

ARTISTIC VEGAN

Guilt-Free Holiday Recipes



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ABOUT THE E-BOOK

After creating a divine holiday feast for my loved one and I, I desperately wanted you all to enjoy it too. A blog post didn't seem sufficient for all of these delicious recipes and I couldn't bear to make you wait for them individually. The Raw White Chocolate Cheesecake on a Café Cacao Crust is one of the finest creations I ever did make. The Hearty Lentil Loaf makes such a flavorful meal and is a hit at the table. The Renew and Reset Morning Parfait is just the ticket to get your health back on track. I hope you have fun trying out some of these new recipes and they'll tide you over while I finish up the main cookbook, coming 2015!

Allergy information, servings, prep and cook time, calories and weight watchers points are included for each recipe. This is a feature that will also be included in my new cookbook as well so you don't have to get side tracked on your goals this season. This lifestyle provides such an abundance of health that soon it is my hope you will no longer count those calories or points. I am pleased I no longer do! I lost 60 lbs. and have kept it off since with this lifestyle and I don't skimp, we eat a lot of delicious foods and this e-book is a testament to that. I did it and I believe you can too! It's a journey of getting in touch with yourself and noticing the difference between how processed foods make you feel vs. wholesome whole foods and then taking that knowledge and applying it to your life making smarter choices. It doesn't happen overnight but with each "right" choice you are taking control of your health and destiny!

When I first began on this journey I was just learning my way in the kitchen. Now fast-forward and I'm sharing recipes with all of you. This e-book is my gift to you as a token of gratitude for subscribing to Artistic Vegan and showing your love and support throughout the years. It is such an honor for you to welcome my recipes into your home and it is my hope these recipes become "keepers" in your home for years to come bringing happy bellies and healthy hearts. When I cook I like to let my inner alchemist come out and I encourage you to let yours out. Feel free to modify any of these recipes to better suit your palette.

I love seeing the recipes you make! Share away on social media and tag your photo with @artisticvegan77 / #artisticvegan on Instagram or @artisticvegan1 / #artisticvegan on Twitter. Also feel free to upload your pictures to the Artistic Vegan Facebook page. I can't wait to see what you make!

From my kitchen to yours with an abundance of Love, Light and Gratitude!

Christa



Renew and Reset Morning Parfait

5
Minutes

INGREDIENTS

DIRECTIONS

BLEND
TIME

2 cups Pecan Milk
1 Frozen Banana – in 1” chunks
½ cup Frozen Mixed Berries
1 Persimmon
3 Medjool Dates
1 tsp Cinnamon

Boost it:

1 tsp Spirulina Powder
1 tsp Popeye powder (page 24)
¼ tsp Reishi Powder
2 TBSP Flax meal
*Use any of the above or your favorite protein powders and superfoods.

Top it:

¼ cup Gluten-Free Granola
1 Persimmon – peeled and sliced
½ Banana – sliced into coins (make a few hearts!)
1 Plum – sliced

Tips:

- Use a plant based milk like coconut milk or rice milk for a nut-free option.
- Without the toppings the smoothie has 172 calories and 5 points.

The holiday season has begun! I don't know about you but I've already been enjoying a little more of "this and that" than usual. My body was craving fresh delicious fruit and superfoods. This parfait did more than satisfy. It tastes like a cinnamon banana berry dream with hints of crunch and freshness.

With fresh, vibrant, living food this meal offers a healthy boost of natural feel good energy! Enjoy the way this smoothie tastes and makes you feel.

This breakfast is creamy, decadent, fun, filling, extremely healthy and satisfying providing positive energy to fuel your day!

vegan, gluten-free, soy-free, refined sugar-free, oil-free, living, nut-free option

Loving Preparation

1. Place a handful of pecans (about ¼ cup) in a blender and add 2 cups of water. Blend for 60 seconds on high (or on juice setting) to create the pecan milk.
2. Place the balance of the ingredients in the blender adding any additional boosters.
3. Top with love and serve.

1
Minute

YIELD

2
Servings

NUTRITION REPORT CARD (amount per serving)



8.1 Protein

49.3 Carbs

11.2 Fat

8.7 Fiber



Winter Glow Nice Cream

10
Minutes

INGREDIENTS

DIRECTIONS

BLEND
TIME

3
Minutes

1st Layer:

3 Frozen Bananas
1 cup Frozen Strawberries
Opt: 1 tsp Beet Powder

2nd Layer:

3 Frozen Bananas
2 Medjool Dates
1 tsp Popeye Powder (page 24 –or–
1 cup dark leafy greens)
1/2 tsp Spirulina Powder
OPT: 1 tsp Moringa Powder

Top it:

With 2 pecans and a couple cacao nibs
for an energy boost!

Tip:

Skip the pecans and add your favorite
seed for a nut-free option.

Eating healthy never tasted so good! This recipe has 1 tsp of beet powder which is equivalent to an entire beet and 1 tsp of greens powder (see page 24). While you are eating “ice-cream” you are detoxing, getting vitamins, minerals and antioxidants. Enjoy a smaller serving for less calories and points.

Tips:

1. Use spotted ripe bananas.
2. Freeze them the night before in about 1 – 1.5” in chunks.
3. Use a spoon or butter knife to help as you pulse and process. Blend a touch extra for added creaminess.

YIELD

2
Servings

vegan, gluten-free, grain-free, soy-free, refined sugar-free, oil-free, living, nut-free option

Loving Preparation

1. Place the 1st Layer ingredients in a high speed blender or food processor. Process until creamy. Place into a bowl or cup and place in freezer.
2. Wash the container and place the 2nd layer ingredients in your blender or food processor. Process until nice and creamy. Add 1st layer to second, top and dig in!

NUTRITION REPORT CARD (amount per serving)





20
Minutes

Festive Sharp Cheddar Cheese Ball

INGREDIENTS

DIRECTIONS

CHILL
TIME4-6
Hours

YIELD

10
Servings

1 1/2 cups Raw Cashews , soaked for 4-6 hours
 1/4 cup Nutritional Yeast
 1 tbsp Tamari (or GF Soy Sauce or Soy Free Chickpea Miso)
 1 tbsp Raw Apple Cider Vinegar
 1 tsp Sea Salt
 1 tsp Minced Onion
 1 tsp Mustard (or .5 tsp ground)
 1/2 tsp Chili Powder
 Dash of Cayenne
 1/4 tsp Turmeric
 1/2 cup Melted Coconut Butter (or oil)

Top it:

Roll in chopped nuts, opt to include fresh veggies or cranberries. We used 1 carrot, few zucchini slices, 2 cranberries, pecans and almonds!

Serve with:

Crackers
 Chips
 Veggies
 Anything your heart desires!

Tip:

The cheese is firmest when cold.

We both LOVE sharp cheddar cheese and ate our fill before we were vegan. This is a very delicious spin off inspired from fellow food bloggers, Somer, with Vedgeout.com and, Kimberly, with MommySavers.com. This recipe is an adaption that is so good others won't believe its vegan! Thank you, Somer, for the inspiration to create an irresistible recipe and thank you, Kimberly, for the cute design! This cheese can be enjoyed in a number of ways and doesn't have to be in a ball. Let the creative juices flow and have fun while making this recipe. This is a HUGE hit enjoy it at parties, as appetizers or my favorite – late night snacks!
vegan, gluten-free, grain-free, sugar-free, soy-free, living, soy-free option

Loving Preparation

1. Drain and rinse soaked cashews. Place in a food processor or blender and pulse until a paste forms, scraping as needed. Add seasoning and pulse until combined. Add coconut butter and process until completely smooth.
2. Cover and place in fridge for 4-6 hours until firm.
3. Scrape the cheese onto a clean place or surface, with wet hands form the cheese into a ball. Top & Serve with Love!

NUTRITION REPORT CARD (amount per serving 1/4 cup)



5.5 Protein

9.7 Carbs

12.0 Fat

2.4 Fiber



1.5
Hours

Hearty Lentil Loaf

INGREDIENTS

DIRECTIONS

COOK TIME

40
Minutes

Rice

1 cup White or Brown Rice (or quinoa)
2 cups Water

Lentils

3 cups Water
2 cups Lentils

Veggies

¼ cup Vegetable Broth (or water)
3 stalks Celery, diced small

1 white Onion, diced small

Mushroom Herb Sauce

1 cup Gluten-Free Oats (Bob's Red Mill)

1 cup Water

1-2 Shiitake Mushrooms

¼ cup Tamari Sauce (or GF soy sauce)

3-5 Cloves Garlic

2 tbsp Dried Basil

2 tsp Dried Thyme

½ cup Parsley

¼ cup Sage (Holiday Flavor)

This meal is a keeper. It is hearty, wholesome, healthy, filling, and flavorful! It takes a little effort but is well worth every step. When people think about what vegans eat, they think oh a salad! Well the truth is there are ENDLESS options and this meal is one of them. Feel free to prepare the loaf the night before and bake the following day. It is sure to please! This meal was inspired from the beautiful Jia Patton and my husband Gerald's stellar input to add rice to the bottom! Next level. You can also serve it with mashed potatoes or in a squash bowl. ENJOY!!!

vegan, gluten-free, sugar-free, oil-free, nut-free, living

Loving Preparation

1. Place rice and water in a rice cooker. Press cooked rice into a pre-greased loaf pan.
2. Place lentils and water in a rice cooker.
3. Meanwhile, pre-heat oven to 350 degrees F. Cook the veggies in the broth, sautéing until tender. About 5 minutes adding more broth as needed. Set aside.
4. Combine the Mushroom Herb Sauce ingredients in a blender and blend until smooth.
5. In a large bowl mix together the lentils, veggies and sauce. Pour on top of the rice and bake for 40+ minutes until hot throughout and golden on top.

YIELD

8
Servings

NUTRITION REPORT CARD (amount per serving)



18.3 Protein

65.9 Carbs

2.2 Fat

18.1 Fiber



Cranberry Pecan Beet Salad

10
Minutes

INGREDIENTS

2 cups Leafy Greens - sliced
 1 small Carrot – peeled and diced
 1 small Beet – peeled and sliced thin
 1/4 cup Cranberries
 1/4 cup Pecans (or seeds for nut-free)
 1/4 cup Sliced Onion
 1 garlic Clove – minced
 2 Pinches of Basil

DIRECTIONS

Cranberries and pecans mixed with dark leafy greens and fresh beets provide such a power punch of health. Not only does this combination taste great it's easy to toss together and enjoy with a variety of dressings. We chose a balsamic vinegar dressing and it was delicious. This salad will make your body smile from the inside out, glowing naturally! I'll eat to that. 😊

vegan, gluten-free, grain-free, soy-free, sugar-free, oil-free, living, nut-free option

Loving Preparation

1. Wash and prepare the ingredients.
2. Combine with a gentle toss. Orient the vegetables in a pleasing manner, top with a pinch of basil and your favorite dressing.
3. Dig in!

COOK
TIME

0
Minutes

YIELD

2
Servings

NUTRITION REPORT CARD (amount per serving)



4.2 Protein

16.7 Carbs

5.1 Fat

5.5 Fiber



Café Chocolate Caramel Crust

10
Minutes

INGREDIENTS

DIRECTIONS

BLEND
TIME

3/4 cup Almond Meal
1/4 cup Cacao Powder
2 tbsp Instant Coffee (opt)
3/4 heaping cup Pitted Medjool Dates –
soaked in water for 10 minutes and
drained
1 tsp Pure Vanilla Extract
1 pinch Sea Salt

Chocolate is one of my absolute favorite things in life. I love the way it makes me feel and not to mention how great it tastes! Ever since I discovered raw cacao and learned how good it is for me I've been hooked. Did you know Raw Cacao can help decalcify your pineal gland? One more reason I love thee. Raw cacao is unprocessed and contains a high dose of antioxidants, magnesium and best of all it has phenethylamine (PEA) the feel good neurotransmitter that ignites the feeling of LOVE! This recipe creates a crust that is SO incredibly good you can stop right here and enjoy this dessert. It is so smooth it can be used as a raw truffle, rolled and/or dipped. As a crust it makes the White Chocolate Cheesecake (page 18) a 10 out of 10!

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Loving Preparation

1. Create almond meal in food processor, set aside.
2. Place balance of ingredients in the food processor and create a smooth paste.
3. Add nut mixture and blend until smooth.
4. Enjoy as is, rolled into truffles OR place in cupcake mold or pan and place in freezer. Top with Cheesecake (page 18) and Salted Caramel (page 20).

3
Minutes

YIELD

10
Servings



NUTRITION REPORT CARD (amount per serving)



2.2 Protein

12.6 Carbs

4.0 Fat

2.6 Fiber



Raw White Chocolate Cheesecake

30
Minutes

INGREDIENTS

DIRECTIONS

FREEZE
TIME

1 1/2 cups Raw Cashews (soaked 4-6 hours, preferably overnight)
1/2 tsp Pure Vanilla Extract
1/2 cup Coconut Milk
1/3 cup Agave (or maple syrup)
1/3 cup Melted Cacao Butter
1/8 tsp Sea Salt
1/4 cup Soaked Dates
1/8 cup Water (from soaked dates)
1/8 cup Almond Butter

This dessert goes to show that being vegan is anything but missing out. Raw White Chocolate Cheesecake on a Café Cacao Caramel Crust with Salted Caramel on top. It takes a little preparation but it is wholeheartedly worth it. My husband was so impressed and even asked for one over his favorite berry pie on more than one occasion! I had to share this recipe for would be a sin not to. Every layer tastes great and when combined together it is a mouthwatering blissful experience that makes you feel as though you could be dreaming! Thank you Julia with Rawlifestyleco.blogspot.au for inspiring this recipe for us all to enjoy!!!

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Loving Preparation

1. Blend everything together except for the cacao butter. Blend until very smooth.
2. Add the melted cacao butter and blend until extremely smooth. Pour over the Café Chocolate Crust (page 16).
3. Place in freezer to firm for 20 minutes. Pour caramel sauce (page 20) and decorate with your favorites. I used pecans, cacao nibs and a pinch of coconut sugar. Freeze for 6-8 hours or overnight. Bon Appétit!

6-8
Hours

YIELD

10
Servings

NUTRITION REPORT CARD (amount per serving)





Salted Caramel

10
Minutes

INGREDIENTS

DIRECTIONS

COOK TIME

1/2 cup Agave (or your favorite syrup)
1 cup Soaked Medjool Dates
1/3 cup Melted Coconut Oil
1/2 tsp Raw Almond Butter
1/4 tsp Sea Salt (+ more to taste)

Salted Caramel tastes like a gift from the gods! It is so fantastic it tastes magical. It takes the White Chocolate Cheesecake to the NEXT level if it was even possible. Do yourself a favor and save a little extra for yummy editions to healthy treats. We have been loving a Caramel Macchiato (page 22) it tastes like we went to Starbucks only it's much healthier! Enjoy on top of brownies, nice-cream, raw treats and in as many ways you can think of! Makes enough to smother 10 cupcakes and have a batch left in the fridge for 10+ servings. The White Chocolate Cheesecake with a Café Cacao Caramel Crust and Salted Caramel costs 10 weight watchers points (sorry gals!) fortunately they are super rich so half would only be 5 points well spent! That translates to 384 total calories for the most luscious dessert I've ever had and only 192 calories if you split it. In-Joy!

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Loving Preparation

1. Blend the ingredients, scraping down as needed.
2. Store and enjoy on a number of treats OR pour your caramel on top of the cheesecake (page 18) spread evenly and freeze for 6-8 hours.
3. Enjoy as is or decorate.

0
Minutes

Top it:

Crushed and Whole Pecans
Cacao Nibs
Sprinkle of Coconut Sugar
Or your favorites!!!

YIELD

20
Servings

NUTRITION REPORT CARD (amount per serving)



.4 Protein

14.8 Carbs

3.7 Fat

1.2 Fiber



Caramel Macchiato

10
Minutes

INGREDIENTS

DIRECTIONS

COOK TIME

Vanilla Syrup

1/4 cup water
2 tbsp Coconut Sugar (or agave)
1 tsp Pure Vanilla Extract

Coffee

1 cup Double Strength –or–
1/2 cup Espresso

Nut Milk

1/4 cup Cashews
2 cups Water

Caramel

2 tbsp Salted Caramel (page 20)

Starbucks in the comfort of your own home? Yes please! We've been HOOKED on making our own delicious coffee drinks this season. One of our vices is certainly coffee. Now we can enjoy a luxurious cup at home. This is a really big treat and tastes so delicious! Cozy up, grab a mug and enjoy. For a nut free version or tastier version use coconut milk – yummy. ☺

vegan, gluten-free, grain-free, soy-free, refined sugar-free, living, nut-free option

Loving Preparation

1. Place the water and coconut sugar in a small pot and boil for 5 minutes whisking continuously. Pour in the bottom of 2 mugs.
2. Make your coffee or espresso.
3. Place 1/4 cup cashews and 2 cups of water in a blender and blend for 60 seconds until creamy whipped milk is ready. Save a few spoonfuls of the froth to place on top for added foam. Heat the milk on the stovetop in a small pot until hot.
4. Add 1/2 tsp of vanilla on top of the syrup in the mug. Pour 1 cup of hot milk in each mug. Pour 1/2 cup of double strength coffee in each mug (or fill 'til full that is what I do). Dip 1 tbsp of salted caramel in each mug and stir. Top with foam. Opt to top with additional caramel and ENJOY the elixir of yumminess!

0
Minutes

YIELD

20
Servings

NUTRITION REPORT CARD (amount per serving)



3.2 Protein

26.7 Carbs

11.7 Fat

1.7 Fiber



Popeye
Powder

Popeye Powder

15
Minutes

INGREDIENTS

DIRECTIONS

COOK TIME

Heaping Piles of Leafy Greens as much as or as little as you want. It will shrink down considerably – think bowls full!

What does one do with radish greens? Toss them? No way! I take all of my extra greens like radish greens, spinach, bok choy, amaranth leaves, etc. and grind them into a fine powder. A homemade green powder! I love the resourcefulness of it, especially for those edible greens that don't always taste as good as the rest like carrot tops. I wash, tear or chop and place the greens in my dehydrator at 105 degrees overnight. By the time I wake up I have very crispy greens. Toss in a coffee grinder and voila! Use the powder in smoothies, soups, breads, brownies, crackers and anything else your heart can dream of!

vegan, gluten-free, grain-free, soy-free, refined sugar-free, oil-free, nut-free, living

Loving Preparation

1. Wash and de-stem greens. Chop or shred and place on dehydrating trays.
2. Dehydrate at 104-105 degrees until crisp. I place it in before going to bed at when I awake they are done.
3. Place in a coffee grinder and grind into a fine powder. Store and use in smoothies, soups and more. No need to count the calories or points for this, add it in!

8

Hours

YIELD

20

Servings



*“Let food be thy medicine
and medicine be thy food.”
— Hippocrates*





Thank you for your support!