

Super Easy Plant Based Diet Cookbook

Amazingly Delicious Recipes to Lose Weight, Balance Hormones, Boost Brain Health, and Reverse Disease



Margaret Burton

TABLE OF CONTENTS

INTRODUCTION

BREAKFAST RECIPES

- 1. Chocolate Chip Banana Pancake**
- 2. Avocado and 'Sausage' Breakfast Sandwich**
- 3. Cinnamon Rolls with Cashew Frosting**
- 4. Vegan Variety Poppy Seed Scones**
- 5. Sweet Pomegranate Porridge**
- 6. Apple Oatmeal**
- 7. Breakfast Cookies**
- 8. Vegan Breakfast Biscuits**
- 9. Orange French Toast**
- 10. Chocolate Chip Coconut Pancakes**

LUNCH

- 11. Shio Koji Karaage Tofu**
- 12. Zoodle Pesto Salad**
- 13. Cucumber Edamame Salad**

- 14. Flourless Bread**
- 15. Walnut & Mushroom Loaf**
- 16. Tofu Stir-Fry Noodle Bowl**
- 17. Spicy Satay Tofu Salad**
- 18. Lemon Rosemary Almond Slices**
- 19. California Scramble Bowl**
- 20. Steamed Eggplant with Cashew Dressing**

DINNER

- 21. Sushi Roll-Ups**
- 22. Mushroom “Chicken Tenders”**
- 23. Quinoa Pasta with Tomato Artichoke Sauce**
- 24. Alkalizing Tahini Noodle Bowl**
- 25. Alkaline Meatloaf**
- 26. Pizza**
- 27. Alkaline Electric Veggie Lasagna**
- 28. Zucchini Pasta**
- 29. Egg Foo Yung**
- 30. Lentil & Chickpeas Salad**

SNACKS

- 31. Chipotle and Lime Tortilla Chips**

32. Carrot and Sweet Potato Fritters

33. Buffalo Quinoa Bites

34. Tomato and Pesto Toast

35. Avocado and Sprout Toast

36. Apple and Honey Toast

37. Thai Snack Mix

38. Zucchini Fritters

39. Zucchini Chips

40. Rosemary Beet Chips

DESSERT RECIPES

41. Everyday Energy Bars

42. Chocolate Hazelnut Fudge

43. No-Bake Pumpkin Pie

44. Vegan Vanilla Almond Cookies

45. Onion Cheese Muffins

46. French Lover's Coconut Macaroons

47. Oatmeal Raisin Cookies

48. Zucchini Chocolate Crisis Bread

49. Banana Blueberry Bread

50. Apple Cobbler Pie

CONCLUSION

INTRODUCTION

There are several debates about which diet is the most beneficial to your health. Despite this, many health and wellness communities will agree that diets that prioritize organic and whole ingredients while limiting refined foods are the best for overall wellness. And, as you would expect, the plant-based whole foods diet would excel at this. Let's take a look at how this diet works and what this type of eating is all about so you can apply it to your own needs.

There is no specific description of what this type of diet entails because it is all about eating well and ensuring that our bodies get all of the nutrients they need from plant sources. Since there are different plant-based diets to choose from, each one can differ depending on how much an individual chooses to include or remove animal products from their diet. Some vegetarians, for example, eat fish, while others are vegan and do not consume any animal products.

It is a common reality that the best way to have the greatest effect on our weight is to keep track of what we eat. A plant-based diet allows you to enjoy automatic, quick fat burning without the calorie restrictions that other diets impose.

Weight loss is almost a foregone conclusion once you begin a plant-based diet, but it is far from the only advantage you can experience. Consider all of the things you've always wanted to do but have put off because you just don't have the stamina after a long day at work.

Now is the best time to dust off those hobbies and pastimes, because eating a plant-based diet will give you more energy for your everyday work and play! The diet's resulting mental insight and sharpness of thinking are also beneficial results. A better health report card, in the form of optimized cholesterol readings, normalized blood sugar, and a correspondingly reduced risk of cardiovascular disorders, are only a few of the health benefits that most people on the diet encounter.

BREAKFAST RECIPES

1. Chocolate Chip Banana Pancake



Preparation Time: 15 minutes

Cooking Time: 3 minutes

Servings: 6

Ingredients:

- 1 large ripe banana, mashed
- 2 tablespoons coconut sugar
- 3 tablespoons coconut oil, melted
- 1 cup of coconut milk
- 1 ½ cups whole wheat flour

- 1 teaspoon baking soda
- ½ cup vegan chocolate chips
- Olive oil, for frying

Directions:

1. Grab a large bowl and add the banana, sugar, oil, and milk. Stir well. Add the flour and baking soda and stir again until combined.
2. Add the chocolate chips and fold through, then pop to one side. Put a skillet over medium heat and add a drop of oil.
3. Pour ¼ of the batter into the pan and move the pan to cover. Cook for 3 minutes, then flip and cook on the other side. Repeat with the remaining pancakes, then serve and enjoy.

Nutrition: Calories: 105 Fat: 13g Carbs: 23g Protein: 5g