 31, 2021

I have been plant based eating for around 6 months now and have loved it. My only issue has been finding recipes that I love and that are easy to make. My sister shared a YouTube recipe of Faith's on meal prepping, and I was hooked. I ordered the book that same day.

When the cookbook arrived, I was impressed by its look and feel immediately. It is very visually appealing and is very easy to follow.

There is a lot of information in the beginning on how to transition to plant based eating with charts and info graphs for easy reference.

My favorite so far is the one on how to build a Buddha bowl!

So far I have made several of the breakfast options and have loved all of them. I am excited to try the main dishes for meal prepping!

All of the recipe are easy to follow and don't involve a million steps which I love! I don't reze love to cook, so I want to get in an out of the kitchen.

I recommend this book to anyone who is transitioning to a plant based way of eating. I wish I had this 6 months ago when I started!

 N\_Mis

★★★★★ **Verified Purchase**

**I love this cookbook!**

Reviewed in the United States 🇺🇸 on November 17, 2021

I found Faith's blog while randomly searching for a roasted cashew recipe and found some great stuff on there! I recently learned that a fiber-rich diet is the best way to prevent illness by allowing healthy gut bacteria to flourish so I have been trying to adjust my diet accordingly. This book has been so helpful with transitioning to a fiber-filled diet with recipes that don't make me feel like I am giving up something! I am working my way through this book and have made 2 recipes so far and they have turned out great. I have bookmarked many more of the recipes and am looking forward to trying them all. I don't typically buy cookbooks and/or get excited about them but this cookbook has generally easy-to-prepare vegan comfort food! It is a very approachable cookbook and I'm even excited to make these for my 4 yo!



## About the The Conscientious Eater

Faith started her plant-based food blog 10 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.



THECONSCIENTIOUSEATER.COM