

SMOOTHIE BOWL

Ingredients

- 2 Frozen Bananas
- 1 cup frozen berries
- 2 tbsp of your favorite nut butter
- 1-2 tbsp of non-dairy milk
- 1 tbsp of agave nectar

Directions

Add all ingredients into blender or food processor and blend until creamy.

Top with your favorite toppings.

My favorite topping hemp seeds, more nut butter, pecans, chocolate chips and berries.

PREPARATION: 3 MIN

COOKING: 5 MIN

READY IN: 8 MIN

Note: Nut butters are peanut butter, almond butter, cashew butter and so on.



VEGAN CRAB CAKES

Ingredients

For the cakes

- 1 red bell pepper
- 3 garlic cloves
- 1 can of drained artichokes
- 1 can drained chickpeas
- 1/2 tsp each of paprika, chili powder, cayenne pepper or 1 1/2 tsp of old bay seasoning.
- 2-3 seaweeds sheets
- 1/2 cup Panko bread crumbs
- 1/4 cup Dijon mustard
- 1/4 cup vegan mayo
- Salt and Pepper to taste

Sauce

- 1/2 cup vegan mayo
- 2-3 garlic cloves
- 1 tbsp of a grainy mustard
- 1 tbsp of horseradish
- 1 tsp of Soy Sauce or Liquid Aminos
- Juice of 1/2 lemon
- 1/2 teaspoon each of paprika, cayenne pepper and chili powder
- Fresh parsley.

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

Using a food processor, chop the red bell pepper and garlic cloves into fine pieces. Next, add in the artichokes into the food processor until finely chopped. Add in chickpea and gently pulse. Add the remaining ingredients into your processor and pulse to incorporate.

Using your 1/4 cup, create cakes. Depending on the size you desire you can make 6-9 cakes. Use an air fryer to fry at 385F for 8 minutes. Or bake at 400 F for 8-10 minutes.

Meanwhile, in a small bowl, create your sauce by adding all ingredients into a bowl and stirring to combine. I love to serve these crab cakes with baked red potatoes.

Note: The seaweed sheets add a 'fishy' flavor but can be omitted.