

NOURISH

VEGAN WINTER RECIPES



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Welcome to my winter vegan kitchen! I am so glad you decided to join me for this tasty journey.

These recipes are special to me because they are all inspired by the holiday and seasonal delights I enjoyed growing up. My dear Nana's sweet potato pie is replicated as a smoothie, and her fabulous stuffing is recreated without the turkey. The homemade chocolate bar was inspired by the chocolate my mom would bring home as gifts from her clients each year. She was not much of a chocolate fan herself, so I'd happily devour each piece.

The following recipes are the perfect combination of healthy and delicious, because I believe you should never have to sacrifice one for the other.

At the end I'll share some resources for even more fantastic vegan recipes!

Enjoy!

Sweet Potato Pie Smoothie

This smoothie recipe is inspired by my favorite pre-vegan dessert, my Nana's sweet potato pie. It looks and tastes decadent, but in fact is very healthy.

Sweet potatoes contain large amounts of beta-carotene (a fantastic antioxidant), as well as vitamins, minerals, fiber and natural sugars. As you'll see, I sweeten this smoothie with real maple syrup. You could use dates as an alternative with delicious results.

Make this smoothie for an comforting yet exciting breakfast!

serves 1 or 2

- 1 1/2 cups almond milk (any non-dairy milk will do)
- 1 baked sweet potato, flesh only
- 1/2 tsp vanilla extract
- 1 tsp pumpkin pie spice (or mix of cinnamon and nutmeg)
- 1 1/2 tbsp maple syrup
- 2 tbsp coconut milk (optional)
- 1/2 cup pecans (optional)

In a blender mix all ingredients (save the coconut milk and pecans) until smooth. Taste and make any necessary additions. Serve in a glass, and top with a drizzle of coconut milk and pecans.



Apple Spice Quinoa Porridge

serves 2-4

1 cup quinoa (any color will do)

1 cup water

1 cup +3/4 cup unsweetened almond milk (or other non-dairy milk)

dash of sea salt

3 tbsp maple syrup

3 tsp apple pie or pumpkin pie spice

OR

3 tsp cinnamon & 1/4 tsp nutmeg

pinch of cloves

2 Granny Smith apples, diced

1 tsp olive oil or coconut oil

Preheat oven to 350°. Toss apples with the oil, and one teaspoon of the spice mixture or cinnamon. Place in a baking dish and roast for 20 minutes.

While the apples roast, you can cook the quinoa. Toast the quinoa in a pot on medium-high heat for 30-45 seconds.

Pour the water and 1 cup of the almond milk over the quinoa. Add a dash of sea salt and bring the pot to a boil. Reduce heat to simmer, and cover—keeping the lid ajar.

Cook quinoa for 15-20 minutes.

When the quinoa is cooked season it with the remaining spices and sweeten with maple syrup. Pour in individual serving bowls along with a bit of the remaining almond milk. Remove the apples from the oven and spoon them on top of the quinoa before serving.





Hearty kale, smokey
tempeh, tart
pomegranate and
sweet pear—all
ingredients for a truly
festive salad!

Smokey Tempeh + Pomegranate Salad

serves 4

I package of tempeh, marinated & cooked (recipe below)

I large bunch of kale (curly, lacinato, red,), washed
arils from I pomegranate

I Asian pear, thinly sliced

I lemon

2 Tbsp olive oil

about 1/4 cup tempeh marinade

sea salt

Cut the washed kale into small bite sized pieces, then add to a large mixing bowl. Squeeze the lemon juice onto it, followed by the olive oil and a dash of sea salt.

With your hands, massage the kale until it is tender.

This takes about 4 minutes.

Add the tempeh, pomegranate seeds and pear to the salad, and season with the tempeh marinade to taste.

tempeh marinade

I pack of tempeh (cut into five pieces, then halved)

1/4 cup soy sauce

1/4 cup balsamic vinegar

2 Tbsp maple syrup

I Tbsp liquid smoke

Stir together the liquid ingredients, and pour over tempeh. Allow the tempeh to marinate for at least one hour. Once it has marinated, pan sear the tempeh in a skillet or roast in an oven at 350° for 15 minutes.





Nana's stuffing
was my favorite
pre-vegan
dish. Thankfully
vegan
stuffing—when
infused with love
and flavor—is just
as delicious!



Butternut Sage Ciabatta Stuffing

serves 4-6

1 loaf of ciabatta bread (about 6-8 cups), cubed
2 cups cubed butternut squash
1 onion, sliced
4 cloves of garlic, minced
1 cup celery, chopped
2 cups shiitake mushrooms, sliced
2 Field Roast Apple Sage sausages
6 fresh sage leaves, minced
1 Tbsp fresh rosemary, minced
2 cups vegetable broth
1-2 tsp sea salt
black pepper
olive oil

Start by preheating the oven to 350°. Toss the cubed ciabatta with a drizzle of olive oil, then lay it on a parchment lined baking sheet to toast for about 10 minutes.

Heat 1 Tbsp of olive oil in a large skillet. Add onions, garlic, and a dash of sea salt, and cook until onions are translucent. Add the butternut squash and cover to soften for about 5 minutes.

Add the celery, shiitake mushrooms, sausage, sage and rosemary to the skillet and cook until all of the vegetables are fairly tender.

Remove the toasted ciabatta from the oven and place in a huge mixing bowl, or deep baking dish. Add the cooked vegetables to the bread and toss. Press the bread and vegetable mixture into a deep baking dish, and cover with the vegetable broth. Add a sprinkling of fresh black pepper, then taste for salt.

Cover the stuffing with foil and bake for 20 minutes at 400°. Remove foil and bake for another 15-20 minutes, careful not to let the top burn. Serve hot.



Raw Gingerbread Cookies

makes about 1 dozen

1 1/2 cups dried almond pulp or almond flour
2 tbsp oat flour
2 tbsp molasses
1 cup dates, chopped
pinch sea salt
1 1/2 inch ginger, minced
1 tsp cinnamon
1/2 tsp cayenne pepper
1 tbsp coconut oil

In a food processor, blend almond pulp until it becomes a powder. Add all other ingredients and process until combined. Taste and add more ginger or molasses if necessary.

Remove the dough from the food processor and place onto a sheet of wax paper. Cover with another sheet of wax paper and flatten with a rolling pin (or bottle of wine). You'll need your dough to be about 1/4-1/2 inch thick. Using a cookie cutter, cut out shapes. Place the cut out cookies onto a baking pan covered with a sheet of wax paper. Keep rolling out dough and cutting out the shapes until all of the dough has been used. Decorate the cookies any way you'd like; I used cacao nibs and a coconut oil frosting (recipe below). Place the cookies into the refrigerator for at least one hour to firm.



Goji Macadamia Chocolate

You might be surprised by how easy it is to make your own delicious chocolate bar. Look for food-grade cacao butter at health food and specialty grocers or online. Have fun with chocolate bar toppings. I used macadamia nuts and gojis for the festive color. My other favorites include, peppermint (add the oil to the chocolate) and spicy cayenne!

Chocolate also makes a great homemade gift!

1/2 cup of cacao butter (or coconut oil)
1/2 cup raw cacao powder
3 tbsp coconut nectar or agave
2 tbsp goji berries
1/4 cup macadamia nuts, chopped
1 tsp cinnamon

In a glass or metal bowl over boiling water, melt the cacao butter. Remove the bowl (being careful not to let water touch the oil), and stir in raw cacao powder and sweetener. Stir with a whisk until it is smooth, and then pour into a 8x4" loaf pan lined with parchment paper. Sprinkle the goji berries, macadamia nuts and cinnamon onto the chocolate, and then place it in the refrigerator to harden for one hour.



Thank you...

I hope you'll welcome these seasonal recipes into your kitchen, and enjoy them for years to come.

For more recipes, visit my blog sweetpotatosoul.com. Want to learn more about how you can THRIVE on a delicious, nutritious and sustainable vegan diet? Check out my professional website thenourishingvegan.com. There you'll find information about the 21-Day Vegan Blueprint—an online program that I created—as well as a free meal plan and recipe downloads.

Wishing you a delicious season filled with joy, great health and lots of love.

Warm wishes,

Jenné



Questions about the recipes?
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