



Wednesday, April 27, 2011

[Vegan BBQ and tempeh bacon over biscuits and vegan gluten free bunt cake recipe](#)

Vegan Gluten Free Chocolate Bundt Cake with Mint Frosting



This is the latest amazing gluten free, vegan recipe to come from The Peaceful Kitchen. I let my son choose any kind of cake he wanted for his birthday and this is what he chose. This is the most moist, soft, decadent gluten free and vegan chocolate cake recipe you will find. All of the children at the birthday party came back for seconds, some even came back for thirds. This gluten free, vegan chocolate cake was a HIT and not a crumb was left at the end of the party!

I generally create oil free, low sugar recipes, but for my children's birthday parties I allow them to choose whatever dessert they want and I generally keep it fairly traditional, albeit in a gluten free, vegan way. If you are looking for a gluten free, vegan cake to delight even the most discerning tastes this cake will deliver. I hope you enjoy this cake as much as we have!

[Vegan Gluten Free Chocolate Cake Recipe](#)

Vegan Mint Icing Recipe

This is a delicious, light mint icing recipe. I created this mint icing recipe with a lower amount of earth balance than most vegan icing recipes. The lower fat content does make it a thinner icing but as you can see from the photo above it makes a beautiful icing.

5 c. organic powdered sugar

1/4 c. earth balance
1/2 c. almond milk or soymilk
1/2 Tb. vanilla

Mix until icing is smooth.

BBQ Lentils and Tempeh Bacon over Gluten Free Biscuits



This is a very fun, easy gluten free dinner recipe. It is a non-traditional take on sloppy joes and instead of hamburger buns the BBQ mixture is served over gluten free biscuits. The BBQ sauce recipe used has a delicious, light flavor. One of the things I dislike the most about the majority of BBQ sauce recipes is the amount of sugar. In fact, most barbeque sauces taste like a combination between barbeque and dessert. I am not a fan of sugary barbeque sauce recipes, so I decided to create a delicious barbeque sauce recipe with just the right hint of sweetness to cut the acid of the tomato but without overpowering the dish.

This barbeque sauce recipe has been featured in many of my main dish recipes and it serves well as an all purpose barbeque sauce for any recipe you may have. I hope you will enjoy this non-traditional take on the sloppy joe.

1 c. cooked lentils

1 c. cooked brown rice

1/2 c. onion chopped

1 clove garlic minced

1/4 c. vegetable broth

1/2 c. bell pepper chopped

1 pkg. tempeh bacon sliced

Pulse the brown rice and lentils in a food processor to break up a little but leave it a bit chunky.

Sautee the onion, garlic and bell pepper in vegetable broth until onion is translucent. Add BBQ sauce recipe and remaining ingredients, heat on medium low until thoroughly warm. Serve over gluten free biscuits.

BBQ sauce:

2/3 c. ketchup

1/2 c. tomato paste

2 tsp. vegan worchestershire sauce

2 Tb. minced onion

1 Tb. molasses

1 tsp. poultry seasoning

dash salt

2 tsp. vinegar

1/3 c. carrot juice

Stir all ingredients together in a bowl and set aside. Serve over warm biscuits.

[Gluten Free Biscuit Recipe](#)

Healthy Recipes for Kids is available NOW!



I have created a wonderful collection of healthy snack ideas, tips on hiding veggies in recipes for

picky children and much more.

In this amazing collection of healthy recipes for kids I have included amazing snack ideas:

- Apple sandwiches
- Pita Pizza faces
- High calcium smoothies
- Fun Veggie cutouts with hidden veggie dips

Please check out this amazing collection designed for helping children enjoy healthy food.

[Click Here for the Healthy Recipes for Kids Collection](#)

Posted by Miniveg

Labels: [gluten free biscuit recipe](#), [healthy recipes for kids](#), [vegan barbeque lentils](#), [vegan BBQ recipe](#), [vegan gluten free chocolate cake recipe](#), [vegan mint icing recipe](#)

Thursday, April 21, 2011

[**Vegan Gluten Free Chocolate Cake Recipe, Mexican Chayote Squash in Chili Sauce and more...**](#)

Gluten Free Vegan Chocolate Cake Recipe w/ Vanilla chocolate chip filling



This vegan, gluten free chocolate cake recipe was created as a birthday dessert. I took on the challenge of striving to create a vegan, gluten free, low sugar, oil free cake recipe. If you have ever tried to make an oil free cake, or even a gluten free cake you understand the enormous undertaking this creation was.

One trick I have learned in low fat and gluten free baking is the amazing properties of coconut flour! Coconut flour eliminates the need for xanthan gum in most gluten free baking and it also gives moisture to oil free baking.

I am not a fan of powdered sugar, I rarely use it except on special occasions but I personally do not like to eat it. I designed this cake with an oil free, powder sugar free frosting. The frosting is thin but it has a wonderful flavor.

This cake turned out VERY light, moist and flavorful! It was a HUGE hit with my family...that is

until our golden lab ate the rest of it on the table!

Cake:

1 c. soymilk

1 Tb. vinegar

1/2 c. applesauce

2 tsp. vanilla

3/4 c. turbinado sugar

3 Tb. stevia in the raw

2/3 c. cocoa

2/3 c. bob's red mill flour

1/3 c. brown rice flour

1/3 c. coconut flour

1/2 tsp. salt

1/2 tsp. baking powder

3/4 tsp. baking soda

Pour in large bread pan, bake 350 for 28 minutes.

Slice in half.

filling:

1/2 c. cashews

1/2 c. firm silken tofu crumbled

1 Tb. stevia in the raw

1 tsp. vanilla

1 c. organic powdered sugar

3/4 c. chocolate chips chopped

Blend the cashews into fine crumbles, mix ingredients and spread on half of cake.

powder sugar free, oil free Frosting:

1/3 c. cocoa

1/2 c. turbinado sugar

3 Tb. stevia in the raw

3 Tb. soymilk

1 tsp. vanilla

Mexican chayote Squash in Chili Sauce Recipe with Mexican coleslaw recipe on the side



We receive a bountiful basket every saturday and it is always a wonderful surprise to see what comes in our basket. Last week it contained 3 chayote squash, I had no idea what to make with chayote squash. I've never used this type of squash so I looked around at the FEW recipes available and I wasn't very impressed. So I decided to create my own, this is a very good recipe with a nice flavor.

We also had two heads of cabbage so I really needed to use them. The mexican coleslaw idea turned out amazing! I created the coleslaw dressing without added oil. It has a wonderful flavor but it has quite a strong lime/vinegar flavor so if you want a more creamy mexican coleslaw dressing I would suggest adding another 1/4 to 1/3 c. of cashews. Enjoy!

1 chayote squash peeled and cubed

1/2 c. onion diced

3 cloves garlic minced
1/4 c. vegetable broth
1 tsp. olive oil
1 15 oz. can black beans
1 15 oz. can diced tomatoes with green chilies and spices
1 8 oz. can tomato sauce
1 green bell pepper chopped
1 tsp. chili powder
1Tb. parsley
1/2 tsp. cumin
1/2 tsp. salt
1/4 tsp. black pepper
dash cayenne
1/4 tsp. oregano
2 tsp. turbinado sugar
1 Tb. minced onion
2 c. brown rice cooked according to package directions

Sautee onion, garlic and squash in vegetable broth and oil until onion is translucent. Add remaining ingredients, bring to a boil, turn down heat and simmer 20 minutes or until chayote squash is softened. Serve warm over brown rice.

Mexican Coleslaw Recipe

1 head cabbage shredded
1/4 c. red or yellow bell pepper
2 carrots grated
2 green onions chopped

1/3 c. red onion diced

Mexican Coleslaw Dressing recipe:

1 peeled zucchini

3/4 c. soymilk

3 Tb. apple cider vinegar

2 Tb. lime juice

1 tsp. stoneground mustard

1/2 tsp. celery salt

1/4 tsp. black pepper

1/2 tsp. cumin seed

1/8 tsp. cayenne

3 Tb. cashews

Blend until creamy. Pour over salad and chill for 30 minutes to allow flavors to mix. This is actually even better the second day.

Posted by Miniveg

Labels: [mexican chayote squash recipe](#), [mexican coleslaw recipe](#), [oil free chocolate frosting recipe](#), [powdered sugar free chocolate frosting](#), [vegan gluten free chocolate cake recipe](#)

Tuesday, April 12, 2011

[Corn Chowder, Vegan Gluten free buttermilk biscuits](#)

Vegan Gluten Free Buttermilk Biscuit Recipe



There are a few tricks with gluten free biscuits that make them light and fluffy. You really need to use coconut flour, it absorbs a lot of liquid and gives a lot of wonderful light texture to gluten free baked goods. I have found that when I use coconut flour in gluten free baking I do not usually need to use xanthan gum. Xanthan gum often causes baked goods to take on a 'gummy' texture that I do not like. Generally with gluten free baking you either get a crumbly mess to a gummy texture that is undesirable. Coconut flour solves this problem beautifully. These delicious vegan gluten free buttermilk biscuits do not contain xanthan gum but they hold together extremely well, they are not crumbly, nor are they gummy.

I generally add between 1/4 to 1/3 c. of coconut flour to each gluten free recipe. You don't need much or it will absorb too much liquid and make the baked goods dry. If you are making a gluten free recipe substitute about 1/4 to 1/3 c. of any other gluten free flour with coconut flour.

I try to avoid refined oils if at all possible, this can be a daunting task as most baked goods contain a fair amount of refined oil. Refined oil gives a rich flavor to baked goods. This recipe is fairly light, but if you want to add Earth balance for the applesauce you can certainly do that and the recipe will turn out very well that way as well.

Gluten Free Buttermilk Biscuits

1 1/3 c. Bob's red mill gluten free flour

1 c. Brown rice flour

1/3 c. coconut flour

1 c. soymilk

1 Tb. vinegar

1 Tb. baking powder

1/4 tsp. cream of tartar

2 Tb. turbinado sugar

1/4 c. applesauce

1/2 tsp. salt

Preheat oven to 450. Combine soymilk and vinegar, stir and set aside. Combine flours, baking powder, sugar salt and cream of tartar. Mix to combine. Add applesauce and soymilk mixture while mixing. Mixture will be sticky.

Use brown rice flour on counter to prevent sticking. Pat dough with brown rice flour and roll out until 3/4 inch thick. Cut with biscuit cutter. Place on baking sheet and bake 450 degrees for 8-10 minutes.

Vegan Gluten Free Fudgy Brownie



This picture is just a teaser..... I have been working on a low sugar, no refined oil fudgy brownie recipe. This one was quite good but not fudgy enough yet. This brownie had a delicious mint frosting on top.

Mint Frosting:

Melt 1 bag chocolate chips

3 drops sweet leaf stevia peppermint

1/4 tsp. peppermint flavoring or a few drops of peppermint extract

2/3 c. soymilk or almond milk

Melt all ingredients in a pan until thick and creamy. Spread on cookies, brownies, cakes or dip fruit in it....YUM!

Vegan Corn Chowder Recipe



I tend to add as many vegetables to a recipe as I can so if you do not want to add in all the veggies you can certainly make this by adding more corn and potatoes and leaving out the rest of the veggies. This corn chowder is very simple to make and yet it is really good! I used crumbled sunburgers in it to give it a little more texture, it added really good flavor as well.

This vegan corn chowder uses cashews to give it a rich, creamy consistency and a little nutritional yeast to add a cheesy quality. It turned out really good. Soups are so easy to throw together when you are short on time and this recipe does not sacrifice flavor one bit. I love the way the rosemary adds something special to the recipe.

1 small onion diced

2 yukon gold or red potatoes cubed

1 c. sunburger crumbles

2 ribs celery chopped

1 can organic corn [do not drain]

1/3 c. bell pepper chopped

1/3 c. vegetable broth

1/2 c. carrots sliced

1 clove garlic minced

2 Tb. nutritional yeast

1/2 tsp. garlic powder

1/2 tsp. poultry seasoning

1 c. water

1/3 c. cashews

1/2 Tb. parsley

1 tsp. rosemary

1/2 tsp. salt

1/4 tsp. black pepper

Sautee vegetables, except corn in vegetable broth with garlic powder, poultry seasoning, parsley and rosemary. Add remaining ingredients, except cashews and nutritional yeast. When you add the corn, add the whole can including the water.

Simmer until vegetables are soft. Pour 2 c. of vegetables and broth into blender, add cashews and nutrition yeast. Blend until creamy. Return to pot, stir and serve warm.

Healthy Recipes for Kids



I am currently working on a very special project! I want to give my blog readers the first opportunity to purchase my new recipe collection for children. I have put together a wonderful collection of healthy, kid friendly recipes for moms who struggle to get their kids to eat healthy. I have finished an informative podcast on getting children to eat healthy as well as a myriad of healthy snack ideas.

This program should be ready by the end of the week and I will post a link so you can purchase it as soon as it comes out. It will be an AMAZING program!

Posted by Miniveg

Labels: [vegan corn chowder recipe](#), [vegan gluten free buttermilk biscuits](#)

Tuesday, April 5, 2011

[Gluten free Easter Buns recipe, Lettuce wrap recipe](#)

Gluten Free Easter Bunny Buns Recipe



These gluten free sweet bread twists take quite a bit of preparation but they are really delicious! I used a combination of leavening agents in this sweet bread twist recipe, due to the lack of gluten yeast often does not raise the bread enough leaving it a little flat. The baking powder in this recipe gave it exactly what it needed.

This was a special treat for my daughter, she wanted a special recipe to have for Easter so we tested this one. We spent Sunday afternoon making these and she enjoyed rolling them out and forming them into the little 'bunny twist' shape. This makes an excellent project for kids! Involve the family on a lazy Saturday or Sunday afternoon and make these delicious gluten free Easter bunny buns.

1 pkg. active dry yeast

1/4 c. warm water

1 c. soymilk, almond milk, or hemp milk warmed

1/3 c. turbinado

1/4 c. applesauce

1/4 c. Earth balance

1 Tb. energ egg replacer

1/4 c. water

1/4 c. orange juice

1 1/2 Tb. orange zest

3 c. Bob's red mill flour

1 c. Brown rice flour

1/2 c. coconut flour

2 tsp. xanthan gum

2 tsp. baking powder

1 1/2 tsp. cinnamon

Combine yeast and 1/4 c. warm water in a bowl and set aside. Combine egg replacer and 1/4 c. water in a bowl, whisk and set aside.

In mixer combined soymilk, turbinado, earth balance, applesauce, and salt. Mix well. Add egg replacer, yeast mixture, orange juice and orange zest. Mix in flour a 1/2 c. at a time, then mix all well.

Cover bowl and let rise 2 hours. On a lightly floured surface, roll dough to 1/2 inch thick. Cut dough with a pizza cutter in 1/2 inch wide strips. Roll out into 14 inch long ropes. Make a circle and then twist the ends and leave little 'ears' at the top. Place them on a baking sheet.

Cover and let them rise again 45 minutes. Bake 375 for 12-15 minutes.

Glaze.

We used stevia, maple powder, cinnamon, vanilla, soymilk, 1 tsp. earth balance to make our glaze.

P.F. Chang's style vegetarian lettuce wrap recipe



I have been working on a P.F. Chang's style lettuce wrap recipe for a long time. Each time I would get close but I really wanted this to have a distinct flavor. I created this lettuce wrap recipe at home and then took the recipe and served it at a dinner party for about 14 people. The lettuce wrap recipe received rave reviews!

You can try different versions of this recipe by using my sunburger recipe in it as well as tempeh, seitan or anything else that sounds good.

You can change the spiciness of the recipe by increasing the amount of chili sauce. My family is very sensitive to spice, in fact, they don't even like garlic powder because it is too spicy for them, so this lettuce wrap recipe is quite mild. If you like the spice go ahead and increase the heat to your liking.

This lettuce wrap recipe does take quite a bit of preparation but it is well worth it. The rice stick noodles are very tricky and can burn easily. You can certainly make the recipe without the rice stick noodles if you are in a hurry, but I think they add a unique crunchiness to the overall texture. Enjoy!

1 Tb. tamari

3/4 c. portobella

1 tsp. cornstarch

2 tsp. rice mirin

1 pkg. vacuum packed extra firm tofu *****Special note: Make sure you do not buy water packed tofu or silken tofu or the recipe will not turn out well.**

1/2 tsp. sesame oil

1/4 c. vegetable broth

1 tsp. fresh ginger

2 cloves garlic minced

2 green onions

1 can bamboo shoots

1 can water chestnuts

1/2 pkg. cellophane noodles

salt and pepper

Sautee the tofu, cornstarch, sesame oil, salt and pepper until browned. Remove from pan and set aside. Sautee the remaining ingredients, except the cellophane noodles until softened, add the tofu back into the pan, pour the lettuce wrap sauce on top and stir until thickened. Fry the cellophane noodles according to package directions. Serve on top of fried cellophane noodles.

Hoisin sauce:

1/4 c. tamari

2 Tb. peanut butter

1 Tb. molasses

1/2 Tb. white rice vinegar

1/4 tsp. garlic powder

1/2 tsp. sesame oil

5 drops chili sauce

Mix ingredients in a bowl and whisk to combine well.

Sauce for lettuce wraps:

1 recipe hoisin

2 Tb. tamari

2 tsp. miso

4 Tb. water

3/4 tsp. sesame oil

2 tsp. turbinado

4 tsp. cornstarch

1 1/2 Tb. mirin or rice wine vinegar

Mix ingredients in a bowl and whisk to combine.

Gluten Free Peanut Butter Chocolate Swirl Cookie Recipe



These cookies are amazing!!! I created this because my husbands two favorite dessert flavors are peanut butter and chocolate. I wasn't expecting too much out of this cookie recipe because it was a quick recipe creation but they were dangerously delicious. We all ate too many of them and ended up feeling over-stuffed! I am sure you will enjoy these cookies as much as we did.

You can swirl these in any way you would like. I just scooped out a little chocolate dough and a little peanut butter dough and pressed them together. Kids really have fun playing with the dough and making fun designs to involve the kiddos for a fun family activity.

I created this peanut butter chocolate swirl cookie to be low in sugar. Desserts are often sickeningly sweet and these cookies have just the right amount of sweetness but not overpoweringly sugary. The combination of some turbinado sugar and stevia helps give a good flavor but reduces the amount of sugar needed without the bad aftertaste of desserts made solely with stevia. You cannot

taste the stevia in the final cookie at all but it does increase the sweetness of the recipe nicely.

Recipe tip: If you'd like to reduce the amount of sugar in any recipe you can reduce it by 1/2 to 1/3 and add 2-3 Tb. of stevia in the raw to the recipe.

peanut butter cookie recipe:

1/2 c. peanut butter

1/2 c. applesauce

1/2 banana

1/3 c. turbinado

1 tsp. vanilla

2 Tb. stevia in the raw

1/2 tsp. salt

1 tsp. baking soda

1/4 c. coconut flour

1 c. Bob's red mill flour

1/2 c. brown rice flour

1 c. chocolate chips

In a mixer combine peanut butter, applesauce and banana, mix until creamed. Add remaining ingredients and mix well.

Chocolate Cookie Recipe:

1/2 c. peanut butter

1/2 c. applesauce

1/2 banana

1/3 c. turbinado

1 tsp. vanilla

2 Tb. stevia in the raw

1/2 tsp. salt

1 tsp. baking soda

1/4 c. coconut flour

3/4 c. Bob's red mill flour

1/3 c. brown rice flour

1/3 c. cocoa

1 c. chocolate chips

Preheat oven to 350. In a mixer combine peanut butter, applesauce and banana, mix until creamed. Add remaining ingredients and mix well. Design the cookies anyway you like. I used a small scoop of each type of dough and pressed them together. Place on a cookie sheet and bake 7-8 minutes.

Posted by Miniveg at

Labels: [gluten free easter buns recipe](#), [low sugar cookie recipe](#), [P.F. Changs vegetarian lettuce wrap recipe](#), [stevia cookie recipe](#)

Tuesday, March 29, 2011

[Featured Readers Favorite award recipes.....Dorito-style nacho cheese chip recipe and more](#)

Featured Readers Favorite Recipes

#1 Vegan Dorito-style Nacho Cheese Chip Recipe



These Dorito-style Nacho Cheese Chips have been a hit with The Peaceful Kitchen blog readers!! They are a fun recipe for kids and they don't contain any dangerous or unhealthy ingredients. Visit the link below for the Nacho Cheese Chip recipe.

#2 Gluten Free Vegan Pop Tart Recipe



This gluten free pop tart recipe is absolutely AMAZING!! I have tested this recipe on many groups at parties and it is always a smashing hit! The recipe is simple, contains only 1 Tb. of sweetener and is so delicious! Even if you are not gluten free you will LOVE this gluten free pop tart recipe. Forget about high fructose corn syrup, sugar, and other unhealthy ingredients and enjoy this little gem of a treat. Click on the link to get the gluten free pop tart recipe...

[Gluten Free Pop Tart Recipe](#)

#3 Gluten Free Vegan Chocolate Chip Cookies



This delicious gluten free chocolate chip cookie recipe is not only delicious, but low in sugar as well. These are my daughters favorite cookies!! This gluten free chocolate chip recipe has been a HUGE hit with readers because it is low in sugar, gluten free and it tastes AMAZING!! Enjoy!

[Chocolate Chip Cookie Recipe](#)

#4 Broccoli Sunburger Divan Recipe



This delicious broccoli divan recipe features my famous vegan cheese sauce recipe, the famous sunburger recipe and an amazing cream sauce all wrapped into a delicious, healthy meal! This broccoli divan is a definite crowd pleaser and a favorite among picky youngsters.

[Broccoli Sunburger Divan Recipe](#)

#5 Gluten Free Broccoli Cheese Croissant



This gluten free broccoli cheese croissant recipe is a reader favorite. It has a delicious, flaky gluten free pastry crust and is filled with a creamy sauce full of veggies. I topped it with my famous vegan cheese sauce recipe. This is sure to become a favorite in your family too!

[Gluten Free Broccoli Cheese Croissant](#)

I hope you have enjoyed reading about the top 5 readers choice award recipes....

Please click to follow the blog so you will be updated when new delicious recipes are posted!

Posted by Miniveg

Labels: [gluten free vegan chocolate chip cookies](#), [vegan dorito-style nacho cheese chip recipe](#), [vegan gluten free pop tart recipe](#)

Monday, March 28, 2011

[Gluten Free pepperoni pasta and cinnamon chocolate chip cookies](#)

Gluten Free Vegan Pepperoni Pasta



I always try to add a variety of vegetables in all my recipes to increase nutrient value. This delicious pasta dish was created one night when I realize that I had veggie pepperoni leftover from a previous recipe creation and I needed to use it in some kind of recipe. This is a simple and yet delicious gluten free recipe. It does require that you have some of the homemade veggie pepperoni recipe on hand, otherwise the recipe is more involved but the pepperoni adds the depth of flavor to this dish so I wouldn't leave it out.

This serves about 6

1 jar marinara sauce
1 c. broccoli
1 c. cauliflower
2 carrots sliced
1/3 c. onion diced
1 clove garlic minced
2 c. spinach
2/3 c. carrot juice
1 Tb. italian seasoning
1 tsp. garlic powder
1/4 tsp. salt
1 can Canellini beans
1 c. [Vegan pepperoni recipe](#)
1/4 c. vegetable broth

Sautee the garlic and onion in the vegetable broth until onion is translucent, add remaining ingredients, except spinach and pepperoni. Simmer for about 10 minutes until vegetables are softened, add spinach and pepperoni until spinach is wilted. Serve.

Make whole wheat or gluten free brown rice pasta according to package directions.

Gluten Free Cinnamon Chocolate Chip Cookies

These cookies are DELICIOUS!!

2 1/2 Tb. peanut butter

2/3 c. cinnamon applesauce

1/3 c. brown rice flour

1 1/2 c. oats

2 Tb. coconut flour

2 Tb. stevia

1/3 c. Turbinado sugar

1/2 c. sorghum flour

1 tsp. vanilla

1/2 tsp. baking soda

1/4 tsp. salt

1 1/2 c. chocolate chips

Preheat oven to 350, spoon dough onto a cookie sheet. Bake 8-10 minutes.

Changes to The Peaceful Kitchen Blog

I have been busy creating a lot of recipes and unfortunately one of my talents is creating desserts! I am striving to remove sugar from my diet because I am very aware of the damaging effects of sugar on health. I will continue to post dessert recipes, just not as often.

New Article Content on the benefits of a plant based diet coming soon.....

I have been contributing a lot of recipes on the blog but I would like to move some of the focus onto articles detailing the importance of a healthy diet and why a plant based diet is so powerful in maintaining or achieving optimal health. I will be writing more articles and improving the blog over the next month and I hope you will enjoy the content.

My Latest Article on Natural News

[Plant based food offers protection against cancer](#)

Posted by Miniveg

Labels: [gluten free chocolate chip cookies](#), [gluten free pepperoni pasta](#)

Friday, March 18, 2011

[Vegan and Gluten Free St. Patricks Day Recipes](#)

Vegan St. Patricks Day Recipes



I decided to create a wonderful meal for St. Patricks Day and I wanted to be able to share it with my readers. If you have ever created a recipe you know that they don't always work out the first time around so I had my work cut out for me creating this vegan corned beef recipe.

The flavor of the vegan corned beef turned out really well, I think you will be very pleased with it.

I chose to make this gluten free because I know it is so hard for vegans to find gluten free meat substitutes. I personally don't care for meat substitutes but my family enjoys them and I know for those who are new to the vegetarian or vegan lifestyle some familiar flavor or texture can be helpful. I am in the process of creating more vegan and gluten free meat substitute recipes because

I have noticed that this is a very popular question I am asked.

I want to improve the texture of some of the gluten free meat substitute recipes I have created so far. I will be posting the recipes for the gluten free meat substitute recipes as they are created and perfected so if you would like the recipes please **click to follow this blog** and you will be updated as they become available.

The vegan corned beef recipe is a little tricky and it does need some time to cool down and firm up but it has a wonderful flavor.

Vegan Gluten Free Corned Beef Recipe

1 can kidney beans
1/2 c. walnuts
1 c. cooked brown rice
1/2 c. nutritional yeast
2 Tb. coconut flour
1 tsp. ground caraway
1 tsp. ground fennel
1/2 Tb. paprika
2 Tb. minced onion

1/2 tsp. mustard powder
1/4 tsp. white pepper
1/4 tsp. ground cloves
1/2 Tb. molasses
1/2 Tb. apple cider vinegar
1/2 Tb. salt
1 Tb. tamari
1 tsp. xanthan gum [Optional, I think it might be better without it but use if you need a little binder]
1/2 c. vegetable broth [if necessary]

Preheat oven to 350. Food process the kidney beans, brown rice, walnuts, coconut flour and nutritional yeast until chunky, be careful not to over process. Spoon the mixture into a bowl or mixer and add remaining ingredients, mix until well combined. Add the vegetable broth if necessary until moist but not mushy.

Form into a loaf on a baking sheet, brush with olive oil if desired. Bake for 40 minutes. Remove from oven and slice thin with a serrated knife, put back into the oven for another 10 minutes or until the center is done. Do not over bake or it will be crispy.

Cabbage, Potatoes and Carrots for Vegan Corned Beef Recipe

Ooooooo this is GOOD!! In fact, this would make a delicious meal on its own! My husband LOVED the flavor of these veggies! I think I may keep this on the regular menu as my family really enjoyed it and this part of the vegan corned beef and cabbage recipe is easy.

Serves 5

4 potatoes quartered
3 carrots sliced in half and then in quarters
1/2 onion sliced
1 head cabbaged sliced
2 c. water
1 clove garlic minced
2 Tb. nutritional yeast
1 Tb. tamari
1/8 tsp. liquid smoke
1/2 tsp. paprika
1/2 tsp. ground fennel
1/2 tsp. ground caraway
1 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. sage
1 tsp. molasses
1 bay leaf
1 tsp. peppercorns
1 tsp. stoneground mustard

Place all ingredients in a large stockpot, stir well to mix the spices well with the vegetables. Cover and let simmer for about 30 minutes or until potatoes and carrots are soft. Serve.

Vegan Gluten Free Irish Soda Bread



This vegan gluten free Irish soda bread is a delicious compliment to the vegan gluten free corned beef and cabbage recipe above! This vegan and gluten free version of Irish soda bread has all the flavor and texture of traditional Irish soda bread.

1 c. Brown rice flour
1 c. Bob's red mill gluten free flour
1/4 c. coconut flour
1/4 c. sorghum flour
2 c. soymilk
2 Tb. vinegar
3/4 c. raisins or currants
2 Tb. flax
1 tsp. chia seed
1/4 c. water
2 Tb. Stevia in the raw
1/4 c. Turbinado sugar
1/2 tsp. baking soda
2 tsp. baking powder
1 tsp. salt

Preheat oven to 350. Combine soymilk and vinegar in a bowl stir until it clabbers and set aside. Combine flaxmeal, chia and water in a bowl and set aside. Combine flours, stevia, turbinado, baking soda, baking powder, salt and mix to combine. Add soymilk while mixing, then add the flax mixture until well combined. Dough will be sticky, this is necessary for the gluten free bread to be light and fluffy when done. Flour hands and press into a 9 inch springform or cake pan. Bake 45-50 minutes until top is lightly golden. Serve warm, we enjoyed ours with jam.

Posted by Miniveg at

Labels: [vegan corned beef and cabbage recipe](#), [vegan gluten free corned beef recipe](#), [vegan gluten free Irish soda bread recipe](#), [vegan st. patricks day recipes](#)

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The Top Resource for a Healthy Diet Menu Plan, Healthy Diet Recipes and Nutrition Facts

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I realize it can be a daunting task sifting through

all the nutrition information out there from websites to newscasts to magazines.

There is so much conflicting information, where do you turn?

You will find a host of up to date, research supported nutrition information throughout the pages on this website. There may be a lot of conflicting information on the web, but the research all points in one solid direction.

I designed this website to be your one stop resource of nutrition information, recipes, and menus to help you enjoy the journey to a healthier you.

All recipes on the Healthy Diet Plan Recipes website are provided by:



<http://www.thepeacefulkitchen.blogspot.com>

Dietary change can be difficult

I know when I first began changing my diet I ran into many **culinary disasters** along the way, finding myself resorting to vegetables and rice time and time again. I want to provide others with a powerful resource for creating a healthy diet menu plan along with recipes to ease the transition to healthy eating.

You don't have to stumble through dietary change, you will find all the resources you need, Delicious, high nutrient density recipes, nutrition information and healthy diet menu plans. Please visit the recipes page and search through the recipe collections.

Take a look at the tantalizing recipes provided to you by The Peaceful Kitchen!

Black Bean and Mexican Rice Taco Salad



Homemade Whole Grain Nacho Cheese Chips



Homemade Whole Grain Gluten Free Pop Tarts



If you don't have the time to spend hours in the kitchen preparing a healthy meal, look no further, you can find healthy diet recipes for all occasions, even healthy menu plans for those with busy lifestyles or who simply do not want to spend a lot of time meal planning or in the kitchen.

Recipe Testimonials

"The only addendum I would add, DOUBLE the recipe! I LOVED it and it didn't last long!"

Susan

"I just wanted to tell you really quickly that I just made your pumpkin pancakes and they were to die for. I wasn't even going to have any because of the higher fat from the cashews and flax. I was just going to give them to my kids and have some leftover quinoa. THEN I tried them and made a total pig of myself. In fact, I am holding myself back because I am full but I want more!! They were really good.

Thanks so much for the recipe!

Tracy

What about optimal nutrition?

As I studied clinical nutrition I began to realize that most people do not know what a healthy diet should be, I also realized that most nutrition education in schools is driven by financial interest leaving the public uninformed about what a healthy diet truly is. Look through the many pages to answer your questions about a healthy diet:

- Healthy diet Food Pyramid
- Simple healthy recipes
- Vegetable nutrition facts
- Fruit nutrition facts
- Healthy diet menu plans

Healthy Recipe Collections:

- Appetizers
- Healthy condiment recipes.....mayonnaise, sour cream, whipping cream
- Salad dressings
- Beverages
- Breads
- Italian
- Mexican
- Desserts
- Sandwiches and wraps
- Raw food recipes
- Soups and Stews
- Casseroles

Low-fat Raspberry Cheesecake Bars



A healthy diet menu plan does not have to be tasteless or boring. You can enjoy a wide variety of foods even your favorite comfort foods. A healthy diet isn't about deprivation, it is about enjoying food while achieving optimal health.

1. Learn how to transform your favorite recipes into easy healthy culinary delights.
2. Discover my collection of easy healthy recipes to help build your repertoire of delicious meals.
3. Learn the basics of plant based nutrition so you can achieve optimal health.
4. Get all your questions about nutrition answered....

Vitamin D

B12

Calcium

Protein

Iron Nutrition for serious athletes Body building and more.....