

HANNA'S VEGAN RECIPES



BY HANNA BRYANT

RAW HANNA BANANA



Welcome to my VEGAN recipe ebook! Thank you SO much for supporting and downloading. I hope you enjoy trying these foods.

So there's a few patterns you'll come to see throughout this recipe book. The first being that these recipes are simple. Simplicity in your consumption is so wonderful for optimal digestion and is not really all that bad. If you choose naturally flavorful foods, there's no need to put 50 different things to add flavor in there. And your body will THANK YOU! It's for the same reason that I do not consume way over processed food. Read your food labels. Almond milk and coconut milk even has a lengthy ingredient list. Those gluten free "healthy" foods that are easy to grab and go have all sorts of preservatives and ingredients that are highly inflammatory and more.

Two is that we LOVE noodles! Whether it's brown rice pasta, zoodles, spaghetti squash etc. There isn't a reason to not eat noodles. I definitely advocate cooked meals in moderation. Like one meal or LESS a day. I don't even eat cooked meals every day. Brown rice pasta has TWO ingredients: brown rice, water. For me this is simple enough to digest. Play around with what works best for you. If several different processed grains in one meal or more is too much for your tummy, then cut back. Replace as much of your diet as you can with foods in their whole form. If you are having digestive upset, you don't have to immediately go to the doctor to get a "bandaid" pill. Look at what you are consuming! Food is your medicine and it is your disease.

Three is that we LOOOOVE avocados! I operate my best eating lower amounts of fat. Now I know that sounds kinda cliché "Now if you eat a low fat diet..." but it's not like that. When you think about what you eat and the percentage of its calories from carbohydrates, proteins and fats you'll quickly realize how much fat you can truly put away. You'd think that eating nuts and seeds would be high in protein even though it just as high if not higher in fat. Personally, I do not digest nuts and seeds well. I know I feel great when I have healthy fats, and usually that comes from avocados. They are simple, creamy, nutritious and yummy!



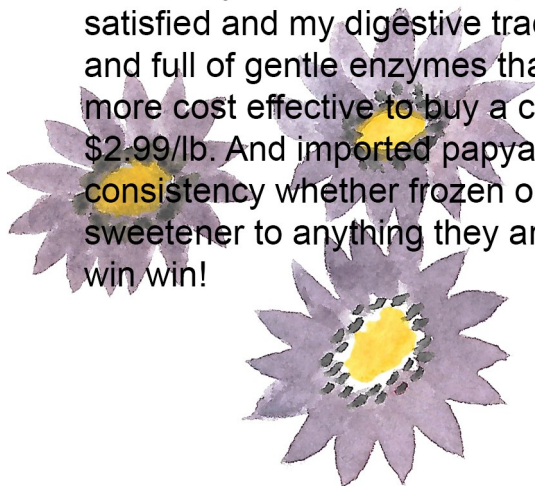


SMOOTHIES

Smoothies are just delicious! You can hide things you don't want to taste in them, get extra nutrients, DRINK your meal and just so many other great things! **TIP: If you are trying to incorporate something into your diet that you need, start with adding a small amount to your smoothie and gradually increase it until you can stand the taste!** These smoothie recipes are so customizable. You can absolutely add any fruit you desire into your blender and mix new flavors all the time! Just be very aware of what is calorie dense and what is not. And if you choose foods that aren't calorie dense, then add more of them.

Why I choose bananas:

Bananas are the filling and the glue. They are what give my meals the substance and binding that they need. If I chose to eat about 6 apples for breakfast, I would probably be sick to my stomach. Instead, if I choose about 4 to 6 bananas, my stomach is full and satisfied and my digestive tract is so thankful! It's the same with papayas, they are thick and full of gentle enzymes that are so good for you. However, in the states it's a LOT more cost effective to buy a case of bananas at \$0.29/lb instead of a case of papayas at \$2.99/lb. And imported papayas taste pretty yucky. Bananas make a great smoothie consistency whether frozen or not. They are naturally sweet so you don't need to add sweetener to anything they are in and they are full of healthy carbs and good sugar! Win win win!



GREEN BANANA POWER SMOOTHIE

****Usually makes about 32oz****

- >3-4 ripe frozen bananas
- >1 ripe mango (sometimes I sub with a ripe papaya)
- >2 cups of spinach and/or kale (whatever you prefer! Both have amazing benefits. I try to consume both daily.)
- >1 heaping teaspoon Hawaiian Spirulina Powder (high in protein and necessary nutrients)
- >2 heaping teaspoons Barley Grass Juice Powder (BGJP)
- >Water or coconut water to texture

Add all ingredients into your blender starting with the softest ingredients (like the mango, OR you can use one ripe, unfrozen banana). This allows the blender to begin blending way easier and creates the smoothest texture! Add enough water to get you going or however much you want to get the texture you want. Blend on high for about 30 seconds. Pour (or just stick a straw in the blender cup like I do) and enjoy!



WILD BLUEBERRY MANGO-AKA HANNA'S GO-TO

Usually makes about 40oz

- >2-3 ripe spotty bananas
- >3-4 big kale leaves
- >1 tbsp BGJP
- >1 heaping teaspoon Hawaiian Spirulina Powder
- >1 cup frozen wild blueberries
- >1-2 cups frozen mango chunks
- >1 tbsp hemp seeds
- >water to texture (I use about 3 cups. I like mine thinner)

Add all ingredients into your blender starting with the softest ingredients. Blend on high for about 30 seconds. Pour (or just stick a straw in the blender cup like I do) and enjoy!



BANANA BLUEBERRY SMOOTHIE

****Usually makes about 28-32oz****

- >3-4 ripe frozen bananas
- >1 ripe spotty banana
- >1 cup frozen *wild blueberries
- >Water to texture

Optional: Plant-based vanilla protein powder (I use either Sunwarrior or Garden of Life RAW)

Add in your ripe, not frozen banana first. Add in the rest of your ingredients and blend on high for about 30 seconds. Pour and enjoy to the last drop!



✿ HEALTHY TIP ✿

*Wild blueberries are not the same as “blueberries.” These little monsters are PACKED with more nutrients and health benefits than you can imagine. I started incorporating these into my diet after I learned that when consumed regularly they can prevent cancer, diabetes, repair gut health (which I NEEDED), aid in bone development, prevent strokes, Alzheimer’s disease and memory decline, improve motor skills, decrease depression and oh my goodness the list goes on! I buy mine at Sprouts here in Tulsa. These are much more potent than a typical blueberry. So flavorful and packed with a punch!



GREEN NICE CREAM

****Usually makes about 1 heaping bowl full****

>4-5 ripe FROZEN bananas (the frozen bananas make this what it is)

>1-2 cups spinach

>1 scoop of vanilla protein powder

>1 teaspoon BGJP

Optional: raw cacao nibs

Add all ingredients into your blender. (if you have a tamper, you'll need it!) Add just enough liquid to get you started and blend into the blades. I prefer a slightly soft consistency. Just perfect to eat with a spoon. Top with cacao nibs and any other toppings you may want to add and enjoy the pure creamy goodness.



CHOCOLATE "NICE" CREAM

****Makes 1 heaping serving (double for more)****

>3 frozen bananas
>2-3 tbsp cacao powder
>1 tsp vanilla
>optional: half scoop
vanilla or chocolate protein powder

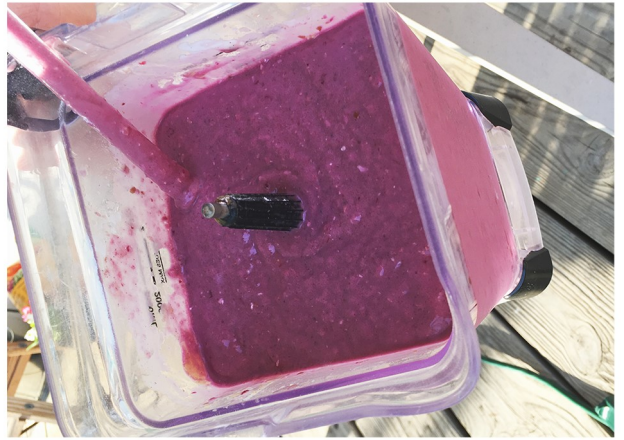
Leave bananas out for about 5 minutes to thaw just slightly. Add them to a high-speed blender. Add about 2 tbsp of water to get you started. Using the tamper on low speed, push the bananas into the blades until smooth and creamy. If you don't have a high-speed blender, then you'll need to add a little more water and just keep it as thick as you can. Then add the dry ingredients and vanilla and blend until well incorporated. Top with cacao nibs and/or any berries you want. Serve and enjoy!



CONNOR'S FAVORITE SMOOTHIE

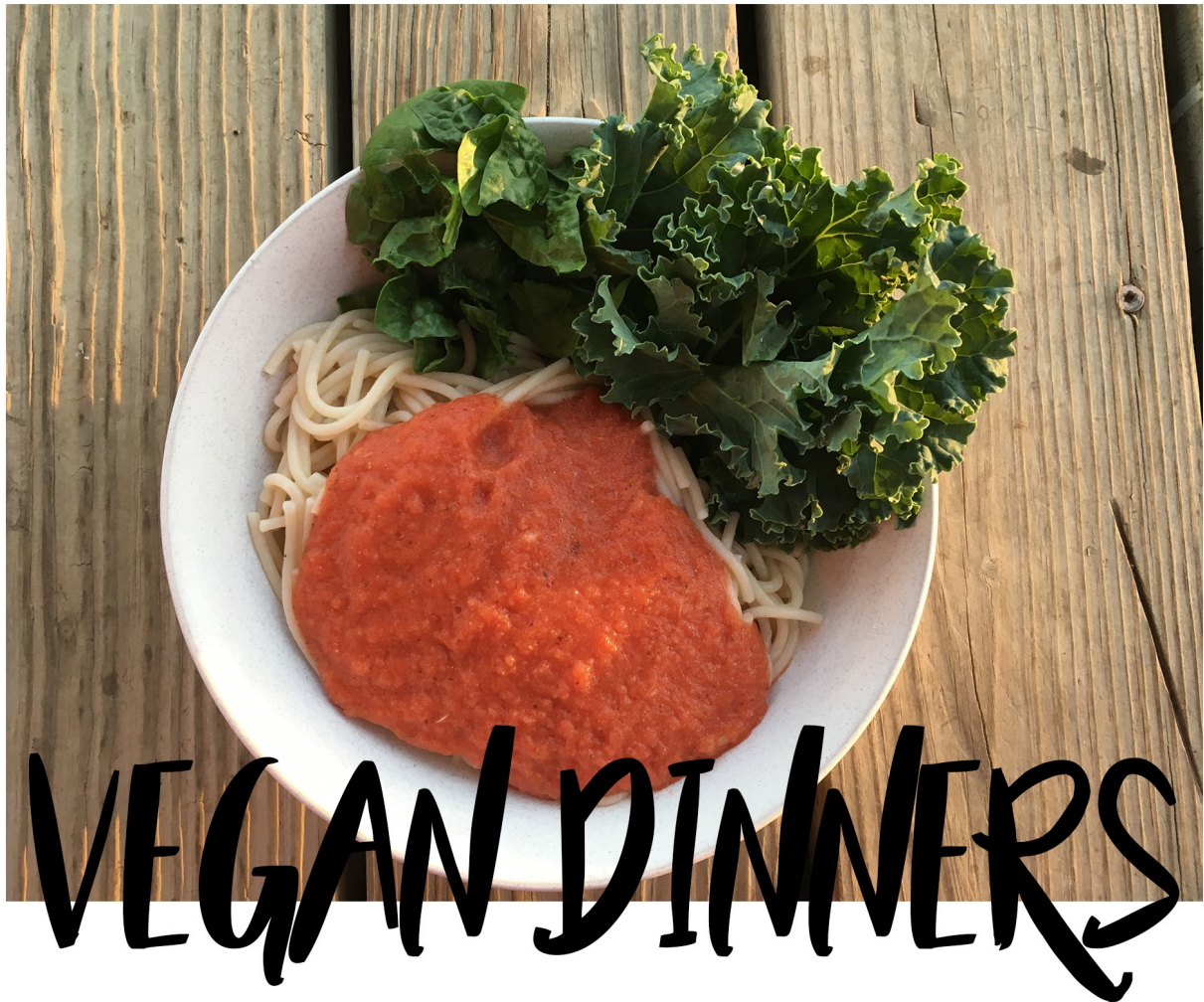
****Usually makes about 48oz****

- >1 ripe mango
- >3-4 frozen bananas
- >1 cup blackberries
- >Handful of strawberries
- >1/2 cup oats
- >1/2 cup shredded coconut
- >Heaping handful fresh spinach
- >1-2 cups coconut milk



Blend oats, shredded coconut and some of the coconut milk until it's partially blended. Add in the rest of your ingredients starting with the softest first. Add in the coconut milk and blend until smooth!

Connor enjoys this adding a couple tablespoons of natural peanut butter as well. This is his post-work smoothie to refuel all the energy he used up.



POTATOES WITH AVOCADO SAUCE



****makes about 1-2 servings****

- >3-4 golden sweet potatoes/russet potatoes
- >1-2 avocados
- >½ zucchini
- >1 lime
- >2 tbsp fresh cilantro
- >Optional: 1 tsp nutritional yeast

Chop however many potatoes you desire in whatever form you desire and lay them across a pan with parchment paper in the oven at 425 degrees for about 30 minutes. Sprinkle with seasonings of choice (my favorite: pinch of pink sea salt, garlic powder and thyme). While the potatoes are cooking, add avocados, zucchini, lime, cilantro and nutritional yeast to your blender or food processor and blend until creamy. Add a tsp of water at a time if it's too thick. Set aside. Once your potatoes are nice, golden crispy, remove and enjoy! Dip these into your avo sauce and enjoy with a big salad of greens on the side (with more avo sauce). SO GOOD.

NOODLES WITH SWEET TOMATO SAUCE



****Makes 2 heaping servings****

- >1½-1 package brown rice pasta
(or raw or lightly cooked zucchini noodles)
- >5-6 fresh tomatoes of choice
- >½ cup fresh basil
- >1 tablespoon dried or fresh oregano
- >Pinch of sea salt
- >½ cup boiled sweet potato
- >¼ cup chopped walnuts
- >1 chopped green onion

Boil water and add in pasta. Boil in a small pot about half a cup of a sliced sweet potato (the best are the golden sweet potatoes). In your blender or food processor, cut and add tomatoes. Blend until consistency you desire. Add in your soft, boiled sweet potato and blend until smooth. Now add in your herbs and pulse until well blended (do NOT overblend herbs or they can become bitter). Add the sauce to a pot on the stove to warm up and cook in the flavors. Drain and rinse pasta and scoop sauce onto it. Top with chopped walnuts and green onion or even hemp seeds! Serve with raw spinach, lettuce or kale. I love to scoop the pasta and sauce into the kale or lettuce and eat like a lettuce cup!

ZUCCHINI NOODLES WITH GARLIC AVOCADO SAUCE



****Makes 1 heaping serving****

- >2 spiralized zucchinis
- >1 avocado
- >2 raw/roasted/cooked garlic cloves
- >Pinch of sea salt
- >1 lime
- >5-6 cherry tomatoes

Spiralize 2 zucchinis into a bowl. Add avocado, garlic, lime juice and salt into a blender or food processor and blend until smooth and creamy. Pour over zucchini noodles and top with cherry tomatoes. It's that simple! Serve with dates for extra calories.

BAKED POTATO AND SIDE SALAD WITH AVOCADO SOUR CREAM



****Makes 1 hearty serving (double for more)****

- >1 large russet or golden sweet potato
- >1-2 ripe avocados
- >2 limes
- >1 tablespoon nutritional yeast
- >Pinch of sea salt
- >1 teaspoon Garlic powder
- >Spinach/lettuce/kale (any greens you like. My favorite is a mix of all of it, heavy on the lettuce).
- >1 chopped tomato

Bake your potato(s) at 400 degrees F until they are soft and the outsides are as crisp as you want. While they are baking, add to your blender or food processor the avocados, juice of limes, nutritional yeast, salt and garlic powder. Blend until smooth and creamy. Add in a teaspoon of water at a time if you need to for desired consistency. When your potatoes are done, cut them open and add in some of that “sour cream” deliciousness. I also like topping mine with some dulse. Also use the avocado sauce for your side salad and top with the chopped tomato! It is THAT simple!

PASTA WITH CREAMY PESTO SAUCE



****Makes 2 heaping servings****

- > ½-1 package brown rice pasta
(or raw or lightly cooked zucchini noodles)
- > 1-2 avocados
- > 1 cup fresh basil (or however much you love!)
- > 1-2 lemons
- > 1 garlic clove
- > ¼ cup walnuts
- > ½ zucchini
- > *optional: 1 tablespoon nutritional yeast

I have completely made this recipe customizable for your liking! And it can serve anywhere from 1 to 3 people.

Boil a pot of water on stove and add in your pasta (or spiralize the zucchinis). While your pasta is cooking, add in all other ingredients into a food processor or blender. Cut zucchini up into smaller pieces for the blender to blend easier. Blend until smooth and creamy. Add in 1 tbsp water if needed for desired consistency.

Once pasta is soft, drain and rinse. Add in the sauce OR you can just put in on the side and everyone can add in however much they desire. I'm telling you... this is BOMB! And as always, add some raw, tender greens in or on the side for optimal digestion. DIG IN!

POTATO HASH



****Makes about 2 servings****

- >3-4 red skin potatoes (or potatoes of choice)
- >1 zucchini
- >1 red bell pepper
- >1 bunch of asperagus
- >1 head of broccoli
- >2 fresh tomatoes
- >½ yellow onion
- >2 minced or pressed garlic cloves
- >2 tsp cumin
- >1 tsp sea salt
- >sprinkle of black pepper

>fresh spinach

Chop your potatoes and add to a pan with a little water in the bottom to begin cooking (do these first because they take the longest to cook). While these are cooking, chop all your veggies and add into the pan with the potatoes, adding a tablespoon of water at a time so it doesn't stick to the pan. Mix in all your spices and cover with a lid and allow to cook until soft. Once all of the veggies are soft, remove the lid and cook for another 5 minutes. You can really add any veggies you want into this dish. Serve over a bed of fresh spinach.

HANNA'S GO-TO SALAD



****Serves 1 adult****

- >1 head of lettuce of choice (or a huge bowl full of mixed greens)
- >2 cups spinach
- >2-3 kale leaves
- >1 tomato
- >Handful of sprouts (I like broccoli sprouts)
- >raw sauerkraut
- >hemp seeds

Dressing:

- >1 avocado
- >1 lemon
- >1 celery stick
- >2 tsp maple syrup (or honey for a non-vegan option)

Chop or tear all your greens into a large mixing bowl. Chop tomato and add on top with the sprouts. Add in blender or food processor all dressing ingredients and blend. If you don't have a blender/processor, that's okay! Just mash it all into a bowl and pour over the top of the salad. Mix and enjoy! This usually fills me up pretty well for a lunch meal. Sometimes for dinner too. But I prefer to eat my big salads with a side of potatoes or quinoa.

****You can change up your salad or add to it whatever you want! Always look for foods in their whole form and choose homemade dressings!**

CREAMY LOW-FAT CELERY ORAGE SALAD



****serves 1 hungry adult****

- >1 head of romaine lettuce
- >2 stalks of kale
- >1 handful of spinach

Dressing:

- >2 stalks celery
- >1 zucchini
- >1 medium orange, peeled
- >medjool date

Blend all the salad ingredients in a blender until smooth. This recipe is so very simple. Pour over the salad and top with whatever other veggies you want! I usually top with sprouts, a little broccoli, sauerkraut and tomato.



SNACKS AND TREATS

.....THE HEALTHY WAY!



BLUEBERRY MOUSSE



****Makes about 2 servings****

- >2 avocados
- >1 and a half cups wild blueberries
- >2 TBSP maple syrup
- >1 tsp vanilla
- >cacao nibs

Blend all ingredients in a high speed blender or food processor until smooth and creamy. Top with cacao nibs and serve!

OVERNIGHT OATS



This recipe is just so simple!

- >1 cup oats
- >1 tablespoon blackstrap molasses or maple syrup
- >1 cup nut milk of choice or water
- >1 tablespoon chia seeds
- >1 tsp cinnamon
- >top with cacao nibs and/or blueberries

Add all ingredients to a jar with a sealed lid and shake it up until all ingredients are mixed. Leave in the fridge overnight or even for just an hour. It's so yummy and so filling!

HANNA'S "RAWNOLA"



****Serves 1 adult****

- >5-6 medjool dates
- >1 cup of oats
- >2 tablespoons coconut flakes
- >handful of cacao nibs
- >frozen wild blueberries

In a blender or food processor pulse dates, oats, and coconut until it's a sticky/thick consistency. Add on top the cacao nibs and blueberries and enjoy as a super filling snack!



THANK YOU!

Thank you so much for downloading my very first ebook! I'm so new to this but I had so much fun pouring my heart into creating this so that hopefully you can enjoy amazing VEGAN FOOD too!

I'm so excited to see you create these recipes and add your own touches. If you make one of my recipes from this ebook, please tag me in it @RAWHANNABANANA and use the hashtag #HANNASVEGANFOOD so we can all see it too!



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