



CHOICES MARKETS VEGAN RECIPES

Simple and delicious, plant-based recipes to make with your family!

Handpicked for Veg Expo
By the Choices Markets Nutritionist Team
www.choicesmarkets.com

INDEX

BREAKFAST

Acai Berry Smoothie Bowl	03
Vegan Banana Coconut Macadamia Pancakes	05

SNACKS AND DRINKS

No Bake High Protein Granola Bars	07
Golden Milk Chai	09
Cinnamon Cauliflower Smoothie	11

ENTREES

Yam-Tofu Buddha Bowl	13
Sundried-Tomato-Lentil Burger	15

DESSERTS

Vegan Black Bean Brownie	17
Vegan Panna Cotta with Berries	19



ACAI BERRY SMOOTHIE BOWL

Enjoy for breakfast, lunch or dessert!

INGREDIENTS

- 1 cup plant-based yogurt (unsweetened- coconut/almond/soy)
- 1 ripe banana (can be frozen)
- 1 large ripe pear
- 1 cup frozen acai fruit puree
- 1 cup frozen strawberries or blueberries
- 1 cup plant-based milk (almond/coconut/hemp/oat/soy)
- 2 tbsp ground flaxseed
- 1 tbsp hemp hearts
- 2 tbsp presoaked chia seeds (soak in 1 cup filtered water for one hour or overnight)



PREP TIME
10 MINS



COOK TIME
5 MINS



SERVES
2-3

INSTRUCTIONS

1. Add all ingredients to a blender and combine until smooth.
2. Add to a bowl and top with the following (optional): sliced fruit (banana, kiwi, strawberry), a dollop of peanut or almond butter (for extra protein and satiation), toasted almond slices, granola, oatmeal.
3. Enjoy for breakfast, lunch, or dessert!

SHOPPING LIST

- Plant-based yogurt (unsweetened- coconut/almond/soy)
- Banana
- Pear
- Frozen acai fruit puree
- Frozen strawberries or blueberries
- Plant-based milk (almond/coconut/hemp/oat/soy)
- Ground flaxseed
- Hemp hearts
- Chia seeds



**VEGAN BANANA COCONUT
MACADAMIA PANCAKES**

INGREDIENTS

- 1 1/2 cups vanilla soy milk
- 1 tsp apple cider vinegar
- 1/4 cup organic unsulphured shredded coconut
- 1 ripe organic fair trade banana
- 1/2 cup chickpea flour
- 1 cup all-purpose flour
- 2 tbsp icing sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 2 tbsp olive oil plus extra for frying
- 2 tbsp maple syrup
- 1/2 tsp vanilla essence
- 1/4 cup chopped macadamia nuts



PREP TIME
15 MINS



COOK TIME
15 MINS



SERVES
2-3

INSTRUCTIONS

1. Blend soy milk and vinegar. Set aside.
2. Over medium-low heat, toast coconut in a small pan. Stir occasionally to avoid burning. Toast until lightly browned then set aside. Peel and mash banana and set aside.
3. In a large bowl, mix flours, icing sugar, baking powder and baking soda. Make a well in the centre of the dry mixture then pour in olive oil, maple syrup, vanilla essence and soy milk/vinegar mixture.
4. Combine until all ingredients are blended. Add coconut, banana and nuts, mixing gently until all ingredients are blended.
5. Lightly grease a large skillet and heat to medium heat. Spoon batter into the pan. (The amount of batter used will depend on the size of pancake you want. We like silver-dollar-sized pancakes and use a special silver dollar pancake pan).
6. Cook pancakes until the batter begins to bubble and the undersides are lightly browned. Flip pancakes and cook until browned on the other side. Serve warm with vegan buttery spread and maple syrup.

SHOPPING LIST

- Vanilla soy milk
- Apple cider vinegar
- Organic unsulphured shredded coconut
- Banana
- Chickpea flour
- All-purpose flour
- Icing sugar
- Baking powder
- Baking soda
- Olive oil
- Maple syrup
- Vanilla essence
- Macadamia nuts



**NO BAKE HIGH PROTEIN
GRANOLA BARS**

INGREDIENTS

- 2 cups rolled oats (quick)
- 2 cups crunchy cereal (millet puffs or grape nuts)
- 1/2 cup sesame or flax seeds
- 3 cups dried raisins or cranraisins
- 1/2 cup almonds or other nuts chopped
- 1/2 cup wheat germ or oat bran
- 1 cup plant-based protein powder
- 2 Tbsp. plant butter or coconut oil
- 1 1/2 cups brown rice syrup
- 1 cup nut butter of your choice



PREP TIME
15 MINS



SERVES
30-40 BARS

INSTRUCTIONS

1. On low heat toast quick oats.
2. Add other dry ingredients and mix into large bowl.
3. On low heat combine nut butter and brown rice syrup.
4. Remove from heat and add oil and protein powder.
5. Add to dry mixture and mix thoroughly.
6. Press onto greased cookie sheets and refrigerate.

Makes 30-40 bars. Store bars in fridge or freezer for longer shelf life.

Tips:

- For drier bars, add one additional cup of protein powder to dry mixture.
- Cut into bars and put in little baggies for on the go! cook until browned on the other side. Serve warm with vegan buttery spread and maple syrup.

SHOPPING LIST

- Quick oats
- Crunchy cereal (millet puffs or grape nuts)
- Sesame or flax seeds
- Dried raisins or cranraisins
- Almonds or other nuts
- Wheat germ or oat bran
- Plant-based protein powder
- Plant butter or coconut oil
- Brown rice syrup
- Nut butter



GOLDEN MILK CHAI

INGREDIENTS

- 1 Tablespoon of Earth's Choice Turmeric paste
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1 cup hot water
- 1 cup Earth's Choice coconut milk (blend in case solids have separated)
- 1 Tablespoon coconut palm sugar (optional)



PREP TIME
5 MINS



COOK TIME
5 MINS



SERVES
1

INSTRUCTIONS

1. Place cinnamon and ginger in a pot with hot water just brought to the boil
2. Steep for 3 minutes.
3. Add turmeric, coconut milk and coconut palm sugar (if using) and bring to a simmer.
4. Remove from heat.
5. Whisk well/stir.
6. Strain turmeric mixture while pouring the tea into mugs.
7. Sprinkle with cinnamon or grated fresh nutmeg on top.
8. Garnish with a cinnamon stick.

SHOPPING LIST

- Earth's Choice Turmeric Paste
- Cinnamon
- Ground ginger
- Earth's Choice coconut milk
- Coconut palm sugar (optional)



CINNAMON CAULIFLOWER SMOOTHIE

INGREDIENTS

- 1 cup frozen cauliflower
- 1 organic Fair Trade banana, fresh or frozen
- 2 tsp cinnamon
- 1/2 tsp Organic Traditions vanilla powder
- 2 Tbsp cashew butter
- 1 cup oat milk



PREP TIME
5 MINS



COOK TIME
5 MINS



SERVES
2

INSTRUCTIONS

1. Combine all ingredients in a high powered blender. Blend until smooth. Serve immediately garnish with extra cinnamon, fresh fruit and hemp seeds.

SHOPPING LIST

- Frozen cauliflower
- Banana, fresh or frozen
- Cinnamon
- Organic Traditions vanilla powder
- Cashew butter
- Oat milk



YAM-TOFU BUDDAH BOWL

INGREDIENTS

- 1 package firm or medium firm tofu
- 2 Tbsp low sodium soy sauce, tamari or coconut aminos
- 1-2 tsp garlic powder
- 1 yam
- 1 Tbsp olive oil (or low sodium vegetable broth for oil-free version)
- 1 cup broccoli florets
- 1 cup sliced red bell peppers
- 1 cup leafy greens (spinach, arugula, kale, etc)

Tahini Sauce:

- ½ cup tahini
- 1/3 cup lemon juice
- ½ tsp sea salt
- 2 large garlic cloves, minced
- ½ cup warm water
- 2 tsp pure maple syrup (optional)



PREP TIME

30 MINS



COOK TIME

40 MINS



SERVES

2-3

INSTRUCTIONS

1. Preheat oven to 425 degrees F
2. Slice yam into desired shapes (wedges or rounds). Arrange on a parchment paper lined baking tray and lightly drizzle with extra virgin olive oil (or low sodium vegetable broth if using). Bake for 15-20 minutes (or until tender), flipping half way through.
3. Cut the tofu into desired shapes (triangles or cubes) and toss with soy sauce and garlic powder. Place on parchment paper lined baking tray and bake for 20 minutes, flipping halfway through. Note: To save time, you can bake yams and tofu at the same time on the same tray.
4. Add one inch of water to a medium pot and bring to a boil. Add the broccoli florets and cook for 3-4 minutes.
5. To make the Tahini Sauce: Add the tahini, minced garlic, lemon juice, water, salt, and maple syrup (if using) to a medium-sized bowl. Whisk all ingredients together until a creamy consistency is reached. Alternatively, use a small food processor.
6. Assemble your Buddha bowl by adding all of the ingredients to a bowl, starting with the leafy greens. Once assembled, drizzle with the tahini sauce.
7. Optional: Garnish with fresh parsley. Replace tofu with other protein sources, such as salmon or beans. Use any fresh vegetables you have on hand. Sprinkle with pumpkin seeds or almond slices.

SHOPPING LIST

- Firm or medium firm tofu
- Low sodium soy sauce, tamari or coconut aminos
- Garlic powder
- Yam
- Broccoli florets
- Red bell peppers
- Leafy greens (spinach, arugula, kale, etc)
- Tahini
- Lemon juice
- Sea salt
- Large garlic cloves, minced
- Pure maple syrup (optional)



**SUNDRIED TOMATO LENTIL
BURGER**

INGREDIENTS

- ½ cup sprouted lentils
- 2 Tbsp avocado oil
- 2-3 mushrooms
- ½ yellow onion
- 2 cloves garlic
- ½ cup rolled oats
- ¼ cup sundried tomatoes, packed in oil
- 1 tsp each dried thyme, oregano, rosemary
- 2 tsp tamari



PREP TIME
30 MINS



COOK TIME
35



SERVES
4-6

INSTRUCTIONS

1. Cook sprouted lentils according to package and strain.
2. Finely dice onions, garlic and mushrooms. Heat oil of medium heat in a frying pan, add onions, mushrooms and garlic and sauté until translucent.
3. In a food processor, process oats into coarse flour. Add cook lentils and tomatoes. Pulse until mixture begins to come together. Add onion mixture, herbs, tamari and pulse until combined.
4. Form mixture into 4-6 patties and arrange on a parchment lined baking sheet. Bake for 20 minutes at 350°F, flipping once.
5. Enjoy immediately or store in the freezer for easy weeknight meals that come together in a snap. Better yet, form this tasty mixture into balls, bake for 10-15 minutes and serve with pasta and marinara sauce for a plant-based pasta dish.

SHOPPING LIST

- Sprouted lentils
- Avocado oil
- Mushrooms
- Yellow onion
- Garlic
- Rolled oats
- Sundried tomatoes, packed in oil
- Dried thyme, oregano, rosemary
- Tamari



**VEGAN BLACK BEAN
BROWNIES**

INGREDIENTS

- 1 can black beans, rinsed well
- 3 chia seed eggs (3 Tbsp chia seeds, 1/2 water)
- 1/3 cup raw cacao powder
- 1/3 cup avocado oil
- 1/2 cup coconut or cane sugar
- 1 tsp baking powder
- 1/2 tsp sea or rock salt
- 1/2 tsp vanilla powder
- 1/2 cup vegan chocolate chips (optional)
- 1/2 cup walnuts (optional)



PREP TIME
20 MINS



COOK TIME
1 HOUR



SERVES
12

INSTRUCTIONS

1. Make your chia seed eggs – combine chia seeds and water and let sit for 10 minutes.
2. Add beans and chia eggs to a high speed blender and blend until smooth. In a bowl, combine bean mixture with remaining ingredients and stir to combine. Mix in chocolate chips and walnuts if using.
3. Bake in a greased 9×13 brownie pan at 350 degrees for 45 minutes or until a fork comes out clean.

SHOPPING LIST

- Black beans
- Chia seeds
- Raw cacao powder
- Avocado oil
- Coconut or cane sugar
- Baking powder
- Sea or rock salt
- Vanilla powder
- Vegan chocolate chips (optional)
- Walnuts (optional)



VEGAN PANNA COTTA WITH BERRIES

INGREDIENTS

- 1 tsp agar-agar powder
- 1 1/4 cups soy milk
- 1 cup organic canned coconut milk (thick)
- 1 tsp vanilla extract
- 4 tbsp agave nectar
- Handful of fresh seasonal berries and/or a generous dollop of coulis



PREP TIME
5 MINS



COOK TIME
15 MIN



SERVES
4

INSTRUCTIONS

1. In a saucepan, dissolve agar-agar in ½ cup of So Nice. Add remaining heat to low. Stir continually soy ilk, coconut milk, vanilla and agave bring to m , a boil then reduce
2. on low for 1 minute then remove from stovetop. Divide mixture into 4 tall glasses. Cool to room temperature then refrigerate for a few hours (or overnight if necessary) until ready to serve. Serve in glasses and top with fresh berries and/or coulis.
3. Variation: Use chai-flavoured milk and replace the fresh berries with mango and ginger jam for a dessert inspired by India. Or add a little chocolate to the mixture and pour into small ramekins just before serving.

SHOPPING LIST

- Agar-agar powder
- Soy milk
- Organic canned coconut milk
- Vanilla extract
- Agave nectar
- Seasonal berries and/or a coulis