

WHAT I EAT IN A DAY – EPISODE 003

ARTISTICVEGAN.COM | CHRISTA CLARK



Breakfast | “Oatmeal Raisin Cookie Porridge”

- ¾ Cup Oats
- 1 ½ Cup Water
- ½ tsp Cinnamon
- ½ tsp Vanilla
- Pinch Sea Salt
- ½ Cup Medjool Dates
- 1/8 to ¼ Cup Water
- ½ Cup Raisins
- **Toppings of choice** – I used: a splash of coconut milk, a fingerling banana sliced in half, a few strawberry slices and a sprinkle of coconut flakes.

Directions:

- Mix together the oats, water, cinnamon, vanilla and sea salt in a pot. Place on stove, bring to a boil then reduce heat to simmer until the liquid is absorbed. Stir occasionally, cover to help.
- Meanwhile take ½ Cup Medjool Dates and 1/8 to 1/4 Cup Water and process in a food processor until you have a thick paste.
- Place this inside of the oatmeal, and mix. Cover for a minute or two.
- Add ½ cup raisins, mix. Transfer to two bowls.
- Add your favorite toppings!



Snack | Sparkling Summer Elixir

- ½ Cup or more of Freshly Squeezed Lemon Juice (note, our lemons are unreasonably sweet, just saying, use less if needed)
- ½ Cup Freshly Squeezed Orange Juice
- 1 Cup Strawberries
- 2 Cups Raspberries

Directions:

- Blend until smooth
- Pour over ice
- Top with desired amount of Sparkling Water. Add agave or sweetener as desired
- *I didn't write the exact measurements down – this is my best guess; I can re-make if requested.*



Lunch | Vermicelli Noodle Soup

- 1 Liter of Purified Water
- 2 Tbsp. Minced Garlic
- ¼ Cup Soy Sauce, Tamari or Coconut Aminos for Soy Free
- 1 tsp Dried Ginger
- ½ tsp Black Pepper
- 1 Tbsp. Rice Wine Vinegar (opt)
- 1 Carrot – Peeled and Diced Fine
- ½ Cup Sliced Green Onion Bulbs - Sliced
- 8 cremini / common mushrooms – quartered
- 1 – 2 bundles of Vermicelli noodles – cook per package – 2-5 minutes, til done
- ½ Cup Chopped Green Onion on top

Directions:

1. Bring the water, garlic, soy sauce, ginger, black pepper, rice wine vinegar and carrot to a simmer.
2. Add the sliced onion and mushrooms, cook for 2-3 minutes to create a delicious tasting broth.
3. Add 1 to 2 Bundles of Vermicelli noodles, cook as per package, ours take about 3-5 minutes. (You can also add the noodles, cook 2 minutes, then add the balance of vegetables and cook 3 minutes, this is how I do it in the cookbook, I was just trying something new.)
4. Top with chopped green onion. Serve!



Dinner | Vegan Nachos

Queso

- ¼ Cup Soaked Cashews
- ¼ tsp Turmeric
- ¼ tsp Black Pepper
- ½ tsp Paprika
- ½ tsp Garlic Powder
- ½ tsp Cumin
- ¾ tsp Salt
- 1 Tbsp. Starch (arrowroot, tapioca, corn)
- 1 tsp Red Pepper Flakes
- ¼ Cup Nutritional Yeast
- 1 Cup Water
- Blend, heat until desired consistency stirring frequently.

Nachos

- 3 Cups of Chips
- 1 Cup Basmati Rice or Black Beans
- ½ Cup Diced Nopales or Bell Pepper
- 1 Jalapeno Diced – Opt
- ½ Cup Sliced Onion
- Vegan Queso above

Top with:

- 1 Sliced Tomato
- Drizzle of Sriracha
- ¼ Cup Green Onion

Directions:

1. Take 2 Cups of Chips and spread on lightly greased pan or lined for easier cleanup.
2. Spread with ½-1 Cup of Rice
3. Top with chopped green bell pepper or in our case, nopales cactus, a sprinkle of jalapenos if you please, some white onion slices and queso.
4. Then add more chips, more rice, more veg, cheese and bake in a broiling hot oven for 5-10 minutes until hot! Top with sriracha sauce, tomatoes and green onions. You can also add lettuce, salsa and or avocado / guacamole. Mmm!

Enjoy!

Check out my website with hundreds of free recipes at <http://artisticvegan.com/>.

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>

Support my wonderful husband at: <http://www.geraldclark77.com/>

Follow me at:

Instagram: <https://www.instagram.com/artisticvegan77/>

Facebook: <https://www.facebook.com/artisticvegan>

Pinterest: <https://www.pinterest.com/clarkchrista7/>

Twitter: <https://twitter.com/ArtisticVegan1>

Tumblr: <http://artisticvegan.tumblr.com/>