



# Kid-Friendly Vegan Protein Recipe Collection

## 1. Hidden Bean Brownies

### Ingredients:

- 1 cup cooked black beans (rinsed)
- 1/2 cup cocoa powder
- 1/2 cup oats
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- 1 tsp vanilla extract
- 1/2 tsp baking powder

### Preparation:

Blend all ingredients until smooth. Pour into a baking pan and bake at 350°F for 20-25 minutes.

### Nutrition (per brownie, makes 12):

- Protein: 3.5g
- Calories: 120

## **2. Lentil "Mac and Cheese"**

### **Ingredients:**

- 1 cup cooked red lentils
- 8 oz pasta (elbow macaroni)
- 1 cup soaked cashews
- 1/4 cup nutritional yeast
- 1 tbsp lemon juice
- 1 tsp garlic powder
- Salt to taste

### **Preparation:**

Cook pasta. Blend cashews, nutritional yeast, lemon juice, garlic powder with water until creamy. Mix lentils and sauce with pasta.

### **Nutrition (per serving, serves 4):**

- Protein: 15g
- Calories: 350

### **3. Chickpea "Tuna" Salad Wraps**

#### **Ingredients:**

- 1 can chickpeas (rinsed)
- 2 tbsp vegan mayo
- 1 tbsp nutritional yeast
- 1 stalk celery, chopped
- 1/2 tsp onion powder
- Whole grain wraps

#### **Preparation:**

Mash chickpeas, mix with remaining ingredients, and serve in wraps.

#### **Nutrition (per wrap):**

- Protein: 15g
- Calories: 280

## 4. Tofu Nuggets

### Ingredients:

- 14 oz firm tofu, pressed and cubed
- 1/2 cup breadcrumbs
- 1 tbsp nutritional yeast
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 2 tbsp plant milk

### Preparation:

Dip tofu in plant milk, coat with breadcrumb mixture, bake at 400°F for 25 minutes.

### Nutrition (per 5 nuggets):

- Protein: 18g
- Calories: 220

## **5. Peanut Butter Energy Balls**

### **Ingredients:**

- 1 cup oats
- 1/2 cup peanut butter
- 1/4 cup ground flaxseed
- 1/4 cup maple syrup
- 1/4 cup mini vegan chocolate chips

### **Preparation:**

Mix all ingredients, roll into balls and refrigerate for 1 hour.

### **Nutrition (per ball, makes 12):**

- Protein: 4g
- Calories: 110

## **6. Hidden Veggie Pancakes**

### **Ingredients:**

- 1 cup whole wheat flour
- 1 cup plant milk
- 1/2 cup cooked, pureed pumpkin or carrot
- 2 tbsp ground flaxseed + 6 tbsp water (flax egg)
- 1 tbsp maple syrup

### **Preparation:**

Mix flaxseed with water and let sit 5 mins. Combine all ingredients, cook pancakes on skillet.

### **Nutrition (per pancake, makes 8):**

- Protein: 5g
- Calories: 100

## 7. Creamy Spinach Pasta

### Ingredients:

- 8 oz pasta
- 2 cups fresh spinach
- 1/2 cup soaked cashews
- 1/4 cup nutritional yeast
- 1 clove garlic
- 1 tbsp lemon juice

### Preparation:

Cook pasta. Blend spinach, cashews, nutritional yeast, garlic, lemon juice with water until creamy. Mix with pasta.

### Nutrition (per serving, serves 4):

- Protein: 12g
- Calories: 320

## **8. Sweet Potato & Black Bean Quesadillas**

### **Ingredients:**

- 1 medium sweet potato, cooked and mashed
- 1 cup cooked black beans
- Whole grain tortillas
- 1/4 cup nutritional yeast

### **Preparation:**

**Spread sweet potato and beans on tortillas, sprinkle yeast, fold and cook on skillet until crispy.**

### **Nutrition (per quesadilla):**

- Protein: 14g
- Calories: 350



## **9. Edamame Hummus Dip**

### **Ingredients:**

- 1 cup shelled edamame (cooked)
- 1/4 cup tahini
- 2 tbsp lemon juice
- 1 clove garlic
- Salt to taste

### **Preparation:**

Blend all ingredients until smooth. Serve with veggie sticks.

### **Nutrition (per 2 tbsp serving):**

- Protein: 5g
- Calories: 70

## 10. Chia Pudding with Almond Butter

### Ingredients:

- 3 tbsp chia seeds
- 1 cup plant milk
- 1 tbsp almond butter
- 1 tsp maple syrup

### Preparation:

Mix chia seeds and plant milk, refrigerate overnight. Stir in almond butter and maple syrup before serving.

### Nutrition (per serving):

- Protein: 7g
- Calories: 180

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