

*Super
Healthy*

VEGAN

Air Fryer

Cookbook

Chris Japalino



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AIR FRYER

COOKBOOK

**Amazing, Quick, Easy & Affordable Weight Loss
Recipes to Fry, Bake, Grill, and Roast**

CHRIS JAPALINO

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INTRODUCTION

Veganism is the act of abstaining from eating and use of animal products. It is a philosophy that rejects the commodity status of animals. Vegans are those who remove any animal-derived products including gelatin, honey, eggs, and dairy from their meal. Diets DO NOT include meat, poultry, fish, eggs, and dairy products and foods that contain these products.

There are different types of veganism:

1. Ethical Vegans:

Ethical Vegans are people who have chosen a vegan lifestyle, as they are strongly against animal-cruelty. This type of vegans doesn't want their life to involve exploiting animals in anyway. Ethical vegans believe that killing of animal to eat is wrong therefore, the only way they can see to protect them is by abstaining from all animal products.

2. Health Vegans:

This is the most common type of vegan. According to research, red meat increases the risk of bowel cancer, heart disease, diabetes and cardiovascular disease. They have already removed the entire dairy in their diets to protect their body and health. So why not go vegan?

3. Environmental Vegans:

Environmental vegans admit that by adopting a vegan diet they are helping to decrease greenhouse gas emissions, reduce their contribution to deforestation and pollution by not supporting animal agriculture. They simply protect the planet.

4. Religious Vegans:

Religious Vegans are mostly concerned about not harming animals for spiritual reasons. There are few religious vegans around the world. They chose a vegan lifestyle due to their religious beliefs.

Types of Vegan Diets:

There are different types of vegan diets which includes the following

- *Raw Vegan Diet
- *Gluten-Free Vegan Diet
- *Fruitarian Vegan Diet
- *Whole-Food Vegan Diet
- *Junk-Food Vegan Diet
- *Raw Till 4 Vegan Diet
- *Paleo Vegan Diet
- *Freegan Diet

AIR FRYER

An air fryer is new kitchen appliances that are commonly used worldwide, they are mini oven that can grill, roast, fry, and bake with less fat .the surprising part is that it uses air as a conveyer for heat which makes it healthier.it is very fast, quick and easy to use. Food from an air fryer is always beautiful and palatable that you cannot resist.

BENEFITS OF COOKING WITH AIR FRYER

*** Healthier and Low-fat meals:**

The air fryer can be used without any oil at all or with just a little quantity of fat. These make it healthy and impressive.

***Quicker meals:**

Since the air fryer is smaller than the oven, it really saves time and makes your meal available in short while.

***Easy to use:**

Air fryers are very easy to use. Just select the temperature, cooking time, and add food and shake a few times through cooking time.

***Easy to clean:**

It is very easy to clean an air fryer; most of us don't like the cleaning aspect while cooking but trust me on this. You just have a pan and basket to clean.

***Versatility:**

A lot can be done with an air fryer. Like grilling, baking, roasting, and frying.

AIR FRYER MAINTENANCE

1. Before cleaning the air fryer unplug it, allow the air fryer to be cool totally before cleaning it.
2. Remove the plate, basket and all other removable accessories and wash with a dishwasher or by hand, using warm water, soft sponge and soap.
3. In cleaning the inside, controls, and exterior of the unit of the air fryer, use a damp sponge or cloth. Note: soap is not recommended
4. The heating element is cleaned depending on the instructions on the user manual. Clean once in a while with a brush or a nonabrasive cloth.
5. Before reassembling, allow all parts to dry completely.

HEALTHY TIPS FOR AIR FRYER

Using any appliance can cause potential hazards, which can be dodged by taking some safety precautions.

It can be highly effective in reducing the chances of unexpected incidents in the future. As simple as they may sound; these safety precautions can be very useful and also be used for almost all the appliances you use at home on a regular basis.

1. Read the air fryer manual properly: Manual contains vital information about the proper use of the appliance. The step by step instructions is seen in the manual and also picture illustrations that help to easily operate the air fryer.
2. Do not use the air fryer in a non-ventilated area, when using the air fryer open the windows widely if necessary and do not place it close to the wall and turn your vent hood on.

3. Do not put anything on top of the air fryer.
4. Power cord must be away from water and hot surfaces.
5. Always use a silicone glove to avoid burning yourself
6. Place the food evenly (Do not over-crowd) the air fryer basket
7. Preheat the air fryer before using it: when using the air fryer, you don't expect a miracle by just throwing the food in the air fryer. You should preheat it for 10 minutes before putting the food inside so as to make a good outcome.
8. Keep away from children and pets
9. Use a reasonable amount of oil: putting much oil than required level can be dangerous; it can cause fire danger which is not good for your kitchen. However, the air fryer has a crispness level without adding much oil.
10. Do not make attempt to repair it yourself.

MEASUREMENTS AND CONVERSIONS

Measurement conversion scale

Dash = $\frac{1}{16}$ teaspoon

Pinch = $\frac{1}{8}$ teaspoon

1 tablespoon = 3 teaspoons

1 cup = 16 tablespoons

1 cup = 8 ounces

1 pound = 16 ounces

1 pint = 2 cups

1 quart = 2 pint or 4 cups

1 gallon = 16 cups

1 ml = $\frac{1}{5}$ teaspoon

1 teaspoon = 5 ml

1 ounce = 30 ml

1 cup = 240 ml

1 ounce = 28 grams

1 pound = 454 grams

1 liter = 34 ounces

100 grams = 3.5 ounces

1 kilogram = 22 pounds or 35 ounces

4 tablespoons = 1/4 cups

16 tablespoons = 1 cup

2 cups = 16 ounces

2 pints = 1 quart = 32 ounces

Units Abbreviations and Meanings

pkg. = package

oz. = ounce

med. = medium

tsp. = teaspoon

Tbsp. = tablespoon

Pinch = 1/8 tablespoon. Taking a little between your thumb and forefinger; a little more than a dash

Dash = a small amount. A little less than a pinch

lb. = pound

CHAPTER ONE

BREAKFAST

Breakfast-style potatoes

Prep Time: 5 mins

Cook Time: 25 mins

Servings: 4

INGREDIENTS

2 medium sized Russet potatoes

Few spritzes oil spray

Pinch salt & pepper

1 small bell pepper or roughly 3/4 cup, chopped medium

1 small onion or roughly 3/4 cup, chopped medium

DIRECTIONS

*Put potatoes into the air fryer basket. Spray with oil spray, shake, spray again, and add a pinch of salt.

*Air fry for 10 minutes at 380 degrees F. Shake ones during cooking time. (you can stir, if the potatoes aren't moving around enough.)

*After ten minutes, add the bell pepper and onions. Spray with oil, and shake basket. Air fry for 15 minutes at 380 degrees F.

*During the last 5 minutes of cooking, check the potatoes to make sure they don't get too brown. Depending on the size of the potatoes, you may need less or slightly more time. If needed, add some more minutes to the cooking time.

*Add salt to taste and serve.

Breakfast polenta

Prep Time: 5 mins

Cook Time: 30 mins

Servings: 4

INGREDIENTS

1 (16 ounce) package prepared polenta

Nonstick olive oil cooking spray

Salt and ground black pepper to taste

DIRECTIONS

*Preheat air fryer to 360 degrees F (175 degrees C).

*Slice polenta into long, thin slices.

*Spray the air fryer basket with cooking spray. Put 1/2 of the polenta fries in the basket and spray the tops with cooking spray. Season with salt and pepper.

*Cook in the air fryer for 10 minutes. Turn the fries and cook until crispy, about 5 minutes more. Put the fries into a plate lined with paper towel. Do the same with remaining half of fries.

Breakfast Sandwich

Prep Time: 10 mins

Cook Time: 10 mins

Servings: 4

INGREDIENTS

For the Tofu:

1 block extra firm tofu - pressed, sliced into 4 cutlets, cut into circles

¼ cup light soy sauce

1 teaspoon garlic powder

½ teaspoon turmeric

Dash of paprika

For the Breakfast Sandwich:

Vegan butter - optional

1 Haas avocado - sliced

4 slices your favorite vegan cheese

Sliced onion - optional

Sliced tomato - optional

DIRECTIONS

*Marinate the Tofu Overnight

*Toss the circle tofu together in a dish with the soy sauce, turmeric, garlic powder, and paprika. Cover, and marinate for another 10 minutes.

*Put the marinated tofu into the air fryer. Cook at 400 F for 10 minutes. Shaking after 5minutes

*Add and spread the English muffins with vegan butter. Place on the avocado, vegan cheese, and any toppings of your choice.

*When the tofu is done, add it to the vegan breakfast sandwich, close it up, and EAT!

Vegan Bacon Wrapped Burritos

Prep Time: 15 mins

Cook Time: 20 mins

Servings: 2

INGREDIENTS

2 tablespoons cashew butter

2 – 3 tablespoons tamari

1 – 2 tablespoons liquid smoke

1-2 tablespoons water

4 pieces rice paper

2 servings Vegan Egg scramble or Tofu Scramble

Veggie adds ins:

1/3 cup roasted sweet potato cubes

8 strips roasted red pepper

1 small tree broccoli, sautéed

6-8 stalks fresh asparagus

Handful spinach, kale, other greens

DIRECTIONS

*Preheat air fryer to 350 °F. Line baking sheet with parchment.

*Whisk together cashew butter, liquid smoke, tamari and water in small shallow bowl. Set aside.

*On a large plate, ready to fill wrapper. Hold one rice paper under running cool water to get both sides of wrapper wet, do this for some seconds. Remove from water, place on plate to fill

*Fill by putting ingredients just off from the middle, leaving sides of rice paper free. Fold two sides, roll from ingredient side to other side, and seal.

*Put each roll into cashew - liquid smoke mixture, allowing to coat completely. Arrange rolls on parchment baking sheet.

*Bake at 350 °F for 10 minutes. Remove, flip over, return and continue baking for another 10 minutes, until crispy. Serve warm.

Balsamic Tofu Bacon

Prep Time: 15 mins

Cook Time: 25 mins

Servings: 4

INGREDIENTS

1 tablespoon olive oil - (optional)

1 teaspoon garlic powder

¼ cup soy sauce

3 tablespoons balsamic vinegar

1 tablespoon liquid smoke

1 tablespoon maple syrup

1 block tofu - pressed and sliced into ¼ inch thick pieces

DIRECTIONS

*Mix together the soy sauce, vinegar, liquid smoke, maple syrup, olive oil, and garlic powder in a small bowl.

*Arrange the tofu in a dish with a lid. Pour the marinade over the tofu, and marinate for 30 minutes.

*Transfer the tofu to air fryer basket. Air fry for 20 minutes at 400 F, shaking carefully every 5 minutes. Tofu bacon is ready when it's crispy.

*Serve slices alongside a tofu scramble, stuffed into a breakfast sandwich.

Garlic Mushrooms

Prep Time: 10 mins

Cook Time: 15 mins

Servings: 4

INGREDIENTS

2 cups Button Mushrooms

1/3 cup Breadcrumbs (or Corn Flakes)

1/3 cup Soy Milk

1/4 cup Rice Flour

1/4 cup All-Purpose Flour

2 tablespoons Fresh Parsley

2-3 Garlic Cloves (minced)

DIRECTIONS

*In a blender, add plant based milk, flours, garlic, salt & pepper, and blend until smooth.

*Transfer the batter into a large bowl, add the parsley and mix well.

*Add the mushrooms and coat well in the batter with a spatula.

*Coat each mushroom in bread crumbs and place them into the air fryer basket, making sure not to overlap.

*Spray the mushrooms with some vegetable oil

*Air fry at 180°C (360°F) for 15 minutes. Shake halfway through then spray with some extra oil and bake for the remaining 7-8 minutes.

*Serve the mushrooms with a pinch of sea salt and some fresh parsley and pepper (optional).

Breakfast potatoes

Prep Time: 5 mins

Cook Time: 40 mins

Servings: 8

INGREDIENTS

1-14 oz. can black beans, drained

Lemon Miso Tahini Sauce, optional

3 lb. potatoes, diced

2 bell peppers, any color, diced

1 onion, diced

15 oz. mushrooms, diced

Spinach and avocado for serving, optional

DIRECTIONS

*Add potatoes to air fryer basket. Cook at 400 degrees F for 20 minutes, shaking basket frequently.

*Add beans and vegetables and cook 11 - 15 more minutes until potatoes are soft or crispy.

*Make the lemon miso tahini sauce by mixing the ingredients together in a bowl. Add to a bowl with spinach. Top with sauce mixture and enjoy!

Apple Crisp with Oatmeal Streusel

Prep Time: 15 mins

Cook Time: 25 mins

Servings: 4

INGREDIENTS

Apples:

2 ½ cups peeled, cored, and diced apples

¼ cup brown sugar

1 tablespoon salted butter, melted

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

⅛ teaspoon ground nutmeg

⅛ teaspoon salt

Cooking spray

Streusel:

¼ cup quick-cooking oats

¼ cup all-purpose flour

¼ cup brown sugar

¼ cup salted butter, cubed

¼ teaspoon ground cinnamon

⅛ teaspoon salt

DIRECTIONS

*Preheat air fryer to 350 degrees F.

*Add apples, brown sugar, butter, vanilla, cinnamon, nutmeg, and salt in a bowl. Toss until apples are coated

*Spray 4 ramekins with nonstick cooking spray. Divide apple mixture equally among the ramekins. Cover with foil and air fry for about 20 minutes until they are tender.

*Meanwhile, make streusel in a bowl by adding oats, flour, brown sugar, butter, cinnamon, and salt, using your hands to mix streusel. Put mixture in the refrigerator until ready to use.

*Take the ramekins out of the air fryer, divide streusel equally over the apples, and air fry, uncovered, 5 to 7 minutes, until streusel is a golden brown.

Cinnamon And Vanilla Toast

Prep Time: 10 mins

Cook Time: 2 mins

Servings: 2

INGREDIENTS

2 slices bread

2 teaspoons sugar

1 teaspoon cinnamon (ground)

2 teaspoons butter-softened

1/2 teaspoon vanilla

DIRECTIONS

*Place the bread onto a cutting board

*Add the sugar to a bowl. Then add the ground cinnamon.

*Mix in the butter and vanilla, mix to blend well, and then spread on the bread.

*Place in the air fryer basket. Set the time to 2 minutes at 400 degrees F.

*Remove the toast from the air fryer; place it on the cutting board.

*Slice and serve.

Vegan Baby Potatoes

Prep Time: 4 mins

Cook Time: 20 mins

Servings: 4

INGREDIENTS

1 1.5 pound bag baby red potatoes

1 tablespoon olive oil

1/2 teaspoon fresh cracked pepper

3 tablespoons melted butter

1 teaspoon sea salt

1 tablespoon fresh chopped parsley

DIRECTIONS

*Rinse and pat dry potatoes and place them in a clean large bowl, then drizzle with olive oil and sprinkle with salt.

*Transfer the potatoes into the air fryer. Set temperature to 380 degrees and cook for 20 minutes. Remove the basket and shake halfway through cooking.

*Place potatoes in serving dish. Top with butter, sprinkle with salt, pepper, and parsley and toss together

*Serve immediately.

Ranchero Breakfast Crunchwrap

Prep Time: 5 mins

Cook Time: 8 mins

Servings: 2

INGREDIENTS

2 large flour tortillas (gluten free available)

2 servings VeganEgg scramble or Tofu Scramble

2 fresh jalapeños, stemmed and sliced

1/2 cup+ Classic Ranchero Sauce

2 small corn tortillas

1/2 to 3/4 avocado, peeled and sliced

1/3 cup cooked pinto beans

DIRECTIONS

*Arrange tortillas on a prepared surface. Arrange crunchwraps by stacking ingredients in this form: egg or tofu scramble, jalapeño slices, Ranchero Sauce, smaller corn tortillas, sliced avocado, and pinto beans

*Fold tortilla around fillings to completely seal. Cook each Crunchwrap in the air fryer at 350°F for 6 minutes.

Vegan Cornbread

Prep Time: 5 mins

Cook Time: 11 mins

Servings: 18 muffins

INGREDIENTS

1 ¼ cup all-purpose flour

1 cup yellow corn meal

1 teaspoon salt

1 tablespoon baking powder

⅓ cup granulated sugar or maple syrup, coconut sugar

1 ¼ cup unsweetened almond milk

⅓ cup applesauce or oil

⅓ cup frozen corn kernels (optional)

DIRECTIONS

*Add all dry ingredients together in a medium bowl and mix.

*Add almond milk, applesauce/oil and frozen corn kernels to dry ingredients and stir together until well combined.

*Fill each silicone muffin cups ⅔ full, then carefully place in air fryer basket.

*Bake in air fryer at 400 F for 11 minutes. Do in batches, if necessary.

Pecan French Toast

Prep Time: 10 mins

Cook Time: 6 mins

Servings: 10

INGREDIENTS

1 cup rolled oats

1 cup pecans

2 tablespoons ground flax seed

1 teaspoon ground cinnamon

8 pieces of whole grain vegan bread, (or use gluten-free bread)

3/4 cup non-dairy milk (plain or vanilla)

Maple syrup, for serving

DIRECTIONS

*Make the topping by combining the oats, flax seed, nuts and cinnamon to a food processor and pulse. Don't over-blend.

*Transfer mixture into a large shallow pan

*Add the non-dairy milk to another container, put one or two pieces of the bread to soak for about 5 seconds, then soak the other side for 3 seconds.

*Place bread into the air fryer basket without overlapping. Cook at 350 for 3 minutes, then turn the bread and cook for 3 more minutes.

*Serve topped with maple syrup.

Vegan Omelette

Prep time: 15 mins

Cooking Time: 16 mins

Servings: 2

INGREDIENTS

Half a block of organic tofu

1/4 cup fava chickpea flour

1/4 teaspoon salt

1/2 teaspoon turmeric

1/2 teaspoon cumin

1/4 teaspoon pepper

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

¼ teaspoon basil

3 tablespoons nutritional yeast

1 tablespoon Braggs

1 tablespoon water

½ cup finely chopped veggies (spinach, dried mushrooms, kale, chard and watermelon radish)

½ cup grated vegan cheese

DIRECTIONS

*Add all the ingredients, except the veggies and cheese in a food processor or blender and blend.

*Transfer the batter to a bowl and use your hand to mix in the veggies and cheese.

*Spray the air fryer basket with oil. (You can Skip this step if you want to avoid oil.)

*Place parchment paper on your working surface. Use a cookie cutter of your choice on top of the parchment paper.

*Pour ⅙ of the batter into the cookie cutter. Then remove the cookie cutter and set on another part of the parchment paper.

*Repeat with the rest of the batter until you have 6 shapes.

*Place 3 or 4 omelettes into the bottom of the air fryer basket. Spray the tops of omelettes with oil. (Skip if you avoid oil.)

*Cook at 370° for 5 minutes, turn, and cook for 4 more minutes. Repeat with the remaining omelettes.

*Serve with sriracha mayo or breakfast sandwich.

Tofu Scramble

Prep Time: 4 mins

Cook Time: 30 mins

Servings: 3

INGREDIENTS

1 block tofu - chopped into 1 inch pieces

½ cup chopped onion

1 tablespoon olive oil

Cups broccoli florets

2 tablespoons soy sauce

½ teaspoon garlic powder

1 teaspoon turmeric

2 ½ cups chopped red potato - cut into 1 inch cubes

4½ teaspoon onion powder

DIRECTIONS

*Toss together the tofu, olive oil, soy sauce, garlic powder, turmeric, onion powder, and onion in a medium bowl. Put aside to marinate.

* In another clean small bowl, toss the potatoes in the olive oil, and air fry at 380F for about 15 minutes, shaking 7 minutes into cooking.

*When it is time, shake again, then put the tofu, reserving the remaining marinade. Allow the tofu and potatoes to cook at 380 for 15 minutes more.

*Meanwhile, toss the broccoli in the remaining marinade. When it is about 5 minutes to cooking time, add the broccoli to the air fryer and let it cook together.

*When it's done, serve and enjoy

Vegetable Noodles

Prep Time: 3 mins

Cook Time: 6 mins

Servings: 1

INGREDIENTS

2 spiralizable vegetables: Zucchini or sweet potatoes

DIRECTIONS

*Cut the sweet potatoes or zucchini using a spiral slicer into noodles.

*Put the noodles into the air fryer, set to 350 degrees F, and cook for 6 minutes, tossing every minute.

*Remove noodles when they are springy and still al dente.

*Toss with your favorite sauce.

CHAPTER TWO

MAIN DISH

Eggplant Parmesan

Prep Time: 10 mins

Cook Time: 20 mins

Servings: 6 slices

INGREDIENTS

1 large Eggplant stems removed and sliced

1/2 cup Flour

1/2 cup Almond Milk

1/2 cup Panko Bread Crumbs
2 tablespoon Vegan Grated Parmesan
Onion Powder to taste
Garlic Powder to taste
Salt & Pepper to taste

TO TOP THE EGGPLANT PARMESAN:

1 cup Marinara Sauce (more for serving)
1/2 cup Vegan Mozzarella Shreds
Vegan Grated Parmesan

FOR SERVING:

4 oz. Spaghetti or any pasta of your choosing, cooked al dente
(about 2 oz. per person)

Sprinkle Vegan Grated Parmesan

Parsley for garnish

DIRECTIONS

*Rinse, dry and remove stems of eggplant and slice.

*Mix the panko bread crumbs, vegan parmesan, salt, pepper, garlic and onion powder in a bowl

*Dip the eggplant slices into flour, almond milk and finally, the panko bread crumbs

*Spray lightly with oil and place into the air fryer basket. Set to 390 degrees for 15 minutes, turning halfway through.

*Cook your pasta while the eggplant is cooking.

*Once it's done and golden on the two sides, spoon on some of the marinara and top with the two vegan cheeses. Cook just until the cheese start to melt.

*Enjoy the eggplant with pasta and extra sauce, garnish with fresh parsley and sprinkle of vegan parmesan.

Orange Tofu

Prep Time: 4 mins

Cook Time: 15 mins

Servings: 2

INGREDIENTS

14 oz. block firm tofu, organic non-GMO

1 tablespoon tapioca

Sea salt to taste

Orange Glaze:

4 tablespoon orange juice

3 tablespoon apple cider vinegar

2 tablespoon almond butter, cashew or walnut

4 inch orange peel

2 tablespoon soy sauce

1 pinch red pepper flakes

DIRECTIONS

*Firstly, drain the tofu and wrap it in a tea towel to pat it dry.

*Put a heavy pan on top and set aside to press at room temperature for some hours.

*Use hands to tear the tofu into irregular 1.5 inch pieces. Sprinkle with the tapioca and a pinch of sea salt, toss to coat.

*Set the tofu in the air fryer tray without touching each other. Air fry at 400 degrees F for 14 minutes, tossing half way; don't overcook the tofu. Remove when the time is up.

Make the Orange Sauce:

*Mix together all the glaze ingredients until combined. Transfer to a skillet and Cook on medium heat, until thick and sticky, about 2

minutes.

*Add the fried tofu to the orange sauce and toss to coat. Serve over noodles, garnish with chives, scallions, sesame seeds.

Crispy BBQ Soy Curls

Prep Time: 13 mins

Cook Time: 8 mins

Servings: 2

INGREDIENTS

1 cup warm water

1 teaspoon Better Than Bouillon

1 cup Soy Curls

1/4 cup BBQ sauce

1 teaspoon canola oil divided

DIRECTIONS

*Soak Soy Curls and bouillon in a bowl of water for 10 minutes. Drain in a sieve, squeezing to remove all excess liquid.

*transfer them to a mixing bowl, and pull apart the hydrated Curls into shreds.

*Air fry the Soy Curls at 400 degrees for 3 minutes.

*Remove from air fryer, put them into the mixing bowl and toss in BBQ sauce, stir Curls to get evenly coated.

*Return to air fryer and air fry for 5 minutes at 400 degrees, shaking the pan twice.

Oil-Free Fries

Prep Time: 3 mins

Cook Time: 30 mins

Servings: 1

INGREDIENTS

3 medium red potatoes
1 teaspoon garlic powder
1/4 teaspoon basil
1 teaspoon onion powder
1/4 teaspoon chili powder
1/4 teaspoon paprika
Salt to taste

DIRECTIONS

- *Peel and rinse potatoes. Slice the potatoes.
- *Toss the fries with the other ingredients.
- *Transfer the fries into the air fryer basket. Fry at 380 degrees for 27-30 minutes. Stir every 5-10 minutes.
- *Dip in ketchup and enjoy

Sweet Potato & Brussels Sprouts

Prep Time: 10 mins

Cook Time: 25 mins

Servings: 4

INGREDIENTS

For the Veggies

6 cups diced sweet potato.
Spray oil
2 teaspoons garlic powder - divided
4 cups brussels sprouts - sliced lengthwise into 1/4 inch thick pieces.
2 tablespoons low-sodium soy sauce

INSTRUCTIONS

*Add the sweet potatoes to the air fryer, and spray them with some oil. Sprinkle 1 teaspoon of the garlic powder, and shake. Cook at 380 F for 15 minutes, shaking half way.

*Put the Brussels sprouts to the air fryer basket, then spray again with oil and sprinkle on more garlic powder. Shake very well, and cook for 5 minutes at 400F.

*Open the air fryer, sprinkle soy sauce, shaking to coat the veggies. Set the air fryer to cook for 5 minutes more, but check at 2 and 3 minutes, shaking each time.

Fish Taco Crunchwrap With Mango Salsa

Prep Time: 10 mins

Cook Time: 12 mins

Servings: 4

INGREDIENTS

4 large burrito size tortillas

1 small yellow onion, peeled and diced

1 red bell pepper, seeded, and diced

2 cobs fresh grilled corn, remove from cob

4 pieces Fishless Filet

1/3 to 1/2 cup Mango Salsa

Tortilla chips (Ranch Bean and Rice Chips)

Mixed greens (romaine, spinach, radicchio)

4 tablespoons shredded vegan cheese

INSTRUCTIONS

Preheat air fryer to 400 °F.

*In skillet, sauté onion and bell pepper over medium heat until soft, about 5 minutes. Put grilled corn, sauté for some minutes.

*Cook the Fishless Filets for 6 minutes at 400°F.

*when it's done, cut each cooked filet into small pieces.

*Assemble the Crisp Wrap, spoon 1/4 of the onion pepper corn mixture into middle of tortilla. Add a piece of Fishless Filet, then add 2 tablespoons salsa. Next, layer tortilla chips, then a large handful mixed greens.

*Fold sides of tortilla, rolling around the circle to form a round wrap. Use one tablespoon of shredded cheese to seal the tortilla together.

*Put the cheese side down on baking sheet in basket of air fryer. Repeat with remaining wraps.

*Cook the Crisp Wrap for 6 minutes at 350 °F.

Roasted Veggies

Prep: 20 mins

Cook: 10 mins

Servings: 4

INGREDIENTS

1/2 cup diced zucchini

1/2 cup diced summer squash

1/2 cup diced mushrooms

1/2 cup diced cauliflower

1/2 cup diced asparagus

1/2 cup diced sweet red pepper

2 teaspoons vegetable oil

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1/4 teaspoon seasoning, or more to taste

DIRECTION

*Preheat air fryer to 370 degrees F.

*Put vegetables, oil, salt, pepper, and seasoning to a bowl. Toss to coat

*Arrange in the fryer basket.

*Cook for 10 minutes, stirring after 5-6 minutes.

Vegan Buffalo Tofu

Prep Time: 15 mins

Cook Time: 30 mins

Servings: 2

INGREDIENTS

1 block extra firm tofu, pressed

1 cup Frank's Red Hot Original. Half cup is needed if you choose not to marinate the tofu

1/4 cup vegan butter, melted (nut-free, if needed) only 2 tablespoons is needed if you choose not to marinate the tofu

Vegan ranch (optional for dipping)

INSTRUCTIONS

*Firstly, cut the tofu into squares.

*Preheat the air fryer to 390°F.

*Whisk the hot sauce with the melted butter together. You can either marinate the tofu in the mixture for 20 - 50 minutes, flipping pieces over half the time or you can toss the tofu in the sauce and air fry it.

*Spray the air fryer basket with cooking oil (optional). Carefully Use tongs to add tofu to the air fryer basket (keep the marinade).

*Air-fry for 22 - 30 minutes. remove and shake the basket after 10 minutes, and then each additional 5 minutes after that. Check on the tofu each time for desired crispness. Note: If you air-fry for too long it will become too crunchy.

*Return the tofu back into the hot sauce mixture and then transfer to a serving plates.

*Serve alongside vegan ranch for dipping If desired. Enjoy!

Butternut Squash

Prep Time: 15min

Cook Time: 12min

Servings: 4

INGREDIENTS

2 cups peeled, small cubes butternut squash

1 tablespoon olive oil

1/4 teaspoon salt

1/8 teaspoon ground black pepper

1/8 teaspoon dried thyme

1 tablespoon chopped fresh parsley

DIRECTIONS

*Preheat an air fryer to 400°F.

*Toss together squash, oil, salt, pepper, and thyme in a bowl until squash is evenly coated.

*Transfer squash to air fryer basket and cook for 12 minutes.

*Garnish butternut squash with parsley and serving.

Green Beans with maple Syrup

Prep Time: 2 minutes

Cook Time: 6 minutes

Servings: 4

INGREDIENTS

For Air Frying:

1 lbs. green beans
Cooking oil spray (sesame or avocado)
Salt
Chili Garlic Sauce
2 garlic cloves minced
2 tablespoon tamari or soy sauce
1 tablespoon sriracha sauce
1 tablespoon rice vinegar
1 tablespoon maple syrup (optional)

Garnishing:

1 tablespoon roasted white sesame seeds

DIRECTIONS

- *Preheat air fryer to 400 degrees F
- *Toss the trimmed green beans In a bowl, spray with cooking oil and sprinkle with salt
- *Put beans in the Air Fryer basket. Don't crowd them.
- *Air fry for 6-8 minutes turning them once in between.
- *When its time, take the beans out and garnish with chili garlic sauce or any favorite seasoning.
- *For chili garlic sauce, mix together all the ingredients and serve with green beans

Oyster Mushroom

Prep Time: 5 mins

Cook Time: 20 mins

SERVINGS: 4

INGREDIENTS

- *Rinse the mushroom and set aside.

- *Make a slurry of buttermilk with rice flour and ½ tablespoon of salt
- *Mix spices in the all-purpose flour and set aside
- *Marinate oyster mushroom in buttermilk slurry for 30 minutes.
- *Pre-heat Air fryer at 180 C or 350 F for 8 minutes.
- *After marinating, remove each marinated mushroom and dip it in the seasoned flour to coat. Lightly spray with oil and keep aside.
- *Coat the air fryer basket and arrange the mushroom in one row. Air fry at 350 F for 15 minutes; Flip once in the middle.
- *Now, increase the temperature to 390 F and Air fry for another 4 minutes until golden.
- *Remove and serve out.

Simple Black Bean Burger

Prep Time: 10 mins

Cook Time: 25 mins

Servings: 6

INGREDIENTS

1 1/3 cups rolled oats

16 ounces black beans, drained

3/4 cup salsa

1 tablespoon soy sauce

1 1/4 teaspoons mild chili powder

1/4 teaspoon chipotle chile powder

1/2 teaspoon garlic powder

1/2 cup corn kernels optional

DIRECTIONS

*Put the oats in a food processor with an S-blade and pulse 6 times until they are partially chopped. Put all ingredients except the corn

and pulse until beans are blended.

*Transfer bean mixture into a clean bowl and stir in the corn. Cover it and refrigerate for about 15 minutes.

*Preheat air fryer to 375 F.

*Place the burgers in the air fryer in a single layer and air fry for about 15 minutes until slightly crispy on the outside. (Using perforated parchment paper underneath them to avoid sticking.)

Delicious Buffalo Cauliflower

Prep Time: 3 mins

Cook Time: 20 mins

Servings: 4

INGREDIENTS

1 large head cauliflower

1 cup unbleached all-purpose flour

1/4 teaspoon chili powder

2 tablespoons nondairy butter

1/2 cup Original Cayenne Pepper Sauce

1/4 teaspoon paprika

1/4 teaspoon dried chipotle chile flakes

1 cup soy milk

Canola oil spray

1 teaspoon vegan chicken bouillon granules

1/4 teaspoon cayenne pepper

2 cloves garlic, minced

DIRECTIONS

*Cut the cauliflower into small pieces. Rinse and drain the cauliflower.

*Add the flour, cayenne, bouillon granules, chili powder, paprika, and chipotle flakes in a clean large bowl. Slowly stir in the milk until you have a thick batter.

*Spray some canola oil into the air fryer basket and preheat the air fryer to 380 degrees F for 10 minutes.

*While the air fryer is heating up, toss the cauliflower in the batter. Pour the battered cauliflower into the air fryer basket.

*Cook at 390°F for 20 minutes. At 10 minutes, turn the cauliflower pieces using tongs.

*Heat the butter, hot sauce, and garlic in a small saucepan on medium high heat. Bring the mixture to a boil, lower the heat to simmer, and cover.

*Once the cauliflower is cooked, transfer it to a clean large bowl. Pour the sauce over the cauliflower and toss with tongs.

*Serve immediately.

Sweet Chickpea Tacos

Prep Time: 4 mins

Cook Time: 12 mins

Servings: 4

INGREDIENTS

14 oz. tin chickpeas rinsed, drained and dried

2 teaspoon olive oil

½ teaspoon smoked paprika

½ ground cumin

Salt

8 small corn tortillas

Taco toppings

Radishes thinly sliced

Avocado

Shredded cabbage

Cranberries

Coconut yoghurt

Lime

DIRECTIONS

*Preheat air fryer to 390F / 200C.

*Add all the ingredients together in a clean bowl and mix.

*Place the chickpeas in to the air fryer basket. Cook for about 15 minutes turning half way through cooking.

*Arrange tacos and top with coconut yoghurt and limes.

Stuffed peppers with veggie sausage & rice

Prep Time: 11 mins

Cook Time: 16 mins

Servings: 2

INGREDIENTS

1 teaspoon organic canola oil

1 veggie sausage sliced

1/2 cup chopped yellow onion

2 cloves garlic minced

1 cup cooked brown rice or white

1/4 cup marinara

1/4 teaspoon dried oregano

1/4 teaspoon dried basil

1/4 teaspoon granulated onion

Pinch salt

Dash pepper

2 Tablespoons shredded non-dairy cheese Optional

1 large red bell pepper

DIRECTIONS

*Add oil to a large skillet and heat on a medium heat. Add sausage slices to the skillet. As it browns, break up the sausage in the pan with a spatula.

*Once sausage is brown, add onions and garlic. Sauté for few minutes, until fragrant

*Add the cooked rice, marinara, granulated onion, dried oregano, dried basil, pinch of salt, and dash of pepper. Stir with the spatula to combine. Remove from heat, and set aside.

*Slice the bell pepper into half, straight down the middle. Remove the seeds from inside the pepper halves with your fingers, as well as the white membrane.

*Place the empty pepper halves face down into the air fryer. Set the air fryer to 380 degrees for 8 minutes

*When its time, remove the pepper halves from the air fryer and fill them with the rice mixture using a spoon. Place the filled halves back into the air fryer, rice side facing up. Set the air fry to 380 degrees for 8 minutes

*When it is 4 minutes, add a tablespoon of shredded non-dairy cheese to each pepper. Continue until the cheese has melted.

*Remove the peppers from the air fryer and serve immediately with vegetable or salad.

CHAPTER THREE

SIDES & SNACKS

Crispy Vegan Plantains

Prep Time: 2 mins

Cook Time: 8 mins

Servings: 2

INGREDIENTS

1 plantain

3/4 teaspoon oil

Salt to taste

DIRECTIONS

*Preheat air fryer to 350 F

*Start by peeling the plantain and cut into slices, then add to a bowl.

*Gently add in the oil and salt and mix until plantains are coated on both sides.

*Place half the plantain slices in the air fryer basket in a single layer.

*Cook for 10 minutes at 350 F turning half way through.

*Serve warm.

Potato Chips

Prep Time: 25 mins

Cook Time: 30 mins

Servings: 4

INGREDIENTS

1 large or medium Russet potato, unpeeled, cut into 1/8 inch thick slices

1 tablespoon canola oil

1/4 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

Canola oil

1 teaspoon chopped fresh rosemary

DIRECTIONS

*Soak potato slices for 20 minutes in a bowl of cold water. Drain potatoes and use paper towels to pat dry.

*Clean or wipe bowl dry, then add oil, salt, and pepper. Put the potatoes and toss to coat.

*Coat the air fryer basket with cooking spray. Put half of the potato in the basket, and cook in 2 batches at 380°F until cooked through and crispy, about 25 to 30 minutes.

*Carefully remove chips from air fryer to plate using tongs.

*Sprinkle over rosemary and serve immediately.

Grilled Tomatoes

Prep Time: 1 min

Cook Time: 13 mins

Servings: 3

INGREDIENTS

3 Medium Beefcake Tomatoes

1 teaspoon Oregano

Salt & Pepper

DIRECTIONS

*Cut the tomatoes into equal half. Place the tomatoes on the air fryer grill pan in the air fryer.

*Sprinkle with salt, pepper and oregano.

*Cook for 8 minutes at 360 F and then for a further 5 minutes at 320 F

*Serve.

Polenta Rounds

Prep: 10 Min

Cook: 35 Min

Servings: 4

INGREDIENTS

1-18 oz.

Ancient-harvest pre-cooked polenta roll

1 tablespoon olive oil, extra virgin

DIRECTIONS

*Open the Polenta Roll and cut into 1/2 inch thick slices. Rub the 2 sides of the slices with oil.

*Spray the air fryer basket with oil. Heat the air fryer at 400°F for about 5 minutes.

*Put the Polenta slices into the preheated air fryer and cook for 25 minutes. Turn and cook for 5-10 minutes more.

*Remove and Enjoy!

Sweet Potato Hash

Prep Time: 5 mins

Cook Time: 12 mins

Servings: 4

INGREDIENTS

4 cups Sweet Potato Cubes

2 t oil

Salt and pepper to season

DIRECTIONS

* Mix the sweet potato cubes and the oil in a small bowl. Season with salt and pepper.

*Place the cubes in the air fryer at 400 degrees F for 12-14 minutes.

*At the 6 minutes, remove the basket and shake. Place the basket back into air fryer and resume heating.

*ENJOY!

Kale Chips

Prep Time: 5 mins

Cook Time: 5 mins

Servings: 4

INGREDIENTS

1 bunch kale about 5 cups

1 tablespoon olive oil

¼ teaspoon salt

Flavorings Optional

DIRECTIONS

*Wash and dry kale, then cut the leaves away from the spine. Roughly tear the leaves into small size pieces.

*Add and massage oil into the leaves, making sure each piece has a thin coat of oil. Sprinkle with salt and toss.

*Put kale in a single layer in your air fryer basket, uncurling the leaves while keeping them from overlapping (cook in batches).

*Air fry for 4 to 5 minutes at 375°F, shaking the pan once to allow them to cook evenly.

Potato Skins

Prep time: 5 mins

Cook Time: 20 mins

Servings: 2

INGREDIENTS

2 medium russet potatoes

Olive oil cooking spray

4 tablespoons vegan shredded Cheddar-style cheese

4 tablespoons diced tomatoes

Green chile peppers

4 tablespoons prepared textured vegetable protein

DIRECTIONS

*Wash potatoes and puncture holes in the skin with a knife.

*Cook potatoes in the microwave for 5 minutes on both sides. Take it out from the microwave and cut in half lengthwise. Using a spoon, scoop out the flesh, leaving 1/3 inch of potato flesh in the shell.

*Preheat the air fryer to 350 degrees F. Spray the inside of the potato shells with olive oil. Place potatoes in the air fryer basket, hollowed-out side up.

*Air fry for about 5 minutes, until edges start to crisp. Remove and fill each potato skin with 1 tablespoon vegan cheese. Return back to the air fryer basket and cook until cheese is melted, 5 to 7 minutes.

*Top potato skins with 1 tablespoon textured vegetable protein and 1 tablespoon diced tomatoes.

Smoky Chickpeas

Prep Time: 5 mins

Cook Time: 18 mins

Servings: 3

INGREDIENTS

1 15 oz. can chickpeas, rinsed and drained

1 tablespoon sunflower oil (or preferred oil)

2 tablespoons lemon juice

$\frac{3}{4}$ teaspoon smoked paprika

$\frac{1}{2}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon granulated garlic

$\frac{1}{4}$ teaspoon granulated onion

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{8}$ teaspoon cayenne pepper (optional)

DIRECTIONS

*Set Air Fryer to 390 ° F.

*Place the rinsed chickpeas in the air fryer basket and fry for 15 minutes until dry. Shake basket once halfway through.

*While cooking, prepare the seasoning. Add the oil, lemon and all seasonings in a medium bowl. Whisk to combine well.

*Put the fried chickpeas to the bowl of seasonings. Stir to mix well.

*Place the seasoned chickpeas back into the air fryer basket and set to 360 ° F. This time, fry for 2-3 minutes until desired crispiness is reached.

*Shake basket once. Watch carefully at this point to avoid burning.

*Taste for seasoning and add if needed.

Bow Tie Pasta Chips

Prep Time: 27 mins

Cook Time: 10 mins

Servings: 2

INGREDIENTS

2 cups of dry whole wheat bow tie pasta

1 tablespoon olive oil

1 tablespoon nutritional yeast

1 1/2 teaspoon Italian Seasoning Blend

1/2 teaspoon salt

DIRECTIONS

*Cook the pasta half the time written on the package. Drain the pasta and toss with olive oil, nutritional yeast, Italian seasoning and salt.

*Put about half of the mixture in the air fryer basket.

*Cook on 380°F (200°C) for 5 minutes. Shake the basket and cook 4- 5 minutes more or until crunchy.

Baked Apple

Prep Time: 11 mins

Cook Time: 20 mins

Servings: 2

INGREDIENTS

1 medium apple
2 tablespoon raisins
¼ teaspoon nutmeg
¼ teaspoon cinnamon
1 ½ teaspoons light margarine, melted
2 tablespoon chopped walnuts
¼ cup water

DIRECTIONS

- *Preheat air fryer to 350° F.
- *Cut the apple in half around the middle and spoon out the flesh.
- *Place the apple in frying pan.
- *Combine margarine, cinnamon, nutmeg, walnuts and raisins in a small bowl.
- *Use spoon to add the mixture into the centers of the apple halves.
- *Add water into the pan and Bake for 20 minutes.

Crispy Reuben Rolls

Prep Time: 14 mins

Cook Time: 10 mins

Servings: 12

INGREDIENTS

1 (20 ounce) can jackfruit, drained
⅓ cup oil free Vegan Thousand Island Dressing (more for dipping)
2 large dill pickles, chopped
12-14 vegan wonton wrappers
1 small sweet onion, peeled and diced
2 cloves garlic, peeled and minced

6-7 thin slices vegan Swiss cheese, optional

DIRECTIONS

*Shred jackfruit with fork. Add Vegan Thousand Island Dressing to combine, put aside to marinate.

*In a saucepan, sauté onion and garlic in a bit of water over medium heat until softened.

*Remove from heat and combine with jackfruit mixture.

*Arrange a wrap in a diamond shape. Put 2 tablespoons jackfruit mixture in bottom corner. Add one half slice cheese and one tablespoon pickles. Fold and brush each fold with pickle juice.

*Arrange Crispy Tangy Reuben Rolls in single layer and cook at 360 degrees F for 6 minutes.

*Remove and shake basket. Cook another 3 minutes, or until crisp and golden brown.

*Serve warm with Vegan Thousand Island Dressing.

CHAPTER FOUR

APPETIZERS

Stuffed Mushrooms with vegan Sour Cream

Prep Time: 30 mins

Cook Time: 15 mins

Servings: 24

24 mushrooms, caps and stems diced

½ orange bell pepper, diced

½ onion, diced

1 small carrot, diced

2 slices vegan bacon, diced (such as Lamyong*)

1 cup vegan shredded Cheddar cheese

½ cup vegan sour cream

1 ½ tablespoons vegan shredded Cheddar cheese, or to taste

DIRECTIONS

*Put the mushroom stems, orange bell pepper, onion, carrot, and vegan bacon in a skillet on a medium heat.

*Cook and stir for 5 minutes, until softened. Stir in 1 cup vegan cheddar cheese and vegan sour cream; cook until stuffing is well combined and vegan cheese has melted, about 2 minutes.

*Preheat air fryer to 350 degrees F.

*Set mushroom caps on the baking tray. Put the stuffing in a heaped fashion to each mushroom cap. Sprinkle 1 1/2 tablespoons vegan cheddar cheese on top.

*Put the tray of mushrooms into the air fryer basket. Cook for about 8 minutes, until cheese melts.

*Remove after 8 minutes and enjoy

Tandoori Tofu

Prep Time: 30 mins

Cook Time: 15 mins

Servings: 4

INGREDIENTS

16 oz. medium firm tofu cut into cubes

1 tablespoon ginger garlic paste

½ teaspoon turmeric powder

3 tablespoon vegan yogurt

1 teaspoon paprika or Kashmiri chilli powder

1 teaspoon pepper powder

1 teaspoon garam masala powder

1 teaspoon cayenne or red chilli powder optional

1 teaspoon kasoori methi dried fenugreek leaves

1 teaspoon lemon juice

1 tablespoon olive oil

Salt to taste

Garnish:

Onion rings lime wedges and green chutney

DIRECTIONS

*Cut tofu into desired shapes. Mix all the ingredients of the marinade together to make a thick paste.

*Pour it over the sliced tofu. Make sure the tofu slices are covered with marinade on both sides and let it sit for 15-30 minutes.

*Preheat Air fryer at 390 F for 4 minutes. Spray oil on the Air fryer basket and on the marinated tofu.

*Air fry at 390 F for 8 minutes. Flip once half way. Your tandoori tofu is ready.

*Garnish with onion rings, lime wedges and green chutney.

Vegan Jalapeno Poppers

Prep: 20 mins

Cook: 10 mins

Servings: 6

INGREDIENTS

6 jalapeno peppers, halved and seeded

7 ½ ounces vegan garden vegetable cream cheese

6 vegan bacon strips, halved lengthwise (such as Lamyong*)

DIERCTIONS

*Preheat air fryer to 380 degrees F.

*Fill each jalapeno half with vegan cream cheese and wrap with halved vegan bacon strip. Use toothpicks to secure.

*Put jalapeno poppers inside the air fryer basket, working in batches to avoid overcrowding.

*Cook until bacon is done to your liking, 10 to 12 minutes.

Corn Nuts

Prep Time: 10 mins

Cook Time: 25 mins

Additional: 8 hrs 40 mins

Servings: 8

INGREDIENTS

14 ounces giant white corn

3 tablespoons vegetable oil

1 ½ teaspoons salt

DIRECTIONS

- *Put the corn in a clean large bowl, cover with water, and let sit for 8 hours to overnight.
- *Drain the corn and spread it in an even layer on a baking sheet. Pat dry with paper towel and Air dry for 20 minutes
- *Preheat air fryer to 400 degrees F.
- *Put the corn in a clean large bowl. Add oil and salt. Stir until coated.
- *Place corn in batches in the air fryer basket in an even layer. Cook for 10 minutes. Shake basket and cook for another 10 minutes.
- *Shake basket and cook for 5 more minutes and transfer to a plate lined with paper towel. Repeat with remaining corn. Let corn nuts cool, about 20 minutes.

Tostones

Prep Time: 15 mins

Cook Time: 15 mins

Servings: 4

INGREDIENT

2 green (unripe) plantains

Olive oil cooking spray

3 cups water, or as needed

Salt to taste

DIRECTIONS

- *Preheat air fryer to 400 degrees F.
- *Cut the tips off the plantain. Slice the skin vertically from end to end, making sure not to cut through the plantain flesh.
- *Cut the plantain with the peel, into 1-inch chunks. Peel the skin off each chunk starting from the slit.
- *Put the plantain chunks into the air fryer basket and spray them with olive oil. Air fry for about 5 minutes.

- *Meanwhile, prepare a bowl of salted water.
- *Once its time, remove the plantain chunks from the air fryer with tongs. Smash to about 1/2-inch thickness using a plantain smasher. Soak the smashed tostones in a bowl of salted water while smashing the remaining ones.
- *Take out the tostones from the salted water and pat dry with a paper towel.
- *Return tostones back to the air fryer, filling the basket with a single layer each time. Spray the tostones tops with olive oil and season with salt
- *Air fry for 5 minutes. Turn with tongs and spray the other side with olive oil. Season with salt.
- *Air fry until golden brown and crisp, 5 minutes more.

Roasted Salsa

Prep Time: 15 mins

Cook Time: 10 mins

Additional Time: 10 mins

Servings: 6

INGREDIENTS

- 4 Roma tomatoes, halved lengthwise
- 1 jalapeno pepper, halved and seeded
- ½ red onion, cut into 2 wedges
- Cooking spray
- 4 cloves garlic, peeled
- ½ cup chopped cilantro
- 1 lime, juiced
- Salt to taste

DIRECTIONS

*Preheat air fryer to 390 degrees F.

*Put the tomatoes and jalapeno skin-side down into the air fryer basket with the red onion. Spray vegetables with cooking spray.

*Air fry vegetables for about 5 minutes. Open air fryer basket and add garlic cloves. Spray lightly with cooking spray and air fry for another 5 minutes.

*Transfer vegetables to a clean cutting board and allow to cool for 10 minutes.

*Remove the tomatoes and jalapeno skin, if desired.

*Chop tomatoes, jalapeno, and onion into large chunks and put them into the bowl of a food processor. Add lime juice, garlic, cilantro, and salt. Pulse until vegetables are finely chopped; do not over-process.

*Serve at room temperature.

Celery Root Fries

Prep Time: 10 mins

Cook Time: 18 mins

Additional Time: 20 mins

Servings: 4

INGREDIENTS

½ celery root, peeled and cut into 1/3-inch sticks

3 cups water

1 tablespoon lime juice

Mayo Sauce:

⅓ cup vegan mayonnaise

1 tablespoon brown mustard

1 teaspoon powdered horseradish

1 tablespoon olive oil

1 pinch salt and ground black pepper

DIRECTIONS

*Add celery root to a bowl. Add in water and lime juice. Stir to mix and let sit for 20 minutes.

*Preheat air fryer to 380 degrees F.

*Make the mayo sauce. Add together vegan mayonnaise, mustard, and horseradish powder and mix. Keep in the refrigerator covered until needed.

*Drain the celery root sticks, dry, and put it back into a clean bowl. Drizzle fries with oil and season with salt and pepper. Toss to coat.

*Put celery root to the air fryer basket. Cook for about 10 minutes, checking for doneness halfway through. Shake the basket and continue to cook until fries are crisp, about 8 minutes more.

*Serve fries immediately with vegan mayo.

Onion Bhaji

Prep Time: 15 mins

Cook Time: 15 mins

Servings: 8

INGREDIENTS

1 small red onion, thinly sliced

1 small yellow onion, thinly sliced

1 tablespoon salt

1 jalapeno pepper, seeded and minced

1 clove garlic, minced

1 teaspoon coriander

1 teaspoon chili powder

1 teaspoon ground turmeric

½ teaspoon cumin

⅔ cup chickpea flour (besan)

4 tablespoons water, or as needed

Non-stick Cooking spray

DIRECTIONS

*Mix red onion, jalapeno, garlic, coriander, yellow onion, salt, chili powder, turmeric, and cumin in a clean large bowl. Stir until well combined. Add chickpea flour and water. Stir to combine into a thick batter. Add more water if necessary. Set aside mixture for about 10 minutes.

*Preheat air fryer to 350 degrees F.

*Spray the air fryer basket with cooking spray. Spoon 2 tablespoons of batter into the air fryer basket and flatten it. Repeat as many times as basket allows without touching.

*Cook in the air fryer for 6 minutes. Spray the tops of each bhaji with cooking spray.

*Flip and cook for another 6 minutes. Transfer to a paper towel-lined plate. Repeat with remaining batter.

Vegan Potato Wedges

Prep Time: 5 mins

Cook Time: 30 mins

Servings: 4

INGREDIENTS

2 medium Russet potatoes, cut into wedges

1 ½ tablespoons olive oil

½ teaspoon paprika

½ teaspoon parsley flakes

½ teaspoon chili powder

½ teaspoon sea salt

⅛ teaspoon ground black pepper

DIRECTIONS

*Preheat air fryer to 400 degrees F.

*Put the potato wedges in a large bowl. Add olive oil, paprika, parsley, chili, salt, and pepper and stir well to combine.

*Add 8 wedges in the air fryer basket and cook for 10 minutes.

*Turn wedges with tongs and cook for 5 minutes more. Repeat with remaining 8 wedges.

Salt and Vinegar Chickpeas

Prep Time: 5 mins

Cook Time: 15 mins

Additional Time: 30 mins

Servings: 2

INGREDIENTS

1 can chickpeas, drained and rinsed

1 cup white vinegar

1 tablespoon olive oil

½ teaspoon sea salt

DIRECTIONS

* Place chickpeas and vinegar in a small saucepan and bring to a simmer. Remove from heat. Set aside for 30 minutes.

*Drain chickpeas, removing any loose skins.

*Preheat air fryer to 400 degrees F. Spread chickpeas equally in the air fryer basket. Cook for about 4 minutes, until dried out.

*Transfer chickpeas into a heat-proof bowl. Add sea salt and drizzle with oil. Toss to coat.

*Transfer chickpeas back to the air fryer basket and cook, shaking basket every 2 minutes, until lightly browned, about 8 minutes.

*Serve immediately.

CHAPTER FIVE

DESSERTS

&

SWEETS

Chocolate Chip Cookies

Prep Time: 4 mins

Cook Time: 8 mins

Servings: 8

INGREDIENTS

8 oz. (200g) cookie dough mix

1/8 cup chocolate chips optional

Parchment paper

DIRECTIONS

- *Preheat air fryer to 360 F.
- *Make cookie dough according to instructions on the package and add in any extras you want.
- *Split the dough into 8 small cookies.
- *Line the air fryer basket with parchment paper, then place cookies on paper, allowing space between cookies.
- *Put the extra chocolate chips into the cookies, optional.
- *Bake for 5 minutes, remove and let it cool on a rack.

Fried Banana S'mores

Prep Time: 12 mins

Cook Time: 6 mins

Servings: 4

INGREDIENTS

4 bananas

3 tablespoons graham cracker cereal

3 tablespoons mini semi-sweet chocolate chips

3 tablespoons mini marshmallows

3 tablespoons mini peanut butter chips

DIRECTIONS

- *Preheat the air fryer to 400°F.
- *Cut into the un-peeled bananas lengthwise, but don't cut through the bottom of the peel. Open the banana to create a pocket.
- *Stuff each banana pocket with chocolate chips, peanut butter chips and marshmallows. Press the graham cracker cereal into the filling.
- *Place the bananas into the air fryer basket, placing them over each other to keep them upright with the filling facing up. Air-fry for 6

minutes, until the banana is soft

*Let them cool for some minutes, then serve with a spoon to spoon out the filling.

Potato Skin Pizzas

Prep Time: 10 mins

Cook Time: 45 mins

Servings: 8

INGREDIENTS

4 Russet Potatoes, rinsed, dried, and pierced

Spraying Oil

Sea salt

1/3 cup store-bought pizza sauce of choice (vegan)

1/2 cup vegan store-bought mozzarella of choice

Vegan pizza toppings!

INSTRUCTIONS

Preheat air fryer to 400° F.

*Once preheated, Place the potatoes to the air fryer basket, carefully not to let them touch each other.

*Air fry the potatoes for 20 minutes, Turn, and air fry for another 10 to 20 minutes, until potatoes are soft enough that can be easily pierced with a fork.

*Take out the potatoes from the air fryer but keep it heated to 400° F. Cut the potatoes in half lengthwise and let them sit until cool enough to touch.

*Use a spoon to scoop out the inside of each half, leaving a wall of potato about a 1/3 to a 1/2 inch wide along the skins. Brush both sides of each half with oil and sprinkle the tops with salt.

*Return the potato skins back to the air fryer, cut-side up for 2 minutes.

*Once again, remove the potatoes but keep the air fryer going. Inside each potato skin, spread 1 tablespoon of mozzarella, 2 teaspoons of pizza sauce, and top with desired pizza toppings. Set potato skins back in the air fryer for 3 more minutes. Serve alongside salad or garlic bread.

Vegan Meatballs

Prep Time: 5 mins

Cook Time: 20 mins

Servings: 12

INGREDIENTS

2 plant-based patties (8 oz. total)

1 teaspoon dried parsley

1 teaspoon dried oregano

1 teaspoon dried basil

1 tablespoon garlic, minced

1/2 teaspoon sea salt

1 teaspoon ground black pepper

1 teaspoon smoked paprika

1 teaspoon dried onion granules

Spray oil (optional)

DIRECTIONS

*Preheat the air fryer to 370° F.

*Put all the ingredients into a mixing bowl. Mix and Mash until well combined. Roll into 12 equal-sized balls.

*spray the bottom of the air fryer basket with oil, and then add the meatballs to the air fryer basket.

*For the best result, do not let meatballs touch, you can "fry" in two batches if needed. Air fry 4 to 5 minutes and enjoy

Sweet Potato Tots

Prep Time: 15 mins

Cook Time: 35 mins

Servings: 24

INGREDIENTS

2 sweet potatoes, peeled

½ teaspoon Cajun seasoning

Olive oil cooking spray

Sea salt to taste

DIRECTIONS

*Bring a pot of clean water to a boil and add the sweet potatoes. Boil until potatoes can be pierced with a knife or fork, about 15 minutes. Do not over-boil. Drain and let it cool.

*Grate sweet potatoes into a clean bowl using a box grater. Mix in Cajun seasoning then form mixture into cylinder tot-shape.

*Spray the air fryer basket with olive oil. Put the tots in the basket in a single row without touching each other. Spray tots with olive oil and sprinkle with sea salt.

*Heat air fryer to 400 degrees F and cook tots for 8 minutes. Flip, spray with more olive oil, and sprinkle with more sea salt. Cook for another 8 minutes.

Roasted Pineapple

Prep Time: 5 mins

Cook Time: 15 mins

Servings: 2

INGREDIENTS

1 fresh pineapple

DIRECTIONS

*Preheat air fryer to 375 degrees F. Line the basket of air fryer with parchment paper.

*Core pineapple using a pineapple corer and slice into rings.

*Place pineapple rings into the prepared air fryer basket.

*Air fry until slices start to roast about 10 minutes. Turn slices over and air fry for an additional 3 to 5 minutes.

Sweet Oreos

Prep Time: 10 mins

Cook Time: 4 mins

Servings: 9

INGREDIENTS

9 Oreo cookies

1 crescent sheet roll

DIRECTIONS

*Preheat Air Fryer to 360F/182C.

*Open the crescent roll tube and spread out the dough in a full sheet on a working surface.

*Line and cut out 9 equal squares.

*Place 1 Oreo Cookies in each square of dough and wrap them up.

*Put the dough wrapped cookies in fryer basket and cook 4 minutes. Turn and toss half way through.

Best-Ever S'mores

Prep Time: 5 mins

Cook Time: 5 mins

Servings: 4

INGREDIENTS

4 whole graham crackers

2 marshmallows

4 pieces chocolate

DIRECTIONS

*Break all graham crackers into half to make 8 squares. Cut marshmallows in half crosswise with a scissors.

*Put marshmallows cut side down on 4 graham squares. Place marshmallow side up in air fryer basket and cook on 390 degrees F for 5 minutes, or until golden.

*Take it out from air fryer and put a piece of chocolate and graham square on top of each toasted marshmallow and serve.

Brazilian Grilled Pineapple

Prep Time: 10 mins

Cook Time: 10 mins

Servings: 4

INGREDIENTS

1 medium pineapple, peeled, cored and cut into spears

1/2 cup (110 g) Brown Sugar

2 teaspoons Ground Cinnamon

3 tablespoons melted butter

DIRECTIONS

*Add brown sugar and cinnamon to a bowl and mix.

*Rub or brush the pineapple spears with the melted butter. Sprinkle cinnamon and brown sugar over the spears, pressing lightly to ensure it stick well.

*Put the spears into the air fryer basket in a single layer. You may have to do it in batches, depending on the size of the air fryer.

*Set air fryer to 400°F for 10 minutes for the first batch (6 minutes for the next batch as the air fryer will be preheated). Brush with remaining butter Halfway through cooking.

*They are done when Pineapples are heated through and the sugar is bubbling.

Cinnamon Pear Slices

Prep Time: 5 mins

Cook Time: 15 mins

Servings: 2

INGREDIENTS

1 medium-sized Asian pear peeled and cored

2 tablespoon butter melted

1 tablespoon brown sugar

1/2 teaspoon cinnamon

Granola for garnish optional

DIRECTIONS

*Thinly slice the pear into 1/3 inch thick wedges.

*Combine and toss all the ingredients in a clean mixing bowl.

*Grease a shallow baking pan. Put the pear wedges in the pan, pour the mixture on the pear and air fry at 340 F for 14-16 minutes until tender.

*Enjoy them with ice cream or sprinkle some granola on them to serve.

CHAPTER SIX

VEGAN WEIGHT LOSS

Vegan croutons

Prep Time: 5 mins

Cook Time: 5 mins

Servings: 8

INGREDIENTS

2 heaping cups cubed baguette

2 teaspoons extra virgin olive oil

2 teaspoons lemon juice

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

1/2 teaspoon granulated garlic

Pinch salt & pepper

DIRECTIONS

*Place cubed baguette into a large mixing bowl. Drizzle evenly with extra virgin olive oil and lemon juice on the bread. Then sprinkle with dried oregano, dried basil, garlic granules, salt, and pepper.

*Use your hands to mix the cubed bread, getting everything coated evenly, and making sure the spices are on the bread.

*Place the bread in the air fryer basket. Cook at 400 degrees F for 5 minutes, stopping twice to shake the basket.

*Serve with your favorite salad.

Great Roasted Beets

Prep Time: 11 mins

Cook Time: 15 mins

Servings: 4

INGREDIENTS

2 lbs. beets

1 1/2 teaspoon olive oil

1/8 teaspoon flaky salt {optional}

DIRECTIONS

*Preheat the air fryer to 400 F.

*Cut off the tops and root end of the beets. Set aside for salads. Peel the skin using a knife.

*Cut each beet in halves, quarters.

*Add beets to a bowl and drizzle with olive oil. Stir to coat.

*Sprat olive oil on the air fryer basket. Add beets and spread around.

*Cook at 400 F for 15 minutes, shaking at 8 minutes. Cook until beets are easily pierced with fork.

*Sprinkle with salt and enjoy.

Tomato Salad With Cucumber And Avocado

Prep Time: 35 Mins

INGREDIENTS

6 medium tomatoes, diced into small pieces

2 medium cucumbers, diced into small pieces

2 avocados, diced into small pieces (more or less to taste)

1 tablespoon fresh squeezed lime juice (to toss with avocado)

salt to taste (for seasoning avocado)

1 cup chopped cilantro or sliced green onion if you're not a cilantro fan

DRESSING:

2 tablespoon fresh squeezed lime juice

1 tablespoon extra-virgin olive oil

1/4 teaspoon Spike seasoning (see notes)

Salt to taste

DIRECTIONS

*Cut tomatoes and put them in a colander placed on the sink to drain for some minutes.

*Whisk together olive oil, 2 tablespoon lime juice, Spike seasoning, and sea salt to make the dressing.

*Peel the avocado and slice into 1/2 inch pieces

*Put avocado pieces into glass bowl and toss with 1 tablespoon of lime juice.

Season with salt.

*Chop cucumbers into small pieces, peeling off thin strips. (Fresh garden cucumbers won't need to be peeled off.)

*Coarsely chop cilantro.

*Combine the avocados, tomatoes, and cucumbers together and stir in the dressing.

*Stir in the chopped cilantro and serve immediately.

Artichoke Hearts

Prep Time: 9 mins

Cook Time: 7 mins

Servings: 4

INGREDIENTS

1 can quartered artichoke hearts, drained

1/8 teaspoon garlic powder

1/4 teaspoon salt

1 tablespoon olive oil

1/8 teaspoon ground black pepper

1/4 teaspoon Italian seasoning

2 teaspoons grated vegan cheese

DIRECTIONS

*Preheat the air fryer to 400 F.

*Use a paper towel to Pat dry the artichoke hearts to remove excess moisture and place in a bowl.

*Sprinkle with Italian seasoning, vegan cheese, pepper, salt, and garlic powder. Drizzle with olive oil and toss.

*Put it in the air fryer basket and cook for 4 minutes. Shake the basket after 4 minutes and continue cooking for another 4 minutes until artichokes start to brown and edges are crispy. Serve immediately.

Easy Vegan Green Beans

Prep Time: 2 mins

Cook Time: 6 mins

Servings: 4

INGREDIENTS

1 lb (450g) green beans

Cooking spray

Salt

DIRECTIONS

*Preheat the air fryer to 400 F.

*Put the green beans into a bowl and spray with some low-calorie spray and salt.

*Put the beans into the air fryer basket and cook for about 8 minutes, turning few times during cooking so that they brown evenly.

*Remove and serve topped with chopped herbs.

Greek Potatoes Mix

Prep Time: 6 mins

Cook Time: 16 mins

Servings: 4

INGREDIENTS

1 lb. (448g) Baby Gold Potatoes, quartered

1 tablespoon (15g) Lemon Juice

1/2 teaspoon Lemon Zest

1/2 teaspoon Dried Oregano

1 1/2 teaspoon Cavender's Greek Seasoning

1 tablespoon (16g) Olive Oil

1/4 teaspoon Black Pepper (optional)

DIRECTIONS

*Add the olive oil, lemon juice, and zest in a clean large bowl and mix. Set aside.

*Rinse and quarter the potatoes, toss in the oil and lemon mix.

*Use a spatula to put the potatoes into the air fryer basket, leaving the remaining oil and lemon juice in the bowl. Set the bowl aside. Air fry at 390 degrees F for 11 minutes

*When it's done, transfer the potatoes back to the bowl with the remaining oil and juice then add the Greek seasoning, oregano, and

black pepper. Toss to coat then potatoes put them back in the air fryer for 5-8 minutes at 400°F.

*Toss the potatoes with chopped parsley.

Cherry Tomato Salad

Prep Time: 4 mins

Cook Time: 5 mins

Servings: 4

INGREDIENTS

500 g Cherry Tomatoes

1 teaspoon Extra Virgin Olive Oil

1 teaspoon Dried Basil

Salt & Pepper

Fresh Basil optional

DIRECTIONS

*Cut the cherry tomatoes into half. Put all the cherry tomatoes into a mixing bowl along with the extra virgin olive oil and dried basil.

*Mix thoroughly with your hands and load into the air fryer basket.

*Cook at 160c/320f for 5 minutes.

*Once warmed up, transfer the cherry tomatoes into a salad bowl.

*Add in shredded fresh basil. Mix and serve.

Delicious Squash & Zucchini

Prep Time: 4 mins

Cook Time: 15 mins

Servings: 4

INGREDIENTS

1.5 cups zucchini

1.5 cups yellow squash

Spray oil optional

DIRECTIONS

*Dice your squash and zucchini into small pieces.

*Put the squash and zucchini pieces to the air fryer basket. Spray with oil; shake the basket to distribute everything evenly.

*Cook squash and zucchini in the air fryer at 400 degrees F for about 15 minutes.

*Shake the basket when cooking to reduce sticking.

*Serve immediately and enjoy!

CHAPTER SEVEN

JUICE & SMOOTHIES

Super Green Juice

INGREDIENTS

2 to 3 kale leaves, to taste

2 small cucumbers, peeled

Large handful of spinach

1/2 lemon, peeled, deseeded

1/2 lime, peeled, deseeded
1 1- inch cube of peeled ginger
1 head romaine
2 celery stalks
1 small bunch of parsley, trimmed

DIRECTIONS

*Add all the ingredients above in a juicer
*Serve, refrigerate, or freeze immediately.

Salad In a Glass

INGREDIENTS

½ Head romaine lettuce
1 Tomato
2 Celery ribs
1 Carrot, topped
1 Small red bell pepper

DIRECTIONS

*Juice all veggies together.
*Add salt and pepper to taste (optional)

Asparagus Juice

INGREDIENTS

6 fat organic spears of asparagus

DIRECTIONS

*Wash the asparagus very well.
*Remove white ends. Cut into pieces and put into juicer.
*Pour into glasses.

Pomegranate juice

INGREDIENTS

2 cups pomegranate seeds

1 cup still water

Pinch salt

2 teaspoons sugar optional

DIRECTIONS

*Put 2 cups of pomegranate seeds into the blender, pulse for about 10 seconds. Don't pulse for too long.

*Sieve out the juice into a bowl. Using a spoon to press the seeds down so that all the juice can come out

*Put 1 cup of water to the filtered juice.

*Add a pinch of salt and sugar. Mix and Serve chilled.

Coconut Green Smoothie

INGREDIENTS

1 peeled frozen banana chopped

3 tablespoon blanched almonds

75 g (1 cup) spinach

250 ml (1 cup) coconut water

75 g (1/2 cup) frozen blueberries

DIRECTIONS

*Place all the ingredients in a blender (high-powered) and blend until smooth.

*Serve.

Green Pepper Juice

INGREDIENTS

1 green bell peppers

2 carrots

2 lemons (juiced)

1 cucumber

DIRECTIONS

*Wash all the vegetables very well.

*Peel off the cucumber and carrots.

*Cut the stalk of the green bell pepper.

*Juice all the ingredients through a juicing machine or combine all the ingredients in a blender and add half a cup of water and blend for 30 seconds.

*Serve

Super Skin Glow Juice

INGREDIENTS

1 apple

1 orange, halved and peeled

4 carrots

½ cucumber, peeled

A thumb-size piece of ginger

½ lemon, peeled

Water, to dilute

Healthy sweetener of choice, to taste

DIRECTIONS

*Juice all the ingredients. Add water if the juice has to be diluted.

*Add healthy sweetener of choice (optional).

*Enjoy!

Strawberry Watermelon Smoothie

INGREDIENTS

1 cup (128g) strawberries hulled and halved

2 cups (256g) frozen watermelon cubes

Maple syrup to taste optional

6 mint leaves optional

DIRECTIONS

*Put frozen watermelon strawberries and water inside high-powered blender.

*Add the mint leaves and maple syrup.

*Blend until mixture reaches smoothie consistency.

*Pour into glasses and enjoy.

Banana Cashew Smoothie

INGREDIENTS

2 ripe bananas peeled

Lemon juice to taste

1/2 cup raw cashews

Handful of ice

240 ml 1 cup almond milk

1 soft pitted date

1 tablespoon chia seeds optional

DIRECTIONS

*Add all ingredients to a (powerful) blender and blend until the cashews are smooth and creamy.

CHAPTER EIGHT

CONDIMENTS & SAUCE

Avocado Dill Aioli

INGREDIENTS

- 1 small avocado
- 2 1/2 tablespoon vegan mayonnaise
- 2 tablespoon fresh dill
- 2 teaspoon lemon juice
- 1/4 teaspoon apple cider vinegar
- 1/4 teaspoon sea salt

DIRECTIONS

*Put all ingredients into the food processor and pulse until completely smooth. Transfer to a clean small bowl for serving.

Vegan Basil Pesto

INGREDIENTS

- 2/3 cup toasted pine nuts
- 2/3 cup olive oil

2 bunches fresh basil
1/2 cup fresh spinach packed
1/3 cup nutritional yeast
2 tablespoon garlic minced
1/2 teaspoon sea salt
1/4 teaspoon black pepper

DIRECTIONS

*Put all ingredients into your food processor and pulse until completely blended. Taste and adjust if needed.

Cashew Cheez Sauce

INGREDIENTS

1 cup raw cashews, soaked for 5 hours or more
1/2 cup water
1/4 cup nutritional yeast to taste
1/4 teaspoon chili powder
1/8 teaspoon onion powder
2-4 tablespoon white miso paste
2-4 teaspoon sriracha to taste

DIRECTIONS

*Transfer all the ingredients into a high-speed blender and pulse until creamy.

*Taste and add more nutritional yeast if you desire a more nutty flavor. Add more sriracha.

Cream Cheez Icing

INGREDIENTS

1/4 cup dairy-free cream cheese

2 tablespoon pure maple syrup

2 tablespoon non-dairy milk unsweetened/unflavored

1/4 teaspoon vanilla extract

DIRECTIONS

*Using electric mixer, mix together all ingredients until smooth.

*Serve and enjoy.

Cucumber & Lemon Aioli

INGREDIENTS

1/3 cup grated cucumber, peel and deseed before grating

1/2 cup vegan mayonnaise for soy-free

1 teaspoon lemon juice

1/8 teaspoon sea salt

1/8 teaspoon black pepper

DIRECTIONS

*Put all ingredients into food processor and pulse until well mixed. Refrigerate until ready to use.

Peasy Pizza Sauce

INGREDIENTS

15 oz. can tomato sauce

6 oz. can tomato paste

1 tablespoon dried oregano

1 teaspoon paprika

1 teaspoon blue agave syrup

1/2 teaspoon garlic powder

1/4 teaspoon sea salt

1/4 teaspoon ground black pepper

DIRECTIONS

*Whisk all ingredients until combined and smooth.

Spicy Ranch Cashew Cream

INGREDIENTS

1 cup raw cashews soaked for 5 hours or more

1/2 cup water

1 tablespoon fresh parsley chopped

2 1/2 teaspoon apple cider vinegar

1 teaspoon sriracha

1 teaspoon dried dill weed

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon cayenne

Dash sea salt & black pepper

DIRECTIONS

*Pour all ingredients to a high-speed blender and blend on high until smooth.

Vegan Crème Fraîche

INGREDIENTS

1/4 cup vegan sour cream

2 tablespoon vegan cream cheese

2 tablespoon unflavored/unsweetened cashew milk or non-dairy milk

DIRECTIONS

*Whisk together the three ingredients until well combined and creamy, using handheld electric mixer.

*Transfer to a pastry bag with a fine tip to make a decorative presentation on foods.