

# Whole Food Plant Based Recipes



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# Protein-Packed Avocado Toast

6 ingredients · 15 minutes · 1 serving



## Directions

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1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

## Notes

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No White Beans

Use chickpeas instead.

Likes it Spicy

Add hot sauce or chili flakes into the avocado bean mixture.

## Ingredients

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- |          |                           |
|----------|---------------------------|
| 1/2      | Avocado                   |
| 1/2 cup  | White Navy Beans (cooked) |
| 1/8      | Lemon (juiced)            |
| 1/8 tsp  | Sea Salt                  |
| 2 slices | Bread                     |
| 2 tbsps  | Hemp Seeds                |



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# Peanut Butter Banana Oat Smoothie

4 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

## Notes

### No Banana

Sweeten with raw honey, maple syrup or a few soaked dates.

### No Peanut Butter

Use any nut or seed butter.

### Storage

Store in a mason jar with lid in the fridge up to 48 hours.

### More Protein

Add hemp seeds or a scoop of protein powder.

### More Fibre

Add ground flax seed.

## Ingredients

1/4 cup	Oats (quick or traditional)
2 tbsps	All Natural Peanut Butter
1	Banana
1/2 cup	Unsweetened Almond Milk



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# Hummus Toast with Avocado

5 ingredients · 10 minutes · 1 serving



## Directions

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1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

## Notes

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No Sunflower Seeds  
Use hemp seeds, sesame seeds or pumpkin seeds instead.

## Ingredients

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- 2 slices Rye Bread (toasted)
- 1/2 cup Hummus
- 1/2 Avocado (sliced or mashed)
- 2 tbsps Sunflower Seeds
- Sea Salt & Black Pepper (to taste)



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# Tofu Veggie Scramble

9 ingredients · 15 minutes · 2 servings



## Directions

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1. Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
2. In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
3. Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
4. Season with sea salt and black pepper taste. Enjoy!

## Notes

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### More Carbs

Serve with toast or brown rice.

### Likes it Spicy

Serve with hot sauce, cayenne pepper or chili flakes.

### Leftovers

Store in the fridge up to 3 to 4 days.

## Ingredients

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- 7 3/4 ozs Tofu (firm)
- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 Red Bell Pepper (sliced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- Sea Salt & Black Pepper (to taste)



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# Blackberries & Pistachios

2 ingredients · 2 minutes · 2 servings



## Directions

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1. Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

## Notes

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### Make Them Last

Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.

## Ingredients

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- |         |                      |
|---------|----------------------|
| 2 cups  | Blackberries         |
| 1/2 cup | Pistachios (shelled) |



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# Baby Carrots & Hummus

2 ingredients · 5 minutes · 3 servings



## Directions

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1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

## Notes

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No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

## Ingredients

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- |            |              |
|------------|--------------|
| 2 1/4 cups | Baby Carrots |
| 3/4 cups   | Hummus       |



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# Banana with Almond Butter

2 ingredients · 2 minutes · 1 serving



## Directions

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1. Slice the banana and dip it in almond butter. Enjoy!

## Notes

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Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

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- 1 Banana
- 2 tbsps Almond Butter



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# Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 3 servings



## Directions

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1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

## Notes

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### No Mixed Beans

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

### Leftovers

Keeps well covered in the fridge up to 4 to 5 days.

## Ingredients

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- 1 1/2 cups Green Beans (fresh or frozen)
- 3 cups Mixed Beans (cooked)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 2 1/4 tsps Italian Seasoning
- 3/4 Garlic (clove, minced)
- 3/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)



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# Apple Slices & Hummus

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

## Notes

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No Apple  
Use pear slices instead.

## Ingredients

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- |         |        |
|---------|--------|
| 1       | Apple  |
| 1/4 cup | Hummus |



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# Grapes & Walnuts

2 ingredients · 3 minutes · 2 servings



## Directions

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1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

## Notes

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No Walnuts

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

## Ingredients

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- |         |                 |
|---------|-----------------|
| 2 cups  | Grapes (washed) |
| 1/2 cup | Walnuts         |



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# Pistachios

1 ingredient · 1 minute · 2 servings



## Directions

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1. Divide into bowls, peel and enjoy!

## Ingredients

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1 cup Pistachios, In Shell



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# Broccoli Almond Protein Salad

11 ingredients · 20 minutes · 2 servings



## Directions

1. In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
3. Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 3 days.

## Ingredients

2 cups	Broccoli (chopped florets)
1 cup	Frozen Edamame (shelled)
2 stalks	Green Onion (sliced)
1/4 cup	Almonds (chopped)
2 tbsps	Almond Butter
1 1/2 tsps	Rice Vinegar
1 1/2 tsps	Tamari (or Coconut Aminos)
1 1/2 tsps	Maple Syrup
1 1/2 tsps	Sesame Oil
1/2	Garlic (clove, minced)
1 tbsp	Water



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# Peanut Butter Curry Chickpea Stew

19 ingredients · 45 minutes · 2 servings



## Directions

1. Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
2. Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
3. Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
4. Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
5. Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

## Notes

### Leftovers

Store in the fridge up to 4 days or freeze.

### Serving Size

One serving is approximately 2 cups.

## Ingredients

1 1/2 tsps	Coconut Oil
1/2	Yellow Onion (medium, diced)
1	Garlic (cloves, minced)
1 1/2 tsps	Ginger (grated)
1/2 tsp	Cumin
1/2 tsp	Coriander
1/2 tsp	Cinnamon
1 1/2 tsps	Turmeric
2 tbsps	Water
2 tbsps	All Natural Peanut Butter
1 cup	Vegetable Broth
1/2 cup	Unsweetened Almond Milk
1/2 tsp	Sea Salt
1/2	Red Bell Pepper (sliced)
1/2	Zucchini (sliced)
1	Carrot (medium, peeled and sliced)
2 cups	Chickpeas (cooked)
1/2	Lime (juiced)
2 tbsps	Cilantro (chopped)



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# Sweet Potato Black Bean Quinoa Bake

12 ingredients · 55 minutes · 2 servings



## Directions

1. Preheat oven to 375°F (190°C).
2. In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
3. Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
4. Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

## Notes

### Baking Dish

Use a 9x13-inch dish for six servings.

### No Green Onion

Use a white or red onion instead.

### No Red Bell Pepper

Use a green or yellow bell pepper instead.

### Leftovers

Keeps well in the fridge for up to four days.

### More Flavor

Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

## Ingredients

- 1 Sweet Potato (small, peeled, chopped)
- 2/3 cup Black Beans (cooked, canned)
- 1/3 cup Quinoa (dry, uncooked)
- 1/3 Red Bell Pepper (chopped)
- 1 stalk Green Onion (chopped)
- 1 tsp Chili Powder
- 1 tsp Cumin (ground)
- 1/3 tsp Garlic Powder
- 1/16 Sea Salt
- tsp 2/3 Vegetable Broth
- cup 1/3 Lime (juiced)
- 1/3 Avocado (diced)



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# Lentil, Sweet Potato & Arugula Salad

8 ingredients · 35 minutes · 2 servings



## Directions

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1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
  - Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
- 2.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar.
  - Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

## Notes

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No Lentils

Use chickpeas, grilled tofu, edamame, or tempeh instead.

No Tahini

Use sunflower seed butter instead.

No Arugula

Use baby spinach, kale or mixed greens instead.

Likes it Spicy

Add cajun spice or hot sauce into the tahini dressing.

## Ingredients

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- 1 Sweet Potato (medium, diced)
- 3/4 tsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 tbsps Water
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 2 cups Arugula
- 1 cup Lentils (cooked)



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# Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 2 servings



## Directions

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1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

## Notes

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### Leftovers

Keeps well in the fridge up to 4 days.

## Ingredients

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- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Balsamic Vinegar
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Italian Seasoning
- 6 ozs Tempeh
- 1/3 cup Red Onion (medium, sliced)
- 2 Carrot (medium, peeled and chopped)
- 1 1/3 cups Mushrooms (quartered)
- 1 Zucchini (sliced)
- 1/2 cup Quinoa (dry)
- 3/4 cup Water



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# Swiss Chard, Lentil & Rice Bowl

11 ingredients · 1 hour · 1 serving



## Directions

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1. Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
2. Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 1 1/4 cups.

### Speed it Up

Use quinoa or brown rice pasta instead of brown rice.

### No Swiss Chard

Use kale, spinach or collard greens instead.

## Ingredients

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- 2 tbsps Brown Rice (uncooked)
- 3 tbsps Water
- 3/4 tsp Coconut Oil
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1/4 tsp Cumin
- 1/4 tsp Paprika
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/4 Garlic (clove, minced)
- 3/4 tsp Apple Cider Vinegar
- 1/2 cup Lentils (cooked, drained and rinsed)
- Sea Salt & Black Pepper (to taste)



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