

# Vegan Recipes In 30 Minutes Or Less Family Friendly Soup Salad Main Dish Breakfast And Dessert Recipes Inspired By The Mediterranean Diet Family Health And Fitness Series

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#### **EASY Vegan RECIPES - Animal Outlook**

full Bake for 25-30 minutes, or until an inserted toothpick comes out clean Allow to cool in pan for 5 minutes before transferring to a baking rack  
Fluffy Pancakes Serves 4 • 1 ½ cups all-purpose flour • 1 tablespoon baking powder • 1 tablespoon sugar • ¼ teaspoon salt • 2 ½ cups dairy-free milk • 2 tablespoons vegetable oil 1

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soaked 30 minutes • 2 tablespoon hemp protein powder • 2 tablespoons raw cacao powder • ¼ cup almond milk • 3-4 large dates, pitted TOPPING  
 • 1 small banana • 2 tablespoons hazelnuts, chopped • 1 tablespoon cacao nibs • 1 tablespoon hemp seeds 1 Blend ...

**Super High Protein Vegan Recipes**

9 SUPER HIGH PROTEIN VEGAN RECIPES THAT TASTE AMAZING LENTIL SHEPHERD'S PIE INGREDIENTS: 1 batch lentil bolognese 500 g white potato, cubed 500 g sweet potato, cubed 100-200 g soy milk Salt and pepper to taste INSTRUCTIONS: 1 Make one batch of the lentil bolognese While it's simmering boil the potatoes until soft, about 20-30 minutes 2

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for at least 30 minutes every day to help boost your calorie burn, improve your health and fast-track your body makeover during the first 30 days You don't need to spend hours in the gym to get results In fact, the best forms of activity are often freebies, like taking a ...

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11Warm the tortillas in the microwave for about 30 seconds 12To assemble, place a dollop of mayo in the middle of the tortilla, followed by a pile of potatoes, then some breakfast patty and tofu scramble, a bit of cheese, followed by

**Simple Palate-Pleasers for the Aspiring Vegan**

1 To prepare the toasted walnuts, first soak them in 2 cups of warm water for 30 minutes, then drain Place nuts on a baking sheet and bake at 350 degrees for 30 minutes (rotating every 10 minutes), or until dry and light brown Allow nuts to cool before serving 2 In a large skillet, cook the onion, garlic and mushrooms in the red wine Soak

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ingredients in a medium bowl and stir in wet ingredients Place in a prepared loaf pan and bake 15 minutes, reduce heat and bake an additional 45 to 60 minutes at 350°F Let cool 20 minutes before slicing Serve cool or re-heat in saucepan or in oven with gravy Serves 9, two slices each

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writer he has appeared on the today show the food network and numerous

### **COTTER CRUNCH ANTI-INFLAMMATORY MEAL PLAN**

10 Bake 350F for 15 minutes Remove and sprinkle shredded coconut on top Place back in oven for another 15-20 minutes 11 Store in fridge for 30 minutes before slicing 12 Keeps best in fridge Recipe Notes You can add coconut topping before you bake and then bake for a total of 30-35 minutes I