

Holiday Recipes

Plant-based Recipes for Holiday Meals



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with Splash!
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Cranberry Muffins

In the fall buy extra bags of cranberries and keep them in your freezer so you can enjoy these muffins all year round. If you don't have the cranberries you can substitute blueberries. You can also bake these in mini-muffin cups to serve as a party dessert or on a breakfast buffet. Make these gluten-free or use whole wheat flour. For GF use GF flour + ¼ tsp. xanthan gum.

INGREDIENTS

- ½ cup sugar
- 1 ½ cups whole wheat flour
- ½ cup almond flour (or finely ground almonds)
- ½ cup rolled oats (dry oatmeal)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup unsweetened applesauce
- ½ cup unsweetened soy or almond milk
- 1 orange (juiced and zested)
- 1 ½ cup cranberries (blueberries)
- ¼ cup sliced almonds

DIRECTIONS

- Preheat oven to 350 degrees.
- Line muffin tins with paper baking cups or lightly grease.
- Whisk together the sugar, flours, oatmeal, baking soda, baking powder and salt.
- In a separate bowl, whisk together the applesauce, milk, orange juice and orange zest.
- Stir wet mixture into dry mixture.
- Gently fold in cranberries just until combined.
- Spoon batter into baking cups with a 1/3 measuring cup.
- Sprinkle with almonds.
- Bake until a toothpick inserted into the center of muffins comes out clean, about 20 – 25 minutes.
- Remove from oven and let cool in pan for 10 minutes.
- Turn muffins out onto wire racks, and let cool completely.

Makes 12 muffins.

(Recipe adapted from *marthastewart.com*)



Banana Muffins

Muffins are crowd-pleasers so you may want to serve them when you have overnight guests. You can get up early, put on the coffee and bake the muffins to create a wonderful aroma as your guests wander into the kitchen. You can also make the muffins ahead of time and store them in the freezer.

To warm them, preheat oven to 350°F. Place the muffins in a large paper sack. Sprinkle water all around the outside of the sack and place it in the oven. Warm for 20 minutes. On a busy morning, just pop in the microwave for a few seconds. For GF use GF flour + ¼ tsp. Xanthan gum.

INGREDIENTS

- 1 ⅓ cups whole wheat flour
- ¼ cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¾ cup oat bran
- ½ cup chopped walnuts
- ⅔ cup applesauce
- ⅓ cup plain soy or almond milk
- 1 teaspoon vanilla
- 1 cup mashed banana (2 - 3 ripe bananas)
- ½ cup dried apricots, cut in pieces (or raisins)

DIRECTIONS

- Preheat oven to 375°F
- Line a 12-cup muffin tin with paper liners.
- Whisk together flour, sugar, baking powder, soda, salt, cinnamon, and oat bran in a large bowl.
- Combine applesauce, milk, bananas and vanilla in separate bowl.
- Make a well in the center of the dry ingredients, add wet ingredients and stir with a wooden spoon just until mixed.
- Gently stir in nuts and apricots (if using).
- Mix gently until all of the dry ingredients are incorporated into the batter.
- Spoon batter into lightly greased muffin tins – fill about 3/4s full.
- Bake 15 – 20 minutes (until toothpick stuck in center comes out clean).

Makes 12 muffins.

Banana Pumpkin Smoothie

(Placeholder picture)

INGREDIENTS

- $\frac{3}{4}$ cup pumpkin
- 1 frozen banana
- 2 oranges, peeled and cut into pieces
- $\frac{1}{2}$ tsp. cinnamon
- Dash nutmeg
- Dash cloves
- 1 tsp. brown sugar
- Fill glass mixing cup with 2-3 cups ice and pour plain almond or soy milk over the ice to the 3 cup line.

DIRECTIONS

- Mix all ingredients in a Vita-mix or strong blender until smooth.
- Pour into 2-3 glasses and serve.

Makes 2-4 servings depending on glass size.





Oatmeal Breakfast Shake

You can either mix the ingredients for this shake the night before or in the morning. I make these shakes for company quite often and it is easier to put them together the night before. Wait to add the frozen banana until morning.

I got some quart, wide-mouth jars with lids. I put the ingredients for one shake into each jar, cap it and refrigerate overnight. In the morning I dump the ingredients from one jar at a time into the blender and blend until smooth. Pour the shake back into the jar, add a straw and serve.

INGREDIENTS

- ½ cup old fashioned oats
- ½ tablespoon chia seeds (or flax seeds)
- 2 cups chopped up fresh/frozen pineapple (or another fruit)
- 1 cup plain soy or almond milk
- 5-10 fresh spinach leaves
- ¾ cup ice/water
- Dash of cinnamon
- ½ banana, sliced (preferably frozen)

DIRECTIONS

- Put oats, chia, pineapple and milk into a glass container.
- Cover and refrigerate overnight.
- In the morning, pour the mixture into a blender. Add cold water/ice, cinnamon and banana.
- Blend until smooth.
- Pour into a glass or a glass jar and serve.

Makes one large serving or 2 medium ones.



Sweet Potato Casserole

INGREDIENTS

- 3 large sweet potatoes (yams), peeled and chopped
- 3 tablespoons plain, low-fat nondairy milk
- 1 tablespoon honey
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon vanilla
- ¼ teaspoon nutmeg
- ¼ cup chopped walnuts (or pecans), optional

DIRECTIONS

- Preheat oven to 350°F once potatoes are boiled.
- Peel and chop sweet potatoes and put them in a large bowl of ice water for 10 minutes.
- Strain and put them in a pot of cold water. Bring to a boil, reduce heat to medium and cook until the chunks are fork-tender (about 20 minutes).
- When potatoes are done, strain and put them back in cooking pot and mash them with a potato masher. If you have an electric mixer, transfer potatoes to mixer bowl and add milk, honey, salt, cinnamon, vanilla and nutmeg and mix until smooth. If not, continue by hand.
- Transfer to an 8"x8" baking pan and sprinkle with chopped nuts (if desired).
- Bake for 30 minutes and serve warm.



Mashed Potatoes & Gravy

I love mashed potatoes and serve them quite often. This is a dish that most kids enjoy, too. Potatoes are starchy so it is best to rinse your pan and potato masher in cold water immediately after use.

Mashed Potatoes

INGREDIENTS

- 10 medium Yukon Gold or other yellow potatoes
- ¼ - ½ cup plain, unsweetened soy or almond milk
- ¼ teaspoon salt
- Pepper to taste

DIRECTIONS

- Peel potatoes and chop into chunks.
- Put in a large bowl of ice water for 10 minutes and then drain.
- Put potatoes and garlic into a soup pot with enough water to cover them. Bring to a boil, reduce heat and simmer, covered, until fork tender (about 20 minutes).
- Drain potatoes and put them back in the cooking pan.
- Heat milk in small saucepan over very low heat.
- Mash potatoes and salt with a hand-held potato masher. Scrape sides of pan, add the milk (a little at a time) and continue mashing until you get a smooth consistency.

Serves 4.

Gravy

INGREDIENTS

- 3 cups vegetable broth
- 3 tablespoons soy sauce
- 2 tablespoons tahini
- 3 tablespoons brown rice flour
- Freshly ground black pepper

DIRECTIONS

- Place vegetable broth, soy sauce, tahini and rice flour in a medium saucepan. Stir well to mix.
- Cook over medium-low heat, stirring occasionally until smooth and thick (about 10 minutes).
- Season with black pepper.

(Recipe adapted from Mary McDougall, *McDougall Newsletter*)



Bean Burger

If you want to use gluten-free buns make the *Teff English Muffins* the night before. That recipe is in “bread” section.

INGREDIENTS

- 1 large garlic clove, peeled and minced
- 2 green onions, chopped
- 1 cup cilantro leaves
- 1 cup carrots, chopped (2-3 carrots)
- 1 teaspoon onion powder
- 1 14-ounce can pinto beans, rinsed and drained
- 8 ounces tomato sauce
- 2 cups old-fashioned oats
- 8 Whole wheat buns (or bread)
- Mustard and/or catsup (optional)
- Onion slices (optional)
- Tomato slices (optional)
- Lettuce (mixed greens, arugula or swiss chard) (optional)
- Dill pickle slices (optional)
- Jalapeño slices (optional)

DIRECTIONS

- Prepare garlic, green onions, cilantro and carrots.
- Preheat oven to 400° F.
- Add garlic to the food processor with the motor running to mince it. Then add the green onions, cilantro, carrots, onion powder, beans, and tomato sauce. Process until blended.
- In a large bowl, stir together the blended mixture with the oats.
- Dip mixture with a 1/3 measuring cup and place on a baking sheet. You can flatten the burgers with the bottom of the cup.
- Bake 8 minutes and then turn and broil for 2 minutes longer.
- Serve with optional toppings.

Makes 7-8 burgers.

(Recipe adapted from Ann Esselstyn, *Prevent and Reverse Heart Disease*)

