



NEUROTIC *mommy*

This cookbook is a collection of vegan recipes for breakfasts, shakes, lunches, snacks, dinners, and desserts that the entire family can enjoy making and eating together.

100 plant-based recipes  
Simple, easily found ingredients  
Tips for involving the kids  
Lunchbox ideas  
Splurge alerts



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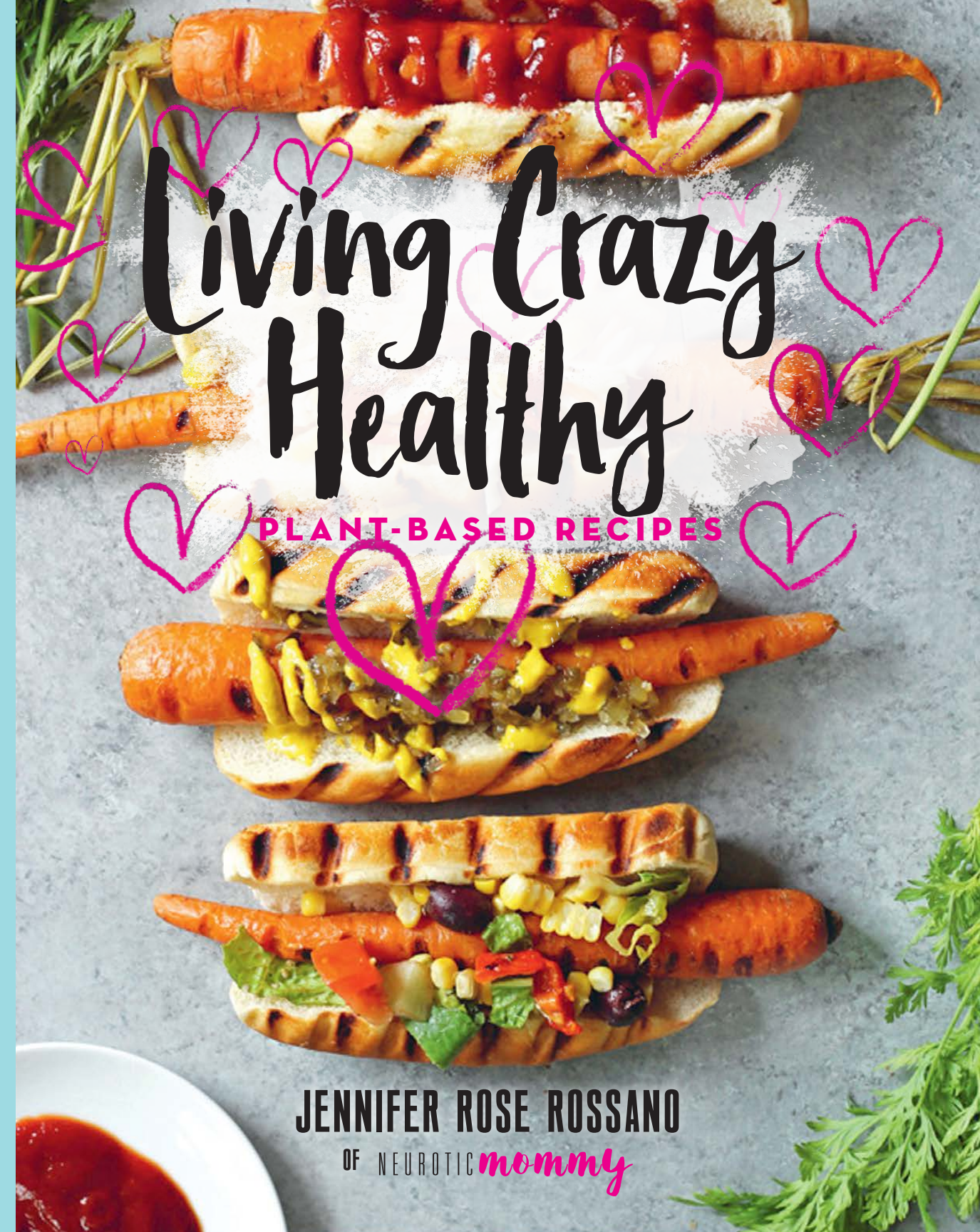
Living Crazy Healthy

PLANT-BASED  
RECIPES

JENNIFER ROSE ROSSANO



GIBBS  
SMITH




# Living Crazy Healthy

PLANT-BASED RECIPES

JENNIFER ROSE ROSSANO  
OF NEUROTIC *mommy*



A light blue mixing bowl with a colorful whisk inside. The whisk has a silver handle and multiple colored loops (red, orange, yellow, green, blue, purple). The bowl is on a light blue surface.

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# BAKED MAC 'N' CHEESE



This baked mac 'n' cheese is loaded with an insanely good, smooth vegan cheese sauce mixed with elbow pasta.

The breadcrumbs add a much needed crunch, making this the ultimate vegan comfort food.

## Serves 4

- 1 pound elbow pasta
- 2 cups or more The Best Vegan Cheese Wiz (page 193)
- 1 cup Italian breadcrumbs
- 1 teaspoon paprika
- 1 handful Deliciously Easy Vegan Parmesan Cheese (page 189), optional
- Applesauce, for serving, optional

Cook pasta according to package instructions. Drain and transfer to a large bowl. Pour about half of the cheese sauce into the pasta, reserving the other half; stir well.

Preheat oven to 350 degrees.

Pour the mac 'n' cheese filling into an 8 x 10-inch baking dish. Sprinkle the breadcrumbs and paprika over top.

Pour about  $\frac{1}{3}$  cup of the reserved cheese around the sides of the dish only. There will be cheese leftover.

Bake for 15 minutes. If desired, you can turn on the broiler for 5 minutes to crisp the top.

When serving, pour the leftover cheese sauce over the top of the baked macaroni. Sprinkle with Parmesan and serve with a side of applesauce.



## KID HELP

- Let your kids help you make the cheese sauce.
- When the pasta is done, let your child pour the cheese sauce over the pasta and mix well.
- Let them sprinkle the Parmesan on the top.





# STUFFED TORTILLA CHEESECAKE FRENCH TOAST

This is the best breakfast, dessert, or snack ever! Stuffed with healthy dark chocolate, strawberries, bananas, and

vegan cream cheese, you legit can't go wrong.

## Serves 6

6 ounces vegan cream cheese, room temperature  
3 tablespoons maple syrup  
1 tablespoon lemon juice  
2 teaspoons vanilla extract  
6 (8-inch) flour tortillas  
6 large strawberries, sliced  
2 bananas, sliced  
1/2 bar vegan dark chocolate or 1/2 cup vegan chocolate chips  
Whipped vegan butter, as needed  
1/4 cup almond milk  
2 flax eggs (page 23)  
Coconut sugar, to sprinkle

In a large bowl whip together the cream cheese, syrup, lemon juice, and vanilla until combined. Spread 1 tablespoon (or more) of the cream cheese filling evenly over each tortilla. Place strawberry and banana slices over the cream cheese and top with chocolate pieces.

Roll tortillas tightly, starting with the edge closest to you until closed. The cream cheese will keep them together.

Melt some butter in a skillet over medium heat. Mix milk with the flax eggs. Working with 2 stuffed tortillas at a time, roll each in the egg wash then place in the hot skillet. Cook on each side for 3 minutes, or until golden brown. Repeat process with remaining stuffed tortillas.

To serve, sprinkle with coconut sugar and top with any remaining cream cheese filling, syrup, strawberries, or chocolate. Enjoy!

**Note:** You can prep the stuffed tortillas the night before to have them ready for breakfast. Just be sure to wrap them individually in plastic wrap to keep them from sticking together. You can also substitute the vegan cream cheese with Coconut Whipped Cream (page 8), and the almond milk with coconut milk or milk of choice.

[continued...](#)





## ORANGE CREAMSICLE

We all know oranges are one of the leading sources of vitamin C, but they

also can help lower cholesterol, are high in potassium, and boost heart health.

### Serves 1

1/2 cup coconut milk or almond milk

1/4 cup plain or vanilla dairy-free yogurt

1 teaspoon vanilla extract

1 large orange, peeled

1 fresh or frozen banana

Ice, as desired

Pinch of turmeric powder, optional

Orange slices, optional

Coconut Whipped Cream (page 196), optional

Place coconut milk, yogurt, vanilla, orange, banana, ice, and turmeric into a high-speed blender and blend until smooth and creamy. Garnish glasses with orange slices and top with Coconut Whipped Cream. Serve and enjoy.



### KID HELP

- Have your child peel the orange.
- Let them add all ingredients to the blender.
- Show them how the turmeric will change the color.
- Let them garnish their glasses with orange slices that they can totally eat!

# SWEET POTATO MOUSSE

I can't even deal with how amazingly delicious this is. Who knew chocolate and sweet potatoes, right!? Not only do sweet potatoes provide a boatload of nutrients

supporting the immune system and helping our organs work properly, these gems are naturally sweet all on their own. They truly live up to their name.

## Serves 4

1 large sweet potato,  
baked, cooled, and  
peeled  
1/2 cup full-fat coconut  
milk  
6 pitted Medjool dates  
1/2 cup cacao or cocoa  
powder  
2 teaspoons vanilla  
extract  
1 teaspoon cinnamon,  
plus extra  
1/2 cup water, plus extra  
4 tablespoons maple  
syrup, plus extra  
Coconut Whipped Cream  
(page 196)

Place the sweet potato, milk, dates, cacao powder, vanilla, cinnamon, and maple syrup into a high-speed blender and blend until smooth and creamy.

If too thick, add more water, 1 tablespoon at a time, until you reach desired consistency. Adjust sweetness with additional maple syrup if desired.

Divide between individual serving dishes and top with Coconut Whipped Cream and a dash of cinnamon. Serve right away, or store in the fridge in an airtight container for up to 5 days.



## KID HELP

- Let your child peel away the skin from the sweet potato when cooled. It easily comes right off after baking.
- Throw all ingredients in the blender and let your child hit the on switch (with lid on securely).
- Serve it up in their fave bowl and let them top it with coconut whip and some dark chocolate shavings.







# ITALIAN HOLIDAY SOUP

This is my absolute favorite soup recipe, which has become a holiday family staple. And if someone comes down with

a cold, this is my go-to broth to make them feel better because of its many anti-inflammatory properties.

## Serves 8 to 10

4 tablespoons vegan butter  
1/2 cup extra virgin olive oil  
5 cloves garlic, minced  
1 large yellow onion  
2 1/2 cups sliced carrots  
3 cups diced celery  
4 cups water, plus extra if needed  
8 cups (64 ounces) low-sodium vegetable broth, plus extra if needed  
6 ounces tomato paste  
2 cubes vegetable bouillon  
2 cubes vegan "chicken" bouillon  
1/2 cup nutritional yeast  
1/4 cup dried parsley  
1/4 cup dried basil  
1/4 cup dried oregano  
1/4 cup onion powder  
1/4 cup garlic powder  
Salt and pepper, to taste  
1 cup acini di pepe or pastina pasta

In a large soup pot over medium heat, melt the butter and oil. Add the garlic and onions and cook until onions are translucent. Add the carrots and celery. Mix well. Cover and cook for 10 minutes, stirring occasionally.

Add the broth and water and bring to a boil. Add the tomato paste, bouillon, and seasonings. Lower heat to medium, stirring frequently.

When the tomato paste and bouillon have been absorbed into the broth, stir in the pasta. Continue cooking for 20 minutes, stirring frequently so the pasta doesn't stick to the bottom of the pot. Reduce heat to low and simmer for 30 minutes, stirring occasionally. Taste and adjust seasonings.

The broth will thicken up because of the pasta. If you prefer more broth, you can add about 1 cup vegetable broth or water. When heating up leftovers you may find it necessary to add more liquid.



## KID HELP

- Let your child assist with cleaning the vegetables.
- With guidance, let them cut some of the veggies. If they are too young to use a knife, you can give them a play knife, a small cutting board, and a few pieces of vegetables. This involves them in the process.

