



LEAN INTO VEGAN

A Cookbook

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Hi, I'm Jenna!

A vegetarian¹ aspiring to become vegan².

If you are vegan or aspiring to become vegan like me, you're in the right place and I'm so glad you're here.

Lean Into Vegan contains 12 vegan recipes separated into four 3-course meals. Each meal features an appetizer, an entree, and a dessert. These recipes were created to be low-difficulty, but it does not mean this experience will not be challenging. I would expect you to make a few mistakes or get frustrated in the kitchen, but that's part of the cooking experience, right? My one request is to keep an open mind and do not be too hard on yourself.

Before you dive into the recipes, let me tell you why I created this recipe book.

I became a vegetarian in May of 2020. I had always been passionate about animal rights and never fully agreed that animals should be exploited for human consumption. But it took watching a bird get hit by a car to decide enough was enough, and I needed to make a change. So I'd call myself an animal lover. I'm one

of those people who views all animals as friends, so I first became a vegetarian for moral reasons. However, I did a lot of research when I first adopted a vegetarian diet, and realized there are many other reasons to become vegetarian.

I will not get too into the details of it (because there are a lot), but the animal farming³ industry in America is focused on the mass production of animal products with little regard to animal rights, environmental issues, and human health issues.

The animal farming industry is trying to keep up with the growing human population and our reliance on meat in our food diets. Therefore, there are extreme negative impacts being had on the environment and human health.

This industry is increasing the speed of global warming through increased greenhouse gas emissions from livestock. It is also decreasing the quality of water systems as there is improper management of animal waste because of the vast amount of animals being farmed for human consumption. There are also increasing rates of deforestation and land degradation as we are running out of space to farm these animals.

Beyond the environmental impacts, the animal farming industry also has impacts on human health. There are excessive

amounts of hormones being pumped into these animals in order for companies to meet meat quotas.

When I learned all of these, I was already eating a vegetarian diet. But this information just reiterated why I was doing what I was doing and urged me to look into eating more vegan. It takes time and patience to find new meal ideas that are vegan, but with some practice (and the help of some delicious recipes), you can eat vegan in no time.

If you are up for this adventure, try cooking the recipes on the following pages to lean into a vegan lifestyle. And if eating vegan is not your thing, remember, you do not have to be 100% vegan to make an impact.

Illustrated & Designed by Jenna Swingler

¹ **Vegetarian:** a person who does not eat meat either for moral, religious, or health reasons

² **Vegan:** a person who does not eat or use any food or products derived from animals, including meat, fish, eggs, dairy, and leather

³ **Animal Farming:** a type of intensive agriculture, particularly the approach to animal husbandry that is designed to maximize production while minimizing costs

Easy Crusty Bread

Ingredients

- 3 ¼ cups all-purpose flour & more for sprinkling
- 1 ½ cups warm water
- 2 tsp instant dry yeast
- 1 ½ tsp sea salt

Instructions

1. Add the all-purpose flour, yeast, and sea salt to a large mixing bowl or your kitchen mixer. Mix in the water and stir well until incorporated.
2. Cover the bowl loosely with a kitchen towel or plastic wrap and let it rest at room temperature for 2–3 hours.
3. After about 2 hours, check the dough. You should notice the surface dotted with bubbles. Turn the dough onto a floured surface and sprinkle the dough with a little flour. Shape it into a round loaf by folding it over on itself a few times. No kneading allowed!
4. Preheat your oven to 450 degrees Fahrenheit with a pizza stone inside. Place a baking dish with a couple of inches of water in it on the bottom rack to help create steam inside the oven for a crispy crust.
5. Sprinkle a pizza peel or a cardboard box with some flour and place the bread loaf on top. Allow it to rest for 45 minutes while the oven warms up.
6. Using a serrated knife make a few slits on top of the loaf.
7. Sprinkle the pizza stone with a little bit of the flour then gently slide the bread dough onto it just like you would do with a pizza.
8. Cook for about 30 minutes until golden brown.
9. Transfer to a cooling rack and allow to cool down before slicing.

Notes

If you do not have a pizza stone, you can still bake the bread inside a preheated cast iron skillet or a dutch oven with a lid on instead (line with parchment paper but do not preheat the paper with the dutch oven). If using this method you won't need a tray of water to create steam as the lid will trap the steam inside the pot.

Nutrition

Calories: 188kcal | Carbohydrates: 39g | Protein: 5g | Sodium: 294mg | Potassium: 63mg | Fiber: 1g | Calcium: 9mg | Iron: 2.4mg

Prep Time
10 minutes

Cook Time
30 minutes

Total Time
40 minutes

Servings
8

The Yellow Meal

Easy Crusty Bread,
Potato Kale Soup,
Lemon Bars



Potato Kale Soup

Ingredients

- 2 tbsp olive oil
- 1 medium onion, diced
- 1 medium carrot, diced
- 3 celery stalks, diced
- 2 large garlic cloves, finely chopped
- ¼ tsp red chili flakes
- 1 tbsp Italian seasoning mix
- 1½ lb potatoes, peeled and cut into cubes
- 5 cups vegetable stock
- 2 cups Tuscan kale, roughly chopped
- 1 can full-fat coconut milk
- Salt and pepper to taste

Instructions

1. Heat the olive oil in a heavy-bottomed pot and sauté the onion, carrot, and celery for 7–8 minutes over medium heat until softened.
2. Add the garlic, red chili flakes, and Italian seasoning mix and cook for another minute, stirring often.
3. Add the potatoes and vegetable stock and stir to combine. Bring to a boil, then lower the heat, cover the pot with a lid and simmer for 15 minutes or until the potatoes are fork tender.
4. Stir in the kale and coconut milk and cook for another 2–3 minutes with the lid on.
5. Season to taste and serve hot with some crusty bread if you like.

Nutrition

Calories: 471 Total | Fat: 29g | Saturated Fat: 20g | Trans Fat: 0g | Unsaturated Fat: 7g | Cholesterol: 0 mg | Sodium: 684mg | Carbohydrates: 51g | Fiber: 7g | Sugar: 6g | Protein: 9g

Lemon Bars

Ingredients

Shortbread Crust

- ½ cup vegan butter, melted
- ¼ cup granulated sugar
- 1 cup all-purpose flour
- ¼ tsp salt

Lemon Filling

- ¾ cup lemon juice (about 4 large lemons)
- 2 tsp lemon zest (optional)
- 1½ cups granulated sugar
- 1¼ cups full-fat coconut milk, using mostly the white part
- 6 tbsp cornstarch

For Serving

- powdered sugar

Instructions

1. Preheat the oven to 350 degrees Fahrenheit and line an 8-inch by 8-inch pan with parchment paper, leaving a little overhang for easy removal.
2. **Make the Crust:** In a medium bowl, add and mix together the melted vegan butter, sugar, and salt. Add the flour and stir until combined. The dough will be thick.
3. Press dough into the pan with your hands. Bake for 16–18 minutes until the edges are very lightly browned. Set aside.
4. **Make the Filling:** In a medium saucepan, add the lemon juice, lemon zest (optional), sugar, coconut milk, and cornstarch. Whisk well to dissolve the cornstarch.
5. Heat over medium heat, stirring constantly until the sugar dissolves and the mixture thickens.
6. Spread the filling over the crust evenly, using a spatula to smooth. Bake for 15 minutes, then remove from the oven and let cool at room temperature for 30 minutes.
7. Transfer to the refrigerator for an additional 1–2 hours, or overnight, until set.
8. Lift the bars out of the pan with the parchment paper, dust generously with powdered sugar, and cut into 16 squares.
9. Leftover bars will keep for up to 1 week in a covered container in the refrigerator.

Nutrition

Calories: 203kcal | Carbohydrates: 32g | Protein: 1g | Fat: 8g | Saturated Fat: 5g | Sodium: 85mg | Potassium: 59mg | Fiber: 1g | Sugar: 22g | Vitamin A: 270IU | Vitamin C: 5mg | Calcium: 5mg | Iron: 1mg



The Sports Meal

Baked BBQ Cauliflower Wings,
Caprese Pizza,
Best Fudgy Brownies



Baked BBQ Cauliflower Wings

Ingredients

- 1 medium head cauliflower (about 5–6 cups chopped)
- ¾ cup plain non-dairy milk
- 1 cup all-purpose flour
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- ½ cup breadcrumbs
- 1½ cups barbeque sauce

Instructions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Chop the cauliflower into medium sized florets.
3. In a large mixing bowl, whisk together the salt, onion, garlic, flour, and milk. You want the batter to be thick, but not so thick that the cauliflower won't get properly coated. If it appears too thick, add in an additional 1–2 tbsp of milk to thin it out slightly.
4. Add the cauliflower to the batter and carefully mix to coat each piece.
5. Toss in the breadcrumbs.
6. Add the cauliflower to a baking tray lined with parchment paper.
7. Bake for 25 minutes, turn the oven off, then let sit for an additional 5 minutes. This will help make it crispy without burning. The wings should be golden brown.
8. Remove from the oven and let cool for 5–10 minutes.
9. Add the cauliflower to a bowl and coat with the BBQ sauce. If you don't want them super saucy, start with half the sauce and add more as desired. Serve immediately and enjoy!

Nutrition

Calories: 345kcal | Carbohydrates: 50g | Protein: 8.7g | Fat: 2.5g | Fiber: 6.9g | Sugar: 21g

Prep Time
10 minutes

Cook Time
25 minutes

Total Time
35 minutes

Servings
4

Prep Time
15 minutes

Cook Time
20 minutes

Total Time
35 minutes

Servings
3

Caprese Pizza

Ingredients

- 1 lb multi-grain pizza dough (sit at room temperature for 30 minutes before rolling)
- $\frac{3}{4}$ cup filtered water
- $\frac{1}{2}$ cup raw cashews
- 1 tbsp nutritional yeast
- 1 tbsp arrowroot powder
- 1 tbsp apple cider vinegar
- $\frac{1}{2}$ tsp sea salt
- 2 tbsp olive oil
- 2–3 cloves garlic, minced
- 2–3 ripe Roma tomatoes, thinly sliced
- Balsamic Reduction
- Handful fresh basil leaves, very thinly sliced
- Crushed red pepper flakes (optional)

Instructions

1. Preheat oven to 400 degrees Fahrenheit. Line a round, vented pizza pan with parchment paper.
2. Lightly dust a clean work surface with flour and roll the pizza dough out into a 15-inch circle. Transfer to the lined pizza pan and bake for 7 minutes, or until the bottom is just beginning to set.
3. While the pizza bakes, prepare the cashew mozzarella by adding the filtered water, cashews, nutritional yeast, arrowroot powder, apple cider vinegar, and sea salt to a high-speed blender. Blend on high for 2 minutes, or until completely smooth.
4. Pour the mixture into a saucepan. Turn the heat on medium and whisk constantly for 3–5 minutes, or until it just begins to thicken. Do not overheat. Set aside to cool slightly.
5. Brush the top of the pre-baked pizza dough with the olive oil and sprinkle with the garlic. Use a tablespoon to drop spoonfuls of the cashew mozzarella across the surface of the pizza. Top with the sliced tomatoes.
6. Return the pizza to the oven and bake for another 8–14 minutes, or until desired doneness is reached.
7. Remove from the oven and let cool slightly. Generously drizzle with the Balsamic Reduction and sprinkle with the fresh basil. If desired, season with sea salt and crushed red pepper flakes.
8. Serve immediately.

Notes

If you're not using a high-speed blender (e.g., Vitamix, Blendtec), soak cashews in water for 2 hours or boil for 10 minutes to soften.



Best Fudgy Brownies

Ingredients

- 1 $\frac{1}{2}$ cups granulated sugar
- $\frac{1}{2}$ cup water (for sugar)
- 2 tbsp ground flax seed
- 5 tbsp water (for flax seed)
- $\frac{1}{2}$ cup oil
- 1 tbsp vanilla extract
- $\frac{3}{4}$ cup cocoa powder
- 1 $\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ cup chocolate chips

Instructions

1. Preheat the oven to 350 degrees Fahrenheit.
2. In a small bowl, whisk together the ground flax seed with 5 tbsp water. Set aside to thicken.
3. In a medium pot on the stove, add the sugar and $\frac{1}{2}$ cup water and whisk together. Heat over medium-low heat. Stir occasionally, but after about 5–10 minutes, the sugar should completely dissolve. Be sure you don't add any extra water. The water will look somewhat cloudy, but you shouldn't notice any clumps of sugar.
4. Meanwhile, in a large bowl, stir together all dry ingredients except for the chocolate chips.
5. Once the sugar has completely dissolved, give it a final whisk, then pour it into the dry ingredients.
6. Add all remaining wet ingredients, including the flax eggs once thickened and mix together until a batter forms. Stir just until combined. Fold in the chocolate chips.
7. Transfer to an 8-inch by 8-inch baking pan lined with parchment paper. Sprinkle with additional chocolate chips if desired.
8. Bake for 35–42 minutes. Bake for longer if you don't like a fudgy inside and shorter if you want them really fudgy.
9. Remove from the oven, let cool completely, then slice around the edges of the pan and lift out the brownies using the parchment paper.
10. Slice into 16 squares & enjoy! The longer you let cool, the cleaner the cut will be.

Nutrition

Calories: 204kcal | Carbohydrates: 34g | Protein: 2g | Fat: 10g | Fiber: 2g | Sugar: 20g

Prep Time
10 minutes

Cook Time
35 minutes

Total Time
45 minutes

Servings
16

Air Fryer Zucchini Chips with Basil Aioli

PREP TIME
10 minutes

COOK TIME
30 minutes

TOTAL TIME
40 minutes

Servings
36 chips

Ingredients

- 2 medium zucchini, cut in 1/4" rounds
- 1/2 cup flour
- aquafaba* from 1 can of chickpeas
- 3/4 cup panko breadcrumbs
- 3/4 tsp smoked paprika
- 3/4 tsp garlic powder
- 1/2 tsp pepper

Basil Aioli

- 1/4 cup vegan mayo
- 1 tbs olive oil
- 3 cloves garlic, peeled
- 10 basil leaves

Instructions

1. Place a strainer in a bowl. Pour the can of chickpeas into the strainer, reserving the aquafaba* in the bowl. Save the chickpeas and use them for another recipe.
2. Add the flour to a bowl.
3. Add the breadcrumbs, smoked paprika, garlic powder, and pepper to another bowl and stir to combine.
4. Spray the air fryer basket with olive oil.
5. Bread the zucchini slices by dipping them in flour, then aquafaba, then the panko mixture. Being sure to press the breadcrumbs into the zucchini until it sticks. Place the finished zucchini slices in the air fryer basket in a single layer.
6. Once the basket is full, spray the top of the zucchini with olive oil and cook it in the air fryer for 10 minutes at 400 degrees (no need to flip).
7. While the zucchini is cooking, prepare the basil aioli by combining all of the ingredients (except the water) in a food processor. Blend, scraping down the sides as needed. With the motor running, add water until the desired consistency is reached and everything is combined. Transfer to a bowl and place in the fridge until ready to use.
8. Remove the zucchini from the air fryer and transfer to a bowl. Sprinkle with salt and serve with the basil aioli.

Notes

*Aquafaba is the liquid in the can of chickpeas.

Nutrition

Calories: 24kcal | Carbohydrates: 2g | Protein: 1g | Fat: 2g | Saturated Fat: 1g | Sodium: 16mg | Potassium: 34mg | Fiber: 1g | Sugar: 1g | Iron: 1mg

The Comfort Meal

Air Fryer Zucchini Chips with Basil Aioli,
Tofu Tomato Pasta with Veggies,
Lemon Blueberry Cake



Tofu Tomato Pasta with Veggies

Ingredients

- 8 ounces of pasta of choice
- 1 pack firm or extra firm tofu (12 ounces)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 large bell pepper, cored + chopped
- 1 tsp smoked paprika
- ½ tsp chili powder
- 2 cups spinach
- 3 cups tomato sauce
- ¼ cup parsley, chopped

Instructions

1. Bring a pot of water to a boil and cook pasta according to package instructions.
2. While waiting for water to boil, crumble tofu: remove from packaging and drain liquid. Wrap in paper towel, then gently press out excess water. Over a large bowl, use your hands to tear block of tofu into smaller chunks. Then, squeeze those chunks into even smaller pieces, until the entire block is “crumbled.”
3. Heat olive oil in a large, deep pan over medium-high heat. Add minced garlic and sauté until fragrant, about 2 minutes.
4. Then, add in chopped bell peppers (or other veggies if desired). Sauté for about 5 minutes.
5. Add in crumbled tofu, smoked paprika, chili powder, salt, and pepper. Stir and cook for another 5 minutes.
6. Then, add in spinach, tomato sauce, and chopped parsley. Stir well and allow to simmer for 5 minutes.
7. Drain pasta and add to sauce. Stir to combine before removing from heat.
8. Serve pasta into bowl and top with additional garnish, if desired. I love some chopped basil and freshly grated parmesan.

Nutrition

Calories: 389kcal | Carbohydrates: 58g | Protein: 18g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Sodium: 957mg | Potassium: 1037mg | Fiber: 6g | Sugar: 11g | Vitamin A: 4122IU | Vitamin C: 75mg | Calcium: 96mg | Iron: 5mg

Lemon Blueberry Cake

Ingredients

- 2 ½ cups all-purpose flour
- 1 ¼ cups granulated sugar
- 3 tsp baking powder
- ¾ cup dairy-free milk
- ½ cup neutral flavored oil
- ½ cup lemon juice and zest
- 1 tsp vanilla extract
- 1 ¼ cups blueberries, fresh or frozen

For Serving

- powdered sugar (optional)

Instructions

1. Preheat your oven to 355 degrees Fahrenheit.
2. Line or grease an 8-inch round cake pan.
3. Add all the dry ingredients (flour, sugar, baking powder and salt) to a large mixing bowl and mix until there are no lumps.
4. Add all the wet ingredients (milk, oil, lemon juice/zest and vanilla) and mix until it's combined.
5. Add half of the blueberries and gently fold them through.
6. Pour the batter into your prepared cake pan. Scatter the remaining blueberries on top and gently press some of them into the cake.
7. Bake the cake for 50 minutes to 1 hour or until you can poke a skewer in the middle and there's no wet batter on it. This is a moist cake so some crumbs on your skewer are fine.
8. Allow the cake to cool in the cake tin for 10 minutes then cool on a wire rack for another 10 minutes.
9. Just before serving, dust the cake with powdered sugar (optional) and serve!

Notes

If you like more of the lemon flavor, add about ¾ cup lemon juice. If you like less of the lemon flavor, add a little less than ½ cup lemon juice.

The cake can be stored in an airtight container at room temperature for 1 day, in the fridge for 3 days, or in the freezer for up to 1 month.

Nutrition

Calories: 338kcal | Carbohydrates: 54g | Protein: 4g | Fat: 12g | Sodium: 153mg | Potassium: 68mg | Fiber: 2g | Sugar: 28g | Vitamin A: 18IU | Vitamin C: 7mg | Calcium: 102mg | Iron: 2mg

PREP TIME
15 minutesCOOK TIME
1 hourTOTAL TIME
**1 hour,
15 minutes**Servings
10

The Green Meal

Spicy Cucumber Salad,
Vegetable Noodle Stir Fry,
Chocolate Avocado Pudding

Spicy Cucumber Salad

Ingredients

- 8 mini or Persian cucumbers
- 1 green onion, ends trimmed and finely sliced
- Sesame seeds

Dressing

- 1½ tbsp soy sauce
- 1½ tbsp rice vinegar or white wine vinegar
- 1 tsp sesame oil
- 1 tbsp honey or maple syrup
- 2 large garlic cloves, minced
- 1 tsp crushed or full red chili flakes

Instructions

1. Prepare the accordion cucumbers. Wash, dry, and cut the ends off the cucumbers.
2. Now, place one cucumber between two chopsticks. Cut the cucumber at a 45° angle, making thin diagonal slices on the top. Flip the cucumber over and make 90° angle cuts. Don't cut the cucumbers straight across or at a 45° angle again — the spiral won't work!
3. Cut the spiraled cucumbers in half, then add them to a large mixing bowl.
4. In a small bowl, whisk together the dressing ingredients. Taste and adjust to your preference.
5. Pour dressing over cucumbers and mix gently so the cucumbers don't break. Garnish with green onion and sesame seeds.

Notes

For best results, keep any leftover spicy cucumber salad in an airtight container in the refrigerator for up to 4 days.

Nutrition

Calories: 48kcal | Carbohydrates: 9g | Protein: 1g | Fat: 1g | Saturated Fat: 0.2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.4g | Sodium: 228mg | Potassium: 221mg | Fiber: 1g | Sugar: 5g | Vitamin A: 296IU | Vitamin C: 4mg | Calcium: 32mg | Iron: 1mg

Prep Time
5 minutes

Cook Time
0 minutes

Total Time
5 minutes

Servings
4

Prep Time
15 minutes

Cook Time
15 minutes

Total Time
30 minutes

Servings
6

Vegetable Noodle Stir Fry

Ingredients

Tofu

- 1 block extra firm tofu
- 2 ½ tbsp soy sauce
- 2 tbsp oil
- 1 tbsp sriracha

Veggies & Noodles

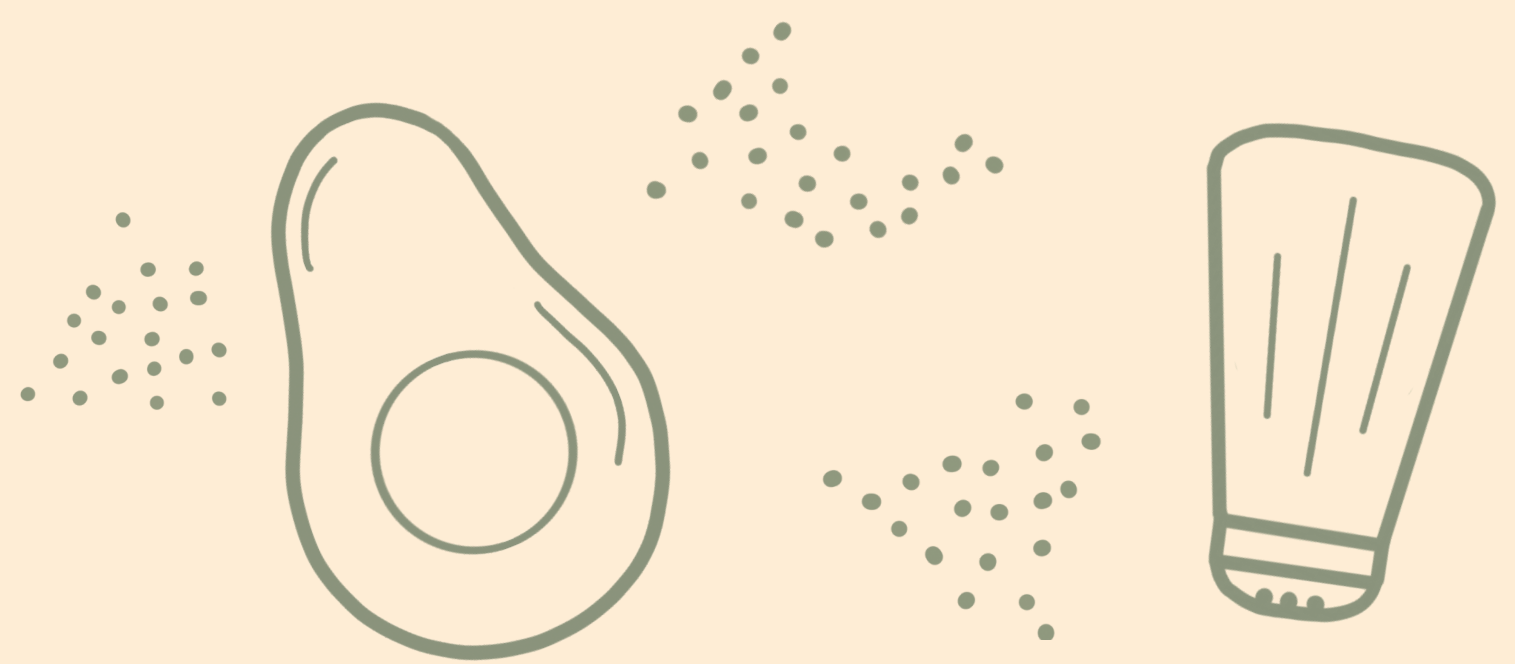
- 12 ounces brown rice noodles
- 2 cups chopped broccoli
- 1 small bunch asparagus
- 2 cups edamame
- ¼ cup chopped scallions
- ¼ cup soy sauce
- 2 tablespoons olive oil
- ¼ cup vegetable broth
- 2 tbsp toasted sesame oil
- 4 cloves garlic
- 1 tbsp fresh grated ginger
- 1 tbsp sriracha
- 2 tbsp tahini

Instructions

1. Bring a large pot of water to a boil and cook noodles according to package instructions.
2. Remove the tofu from the package and drain off excess liquid. Wrap in a towel and place a heavy object on top. Press for 10 minutes.
3. Remove from the towel and chop tofu into 1 inch cubes.
4. Add the oil to a skillet and once hot, add in the tofu, keeping each piece away from each other to really help it crisp up. Cook on each side for about 3 minutes or until brown and crispy.
5. Whisk together the soy sauce and sriracha, pour on top of the tofu and let simmer over low heat to let the flavors absorb.
6. Meanwhile, add the garlic, ginger, and olive oil to another pan and saute until the garlic is golden brown.
7. Add the chopped broccoli, edamame, asparagus, and vegetable broth and cover. Let simmer for 5–7 minutes or until broccoli is fork tender, but not fully cooked.
8. Add in all remaining ingredients (aside from the scallions) and the cooked noodles. Simmer for 5 minutes to allow the noodles and veggies to absorb the flavors.
9. Combine with the tofu and scallions.

Nutrition

Calories: 507kcal | Carbohydrates: 61g | Protein: 20g | Fat: 22g | Fiber: 10g



Chocolate Avocado Pudding

Ingredients

- 1 ripe avocado
- 2 tbsp cacao or cocoa powder
- 2–3 tbsp pure maple syrup
- ½ tsp vanilla extract
- 2 tbsp water (or more as needed)
- Pinch of salt

Instructions

1. Scoop the avocado, without the peel or pit, into a mini-food processor or narrow blender. (Note: If your blender has a wide base, you may need to double the recipe to have a sufficient volume for blending.)
2. Add in the cacao powder, maple syrup, vanilla, salt, and water. Blend until smooth.
3. Taste the pudding and add more maple syrup if needed. (Or any other extra flavorings you like, such as frozen raspberries or cherries.) You can serve this right away, or put it in an airtight container in the fridge to chill.
4. Leftovers can be stored in an air-tight container in the fridge for up to 48 hours. The pudding can sometimes separate when chilled, but stirring it should restore the texture.

Nutrition

Calories: 229kcal | Carbohydrates: 25g | Protein: 3g | Fat: 15g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Sodium: 11mg | Potassium: 610mg | Fiber: 9g | Sugar: 13g | Vitamin A: 147IU | Vitamin C: 10mg | Calcium: 41mg | Iron: 1mg

Prep Time
5 minutes

Cook Time
0 minutes

Total Time
5 minutes

Servings
2



Congratulations!

If you have made it this far, you have successfully cooked 12 vegan recipes (which is no small feat).

Thank you for going on this vegan journey with me! I hope this adventure was enjoyable for you... I know it was for me.

I hope you tried something new and maybe changed your perspective towards food a little bit. If you were skeptical that vegan food can be delicious, it is my hope that these recipes proved you wrong.

The biggest takeaway I hope you have is that eating vegan is not hard... it just takes a little extra time, patience, and practice.

Much love,

Jenna

