

WHAT I EAT IN A DAY – EPISODE 004

ARTISTICVEGAN.COM | CHRISTA CLARK



Breakfast | Chocolate Banana Peanut Butter Smoothie

- 2 Handfuls Raw Almonds
- 1 Glass Water (about 2 ½ Cups)
- 2 Cups Frozen Bananas
- 2-3 Pitted Medjool Dates (soft or softened)
- 1 Big Spoonful (1+ Tbsp) Raw Cacao
- 1 Big Spoonful (1+ Tbsp) Peanut Butter
- 1 tsp Maca Powder
- ½ tsp Reishi Powder
- 1 spoonful Chia Seeds

Blend and serve!



Lunch | Roasted Veg n' Turmeric Quinoa Tacos with Kiwi

Not recorded, simply roasted vegetables the night before in salt, pepper, a little oil with fresh herbs. Then some rice and quinoa mixed with onions, garlic and peppers plus some spices like turmeric. The next day I combined them in a wok with some tamari sauce and then served it in tortillas with kiwi on the side. 😊 Any vegetable and rice mix is awesome in a tortilla, add some beans and you have an easy meal.



Dinner | Vegan Omelettes

- ½ Cup Dairy Free Milk
- 1 ½ Tbsp Apple Cider Vinegar
- 1/3 Block Non-GMO Organic Tofu (Firm or Soft, Soft recommended, firm is ok)
- 2 Tbsp Chickpea Flour
- 1 Tbsp Starch (arrowroot, tapioca, potato, corn)
- ½ tsp each: Paprika, Turmeric, Black Pepper, Red Chili Flakes (or less if desired), garlic powder and about ¼ tsp salt.

- 2 Tbsp Nutritional Yeast (I was out so passed but would have added it if I had it.)
- 2-3 Cloves Garlic
- Opt: 1 Tbsp Coconut Oil or Butter
- Favorite toppings – We just used a tomato and onion slices with parsley to top. You could have a lot more fun!

Peaceful Preparation:

1. Add the dairy free milk and apple cider vinegar together in a small dish and mix well or whisk, set aside for 5 minutes.
2. Add everything to a blender, including the dairy free milk mixture. Blend until it is nice and smooth, scrape down the sides and blend again if needed.
3. Heat a non stick pan or griddle, add a little oil and then pour half of the batter to create the first omelette. Let this cook for a few minutes, you can cover to help. Add your favorite toppings, flip, cook for another 2-3 minutes, and serve. Now repeat with the balance of the batter. Serve it hot! Add a sprinkle of parsley or your favorite herb.

Enjoy!

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Also my book with over 150 Vegan + Gluten-Free recipes, it is a HUGE cookbook filled with bright pictures and healthy plant-based recipes made from scratch. <http://www.artisticvegan.com/the-artistic-vegan-cookbook.html>

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