A COLLECTION OF VEGAN RECIPES
BY FRIENDS OF NTR

RECIPEs WITH A CAUSE

Follow us on Instagram at @nontoxicrev
for more recipes, education, and community.
I’m a copywriter and video creator with a serious love for food. When I’m not writing blogs or creating YouTube videos, you can catch me doing yoga, spending time in nature, or stuffing my face with food that makes me smile.

I grew up eating Reese’s Cups like nobody’s business -- I’d slam back a pack of PB cups like it was a professional aspiration. But by the time I got to college I learned what was inside those Reese’s cups and it made me never want to eat them again. Aside from using animal products, these sweet little chocolate peanut butter morsels are filled with toxic ingredients, made from synthetic chemicals and preservatives.

The obvious next step for me was to try all of the healthy “Reese’s Cup copycats” out there. So I did -- and for me, nothing passed the Reese’s taste test. So I made my own homemade version, and OOWEE we have a grade A winner!

This recipe is the perfect treat any time of year, but my all-time favorite way to enjoy these is to keep them in the fridge during the hot summer months and pop one (or 3) in my mouth whenever I catch a craving for sweets.

Xo,

Kirsten
Ingredients:

For the Chocolate:

• 10 oz bag of Vegan-Friendly Chocolate Chips
• 4 Tbsp Coconut Cream (from a can)
• 2–4 Tbsp Coconut Oil -- different brands of chocolate chips melt a little differently, so I start with 2 Tbsp and add more if the melted chocolate is still too thick
• 1 tsp Vanilla Extract

For the Filling:

• ¾ Cup Natural Peanut Butter
• 3 Tbsp Maple Syrup

Optional toppings:

• Coarse sea salt
• Raw sugar crystals
• Crushed peanuts

@kirsten_naturally @nontoxicrev
Chocolate Peanut Butter Cups

BY KIRSTEN AHLMARK

Instructions:

Melting the Chocolate
- Using a double boiler pot, bring 1 cup of water to boil in the bottom half. Once boiling, turn down to a simmer and secure the top half of the double boiler. Add your chocolate chips and
- coconut cream to the upper pot.
- Continuously whisk the chocolate chips and coconut cream. Once they begin to melt together, turn off the heat completely and continue whisking.
- Once most of the chocolate is melted, add 2 Tbsp of coconut oil and continue to whisk together. If the mixture is still too thick to drizzle from your whisk, add another Tbsp of coconut oil, and repeat again if necessary. Once your chocolate mixture is the right consistency, whisk in the vanilla extract.
- Line a 24 mini muffin tin with paper muffin liners and pour just enough of the chocolate mixture into each muffin liner to cover the bottom (about a tsp).
- Place muffin tin in freezer to set.

Mixing the PB Filling
- Add ¾ Cup of natural peanut butter to a small bowl (I used no added salt, no added sugar creamy peanut butter)
- Add maple syrup and mix together using a fork.

Layering the PB cups
- Remove muffin tin from freezer and scoop a heaping tsp of your maple peanut butter into each cup. Push down the peanut butter with your finger to flatten a bit.
- Drizzle the chocolate mixture over each cup, making sure the peanut butter is covered.
- Place muffin tin back in the freezer to set (minimum 15 minutes).
- Remove muffin tin from freezer and just try to eat one without eating them all ;)

@kirsten_naturally @nontoxicrev
Hi, we’re Jasmine and Chris! We share fresh and fun recipes every week on our blog ‘Sweet Simple Vegan’ to show others that vegan cooking is easy, approachable and delicious. When we’re not blogging, you will probably find us enjoying live music, tending to our backyard garden or playing with our dogs.

We created this recipe with summer in mind and we think that is the perfect beverage for parties, picnics, or just a relaxing afternoon at home.

The best part is that this recipe requires just 4 simple ingredients

Xo,

Jasmine & Chris
Date-Sweetened Strawberry Lemonade
BY SWEET SIMPLE VEGAN

Ingredients:
3 cups filtered water
1 cup (140g) diced strawberries
1/4 cup (50g) Medjool dates* (see notes)
Juice of 2 lemons (about 1/4 cup or to taste; we used Meyer)
Optional: 2–3 sprigs of fresh mint
Instructions:

1. In a high-speed blender, blend all of the ingredients together (except for the optional mint) until smooth, about 1–2 minutes.
2. Transfer into an airtight container and add in the sprigs of mint if using.
3. Seal and place into the refrigerator for 1 hour or until chilled.
4. Serve over ice.

*NOTES:

If your dates are not soft, soak them in hot water for about 20 minutes or until softened, and drain before use.

Add more dates if you want the lemonade sweeter!
Hey there, I’m Liz from Sydney, Australia! Vegan blogger on Instagram @itslizmiu, vegan-food-eater on my Youtube channel Loud Noodle and owner of Mylk and Bun, a social enterprise that dishes out delicious vegan cinnamon rolls for a good cause.

This is a recipe I’m particularly proud of and I adore it so much because it is incredibly hearty and nourishing. It’s won over many mushroom-haters and stroganoff nay-sayers, so please do give it a whirl! I love keeping the mushrooms whole in this recipe for those big juicy mouthfuls of mushroom.

Xo,

Liz

@itslizmiu @nontoxicrev
Ingredients:

CASHEW CREAM SAUCE
1.5 cups roasted cashews (soaked in boiling water for 30 mins, drained)
2 cups water
2.5 tbsp vegan ‘beef’ style stock powder OR equivalent of bouillon cubes to make 1L (2 pints) of broth
1 tbsp dijon mustard
2 tbsp apple cider vinegar

OTHER
750g-800g button/white mushrooms (I like to keep mine whole if they’re small or you can chop them)
2 tbsp vegan butter (or olive oil)
2 brown onions, finely diced
1 tbsp minced garlic
1 tsp thyme
2 tbsp tomato paste, divided
1/2 cup red wine
2 tbsp apple cider vinegar
1 tsp black pepper
1 cup water
1/2 cup chopped parsley
cooked rice or pasta, to serve!
Mushroom Stroganoff

BY LIZ MIU

Instructions:

1. Into a blender, place the cashew sauce ingredients: soaked cashews, water, veggie stock powder, mustard and 2 tbsp apple cider vinegar. Blend until very smooth and creamy!!! I blitz it for at least one minute to avoid lumps!

2. In a large pot heat 2 tbsp vegan butter on medium heat. Once melted, add onions and garlic and sauté for around 4-5 minutes until the onions are soft. Add thyme, 1 tbsp tomato paste and stir to combine with onions.

3. Add all the mushrooms! And stir until everything is evenly coated - mushrooms should go all red. Place the lid on the pot and allow mushrooms to cook for around 3 minutes without stirring - this allows the mushrooms to get some good colour on them. After 3 mins, stir to move the mushrooms around and replace lid. Cook for another 3 mins and most mushrooms should have at least a little colour on them!

4. Add the wine and the blended cashew sauce and cook for around 4-5 minutes, stirring frequently – mixture should start to get really thick. Turn the heat down if it’s getting really bubbly!

5. Add 1 cup water, 2 tbsp apple cider vinegar, 1 tbsp tomato paste and 1 tsp pepper and mix again until well combined. We’re adding these late in the cooking process so that a little more acidity is retained – gives a that delicious sour-creamy flavour!

6. Cook for a few more minutes. If it’s getting way too thick add a little more water. Taste and season if needed! Otherwise stir in 1/2 cup of chopped parsley.

7. Serve with cooked rice or pasta and garnish with extra parsley if desired!

8. Enjoy!

@itslizmiu @nontoxicrev
Hi, I’m Carrington!

I run Parts Homegrown, a vegan food & lifestyle brand. I cover everything from southern style vegan recipes to houseplants to yoga. Other than that, I’m just a cowgirl trying to take over the world one yeehaw at a time.

I like this recipe because it brings the tropics to the backyard country BBQ. You get a perfect balance of smokiness and sweetness. Also, this is a great way to show people how mushrooms can be transformed in a fun way!

xo

Carrington
Ingredients:
Serving size: 2

2 pounds of sliced, washed baby portabella mushrooms (any mushrooms will work, however)
1 cup of BBQ sauce
1/3 cup of diced pineapple
1/3 cup of pineapple juice
3 tablespoons of vegan Worcestershire sauce
3 tablespoons of liquid smoke
1 teaspoon of salt
1 teaspoon of pepper
Instructions:

Mix all ingredients into a bowl and allow mushrooms to marinate for 30 minutes

Preheat the oven to 425F and transfer the mushrooms onto either a baking sheet or cast-iron skillet. Don’t pour remaining sauce on top, reserve it for later.

Roast mushrooms for 45 minutes uncovered.

Once done, you can serve alongside a bed of rice & pour remaining sauce on top!

For fun, you can serve this up in a self-made pineapple bowl just by slicing it longways and gutting it!
Hey there, I’m Caitlin!

I make easy-to-follow, wholesome, and budget-friendly vegan recipes that are mostly gluten-free and refined sugar-free. I’m also an avid yogi, love the great outdoors, am chocolate-obsessed, and enjoy eating almond butter straight off of the spoon.

These Peanut Butter Banana Popsicles are sweet, creamy, and irresistible! Made with only 5 healthy ingredients, this fuss-free recipe is the perfect warm-weather treat.

Xo,

Caitlin
Recipes with a Cause

Peanut Butter Banana Popsicles
BY FROM MY BOWL

Ingredients:
- 3 large bananas (~90 g), extra ripe (make sure they are brown & spotty!)
- ½ cup (125 g) natural peanut butter
- 1 cup (235 ml) unsweetened non-dairy milk
- 3 tablespoons grade A maple syrup, plus more to taste
- 1 teaspoon vanilla extract
- Other equipment needed: popsicle mold

@frommybowl @nontoxicrev
Instructions:

1. Add the peeled ripe bananas to a high-speed blender along with the peanut butter, milk, maple syrup, and vanilla extract. Blend until smooth and creamy, 45 to 60 seconds. Taste the batter and add any extra maple syrup, if necessary (note that the popsicles will taste much less sweet once frozen).
2. Pour the blended mixture into your popsicle mold, leaving a little room at the top of each mold to allow the liquid to expand. Place in the freezer for at least 6 hours, preferably overnight.
3. Let the popsicles sit at room temperature for 5–10 minutes before you remove them from the mold. It also helps to carefully run some room temperature water around the outside of the mold, to soften the outermost layer of the popsicle.
4. Serve chilled and enjoy! Leftovers will keep in the popsicle mold, a freezer-safe bag, or another sealable container for up to one month.

NOTES:

This recipe will make 8–10 popsicles, depending on the size of your popsicle mold.

Flavor Variations: replace the peanut butter with another nut/seed butter of your choice for a fun twist! You can also add in some cinnamon, cacao powder, or replace some of the nut milk with coffee if you’re feeling adventurous.
Hi, I’m Ana! As a Mexican, I grew up eating tacos dorados. It was a staple in our house, and we probably ate them multiple times a month. And even a week! So here’s a recipe using the leftover of your almond milk. It is cheesy and delicious.

I love making this recipe when I am missing home, and need some Mexican comfort food. It is also a perfect side dish!

Xo,

Ana
Almond Ricotta Tacos Dorados

BY ANA ALARCON

Ingredients:

Almond Ricotta:

- 1 cup almond pulp (leftover from almond milk)
- 2–3 Tbsp nutritional yeast
- 1 Tsp. dried oregano
- 1 Tsp. dried, or fresh, cilantro
- Salt and pepper to taste

Tacos:

- 10–12 Corn Tortillas
- Olive oil

Toppings (optional)

- Cashew Crema
- Tomatoes
- Lettuce
- Avocado
- Salsa
**Almond Ricotta Tacos Dorados**

**BY ANA ALARCON**

**Instructions:**

1. Place all the almond ricotta ingredients in a bowl, almond pulp, nutritional yeast, oregano, cilantro, salt and pepper, and mix until well combined. Set aside.

2. Place 6-7 corn tortillas in between a damped clean tea towel, wrap around and heat in the microwave for 12 minutes. Carefully, set aside once warm.

3. Place a large skillet or pan in medium heat, let warm up and add around 2-3 tbsp of olive oil.

4. Place one of the warm corn tortillas in a plate, or flat surface, and with a spoon add a heaping tablespoon of the almond ricotta mix in the middle of the tortilla. Carefully roll into the “taquitos” form.

5. Carefully place the rolled tortilla in the hot pan. Repeat the process until the pan is full. Using two forks, or thongs, turn the tacos dorados around once they are crispy and light brown.

6. Repeat until you finish the tortillas and filling. Feel free to add more oil as you go.

7. I like to put a bowl with a paper towel on the side and let the tacos dorados drained there. That way there’s less oil when serving.

8. For serving (optional), you can top the tacos dorados with cashew crema, or sour cream of your choice, salsa, avocado, and tomato. Enjoy!
Hi, I’m Sachi aka The Colorful Coach! I’m a nutrition and health coach whose main passion is teaching you to add more color to your life. My health journey began when I got into fitness and became a personal trainer, then accelerated years later when I went vegan and discovered the power of whole plant foods to transform health.

This bowl is an all-time favorite of mine because it is versatile and satisfying. Feel free to use this recipe as a template and customize it with whatever vegetables you like most or are in season. Have some produce in your fridge that you don’t know what to do with? Throw it in! The goal is to pack as much color, flavor, and texture into the bowl as possible.

Start with a base of grains, greens, and beans, and pile on from there! Add raw vegetables, nuts or seeds for an added crunch, and fresh or dried fruit for some sweetness. Then pour over the refreshing lemon-tahini dressing to bring it all together.

Xo,
Sachi
Ingredients:

For the salad:

1 cup quinoa or brown rice, cooked
1 bunch of lettuce, chopped
1 cup spiced chickpeas
1 bell pepper, chopped
10–15 cherry tomatoes, halved
½ cup carrot shreds
2–3 radishes, sliced
1 avocado, cubed
2 tbsp dried cranberries
fresh herbs

For the dressing:

1/4 cup tahini
1/4 cup water (more or less to reach desired thickness)
juice from 1 lemon
1 clove garlic, minced (optional)
salt & pepper to taste

@thecolorfulcoach @nontoxicrev
Instructions:

In a small bowl or blender, mix tahini–lemon dressing ingredients together until well–combined.

Start with a small amount of water, then add more to reach desired consistency.

Next, assemble the salad in a large bowl, starting with the greens and grains, followed by the remaining ingredients.

Drizzle a generous amount of tahini dressing onto the assembled salad and mix until well–incorporated.

Garnish with fresh herbs of your choice. Enjoy!

Additional info (serving size, notes, etc):

- This recipe makes two large servings.
- Use raw greens, steamed greens, or a mix of both!
- Prep grains and cooked vegetables beforehand for a cold salad, or serve just after cooking for a warm salad.
- This bowl goes well with roasted root vegetables such as parsnips, carrots, and sweet potatoes in fall and winter, or grilled vegetables such as corn, onions, bell peppers, and asparagus in spring and summer.
Hi! I’m Kat from Cruelty-Free Charcuterie! When I’m not making Cruelty Free Charcuterie boards or working on creating events for clients, you can catch me in the kitchen making delicious meals for my favorite people.

I love this Tofu Breakfast Scramble because when I used to live in LA, there was a restaurant that made the most delicious tofu scramble in all of LA LA Land and I HAD to find a way to recreate it at home. It took me about a month to nail it. It’s fast, easy, and has so many flavors that you’ll want to create it over and over again! Hope you enjoy it just as much as I love making it.

Xo,

Kat
TOFU BREAKFAST SCRAMBLE
BY KATHARINE NICOLE MAGSAYSAY

Ingredients:

(This serves between 3–4 people)
Prep time: 10 mins
Cook time: 10 – 15 mins

1 block of firm tofu (drain and press until completely dry)
½ cup of Nutritional Yeast
½ cup of chopped sun-dried tomatoes (not the one in oil)
1 tbsp of OVVO or 2–4 sprays to cover the surface area of the pan
1 cup of kale (chopped and packed in)
½ of chopped zucchini
1 tbsp of chopped garlic
½ medium yellow onion (finely chopped)
1/3 cup of water
1 tsp of cumin
1 tsp of turmeric powder
1 tsp of chili powder
1 tsp of garlic powder
1 tsp of onion powder
1 tsp of paprika powder
Salt & Pepper at the end (to your liking)
Instructions:

Get a big mixing bowl and start to crumble your tofu into a scramble like consistency. Make sure to crumble the pieces as evenly as possible.


Heat up the pan on the medium setting, then add the OVOO. Wait a minute until the oil is hot and add the onions and garlic. Get them to sweat for about 2–3 mins, or until onions are translucent and garlic is a touch of golden brown.

Next, add your zucchini and kale, mix that up until softened. Then add your sundried tomatoes. Repeat what you did with the zucchini and kale.

Once everything has softened up, add the tofu scramble mix into the pan. Mix everything up so that everything has dispersed. Add in the water to give the tofu some moisture and to not have it stick to the pan. Be sure to keep folding the ingredients for about 3–5 mins. Add more water if necessary to help from scramble sticking to the pan.

Add salt and pepper to taste and enjoy!

You can enjoy this with a piece of sourdough toast, vegan bacon, or a nice cup of white rice.

@cruelftyfreecharcuterie @nontoxicrev