

Easy Vegan Recipes

Breakfast, Lunch & Dinner



Sherimane Johnson Vegan Baker & Chef

About the Author

Sherimane Johnson is the owner/operator of **NaturallySweet Desserts** (vegan desserts) and **Night Owl Vegan** (vegan meal service).

"Becoming a vegan literally saved my life after I was diagnosed with Type 2 diabetes. Not wanting to live a life taking Metformin, statins, water pills, and steroids; which were making my diabetes worse, I looked for an alternative to pharmaceuticals. What I discovered was the powerful health benefits derived from a plant-based diet and now live medication free, after adopting a vegan diet for 10 years. So I'm spreading the good news about the healthy and healing benefits of a vegan lifestyle."

NaturallySweet Desserts was one of fourteen business concepts chosen by the social impact real estate development firm Shift Capital to be finalists in the Kensington ReImagine project, and in December 2018, was one of nine winners announced to receive financial and technical support in setting up shop along the Kensington commercial corridor.

Her Vegan Cafe will open in Spring 2020.



Maple Pecan Overnight Oatmeal

Overnight Oats are an easy and delicious way to start your day. Creamy oatmeal, cinnamon, maple syrup and pecans... so good.

Ingredients:

- 1/2 cup oats (regular or gluten free)
- 1 tbsp flax seeds
- 1/2 cup non-dairy milk (suggested Living Harvest Hemp Milk or Good Karma Flax Milk)
- 1 tsp maple syrup
- 1 tbsp pecans, chopped
- 1 tsp cinnamon
- pinch of sea salt

Maple Pecan Topping:

- 1/2 cup pecans
- 1 tbsp + 1 tsp maple syrup
- 1/2 tsp ground cinnamon

Instructions:

Place all of the oatmeal ingredients in a mason jar or other container with a tightly fitted lid and stir until combined. Cover and refrigerate overnight or for at least 3 hours.

To make the maple pecans, add the pecans, maple syrup, and cinnamon in a skillet. Heat over medium for 2 to 3 minutes stirring constantly. Remove from heat and spread on a flat surface to cool.

Store pecans in an air-tight container until ready to use. Best if used within 5 days.

When ready to eat, add oatmeal and add more milk, if desired (warm or cold). Top with Maple Pecans.



SWEET POTATO CHICKPEA CURRY

Delicious and healthy creamy curry made in one skillet.

INGREDIENTS:

- 2 tablespoons grapeseed oil (olive oil may be substituted)
- 1 medium/large yellow onion, diced small
- 3 cloves garlic, finely minced or grated
- 2 to 3 teaspoons ground ginger or 1 tablespoon fresh ginger, finely chopped
- 2 teaspoons ground coriander
- 2 medium/large or 1 extra-large sweet potato, peeled and diced into 1/2-inch cubes (about 3 cups, diced)

- 1 to 3 tablespoons curry powder
- 1 cup low-sodium vegetable broth or water
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- one 15-ounce can chickpeas, drained and rinsed
- one 13-ounce can coconut milk
- about 3 cups fresh spinach leaves
- 1 tablespoon lime juice
- 1 tablespoon tamari
- 2 teaspoons maple syrup
- 1/4 cup fresh cilantro, finely chopped
- Rice, farro or quinoa

DIRECTIONS:

1. To a large skillet, add oil, onion, and sauté over medium-high heat until the onion begins to soften, about 5 to 7 minutes.
2. Add garlic, ginger, coriander, and cook for about 1 minute, or until fragrant; stir frequently.
3. Add the sweet potato and stir to combine with the onions.
4. Add the curry powder, broth or water, salt, pepper, and stir to combine. Cover, reduce the heat to medium-low, and allow mixture to gently boil for about 10 minutes, or until sweet potatoes are mostly tender; not thoroughly cooked.
5. Add the chickpeas, coconut milk, turn the heat to medium-high, and cook uncovered for about 7 to 10 minutes, or until liquid volume has reduced and thickened.
6. Add the spinach, agave, lime juice, tamari, and stir to combine. Cook until spinach has wilted and is tender, about 1 to 2 minutes. Taste and add more curry, salt, pepper, ginger, to taste.

7. Top with cilantro and serve immediately. Keep curry in airtight container for up to 1 week in the refrigerator.



Mushroom, Sausage & Pepper Ciabatta Pizza

Crispy ciabatta flatbread, garlic, oregano and melty vegan cheese. A vegan twist on Pizza night!

Ingredients

- 1 ciabatta flatbread
- 1 cup chunky tomato sauce (can sub any tomato sauce!)
- 1/2 cup sautéed mushrooms
- 1/4 cup vegan mozzarella style shreds (suggestion Trader Joes, So Delicious or Violife)
- Field Roast Italian Sausage, cooked and crumbled (remember to remove the plastic casing from the sausage before cooking.)
- 1/2 red pepper, cut into strips
- 1/3 yellow pepper, cut into strips

Instructions

1. Preheat oven to 425°F.
2. Top flatbread with tomato sauce, spinach, sausage crumbles, vegan cheese and peppers
3. Bake for 8-11 minutes on a parchment lined baking sheet.

Connect with Sherimane on Social Media

NaturallySweet Desserts:

<https://www.facebook.com/naturalsweetsbaker/>

<https://www.instagram.com/sweetzbaker/>

Night Owl Vegan:

<https://www.facebook.com/NightOwlVegan/>

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Websites:

NaturallySweet Desserts: <https://naturallysweethdesserts.com>

Night Owl Vegan: <https://nightowlvegan.com>

Y We Vegan: <https://ywevegan.com>

Podcast:

SoundCloud: <https://soundcloud.com/ywevegan>

Notes: