

VEGANUARY CELEBRITY COOKBOOK

2025 EDITION

VEGANUARY 



**INCLUDES RECIPES BY
BETHANY ANTONIA,
WOODY AND
LAURA HARRELSON,
TIG NOTARO, AND MORE**

WELCOME!

WELCOME TO THE VEGANUARY CELEBRITY COOKBOOK!

Thank you for downloading the new and updated Veganuary Celebrity Cookbook. This cookbook has been specially created for Veganuary participants, featuring brand-new celebrity recipes for 2025. All the recipes have been generously donated by our celebrity supporters and showcase the foods they love most, so we hope you love them too!

In truth, this cookbook is so much more than just a collection of recipes. It's part of a bigger challenge.

Veganuary is a global movement that encourages people to try veganism for 31 days each January. By taking part in Veganuary, you're joining millions of people around the world who are discovering just how easy, exciting, and impactful eating plant-based can be.

Plus, with Veganuary, you won't be embarking on this journey alone. This cookbook is just one of the many free resources we offer to make your Veganuary journey enjoyable and

rewarding. We provide everything you need to make the transition to a plant-based lifestyle a success—from free meal plans and shopping guides to tips, inspiration, and constant encouragement and support from us to you.

From the bottom of our hearts, we wish you lots of fun and success with the 31-day vegan pledge. You'll be surprised at how easy it is, and how great you'll feel! Whether you've just found out about Veganuary or you're already getting ready for the 31-day challenge, this cookbook will help you along the way. You'll find yourself loving these incredible new flavors, while making a real difference for your health, the planet, and for billions of animals.

Take the leap, explore new foods, and let's create a better world together—one meal at a time.

**ARE YOU READY FOR THE CHALLENGE?
LET'S GET COOKING!**

LOVE THESE RECIPES?

**GET EVEN MORE IN OUR
OFFICIAL VEGANUARY
COOKBOOK!**



**OUT
NOW**

The Official Veganuary Cookbook is a culmination of Veganuary's 100 top tried-and-tested plant-based recipes, containing staple dishes for breakfasts, mains, sides, dips, desserts and beyond.

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HARRY KIRTON'S OVERNIGHT OATS



Harry Kirton

Harry is an actor best known for his role on the Netflix hit *Peaky Blinders*. He is also vegan and a Veganuary supporter. This tasty, filling breakfast is how he gets his day off to a flying start.

HARRY KIRTON'S

SERVES 1



OVERNIGHT OATS

INGREDIENTS

Whole jumbo oats

4 tbsp chia seeds

4 tbsp flaxseeds

1 banana

Pumpkin or sunflower seeds

Pecans

1 tbsp almond butter

1 tbsp blackberry jam

Splash coconut milk

METHOD

1. Fill a 1 qt Mason jar half to three-quarters full with oats, the chia seeds, and flaxseeds. Add water until the oats are just covered. Leave overnight.
2. When you are ready for breakfast, add your choice of fresh fruit and nut toppings, jam, and almond butter, plus a little splash of coconut milk.



VENUS WILLIAMS'

TRIO OF SMOOTHIES



Venus Williams

What fuels seven-time Grand Slam Champion and four-time Olympic Gold Medalist Venus Williams? Plants! Venus celebrates the benefits of a plant-based diet for body, mind, and performance. After years of research and work with world-class nutritionists, she is passionate about sharing optimal plant-based nutrition with others.

VENUS WILLIAMS'

TRIO OF SMOOTHIES

INGREDIENTS

CHOCO-MINT CRUNCH

2 Scoops Happy Viking Chocolate Plant Nutrition Powder
1.5 cup plant-based milk
2 tablespoons cacao nibs
7 sprigs mint leaves
½ cup ice
5 medjool dates

ORANGEBERRY

2 Scoops Happy Viking Strawberry Plant Nutrition Powder
1 cup orange juice
1 cup plant-based milk
1 cup frozen strawberries
½ cup ice
2 teaspoons vanilla extract

POWER UP GREEN SMOOTHIE

2 Scoops Happy Viking Vanilla Bean Plant Nutrition Powder
¼ cup whole almonds
2 cups Plant based milk
1 banana
1 orange peeled
1 cup of spinach or kale leaves
5 pitted medjool dates

METHOD

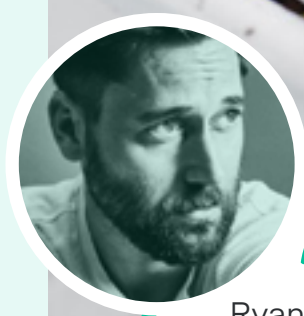
For all of the smoothies:

1. Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.



RYAN EGGOLD'S

EVERYDAY TOFU SCRAMBLE



Ryan Eggold

Ryan is an American actor, writer, and director, best known for his television roles as Ryan Mathews in the series *90210* and Dr. Max Goodwin in *New Amsterdam*. He is a strong advocate for the adoption of shelter pets and loves to start his day with a hearty plant-based tofu scramble.

RYAN EGGOLD'S**SERVES 1-2****EVERYDAY TOFU
SCRAMBLE****INGREDIENTS**

Extra Firm Tofu (organic if possible — about 7 ounces)
1 cup sliced white mushrooms
½ bell pepper (diced)
Upton's Naturals' Seitan Chorizo — I usually use about a third of the box each time
Spinach — big ol' handful
Avocado — quarter or half, sliced
Extra Virgin Olive Oil
1 Tsp Minced Garlic
2 heaping tsp Garlic powder
½ tsp Turmeric powder
1 tsp Nutritional Yeast
Cracked Black Pepper
1 pinch Cumin powder

METHOD

1. In one pan, coat with olive oil. Toss in your cup of sliced white mushrooms, your half a bell pepper diced into little pieces and your seitan chorizo. Again I like to use about a quarter or a third of the box at a time. Toss those three into your pan with olive oil at a medium heat. Lightly coat the top with garlic powder and stir in. I also like to add a nice little teaspoon of minced garlic. If you hate garlic, then maybe leave that out. But for me, it really brings out all the flavors. Lightly coat with a small amount of cracked black pepper. Stir all that up and let it cook on a low heat while we make pan number two.
2. In a second pan, coat with olive oil. Medium heat. After you have drained your extra firm tofu, again I like to use half a block at a time, go ahead and crumble it up in your hands and drop into your pan with olive oil. Mix it in with the oil well. Then coat your tofu with a healthy amount of garlic powder, then coat with a little less turmeric powder (the turmeric is nice for color but can overpower if too much) and a small amount, say one teaspoon, of nutritional yeast. Some people love nutritional yeast while others not so much. So I would add a little more or less depending on how much you like it. You can also add a small amount, say half teaspoon, of minced garlic if you're a garlic person like me. Cook for a few minutes until it starts to feel sturdy but not dry and not burnt.

**RECIPE
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RYAN EGGOLD'S

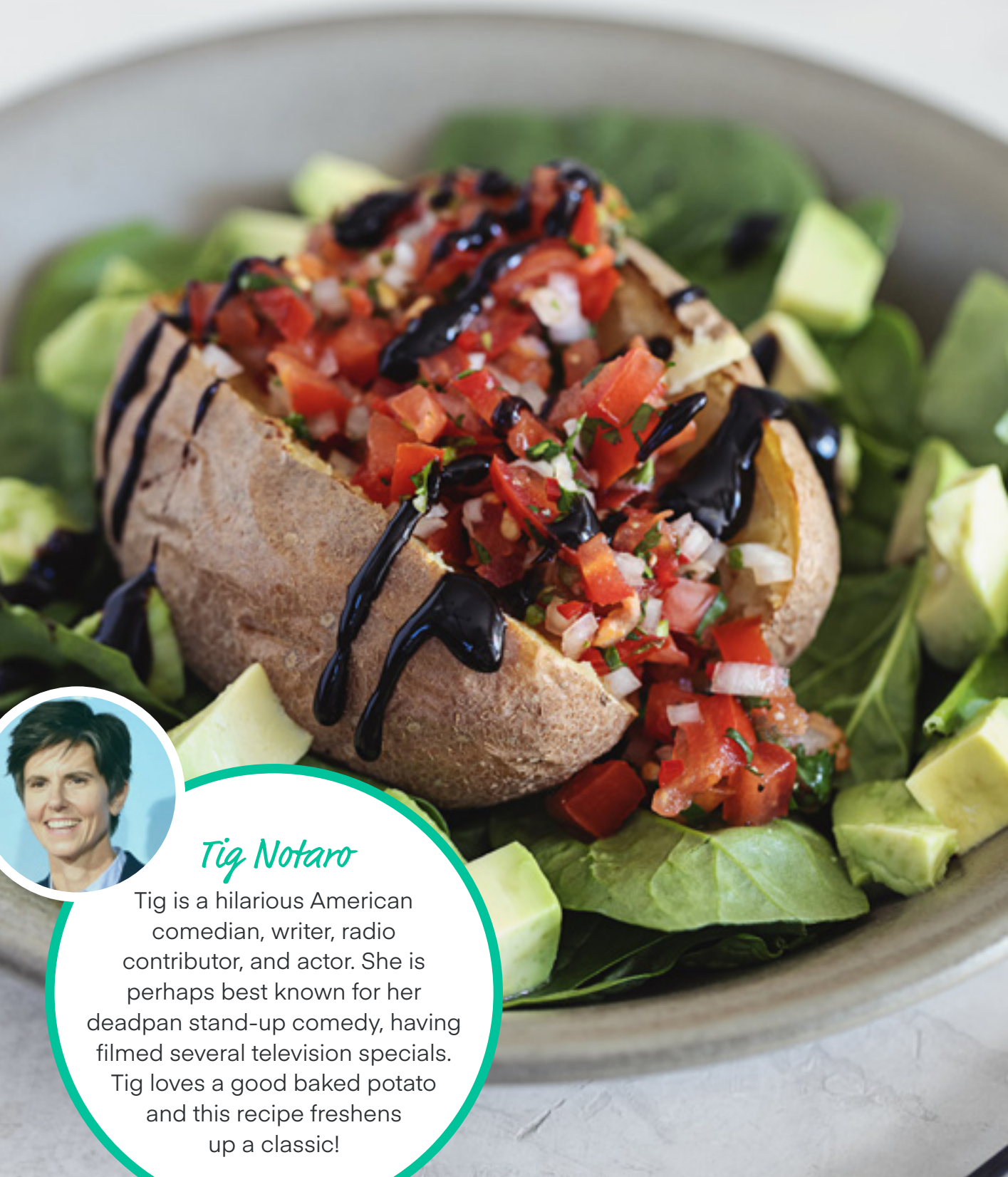
EVERYDAY TOFU SCRAMBLE



METHOD

3. Transfer your now prepared tofu into your main skillet with the vegetables. Turn the heat back up to a medium or high heat. Stir everything in together and add a pinch of cumin to the whole thing. It gives it a really nice kick. Toss in your big ol' handful of spinach and as soon as the spinach wilts, which should happen quickly, you're done!
4. Go ahead and plate your scramble, I like it in a bowl but to each their own. Maybe you'd prefer it in a coffee mug. Get creative :) Take your avocado and add a few slices on top, I suggest a quarter or half avocado at a time, but whatever feels good to you. I've tried to cut my salt down, so I usually don't use any, but if you're in the mood you can always add a small pinch of salt, though you don't need it. Finally, add some cracked black pepper on top. And voila!

TIG NOTARO'S TATER TIME



Tig Notaro

Tig is a hilarious American comedian, writer, radio contributor, and actor. She is perhaps best known for her deadpan stand-up comedy, having filmed several television specials. Tig loves a good baked potato and this recipe freshens up a classic!

TIG NOTARO'S

TATER TIME

INGREDIENTS

1 potato

Spinach (do not substitute lettuce)

Fresh pico de gallo (do not substitute salsa)

Avocado

Balsamic vinegar

*All ingredients should be organic

METHOD

1. Preheat oven to 400 degrees.
2. Pierce the potato in several places with a knife.
3. Bake for about an hour.
4. Put fresh spinach on the plate and the potato on top.
5. Cut the potato open in the center.
6. Add heaping amounts of pico de gallo, top with balsamic vinegar.
7. Add the avocado around the perimeter.
8. Woof it down.



LEILANI MUNTER'S

VEGAN VICHYSOISE



Leilani Munter

Leilani is an American former professional stock car racing driver and environmental activist. During her racing career, she adopted an acre of rainforest each time she drove her racecar to offset the carbon footprint of the fuel. Leilani advocates for renewable energy, solar power, electric cars, animal rights, and a plant-based diet.

LEILANI MUNTER'S

SERVES 4 

VEGAN VICHYSOISE

INGREDIENTS

5 medium size potatoes
1 large white or yellow onion
¼ cup vegan butter
4 cups water
2 cups unsweetened vegan milk of your choice
1 pint unsweetened vegan heavy whipping cream
2–3 tsp salt (to taste)
ground black pepper
fresh chives or green onions (chopped)

METHOD

This chilled savory and creamy soup is refreshing and perfect for those hot summer days.

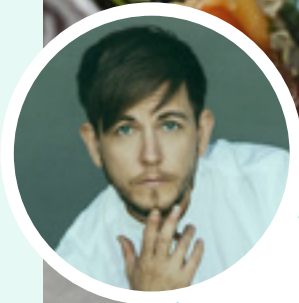
Because this is a cold soup, you must allow for at least 5 hours for the soup to cool in the fridge before serving.

1. Peel and slice potatoes thin. Set aside.
2. Thinly slice the onion and sauté in butter in pan until onions are clear, remove from heat before onions turn brown.
3. Put thinly sliced potatoes into large pot with 4 cups of water and boil uncovered until the potatoes are very tender. Add onions and melted butter from pan.
4. Put entire mixture (including the water you boiled the potatoes in) into blender. Add salt. Purée until smooth.
5. Put mixture back into large pot. Whisk in the milk and half the cream over medium heat. Heat just until boiling point, but do not bring to a boil.
6. Put pot in refrigerator (be sure to protect your refrigerator shelf with a towel or dish under the pot). Chill for 5 hours or until soup is cold.
7. Remove from fridge and whisk in the rest of the heavy cream. Top with ground black pepper and freshly chopped green onions or chives.
8. Vichyssoise is best served cold, like revenge.



ALEX BLUE DAVIS'

QUINOA KALE SALAD



Alex Blue Davis

Alex Blue Davis is an American actor, singer, and songwriter best known for his role as Dr. Casey Parker on *Grey's Anatomy*. He's also a proud dad who loves whipping up vegan meals with his wife and kids, like this delicious and filling salad!

ALEX BLUE DAVIS'**SERVES 4**

QUINOA KALE SALAD

INGREDIENTS

Olive Oil

2 heads of Dinosaur Kale

2 cups freshly-cooked
white quinoa

3 tomatoes

½ cup raw almonds,
soaked overnight

1 can garbanzo beans

Braggs Liquid Aminos

2 lemons

METHOD

1. Remove stems from middle of kale. In a large bowl, massage the leaves (hard!) with olive oil to soften them up.
2. Add 2 cups of white quinoa while it's still hot in order to wilt the kale (I make my quinoa in the rice cooker).
3. Add the can of garbanzo beans, tomatoes, and the "sprouted" almonds. We soak ours overnight in water. It just makes them soft and healthier!
4. Amino Acids are hella good for you. Add this to taste.
5. Juice the two lemons, then add the juice to taste.
6. Toss and serve!



BELLA RAMSEY'S

PESTO PASTRY SPIRALS



Bella Ramsey

Bella is one incredibly talented actor who has already achieved more than most of us could ever dream of, and she's just getting started. And this superstar is also a super chef who has created these deliciously simple pastry spirals.

BELLA RAMSEY'S

PESTO PASTRY SPIRALS

INGREDIENTS

Frozen vegan puff pastry,
rolled

Tomato sauce or any
vegan pesto

Vegan cheese

Lots of basil

Salt n pepper

(Be generous with the
pesto/sauce/toppings)

METHOD

1. Roll out pastry sheet.
2. Cover with tomato sauce/pesto but leave a thumb width space round the edges.
3. Sprinkle on vegan cheese and anything else you fancy e.g. capers, olives, etc...
4. Wash, dry, and tear basil leaves if fresh and distribute on top of the cheese.
5. Roll up the loaded pastry sheet lengthways until you have a log.
6. Slice the log into little spirals and lay them flat on a lined baking tray.
7. Shove them in the oven for 10–15 mins ish at 350° F.
8. Eat them all.



TANYA O'CALLAGHAN'S

WALNUT CRUMBLE ON BAKED SWEET POTATO



Tanya O'Callaghan

Tanya is an Irish musician who now calls America home. She is the current bassist for the band Whitesnake. Tanya is also a passionate animal and human rights activist and uses her platform to talk about these important issues!

TANYA O'CALLAGHAN'S

SERVES 2 WALNUT CRUMBLE ON
BAKED SWEET POTATO

INGREDIENTS

2 cups walnuts (soaked for at least 30 mins, warm water)

Small red onion (finely diced)

2–3 cloves garlic (diced)

1 carrot (finely diced)

1 tbsp soy sauce or Tamari for GF

Juice of 1 lime

2–3 tbsp of taco seasoning

1 whole sweet potato with skin on

METHOD

1. Preheat oven to 425 °F. Soak your walnuts in warm water for at least 30 mins, preferably a few hours.
2. For time saving, pierce several holes in the sweet potato and give it a head start in the microwave for 3–4 mins while the oven is preheating.
3. Place in the oven and allow to bake for 20–30 mins depending on size of sweet potato, you'll know when it's ready as it will be deliciously bursting out of its own skin.
4. On a cast iron or non-stick pan sauté your diced onion and garlic in a little olive or avocado oil (or chili oil if feeling spicy) low/medium heat for 2–3 mins, don't burn :) Add your diced up carrot and continue to cook for 3–5 mins at a medium heat.
5. Add taco seasoning and a splash of water if the mix needs it to avoid sticking.
6. Drain and pat dry your soaked walnuts. In a food processor or vitamix, blend your walnuts into a crumble consistency, be careful not to over process into a walnut paste.
7. Add walnut meat to the pan and combine with cooked ingredients.
8. Squeeze in lime juice, stir and season to taste if a little extra taco seasoning is needed.
9. Cut your steaming baked sweet potato in half and top with walnut meat.
10. Garnish with some scallions and a few dollops of veganaise or a sprinkle of vegan cheese if feeling on the more indulgent side :-)



THE MAIN EVENT

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BRYAN ADAMS'

BLACK BEAN CHILI



Bryan Adams

Bryan has been an animal advocate and a vegan for almost as long as he's been a global superstar. His music is legendary, of course, but it turns out he has had another skill up his sleeve all this time. Try out his tasty chili recipe and you'll see what we mean.

BRYAN ADAMS'

BLACK BEAN CHILI

INGREDIENTS

- 1 can black beans
- 1 can red kidney beans
- 1 can corn
- 1 red pepper
- 1 stick of celery
- 1 red onion
- 4 cloves garlic (if it's not in the sauce)
- 1 carrot
- 28oz. of tomato sauce or crushed tomatoes in a can
- 2 tablespoons nutritional yeast
- 1 tablespoon of chili powder
- 1 teaspoon of paprika
- 4 bay leaves
- Salt and pepper to taste

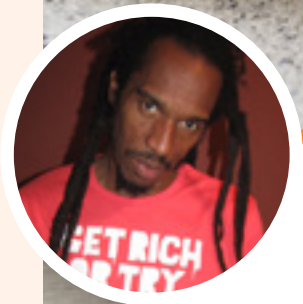
METHOD

1. Sauté the onions, pepper, and garlic until the onions are clear, then start adding everything else! Make sure you have a large pot, let it all simmer for an hour or so.



BENJAMIN ZEPHANIAH'S

ZEPHANIAH STYLE VEGAN MA PO TOFU



*Benjamin
Zephaniah*

Benjamin was a treasured ambassador and a lifelong advocate for animals. He was a poet, writer, lyricist, musician, and actor. He also was a lover of martial arts and a vegan for decades. We are sure you will love his flavor-packed tofu recipe!

BENJAMIN ZEPHANIAH'S

SERVES 2



ZEPHANIAH STYLE VEGAN MA PO TOFU

INGREDIENTS

1 block firm tofu, cut into
1-inch squares

A little salt

1 tablespoon corn starch

½ cup water

1 tablespoon oil

2 cloves garlic, finely chopped

2.5 teaspoons ginger, finely
chopped or grated

¼ cup shallot or onion, cut into
small sections

½ cup corn kernels

½ cup peas

1 teaspoon Sichuan
peppercorn powder

1 tablespoon light soy sauce

1 ½ tablespoon Doubanjiang
(or any spicy chili bean paste)

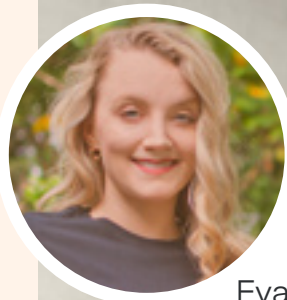
METHOD

1. Soak the tofu cubes in some salted water for about 10 minutes, then remove and drain them.
2. In a small bowl, mix the corn starch with the water. Set aside.
3. In a wok, heat up the oil. Add the garlic, ginger and shallots and stir fry until you can smell the aroma. Add the corn kernels and peas and stir for 3 minutes. Push all to one side of the wok.
4. Add Doubanjiang (or any spicy chili bean paste) and Sichuan peppercorn powder to the wok and continue frying for 1 minute over a slow fire.
5. Slide the tofu cubes in, add the water and starch mixture, then add soy sauce.
6. Turn up the fire and simmer for 3 minutes. Toss your wok from time to time, but be gentle and try not break the tofu cubes.
7. Add a pinch of salt if you like salty, mix well and serve hot.



EVANNA LYNCH'S

THREE BEAN SHEPHERD'S PIE



Evanna Lynch

Evanna is a stage and screen actor known globally for her role in the Harry Potter films and for reaching the final of Dancing with the Stars. Not only is she an incredible actor and dancer, and a Veganuary supporter, but she also knows the secret to a great shepherd's pie. This is her go-to meal, and we think once you've tried it, it will be yours, too.

EVANNA LYNCH'S

SERVES 4 

THREE BEAN SHEPHERD'S PIE

INGREDIENTS

For the mashed potatoes:

1.5 lbs. potatoes, peeled and roughly chopped

1 tbsp vegan butter

Black pepper

For the bean filling:

2 tbsp olive oil

1 yellow onion, peeled and diced

2 cloves garlic, peeled and crushed

2 cups mushrooms, sliced

½ red bell pepper, seeded and chopped

½ yellow bell pepper, seeded and chopped

2 medium-sized carrots, peeled and finely diced

1 cup azuki beans

1 cup kidney beans

1 cup borlotti/cranberry beans

1 tsp dried thyme

1 handful fresh parsley

Glug vegan red wine (optional)

12.5 oz. vegetable broth

1 heaped tbsp corn starch

1 tbsp tomato paste

METHOD

1. Heat the oven to 360 °F.
2. Bring a pan of water to the boil and cook the potatoes until soft. Drain, mash with the vegan butter, and season with black pepper. Set aside.
3. Meanwhile, in a large pan, sauté the onion in the olive oil gently until it softens. Add the garlic and mushrooms, and cook for a further 2 minutes, stirring to ensure the garlic does not burn.
4. Add the pepper, carrots, beans, and herbs. Stir well.
5. Add a glug of wine (if using) and the broth. Bring to the boil and let it simmer uncovered for 8 minutes or until the carrots have softened.
6. In a small dish, mix the corn starch with 2 tbsp cold water, then stir it into the liquid to thicken it. Add the tomato paste.
7. Remove from the heat and pour into a baking dish. Cover with the mashed potato and place in the oven for 25–30 minutes until the top is starting to brown.

MATTHEW KENNEY'S

KALE POLENTA



Matthew Kenney

Matthew is an American celebrity chef, author, restaurateur, and entrepreneur. He has founded dozens of vegan restaurants and Future Food Institute which provides culinary education on plant-based cuisine. This kale polenta recipe will make you feel like a culinary artist in your own kitchen!

Photo courtesy of Matthew Kenney

MATTHEW KENNEY'S

SERVES 4 

KALE POLENTA

INGREDIENTS

Almond Ricotta:

2 cups almonds, soaked
1 quart water
½ tablespoon citric acid
Zest of 1 lemon
1 teaspoon salt

Roasted Fennel:

1 bulb fennel, core removed,
halved, then quartered
1 tablespoon olive oil
½ teaspoon salt
2 sprigs thyme

Creamy Polenta:

1 cup polenta
5 cups water
1 ½ teaspoons salt
2 tablespoons nutritional yeast
½ cup olive oil

METHOD

Almond Ricotta:

1. Blend the almonds and water in a high-speed blender until smooth. Strain the mixture to separate the almond milk from the pulp. Discard the pulp. Pour the almond milk into a large pot and bring up to 194 °F. Whisk in the citric acid, lemon zest, and salt. Remove from heat and let stand for 15 minutes. After 15 minutes, pour into a strainer lined with cheesecloth, cover with plastic wrap, and refrigerate, allowing the ricotta to drain for a few hours before transferring to a sealed container. Discard the liquid.

Roasted Fennel:

2. Preheat the oven to 350 °F. Toss fennel with oil, salt, and thyme. Transfer to a baking sheet and roast for 20–30 minutes, flipping halfway through, after the first side is caramelized.

Creamy Polenta:

3. Preheat the oven to 350 °F. Spread the polenta on a baking sheet and toast in oven for 5 minutes, or until fragrant. Bring the water, salt, and nutritional yeast to a boil, and stream in toasted polenta, whisking vigorously to avoid clumping. Reduce heat to low and simmer until polenta is soft and creamy, about 45 minutes. Stir frequently and add additional boiling water if polenta gets too thick. Stir in the olive oil at the end.

**RECIPE
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MATTHEW KENNEY'S**SERVES 4** **KALE POLENTA****INGREDIENTS****Kale Pesto:**

Kosher salt, for blanching
 1 bunch kale, de-stemmed
 3 cloves garlic, roasted
 ½ teaspoon sea salt
 ¼ cup olive oil

Spigarello:

1 bunch spigarello
 1 tablespoon olive oil

Tomatoes:

½ pint cherry tomatoes
 1 tablespoon olive oil
 1 teaspoon salt
 ½ teaspoon sugar

Assembly:

¼ cup spicy greens (preferably mustard greens)
 Edible flowers (garnish)

**METHOD****Kale Pesto:**

4. Fill a large pot with water and bring to a boil. Add enough kosher salt so the water tastes salty, like the ocean. Blanch destemmed kale for about 3 minutes, or until kale is tender and tears easily. Shock blanched kale in ice water and squeeze out any remaining water. Roughly chop. Reserve blanching water for blanching the spigarello. Place kale, garlic, and sea salt in a blender and purée until smooth, stirring occasionally. A few tablespoons of water may be needed to loosen the mixture. Slowly drizzle in olive oil to finish.

Spigarello:

5. Cut thick bottoms off the spigarello. Blanch in the same water you used for the kale for 1–2 minutes, or until stems are soft. Shock in ice water and drain. When ready to serve, heat olive oil in a pan over medium heat and cook the spigarello until heated all the way through.

Tomatoes:

6. Heat a sauté pan over high heat. Toss tomatoes in olive oil, salt, and sugar. Add tomatoes to hot pan and stir frequently until the tomato skins begin to blister.

Assembly:

7. Mix ½ cup of creamy polenta with 2 tablespoons of kale pesto. Place on the bottom, right half of a bowl and, using the back of a spoon, swirl the polenta into a “vortex.” Place the tomatoes, spigarello, and fennel at the bottom of the bowl with dollops of almond ricotta and spicy greens, preferably mustard greens. Garnish with flowers.

GABRIELLE REYES'

LOADED CARIBBEAN CRUNCH WRAP



Gabrielle Reyes

Gabrielle is an American award-winning singer, actor, chef, and author. She hosts live-stream cooking classes through One Great Vegan where she makes vegan cooking fun by creating sing-alongs for her classes. This recipe is a healthy mix of her Caribbean culture and southern soul food.

GABRIELLE REYES'**SERVES 6****LOADED CARIBBEAN CRUNCH WRAP****INGREDIENTS**

Caribbean Crunch Wrap:

Large Soft Gluten-Free Tortillas

Jamaican Rice and Peas

Sautéed Purple Cabbage

Marinated Jerk Mushrooms

Vegan Mozzarella Shreds

Pineapple Salsa

Chopped Green Onion

Crushed Plantain Chips

Creamy Jerk Sauce

Jamaican Rice and Peas:

1 cup eggie broth

1 ¼ cup full fat coconut milk

1 diced sweet white onion

1 can drained kidney beans

1 whole scotch bonnet pepper
or ½ tbs or habanero hot sauce

½ cup chopped green onion

2 tsp allspice

2 tsp maple syrup

1.5 tbs dried or fresh tyme

½ tbs black pepper

1–2 tbs pink Himalayan salt

1 cup organic white rice

METHOD

Jamaican Rice and Peas:

1. In a large pot combine ALL of your ingredients. Add the rice last.
2. Mix together all of your ingredients so they are incorporated and cook rice on medium high covered for 18 minutes.
3. Turn off heat and let rice sit covered off heat for 5 minutes.
4. Garnish with Chopped Green Onion.

Sautéed Purple Cabbage:

1. In a pan add the chopped cabbage and sauté it all until soft with salt and pepper on high heat.
2. Add in a splash of apple cider vinegar and mix everything together well.
3. Turn the heat to low and let the cabbage steam covered for about 3–5 minutes.

Marinated Jerk Mushrooms:

1. Mix together all of the ingredients for the Jerk Marinade in a medium bowl and set aside.
2. In a large pan sauté the sliced white onions in coconut oil until they are translucent and soft.
3. Add in the sliced portobello mushrooms to the sautéed onions and season them with salt and pepper to taste until they are soft and meaty.

**RECIPE
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GABRIELLE REYES'

LOADED CARIBBEAN CRUNCH WRAP

INGREDIENTS

Sautéed Purple Cabbage:

2 cups chopped cabbage
Salt and pepper to taste
1.5 tbs apple cider vinegar

Marinated Jerk Mushrooms:

¼ cup coconut oil
½ cup thinly sliced white onion
4–6 portobello mushrooms,
thinly sliced

Jerk Marinade:

1.5 cups BBQ sauce
1.5 tbs fresh grated ginger
⅓ cup chopped green onion
2 tbs fresh thyme
1 tbs minced garlic
1 tsp allspice
⅓ tsp nutmeg
⅓ tsp cinnamon
1–3 tsp Habanero hot sauce or
chopped Habanero pepper
¼ cup liquid aminos
2 tbs maple syrup
4 tsp lime juice
Salt and pepper to taste

METHOD

4. Add the jerk marinade to the sautéed mushrooms and combine them well together. Cover the pan and let the mushrooms marinate and cook on medium low heat for 20–30 minutes.
5. Garnish with chopped fresh green onion.

Perfect Pineapple Salsa:

1. Dice up the pineapple and bell peppers.
2. In a medium bowl, combine the diced fruit, peppers, smoked paprika, lime juice, and mix it all together until well combined.

Creamy Jerk Sauce:

1. Add all of the ingredients to a blender and blend them together until smooth and creamy. Add more lime juice, or vegetable broth if necessary.



**RECIPE
CONTINUES
ON THE NEXT
PAGE**

GABRIELLE REYES'

LOADED CARIBBEAN CRUNCH WRAP

INGREDIENTS

Perfect Pineapple Salsa:

- ½ cup diced pineapple
- ½ cup diced red bell pepper
- ½ cup diced green bell pepper
- 1 tsp smoked paprika
- 1 tbs lime juice

Creamy Jerk Sauce:

- 5–6 stems green onions
- 1 whole Scotch Bonnet pepper
- 2 tbs lime juice
- 2 tbs grapeseed oil
- 1 tbs fresh ginger
- ⅓ tsp allspice
- ⅓ tsp nutmeg
- ⅓ tsp cinnamon
- 2 tbs liquid aminos
- salt and pepper to taste
- 6–10 stems fresh thyme
- 2 tbs maple syrup
- ¼–½ cup veganaise

METHOD

Assemble the Crunchwrap:

1. Once you have prepared all of your ingredients load up a tortilla with first creamy jerk sauce, then the jerk mushrooms, topped with crushed plantain chips, sprinkle on some follow your heart mozzarella shreds, add on a scoop of rice and peas, then a colorful helping of pineapple salsa, sautéed cabbage, and finish it up with creamy jerk sauce.
2. Put a smaller tortilla on top of your piled ingredients and fold in the hanging over tortilla sides so that they enclose all of the ingredients with the smaller tortilla. This is a bit challenging so you may want to balance the filled crunch wrap in your hands or use a bit of flour and water to seal the tortilla together.
3. Add a bit of vegan butter or oil to a large pan and with the open seam side facing down in a pan, Cook and grill the crunch wrap on both sides until it is golden brown and crispy as much as possible. Periodically flip the crunch wrap and press it down to make sure that it is enclosed.
4. Garnish the Cooked crunch wrap with chopped green onions and serve with a side of Creamy Jerk Sauce.
5. Sing your song. Do your dance. Speak your truth and enjoy the colorful Crunchwrap!

PETER EGAN'S

PARMIGIANA DI MELANZANE



Peter Egan

Peter is an incredible actor, a true gentleman, and a passionate animal-lover. He took part in Veganuary 2016 and has never looked back. He says: 'I will always support Veganuary, but I won't have to do it again because... I am now vegan.' If, like Peter, you're a fan of rich Mediterranean flavors, then try this beautiful Parmigiana.

PETER EGAN'S

SERVES 4

PARMIGIANA DI MELANZANE

INGREDIENTS

- 2 tbsp olive oil, plus extra for brushing
- 3 cloves garlic, crushed
- 3 sprigs of thyme
- 8 sage leaves, finely chopped
- 4 × 14 oz. cans chopped tomatoes
- 3 tbsp red wine vinegar
- 3 tbsp sugar
- 4 large eggplants, sliced lengthways as thinly as possible
- 1.5 cups melting vegan cheese, grated — try Follow Your Heart or Violife shreds
- 1 cup vegan breadcrumbs
- 1/3 cup pine nuts
- Handful of basil leaves

METHOD

1. Heat the oven to 400°F
2. Heat the oil in a large pan, add the garlic, thyme, and sage, and cook gently for a few minutes. Then add the tomatoes, vinegar, and sugar, and gently simmer for 20–25 minutes until it has thickened.
3. Meanwhile, heat a frying pan. Brush the eggplant slices on both sides with olive oil, and fry in batches until each slice is softened and slightly charred.
4. Mix 1/4 cup of the grated dairy-free cheese with the breadcrumbs and pine nuts and set side.
5. Into a large baking dish, add a little of the tomato sauce and spread over the base. On top of this, add a layer or two of eggplant slices. Season.
6. Spoon over more sauce, then layer some cheese and basil leaves, and then another layer of eggplant. Repeat until you end with a layer of tomato sauce, and top with the breadcrumb mixture.
7. Bake for 30–40 minutes until the top is crisp and golden, and the tomato sauce is bubbling away. Rest for 10 minutes, and scatter with torn basil leaves.



SNEHA ULLAL'S FAVORITE (BY CHEF FRANK GUEIZELAR)

TOFU MAKHANI



Sneha Ullal

Sneha is an Indian film actor best known for her performance in *Lucky*. She was born into a non-vegetarian family, but in 2008, she realized how cruel her food and fashion choices were and decided to start changing them by turning vegetarian. She is extremely passionate about her plant-based lifestyle and embraced veganism in 2017. She is also co-creating plant-based recipes and food ideas with Chef Frank Gueizelar. This recipe by Chef Frank Gueizelar is her favorite.

SNEHA ULLAL'S FAVORITE (BY CHEF FRANK GUEIZELAR)

SERVES 2 

TOFU MAKHANI

INGREDIENTS

Tofu marinade:

2 tbsp oil

14 oz. firm tofu, cut into
1 in. cubes

2 tsp tandoori powder

1 tsp Kashmiri chili powder

Salt according to taste

Makhani base:

2 tbsp oil

½ of 1 large onion, sliced

1.3 pounds ripe tomatoes

2 tbsp ginger & garlic paste

1 tsp turmeric powder

1 tsp Kashmiri chili powder

1 tsp tandoori powder

2 tsp Punjabi garam masala
powder

5 pods of green cardamom

1 pod of black cardamom

2 tbsp vegan ghee/butter

¼ cup cashews

½ cup water

5 grams kasturi methi

(dried fenugreek leaves)

METHOD

1. First, prepare the tofu. Mix all the marinade ingredients in a bowl except the tofu. Coat the tofu cubes with the marinade and set aside for half an hour.
2. Now make the makhani base. Start by sautéing the onions in the oil until they turn translucent.
3. Add tomatoes and sauté further, cover and cook on a lower flame, stirring occasionally.
4. Once tomatoes become mushy, add the ginger & garlic paste and cook for another 10 minutes.
5. Add turmeric, chili powder, tandoori powder, garam masala, green cardamom and black cardamom. Continue to cook this for 10 minutes, then switch off the flame and let the mixture cool.
6. While the mixture cools, with a dash of oil in a pan, fry the marinated tofu on all sides to a golden-brown color. When done, remove from the pan and set aside.
7. Blend the cooled makhani mixture to a fine paste and transfer back to the pot to cook further, add about half a cup of water and cook until it thickens.
8. Add the vegan ghee to the mixture and cook on a low flame for 5 minutes.
9. Grind the cashew and water to a smooth creamy texture.
10. Add this to the makhani mixture and cook for 5 minutes. If too thick, add a little water to get the consistency you require.
11. Now, add the fried tofu and kasturi methi to the makhani and cook for 10 more minutes.
12. Serve with hot rotis and enjoy your meal.

BELLAMY YOUNG'S

HOLIDAY MAC AND CHEESE



Bellamy Young

Bellamy is an American award-winning actor, producer, and singer. She is best known for her role as Melody in the drama series *Scandal*. Bellamy loves vegan macaroni and cheese and recommends this indulgent recipe for those extra special occasions!

BELLAMY YOUNG'S

SERVES 6–8

HOLIDAY MAC AND CHEESE

INGREDIENTS

- 1 cup raw cashews, soaked in water overnight
- 1 box red lentil pasta (rotini/fusilli)
- 1.5 cups unsweetened, unflavored non-dairy milk
- 2 tbsp, vegan butter
- 12 ounces of your favorite vegan cheese, shredded (try a mix of cheddar and smoked gouda!)
- 3 tbsp, Nutritional yeast
- Salt and Pepper
- Paprika
- 1 crown of broccoli, chopped

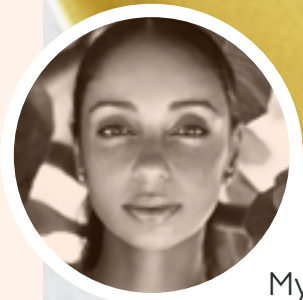
METHOD

1. Preheat the oven to 350°F
2. In a large saucepan, add about 6 cups of water and a few shakes of salt. Bring to a boil.
3. Cook pasta according to package instructions. Drain and set aside.
4. Drain the cashews. Add to a blender with just enough water to cover. Blend at high speed for about 1 minute or until completely smooth.
5. In another large saucepan, combine the cashew cream, the nondairy milk, and the vegan butter. Heat over medium heat until butter is completely melted.
6. Stir the vegan cheese into the warm milk mixture and reduce heat to low. Keep stirring until the cheese is completely melted and you've got a nice velvety sauce. Add nutritional yeast, plus salt and pepper to taste.
7. Remove the cheese sauce from heat. Gently stir in the cooked pasta. Pour the sauced pasta into an 8x8 baking dish and use a spatula to spread evenly. Top with a sprinkle of paprika. Bake for 15 minutes.
8. While the Mac and Cheese is baking, steam the broccoli until it's bright green.
9. Remove the Mac and Cheese from the oven and serve with a heap of steamed broccoli. Great with a splash of hot sauce too!



MYA'S

**FETTUCCINE
ALFREDO**



Mya

Mya is an American Grammy Award-winning singer, songwriter, producer, dancer, and actor. She is also an activist and philanthropist who has led vegan challenges with her fans. This Fettuccine Alfredo recipe is one of her favorites from her Vegan Starter Guide!

MYA'S**SERVES 2** 

FETTUCCINE ALFREDO

INGREDIENTS

Water

Grape seed oil or olive oil

8 oz chickpea, spelt or wheat pasta noodles

Sea salt and black pepper to taste

2 cups cashews (soaked for 4–6 hours or overnight)

Herbs of your choice.

Veganuary recommends starting with:

- 1 tbsp dried basil
- 1 tsp dried parsley
- 2 tsp lemon juice
- ½ tsp garlic powder
- 1 tsp onion powder

METHOD

Pasta:

1. Use grapeseed or avocado oil and water to boil noodles, cool down and sift.

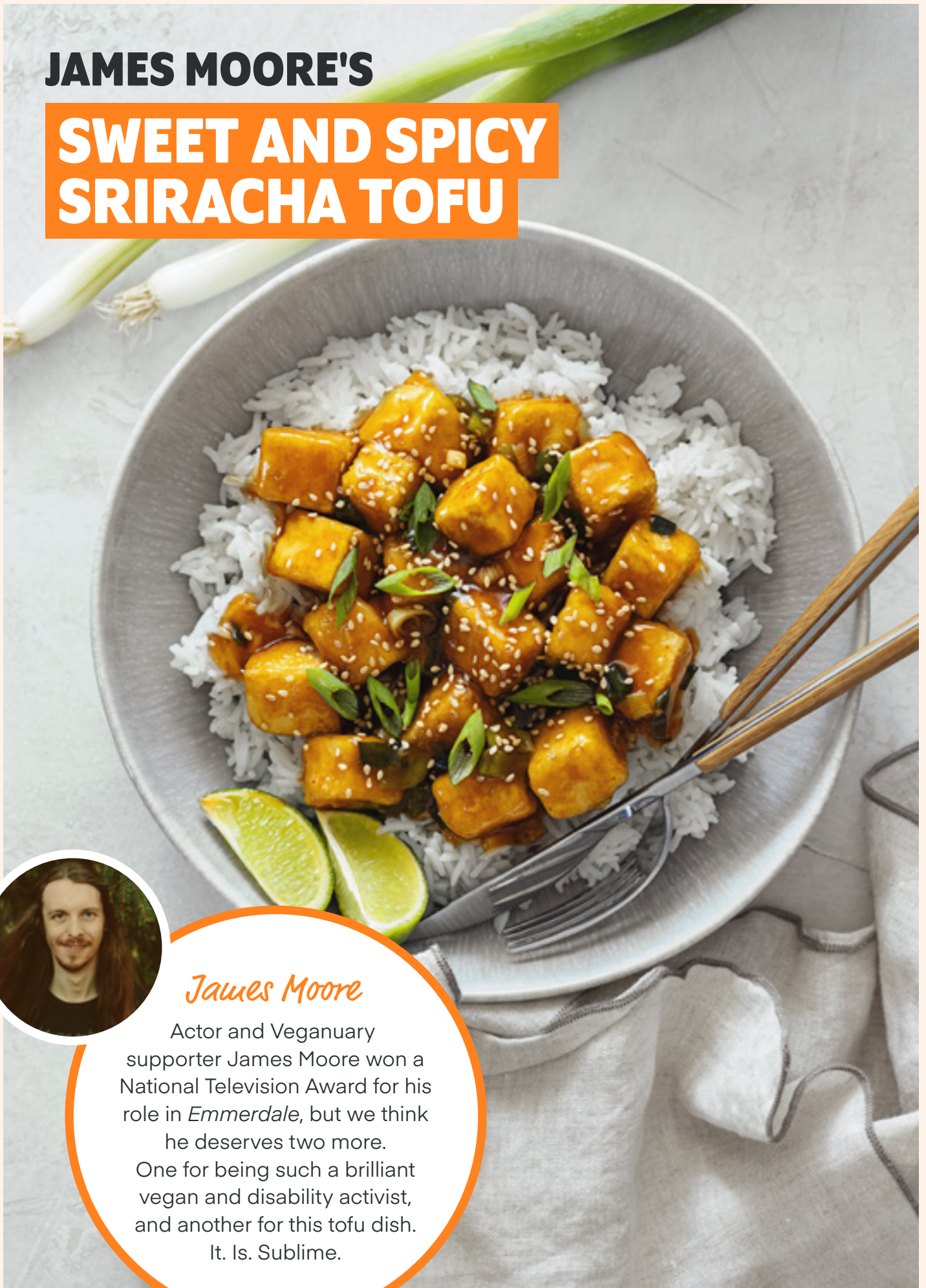
Cashew cheese:

1. Soak your cashews in water in a cup, or a nutribullet cup for 4–6 hrs or overnight. Drain some water, blend in blender, Ninja or Nutribullet, add more water for a creamier texture if desired.
2. Add herbs and spices of choice, sea salt, black pepper.
3. Mix cashew cheese into noodles. Add olive oil, sea salt, black cracked pepper and fresh basil or cilantro on top.



JAMES MOORE'S

SWEET AND SPICY SRIRACHA TOFU



James Moore

Actor and Veganuary supporter James Moore won a National Television Award for his role in *Emmerdale*, but we think he deserves two more. One for being such a brilliant vegan and disability activist, and another for this tofu dish. It. Is. Sublime.

JAMES MOORE'S

SERVES 2 

SWEET AND SPICY SRIRACHA TOFU

INGREDIENTS

1 block firm tofu,
pressed and cubed
6 tbsp cornstarch
4 tbsp oil
2 spring onions
2 cloves garlic
1 cup water
1 tbsp Sriracha sauce
2 tbsp soy sauce
2 tbsp agave nectar
4 tbsp sugar

To garnish:

2 spring onions
Handful cilantro
Sesame seeds
A wedge of lime

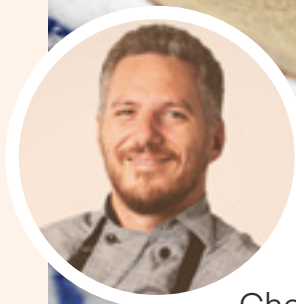
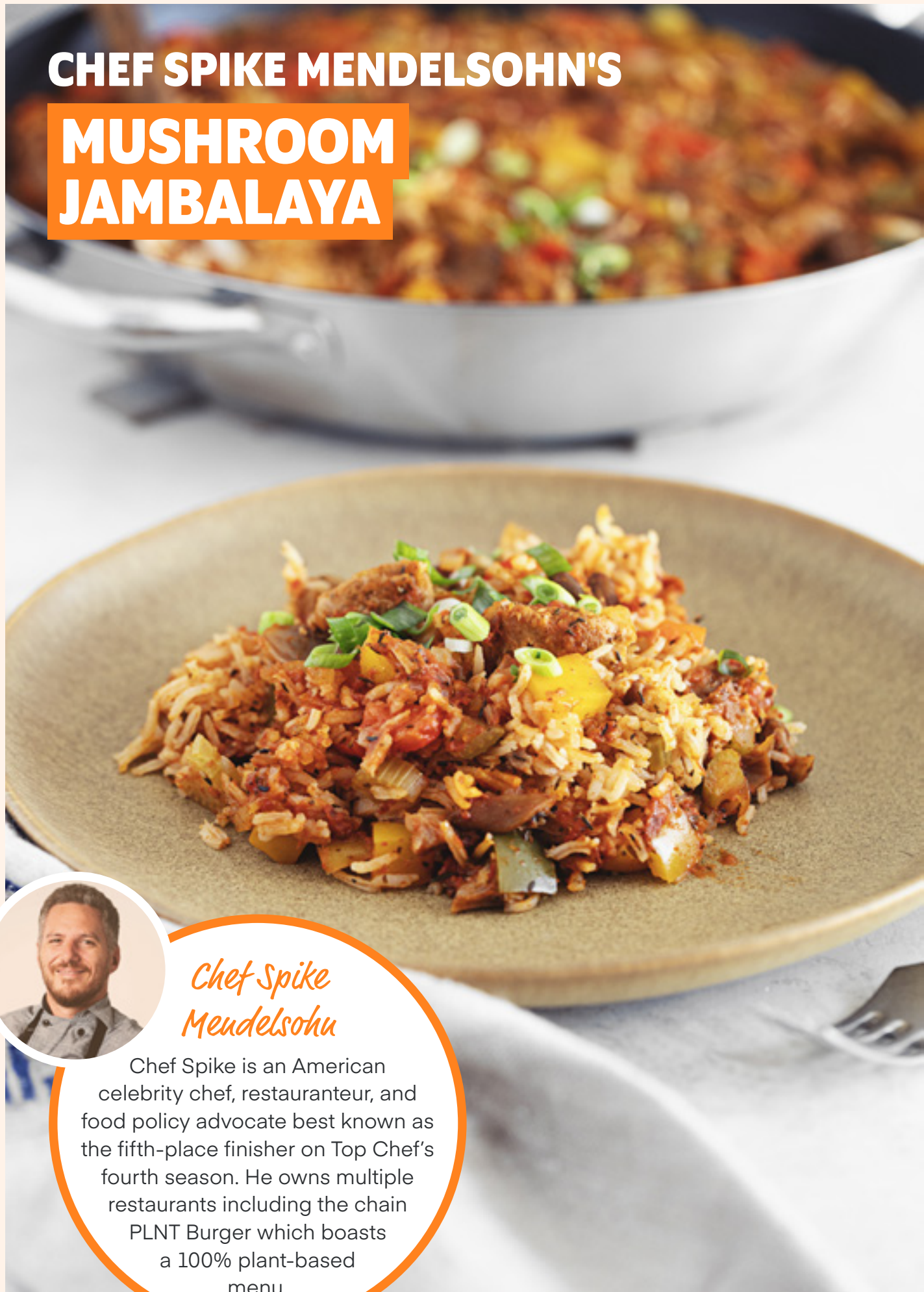
METHOD

1. Put 4 tbsp of the cornstarch onto a plate and turn the tofu cubes over in it until they are covered.
2. Heat the oil in a frying pan and fry the tofu for 4–5 minutes on each side until golden and crispy. Then remove them from the oil and set aside.
3. Add the spring onions and garlic to the same pan, and fry for a minute or two.
4. Then add the water, Sriracha sauce, soy sauce, agave nectar, and sugar. Bring to a simmer.
5. In a small bowl, mix the last two 2 tbsp cornstarch with a tablespoon of water to form a smooth paste, and then stir it into the liquid to thicken it.
6. Pour the sticky, sweet, and spicy sauce over the tofu and garnish with more spring onions, chopped cilantro, a wedge of lime, and a sprinkle of sesame seeds



CHEF SPIKE MENDELSON'S

MUSHROOM JAMBALAYA



*Chef Spike
Mendelsohn*

Chef Spike is an American celebrity chef, restaurateur, and food policy advocate best known as the fifth-place finisher on Top Chef's fourth season. He owns multiple restaurants including the chain PLNT Burger which boasts a 100% plant-based menu.

CHEF SPIKE MENDELSON'S

SERVES 4–6



MUSHROOM JAMBALAYA

INGREDIENTS

1 tsp olive oil
1 large onion finely diced
4 cloves garlic, minced
2 stalks celery, diced small
1 each red, green, and yellow bell pepper, diced small
1 15-oz can diced tomatoes, drained
1 tbsp tomato paste
1 pouch Eat the Change Hickory Smokehouse Mushroom Jerky
2 cups oyster mushrooms, cut into bite size pieces
1 pack/14 oz Beyond Meat sausage, sliced
2 tsp smoked paprika
2 tsp dry oregano
2 tsp creole seasoning
2 tsp dried thyme
1 tsp cayenne pepper
2 tbsp coconut amino acids
3 cups vegetable broth
2 cups long-grain rice
Green onions, sliced for garnish
Salt and ground black pepper to taste

METHOD

1. Heat oil in large saute pan. Brown sausage and mushrooms. Add onions, garlic, celery, and peppers and sautee until onions are translucent and aromatic for about 3 minutes. Add tomatoes and tomato paste and sautee for another 3 minutes.
2. Add liquid amino acids, vegetable broth, and all seasonings. Taste and adjust seasonings as necessary.
3. Stir in rice and bring to a boil. Cover with lid and lower heat to medium–low and simmer for 20 minutes. Be sure not to remove the lid.
4. Turn off heat and allow to sit covered for 10 minutes. Remove lid and garnish with green onions. Enjoy!



GEORGIA MEACHAM'S

CREAMY CARBONARA



Georgia Meacham

Georgia is a catwalk model and a Hollywood actor with a big passion for animals. She's also a vegan with a passion for creamy carbonara! This is her favorite healthy recipe, where blended cashews take center stage.

GEORGIA MEACHAM'S

SERVES 4

CREAMY CARBONARA

INGREDIENTS

2 tbsp olive oil

3 shallots, peeled and finely chopped

3 cloves garlic, peeled and sliced

1 1/8 cups frozen peas

Salt and pepper to taste

12 oz. spaghetti

3/4 cup cashews, soaked for 2 hours in boiling water

1/4 cup unsweetened non-dairy milk

2tbsp nutritional yeast

Vegan parmesan to serve

METHOD

1. In a large pan, fry the shallots on a medium heat in the olive oil for about five minutes until softening. Add the garlic and fry for another two, then add the peas and stir well. Remove from the heat and set aside.
2. Cook the spaghetti as per the package instructions and while it is cooking, blend the cashews with the non-dairy milk until you get a creamy smooth mixture. Stir in the nutritional yeast, then combine with the shallots and peas. Season.
3. When the spaghetti is cooked, coat it in the creamy mixture. Grate over the parmesan to serve.



ALICIA SILVERSTONE'S

RADICCHIO PIZZA WITH TRUFFLE OIL



Alicia Silverstone

Alicia is an award-winning American actress, perhaps best known for her leading role as Cher Horowitz in the film *Clueless*.

She is also a vegan advocate and has published several vegan cookbooks. Alicia credits the decision to go vegan as the best thing to ever happen to her!

ALICIA SILVERSTONE'S

SERVES 2–4



RADICCHIO PIZZA WITH TRUFFLE OIL

INGREDIENTS

1 large head radicchio

Olive oil

Fine sea salt and freshly ground black pepper, to taste

White truffle oil, to taste

1 fresh pizza crust (preferably a healthy, whole grain variety)

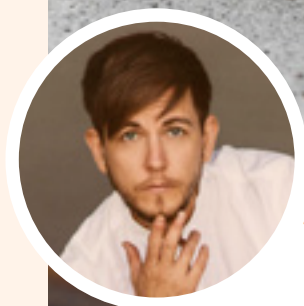
METHOD

1. Cut the radicchio in half, then slice each half crosswise into thin ribbons (as thin as possible!)
2. Dress with olive oil, salt, pepper and a few dashes of white truffle oil to taste.
3. Preheat the oven to 415°F. Toast the pizza crust in the oven for 7 minutes or until it is heated through and slightly golden but not crunchy. Scatter the dressed radicchio over the pizza crust and return to the oven for another 3 to 5 minutes, until the radicchio is warm and just starting to wilt. Serve immediately.



ALEX BLUE DAVIS'

**GLUTEN FREE
VEGAN LASAGNA**



Alex Blue Davis

Alex Blue Davis is an American actor, singer, and songwriter best known for his role as Dr. Casey Parker on *Grey's Anatomy*. He's also a proud dad who loves whipping up vegan meals with his wife and kids, like this Gluten Free Vegan Lasagna!

ALEX BLUE DAVIS'

GLUTEN FREE VEGAN LASAGNA

INGREDIENTS

3–4 zucchini

14oz. Block of tofu

3 cups of cashews, soaked overnight

Juice of 1 lemon

3 Tbsp. olive oil

1 cup fresh basil

1 cup water

1 Tbsp. nutritional yeast

1 yellow onion

1 jar of vegan marinara

Sliced tomatoes and basil for garnish

METHOD

1. Preheat oven to 400 °F.
2. Slice zucchini with mandolin or knife thinly (think lasagna noodle width).
3. Salt them up, lay them on a towel and let them sweat! (The water comes out of them).
4. Make the “cheese” blending all this together: Tofu, cashews, lemon, olive oil, basil, water, nutritional yeast, and onion.
5. Layer tomato sauce, zucchini noodles, and cheese in casserole dish until it fills up.
6. Garnish with sliced tomatoes and basil leaves on top.
7. Bake baby! 35 minutes should do it.



WOODY & LAURA HARRELSON'S

CREAMY POTATO LEEK SOUP



*Woody & Laura
Harrelson*

Woody is a renowned actor known for his roles in Cheers and True Detective. Laura is an entrepreneur and activist. The couple shares a strong commitment to environmental causes and veganism. Together, they promote sustainable, cruelty-free lifestyles in their personal and public lives. Check out their delicious soup recipe!

WOODY & LAURA HARRELSON'S

SERVES 10-12



CREAMY POTATO LEEK SOUP

INGREDIENTS

- 5 cups red potatoes (½" cubes)
- 2 cups freshly chopped leeks (¼" slices)
- 3 cloves fresh garlic
- 8 cups water
- 4 tablespoons extra virgin organic olive oil (EVOOO)
- 3 tablespoon/cubes vegetable bouillon
- 1 tablespoon Himalayan salt
- Black pepper to taste

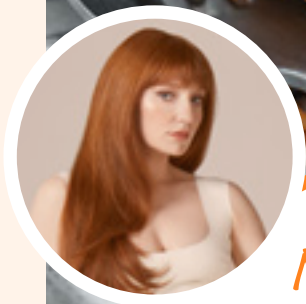
METHOD

1. Steam potatoes until soft.
2. In a small pan, lightly cook leeks in a ditch of water or lightly fry in vegetable oil until tender.
3. Place half the potatoes, 4 cups of water and the rest of the ingredients (except the olive oil) in a high powered blender like a Vitamix.
4. Build power gradually to the highest level. At that point, slowly pour 2 tbsp olive oil into the mixture. Blend until smooth.
5. Pour mixture into a large pot and gently warm over a low heat.
6. Blend the remaining potatoes and water and repeat the slow addition of olive oil while blending at the highest speed. Add to the pot and stir every few minutes while warming soup to the desired temperature. Add more water if desired consistency needs to be thinner. Serve hot.
7. Some added options to garnish just before serving: Lightly drizzle with truffle oil, sautéed fresh mushrooms of preference, fresh chopped parsley, red chili flakes, and/or hold out some of the sautéed leeks.



NICOLA ROBERTS'

POMODORO TAGLIOLINI WITH CHERRY TOMATOES, BURRATA AND PESTO



Nicola Roberts

Singer-songwriter Nicola Roberts is a superstar who, alongside travelling for sell-out tours, speaks up for animals and the planet. This recipe is how she convinces her family and friends that plant-based is not just ethical, but uber tasty, too.

NICOLA ROBERTS'

POMODORO TAGLIOLINI WITH CHERRY TOMATOES, BURRATA AND PESTO

INGREDIENTS

Morelli pomodoro tagliolini (or pasta of your choice)

2 vegan burrata cheese (if you can't find vegan burrata in a shop or online, you can make your own)

2 medium-sized organic white onions, finely chopped

1 ½ cups organic cherry tomatoes, washed and de-stemmed

1 whole organic garlic bulb, peeled and minced

Fresh basil (stems chopped, leaves separated)

2 tablespoon tomato puree

Sea salt

Black peppercorns, ground

1 tablespoon extra virgin olive oil

1 can organic chopped tomatoes

Vegan basil pesto

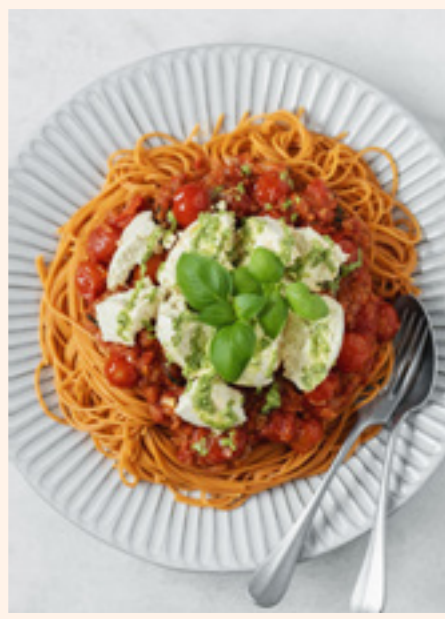
METHOD

1. Heat the extra virgin olive oil in a large frying pan or wok.
2. Add the finely chopped onions to the heated pan.
3. Mince the whole garlic bulb and add it to the pan once the onions have softened.
4. Dice the stems of the fresh basil and add them to the pan after 10 minutes of cooking the garlic and onions together.
5. Add a small pinch of sea salt and a moderate amount of black pepper. Continue to cook.
6. De-stem and wash the cherry tomatoes, then add them to the pan. Let the ingredients cook together.



NICOLA ROBERTS'

POMODORO TAGLIOLINI WITH CHERRY TOMATOES, BURRATA AND PESTO



METHOD

7. Slice the remaining basil leaves in half, leaving a couple of stems aside for garnish. Add the basil leaves to the pan and cook for an additional 5 minutes.
8. Heat a saucepan of water until boiling. Add the pasta and cook according to the package instructions.
9. Transfer the contents of the frying pan to a saucepan. Add the tinned chopped tomatoes and tomato puree. Stir well. Add more black pepper if desired. Cook for 5 minutes, then taste and adjust seasoning. Reduce the heat while the pasta finishes cooking.
10. Once the pasta is cooked, drain it and transfer a serving to a pasta bowl.
11. Pour the sauce over the pasta.
12. Drain and rinse the vegan burrata cheese, placing it on top of the sauce.
13. Add a generous serving of vegan basil pesto on top of the burrata.
14. Finish with a reserved basil leaf on top.
15. Serve immediately and enjoy!

BETHANY ANTONIA'S

SA-TI-DEH JAMAICAN BLACK BEAN & JACKFRUIT STEW WITH COCONUT RICE AND PLANTAIN



Bethany Antonia

Bethany is an incredible actress and an incredible animal lover.

But did you know she also makes an incredible Jamaican stew? If you're a fan of healthy and delicious comfort food, this is the recipe for you.

BETHANY ANTONIA'S**SERVES 4****SA-TI-DEH JAMAICAN
BLACK BEAN & JACKFRUIT
STEW WITH COCONUT RICE
AND PLANTAIN****INGREDIENTS**

For the jackfruit stew:

- ½ cup dried black beans, soaked for 6 hours (or use 1 cup canned)
- 1 tablespoon vegetable oil
- 1 onion, peeled and diced
- 8 spring onions, roughly chopped
- 1 red pepper, deseeded and roughly chopped
- 1 green pepper, deseeded and roughly chopped
- 2 beef/vine tomatoes, roughly chopped
- 1 (14-ounce) can of jackfruit, drained and shredded
- 1-inch piece fresh ginger, grated
- 4 cloves garlic, peeled and minced
- 1 teaspoon paprika
- 4 sprigs fresh thyme
- 1 lime to garnish, cut into wedges

METHOD

For the jackfruit stew:

1. If using dried black beans, add them to a pot and add boiling water (enough to cover) and vegetable stock. Boil for an hour.
2. In another pan, sauté the onion and spring onions in the oil until browned.
3. Add in the red and green peppers and grate in some ginger. Stir.
4. Then add in the garlic and paprika. Stir.
5. Now add the jackfruit, shredding it as you go into grated carrot-like pieces either with your hands or a fork.
6. Once the beans are cooked, combine them with the jackfruit and add the beef tomatoes to the pot, too.
7. Add a little water (about 3 tablespoons) and your sprigs of thyme, cover and bring to the boil. Reduce the heat and leave to simmer for another 30 minutes.
8. Check after 15 mins and if the stew looks a little too watery, remove the lid. If it looks a little dry, add a little more water. If you are using canned beans, you may like to add a little salt to taste. Done!

BETHANY ANTONIA'S

SA-TI-DEH JAMAICAN BLACK BEAN & JACKFRUIT STEW WITH COCONUT RICE AND PLANTAIN

INGREDIENTS

For the coconut rice and peas:

For those not in the know, Jamaican peas are actually kidney beans.

½ cup dried peas/kidney beans soaked for 6 hours (or use 1 cup canned)

1 tablespoon vegetable oil

6-8 spring onions, finely chopped

3 cloves garlic, peeled and minced

1 ¾ cup brown rice

1 cup of coconut milk

1 cup water

1 tsp salt

For the fried plantain:

2 plantains, sliced

2 tbsp coconut oil

½ tsp cinnamon

METHOD

For the coconut rice and peas:

1. Cook your peas/kidney beans if you are using dried.
2. Sauté the spring onions and garlic until browned, then add in the rice, salt, coconut milk and water.
3. Bring to a boil, reduce the heat and cover.
4. Once rice is cooked (about 25 minutes) add your cooked peas/kidney beans and serve with the stew. Don't forget the limes to garnish!

For the fried plantain:

1. Heat the coconut oil in a pan until boiling, and then fry the plantain slices for about a minute on each side until they're brown and delicious.
2. Sprinkle on some cinnamon to finish!



SWEET TREATS

PERFECT PECAN PIE 63

**VEGAN, SUGAR-FREE
CHOCOLATE MOUSSE 65**

RAW BAJADERA CAKE 67

**#EATMEATLESS STRAWBERRY
"CHEESE"CAKE 69**



**JUMP TO
EACH RECIPE
BY CLICKING
THE TITLE**

TRACYE MCQUIRTER'S

PERFECT PECAN PIE



*Tracye
McQuirter*

Tracye is an award-winning public health nutritionist, speaker, and best-selling author. She has been vegan for more than 35 years and has dedicated her life's work to vegan advocacy. Her Perfect Pecan Pie recipe puts a healthy spin on the traditional and tasty dessert!

TRACYE MCQUIRTER'S

SERVES 8



PERFECT PECAN PIE

INGREDIENTS

- 1 & 3/4 cups whole pecans
- 1 cup chopped pecans
- 3/4 cup maple syrup
- 1/4 teaspoon cinnamon
- 1 teaspoon vanilla
- 3 tablespoons ground flaxseed meal
- 1/4 cup unsweetened almond milk
- 1 tablespoon extra-virgin coconut oil (optional)
- 1/8 teaspoon sea salt
- 2 tablespoons whole wheat or oat flour
- 1 (9-inch) whole-grain piecrust

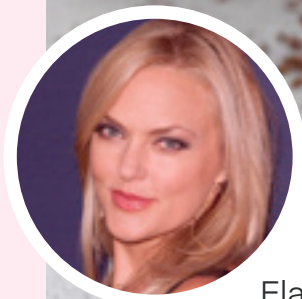
METHOD

1. Heat the oven to 350 °F. In a food processor, add 1 cup of the whole pecans and process until a coarse meal is formed. Place the meal in a medium bowl and add the chopped pecans.
2. Stir until just combined.
3. In a large bowl, combine the maple syrup, cinnamon, vanilla, flaxseed meal, almond milk, optional coconut oil and sea salt. Add the pecan mixture to the wet mixture and stir until mixed well. Stir in the flour, 1 tablespoon at a time (the batter should be thick although still loose enough to pour).
4. Pour the batter into the piecrust. Arrange the remaining whole pecans on top. Bake for 45 minutes. Let the pie cool completely so the filling sets firmly. Serve immediately.



ELAINE HENDRIX'S

VEGAN, SUGAR-FREE CHOCOLATE MOUSSE



*Elaine
Hendrix*

Elaine is an American actor best known for her role as Meredith Blake in the 1998 remake of *The Parent Trap*, as well as for her roles in *Superstar* and *Romy and Michele's High School Reunion*. Elaine is also an avid animal rights activist and travels around North America educating, protesting, demonstrating, and speaking in favor of a vegan lifestyle.

ELAINE HENDRIX'S

SERVES 6



VEGAN, SUGAR-FREE CHOCOLATE MOUSSE

INGREDIENTS

1 package of tofu (at least 12 oz)

1 can of coconut milk

1/3 cup of unsweetened cocoa powder

4 tablespoons of vanilla (or some other flavored) extract

METHOD

1. Refrigerate the coconut milk for 24 hours.
2. Remove solidified coconut from the top.
3. Place in blender with rest of ingredients.
4. Blend until smooth.
5. Pour into individual serving dishes.
6. Refrigerate until chilled & firm.

NOTES

- Top with blueberries, strawberries, any other fruit and/or vegan whipped cream.
- Feel free to adjust the measurements to your taste.
- An additional sweetener like monkfruit or agave can be added for a sweeter taste.
- For adult servings, add rum and or amaretto to the blend, or top off with a floater once chilled.



KELLIE BRIGHT'S RAW VEGAN BAJADERA CAKE



Kellie Bright

Kellie Bright is best known for playing Linda Carter in *EastEnders*. She is an amazing actor, a wonderful person and a Veganuary supporter. When asked for her favorite recipe, she did not hesitate. It is this rich, raw and delicious cake created by Mell from [CakeMeHappyyyyByMell](#) (Thanks for your permission, Mell!)

KELLIE BRIGHT'S

SERVES 16 THIN SLICES
OR 8 FATTER CAKES



RAW VEGAN BAJADERA CAKE

INGREDIENTS

Base layer:

½ cup almonds

½ cup hazelnuts

¾ cup dates

1 tbsp almond butter

Middle layer:

1 cup of cashews already
soaked overnight / 8 hours
in warm water

½ cup almonds

1 tbsp almond butter

3 tbsp coconut oil

½ cup maple syrup

Top layer:

3 tbsp organic cacao

⅓ cup coconut oil

3 tbsp maple syrup

METHOD

1. Make the base layer by mixing all the ingredients in a food processor until you get a nice thick paste. Press it to the bottom of a cake pan and put it in the freezer for about 20 mins.
2. Make the middle layer by mixing all the ingredients together in a food processor until you get a nice creamy paste. Add the paste onto the first base and put it back in the freezer for about 30 mins.
3. Make the top layer by mixing all the ingredients together and layer on top of the cake.



DR. JANE GOODALL'S

#EATMEATLESS STRAWBERRY "CHEESE"CAKE



Dr. Jane Goodall

Dr. Jane Goodall, DBE, Founder of the [Jane Goodall Institute](#) (JGI), UN Messenger of Peace, is an iconic voice for holistic, compassionate, sustainable solutions. Dr. Goodall and JGI have been working for decades to encourage people everywhere to live harmoniously with the natural world through community-led conservation, animal advocacy, youth empowerment, and climate action. JGI's new cookbook featuring a foreword from Dr. Goodall — [#EATMEATLESS](#) — makes plant-based living easy with exciting, vegan recipes focused on accessibility — like this delicious Strawberry "Cheese"cake!

Copyright for Dr. Jane Goodall's portrait: JGI/Shawn Sweeney

DR. JANE GOODALL'S

#EATMEATLESS STRAWBERRY "CHEESE"CAKE

INGREDIENTS

For the base:

1 cup walnuts

1 cup graham cracker crumbs

½ cup coconut oil, plus more
for the pan

3 tbsp maple syrup

Sea salt

For the filling:

1 ½ lb. silken tofu

1 ⅓ cups organic sugar

1 cup coconut cream

½ cup refined coconut oil,
melted

¼ cup arrowroot

2 tbsp lemon zest

3 tbsp lemon juice

2 tbsp nutritional yeast

1 tbsp vanilla extract

Sea salt

METHOD

1. Preheat the oven to 350 °F / 180 °C. Coat a 9-inch springform pan with coconut oil.
2. To make the base, in a food processor, process the walnuts until finely ground. Add the graham cracker crumbs, coconut oil, maple syrup, and ¼ tsp salt and pulse until just combined. Firmly press into the bottom and sides of the prepared pan so it forms a case. Bake until set but not browned, about 10 minutes. Place the pan on a wire rack to cool for 10 minutes.
3. To make the filling, drain the tofu and transfer to a blender or food processor. Blend until smooth, scraping down once or twice. Add the sugar, coconut cream, coconut oil, arrowroot, lemon zest, lemon juice, nutritional yeast, vanilla, and ¼ tsp salt. Blend until very smooth. Scrape into the biscuit case.
4. Place the pan on a rimmed baking sheet and bake until the edges are golden and the center jiggles but is not liquid, 75–90 minutes. Cool on a wire rack until room temperature, about 1 hour. Refrigerate, uncovered, until very cold, at least 3 hours.

**RECIPE
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ON THE NEXT
PAGE**

DR. JANE GOODALL'S

#EATMEATLESS STRAWBERRY "CHEESE"CAKE

INGREDIENTS

For the topping:

1 lb. Strawberries, fresh or frozen, hulled and halved

½ cup organic sugar

¼ cup apple juice

1 tbsp arrowroot

¼ tsp almond extract

METHOD

5. To make the topping, in a medium saucepan, combine the strawberries and sugar over a medium heat. Bring to the boil, stirring often. Meanwhile, in a small bowl, stir together the apple juice and arrowroot. When the strawberries are softened and juicy, stir in the arrowroot mixture, then stir in the almond extract. When the mixture is thickened and glossy, pour it over the cooled cheesecake and refrigerate until cold.
6. To serve, run a sharp knife along the edge to loosen the pan sides and remove the cake. Cut into 12 wedges and serve. The cake can be stored, tightly covered in the refrigerator for up to 4 days.



YOU GOT THIS!

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