OUR 8 MOST POPULAR PLANT-BASED RECIPES
SMOOCHES. So glad you’ve joined us! As a thank you for being part of this bad-ass community, I’m giving you eight of the most popular recipes from our blog.

This is my version of flowers on a first date.

The recipes in this ebook are the ones that we get emails, Facebook comments, and Instagram love about on a weekly basis. They are tried and true and they will not disappoint.

All of these recipes are Whole Food Plant Based, which means they are free of meat, dairy, eggs, oil, and all other overly processed ingredients. They are made from simple unprocessed whole plant food ingredients. Easy as that.

Whole plant foods strengthen, heal and protect the body with their impressive array of vitamins, minerals, phytochemicals, antioxidants, fiber, protein, healthy fats and important complex carbohydrates.

By making these recipes and eating this food you will have more energy, feel less bloated, you won’t be constipated and you will have less inflammation in your body. You might also sleep better, rid yourself of heartburn and have less allergies to boot!

The food you eat has the power to change your entire life.

Let’s do this! XO, Molly
PLANT BASED MEATLOAF

Sauce
- 1/3 cup tomato paste (80g)
- 2 tablespoons water
- 2 tablespoons 100% pure maple syrup
- 2 tablespoons yellow mustard
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika

Loaf
- 1 cup water (235ml)
- 1/2 cup uncooked steel cut oats, rinsed and drained (100g)
- 2 tablespoons vegan Worcestershire sauce
- 2 tablespoons tomato paste

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• 5 slices sprouted grain bread, toasted in the toaster until nice and brown
• 4 cups sliced mushrooms (8oz / 250g)
• 1/2 can pinto beans, drained and rinsed well (about 3/4 cup / 140g)
• 3/4 cup chopped pecans (80g)
• 1/2 cup diced yellow onion (65g)
• 1 tablespoon ground flax seeds
• 1/2 tablespoon smoked paprika
• 2 teaspoons garlic granules
• 1 1/2 teaspoons salt
• 10 turns cracked black pepper
• 1/4 cup unsweetened non-dairy milk (60ml)

Instructions

1. Preheat oven to 350°F (175°C). Cut a piece of parchment paper to fit the bottom and up the two long sides of a 5" x 9" loaf or cake pan.

2. Place all of the Sauce ingredients into a small bowl and whisk until smooth. Set aside for now.

3. In a small saucepan, combine the water, steel cut oats, Worcestershire sauce and tomato paste. Bring to a boil, turn the heat to low and cover the saucepan with a lid. Simmer over low heat for 15 minutes, stirring occasionally so it doesn’t stick. After 15 minutes, remove the lid and set aside to cool.

4. Toast the bread, tear into small pieces and place them into your food processor and process until they become soft crumbs. Transfer the crumbs to a large mixing bowl (No need to wash the food processor).

5. In the empty food processor, place the mushrooms, pinto beans, pecans, onion, ground flax seeds, smoked paprika, garlic granules, salt and pepper and process until everything is chopped into small pieces but not pureed (10 to 20 seconds). Stop intermittently during this time and scrape down the sides of the food processor and then continue processing.

6. Add this mixture to the large mixing bowl that has the breadcrumbs, along with the steel cut oats mixture and the nondairy milk. Mix everything together until well combined.
7. Scoop the entire mixture into the lined loaf pan and pack it down with a spoon. Evenly spread the Sauce that you made earlier over the entire loaf and bake for 65 minutes.

8. Allow to cool for 15 minutes. When cool enough to handle, lift the meatloaf out of the pan by the parchment paper and set onto a cutting board. Allow to cool for 10 additional minutes and then cut the meatloaf into slices.

Recipe Notes

Meatloaf will firm up after it cools.
SMOKY POTATO CORN CHOWDER

Instant Pot Ingredients

- 1 teaspoon dried thyme
- 1 teaspoon smoked paprika
- 1 teaspoon garlic granules
- 1 teaspoon salt
- 1 cup diced yellow onion (120g)
- 4 russet potatoes, cut into 1/2" cubes (a little more than 4 cups / 785g / leave the skin on)
- 1 red bell pepper, cored and diced
- 1 cup unsweetened non-dairy milk (235ml)
- 1 cup water (235ml)
- 1 cup frozen corn (140g)
- 1/4 cup parsley, chopped (8g)
• 1 tablespoon nutritional yeast
• 1 teaspoon pure maple syrup
• 1/4 teaspoon black pepper about 10 turns

Stove Top Ingredients
• 1 teaspoon dried thyme
• 1 teaspoon smoked paprika
• 1 teaspoon garlic granules
• 1 teaspoon salt
• 1 cup diced yellow onion (120g)
• 4 russet potatoes, cut into 1/2" cubes (a little more than 4 cups / 785g / leave the skin on)
• 1 red bell pepper, cored and diced
• 2 cups unsweetened non-dairy milk (475ml)
• 1 cup water (235ml)
• 1 cup frozen corn (140g)
• 1/4 cup parsley, chopped (8g)
• 1 tablespoon nutritional yeast
• 1 teaspoon pure maple syrup
• 1/4 teaspoon black pepper about 10 turns

Instructions

Instant Pot Directions
1. Measure out all of the spices and place them into a small bowl and set aside for now. Prep and measure out the veggies.
2. Press the saute button on the Instant Pot (IP) and let the inner pot heat up for about a minute. Add the onion, potato and bell pepper and saute for 3 minutes, stirring frequently and adding a bit of water to keep the veggies from sticking to the pot.
3. Turn off the IP and add the spices that you set aside earlier and stir. Add the non-dairy milk and the water and stir again. Lock the IP lid into place, making
sure the nozzle is in the sealing position. Use the manual mode and set the timer for 5 minutes. When the timer goes off, use the natural release setting.

4. When all of the pressure is out of the pot, take off the lid and allow the soup to cool for about 10 minutes. Measure out 2 cups of soup (435g) and add it to your blender. Blend until creamy and smooth and pour it back into the IP.

5. Add the frozen corn, parsley, nutritional yeast, maple syrup and black pepper and stir until combined.

Stove Top Directions

1. Measure out all the spices and place them into a small bowl and set aside for now. Prep and measure out the veggies.

2. Heat a large pot over medium heat for about 2 minutes. Add the onions and cook for about 5 minutes, stirring frequently and adding a splash of water to keep them from sticking to the pot. Add the potatoes, red pepper and the spices that you set aside earlier and cook for two additional minutes, stirring occasionally.

3. Add the non-dairy milk and water, turn the heat to medium-high until it begins to bubble, and then reduce the heat to medium-low and simmer until the potatoes are tender, about 15 - 20 minutes.

4. Remove 2 cups of the soup (435g), place it in your blender and blend until creamy and smooth.

5. Return blended soup to the stock pot, along with the frozen corn, parsley, nutritional yeast, maple syrup and black pepper and stir.
STUPID SIMPLE BEAN BURGERS WITH PAPRIKA GARLIC BURGER SAUCE

Ingredients

- 1 cup chopped red onion 130g
- 4 garlic cloves minced
- 1 red pepper, diced
- one 15oz can black beans, drained and rinsed well
- one 15oz can white beans, drained and rinsed well
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- 1 teaspoon dried red chili flakes
- 1/2 teaspoon salt
- 1/4 cup brown rice flour 35g
Garlic Paprika Burger Sauce

- 1/4 cup raw cashews, soaked in water for at least 10 minutes 30g
- 1/4 cup tahini 60g
- 1 garlic clove, minced
- 1/2 teaspoon 100% pure maple syrup
- 1/2 teaspoon brown rice vinegar
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/2 cup water 120ml

Instructions

1. Pre-heat the oven to 350°f (175°c).
2. Heat a skillet over medium heat for 2 minutes and then add the onions. Cook for 5 minutes, stirring frequently and adding 1 tablespoon of water if they start to stick. Add a bit more necessary.
3. Add the garlic and red peppers and cook for an additional 4 minutes, stirring frequently, adding a little water if things start to stick.
4. Add the black and white beans, coriander powder, cumin powder, chili powder, red chili flakes and salt. Stir and cook for an additional 2 minutes.
5. Turn off the heat and transfer the mixture to a large mixing bowl. With a potato masher, mash the mixture just until the beans are mashed (they don’t have to be mashed all the way). Add the rice flour and stir until everything is combined.
6. Shape into 6 equal-sized patties and place on a parchment covered baking sheet. Place in the oven and bake for 20 minutes on one side, flip, and bake for another 20 minutes on the other side.

Make the Garlic Paprika Burger Sauce

1. Drain the cashews (discard the water) and place them in your blender, along with the tahini, garlic, maple syrup, rice vinegar, paprika, salt and water.
2. Blend on high until creamy and smooth.

Assemble Your Burger
Place a burger patty on a toasted bun or a pile of greens and top with your favorite toppings and plenty of Paprika Burger Sauce.
PLANT BASED MAC & CHEESE

Ingredients

- 1 1/2 cups peeled and chopped russet potato 240g
- 1 cup chopped carrot 130g
- 1/2 cup diced yellow onion 65g
- 1 tablespoon chopped turmeric or 1 teaspoon turmeric powder 10g
- 3 garlic cloves, peeled and left whole
- 2 1/2 cups water, divided 590ml
- 1/2 cup raw cashews, soaked in water for 10 minutes 75g
- 1/2 cup nutritional yeast 40g
- 1 teaspoon salt
- Gluten free pasta brown rice or quinoa pasta are my faves
Instructions

1. Place the potato, carrot, onion, turmeric and garlic in a medium-sized pot, cover with 2 cups of water and simmer for 20 minutes, with the lid on.
2. After 20 minutes, add the veggies (and the remaining liquid in the pot) to your blender.
3. Drain the cashews (discard the water) and add the cashews to the blender, along with the nutritional yeast, salt and the additional 1/2 cup of water.
4. Blend until the sauce is creamy and smooth, about 2 minutes. Cook however much pasta you want, according to the directions on the box and then strain and rinse with cold water to stop it from cooking. Return to the pot.
5. Turn the heat to very low and pour as much Cheesy Sauce over the pasta as you like.
6. Add black pepper and salt to taste.

Recipe Notes

Whatever cheese sauce you have left, just pop in the fridge and use within 7 days or put it in your freezer for another time. It freezes really well. This cheesy sauce also goes shockingly well over cooked cauliflower and topped with walnut parm.
ALMOND GINGER PAD THAI

Sauce

- 1/4 cup smooth almond butter 60g
- 2 tablespoons tomato paste 35g
- 3 large dried dates, pit removed soaked in hot water for at least 10 minutes
- 2 garlic cloves chopped
- 1/2 tablespoon peeled and chopped ginger
- 1/2 cup loosely packed cilantro 16g
- 1/4 cup water 60ml
- 2 tablespoons lime juice
- 2 tablespoons brown rice vinegar
- 1 tablespoon low sodium soy sauce
- 1/4 teaspoon salt
Everything Else

- 1 box Pad Thai rice noodles
- 1 cup red onion, sliced into half moons 100g
- 2 cups broccoli florets, cut into bite-sized pieces 100g
- 1 cup chopped green or Savoy cabbage 100g
- 1 cup chopped bok choy 80g

Instructions

1. Make the sauce by placing all of the sauce ingredients into your blender and blending until totally creamy and smooth. Set aside for now.

2. Cook the rice noodles by boiling a big pot of water, turning off the heat when the water reaches a boil and then placing the noodles in the pot. Use a fork or a pasta ladle to gently separate the noodles the best you can. Let the noodles sit in the water for 8 minutes without a lid, and then strain them from the water by pouring them into a colander over the sink. Rinse the noodles with cold water to stop them from cooking. Set aside for now.

3. Heat a large skillet or a wok over medium heat for 2 minutes. Add the onions and cook for 5 minutes, stirring frequently and adding just a splash of water when they start to stick.

4. Add the broccoli, cabbage and bok choy and cook for an additional 5 minutes, stirring frequently and adding a tablespoon or so of water if they stick.

5. Add the Sauce that you made earlier to the skillet, turn down the heat to low and stir until the sauce is thoroughly incorporated.

6. Add a little more than half of the rice noodles and gently combine them with your pasta ladle until all of the ingredients are combined and the sauce is evenly distributed (save the remaining noodles for a cold salad or to put in soup).

7. Add a little tamari, shoyu or coconut aminos if needed.

8. Garnish with chopped almonds, cilantro and red pepper flakes.

Recipe Notes

Use almond butter that has no other ingredients apart from almonds.
POTATO SALAD

Ingredients

• 6 red potatoes, cut into quarters I leave the skin on, you can take it off if you want
• 1 cup chopped celery 115g
• 1 cup diced red or yellow onion 130g
• 1/2 cup finely chopped parsley 20g
• 2 tablespoons fresh chopped dill

Dressing

• 1 cup raw cashews, soaked in water for 10 minutes 135g
• 2 dried dates, pit taken out and soaked in super hot water for 10 minutes
• 2 garlic cloves, peeled and left whole
• 1 tablespoon yellow mustard
• 1/4 cup nutritional yeast 20g
- 2 tablespoons apple cider vinegar
- 1 teaspoon salt
- 1 cup water 235ml

Instructions

1. Add the quartered potatoes to a large pot and cover them completely with water by 1 or 2 inches. Place a lid on the pot at an angle and cook for 25 minutes, or until you can pierce them with a fork.
2. Drain the potatoes and set them aside to cool.
3. Make the dressing by draining and rinsing the cashews and placing them into the blender, along with the rest of the "dressing" ingredients (dates - make sure to drain the water and remove the pit before adding the dates to the blender - garlic, mustard, nutritional yeast, apple cider vinegar, salt and water). Blend until totally creamy and smooth, about a minute. Set aside for now.
4. When the potatoes are cool enough to handle, cut them into bite-sized pieces and place them into a large mixing bowl, along with the celery, onion, parsley, dill, and all of the Dressing that you just made.
5. Gently stir until everything is combined and add salt and pepper to taste. Chill for at least an hour before you devour.

Recipe Notes

Best served cold.
WALNUT PARM

Ingredients

- 1 cup of raw walnuts 110g
- 1/4 cup nutritional yeast 20g
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1 sheet of roasted nori, cut into quarters If you don't like fishy tasting things, leave this out

Instructions

1. Place all of the ingredients into your food processor and pulse, just until everything is combined and there are no chunks of walnuts.
2. Do not over process or it will turn to walnut butter.
3. Store in a container in the fridge and use on EVERYTHING.

Recipe Notes

The addition of the nori just adds to the umami of it all. It's bomb-diggity with or without the nori.
**BANANA WALNUT MUFFINS**

Ingredients

- 4 large dates pits taken out and soaked in boiling water for 10 minutes
- 1 1/4 cup unsweetened non-dairy milk 295ml
- 2 tablespoons lemon juice
- 2 1/2 cups regular rolled oats 260g / not instant
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon salt
- 1 1/2 cups mashed banana 310g / about 3 bananas
- 1/4 cup 100% pure maple syrup 60ml
- 1 tablespoon vanilla extract

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• 1 cup chopped walnuts 100g

Instructions

1. Boil 2 cups of water, remove and discard the pits from the dates and place the dates in a heat proof bowl. Pour the boiling water over the dates and let them soak for 10 -15 minutes.
2. Preheat oven to 350°F (175°C) and line your muffin tin with liners.
3. Add the non-dairy milk and lemon juice to a small mixing bowl. Mix and set aside for now.
4. Place the oats, baking powder, baking soda, cinnamon, nutmeg and salt in your blender and blend into a powder, about 15 seconds. Transfer to a large mixing bowl. No need to wash your blender, you will be using it again shortly.
5. Drain and discard the date water and transfer the dates to your blender, along with the non-dairy milk / lemon mixture, banana, maple syrup and vanilla. Blend until smooth and there are no pieces of date.
6. Transfer the blended liquid mixture to the large mixing bowl with the dry ingredients and gently mix, just until the wet and dry ingredients are incorporated (don't over mix or your muffins might end up too dense). Fold in the chopped walnuts.
7. Divide the batter evenly between the 12 muffin liners. These don't rise much, so fill those muffin liners up to the tip top. You will have plenty of batter to do this.
8. Bake for 18 minutes, until a toothpick comes out clean.
9. Cool completely before going to town with these babies.

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