

Recipes

Holiday Baking Plant-Based Zoom Cooking Class

All the recipes are plant-based, gluten and refined sugar free! The Menu Chocolate-Almond FudgeClementine Chocolate Chip CookiesCrispy Gingerbread SHOPPING LIST ...

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Plant-Based Recipe Playlist

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Plant-Based Indian Cooking Class

MENU Creamy Mushroom Curry (like Butter Chicken)Parippu (red lentil daal)Laccha (fresh tomato & cucumber salad)Split Pea & Brown Basmati Flatbread ...

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Plant-Based Spanish Tapas Night | Zoom Cooking Class

FREE Zoom Cooking Class on November 19th, 2020 from 6:30-8pm EST. Register [HERE](#) MENU Oat & Olive Oil Flatbread Garlicky ...
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Plant-Based Taco Night | ZOOM Cooking Class (ALL RECIPES INCLUDED!)

MENU Taco "Meat" Scramble
The BEST Guacamole
Chunky Fresh Salsa
Creamy Chilli-Lime Dressing
Before You begin... wash all produce
ripen avocados and tomatoes prep ...

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Plant-Based Indian FEAST | LIVE Vegan Cooking

Class (ALL RECIPES INCLUDED!)

Plant-Based Indian FEAST Zoom Cooking Class with Mike Murdoch
Date: May 31st, 2020 @ 6pm Before we Zoom... Prepare Garam ...
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Plant-Based THAI FEAST Cooking Class (ALL RECIPES INCLUDED!)

Thai Menu Hot & Sour Coconut Lemongrass Soup Spicy Tofu Satay
Thai "Peanut-Free" Sauce Pad Thai Mango Salad SHOPPING LIST
...
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Plant-Based Ethiopian FEAST Cooking Class (ALL RECIPES INCLUDED!)

What to do before we cook... wash all produce prepare necessary
tools (listed below) Prepare Berbere Spice blend Prepare Niter
...
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