



Inspirational Kitchens and Communities

A whole food, plant-based recipe e-book
and stories from the PPC Pod Network

PLANTPURECOMMUNITIES.ORG



VEGGIE TOFU SCRAMBLE



by Ella Stephens



Ingredients:

- 8-10 Button or Baby Bella
- Mushrooms
- 8-10 Mini Peppers or one Large Pepper (Capsicum)
- 1 Medium Onion
- 4-5 Cloves of Garlic
- 1 Block of Tofu
- 1 tsp Turmeric
- 1 tsp Chili Powder
- ½ tsp Paprika
- A few Leafy Greens (Kale, Collard Greens, or Chard)
- Salt and Pepper to Taste
- 1 Avocado (for topping)
- Salsa (for topping)
- Green Onions to taste

Instructions:

1. Chop Onion and mince Garlic. Slice Mushrooms and chop peppers.
2. Place Onion and Garlic and a splash of water in a large fry pan over medium heat. Soften for ~5 minutes.
3. Add Mushrooms and Peppers to the fry pan, stir well, and cook for another 3-4 minutes.
4. Drain Tofu and squeeze out any extra liquid. Crumble Tofu by hand onto half of the pan with the veggies and cook for 3-4 minutes.
5. Add Turmeric, Chili Powder, and Paprika to the pan, as well as Salt and Pepper to taste. Mix tofu, veggies, and seasoning thoroughly until the tofu is yellow/brown in color. Warm over heat for an additional 2-3 minutes.
6. Roughly chop Leafy Greens and stir them into the scramble. Turn heat off and let sit for a few minutes.
7. Serve Tofu Scramble with fresh Avocado, Tomato and/or Salsa on top!



HIGHLIGHTS FROM THE POD COMMUNITY

"I am grateful to have the opportunity to bring a sense of WFPB community to my area. When I started my Plant Powered Gainesville, GA Pod in January 2020, I thought it might only ever have members in it who I knew already. Today, there are more members I don't know than those I do! I am utterly grateful for every single member of my group."

Sheila Krawchuck, Plant Powered Gainesville, GA



PPC Pod Networking Hours

"Belonging to a community of people who share the dream of healing the world has brought a new dimension to my life and a new cause. Our Pod recently liaised with PPC to write to the Welsh First Minister highlighting the key role that WFPB can make in combatting Covid 19. Such activism is very satisfying as we work towards much needed change. It is our privilege to be affiliated with PlantPure Communities, and on a personal level, I am honoured to be part of a movement whose message is one of compassion and empowerment to the citizens of the world."

Deborah Davis, Plant Pod Cymru, UK





IT'S NOT JUST GOOD, IT'S GGGGGGROAT!



by Josh Wayne

Ingredients:

- 2 cups Oat groats
- 4 cups boiling water
- ½ tsp Ceylon cinnamon
- ¼ tsp ginger powder
- 1 dash of clove
- ½ tbsp Maca Powder
- ½ cup coconut flakes
- ½ cup peanuts
- 2 cups fruit (fresh or frozen)
- 2 cups of purple kale
- 1 handful of pecans
- 3 dates
- 1 apple or pear

Instructions:

1. In a pressure cooker add oat groats and boiling water and cook for 25 minutes on high pressure.
2. Allow oat groats to depressurize naturally.
3. Add cinnamon, ginger, clove, maca powder, coconut flakes, and peanuts to the oat groats.
4. Stir in 2 cups of frozen blueberries.
5. Chop kale finely and add to meal, stir in and allow Instapot to keep warm.
6. Cut dates and add them to the pot (throw out the pit).
7. Add pecans and any toppings that you would like.

Feeds 2 people who enjoy having a LARGE breakfast.



WHAT IS MEANINGFUL ABOUT THE POD COMMUNITY?



"Heartland Rooted Pod was where I learned that eating a Whole Food Plant Based diet was not boring! Being a part of this Pod has definitely been a game changer for me. I'm thrilled I had the courage to attend that first meeting almost 4 years ago."

Yvonne Siddique, Heartland Rooted Pod, IA

"We love to share our success with others in a community that has such caring support and helpful resources."

GeriSue Sanderson, Animate It, FL



Whole Food Plant Based Toronto

"Coming together with like-minded people who share the same health goals and purpose in life and enjoying the lovely food created on the way. So much to learn and share in this beautiful universe."

Prachi Garodia, Plant Based Medford, OR





JEKYLL ISLAND CURRY



by Robin Saul

Ingredients:

- 7 medium potatoes, quartered
- 3 cups chunked, peeled kabocha squash (or acorn squash)
- 1 big diced onion
- 1 cup pico de gallo or salsa
- 1 cup water
- 3 tbsp curry powder
- 1 cup coconut milk
- 1 tsp salt



Instructions:

1. Put all ingredients (besides coconut milk) in a pressure cooker.
2. Cook on the manual setting for 7 minutes and let the steam naturally release.
3. Stir in the coconut milk and serve warm.

This curry is easy and great for a crowd!
Serves 4-6 people.



THE GLOBAL POD COMMUNITY



PlantPowered Uganda



Virsa Project Pod



Multiple Pods meet up pre-COVID





SHEPHERD'S PIE



by Plant Fit Meg

Ingredients:

- Spinach Mashed Potatoes or your favourite mashed potato recipe
- 1/2 large onion, finely chopped (1 cup)
- 2 cups cooked mixed vegetables (peas & carrots or your favourite mix)
- 1.5 cups cooked green/brown lentils or yellow split peas
- Vegan Gravy or 1 cup of your favourite gravy

Instructions:

1. Cook lentils or yellow split peas according to package instructions (or drain and rinse canned).
2. Steam or boil vegetables (or use canned).
3. Cook onion over medium-high heat until caramelized, adding splashes of water as needed to prevent sticking.
4. Prepare Vegan Gravy.
5. Prepare Spinach Mashed Potatoes.
6. While potatoes are cooking, mix the cooked lentils, vegetables, onions, and gravy in a large bowl.
7. Spread lentil, veggie, gravy mixture in large baking dish. (~8 x 11" dish.)
8. Layer mashed potatoes on top and gently smooth the top with a spatula or fork.
9. Bake at 350F for 30-40 minutes or until browned on top. (Broil a few minutes for extra browning if desired.)
10. Allow to cool slightly and serve with your favourite vegetables.

Note: This recipe is very versatile and can be adjusted with simple modifications to suit your taste.





GRASSROOTS AND GRATITUDE

"As Pod Leader for Greens Inspired, it means I get to share the good news of Plant Based Whole Foods. It's a real joy for me and gratifying to see those in the group who improve by adopting a WFPB lifestyle."

Theresa Anderson, Greens Inspired Pod, CA



Plant Party Pod



Mojave Desert PlantFoodist Society

"I'm grateful for being able to share health info and recipes with all of you with no shame and no stress! Times are changing from when I started this journey."

*Barbara Conway, Harmony N
Houston Pod, TX*





CORNBREAD DRESSING WITH CRANBERRIES



by Kim Campbell

Ingredients:

- One Cornbread recipe, (about 6 cups cubed toasted cornbread)
- 1 ½ cups low sodium vegetable broth (Reduce to 1 cup if you prefer a drier dressing.)
- 1 ½ cups cashew cream (1 cup water + ½ cup raw cashews blended)
- 2 tbsp flax meal
- 4 celery stalks, diced
- 1 large white or yellow onion, diced
- ½ cup chopped walnuts or pecans
- 2 tbsp fresh thyme leaves
- 1 tbsp chopped fresh sage
- 1 tbsp chopped fresh rosemary
- ½ cup chopped at-leaf parsley
- 1 tsp toasted fennel seeds
- 4-5 cloves garlic, minced
- ¼ teaspoon red pepper flakes
- ½ cup fresh cranberries
- 1 teaspoon sea salt
- ¼ teaspoon black pepper

Instructions:

1. Preheat oven to 350°F. Line a 9 x 12 inch baking dish with parchment paper.
2. Bake the cornbread according to the recipe. Let the bread cool and cut into 1-inch cubes.
3. In a 350°F oven, arrange the cornbread chunks in a single layer. Toast in the oven for about 10-15 minutes or until golden.
4. In a high speed blender, blend the cashews and water until smooth and creamy to create a cashew cream sauce. In a small bowl, whisk together the vegetable broth, cashew cream, and flax meal. Set aside.
5. In a large skillet, sauté the onions and celery over medium high heat using vegetable broth or water to deglaze the pan and prevent sticking. Cook until the onions are translucent. Stir in the walnuts (or pecans), thyme, sage, rosemary, parsley, garlic, fennel seeds, red pepper flakes, and cranberries and continue cooking for 1-2 minutes.
6. Place the toasted cornbread and sautéed vegetables into a large bowl along with salt and pepper and gently combine. Pour the vegetable broth, cashew cream, and flax meal over the cornbread mixture and toss gently.
7. Spread the stuffing into the prepared baking dish, cover with aluminum foil, and bake at 375°F for 30 minutes. Remove the foil and continue baking for another 15 minutes, or until golden.



INSPIRATION FROM THE POD COMMUNITY



"Being in a Pod has given me a social connection I didn't know I was looking for! Being plant based and being able to connect with others is very fulfilling. There is a lot of support, valuable information and encouragement for anyone looking to improve their plant based way of life."

Juliette Arnold, Biggest Little Plant Pod, NV

"Friends that Eat for Health and think alike. We have fun together! Get new ideas and new recipes!!"

Jill Krebs, Plant Based Atlanta, GA



[Plant Based Pittsburgh](#)

"Green and Fit Pod to me is a community of very kind hearted people, all trying to stay healthy while keeping their environment clean and being kind to other animals. These goals are not always easy but we can do it while supporting each other."

Mita Shah Bhagat, Green Fit Pod, TX





VEGAN PUMPKIN PIE



*by Jessie Stahl, inspired by Kim Campbell's
PlantPure Pumpkin Pie Recipe*

Ingredients:

CRUST

- 1 c medjool dates (pitted and soaked)
- 1 c raw almonds
- 1 c raw walnuts
- ½ c hazelnuts
- ½ tsp cinnamon
- ¼ tsp nutmeg
- Pinch sea salt

FILLING

- 1 c medjool dates (pitted and soaked)
- 1/2 c walnuts
- ¾ cup plant-based milk
- 1 ½ tbsp molasses
- 1 can pumpkin puree
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice
- 1 tsp cinnamon
- ¼ tsp sea salt
- 3 tbsp arrowroot powder

Instructions:

1. Instructions: Pre heat the oven to 350 degrees F.

CRUST

2. To make the crust, combine the walnuts, almonds, hazelnuts, cinnamon, nutmeg and sea salt in a food processor or high-speed blender and blend until fine. Add in dates and process until the mixture is sticky. Add in a little water or plant-based milk if it is too dry.
3. Press the crust into the bottom of a non-stick pie plate and set aside.

FILLING

4. Combine the soaked dates, walnuts, molasses and plant-based milk in a high-speed blender and blend until smooth. Then add in the remaining ingredients & blend until smooth.
5. Add the filling mixture to the prepared pie crust, and spread flat with a spatula or spoon.
6. Place the pie in the oven and bake for approximately 20 minutes.
7. In the meantime, cut a piece of foil in a circle, large enough to cover only the crust, to prevent it from burning.
8. Remove the pie from the oven and place the foil over the edges of the crust.
9. Place the pie back in the oven for another 30 minutes, or until the filling is set.
10. Remove the pie from the oven and refrigerate for about 6 hours before serving.
11. Top with plant-based whipped cream and a dash of cinnamon, and enjoy!



GRATITUDE FROM THE POD COMMUNITY

"I enjoy leading a Pod to be here for others. If I don't know the answer I try to find the answer. Knowing that there are like minded people in our community gives me comfort. I have a lot of gratitude for having the knowledge I have acquired on my vegan and whole food, plant-based journey. I am passionate about sharing what I learn."

*Karla Bays, Whole Food Plant Based
Spokane, WA*



Plant Empowered Florence

"As co-Leader of the Georgia Living Well Pod, I am enjoying the privilege of getting to meet like-minded people in my community who share a passion for eating plant based food. I am especially thankful that I can meet with our members once each month to share recipes, stories, new ideas, and health concerns. I feel that I have found a new group of friends who are on the same path to health - and although we may not be in the same place, we are traveling together, looking out for each other, and sharing our life experiences."

*Sheryl McDonald, Georgia Living Well
Group, GA*





*Thank you for generously
supporting PlantPure Communities!*

Your donation powers our global grassroots movement, dedicated to sharing the message of evidence-based nutrition!

We are grateful for all of the Leaders in the Pod Network and appreciate their contributions to this e-book. Consider joining or starting a Pod today!

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