



# POTLUCK SEASON!

## 5 easy party favorites!

Here are 5 vegetarian and vegan recipes that you are SUPER EASY to prepare for your holiday potluck parties! Check out [mindovermunch.com/ebooks](http://mindovermunch.com/ebooks) for more recipes in my Fall Seasonal, Halloween, Thanksgiving and Christmas eBooks! Nutrition is included as well as ingredients noted in grams in all eBooks.



### HOLIDAY BEAN SALAD

- ½ cup red onion, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 can garbanzo beans, drained/rinsed
- 1 can kidney beans, drained/rinsed
- 1 can black beans, drained/rinsed
- 6 gherkins, chopped
- ¼ cup fresh parsley, chopped
- 2 Tbsp fresh mint, chopped
- 1 Tbsp olive oil or grapeseed oil
- 1 lemon, juiced & zest
- 1 tsp white wine vinegar
- ½ tsp salt & pep

Toss all ingredients together and coat completely. Chill and enjoy!

### VEGAN CHOCOLATE SILK PIE

- Crust:
- 1 cup pecans
  - 1 cup dates
  - ¼ cup cocoa powder

- Filling:
- 1 cup coconut cream
  - 16 oz tofu
  - ½ cup cocoa powder
  - 1 tsp peppermint extract
  - ½ tsp vanilla
  - ½ cup maple syrup
  - cacao nibs for topping

Blend crust ingredients in a food processor. Press into a spring-form pan lined with parchment paper. Set aside. In a food processor or blender, blend filling ingredients until super creamy (2-4 minutes). Pour on top of prepared crust and top with cacao nibs. Freeze overnight. Thaw in the fridge for 2-4 hours before serving. Great with coconut whipped cream!

### GINGER SPICED FRUIT SALAD

- 1 Tbsp minced ginger (fresh)
- juice of 1 orange
- juice of 1 lime
- 1 Tbsp honey
- ¼ tsp nutmeg
- 3 kiwi
- 2 cups pineapple, chopped
- 2 pears, peeled & chopped
- 1 cup red grapes
- ½ cup pomegranate seeds

Whisk together the first 5 ingredients to make the dressing. Add the fruit and toss lightly to combine. Chill and enjoy!

### VEGAN BUCKEYES

(also available in my Ho Ho Healthy eBook!)

- Filling:
- 1 cup creamy peanut butter
  - 1 cup powdered peanut butter (or peanut flour)
  - 2 Tbsp sweetener
  - ½ cup oat flour

- Coating:
- ¼ cup cocoa powder
  - ¼ cup coconut oil
  - 1-2 Tbsp sweetener
  - (OR you can use melted chocolate of choice)

Mix together filling ingredients until well combined. Use a cookie scoop (I used a 2 tsp sized scoop) to create small balls of the mixture, rolling together in your hands. If the mixture is too soft, allow to sit in the fridge for about 30 minutes before rolling. Use a toothpick to dip the peanut butter balls into the vegan chocolate coating (or melted chocolate). You will not use all of the vegan chocolate coating. Allow to set in the fridge before devouring. Store in an airtight container in the fridge for up to one week.

### CHILLED STACKED SALAD

- Quinoa
- cranberries
- Spinach
- red apple
- celery
- red onion
- pecans
- feta cheese
- Red onion rings

- Dressing:
- 3 Tbsp balsamic vinegar
  - 3 Tbsp olive oil
  - 1 Tbsp honey
  - 1 lemon juiced
  - 2 tsp Dijon
  - ¼ tsp paprika
  - 1 Tbsp poppy seeds
  - 1 Tbsp sesame seeds
  - ½ tsp salt

Layer ingredients into a large trifle dish as desired. Combine dressing ingredients and store separately on the side. Add dressing and toss salad before serving to guests.



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