

# Quick & Easy Plant-Based & Gluten Free Recipes



Created by  
Rebecca Washuta,  
MS, CNS, LDN



Happy  
Hearty  
Bites

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*Hi there,  
I'm Rebecca!*



Eating well is about choosing foods that support your physical AND mental health. What this means is having the freedom to eat foods you love but also understanding how they can affect your body, mood, and focus. This will empower you to eat in a way that supports how you want to feel, and allow you to make the best choices for yourself in any situation without feeling restricted, or guilty. In addition to being a Dietitian and using this approach with clients, I learned this firsthand in my own life. I have celiac disease and struggled with an eating disorder in my early 20's, so in a way I was really my own first client. These experiences changed the way I understood nutrition and its connection to our mental and physical health, and I realized I could use what I learned to help others achieve the same peace with food and their bodies that I have found. Now I work with clients to help them determine the best foods for their bodies and lifestyles, as well as help them develop long term healthy habits. I truly believe good physical and mental health start in the kitchen, so I hope you find these recipes useful in taking a step towards the happiest healthiest version of yourself!





## Credentials and Education

- Licensed Dietitian Nutritionist, State of Florida
- Certified Nutrition Specialist®, American Nutrition Association
- Tulane University, Bachelor of Science in Neuroscience, 2010
- University of New England, Master of Science in Applied Nutrition, 2018

**No matter what diet you are currently following, the key to good health starts with your fork, and everyone can benefit by incorporating more plant-based foods into their routines. Achieving your wellness goals doesn't have to be hard or time consuming, and small steps can make a big difference. I hope you find some recipes here that you enjoy and that they inspire you to test out some of your own creations in the kitchen!**

## Specializing in

Nutrition Counseling for

- Weight Management
- Autoimmune/Autoinflammatory Disease
- Gastrointestinal Disorders
- Prediabetes/Metabolic Syndrome





# *Cinnamon Baked Apples with Toasted Walnuts*

Makes 4 Servings

Calories: 400    Carbohydrate: 33.8g    Sugar: 22.2 g  
Total Fat: 29.9 g    Fiber: 5.3 g    Protein: 6.8 g



This simple dish doubles as breakfast or dessert and is ready in just 15 minutes. The apples soften when they're baked and the walnuts give a nice crunch. It's perfect served warm day and is great alone or topped with vanilla yogurt or ice cream.

# Cinnamon Baked Apples with Toasted Walnuts



## Ingredients

### Apples

- 4 gala Apples
- 2 teaspoons cinnamon
- 1 tablespoon coconut sugar
- 1 teaspoon vanilla extract
- Juice from 1 lemon

### Walnuts

- 1/2 cup walnuts
- 2 teaspoons coconut oil (room temperature)
- 1 tablespoon coconut sugar
- 1 tablespoon gluten free flour

## Directions

- Preheat oven to 375 F
- Peel apples and slice thinly In medium bowl add apples, cinnamon, coconut sugar, lemon juice, and vanilla and toss to coat
- Transfer apples to 8" cake pan and bake for 12-14 minutes
- While apples bake, add walnuts, coconut oil, coconut sugar, and gluten free flour to medium bowl
- Mix walnuts with your hands until they are well coated and there are no chunks of coconut oil left
- Bake on a parchment paper covered baking sheet for 5-6 minutes
- Remove apples and walnuts from oven and let cool for a few minutes before serving



# *Zucchini Ravioli with Vegan Parmesan*

Makes 4 Servings

Calories: 260    Carbohydrate: 25.8g    Sugar: 12.4 g  
Total Fat: 17.7 g    Fiber: 5.4 g    Protein: 8.6 g



These zucchini ravioli are light yet satisfying. Vegan and grain free, this healthier take on a favorite comfort food will not disappoint.

# Zucchini Ravioli with Vegan Parmesan

## Ingredients



### Vegan Parmesan

- 1 cup raw cashews
- 3 tablespoons nutritional yeast
- 3/4 teaspoon salt
- 1/4 teaspoon garlic powder

### Ravioli

- 4 medium zucchini
- 1 8oz. container of Kite Hill Almond Milk Ricotta
- 2 teaspoons vegan parmesan (see above)
- 1 teaspoon Italian seasoning
- 1 jar of your favorite marinara sauce

## Directions

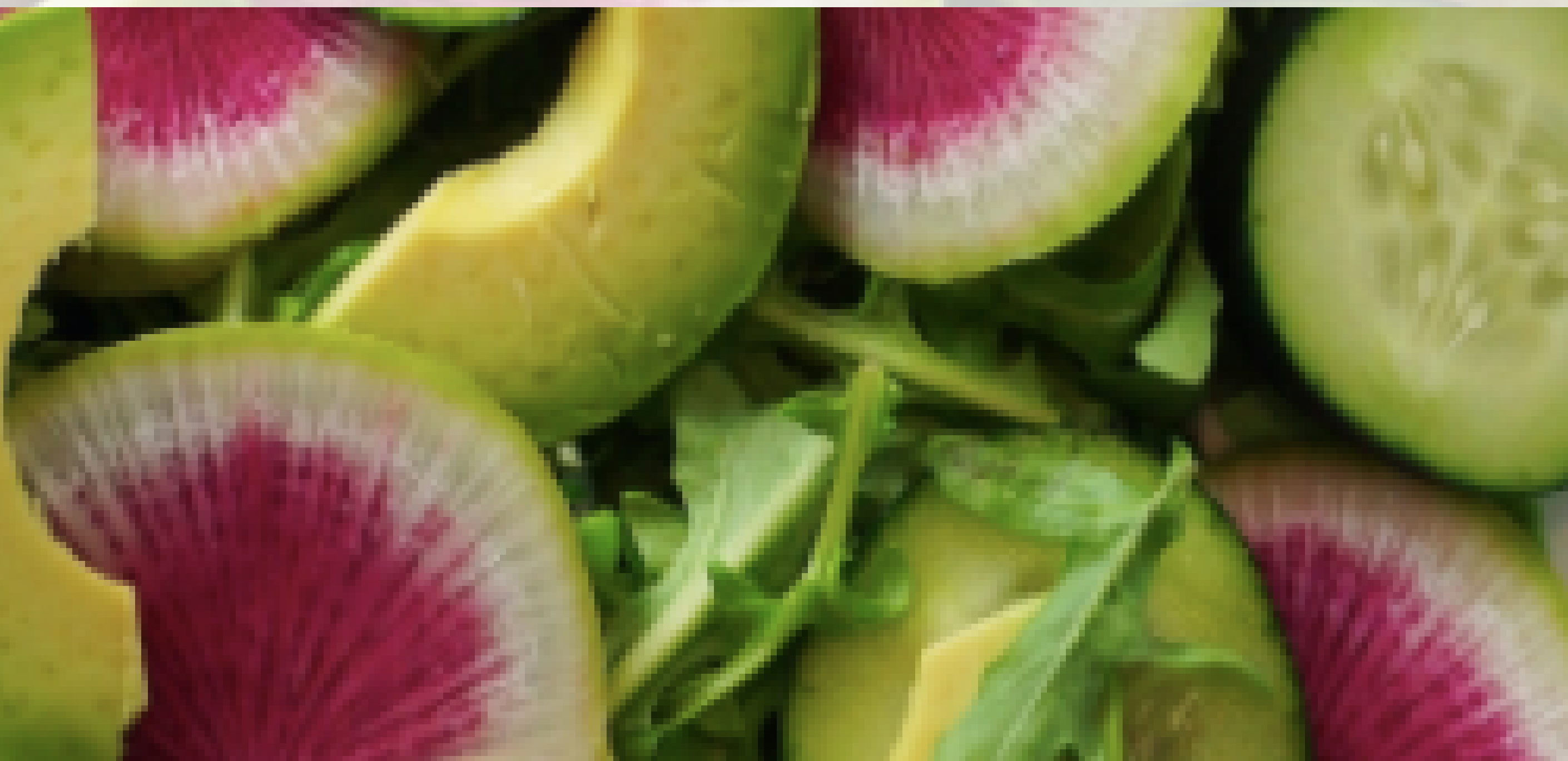
- Preheat oven to 375°
- Add all ingredients for vegan parmesan to food processor and pulse until finely ground. Use a vegetable peeler to slice zucchini into thin flat strips
- In a medium bowl combine the ricotta, Italian seasoning, and 2 teaspoons vegan parmesan
- Lay two zucchini strips vertically, overlapping slightly.
- Lay another two strips horizontally overlapping slightly
- Add a heaping tablespoon of ricotta filling to the center
- Wrap up the vertical ends, then the horizontal ends, and flip so the seam side is now on the bottom
- Place in baking dish and top with marinara as desired
- Bake for 20-25 minutes
- Top with additional parmesan and serve



# *Watermelon Radish and Arugula Salad*

Makes 4 Servings

Calories: 220    Carbohydrate: 12.9g    Sugar: 6.4 g  
Total Fat: 19.6 g    Fiber: 4.3 g    Protein: 2.2 g



Arugula and watermelon radishes give this gorgeous salad a peppery bite. It's high in vitamins C, K, folate, and potassium, and is packed with healthy fats and fiber. Best of all, it is so pretty!

# Watermelon Radish and Arugula Salad



## Ingredients

### Salad

- 5 oz arugula
- 1 watermelon radish
- 1 avocado
- 1 cucumber

### Raspberry Vinaigrette

- 1/4 cup frozen raspberries
- 1/4 cup olive oil
- 2 tablespoons champagne vinegar
- 1 and 1/2 teaspoons honey

## Directions

- Combine raspberries, olive oil, vinegar, and honey in a food processor or blender
- Pulse or blend until mixture becomes a vinaigrette
- Set dressing aside
- Slice the watermelon radish (no need to peel), cucumber, and avocado
- Plate arugula on 4 dishes
- Divide the radish, cucumber, and avocado between the dishes
- Top with raspberry vinaigrette



# *No-Bake Strawberry Cheesecake*

Makes 12 Servings

Calories: 330    Carbohydrate: 22.3g    Sugar: 12.8 g  
Total Fat: 27.0 g    Fiber: 3.2 g    Protein: 5.4 g



These mini cheesecakes are smooth, creamy, sweet, and tangy with perfectly crumbly crusts. They make a great summer dessert when it's just too hot to turn on the oven.

# No-Bake Strawberry Cheesecake

## Ingredients



### Filling

- 2 cups quick soaked cashews (Pour boiling water over the cashews and soak for 1 hour. Rinse and drain)
- ½ cup melted coconut oil
- ¼ cup full fat canned coconut milk (cream)\*
- ½ cup maple syrup
- 3 tablespoons lemon juice
- ½ teaspoon vanilla extract
- 1 cup chopped strawberries + more for topping

### Crust

- 1/2 cup almonds
- ½ cup walnuts
- 1 teaspoon coconut oil
- 6 pitted dates

## Directions

- Line a cupcake pan with 12 cupcake liners. Add almonds, walnuts, coconut oil, and dates to food processor and pulse until the mixture is crumbly and sticks together when pressed
- Divide crust mixture among cupcake liners and press to pack down (I used the bottom of a narrow glass)
- Place cupcake tin in the freezer for a few minutes for crust to set. Wipe food processor clean and add the cashews, coconut oil, coconut milk, maple syrup, lemon juice, vanilla extract, and strawberries and pulse until completely smooth.
- Take the cupcake pan out of the freezer and use a rubber spatula to scoop filling into each cupcake liner
- Place cupcake pan back in freezer for 1 hour to set. Let mini cheesecakes sit at room temperature 10-15 minutes before serving

\*place the canned coconut milk in the fridge overnight so the cream separates and rises to the top



# *Purple Potato Bites*

Makes 4 Servings

Calories: 135	Carbohydrate: 22.0g	Sugar: 2.0 g
Total Fat: 3.0 g	Fiber: 2.0 g	Protein: 5.0 g



This dish makes a perfect potato appetizer and only has 4 ingredients. Almond milk Greek yogurt takes the place of traditional sour cream making this recipe vegan and rich in probiotics.

# *Purple Potato Bites*



## Ingredients

- 12oz small purple potatoes (about 16)
- 1 container Kite Hill Greek-Style Plain Yogurt
- 3 tablespoons capers
- 2 tablespoons chives chopped
- salt and pepper (optional)

## Directions

- Add potatoes to a pot of boiling water and cook for 10 minutes or until you can easily pierce them with a fork
- Drain potatoes and let cool for 15 minutes
- Cut potatoes in half and top with yogurt, capers, chives, salt and pepper



# *Dark Chocolate Almond Butter Cups*

Makes 16 Servings

Calories: 85

Carbohydrate: 11.2g

Sugar: 8.0g

Total Fat: 5.0 g

Fiber: 0.5 g

Protein: 1.3 g



These almond butter cups are so good they could put Reese's and Justin's out of business! Dark chocolate with creamy almond butter and a sprinkle of Himalayan salt - they are the perfect bite size dessert!

# Dark Chocolate Almond Butter Cups



## Ingredients

- 1/3 cup creamy almond butter
- 2 tablespoons almond flour
- 1 tablespoon maple syrup
- 1 cup dark chocolate chips
- 1 teaspoon melted coconut oil
- Himalayan salt for sprinkling

## Directions

- In a double boiler (or small pot with heat-safe bowl), heat the chocolate chips and coconut oil on medium
- While chocolate melts, mix together almond butter, almond flour, and maple syrup in a medium bowl, and set aside
- Place 16 mini cupcake liners in mini cupcake pan
- Once melted, remove chocolate from heat. Pour one teaspoon of chocolate into each liner
- Scoop one teaspoon of almond butter mixture, roll into ball, and press into chocolate
- Cover almond butter with 1 + 1/2 teaspoon chocolate
- Sprinkle with Himalayan salt
- Place in fridge to set for at least 2 hours before serving



# Chocolate Chip Pumpkin Banana Bread

Makes 8 Servings

Calories: 209	Carbohydrate: 38.0g	Sugar: 13.4g
Total Fat: 4.5 g	Fiber: 3.5 g	Protein: 5.1 g



Banana bread with a hint of pumpkin spice - the perfect fall treat! The pumpkin and banana in this recipe keep the bread moist (I know I hate that word too!) so you don't have to use any oil. Prep and baking time take just under an hour so it's super easy to throw together.

# Chocolate Chip Pumpkin Banana Bread



## Ingredients

- 2 cups gluten free oat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 medium ripe bananas, mashed
- 3/4 cup unsweetened pumpkin puree
- 1/4 cup almond milk
- 1/4 cup coconut sugar
- 1 teaspoon pure vanilla extract
- 1 teaspoon pumpkin pie spice
- 1/2 cup dairy free mini chocolate chips

## Directions

- Preheat oven to 350 F and grease an 8x4 inch loaf pan
- In a large bowl mix the the oat flour, baking powder, baking soda, and salt, until well combined then set aside
- In another large bowl, whisk the bananas, pumpkin, almond/coconut milk, sugar, vanilla extract, and pumpkin pie spice
- Pour the wet ingredients into the dry and whisk until batter is formed.
- Fold in chocolate chipsPour batter into loaf pan and bake for 45-50 minutes (or until toothpick comes out clean)
- Let cool 10 minutes in pan, then remove from pan and let cool on wire rack for 20 minutes



# *Kale and Spicy Chickpea Salad with Honey Dijon Vinaigrette*

Makes 4 Servings

Calories: 239	Carbohydrate: 34.6g	Sugar: 15.0g
Total Fat: 9.0 g	Fiber: 9.0 g	Protein: 7.9 g



This hearty salad is spicy and sweet with a tangy kick from the honey dijon vinaigrette. Spicy roasted chickpeas are the highlight of this dish. These crispy bites are a great source of protein and fiber and make a nice addition to any salad, bowl, or wrap.

# *Kale and Spicy Chickpea Salad with Honey Dijon Vinaigrette*



## Ingredients

- 1 can chickpeas (15oz)
- 2 bunches of kale
- 1 tablespoon heat safe oil (I use avocado oil)
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne powder
- 1/4 teaspoon oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 2 Honeycrisp apples
- 2 tablespoons dijon mustard
- 2 tablespoons champagne vinaigrette
- 2 tablespoons olive oil
- 1 teaspoon honey

## Directions

- Preheat oven to 425 F
- Drain, wash, and pat dry chickpeas with dishtowel or paper towels
- Toss chickpeas on baking sheet with heat safe oil and spices, and bake until crispy (25-30 minutes)
- Wash and chop kale and apples, and toss together in large serving bowl
- For the dressing, whisk dijon mustard, champagne vinaigrette, olive oil, and honey in a small bowl and set aside
- When chickpeas are done, remove from oven and let cool for 5 minutes, then toss into salad
- Top with honey dijon vinaigrette and serve



# Chocolate Avocado Mousse

Makes 4 Servings

Calories: 242    Carbohydrate: 26.5g    Sugar: 15.0g  
Total Fat: 16.7 g    Fiber: 9.9 g    Protein: 5.0 g



This mousse is a delicious and easy dessert that's vegan and refined sugar free. Just 5 ingredients and 10 minutes - it has quickly become my favorite thing to make! This mousse is filled with healthy avocado fat so it's super rich. I recommend serving it in shot glasses (as pictured) or similar sized containers.

# Chocolate Avocado Moose



## Ingredients

- 2 ripe avocados
- 1/2 cup raw cocoa powder
- 1/2 cup coconut milk or almond milk
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- Unsweetened shredded coconut (optional)

## Directions

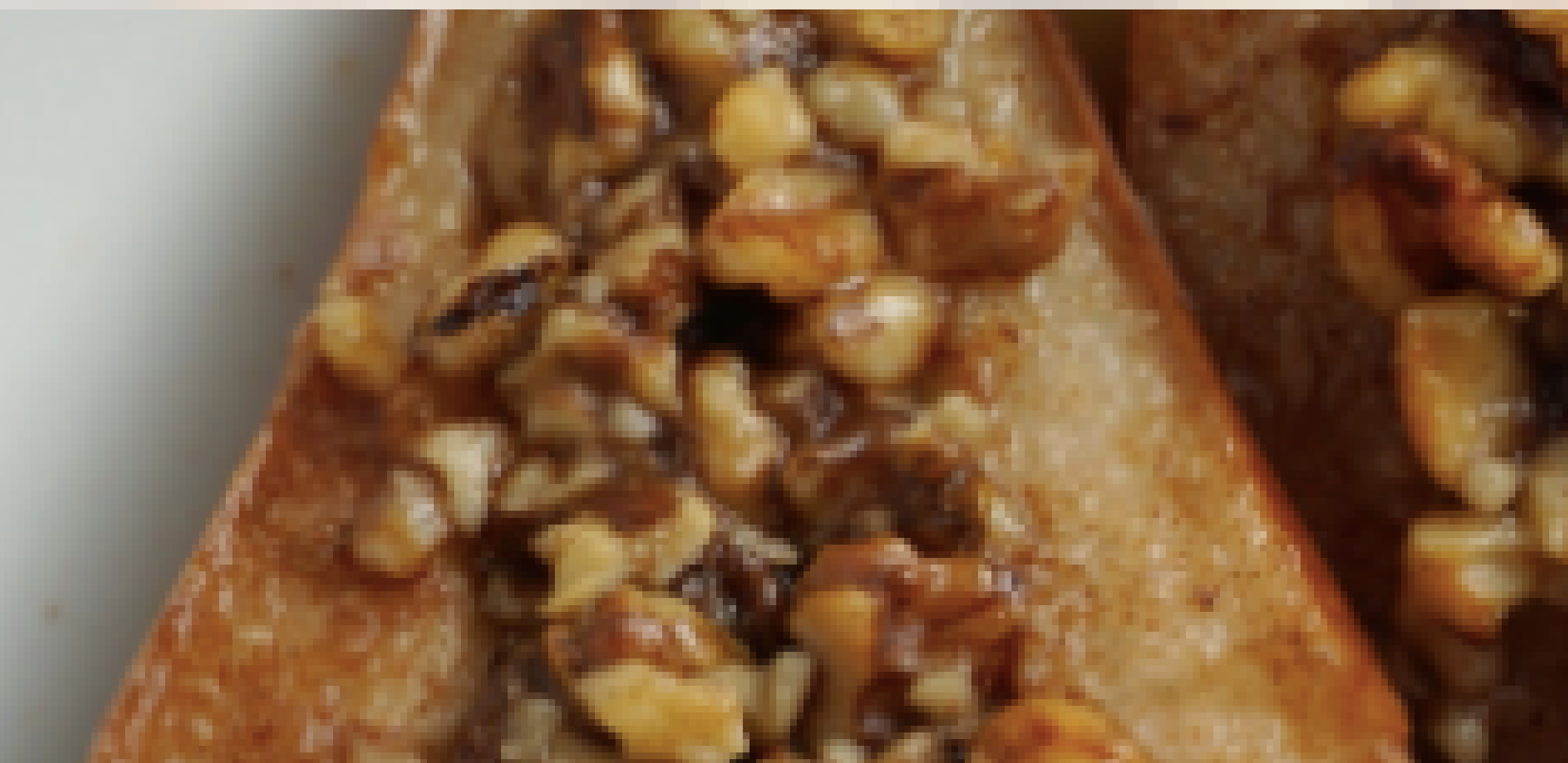
- Mash avocados in large mixing bowl
- Add in cocoa powder, milk, maple syrup, and vanilla extract
- Beat with an electric hand mixer or stand mixer until completely smooth
- Pour into shot glasses and sprinkle with shredded coconut



# *Baked Pears with Maple Cinnamon Walnuts*

Makes 4 Servings

Calories: 137	Carbohydrate: 24.1g	Sugar: 16.6g
Total Fat: 5.1 g	Fiber: 4.1 g	Protein: 1.5 g



This is a super simple and lovely dessert. These baked pears are stuffed with maple and cinnamon glazed walnuts for the perfect amount of sweetness and crunch. Just 4 ingredients and no refined sugar. Move over apples, pears are the new dessert game in town!

# Baked Pears with Maple Cinnamon Walnuts



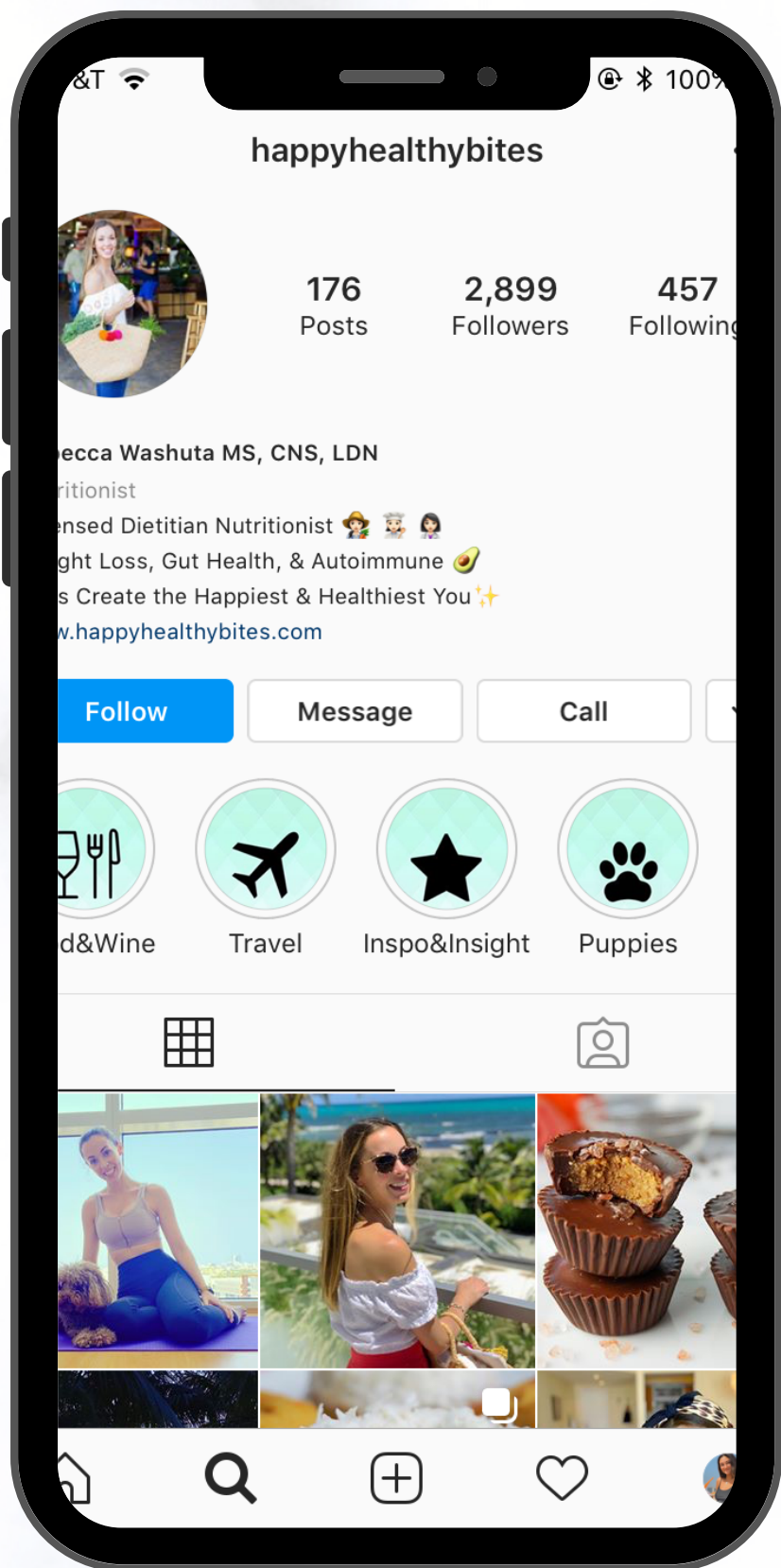
## Ingredients

- 2 bosc pears
- 2 tablespoons maple syrup
- ¼ cup crushed walnuts
- 1 teaspoon cinnamon

## Directions

- Preheat oven to 375°F
- Cut pears in half lengthwise and cut a small sliver off the underside so pears can lay flat.
- Use a melon baller or teaspoon to scoop out to the core.
- In a small bowl mix the walnuts, cinnamon, and maple syrup together until well combined.
- Fill the pears with the walnut mixture.
- Bake for 20-25 minutes.





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Check out my website for more recipes, as  
well as information about working with me.

<https://www.happyhealthybites.com/>

