



BENTO BOX RECIPES

easy vegan lunch ideas!

Here are some easy vegan lunch ideas! Remember, feel free to take any of these recipes and adjust them to suit your preference or lifestyle! Learn more from my Meal Prep eBook: mindovermunch.com/ebooks



SUSHI SAMMIES

- wraps/tortillas
- hummus
- avocado
- cucumber
- carrot sticks
- spinach
- cabbage
- yellow bell peppers
- plus any of your favorite sandwich ingredients!

Spread hummus on wrap. Add veggies, Roll up wrap with plastic wrap. Allow to chill in the fridge for 30 minutes. Cut in sushi pieces.

SWEET POTATO QUINOA SALAD

- 2 cups (400g) sweet potato, cubed
- 1 cup (185g) quinoa, cooked
- 1/3 cup (40g) dried cranberries
- 1/4 cup (40g) chopped red onion
- 1/4 cup (5g) chopped parsley
- salt & pepper

3 Tbsp sunflower seeds/pine nuts/pistachios
 Dressing ingredients: 1 Tbsp olive oil, 2 Tbsp balsamic, 1 lemon juiced, 1 tsp maple syrup, 1 tsp minced garlic
 Whisk together dressing.
 Combine all ingredients, toss by hand.
 Devour or chill!
 Lasts 4-5 days in the fridge.

BLACK BEAN BROWNIES (VEGAN)

- 1 15 oz can (425g) black beans
- 2 flax eggs (2 Tbsp flax + 6 Tbsp water)
- 2 T coconut oil
- 2 Tbsp almond butter
- 1/2 cup (60g) cocoa powder
- 1 tsp vanilla
- 1/2 cup coconut sugar
- 1/4 cup sweetener
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- chocolate chips

Preheat oven to 350°F (175°C) degrees.
 Prepare flax egg (combine ground flax and water and set in fridge for 20 minutes).
 Combine all ingredients in a food processor.
 Distribute into molds and bake 20-26 minutes. Cool for 30 minutes before serving.
 Lasts 5 days in the fridge.

FALAFEL BALLS

- 1 cup/large handful spinach
- 1 cup (20g) parsley
- 1 can (425g) chickpeas
- 3 cloves garlic
- 1 lemon, juiced
- 1/2 tsp salt & pep
- 1 1/4 tsp cumin
- 1/3 cup oat flour

Add all ingredients into food processor.
 Scoop out mixture in a small cookie scoop and transfer to a baking sheet lined with foil and sprayed.
 Bake at 375°F (190°C) for 25-30 minutes.
 Lasts 4-5 days in the fridge.

EASY BEANS & RICE

- 1 tsp oil
- 1 onion chopped
- 2 cloves garlic
- 1 1/2 cups (295g) instant/minute rice, uncooked
- 1 15 oz can (425g) black beans, drained/rinsed
- 1 14.5 oz (400g) can diced tomatoes
- 1 tsp garlic powder
- 1 cup vegetable broth

In a large sauce pan, heat oil over medium-high heat. Add onion and cook and stir until tender. Add beans, tomatoes, and garlic powder in broth. Bring to a boil; Stir in rice. Cover, reduce heat and simmer for 5 minutes. Remove from heat and let stand 5 minutes before serving.
 Lasts 4-5 days in the fridge.

MEDITERRANEAN SALAD

- 1 15 oz can (425g) chickpeas
- 1 cucumber, chopped
- 1 cup (150g) grape tomatoes
- 1/2 cup (80g) red onion
- 1 bell pepper, chopped
- 5-10 kalamata olives, chopped
- 2 cloves garlic, minced
- 3 Tbsp red wine vinegar
- 1 Tbsp parsley, chopped

Whisk together dressing (red wine vinegar, garlic, parsley chopped) Add in other ingredients and mix together.
 Lasts 3-4 days in the fridge

WATCH PREVIOUS EPISODES:

- Low Fat Vegan Pesto
- Cookie Dough Balls
- Black Bean Brownies (Revised Recipe Above)



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