



PPC EBOOK

A RECIPE COLLECTION
FROM OUR COMMUNITY

PLANTPURE COMMUNITIES EBOOK



Food is a significant part of tradition and celebration in communities everywhere. This ebook contains recipes that were contributed by members of the PlantPure Community. These original recipes are all plant-based, oil-free dishes that you can enjoy making for loved ones in your community!

Our gratitude extends to all of the contributors to this ebook. By sharing your recipes, you're making communities healthier and more sustainable places to live!

PlantPure Communities (PPC) is a nonprofit whose mission is to build stronger, healthier, and more sustainable neighborhoods through a wide range of initiatives that promote whole food, plant-based nutrition.

www.plantpurecommunities.org

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4-INGREDIENT ALMOND BUTTER BROWNIES

By Megan Glover

Instagram: @megggloves

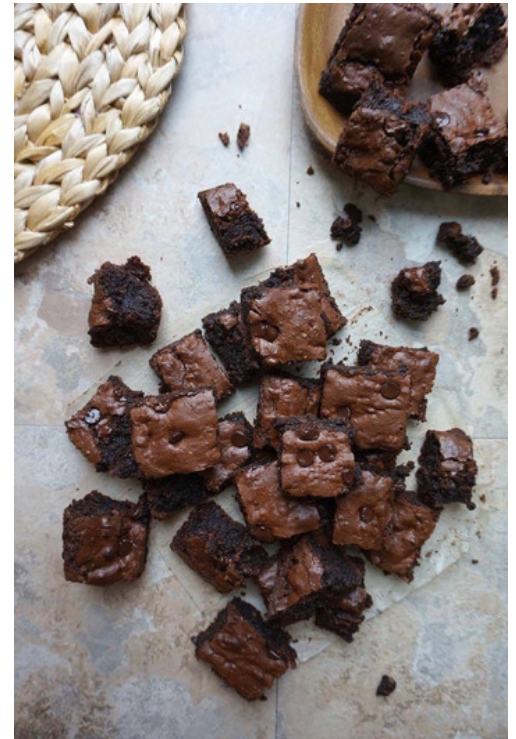
"Absolutely delicious and super easy to make :) and they turned out to be the perfect texture of the typical brownies everyone enjoys."

INGREDIENTS

- 1 cup almond butter
- 1/2 cup maple syrup
- 1/2 cup cacao powder
- 1/2 cup rolled oats
- Chocolate chips or cacao nibs if desired

DIRECTIONS

1. Preheat oven to 325F
2. Blend the oats into a flour
3. Stir all ingredients together.
4. Line an 8x8 inch pan with parchment paper and pour batter into the pan.
5. Bake for 15 minutes (they will look underdone but take them out and let them sit for at least 1/2 hr).



RAINBOW RAW PAD THAI

By Alessandra Savoia
Instagram: @alessandra.savoia

INGREDIENTS

Base:

- 1 Large zucchini, spiralized
- 1 Large carrot, spiralized
- 2 Leaves Kale, finely chopped
- 1/4 cup Dulse
- 1/2 Red bell pepper, thinly sliced
- 1/2 Yellow bell pepper, thinly sliced

Sauce:

- 1/4 cup Coconut milk
- 1/4 cup Cashew butter
- 2 tbsp Tahini
- 2 tbsp Fresh thai basil
- 1 tbsp Lime juice
- 1 tbsp Coconut aminos
- 1 inch Fresh ginger
- Chili flakes, to taste

Topper:

- 2 tbsp Hemp seeds
- 2 tbsp Chia seeds

DIRECTIONS

1. Toss all base ingredients in bowl.
2. Blend all sauce ingredients.
3. Pour sauce over base, and top with hemp and chia.
4. Enjoy!



"When I was younger, my brother and I used to get Pad Thai from a local restaurant. This inspired me to create a raw vegan version of the dish! We get the yummy pad thai taste, but without the added oil and salt! It's something your tastebuds and your body will love!"



DOUBLE CHOCOLATE PUMPKIN SPICE COOKIES

INGREDIENTS

- 1/4 cup organic pumpkin
- 1 tbsp organic applesauce
- 1 tbsp pure maple syrup
- 2 2/3 tbsp organic coconut palm sugar
- 1/2 tbsp vanilla (heaping)
- 3/4 cup organic stone ground whole wheat flour (scant)
- 1/4 cup cacao powder (lightly pack)
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp of pumpkin pie spice (heaping)
- 1/3 cup of dairy-free dark chocolate chips
- 1/4 tsp salt

DIRECTIONS

1. Preheat the oven to 350F.
2. Line a baking sheet with parchment paper.
3. Whisk all wet ingredients and coconut sugar in a large bowl.
4. In a separate bowl, mix the dry ingredients, and then slowly fold them into the wet ingredients.
5. Fold in the chocolate chips.
6. Spoon golf-ball sized dollops onto lined baking sheet and flatten them a bit so they are less than 1 inch thick.
7. Bake for 8-10 min, let cool.

By Kristyn Lee
www.kristynlee.com
 Instagram: @plantpoems



"My husband Eric loves pumpkin, and I love chocolate--so autumn seemed like the perfect season to combine our two favorites in one delicious treat!"



ICED MACA SHAKE

By Sara and Rocco Pirri
www.mindfulbitez.com
 Instagram: @planthletegirl
 @theveganrock

INGREDIENTS

- 4 pitted dates
- 1 banana
- 1 tbsp Maca
- 1 tbsp almond butter
- 1/2 tsp cinnamon
- 1 tbsp cocoa powder
- 2 cups cashew milk
- 3 cups of ice cubes

DIRECTIONS

1. Toss in the ice, banana, cashew milk, dates, almond butter, cinnamon, and cocoa powder into a blender.
2. Blend on high speed until smooth.

"Creamy shakes don't always have to consist of ice cream and loads of sugar. In fact, this iced Maca shake is not only refreshing, but it's rich in flavor & nutrients.

If you've never heard of Maca: it's considered a superfood that's dense in vitamins B, C and E, and it provides lots of calcium, zinc, iron, magnesium, phosphorus and amino acids.

A great, tasty start to your day with vitamins & minerals to boost your energy!"



STUFFED PEPPERS

INGREDIENTS

- Whole grain rice
- Red lentils
- Eggplant
- Squash
- Kale & Carrot
- Sun-dried tomatoes
- Garlic, soy sauce, salt, pepper, chili-pepper

DIRECTIONS

1. Cook lentils and rice.
2. Chop all veggies into smaller pieces and sauté in vegetable broth until soft and mushy.
3. Add rice and lentils to the pan along with desired spices and soy sauce. Let simmer on low heat for a few minutes until it has all become one good, colorful filling.
4. Cut peppers into half and add the filling.
5. Top with either tahini or vegan cheese.

By Therese Bengtsson
<http://www.iamvarg.com>
 Instagram: @iamvarg



"We were expecting family over for dinner and my mom asked what she should get from the store. I started building a recipe in my head that sounded pretty good and she jotted the items down on her list. She forgot to buy half of them, so I left with having to improvise even further with what we had at home. And OMG IT'S FREAKING DELICIOUS!"



CRANBERRY ORANGE MUFFINS

INGREDIENTS

- 3 1/2 cups whole wheat pastry flour
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1 tsp Himalyan salt (fine)
- 1/2 cup apple sauce
- 1 cup coconut sugar
- Zest of 1 orange
- 2 tbsp flax meal + 6 tbsp warm water (mix and let sit 2 min to thicken)
- 2/3 cup orange juice
- 2/3 cup non dairy milk
- 3 cups cranberries (whole or chopped)

DIRECTIONS

1. Sift together flour, baking powder, baking soda and salt.
2. In a separate bowl combine apple sauce, sugar, orange zest, flax mixture, OJ, and non dairy milk.
3. Slowly add dry ingredients and mix well.
4. Fold in cranberries.
5. Add nuts if desired.
6. Line muffin tins with paper liners and fill 3/4 full.
7. Bake at 350F for 15-20 minutes or until toothpick comes out clean.

By Andrea Liddell

www.thesouthshoreherbivore.com

"This is a versatile recipe that is excellent as a breakfast food or a dessert with coffee or tea. Batter can make two bread loaves (bake for 45 min)."



POTATO CORN CAKES

INGREDIENTS

- 2 cups potato flakes (organic if able)
- 1/2 cup fine cornmeal
- 1/3 cup regular baking flour (or GF)
- 2 tsp garlic powder
- 3/4 cup nutritional yeast
- Salt and pepper to taste
- 2 cups vegetable broth or unsweetened plant milk (and more for necessary consistency)
- 2 cups frozen corn kernels (unsalted and no sauce), or direct from the cob
- 4 green onions, sliced thin

DIRECTIONS

1. Combine potato flakes, flour, cornmeal, garlic powder, and nutritional yeast.
2. Add in your liquid and corn kernels, mix well until you get a thick 'batter', and let it sit for 5 minutes.
3. Scoop a heaping 1/3 cup of the batter and shape into balls.
4. Heat a non-stick pan on med-high.
5. Place 2 or 3 potato balls in pan and press into pancake shape, approximately 1/2 " thick and 2-3" round.
6. Cook one side for 3 min, or until golden brown, then gently flip each cake & finish cooking for another 2-3 min.
7. Serve while hot with green onion garnish.

By Lauren Vaught
www.ediblemusings.com



**"These are so great!
Especially served with
avocado, cashew cream, or
diced roasted tomatoes.
Bon appetit!"**



CORN FRITTER OATMEAL

By Lisa Langelier-Marks
Instagram: @LisaFLMarks

INGREDIENTS

1 cup Oatmeal, extra thick (or 1½ cup regular Oatmeal; NOT quick-cooking)
¼ cup Cornmeal
2 tbsp Corn Grits (Polenta)
2 tbsp Flaxseed, ground (Golden Flaxseed, if available)
½ tsp Onion, granulated
½ tsp Garlic, granulated
¼ tsp Turmeric, ground
⅛ tsp or less Black/White Pepper blend, fresh ground
1 tsp Nutritional Yeast

¾ tsp +/- Gratitude Savory Seasoning: use a spice grinder or a small spice-dedicated coffee grinder to mix the following spices. Or use a poultry-style seasoning with similar ingredients, no-salt-added.

~ ¾ tsp Onion, Granulated
~ ½ tsp Thyme (French Thyme, if available)
~ ½ tsp Sage (Rubbed, if available)
~ ½ tsp Marjoram
~ ½ tsp Garlic, Granulated
~ ½ tsp Rosemary

1 cup Corn (frozen or fresh)
2 large handfuls of Greens, bite-sized, cleaned, fresh (Kale, Broccoli Leaves, Baby Spinach, etc.)
1 medium-large Potato, Baked/Steamed
1¾ cups Water
¼ cup Non-Dairy Milk (or an additional ¼ cup Water)

DIRECTIONS

In a 2 Qt cooking pot or microwaveable bowl, add the oatmeal, cornmeal, corn grits, flaxseed meal, herbs and spices, plus nutritional yeast. Stir to combine. Add the corn and stir. Pour in the liquids and stir to combine.

Let the mixture set for about 10 minutes before cooking, to allow it to absorb some of the liquid.



CORN FRITTER OATMEAL

DIRECTIONS (Cont'd)

Stovetop (Preferred):

Over medium-low heat bring the mixture to a simmer, stirring occasionally, making certain to reach the ingredients at the bottom of the bowl. Simmer for 2 to 3 minutes. Reduce to low heat and continue cooking for 5 to 6 minutes, stirring occasionally. Mixture will become very thick. Do not stir.

Transfer the oatmeal into a bowl, place the greens on top and cover with a plate to allow the greens to soften from the heat of the oatmeal, about 2 mins.

Microwave:

Cook in the microwave on 80% power for 3½ minutes. Stir thoroughly, making certain to reach the ingredients at the bottom of the bowl. Return to microwave and cook for an additional 1½ minutes. Remove from microwave. Mixture will be very thick. Do not stir.

Place the greens on top and cover with a plate to allow the greens to soften from the heat of the oatmeal, about 2 mins.

By Lisa Langelier-Marks
Instagram: @LisaFLMarks

"When I lived in the southern US a while back, long before becoming WFPBNO, I had my fair share of corn fritters. As I recall they were made from a thick batter and were pan-fried or deep-fried in oil, and most definitely were not whole grain. Well, except for the whole kernels of corn in them. I must say that they have been one of the foods from that region that I have been missing. I am missing them no longer! Corn Fritter Oatmeal has seen to that!! Plus, I am working on a spin-off recipe for Baked Corn Fritters."

