

SOCAL LOCAL

20 LOCAL RECIPES FROM THE LEADERS OF PLANTDIEGO



SOCAL LOCAL

20 LOCAL RECIPES FROM THE LEADERS OF PLANTDIEGO

PlantDiego's mission is to educate and inform San Diegans about avoiding food waste and the benefits of eating a whole-food, plant-based diet for optimal nutrition and health; for environmental sustainability (including mitigation of food waste); and for compassion and mindfulness.

This cookbook is a compilation of our favorite, delicious recipes from our own PlantDiego leaders, featuring San Diego's bounty of year-round produce. Our wish is that these tried-and-true recipes will help support you in transitioning to and/or maintaining a plant-based, animal-free diet and being conscientious stewards of the environment.

Visit/join us at PlantDiego.com

CONTENTS

SMOOTHIES

Peaches and Greens Smoothie.....	2
Blue Hawaiian Smoothie.....	2

BREAKFAST

Buckwheat Pancakes with Berry Compote.....	4
Smokey Carrot Lox.....	5

SOUPS

Lentil Soup with Vegetables and Kale.....	7
Creamy Garlic-Dill Potato Soup.....	8

SALADS

Chinese Chicken-less Salad.....	10
Everything-But-The-Kitchen-Sink Salad.....	11

DRESSINGS/SAUCES

Tangy Lemon-Herb Dressing.....	13
Macadamia Cream Cheese.....	14

APPETIZERS

Buffalo Cauliflower Wings.....	16
Fresh Mango and Mint Spring Rolls.....	17
Roasted Eggplant Bruschetta.....	18

ENTRÉES

Lemon Thyme Tempeh.....	20
Goulash des les Gangsta.....	21
Quinoa Power Bowl.....	22

SNACKS

Pizza Kale Chips.....	24
Chocolate-Pistachio Energy Bars.....	25

DESSERTS

Berry Oat Bars.....	27
Raw Carrot Cake with Orange Cream Cheese Frosting.....	28



SMOOTHIES

Peaches and Greens Smoothie

by Tracy Childs of [Veg-Appeal](#)

1-1/2 cups Frozen or fresh peaches, pitted and sliced

2 packed cups Kale, spinach, or other fresh greens

1/2 cup Grapes

1 small Naval orange, peeled or 1/2 cup orange juice

1 Banana (optional)

2 tbsp Hemp seeds

1 cup Ice

1 cup Water or non-dairy milk

2 drops Stevia or other sweetener, to taste (optional)



1. Put all ingredients in a blender and blend until smooth and creamy.

Blue Hawaiian Smoothie

by Gina Sample, Graphic Designer at [Sample Design](#) and Chef at [The Vegan Lab](#)

Serves 2

1-1/4 cup Coconut milk or coconut water

3 tbsp Shredded coconut flakes

handful Frozen blueberries

handful Frozen mango

1 tbsp Ground flax

1 tbsp Almond butter

1/2 small Avocado



1. Put all ingredients in a blender and blend until smooth and creamy.



BREAKFAST

Buckwheat Pancakes with Berry Compote

by Kathleen Kastner, Exercise Physiologist and Wellness Coach at kathleenkastner.com

Makes 8 pancakes

Buckwheat contains higher levels of zinc, copper, and manganese than other cereal grains, and the bioavailability of zinc, copper, and potassium from buckwheat is also quite high. Having buckwheat in your diet can help you stay fit, nimble, and healthy.

DRY INGREDIENTS:

1-1/4 cups Buckwheat Flour
(Arrowhead Mills is a good brand)

2 tsp Baking powder

1 tsp Cinnamon

WET INGREDIENTS:

1 tbsp Ener-G egg replacer

4 tbsp Water

1-1/4 cup Non-dairy milk

2 tbsp Coconut nectar or agave

1 tsp Vanilla

BERRY COMPOTE

1 cup Fresh or frozen berries

2 tbsp Maple syrup

1 tsp Arrowroot flour



1. In a measuring cup, combine the egg replacer and water, and whisk to combine.
2. In a medium bowl, combine the dry ingredients and whisk to combine.
3. Add egg replacer to dry ingredients along with the rest of the wet ingredients and stir thoroughly, eliminating any lumps. Let batter sit for 5 minutes.
4. Coat a griddle or skillet with 1 teaspoon of coconut oil. Scoop 1/3 cup of the batter onto the griddle for each pancake.
5. Cook on each side until edges are brown, about 5 minutes.
6. Recoat the griddle with coconut oil for next batch of pancakes.

PREPARE THE BERRY COMPOTE

1. Heat in small pan, heat the blueberries and maple syrup and stir until melted.
2. Add in arrowroot flour and stir until dissolved
3. Let stand for 5 minutes to thicken
4. Serve on top of pancakes and enjoy!

Smokey Carrot Lox

by Gina Sample, Graphic Designer at [Sample Design](#) and Chef at [The Vegan Lab](#)



3 large Carrots, peeled

MARINADE

1 tbsp Tamari, Braggs Liquid Aminos, or soy sauce

1 tbsp Olive oil (optional)

2 tsp Liquid Smoke

1 tsp Dulse flakes

1 tsp Old Bay seasoning

1 tsp Apple cider vinegar

1/2 tsp Cracked black pepper

GARNISH

Bagels

Capers

Macadamia Cream Cheese Spread (recipe on page 14)

Red onion, thinly sliced

Fresh dill or chives, chopped

PREPARE THE CARROTS

1. Parboil the carrots by placing them in a pot of boiling water for 2 minutes or until just fork tender.
2. Transfer to a bowl of ice water to stop the cooking process. Drain and pat dry.
3. Slice the carrots in thin strips using a mandolin slicer or wide vegetable peeler.

PREPARE THE MARINADE

1. Whisk together the marinade ingredients in a bowl. Add the sliced carrots and toss until well coated.
2. Cover and place in the refrigerator for 4 hours to overnight to allow the flavor to deepen and for the carrots to get soft and silky. If the carrots start to look dry during marinating time, add an additional tablespoon of water and mix in.

TO SERVE

1. Remove from the refrigerator and allow the carrots to come to room temperature.
2. Serve on a toasted bagel with capers, vegan cream cheese, red onion and fresh sprigs of dill or chives.



SOUPS

Lentil Soup with Vegetables and Kale

by Kimberly Leppard

Compared to other types of dried beans, lentils are relatively quick and easy to prepare. They readily absorb a variety of wonderful flavors from other foods and seasonings, are high in nutritional value and are available throughout the year.

- 2 cups Dried brown lentils
- 8 cups Hot water
- 1 tsp Vegan organic bullion with sea salt or no salt
- 1 Onion, chopped
- 3 tbsp Garlic, chopped
- 3-4 cups* Broccoli, chopped
- 3-4* Carrots, peeled and chopped
- 1 cup* Green peas
- 1 cup* String beans, chopped into small pieces
- 1 cup* Kale or other fresh greens, chopped into small pieces

**NOTE: The amounts in this recipe are totally subjective, if you have a favorite or want it to be veggie heavy add as much as you'd like. Have fun with it, just keep in mind that the more veggies you use the more water you'll need.*



1. Before cooking any beans, always examine, sort, and rinse well to assure maximum wholesomeness of this natural product. Lentils require no soaking.
2. Combine lentils with hot water in a pot along with the bullion. Simmer gently with lid tilted until desired tenderness is reached, about 25-35 minutes.
3. While lentils are cooking, sauté the onions and garlic using 2-3 tablespoons of water instead of vegetable oil. (This technique is known as steam-frying.)
4. Chop the various vegetables. For faster cooking time, use organic frozen kale, green beans and peas.
5. Once the lentils are done, add the sautéed onions and garlic, and the rest of the vegetables (frozen or fresh) to the pot of lentils.
6. Add more water so all the vegetables are slightly covered in water. Cook on medium-low heat for about 30 minutes.
7. Let cool slightly, then ENJOY!!!

Creamy Garlic-Dill Potato Soup

by Marina Yanay-Triner of [Soul in the Raw](#)



Serves 4

The creaminess of this soup comes not from coconut oil - as you know, I don't recommend including oil in your diet as it is a processed unhealthy food. Instead, we use coconut butter.

5 cups Potatoes, chopped

1 tsp Sea salt or pink salt

1 tbsp Dried dill

1/4 tsp Turmeric powder

1/4 tsp Black pepper

2 tbsp Coconut butter

2 cloves Garlic

2 tbsp Nutritional yeast

1. Start by boiling the potatoes in a pot with 7 cups of water for 20 to 30 minutes, or until completely soft and tender.
2. Then, add the rest of the ingredients into the blender with either all of the potatoes and water, or 3/4 of them (if you want a chunky soup, use only 3/4 of the potatoes and water).
3. Blend until completely smooth, and pour back in the pot to mix with the leftover potato pieces.



SALADS

Chinese Chicken-less Salad

by Donna Pinto of GiveWellness.life



- 1/2 cup Sesame seeds
- 1/2 cup Sliced almonds
- 2 bunches Green onions, sliced
- 1 large Green cabbage, chopped
- 5-7 Mandarin oranges or tangerines, peeled and sliced

GINGER-SOY DRESSING

- 1/4 cup Juice from 1 orange
- 1/4 cup Tamari, Braggs Liquid Aminos, or soy sauce
- 1/4 cup Rice vinegar
- 2 tbsp Fresh ginger, minced
- 1/2 tsp Black pepper

PREPARE THE GINGER-SOY DRESSING

1. In a bowl, combine the dressing ingredients and whisk well to combine.

PREPARE THE SALAD

1. Toast the sesame seeds first then the almonds, stirring constantly, in a flat pan over medium heat. Set aside and allow to cool.
2. In a large bowl, combine the salad ingredients with the toasted sesame seeds and almonds.
3. Pour the Ginger-Soy Dressing over the salad and toss well.

Everything-But-The-Kitchen-Sink Salad

by Lorna Ciccone, NBC-HWC of Balanced.org



1 bunch Kale, finely chopped

1 bunch Fresh greens (such as romaine or cabbage), finely chopped

1 cup Favorite vegetables (such as zucchini, broccoli, carrots, onion), finely chopped

DRESSING

1 ripe Avocado, pitted and mashed

Juice of 1 lemon

1 tbsp Hemp seeds

1 tsp Paprika

Salt and pepper, to taste

PREPARE THE DRESSING

1. Combine all the dressing ingredients in a small bowl and mix until creamy.

PREPARE THE SALAD

1. Massage the kale and the rest of the salad ingredient with the dressing until well incorporated and salad has become dense.
2. Serve with your favorite dish or as a main course!



DRESSINGS
& SAUCES

Tangy Lemon-Herb Dressing

by Tracy Childs of [Veg-Appeal](#)

Makes 2 cups

This tangy sauce is great on salads but can be a topping for steamed veggies, cooked grains, or baked potatoes. It also makes a great tofu marinade for baked or grilled tofu. Keep it on hand to add a flavorful sauce to simple, quick meals. It's a wonderful topping for cooked greens and stir-fries, because the chia thickens and makes a wonderful, creamy sauce. Turmeric gives it a pleasant yellow color and increases the anti-inflammatory quality.

1/4 cup Dates, pitted and soaked (about 3 large or 6 small)

1/2 cup Water

1 small Zucchini, chopped (this thickens and extends the dressing without adding additional fats and calories)

2-4 medium cloves Garlic

1/3 cup Lemon juice

2 teaspoons Chia seeds

1/4 cup Tahini

1/2 teaspoon Turmeric

Black pepper to taste

1/2 cup Nutritional yeast

1/2 tsp Salt or 1 tbsp light miso

1/4 - 1/2 cup loosely packed Fresh herb, or a mix of herbs (parsley, cilantro, basil, scallions, oregano, for example, going lighter on stronger flavors like oregano and basil)



1. Soak the dates in the water for about 1/2 hour, using warm water if you are in a hurry. Do not drain.
2. Add the water and dates to a blender along the rest of the ingredients, and blend.
3. Add more liquid (water or lemon juice) to achieve the desired consistency.
4. Serve, or refrigerate for up to one week, adding more lemon/water as it thickens over time.

Macadamia Cream Cheese Spread

by Gina Sample, Graphic Designer at [Sample Design](#) and Chef at [The Vegan Lab](#)



Keep batch of this savory nondairy cheese spread in the fridge to use throughout the week and to satisfy your cheesy cravings.

2 cups Macadamia nuts (or cashews), soaked until soft then drained

1 cup Water

1 tsp Probiotics powder

2 tsp Nutritional yeast

1 tsp Lemon juice

1/2 tsp Salt

1. Blend the nuts, water and probiotic powder in a high-speed blender until smooth.
2. Transfer to a strainer lined with cheesecloth or nut bag. Put a weight on top to allow the juices to drip down into a catchment bowl underneath.
3. Leave at room temperature to culture for 24 hours.
4. Transfer the cheese to a large bowl or food processor and mix in the remaining ingredients.



APPETIZERS

Spicy Buffalo Cauliflower Wings

by Sue Gervase (recipe adapted from PETA.org) Garlicky Blue Cheese Dip recipe by Tracy Childs of Veg-Appeal

Serves 4

Deliciously versatile and with just enough “kick,” these bite-sized pieces of cauliflower offer an eerily similar experience to eating chicken wings. With all the flavor and none of the guilt, this is a secret-weapon recipe that every vegan cook should have in his or her kitchen.

1 cup Water or soy milk

1 cup Flour

2 tsp Garlic powder

1 head Cauliflower, cut into florets

1 cup Buffalo or hot sauce

GARLICKY BLUE CHEESE DIP

1 pkg Silken tofu (Mori-Nu Brand)

1/4 cup Cashews, soaked and drained well

1 tbsp Apple cider vinegar

1 tbsp Light miso (chickpea or soy)

1 tbsp Dijon mustard

1 clove Garlic, crushed (sub 1 tsp garlic powder for a milder flavor)

1 tbsp Tahini

1/2 tsp Maple syrup

2 tsp Lemon juice

1/2 tsp Salt

1/4 tsp Probiotic powder (optional)



Preheat the oven to 450°F and prepare a shallow baking dish with parchment paper or silicone mat.

PREPARE THE CAULIFLOWER WINGS

1. Combine the water or soy milk, flour, and garlic powder in a bowl and stir until well combined.
2. Coat the cauliflower pieces with the flour mixture and place in the prepared baking dish. Bake for 18 minutes.
3. While the cauliflower is baking, combine your buffalo sauce in a small bowl.
4. Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 5 to 8 minutes.
5. Serve with Garlicky Blue Cheese Dip and celery sticks.

PREPARE THE GARLICKY BLUE CHEESE DIP

1. Blend all ingredients until smooth.
2. Chill to thicken.
3. To make this into a pourable dressing, thin with unsweetened non-dairy milk to the desired consistency.

Fresh Mango and Mint Spring Rolls

by Michelle Roberts, Biology Teacher at Southwest High School (recipe adapted from VeganHeaven.org)

Makes 6 spring rolls

These vegan spring rolls with mango, mint, and avocado with an easy peanut dipping sauce are just perfect for hot summer days.

SPRING ROLLS

- 6 sheets Vietnamese rice paper
- 1 Avocado
- 1 Cucumber
- 3 small Carrots
- 1 Mango
- 3 Green onions, cut into rings
- 1 cup Purple cabbage, cut into thin strips
- 6 Radishes, cut into thin slices
- 1 cup Fresh mint
- 2-3 cups Lettuce, cut into thin strips
- 1 - 1-1/2 cups Cooked glass noodles

SESAME TOFU

- 7 oz block Firm tofu, pressed in a towel to remove excess moisture
- 1 tbsp Tamari, Braggs Liquid Aminos, or soy sauce
- 1 tbsp Water or vegetable broth
- 1 tbsp Sesame seeds

PEANUT DIPPING SAUCE

- 1/4 cup Chunky peanut butter
- 2 tsp Tamari, Braggs Liquid Aminos, or soy sauce
- 1 clove Garlic, minced
- 3-4 tbsp Warm water
- 1/2 tsp Sriracha sauce (optional)



PREPARE THE TOFU

1. Cut the tofu into thin strips (about 0.10 inches thick) and heat the soy sauce and water a medium-sized pan. Add the tofu and cook for about 4 minutes until the tofu is brown, flip it and brown the other side, adding more water if necessary to avoid sticking. Then add the sesame seeds and cook for another minute. Cool to firm.

PREPARE THE PEANUT DIPPING SAUCE

1. In a medium bowl, combine the peanut butter with the soy sauce, the garlic, the warm water, and the sriracha sauce.
2. Cut the avocado, the carrots, the mango, the lettuce, and the purple cabbage into thin strips
3. When you're done cutting the mango and veggies and making the tofu, fill a large shallow bowl or pan with a flat bottom with warm water and dip the rice papers in water so they get moderately wet on both sides, and drain. Don't let them soak too long, so they don't get too soft.

ASSEMBLE THE ROLLS

1. Place the soaked the rice papers on a flat surface and fill them with the mango, veggies and the tofu (if using) and wrap them like a burrito. I think it's best to center the filling and then roll it up and fold in the two side flaps.
2. Serve the spring rolls with the peanut dipping sauce.

Roasted Eggplant Bruschetta

by Donna Pinto of [Give Wellness](#) and adapted by Tracy Childs of [Veg-Appeal](#)



1 medium Eggplant, cut into
1/2-inch thick rounds

TOPPING

3 medium Tomatoes, diced

1/3 cup Red onion, finely diced

2-3 cloves Garlic, minced

3 tbsp Fresh basil, minced

Sea salt and freshly ground black
pepper

PREPARE THE EGGPLANT

1. Preheat oven to 425° F and coat a large baking sheet with coconut or olive oil spray.
2. Arrange eggplant rounds in a single layer. Sprinkle with sea salt and black pepper.
3. Roast for 15 to 20 minutes.
4. Carefully flip each piece: the undersides should be blistered, dark and a bit puffy and should release from the pan with no effort. If they're not, let it cook longer.
5. Once flipped, sprinkle them with additional salt and freshly ground black pepper and return the pan to the oven for another 5 minutes, until the undersides match the tops.

PREPARE THE TOPPING

1. In a medium bowl, combine the bruschetta ingredients and mix well.
2. Transfer the roasted eggplant to a plate and spoon bruschetta mixture onto each piece.



ENTRÉES

Lemon Thyme Tempeh

by Terry Hagio, of [Turbo Fit Life](#)



Serves 2

Tempeh is a high-protein, relatively low-fat and cholesterol-free food, perfect for anyone looking for a low-fat and heart-healthy source of protein.

1 (8 oz) pkg Tempeh, sliced into 1/2-inch strips

Juice of 1 lemon

1 tsp Dried thyme

2 cups Spinach leaves

1/4 cup Vegetable broth or water

1/2 tsp Garlic powder

1/2 cup Cooked brown rice

1. Steam the tempeh strips for 15 minutes.
2. While the tempeh is steaming, sauté the spinach in a frying pan with 2 tbsp broth and stir continuously until slightly wilted. (The longer you cook it the more nutrients you lose.) If steaming the spinach, steam for about 5 minutes.
3. Add garlic powder and stir to incorporate.
4. Place the tempeh in a dry frying pan over medium heat and cook for 3-5 minutes on each side until lightly brown. Add the thyme and lemon juice and cook for another minute on each side. The lemon juice will absorb quickly so toss the tempeh quickly to make sure all the slices get a nice amount of the juice. If the tempeh starts to stick to the pan, add vegetable broth 1 tablespoon at a time.
5. To plate, put 1/2 cup of brown rice on the bottom, add 1/2 of the spinach, then top with 1/2 of the tempeh strips.
6. Pairs well with Tangy Lemon-Herb Dressing (recipe on page 13),

Goulash des les Gangstas

by Dave Engel, Engineer at City of San Diego and Co-Founder of [San Diego Climate Mobilization](#)



Serves 4

3 cups Unsweetened hemp milk
2 tbsp Lime juice
1/2 to 1 tsp Red pepper flakes
(or more if ya gangsta!)
2 tsp Curry powder
1 tsp Turmeric powder
2 tsp Powdered ginger or 2 tbsp
fresh ginger
2 cloves Garlic, minced
1/2 cup Onions, chopped
7 Mushrooms, sliced
7 Brussel sprouts, sliced
lengthwise into strips
1/2 cup Fresh basil, chopped
2 cups Kale or collard greens,
chopped
Freshly ground black pepper to
taste

1. Combine the first 8 ingredients in a medium pot and bring to a strong simmer over medium heat.
2. Add the mushrooms and Brussel sprouts and bring it back to simmer and cook uncovered for 7 minutes.
3. Remove from heat and immerse the basil and kale in the hot soup and stir for about two minutes to soften. Season with black pepper to taste.
4. Serve over brown rice, Pad Thai brown rice noodles or Anti-Inflammatory Quinoa (recipe on page 22).
5. Chow down!

Quinoa Power Bowl with Tangy Lemon-Herb Dressing

by Tracy Childs of [Veg-Appeal](#)

Serves 2

4 cups Mixed baby greens,
chopped

1/2 cup Red cabbage, chopped

1/2 cup Cucumbers, chopped

1/2 cup Cherry tomatoes, halved

1 cup Cooked great northern
beans, rinsed and drained

2 tbsp Smoky Maple “Baco” Bits
or your favorite nut or seed,
toasted or raw

2 cups Anti-Inflammatory Quinoa,
cooled

1/2 Avocado, cubed or sliced

2 tbsp Pomegranate seeds (if
in season) or chopped apple or
soaked/drained dried cranberries

1/2 cup Tangy Lemon-Herb
Dressing (recipe on page 13),
thinned to desired consistency

SMOKY-MAPLE “BACO BITS”

1 cup Raw pumpkin seeds,
sunflower seeds or chopped nuts

1/2 tbsp Liquid smoke

1/2 tbsp Tamari, Braggs Liquid
Aminos, or soy sauce

1 - 1-1/2 tsp Maple syrup

1/2 tbsp Apple cider vinegar

ANTI-INFLAMMATORY QUINOA

1 cup Quinoa, rinsed, drained well

2 cups Low-sodium vegetable
broth, or water

1/4 tsp Salt

1/2 tsp Turmeric

Black pepper, to taste



PREPARE THE SMOKY-MAPLE “BACO BITS”

1. Preheat oven to 350° F and prepare a baking sheet with parchment paper.
2. Add all of the ingredients in a small bowl. Marinate the nuts/seeds for about 10 minutes, stirring occasionally.
3. Place them on a single layer on the prepared baking sheet and bake for 8 minutes. Remove from oven, stir and place back in the oven to bake for 3 more minutes or until getting a little browned and crispy - they will crisp up further as they cool.

PREPARE THE ANTI-INFLAMMATORY QUINOA

4. Bring all ingredients to boil in a medium saucepan. Stir well. Reduce the heat to a low-simmer. Cover and continue to cook for 15 minutes.
5. Fluff the quinoa with a fork, replace the cover and let cool.

ASSEMBLE THE POWER BOWL

1. Toss the salad ingredients well in a large salad bowl. Drizzle on the dressing and toss to mix.
2. Divide into two large salad bowls. Serve immediately, or chill for about an hour.



SNACKS

Pizza Kale Chips

from *Handbook to [Higher Health Consciousness](#)* by David Kater, recipe by Tracy Childs of [Veg-Appeal](#)

Serves 8

2 bunches Curly kale, washed, dried well and tough stems removed

PIZZA SAUCE

1-1/2 cups Sunflower seeds, soaked for about 3-4 hours or overnight, rinsed and drained

1-1/4 - 1-1/2 cups Water (or more)

5 Sun-dried tomatoes, soaked to soften for a few minutes in warm water and drained

2-3 tbsp Lemon juice or apple cider vinegar

2 tbsp Nutritional yeast

1 tbsp Tahini

1-2 tbsp Tamari, Braggs Liquid Aminos, or soy sauce

1/2 tsp Smoked paprika

1/2 tsp Onion powder

1/2 tsp Garlic powder

1/2 tsp Ground turmeric

1 tsp Italian seasoning

1/4 tsp Freshly ground black pepper



Get out 5 large mesh-lined dehydrator trays. Non-stick liners are not required.

1. Process all the sauce ingredients in a blender until smooth, adding enough water to create a thick but pourable consistency.
2. Tear the kale into medium (2-3 inch) pieces.
3. Place in a large bowl (or two bowls) and pour the sauce over top and massage gently into the kale to distribute the sauce (without breaking down the kale). Your hands will be messy, but it's fun!
4. Place the kale pieces spaced evenly over dehydrator trays. Dehydrate at 105 degrees for about 6-8 hours (until crisp).
5. Store in a sealed container to maintain crispness.

NOTE: You may have some extra sauce after coating all of the kale. Keep it! It's great over potatoes, veggies, grains, or on pizza!

Chocolate-Pistachio Energy Bars

by Gina Sample, Graphic Designer at [Sample Design](#) and Chef at [The Vegan Lab](#)

Makes 12 bars

Many commercial bars contain excess sugar that can make an otherwise balanced diet unbalanced. Americans already over consume added sugar – 22 tsp, 355 calories a day, with a large majority coming from processed and prepared foods. By making your own energy bars, you can get all of the macronutrients and a variety of vitamins and minerals without all of the added sugar and additives.

2 cups Raw, unsalted almonds

2 tbsp Raw cacao powder

1 tsp Vanilla extract

6 Medjool dates, soaked in water to soften

Water, if needed

1/4 cup Pistachios, chopped



1. Place almonds in a food processor and process until finely chopped. Add the cacao powder and process until well mixed.
2. Drain the dates and keep the soaking water. Add the drained dates and vanilla extract and process until mixture is sticky but not oily. You may have to add 1 tbsp of date water at a time to get the right consistency.
3. Add chopped pistachios and pulse until well mixed.
4. Transfer dough mixture to a 9"x9" pan lined with parchment paper and press down firmly into an even layer.
5. Freeze for 2 hours or until firm. Use the parchment paper to pull the frozen dough out of pan. Cut into squares.
6. Store in a covered container in the freezer.



DESSERTS

Raw Carrot Cake with Orange Cream Cheese Frosting

by Gina Sample, Graphic Designer at [Sample Design](#) and Chef at [The Vegan Lab](#)

Makes 4 mini cakes

CARROT CAKE

1-1/2 cups Buckwheat flour or buckwheat groats ground into a flour

1 cup Shredded coconut flakes, ground into a powder

1 tsp Cinnamon

1/4 tsp Nutmeg

1/4 tsp Ground ginger

pinch Sea salt

2 cups Carrots, grated

1 medium Apple, grated

1 cup Medjool dates, pitted

1 tbsp Vanilla extract

1 tsp Lemon juice

3/4 cup Raisins

ORANGE CREAM CHEESE FROSTING

1 cup Cashews, soaked for 1+ hrs (drain and rinse before using)

1/3 cup Coconut nectar

2 tbsp Orange juice

1 tsp Orange zest

pinch Sea salt

GARNISH

Chopped pecans, optional

EQUIPMENT

4 Mini spring form pans or 1 round cake pan lined with plastic wrap or parchment paper on the bottom and sides.



PREPARE THE CARROT CAKE

1. In a large mixing bowl combine the buckwheat, ground coconut, spices and salt. Mix until well combined
2. In a food processor, add the grated carrots, grated apple, dates, lemon juice, and vanilla, and process until well mixed, leaving some texture in the batter.
3. Transfer to a mixing bowl. Add the raisins and mix well.
4. Place the dough into 4 mini spring form pans and freeze for 20-30 minutes to set.

PREPARE THE ORANGE CREAM CHEESE FROSTING

1. Place all ingredients in a food processor and process until creamy.

TO ASSEMBLE

1. Release the outer ring on each spring form pan and remove with the bottom plate (optional). Place the cakes on a large serving platter or cake stand.
2. Frost the entire cake starting with the sides first, then the top. If the frosting starts to get too soft, place the cake in the freezer for about 30 minutes and the frosting back in the fridge.
3. Press the chopped pecans on the sides and top of the cakes if using.

Berry Oat Bars with Vanilla Crème Whipped Topping

by Tracy Childs of [Veg-Appeal](#)

Makes 9 bars

These little jam squares are super easy to make and filled with vitamin-C and anti-oxidant rich berries!

DRY INGREDIENTS:

3 cups Quick-cooking rolled oats (oats can be partially processed in a blender or food processor)

3/4 cup Flour of your choice

2 tbsp Ground flax seeds

1 tsp Cinnamon

1 tsp Baking powder

1/2 tsp Salt

1/3 cup Pecans or other nuts, chopped (optional)

WET INGREDIENTS:

1/4 cup Non-dairy milk

1/2 cup Unsweetened applesauce

3 tbsp Maple syrup

1 tsp Vanilla extract

BERRY FILLING

1 cup All-fruit berry jam

4 cups Berries of your choice (fresh or frozen, thawed)

VANILLA CRÈME WHIPPED TOPPING

1 block silken tofu, well drained

1/2 cup Cashews, soaked and well drained

2 tsp Vanilla extract

1/4 cup Dates, left at room temperature to soften

dash salt



Preheat the oven to 350° F and lightly oil an 8x8 or 9x9 baking dish.

PREPARE THE BERRY FILLING

1. In a small bowl, mix together the all-fruit berry jam with the fresh or thawed berries. Set aside.

PREPARE THE DOUGH

1. In a large bowl, combine the dry ingredients, except the nuts, and mix to combine.
2. Combine the wet ingredients in a measuring cup or small bowl and mix well.
3. Make a well in the bottom of the dry ingredient and add the wet ingredients. Mix well and add the nuts if using.
4. Cover the bottom of the prepared baking dish with half of the dough and press it until smooth with wet hands.
5. Spread the jam mixture on top and crumble the remaining dough over the top. Place in the oven and bake for 35-40 minutes or until lightly golden on top.
6. Cool in the pan completely and cut into bars.

PREPARE THE VANILLA CRÈME WHIPPED TOPPING

1. Combine all ingredients in a blender and blend until smooth. Chill for several hours to thicken before serving.



Helping San Diego thrive on
whole, plant-based foods



Please join our [MeetUp](#) group if you want to learn about being part of the team and/or just coming to our fun events!



To get in on the discussion, please “Like” our Facebook page [PlantDiego](#). We also have a Facebook team leadership group page [PlantDiego Leadership Team](#).

www.plantdiego.com