

60 Vegan Recipes Using Plant Based Substitutions



Cooking with **Beyond** and **Impossible** Meat

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Are you a vegan looking for delicious plant-based recipes? Whether you are new to veganism or a seasoned plant-based eater, this article will provide you with a collection of 60 mouthwatering vegan recipes that use plant-based substitutions to recreate classic dishes.

The Rise of Plant-Based Substitutions

In recent years, plant-based eating has gained tremendous popularity due to its health benefits and the increasing awareness of animal welfare. With the help of plant-based substitutions, vegans can now enjoy their favorite comfort foods without compromising their ethical or dietary choices.



Cooking with Beyond and Impossible Meat: 60 Vegan Recipes Using Plant-Based Substitutions

by Ramin Ganeshram (Kindle Edition)

★★★★☆ 4.1 out of 5

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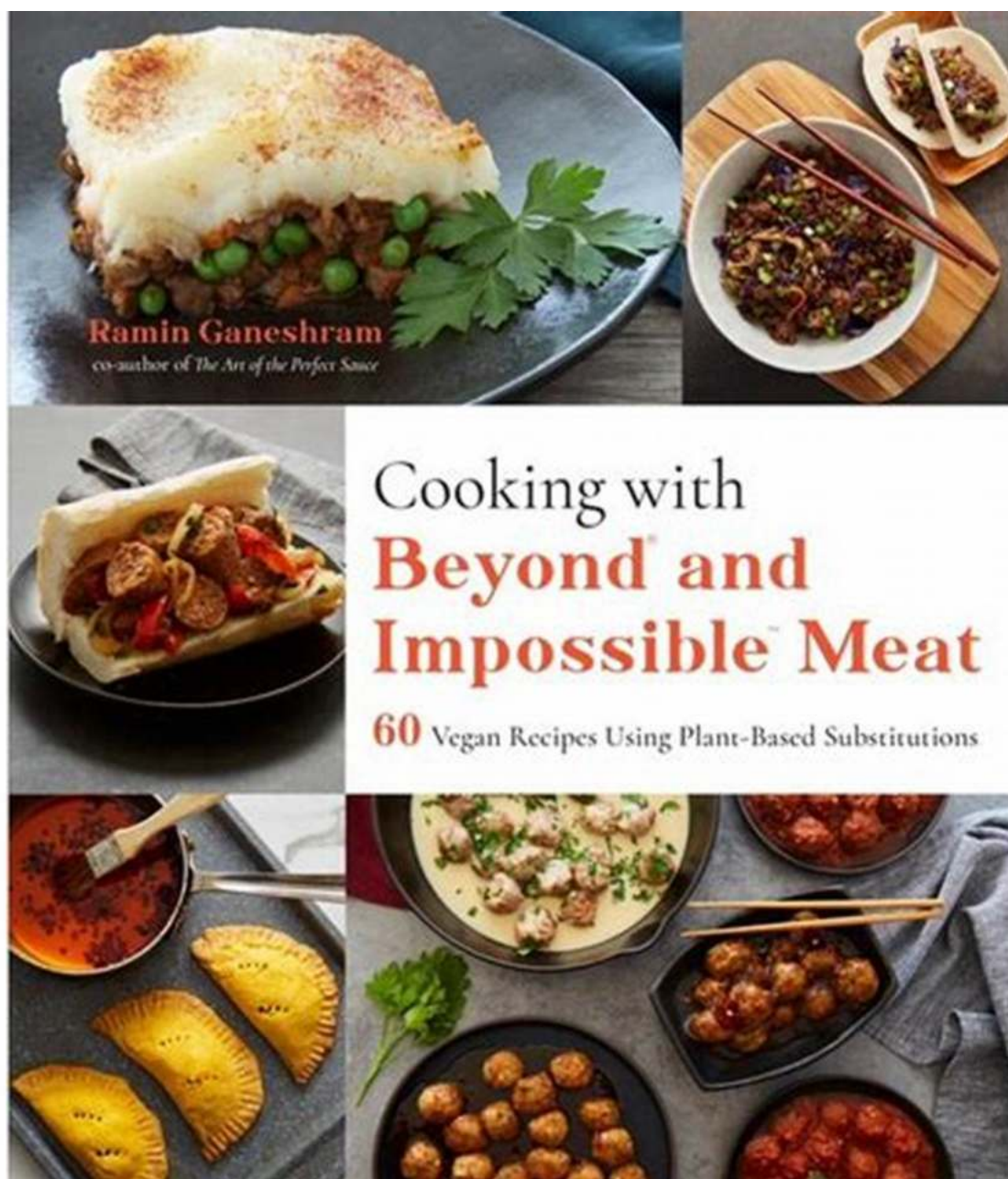


Vegan Breakfast Recipes

1. Fluffy Pancakes with Vegan Buttermilk

Start your mornings with a stack of fluffy pancakes made with vegan buttermilk. This simple recipe replaces regular milk with a mixture of plant-based milk and

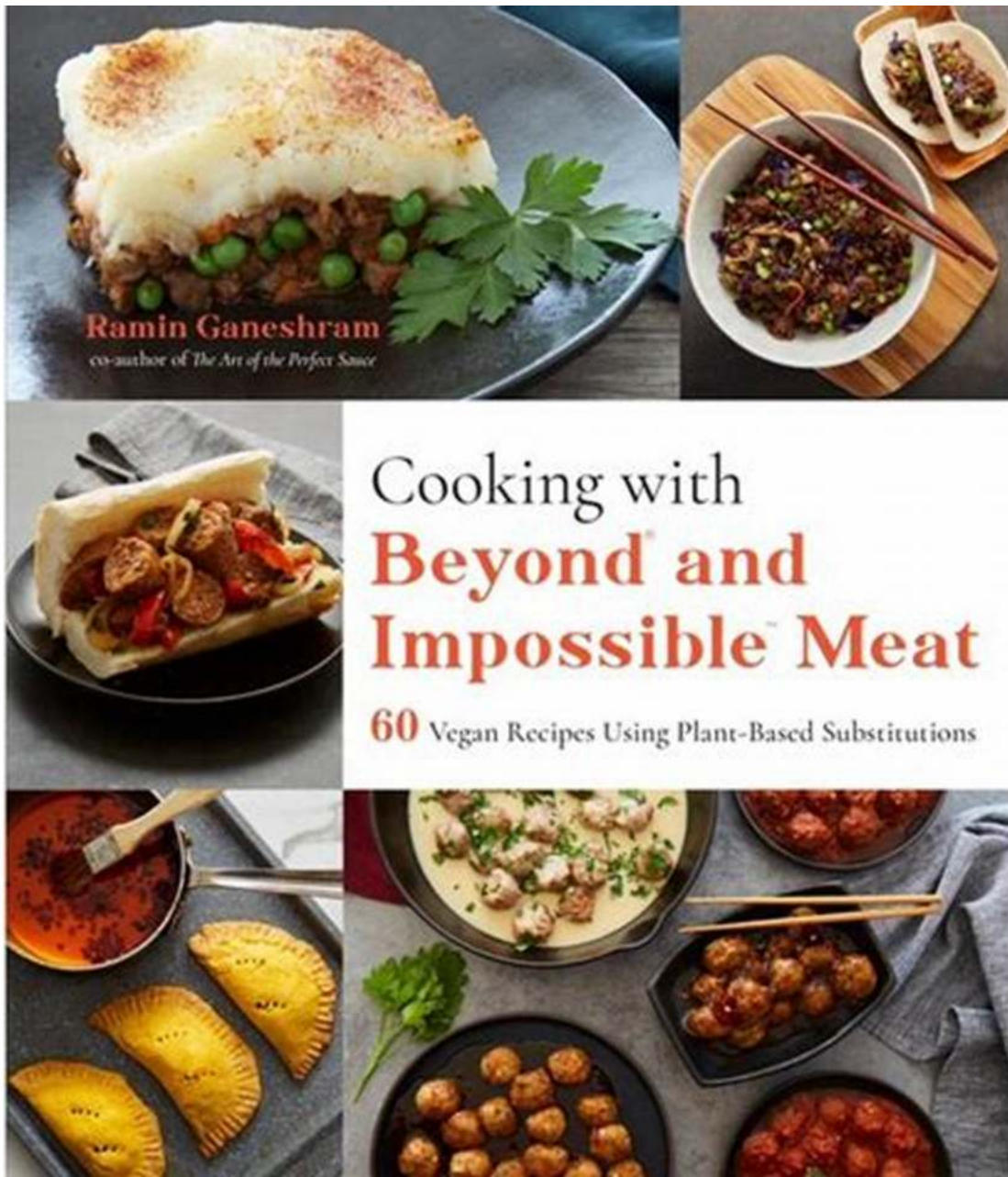
vinegar to achieve the same tangy buttermilk flavor.



2. Tofu Scramble

If you miss the taste and texture of scrambled eggs, try this tofu scramble recipe that replicates the flavors of eggs through the use of various spices and

seasoning.

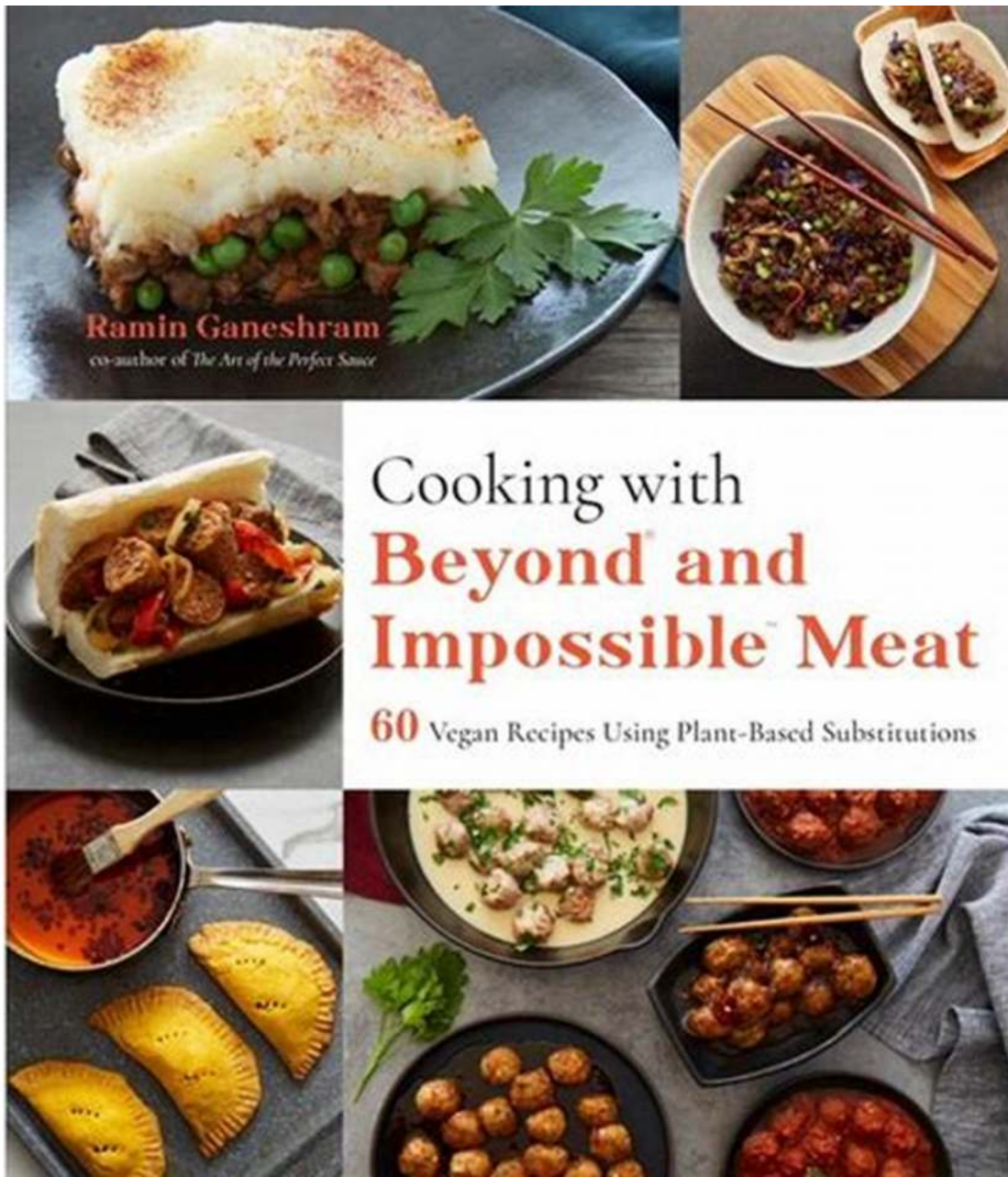


Vegan Lunch Recipes

3. Vegan "BLT" Sandwich

Craving a classic BLT sandwich? This plant-based version replaces bacon with smoky tempeh strips, using lettuce, tomato, and vegan mayo to complete the

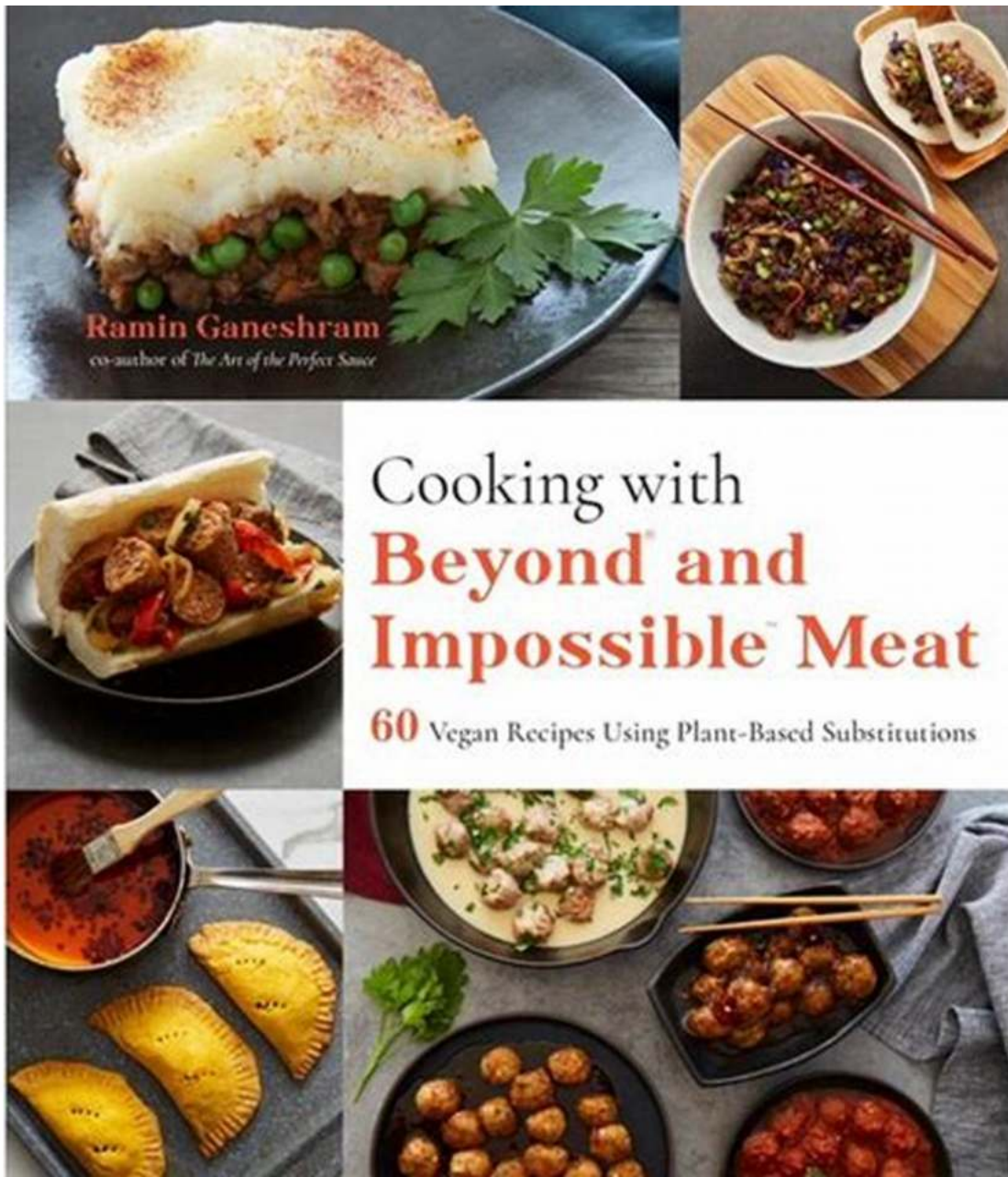
ensemble.



4. Chickpea Salad

This flavorful chickpea salad is a great substitute for tuna salad. Chickpeas are mashed and mixed with vegan mayo, mustard, and various other seasonings to

create a delicious and protein-packed lunch option.



Vegan Dinner Recipes

5. Vegan Meatballs with Zucchini Noodles

Indulge in these savory vegan meatballs made from a combination of lentils, mushrooms, and breadcrumbs. Serve them with zucchini noodles and marinara

sauce for a satisfying and healthy dinner.



6. Cauliflower Buffalo Wings

Crispy and tangy, these cauliflower buffalo wings are a fantastic substitute for traditional chicken wings. Coated in a spicy buffalo sauce and served with vegan

ranch dressing, these wings are perfect for game nights.



Vegan Dessert Recipes

7. Vegan Chocolate Chip Cookies

Enjoy a batch of warm and chewy vegan chocolate chip cookies. Made with vegan butter and dairy-free chocolate chips, you won't even notice the difference

compared to traditional cookies.



8. Dairy-Free Vanilla Ice Cream

Cool down with a scoop of creamy dairy-free vanilla ice cream. This recipe uses coconut milk and cashews as the base, resulting in a rich and satisfying frozen

treat.



By embracing plant-based substitutions, you can prepare numerous delicious and satisfying vegan recipes that cater to your taste buds while staying true to your ethical lifestyle. These 60 recipes demonstrate the versatility of vegan cooking, proving that you can enjoy a wide range of flavors even without animal products. So, don't hesitate to explore this exciting world of plant-based eating and indulge in these satisfying vegan creations today!



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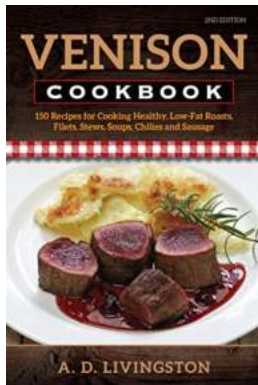
Meaty Meals You'd Never Guess Were Vegan!

Whether you're a hardcore vegan, a longtime vegetarian or a habitual carnivore, prepare to have your mind (and your taste buds!) blown by what Ramin Ganeshram offers: 60 meat-inspired recipes so tasty, you won't believe they're meatless.

Be they broiled, grilled, baked or fried, you'll enjoy not only the incredible flavors and variety these plant-based alternatives present, but also their healthier nutritional value and adaptability to different diets. Fans of Beyond Meat® and Impossible Foods TM will get amazing insight into the differences between both, as well as how versatile they can be. There is a universe of meal options beyond just making burgers.

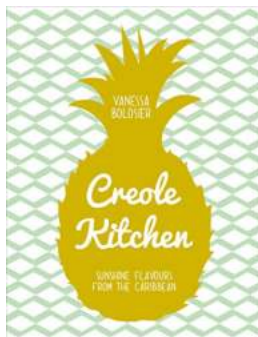
Featuring beloved all-American dishes like Sloppy Joes and Shepherd's Pie, as well as irresistible fare from around the world like Korean-Style Egg Rolls and

Kebabs Four Ways, there's not a single delicacy you'll be missing out on. Take a walk on the meatless side for a culinary experience you won't soon forget.



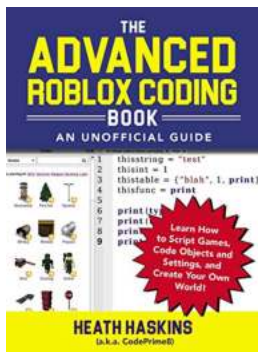
150 Recipes For Cooking Healthy Low Fat Roasts, Filets, Steaks, Soups, Chilies And More

If you are looking to prepare delicious and healthy meals while keeping your fat intake in check, you've come to the right place. In this article, we have compiled a...



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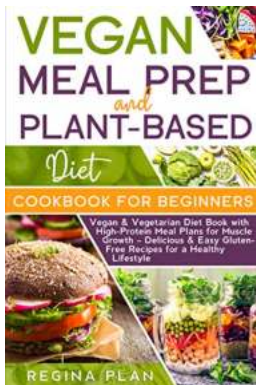
Questions To Work Through Conflict Using The Twelve Steps

Conflict is a natural part of life. It can arise in various situations, whether it's with your partner, family, friends, or coworkers. Handling conflicts can be...



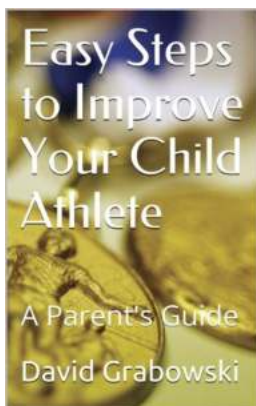
How The New Way To Make Your Morning Brew Became Tempest In Coffee Pod

The morning cup of coffee has become a sacred ritual for people all around the world. It's the elixir that jumpstarts our day, gives us energy, and a moment of solace...



Vegan Meal Prep And Plant Based Diet Cookbook For Beginners:

We're living in a society where health and wellness have become a top priority. With the rise in chronic diseases and a growing consciousness towards animal welfare, more...



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