

# VEGAN BOX v3

## • Overnight Oats with Peanut Butter and Orange Marmalade

Grab these items:

**Overnight Oats**

**Teddie Peanut Butter**

**Carrot Orange Marmalade**

(if you have extra, eat with muffins!)

**W**  
**N**

1. Your overnight oats have already been soaked with our house-made banana macadamia nut milk. Simply top with peanut butter and marmalade and enjoy!

## • Maine Blueberry Muffins

**W**  
**S**

Grab these items:

**Butter (we like Miyoko's), Oil, or Spray Oil (not included in kit)**

**Maine Blueberry Muffin Batter**

**Oatmeal Maple Crumb Topping**

1. Preheat oven to 350 degrees. Grease or spray muffin tin lightly.
2. Using an ice cream scoop (ideal) or 1/4 cup measure, scoop batter into tins. Sprinkle crumb topping over each muffin. Bake on a rack in the center of the oven for 30 minutes, or until a toothpick comes out clean.
3. Remove muffins and place them on a wire rack to let them rest for 10 minutes (they'll continue cooking out of the oven). Enjoy warm. **Prep time: 40 minutes.**

## • Chickpea Fritter Sandwiches and Beluga Lentil Salads

Grab these items:

**Pita**

**Falafel**

**Silky Hummus**

**Cucumber Tomato Salad**

**Pickled Carrots**

**Pickled Cabbage**

**Pickles**

**Tahini Sauce**

**Beluga Lentil Salad**

**W**  
**N**

1. Preheat oven to 375 degrees. Place pita on baking sheet and put in oven. Toast for 3 minutes or until warm and puffy, but not brown or crispy. Toast falafel til warm.
2. With a serrated knife, partially slice open your warm pita bread and open it up like a clam shell. Add hummus, cucumber-tomato salad, pickles, falafel balls, and pickled vegetables.
3. Drizzle on top of sandwich. If tahini seems too thick, add a 1/2 teaspoon of water and give it a shake. Serve sandwiches with beluga lentil salad.

## • Irish Bangers and Mash with Hearty Vegetable Stew

Grab these items:

**Beyond Meat Sausages**

**Irish Colcannon (vegan version)**

**Onion Gravy (vegan version)**

**Hearty Vegetable Stew**

**W**  
**S**

1. To make "bangers," follow instructions on Beyond Meat package.
2. For Colcannon, preheat oven to 350 degrees. Remove the lid on the Colcannon and warm it in the oven for 10-15 minutes until heated through.
3. Warm gravy in a small pot set over medium heat.
4. Warm stew in a small pot set over medium heat. Ladle gravy over the top of the bangers and mash. Enjoy warm. **Prep time: 20 minutes.**

## • Moroccan-Inspired Nachos

Grab these items:

**1 bag Mi Nifa Tortilla Chips**

**Chickpeas in Tomato Stew**

**Raisins and Toasted Pumpkin Seeds**

**Impossible Kofta**

**Lemon-Turmeric Sauce**

**W**  
**S**

1. Preheat oven to 350 degrees.
2. Scatter tortilla chips on a sheet tray. Add chickpeas in tomato stew.
3. Using your hands or a fork, break kofte into crumbles. Add to nachos. Bake for 10-15 minutes, until you start to smell the aroma of the chips.
4. Remove from oven. Garnish with raisins, pumpkin seeds, and sauce.

## • Vegan Apple Chocolate Mousse **W**

## • Pistachio Halva **N**

Store both desserts in refrigerator. Enjoy halva at room temperature.

"There is one dietary change that beats all others in terms of its climate impact. It is not eating locally or seasonally. It is not eating organic or fair-trade. It is not eating unprocessed foods or avoiding big-box and fast-food retailers. It is eating less meat."

"The all-or-nothing way the choice is often presented is a mistake. There is enormous acreage between the meat-heavy diet of the average American, and full-on veganism, which remains a niche lifestyle choice that few follow for long. Better all Americans cut meat consumption by 40 percent than 3 percent of Americans cut it out completely. Take small, meaningful steps to reduce your meat consumption...and find joy in doing it. Participate in Meatless Monday; try learning to cook dishes from a plant-heavy cuisine you like; offer a vegetarian option at work events; opt for dishes where meat plays a supporting, rather than leading, role."

"Your Diet Is Cooking The Planet," Annie Lowery. The Atlantic, 4/6/2021