

## **Healthy Plant-Based Recipes From Amazing Discoveries**

### **Figgy Date Fudge**

Healthy fudge? Seems like an oxymoron. But here's a no-bake vegan fudge recipe that's not only easy to make but is good for you too! Naturally sweetened with dried figs and dates, this recipe makes a delicious guilt-free dessert or high-energy breakfast bar. And it's loaded with health-promoting vitamins, minerals, fiber, and antioxidants. What's not to love? Make some today!

Gluten-free, dairy-free, soy-free.

<https://adtv.watch/vegan-treats/vegan-fudge-recipe>

### **Plant – Based Tuna**

This chickpea recipe for vegan tuna is delicious, nutritious and easy to make. All you need is a can of chickpeas, vegan mayonnaise, onion, garlic, celery, and a few other ingredients. Spread it on a sandwich for a quick and satisfying lunch. Use it as a dip with crackers or chips for a nutritious snack. Fortunately, no fish were harmed making this video!

Gluten-free, nut-free, dairy-free.

<https://adtv.watch/vegan-treats/vegan-tuna>

### **Sunflower Butter**

If you're looking for an inexpensive peanut butter substitute you can make yourself, why not make your own sunflower butter? Sunflower seed butter is available in stores, but you can save money and be sure of freshness if you make it yourself.

This creamy peanut butter alternative provides a healthy dose of monounsaturated fats plus vitamins, minerals, protein, and antioxidants. Use it as a dip for fruit, spread it on toast or even use it instead of peanut butter in recipes. Just remember to reduce the amount of baking powder or soda by a third or add some lemon juice to prevent it from turning green – a harmless reaction that occurs between the chlorophyll and baking powder/soda. Store leftover sunflower butter in the fridge or freezer.

Gluten-free, peanut-free, tree nut-free, dairy-free.

### **Rocky Road Bliss Balls**

Guilt free and decadent, these chocolatey bliss balls are rich and sweet without added sugar or refined fats. Made with carob powder, a healthy chocolate substitute, Medjool dates, walnuts, pistachios, macadamia nuts, goji berries, and dried cherries, it's easy to forget there's no chocolate in these tasty little morsels. This raw treat is also full of vitamins, minerals, fiber, and antioxidants. So go ahead and indulge a little!

Gluten-free, peanut-free, chocolate-free, dairy-free.

<https://adtv.watch/vegan-treats/bliss-balls>

## **Plant-Based Philly Cheesesteak**

Saucy and flavorful, these classic vegan Philly cheesesteak sandwiches combine high-protein vegan seitan steak strips with sauteed portobello mushrooms and bell peppers in a hefty hoagie roll. If you're hankering for something hot and substantial that you can whip together in a hurry, this is it! Cheesy, meaty, gooey deliciousness!

Vegan, dairy-free. To make it gluten-free, replace seitan slices with GF vegan meat alternative and substitute GF buns for hoagie rolls.

<https://adtv.watch/vegan-treats/vegan-philly-cheesesteak>

## **Lentil Haystacks**

This haystacks recipe is a no-fuss layered salad that's a complete meal in itself. Seasoned lentils, lettuce, chopped veggies, and ranch dressing come together in a savoury haystack style. Enjoy this hearty vegan salad for breakfast to power you through your day. Or layer it in a mason jar for a packable lunch. Use canned lentils to make this lentil salad faster. See how it's done!

Vegan, gluten-free, soy-free (if using soy-free dressing), dairy-free.

<https://adtv.watch/vegan-treats/haystacks-recipe>

## **\*Healthy Whole Wheat Brown Bread**

What's the secret to making good whole wheat bread that's nicely risen and has perfect texture? Is there a difference between stone-ground flour and roller milled flour? Why is whole wheat bread sometimes heavy? Walter Veith takes the mystery out of making a good loaf of whole wheat bread in this how-to video.

Watch a demonstration on how to knead bread and learn the importance of proper kneading. See what consistency the dough should be and what perfect texture looks like in a well-made loaf.

<https://adtv.watch/vegan-treats/whole-wheat-bread>

## **Blackberry – Chia Jam**

Want a jam recipe that keeps the irresistible flavor of your fresh fruit? Chia jam requires no cooking and no white sugar to dull the taste of your fruit, so the sun-ripened flavor of your berries is preserved. Make this chia jam with fresh blackberries or substitute other fresh fruit in season. Chia jam can be stored up to a week in the fridge or up to three months in the freezer.

<https://adtv.watch/vegan-treats/chia-jam>

## **Plant-Based Sweet Potato Casserole**

This vegan sweet potato casserole is a plant-based spin on an old American Thanksgiving favorite. It takes only minutes to prepare and makes a delicious side dish to any special meal. Creamy, sweet and savory at the same time, it's full of good stuff like health-promoting fiber, B vitamins, and antioxidants.

Is it a sweet potato or a yam? Don't be distracted by the confusion about what to call these unusual vegetables. Sweet potatoes and yams are similar in some ways and people often use the names interchangeably. They're both sweet, starchy root tubers. True yams have a rough, dark, bark-like skin, while sweet potatoes have smooth skin. In American grocery stores, sweet potatoes are most common, though they're sometimes mislabeled as yams.

Soft, orange-fleshed sweet potatoes are best for this vegan sweet potato casserole.

Vegan, gluten-free, soy-free, dairy-free.

<https://adtv.watch/vegan-treats/vegan-sweet-potato-casserole>

### **\*Quick Rye Bread**

Traditional rye bread is made using a sourdough starter. This recipe is a short-cut version made with regular dry yeast but has a traditional rye bread flavor. Learn about the qualities of a perfect loaf of rye bread. Watch a kneading demonstration, find out how to recognize when the gluten is adequately developed by the consistency of the dough, and see the texture of a well-made, freshly baked loaf of rye bread.

In addition, you'll see a demonstration of how to make a sourdough starter if you'd like to make a loaf of traditional sourdough rye bread.

<https://adtv.watch/vegan-treats/rye-bread>

### **Stuffed Sweet Potatoes (Yam Chickpeas)**

Just minutes to prepare and less than half an hour to bake, stuffed sweet potatoes are quick and deliciously different! Halved and roasted, then stuffed with seasoned, roasted chickpeas, hummus, and fresh cherry tomatoes, these stuffed sweet potatoes make a great side. Or simply serve with a tossed salad for a complete meal. Make some today!

Vegan, gluten-free, soy-free, nut-free, dairy-free.

<https://adtv.watch/vegan-treats/stuffed-sweet-potatoes>