Vegan Lunch Box

Never fear! Putting together a vegan lunch box is fun and easy!

Main Dish
Veggie wraps, PB & J, bagels with vegan cream cheese, oatmeal or granola with fruit, vegan deli sandwiches, pasta salad...

Snacks
Fresh fruit, veggies and hummus dip, almonds, raisins, peanut butter and apples, potato chips, pita chips, vegan yogurt, graham crackers, Chex Mix...

Extra Treats
Oreos, Skittles, Justin's dark chocolate peanut butter cups, brown sugar pita chips, vegan pudding cups...

Liquids
Vegetable Soup thermoses, orange juice, sweet tea, vegan chocolate milk (almond, coconut, or soy), soda pop, good old fashioned water...

Milk, Yogurt, Pudding
Almond Breeze
Silk
Kite Hill
So Delicious
Tofutti
Zen Organic

Deli Slices/Cheese
Daiya
Field Roast
Tofurky
Follow Your Heart
Miyokos
So Delicious

Frozen Meals/Other Meat Alternatives
Gardein
Beyond Meat
Sweet Earth
Amy’s Vegan Meals

Look out for these vegan friendly brands in your local grocery store!

www.pasadosafehaven.org
Vegan Lunch Box

Recipes

**Almond Butter Fruit Wrap**
Large flour tortilla
Almond butter, to spread
One medium banana, sliced (mix it up with sliced strawberries or add agave for extra sweetness!)

**Hummus Wrap**
Large flour tortilla
Leafy greens of choice
Red & yellow bell peppers, sliced
Cucumber slices
Hummus, to spread
Salt, to taste

**Simple Pasta Salad**
1/4 lb penne
1/4 15-oz can of black beans, drained & rinsed
1/4 C chopped red bell pepper
1/4 C corn
1 tsp lime juice
1 tsp olive oil
Agave or sugar, to taste
Pinch of salt

**Mac & Cheese & Broccoli**
3 yukon potatoes
3 carrots
1/2 C water
1/4 C Nutritional Yeast (+ 2 Tbs) (Look in the bulk section!)
2 Tbs lemon juice
1 tsp apple cider vinegar
1 tsp salt
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp mustard
Pinch of turmeric powder
2 C elbow macaroni (uncooked)
1 bag frozen broccoli

Dice potatoes & carrots
Boil for ten minutes and cool for 5 minutes
Pulse veggies and 1/2 C water in blender
Add rest of ingredients, blend until smooth
Boil pasta until al dente and add broccoli to last 5 minutes of boiling pasta
Drain and combine all ingredients in bowl.

**Beans & Rice Burrito**
Large flour tortilla
1/4 C Mexican style rice
1/4 avocado, sliced
2 Tbs black beans drained & rinsed
Salt & pepper, to taste

**Potato Salad**
1 1/2 lbs yellow potatoes
1 C vegan mayo (check the “natural” food section!)
1 Tbs white vinegar
1 Tbs mustard
2-3 dill pickles
Salt & pepper, to taste

Boil potatoes until mostly tender
Combine remaining ingredients into bowl. Chill until used.
Let potatoes cool and cut into quarters. Combine with dressing and chill for 1 hour.

**Chocolate Truffles**
1 medium avocado
10 oz dark chocolate chips
2 Tbs cocoa powder

Puree avocado. Carefully melt chocolate chips in microwave (10 secs at a time).
Mix avocado and chips then chill for 1 hour. Scoop out 1 Tbs of the mixture and form into balls. Cover in cocoa powder and enjoy!