

Presbytera's Phasting Phood Page ☐

Following below are some *tried and true* **vegan** recipes submitted by parishioners that are acceptable for use on fast days (and good for any other occasion as well!). NOTE for the Orthodox: the recipes linked to from this page generally refer to use of "Vegetable Oil"; for strict fast days, remember that olive oil can not be used!

[\[b\]](#)[\[c\]](#)[\[d\]](#)[\[e\]](#)[\[f\]](#)[\[m\]](#)[\[s\]](#)

039

- [Peanut Butter-N-Jelly Smoothie](#)

B

beverages

- [Peanut Butter-N-Jelly Smoothie](#)

bread

- [Rustic Six-Seed Brown Bread](#)
- [Gluten-free Sorghum Rosemary french bread](#)
- [Gluten-Free Bread](#)

breakfast

- [Awesome Pancakes](#)
- [Blueberry Pancakes](#)
- [Cream of Buckwheat Cereals](#)
- [Banana-Nut Pancakes](#)

butter-n-jelly

- [Peanut Butter-N-Jelly Smoothie](#)

C

cake

- [Frosted Carrot Cake](#)
- [Gluten-free Chocolate Cake](#)

cookies

- [Chocolate Chip Cookies \(vegan & gluten-free!\)](#)
- [Rocky Road Cookies](#)
- [Chocolate Chip Oatmeal & Nut Cookies](#)

D

dressings

- [Vegan Ranch Dressing](#)
- [Vegannaise \(a mayonnaise substitute\)](#)

E

entree

- [Pasta with Walnut Pesto](#)
- [Falafel](#)
- [Vegan Enchiladas](#)
- [Onion Nut Bake \(a meat substitute\)](#)
- [Spanakorizo \(a spinach and rice dish\)](#)

E (cont.)

F

flavoring

- [Salmon Seasoning](#)

M

milk2

- [Peanut Butter-N-Jelly Smoothie](#)

S

salad

- [Crunchy Romaine Toss](#)
- [Broccoli-Date Salad](#)
- [Mandarin Almond Salad](#)

sauces

- [Cashews Parmesan](#)
- [Green Chile Sauce](#)
- [Red Chile Sauce](#)

sides

- [Potato Casserole](#)
- [Sugared Asparagus](#)
- [Toasted-Coconut Rice](#)
- [Thai Coconut Rice](#)
- [Cinnamon Couscous](#)
- [Guacamole Columbian Style](#)
- [Vegan Mac & Cheese](#)

soup

- [Hot Beet Borscht](#)
- [Miracle Soup](#)
- [Mama's Homemade Soup](#)
- [Lentil and Bulgar Wheat Soup](#)
- [Greek Lenten Lentil Soup](#)

stew

- [Veggie Stew with Herb](#)

[Dumplings](#)