



# Plant-Based Holiday Guide



# Smoky Maple Roasted Brussels Sprouts

Prep Time

5 min

Cook Time

20 min

Total Time

25 min

Recipe created by [The Colorful Kitchen](#)

## Ingredients:

4 cups Brussels sprouts  
2 tbsp Olive oil  
2 tbsp Tamari  
2 tbsp Maple syrup  
2 tsp Liquid smoke  
Salt and Pepper to taste

## Directions:

1. Preheat oven to 425°F (220°C).
2. Cut ends off sprouts and slice in half.
3. Stir all liquid ingredients together in a bowl. Add Brussels sprouts and toss until thoroughly coated.
4. Spread out over baking sheet. Sprinkle with salt and pepper.
5. Bake for 20 minutes, flipping halfway.



# Acorn Squash with Pomegranate & Pistachio

Prep Time  
10 min

Cook Time  
40 min

Total Time  
50 min

Recipe created by [A Dash of MegNut](#)

## Ingredients:

2 lbs	Acorn squash cut into ½ inch slices
2 tbsp	Avocado oil
½ tsp	Salt
½ tsp	Black pepper
¼ cup	Pomegranate arils
¼ cup	Pistachios, salted, roasted, removed from shell

## Directions:

1. Preheat oven to 400°F (200°C). Spread acorn squash slices on a baking sheet.
2. Toss with avocado oil, salt and pepper. Arrange in a single layer.
3. Roast for 40-45 minutes, flipping halfway through until the acorn squash is tender.
4. Remove the acorn squash from the oven. Top with pomegranate arils and salted pistachios.



# Roasted Rainbow Carrots With Lemon Tahini Sauce

Prep Time

5 min

Cook Time

20 min

Total Time

25 min

Recipe created by [A Dash of Megnut](#)

## Ingredients:

2 lbs	Whole rainbow carrots with tops
2 tbsp	Avocado oil or olive oil
½ tsp	Kosher salt
¼ cup	Tahini
2 tbsp	Lemon juice
2 cloves	Garlic minced or use ½ tsp garlic powder
¼ tsp	Salt
¼ cup	Water as needed
¼ cup	Fresh parsley, chopped

## Directions:

1. Preheat oven to 425°F (220°C).
2. Wash carrots thoroughly, removing any dirt from the surface. Dry completely.
3. Toss carrots with 1 tbsp of avocado oil and salt. Spread in a single layer on a baking sheet. Roast the carrots for 15-20 minutes, flipping half way through. Carrots should be tender and lightly browned on the edges.
4. While the carrots are cooking, combine tahini, lemon juice, garlic, salt and 1 tbsp of oil in a bowl. Steam in up to ¼ cup of water to thin out the sauce to your desired consistency.
5. Drizzle the lemon tahini sauce over the carrots for serving. Top with chopped fresh parsley.



# Mushroom and Cheeze Bread Pudding

Prep Time

10 min

Cook Time

65 min

Total Time

1hr 15 min

Recipe created by Alicia from Daiya Foods



## Ingredients:

1 loaf	Gluten-free sourdough bread, cubed
3 cups	Mushrooms, sliced
1 bag	Cutting Board Collection Mozzarella Style Shreds
¾ cup	Unsweetened non-dairy beverage
3 tbsp	Olive oil
4 cloves	Garlic, minced
3 tbsp	Fresh parsley, chopped
3 tbsp	Fresh chives, chopped
3 tbsp	Fresh thyme, chopped
1 tbsp	Vegan buttery spread
1 ½ tbsp	Poultry seasoning
Salt and Pepper to taste	

## Directions:

1. Preheat oven to 375°F (190°C). Line a cookie sheet with parchment paper. Toss cubed bread in olive oil, poultry seasoning, salt and pepper. Toast in oven 15 minutes or until golden brown, and set aside. Leave oven on.
2. In a sauce pan, melt the vegan buttery spread on low heat and add garlic, cooking for 2 minutes before adding mushrooms and thyme. Sauté on low heat for 10 minutes, remove from heat and set aside.
3. In another saucepan over low-medium heat, add non-dairy beverage and Cutting Board Collection Mozzarella Style Shreds. Salt and pepper to taste, and stir until completely blended. Remove from heat.
4. In large bowl, toss toasted bread, mushrooms, parsley, chives and place into a casserole dish and pour cheeze sauce over entire dish. Do not mix.
5. Bake bread pudding at 375°F (190°C) for 40 minutes.
6. Remove from oven, season with salt and pepper. Garnish with any remaining fresh herbs, and serve.

# Chive & Onion Mashed Potatoes

Prep Time

5 min

Cook Time

20 min

Total Time

25 min

Recipe created by the Daiya Team

## Ingredients:

1 tub	Daiya Chive & Onion Cream Cheeze Style Spread
3 large	Potatoes
¼ cup	Vegan buttery spread
2 cloves	Garlic
2 tsp	Fresh chives, finely chopped
1 cup	Unsweetened dairy-free beverage
1 tsp	Garlic powder

## Directions:

1. Peel potatoes, and cut into small pieces.
2. Bring potatoes to a boil in a large lidded pot on high heat.
3. Simmer uncovered until potatoes are tender (approximately 20-25 minutes).
4. While potatoes are boiling, melt 2 tbsp of butter in a pan, and add minced garlic and chives. Sauté until garlic is tender.
5. Drain potatoes, and add remaining butter, milk and cream cheeze to pot.
6. Mash potatoes until smooth, then add sautéed garlic and chives, garlic powder and salt and pepper to taste.



# Instant Pot Whipped Sweet Potato

Prep Time

5 min

Cook Time

20 min

Total Time

25 min

Recipe created by [Eating by Elaine](#)

## Ingredients:

5	Sweet potatoes
4 oz	Daiya Plain Cream Cheeze Style Spread
1 tbsp	Maple syrup
½ tsp	Fine salt
¼ tsp	Pumpkin pie spice
¼ tsp	Black pepper, ground
1 cup	Water
1 tbsp	Fresh chives

## Directions:

1. Add sweet potatoes to the steamer basket in your Instant Pot. Add 1 cup of water and secure lid. Valve should be on sealed. Cook on manual high pressure for 15 minutes. When cooking is complete, manual release and use tongs to transfer the sweet potatoes to a cutting board. Slice through each lengthwise with a knife.
2. Allow the sweet potatoes to cool until you can safely handle them. Peel the skin off and discard.
3. Place the sweet potato flesh in a large mixing bowl, and add Daiya Plain Cream Cheeze Style Spread, maple syrup, salt, pumpkin pie spice and pepper. Taste and adjust seasonings to your liking.
4. Transfer the mixture to a serving dish and serve hot. Garnish with freshly ground black pepper, fresh thyme sprigs and/or chopped fresh chives if desired.



# Plant-Based Scalloped Potatoes

Prep Time

5 min

Cook Time

1hr 40 min

Total Time

1 hr 45 min

Recipe created by [Kirstie is Vegan](#)

## Ingredients:

1 bag	Daiya Cutting Board Collection Mozzarella Style Shreds
6 slices	Daiya Smoked Gouda or Mozzarella Style Slices
2 lbs	Russet potatoes
1 cup	Yellow onions
2-3 cloves	Crushed garlic
¼ tsp	Black pepper, ground
¼ cup	Olive oil
¼ cup	Flour
¼ cup	Nutritional yeast
3 cups	Unsweetened dairy-free beverage
1 tsp	Thyme
Salt and Pepper, to taste	



## Directions:

1. Scrub potatoes and place in a large pot with enough water to cover them.
2. Bring the potatoes to a boil and cook for 20 minutes. You should be able to easily poke a fork approximately 1 cm into them. Drain and set aside until they're cool enough to handle.
3. In the same pot, heat the oil. Add the chopped onion and garlic, cooking until translucent, about 5 minutes.
4. Combine the flour and nutritional yeast, then add them to the pot. Stir continuously for 2-3 minutes or until the flour starts to turn golden brown.
5. Add the unsweetened dairy-free beverage, 1 cup at a time, stirring in between each cup.
6. Add the thyme, salt and a generous amount of pepper. Cook sauce for 7-10 minutes, until it thickens.
7. Preheat oven to 375°F.
8. Grease a 9 x 13 casserole dish with oil or vegan buttery spread.
9. Once the potatoes are cool enough to handle, peel them and cut into ½ cm thick slices. Spread half the potatoes in the casserole dish and add half the cream mixture. Shake the casserole dish to allow the cream to coat the potatoes.
10. Layer the cheese slices. Add the other half of the potatoes, then add the remaining cream sauce. Cover generously with mozzarella style shreds.
11. Cover with tin foil and cook for 20 minutes. Remove the tin foil and cook for another 25 minutes or until the outer cheese starts to crisp. Allow to cool for 5 minutes. Serve and enjoy!



# Stuffed Seitan

Prep Time  
20 min

Cook Time  
1 hr 15 min

Total Time  
1 hr 45 min

Recipe created by [Plant-Based Jane](#)

## Ingredients:

### Filling

1 whole	Onion
¾ cup	Mushrooms
½ cup	Carrots
¼ cup	Celery
2 tbsp	Olive oil
	Salt
	Pepper
3 clove	Garlic
¼ cup	Breadcrumbs
¼ cup	Vegetable broth
Squeeze	Lemon juice

### Seitan

2 cups	Vital wheat gluten
2 tbsp	Chickpea flour
3 cloves	Garlic
1 ½ cup	Vegetable broth
⅓ cup	Nutritional yeast
¾ cup	White beans
3 tbsp	Soy sauce
2 tsp	Poultry seasoning
1 tbsp	Olive oil
1 tbsp	Ketchup
¼ tsp	Pepper

## Directions:

1. Preheat a large pan on medium heat. Sauté your mushrooms, carrots and celery in oil for around 10 minutes, or until soft. Then, add in your seasonings and garlic, and let cook for another 1-2 minutes.
2. Sprinkle in your breadcrumbs and mix until all the vegetables are well coated. Cook for an additional five minutes until the breadcrumbs have become a bit darker and the vegetables are a bit dry.
3. Stir in your broth and lemon juice, and toss until moist. If it still seems to be a bit dry, add in some additional broth or oil. Set aside.
4. Begin preparing the seitan.
5. Preheat oven to 350°F (177°C).
6. In a food processor, pulse the garlic until well chopped. Then add your beans, broth, olive oil, soy sauce and ketchup and puree until smooth.
7. In a large bowl, mix together the vital wheat gluten, nutritional yeast and spices and mix until combined.
8. Mix your wet ingredients with dry and stir with a wooden spoon until the mixture forms into a ball of dough. Knead until everything is well incorporated.
9. To roll out the seitan and create the roast, use your hands or a rolling pin. Flatten the seitan to form a rectangle the size of 12 x 10.
10. Place your filling on the lower ⅓ end of the seitan, leaving around 2 inches at the bottom for rolling.
11. To roll, start at the bottom where the filling is and roll over it. Keep rolling until it forms into a log shape. Pinch the ends and the lining to make sure it doesn't open while cooking. Think of rolling it like you would sushi.
12. Take a large piece of aluminum foil and place your seitan in the middle. Roll it up like you would a tootsie roll (as in the ends should be tightly wrapped).
13. Transfer to a baking sheet and cook for around 1 hour and 15 minutes. Check every 20 minutes and flip the seitan so it is cooking evenly. The seitan should feel semi firm when it's done cooking. Don't over cook or else it could turn into more of a bread texture.

# Cranberry Apple Crisp

Prep Time

15 min

Cook Time

45 min

Total Time

60 min

Recipe created by [Jessica in the Kitchen](#)

## Ingredients:

### Crisp Topping

¾ cup	Old fashioned oats
¾ cup	All purpose gluten free flour or quinoa flour
½ tsp	Salt
3 tbsp	Coconut sugar
6 tbsp	Salted vegan buttery spread

### Cranberry Apple Filling

6	Apples, peeled, cored and chopped
2 cups	Cranberries
2 tbsp	Lime juice
3 tbsp	All purpose gluten free flour or quinoa flour
2 tbsp	Ground cinnamon
3 tbsp	Coconut sugar
3 tbsp	Maple syrup

## Directions:

1. Preheat the oven to 350°F (177°C).
2. In a bowl, mix all the apples, cranberries and lime juice in a bowl to combine. Sprinkle the flour, cinnamon, coconut sugar and the maple syrup over them and mix to combine. Pour into a greased 2 quart casserole dish and spread or shake to lay evenly.
3. In another bowl, mix all the crisp topping ingredients except the vegan butter. Add the vegan butter and use your fingers to crumble it into the flour oats mixture until everything is moist and the butter is evenly distributed. Sprinkle the crisp over the fruits.
4. Bake for 45 minutes until the crisp is golden brown and the fruit is bubbling.
5. Allow to cool slightly, then serve immediately with some dairy-free ice cream and sauce from the crisp.



# Pumpkin Chocolate Pie

Prep Time

10 min

Cook Time

30 min

Total Time

40 min

Recipe created by [Plant-Based on a Budget](#)

## Ingredients:

1 cup	Vegan semi-sweet chocolate chips
1 can	Pumpkin puree, 15 oz
1 ½ cups	Silken tofu
1 ½ tbsp	Brown sugar
1 tsp	Vanilla extract
1 tbsp	Pumpkin pie spice
1 tsp	Ground cinnamon
1	Prepared vegan crust
	Dollop of whipped cream for garnish (optional)
	Sprinkle of cinnamon for garnish (optional)
	Extra chocolate chips for garnish (optional)



## Directions:

1. Preheat the oven to 350°F (177°C).
2. In a small, microwave-safe bowl, microwave the chocolate chips for 30 seconds. Mix with a fork until smooth. (If the chocolate is still lumpy, microwave for 20 second intervals, mixing in between, until the chocolate is completely smooth).
3. Combine melted chocolate, pumpkin puree, silken tofu, brown sugar, vanilla extract, pumpkin pie spice and ground cinnamon in a blender and blend on high until completely smooth.
4. Pour pie mixture into the prepared crust and bake for 30 minutes.
5. Let pie set in the refrigerator overnight or for at least 6 hours.