

# To Our Community:

At Bragg, it's our mission to inspire and nourish vibrant, healthy living. As part of this mission, two years ago, we published a cookbook full of recipes created by you, our inspiring Bragg community. Since then, we've continued to collect your mouth-watering recipes and personal stories about adopting healthy lifestyle habits. This culminated in volume two of our beloved cookbook!

But before we look at the recipes, hacks and science behind our array of products, let's look at the history of Bragg's healthy foods. 110 years ago, Paul Bragg opened Bragg's Health Food Store, one of the first health food stores in the United States. From day one, Bragg focused on healthy ingredients and education about how to use, when to use, and why to use its carefully curated product line. In the following years, Paul and Patricia Bragg published books, hosted events, and developed products to provide health to everybody.

Eventually, this evolved into a shared movement to attain healthier, happier lives. That begins with what we put into our bodies and then flows to all aspects of life. From your daily dose of wellness to a relaxing foot soak, Bragg products are packed with ingredients to help you feel your best.

Every day our social media channels and inboxes are flooded with bold, delicious recipes created (and enjoyed) by you. We are grateful for your creative and thought-provoking contributions.

I hope you will enjoy this book and appreciate the talents of our loyal Bragg fans as much as I do.

-Linda Boardman  
*CEO*

# Table of Contents



**GLOSSARY & SUBSTITUTES 4**

Icon Glossary  
Bragg Substitutes

**\*DRINKS & SMOOTHIES 6**

ACV Detox Smoothie  
Minty Lime Mocktail  
Tropical Smoothie

**\*DRESSINGS & SALADS 12**

Dressings Recipes  
Healthy Kale Salad  
Avocado Citrus Salad  
Fresh Spring Rolls with Summer Sauce  
Crunchy Kale Salad  
Greek Pasta Salad  
Watermelon, Cucumber & Feta Salad  
Heirloom Tomato & Peach Caprese with Vegan Mozzarella

**\*SNACKS & DIPS 26**

Maple & Mustard Roasted Root Vegetables  
Spicy BBQ Sauce  
Sweet & Spicy Cauliflower Nuggets  
Classic Coleslaw  
Savoury Peanut Sauce  
Vegan Potato Nachos  
Onion Rings with Basil Aioli  
Vegan Egg Salad Cucumber Boats  
Shaved Brussels Sprout Salad  
Herb Gravy

**WELLNESS 101 42**

Plant-Based Pantry Staples

**\*BREAKFAST 44**

Breakfast Sandwich  
Mini Banana Pancakes  
Cinnamon Apple Overnight Oats  
Sweet Potato & Egg Muffin Cups

**\*LUNCH 52**

Brie, Fig Jam & Caramelised Onion Grilled Cheese  
Fried "Chicken" Sandwich  
BBQ Jackfruit Flatbread  
Vegan Spicy "Tuna" Avocado Rolls

**\*DINNER 60**

Thai Curry Butternut Squash Soup  
Mac & Cheese  
Penne with Creamy Tomato Sauce  
Butternut Squash & Lentil Chilli

**\*DESSERT 70**

Mocha Avocado Cupcakes  
Apple Cider Donut Cakes  
Ube Cake  
Apple Cider Caramel & Dark Chocolate Bark

**BRAGG HACKS 80**

Laundry Cleaner  
Fruit Fly Trap  
Garden Fertilizer  
Produce Wash  
Face Mask  
Makeup Brush Cleaner  
Foot Soak  
Hair Mask

\* All recipes are vegetarian

# Icon Glossary



Dairy-Free



Nut-Free



Vegan



Gluten-Free



Keto Friendly

## Vegan Substitutes

### VEGAN EGG SUBSTITUTES

- Flax egg (Combine 1 Tbsp ground flaxseed with 3 Tbsp water. Mix until thick)
- Chia egg (Combine 1 Tbsp ground chia seeds with 3 Tbsp water. Mix until thick)

### VEGAN HONEY SUBSTITUTES

- Agave syrup
- Maple syrup
- Coconut nectar

### VEGAN BUTTERMILK SUBSTITUTES

- Add a Tbsp of ACV per cup of nondairy milk of choice and let sit for 5-10 minutes or until thickened.



# Wellness 101: Healthy Swaps

## CANOLA OIL

- Refined
- Often from bioengineered seeds



## EXTRA VIRGIN OLIVE OIL

- USDA organic
- Non-GMO
- Kosher & gluten-free
- Rich in heart healthy fats & antioxidants

## CHEESE

- Contains lactose
- Saturated fats
- Animal Product



## NUTRITIONAL YEAST

- Rich in B vitamins & muscle-building proteins
- Cholesterol-free & low-sodium

## SOY SAUCE

- Made with wheat
- Product of fermentation



## ALL PURPOSE SEASONING

- Gluten-free
- Non-GMO





# Drinks & Smoothies

*A set of simple, healthy smoothies, and mocktails  
that are adaptable to the season, event, meal,  
or mood of the day.*



# ACV Detox Smoothie

*In need of a quick cleanse? Here's a simple and delicious way to do just that.*

Prep Time:  
**10 min**

Serves:  
**1**

## Ingredients:

- 1 handful fresh baby spinach (about ½ cup)
- ¼ cup fresh parsley
- 1 stalk celery
- ½ green apple
- ¼ cup fresh or frozen pineapple
- 2 cm piece peeled fresh ginger
- 1 Tbsp Bragg Apple Cider Vinegar
- ½ cup water
- 2-3 ice cubes



@lepetitchefsb

## Preparation:

- 1.** Combine all ingredients in a blender and blend until smooth.

**EASY  
PEASY!**





# Minty Lime Mocktail

*A little bit of this and a little bit of that, providing a seriously refreshing drink for all to enjoy.*

Prep Time:  
**10 min**

Serves:  
**1**

## Ingredients:

- 2-3 ice cubes
- Fresh mint leaves
- Lime juice
- 1 Tbsp Bragg Apple Cider Vinegar
- Sparkling water or water



@thisis\_\_living

## Preparation:

- 1.** Fill your favourite cup with ice.
- 2.** Add fresh mint leaves, lime juice and Bragg Apple Cider Vinegar.
- 3.** Top with sparkling water, or skip the bubbles and substitute for water!



# Tropical Smoothie

*Summer fun. Enough said.*

Prep Time:  
**10 min**

Serves:  
**1**

## Ingredients:

- 1 banana
- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- 1 cup coconut milk
- 1 cup orange juice
- 2 Tbsp Bragg Apple Cider Vinegar



@nathanrcarrabba

## Preparation:

- 1.** Add all the ingredients to a blender.
- 2.** Cover and blend on medium speed for 30 seconds.
- 3.** Increase the speed to high for 30 seconds until thick and serve.

**A DELICIOUSLY  
JUICY WAY TO GET  
YOUR DAILY DOSE!**





**BRAGG**  
EST. 1912  
**ORGANIC**  
RAW-UNFILTERED  
**APPLE CIDER VINEGAR**  
Your daily dose of wellness  
WITH THE "MOTHER"  
UNPASTEURIZED  
32 FL. OZ. (1017) 946mL

Contains 4% or more acetic acid in vinegar.

100% Natural  
No Artificial Flavors  
No Preservatives  
No Added Sugar  
No Added Colors

Net Weight 32 FL. OZ. (1017) 946mL  
Net Content 32 FL. OZ. (1017) 946mL  
Distributed by  
The Bragg Family  
Caldwell, CA





@nathancarrabba



# Salads & Dressings

*Salads are healthy, but how tasty can they be?  
Mix and match these great salad and dressing  
recipes to find your favourite combination(s).*

# Dressings

*A super versatile set of dressings to mix and match with any salad, be it the recipes in this book or the quick throw-togethers with what's left in the fridge or even toss over roasted vegetables.*

Each recipe takes about:  
**5-10 mins**

Makes:  
**1½-2 cups**



## Creamy Dill Dressing

- 1¼ cups vegan greek yoghurt
- ½ cup vegan mayonnaise
- ¼ cup fresh dill (finely chopped)
- 1 Tbsp lemon juice
- 1 Tbsp Bragg Apple Cider Vinegar
- Salt and pepper to taste

WHISK TOGETHER  
IN A BOWL  
TO COMBINE.



## Sesame Ginger All Purpose Seasoning Dressing

- ¼ cup Bragg All Purpose Seasoning
- 1 Tbsp maple syrup or honey
- ¼ cup Bragg Apple Cider Vinegar
- ¼ cup Bragg Extra Virgin Olive Oil
- 2 garlic cloves, minced
- 4 cm ginger, minced
- 1 Tbsp toasted sesame oil
- ¼ cup toasted sesame seeds
- Salt and pepper to taste

TRY DRIZZLING  
THIS OVER A  
STIR FRY, STEAMED  
BOK CHOY, OR  
YOUR FAVOURITE  
GREENS.



@lepetitchefsb



### Raspberry Tarragon Vinaigrette

- 1 cup fresh raspberries
- 1 small shallot, roughly chopped
- ½ cup Bragg Apple Cider Vinegar
- ¼ cup Bragg Extra Virgin Olive Oil
- 1-2 Tbsp honey
- 2 Tbsp fresh tarragon, chopped
- Salt & pepper



PLACE BERRIES, SHALLOT, ACV, HONEY, SALT AND PEPPER IN A BLENDER AND BLEND UNTIL SMOOTH. THEN ADD REMAINING INGREDIENTS!



### Caesar Dressing

- ½ cup vegan mayonnaise
- 2 Tbsp Bragg Nutritional Yeast
- 2 cloves garlic, peeled
- 1 Tbsp lemon Juice
- 2 tsp capers
- 1 Tbsp maple syrup
- 2 Tbsp Bragg Extra Virgin Olive Oil
- 1 Tbsp Bragg All Purpose Seasoning
- 2 Tbsp Bragg Apple Cider Vinegar
- Salt and Pepper to taste



WHEN YOU SERVE THIS CLASSIC DRESSING, NO ONE WILL KNOW IT'S VEGAN! AN ADDED BONUS: THIS LASTS UP TO A MONTH IN THE REFRIGERATOR.



@halfullkitchen



### Sweet Shallot Vinaigrette

- 1 shallot; sautéed
- 2 tbs Bragg Apple Cider Vinegar
- 3 tbs Bragg Extra Virgin Olive Oil
- 2 tbs water
- 1 tbs honey
- Sea salt & pepper



SAVOURY TO PERFECTION. TRY THIS DRESSING ON MIXED GREENS WITH STRAWBERRIES & GOAT CHEESE!





## Honey Mustard Vinaigrette

- ½ cup Bragg Apple Cider Vinegar
- 1 Tbsp honey
- 2 tsps Dijon mustard
- 1 tsp kosher salt
- ¾ cup Bragg Extra Virgin Olive Oil
- freshly ground black pepper



**PAIR THIS VERSATILE VINAIGRETTE WITH YOUR FAVOURITE GREENS OR EVEN TOSS OVER ROASTED VEGETABLES FOR A BRIGHTER FLAVOUR.**



## Thousand Island Dressing:

- ¾ cup nonfat Greek yogurt
- 2 Tbsp light mayonnaise
- 2 Tbsp tomato sauce
- 2 Tbsp sweet relish
- 2 Tbsp onion, minced
- 1 Tbsp Bragg Apple Cider Vinegar
- 1 tsp Worcestershire sauce
- ½ tsp sweet paprika
- Dash of hot sauce (optional)
- Salt and pepper to taste



**MIX ALL INGREDIENTS IN A BOWL AND REFRIGERATE BEFORE SERVING. USE ON SALADS, BURGERS, AND SANDWICHES.**











# Healthy Kale Salad

*There are many ways to add kale to your day; but here's one of the best.*

Prep Time:  
**10 min**

Serves:  
**2-4**

## Ingredients:

- Fresh kale, remove stems and chop
- 1-2 Tbsp Bragg Extra Virgin Olive Oil
- Universal or spicy salt
- 1-2 Tbsp Bragg Nutritional Yeast
- Sea salt



@rivfifi

## Preparation:

- 1.** Massage the kale with 1-2 Tbsp of olive oil and a pinch of sea salt for a minute.
- 2.** Toss with nutritional yeast (approx 1-2 Tbsp) until well coated and adjust to taste as needed.





# Avocado Citrus Salad

*By combining creamy avocado, refreshing citrus, and tart apple cider vinaigrette, this salad hits all the right notes.*

Prep Time:  
**10 min**

Serves:  
**4**

## Ingredients:

- 1 head bibb or butter lettuce
- 1 orange, peel removed and sliced into wedges
- 1 grapefruit, peel removed and sliced into wedges
- 1 avocado, pit removed and sliced into wedges
- ½ medium red onion, peeled and thinly sliced
- 1 bunch chives

**PAIR WITH THE  
Honey Mustard  
Vinaigrette  
(pg.16)**



@nathanrcarrabba

## Preparation:

- 1.** Peel lettuce leaves off the head and add to a serving bowl.
- 2.** Scatter the orange, grapefruit and avocado and red onion slices over the lettuce.
- 3.** Drizzle on the Apple Cider Vinaigrette.
- 4.** Top with chives to garnish.



# Fresh Spring Rolls with Summer Sauce

*Spring rolls are a salad, right?*

Prep Time:  
**1 hour**

Serves:  
**20**



@theearthdiet



## Ingredients:

### FOR THE SPRING ROLLS:

- 20 small, organic rice paper rolls
- 3 avocados
- 3 cucumbers
- 8 carrots
- 1 head of romaine
- 2 capsicums

### FOR THE SUMMER SAUCE:

- ½ cup Nut Butter of choice
- 2 Tbsp honey
- 2 Tsp Bragg All Purpose Seasoning
- 2½ Tsp Bragg Apple Cider Vinegar
- ¼ cup water
- ½ tsp chilli flakes
- ¼ tsp salt



@theearthdiet

## Preparation:

### MAKE THE SPRING ROLLS:

- 1.** Cut all vegetables into thick rectangular slices and place in separate bowls.
- 2.** Cover the bottom of a saucepan with a layer of water and set aside, dip each piece of rice paper in the water for about 30 seconds or until soft.
- 3.** Add in the soft lettuce first (so that the more firm veggies don't break the rice paper). Add the desired amount of sliced veggies, fold up like a burrito, and slice!

### MIX THE SUMMER SAUCE:

- 1.** To make the sauce, add all ingredients to a jar and stir until completely creamy. Dip your fresh spring rolls in it - delicious!



# Crunchy Kale Salad

*Kale CAN taste good! This deliciously satisfying salad is great right away, but also lasts several days in the fridge getting better and better.*

Prep Time:  
**10 min**

Serves:  
**4**

## Ingredients:

- 1 bunch kale, stems removed
- 1½ cup cabbage, shredded
- 2 carrots, peeled
- 1 red capsicum, cut into matchsticks
- ½ cup pumpkin seeds
- ½ cup walnuts, toasted
- ¼ cup coriander, chopped
- ⅓ cup Bragg All Purpose Seasoning

TRY WITH THE  
**Sesame Ginger  
Liquid All Purpose  
Seasoning Dressing**  
(pg. 14)



@nathanrcarrabba

## Preparation:

- 1.** Chop or tear the kale into bite size pieces and add to a large mixing bowl.
- 2.** Using a peeler, peel the carrot into ribbons and add to the bowl.
- 3.** Combine remaining ingredients, tossing well to coat with the dressing and serve.



# Greek Pasta Salad

*Having family or friends over for dinner? Here's a fresh, easy side dish to provide joy to all at the table.*

Prep Time:  
**20 min**

Cook Time:  
**9 min**

Serves:  
**6-8**

## Ingredients:

- 450g short pasta such as farfalle or penne
- Juice and zest of ½ lemon
- 3 Tbsp Bragg Apple Cider Vinegar
- 3 Tbsp Bragg Extra Virgin Olive Oil
- 1 shallot, minced
- 1 tsp dried oregano
- 1 cup cherry tomatoes, halved
- ½ cup pitted sliced Kalamata olives
- 1 cup cucumber, sliced
- ½ cup roasted capsicum, sliced
- 2 Tbsp fresh oregano, chopped
- Vegan feta, crumbled & to taste
- Salt & pepper



@lepetitcheff

## Preparation:

- 1.** Cook pasta in a large pot of salted boiling water until al dente. Drain and rinse with cold water. Set aside to cool.
- 2.** In a small bowl, whisk together the lemon juice, lemon zest, apple cider vinegar, olive oil, shallot, dried oregano and a pinch each of salt and pepper. Set aside.
- 3.** Add the pasta, tomatoes, olives, cucumber, capsicum and fresh oregano to a large bowl. Pour the dressing over the pasta mixture and toss gently to combine. Add the feta and toss once more. Taste and season with additional salt and pepper if needed.





# Watermelon, Cucumber & Feta Salad

*Salads can be refreshing, especially with a little watermelon.*

Prep Time:  
**20 min**

Serves:  
**4**

## Ingredients:

- 4 cups seedless watermelon, cubed
- 2 Persian cucumbers (approximately 1 cup), sliced
- Vegan feta, cubed or crumbled
- ¼ cup fresh mint, leaves left whole or finely chopped
- Zest and juice 1 lime
- 2 Tbsp Bragg Extra Virgin Olive Oil
- Sea salt, to taste

**COOL &  
REFRESHING!**



@lepetitcheffb

## Preparation:

- 1.** Add the watermelon, cucumber, vegan feta, mint, and lime zest to a large salad bowl or serving platter.
- 2.** Squeeze the lime juice over the salad and drizzle with olive oil. Season with salt. Toss gently.



# Heirloom Tomato & Peach Caprese with Vegan Mozzarella

*A healthy twist on a timeless recipe.*

Prep Time:  
**20 min**

Serves:  
**4**

## Ingredients:

- 3 medium heirloom tomatoes, thickly sliced
- 3 ripe peaches, sliced
- ¼ cup Bragg Salad Dressing Vinaigrette
- ½ cup vegan fresh mozzarella-style cheese
- ¼ cup fresh basil leaves (thinly sliced or whole)
- Flaky salt



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## Preparation:

- 1.** Add the tomatoes and peaches to a serving platter. Drizzle with Bragg Salad Dressing Vinaigrette and toss gently.
- 2.** Top with vegan mozzarella and basil.
- 3.** Sprinkle generously with flaky salt.





@katherineknowlton



# Snacks & Dips

*A set of tasty, healthy snacks to fit your after work,  
weekend, or binge-watching needs.*



# Maple & Mustard Roasted Root Vegetables

*We all work to get vegetables into our day, but how often do you look for a new way? Well, here you go!*

Prep Time:  
**20 min**

Cook Time:  
**50 min**

Serves:  
**6**

## Ingredients:

- 2 Tbsp Bragg Extra Virgin Olive Oil
- 1 Tbsp maple syrup
- 1 Tbsp Bragg Apple Cider Vinegar
- 2 tsps whole grain mustard, plus more for topping
- 2 tsps fresh rosemary, minced
- ½ pound sweet potato, cubed
- 2 large carrots, sliced into rounds
- 1 large beetroot, peeled and chopped
- 1 medium red onion, thickly sliced
- ¾ tsp salt
- ½ tsp black pepper



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## Preparation:

- 1.** Preheat the oven to 200° C. Line two baking trays with baking paper.
- 2.** Whisk together the olive oil, maple syrup, apple cider vinegar, mustard and rosemary.
- 3.** Add the sweet potato, carrots, beetroot and red onion; toss to coat. Add salt and pepper and toss once more.
- 4.** Spread the vegetables onto the two baking trays in one layer. Roast vegetables until tender, about 50 minutes, tossing once halfway through.
- 5.** Top with more whole grain mustard just before serving.



# Spicy BBQ Sauce

*When it's time for a BBQ, here is the recipe for you.*

Prep Time:  
**10 min**

Cook Time:  
**35 min**

Makes:  
**2½ Cups**

## Ingredients:

- 1 Tbsp Bragg Extra Virgin Olive Oil
- ¼ cup brown onion, finely chopped
- 1 garlic clove, minced
- 1 jalapeño pepper, seeded and minced
- 2 cups tomato sauce
- ½ cup brown sugar
- ½ cup Bragg Apple Cider Vinegar
- ¼ cup apple juice
- ¼ cup honey or maple syrup
- 1 Tbsp Bragg All Purpose Seasoning
- ½ tsp celery seeds
- ½ tsp cayenne
- ½ tsp salt
- ½ tsp freshly ground black pepper



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## Preparation:

- 1.** Heat olive oil in a large saucepan over medium heat. Add onion, garlic and jalapeño pepper and cook for about four to five minutes or until onion is translucent.
- 2.** Add tomato sauce, brown sugar, apple cider vinegar, apple juice, honey, all purpose seasoning, celery seed, cayenne, salt and pepper. Bring mixture to a boil, stirring occasionally.
- 3.** Reduce heat to low and simmer, stirring occasionally, for about 30 minutes.
- 4.** Use immediately, or refrigerate in an airtight container for up to one month.





# Sweet & Spicy Cauliflower Nuggets

*Nuggets are always a crowd pleaser. Even the kids will love them!*

Prep Time:  
**30 min**

Cook Time:  
**20 min**

Serves:  
**3-4**

@spoonfulayum



**Ingredients:**

- 6 cups cauliflower florets
- 2 Tbsp toasted sesame oil
- 1 tsps kosher salt
- ¼ cup sherry cooking wine
- ¼ cup honey (can sub agave nectar for vegan option)
- 2 Tbsp Bragg All Purpose Seasoning
- 1 Tbsp white vinegar
- 2 tsps non-GMO cornstarch
- 2 Tbsp high-heat oil
- 1 small fresh brown onion, finely chopped
- 1 Tbsp minced fresh garlic
- 1 Tbsp chilli flakes
- ¼ cup chopped fresh spring onions
- 1 Tbsp toasted sesame seeds



**NO SOY,  
NO PROBLEM!**

**Preparation:**

- 1.** Preheat your oven to 200° C.
- 2.** In a large bowl, toss the cauliflower, sesame oil, and salt until well coated.
- 3.** Arrange the florets on a non-stick baking tray (or line it with a silicone baking mat).
- 4.** Bake for 10 to 12 minutes, or until golden brown and tender.
- 5.** In a small bowl, whisk together the cooking wine, honey, soy sauce, vinegar, and starch until the starch and sweetener have dissolved.
- 6.** Heat the high-heat oil in a large non-stick frypan over medium-high heat. Add the brown onions and garlic and saute for two to three minutes, or until golden.
- 7.** Remove the pan from heat and stir in the chilli flakes and wine mixture.
- 8.** Return the pan to stove and reduce the heat to medium. Bring the sauce to a simmer, stirring constantly. Continue to cook and stir for one to two minutes, or until the sauce is thickened.
- 9.** Add the cooked cauliflower to the sauce and stir gently to coat.
- 10.** Transfer the cauliflower with sauce to a serving dish. Top with spring onions and sesame seeds.





# Classic Coleslaw

*A timeless recipe with a delicious vegan twist.*

Prep Time:  
**20 min**

Serves:  
**6**

## Ingredients:

- 3 cups green cabbage, shredded
- 1 cup red cabbage, shredded
- 1 cup shredded carrots
- ¼ cup fresh parsley, chopped
- ⅓ cup vegan mayonnaise
- 1 Tbsp Bragg Apple Cider Vinegar
- 1 Tbsp lemon juice
- 1 Tbsp maple syrup
- ½ tsp celery salt
- Salt and black pepper to taste



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## Preparation:

- 1.** Add the green cabbage, red cabbage, carrot and parsley to a large bowl and toss gently to combine.
- 2.** In a small bowl, whisk together the vegan mayonnaise, apple cider vinegar, lemon juice, maple syrup and celery salt until combined.
- 3.** Pour the dressing evenly over the cabbage mixture and toss together until thoroughly combined. Season with salt and pepper to taste.
- 4.** Refrigerate for at least one hour before serving. Store in a covered container for up to three days in the refrigerator.



# Savoury Peanut Sauce

*Simply put, too tasty not to try. There's a reason it went viral.*

Prep Time:  
**10 min**

Cook Time:  
**35 min**

Makes:  
**2½ Cups**

## Ingredients:

- ½ cup peanut butter
- 2 Tbsp Bragg All Purpose Seasoning
- 1 Tbsp Bragg Coconut Liquid Aminos
- 2 Tbsp rice wine vinegar
- 3 cm piece of ginger
- ⅓ cup water
- 1 tsp sriracha
- 1 clove garlic



@hollypons

## Preparation:

- 1.** Mix all ingredients in a blender until smooth.

**EASY  
PEASY!**





# Vegan Potato Nachos

*We dare you to make these, and not tell your guests the ingredients.  
They'll never guess this dish is vegan!*

Prep Time:  
**25 min**

Cook Time:  
**20 min**

Serves:  
**4**



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## Ingredients:

### FOR THE POTATOES:

- 450g potatoes, sliced
- 1 Tbsp Bragg Extra Virgin Olive Oil
- ½ tsp salt
- ¼ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp black pepper

### FOR THE VEGAN QUESO:

- ½ cup white potatoes, peeled and cubed
- ¼ cup carrots, peeled and chopped
- 1 garlic clove
- 2 Tbsp Bragg Extra Virgin Olive Oil
- ¼ cup coconut milk
- 1 tsp lemon juice
- 2 Tbsp Bragg Nutritional Yeast
- ¾ tsp arrowroot starch
- ¼ tsp sea salt
- ¼ tsp onion powder
- Pinch of chipotle powder
- Pinch of turmeric powder

### FOR THE TOPPINGS:

- ¼ cup black beans
- 1 Roma tomato, seeds removed and diced
- 1 Tbsp sliced jalapeño
- 1 spring onion, chopped
- ½ avocado, diced

## Preparation:

- 1.** Heat oven to 200° C. Add sliced potatoes to a bowl and toss with olive oil, salt, paprika, garlic powder and pepper.
- 2.** Spread potatoes evenly on two baking trays and bake for 25-30 minutes or until potatoes are golden and crispy.
- 3.** While the potatoes are cooking, make the vegan queso. Add the potatoes and carrots to a steamer basket over a pot of simmering water. Steam until tender, about 10-15 minutes.
- 4.** Add the potatoes and carrots to a blender along with remaining queso ingredients; blend until smooth. Check the consistency. Add water 1-2 Tbsp at a time and blend again to thin out queso to desired consistency.
- 5.** When the potatoes are done baking, remove from the oven and transfer to a large plate. Top with queso, black beans, tomato, jalapeño, spring onion and avocado. Serve immediately.



# Onion Rings with Basil Aioli

*What's better than a crispy onion ring? Not a whole lot!*

Prep Time:  
**30 min**

Cook Time:  
**10 min**

Serves:  
**4**



@lepetitchefsb

## Ingredients:

### FOR THE BASIL AIOLI:

- 1 egg, room temperature
- ½ cup Bragg Extra Virgin Olive Oil
- 2 tsps lemon juice
- 1 clove garlic, minced
- ¼ tsp sea salt
- ¼ cup fresh basil, finely chopped

### FOR THE ONION RINGS:

- 1 large white onion, sliced into 1 cm thick rings
- ½ cup flour
- 1 Tbsp baking powder
- 1 tsp sea salt
- 1 egg, lightly beaten
- ¾ cup milk or plain, unsweetened plant milk
- 1 tsp black pepper
- 1 cup breadcrumbs
- High heat cooking oil, for frying



@lepetitchefsb

## Preparation:

### MAKE THE AIOLI:

- 1.** Place egg, olive oil, lemon juice, garlic and salt in a large cup. Blend until ingredients are combined and thick (this should take less than 1 minute).
- 2.** Transfer aioli to a bowl and gently fold in the chopped basil. Taste and stir in more salt or lemon juice if desired. Cover and store in the refrigerator until ready to use.

### MAKE THE ONION RINGS:

- 1.** Make the onion rings: Carefully separate the onion slices. Set aside the smallest slices for another use.
- 2.** Combine the flour, baking powder, salt and pepper in a medium bowl. Combine the egg and milk in another bowl. Add the breadcrumbs to a third bowl.
- 3.** Coat each onion ring in the flour mixture, then add the remaining flour mixture to the wet mixture. Whisk until a smooth batter consistency is reached.
- 4.** Dip an onion ring in the batter, shaking off any excess. Immediately coat the onion ring with the breadcrumbs. Repeat with the remaining onion rings.
- 5.** Pour the oil into a deep frypan and add enough oil to fill about 3cm high. Fry the onion rings in batches for about two minutes per side or until onions are tender and breadcrumbs are golden and crispy.
- 6.** Drain on paper towels, sprinkle with salt and serve hot with basil aioli.



# Vegan Egg Salad Cucumber Boats



*Perfect for a quick pick-me-up snack in the afternoon, or a healthy lunch.*

Prep Time:  
**20 min**

Serves:  
**2**

## Ingredients:

- ½ block firm tofu, drained
- ¼ cup vegan mayonnaise
- 1½ tsps yellow mustard
- 1 tsp lemon juice
- 1 Tbsp Bragg Nutritional Yeast
- ½ tsp onion powder
- ½ tsp ground turmeric
- ¼ tsp sea salt
- ¼ tsp black pepper
- 1 celery stalk, minced
- 2 Tbsp red onion, minced
- 1 Tbsp fresh parsley
- 2 cucumbers



@lepetitcheffb

## Preparation:

- 1.** Add tofu to a bowl and mash with a fork until it reaches an egg-like consistency.
- 2.** In another bowl, stir together the mayonnaise, mustard, lemon juice, nutritional yeast, onion powder, turmeric, sea salt and black pepper. Add to tofu mixture and stir.
- 3.** Stir in celery, red onion and parsley. Taste and season as needed.
- 4.** Halve the cucumbers lengthwise and scoop out the seeds with a spoon. Spoon the tofu mixture evenly into the cucumber cavities.



# Shaved Brussels Sprout Salad

*When the season is right, we want our veggies light.*

Prep Time:  
**20 min**

Serves:  
**4**

## Ingredients:

- 4 cups brussels sprouts
- ¼ cup Bragg Extra Virgin Olive Oil
- ¼ cup lemon juice
- 1 Tbsp Dijon mustard
- Pinch of salt, plus more to taste
- Pinch of black pepper, plus more to taste
- ⅓ cup raw or toasted pine nuts
- ¼ cup Bragg Nutritional Yeast
- 2 Tbsp chives, minced



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## Preparation:

- 1.** Finely shred brussels sprouts using a knife or a mandoline. Place in a large bowl.
- 2.** In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt and pepper. Toss with brussels sprouts.
- 3.** Add pine nuts, nutritional yeast and chives to the bowl and toss once more. Taste and season with additional salt and pepper if desired.





# Herb Gravy

*A classic recipe with a delicious, healthy twist.*

Prep Time:  
**15 min**

Cook Time:  
**15 min**

Serves:  
**8-10**

## Ingredients:

- ¼ cup vegan butter
- 1 medium onion, diced
- ¼ cup all-purpose flour, or more as needed
- 2½-3 cups low sodium vegetable broth
- 2 Tbsp Bragg All Purpose Seasoning
- 1 Tbsp vegan Worcestershire sauce
- 1 tsp fresh thyme
- 1 tsp fresh rosemary, finely chopped
- ½ tsp celery salt
- ½ tsp garlic powder
- ¼ tsp dried sage
- Salt, to taste
- Black pepper, to taste



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## Preparation:

- 1.** Melt the vegan butter in a medium saucepan over medium heat.
- 2.** Add the onion and cook, stirring occasionally, until translucent (about 10 minutes).
- 3.** Add the flour, stirring to combine with the onions. Cook for one to two minutes, then slowly pour in 2½ cups of the vegetable broth, whisking constantly.
- 4.** Stir in the all purpose seasoning, worcestershire sauce, thyme, rosemary, celery salt, garlic powder and sage.
- 5.** Bring the mixture to a low simmer. Cook for 10-15 minutes, until nicely thickened. Stir in salt and pepper to taste.
- 6.** For a thinner gravy, add the remaining ½ cup vegetable broth during cooking. For a smooth gravy, strain the solids out using a mesh strainer.



**BRAGG**  
EST. 1912

**ORGANIC**

RAW~UNFILTERED

**APPLE CIDER VINEGAR**

Your daily dose of wellness

WITH THE  
**'MOTHER'**



UNPASTEURIZED



16 FL OZ (1PT) 473mL

Nutri  
32 Serv  
Serv size  
Amount  
Calor  
Total Fat  
Sodium  
Total Carb  
Protein  
Not a signifi  
fat, choleste  
sugar, vitam  
INGREDIENT  
VINEGAR, M  
DISTRIBUTED  
BRAGG'S  
SANTA BAR  
Certified

# How I Use Bragg's Plant-Based Pantry Staples to Achieve a Flavourful, Balanced Diet

*Written by McKel Kooienga, MS, RDN, LDN*

For years, Bragg's plant-based essentials have helped drive my mindful eating practices. When the opportunity presented itself to join their Scientific Advisory Board it was an incredible, full circle moment for me! Not only have I shared their product offerings far and wide across my recipe content and consultations, but I have truly integrated the brand into my daily life for almost a decade. I speak often about the important role that food plays beyond impacting our physical bodies at a cellular level. Incorporating delicious, flavourful components to your meals is a huge step towards living a happier, healthier life and Bragg has been a huge part of this journey for me.



My Mindful Nutrition Method is all about creating sustainable eating habits to help you maintain a balanced weight, develop a positive relationship with food, and experience all of the pleasures and joy that it has to offer along the way. The best first step in this process is to revamp your kitchen essentials, ensuring that your pantry is stocked with items that deliver key nutrients and add what I like to call a special “Flavour Factor” to your meals. When it comes to a plant-based pantry, Bragg's product line spans over a number of key categories that you should keep in consideration - from their classic Apple Cider Vinegar, one of the most diverse and beneficial wellness staples, to nutritional yeast (fondly known as NOOCH), all purpose seasoning, and more.

On the next page are my top Bragg picks to build your plant-based pantry and some of the ways that I have incorporated them into my lifestyle.



### Apple Cider Vinegar



Apple Cider Vinegar (ACV) has been among my go-to staples for years, mainly because of its incredible versatility. Whether you add a tablespoon to your water in the morning, use it for a marinade, or your favourite homemade salad dressing, ACV adds a wonderful flavour boost to any meal, while also delivering the clinically-backed benefits including helping to control appetite and manage weight gain, as well as helping to maintain healthy blood glucose and cholesterol levels.

### Nutritional Yeast



Of all plant-based essentials, I have to admit nutritional yeast (nooch) might be my favourite! It's the perfect vegan substitute for some cheesy goodness, and can be used in so many ways. Whether you use it for the base of a recipe or sprinkle it as a topping, it adds an incredible flavour boost to any meal or snack. To add to this, nooch is packed with B vitamins and delivers one of the only sources of complete protein for those on a vegan diet.

### All Purpose Seasoning



For all of my soy sauce lovers, Bragg's All Purpose Seasoning is the perfect substitute - made with non-GMO soybeans. I love to use this in stir fries to level up the flavour factor of the base, and then switch it up with a variety of amazing vegetables!

**BRAGG'S FULL RANGE OF PLANT BASED ESSENTIALS ALSO INCLUDE SALT-FREE SEASONING BLENDS, COLD-PRESSED OLIVE OIL AND SALAD DRESSINGS ALL BACKED BY SCIENCE!**





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# Breakfast

*Start your day with a slight twist on the recipes  
you already know and love dearly.*





# Breakfast Sandwich

*A quick, easy way to start the day.*

Prep Time:  
**15 min**

Cook Time:  
**5 min**

Serves:  
**1**



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## Ingredients:

### FOR THE VEGAN YOLK SAUCE:

- ½ cup water
- 2 ½ tsps arrowroot starch
- 1 Tbsp Bragg Extra Virgin Olive Oil
- 2 tsps Bragg Nutritional Yeast
- ½ tsp salt
- ¼ tsp turmeric

### FOR THE TOFU EGG WHITE:

- 1 tsp avocado or coconut oil
- 100g extra firm tofu, cut into a 7cm diameter circle
- Pinch of salt

### FOR THE SANDWICH:

- 1 vegan english muffin or any vegan sandwich bun, toasted
- 1 slice vegan cheese
- 2 slices Roma tomato
- ¼ avocado, sliced
- 1 small handful fresh rocket
- Hot sauce (optional)

## Preparation:

### MAKE THE VEGAN YOLK SAUCE:

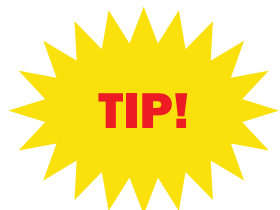
- 1.** In a small pot, whisk together the water and arrowroot until combined. Add olive oil, nutritional yeast, salt and turmeric and whisk again until combined.
- 2.** Cook over medium-high heat, whisking often, until thickened, about three to five minutes. Remove from heat and set aside.

### MAKE THE TOFU “EGG WHITE”:

- 3.** Heat 1 tsp cooking oil in a nonstick pan over medium heat. Add tofu and cook for about two minutes per side, flipping once, until evenly browned. Remove from the pan and season with salt.

### ASSEMBLE THE SANDWICH:

- 4.** Place the tofu egg white and vegan cheese over the bottom half of a toasted English muffin. Top with a generous spoonful of the yolk sauce. Add the tomato, avocado, rocket and a dash or two of hot sauce (if using). Top with the second half of the English muffin and serve immediately.



The recipe for the yolk sauce makes enough sauce for at least four sandwiches. Keep leftovers for up to a week in the refrigerator stored in a covered jar. Use it to make breakfast sandwiches all week long, or for toast dipping.





# Mini Banana Pancakes

*Maybe you should sleep in, make banana pancakes and pretend like it's the weekend.*

Prep Time:  
**20 min**

Cook Time:  
**15 min**

Serves:  
**2-3**

## Ingredients:

- ½ cup all purpose flour
- 1½ tsps baking powder
- Pinch of salt
- 1 Tbsp ground flaxseed
- ½ tsp Bragg Apple Cider Vinegar
- 1½ tsps sugar
- 1 Tbsp coconut oil, melted
- 1 tsp vanilla extract
- ½ cup unsweetened almond milk (or non-dairy milk of choice), room temperature
- Vegan butter as needed for greasing
- 3 bananas, sliced



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## Preparation:

- 1.** Whisk together flour, baking powder and salt in a bowl.
- 2.** In a separate bowl, mix together the flaxseed, apple cider vinegar, sugar, melted coconut oil, almond milk and vanilla.
- 3.** Add the dry ingredients to the wet ingredients and mix just until combined.
- 4.** Heat a frypan over medium low heat; grease with vegan butter.
- 5.** When the frypan is hot, dip the banana slices in the pancake batter, allowing any excess batter to drip back into the bowl.
- 6.** Place on the frypan. Cook for two to three minutes per side (do this in as many batches as necessary to avoid overcrowding the cooking surface).



# Cinnamon Apple Overnight Oats

*What could be better than waking up to breakfast already made? This is slightly sweet from the cider, but you could add a drizzle of maple syrup or brown sugar if desired.*

Prep Time:

**5 min** (soaks overnight)

Serves:

**4**

## Ingredients:

- 2 Tbsp Bragg Apple Cider Vinegar
- 1 Granny Smith Apple, chopped into small pieces
- 2 cups rolled oats
- 2 cups apple juice
- 1 cup almond milk
- 1 Tbsp cinnamon, plus extra for dusting
- ¼ tsp kosher salt



@nathanrcarrabba

## Preparation:

- 1.** In a medium bowl, toss the chopped apple and Apple Cider Vinegar to prevent browning.
- 2.** Add the remaining ingredients, and stir to combine.
- 3.** Transfer to four glass jars and refrigerate overnight.
- 4.** Serve with a dusting of cinnamon.





# Sweet Potato & Egg Muffin Cups

*A delicious, healthy muffin DOES exist!*

Prep Time:  
**20 min**

Cook Time:  
**30 min**

Makes:  
**12**



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## Ingredients:

- 2 tsps avocado oil
- 1 cup sweet potato, diced
- ½ cup onion, minced
- ½ cup fresh baby spinach, packed
- 8 large eggs
- 3 Tbsp unsweetened oat milk
- 2 Tbsp Bragg Nutritional Yeast
- ½ tsp tapioca starch
- ½ tsp sea salt
- ¼ tsp black pepper



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## Preparation:

- 1.** Preheat the oven to 170°C. Generously grease a 12 cup muffin tin with nonstick spray; set aside.
- 2.** Heat avocado oil in a large frypan over medium heat. Add sweet potato and cook, stirring, until softened, about seven to eight minutes.
- 3.** Add onion and cook until softened, about five to six minutes more.
- 4.** Stir in the spinach and a pinch of salt and pepper. Cook for another one to two minutes, until the spinach is wilted. Remove from heat and set aside to cool.
- 5.** Add eggs, oat milk, nutritional yeast, tapioca starch, salt and pepper to a blender. Blend until completely smooth.
- 6.** Evenly distribute the sweet potato mixture in the prepared muffin pan.
- 7.** Pour the egg mixture evenly over the vegetables (the muffin cups should be about  $\frac{3}{4}$  full) and give the contents of each cup a gentle stir.
- 8.** Bake for about 15-20 minutes, until the centre are just set (a small jiggle in the centre is fine).
- 9.** Let cool for about 10 minutes, then run a butter knife around the edges if needed to help loosen. Transfer to a wire rack to cool. Enjoy immediately or store in a covered container in the refrigerator for four to five days.





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# Lunch

*Who said lunch can't be both healthy  
and delicious?*





# Brie, Fig Jam & Caramelised Onion Grilled Cheese

*Remember when grilled cheese was your go-to? Well, this just might bring that back.*

Prep Time:  
**15 min**

Cook Time:  
**25 min**

Serves:  
**1**



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## Ingredients:

### FOR THE CARAMELISED ONION:

- 1 Tbsp Bragg Extra Virgin Olive Oil
- ½ red onion, sliced
- 1 tsp sugar
- 1 tsp Bragg Apple Cider Vinegar
- Pinch of salt

### FOR SANDWICH:

- 2-3 room temp unsalted butter, divided
- 2 slices sourdough bread
- 3-4 slices Brie cheese
- 2 Tbsp fig jam
- 2 Tbsp caramelised onion
- 2 Tbsp shredded Gruyere cheese
- 1 Tbsp Dijon mustard



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## Preparation:

- 1.** Heat 1 Tbsp of olive oil in a frypan. Add the onion, cover and cook over medium heat, stirring occasionally, for 10 minutes. Add the sugar, apple cider vinegar and a pinch of salt. Cook, stirring occasionally, until browned, another 10 minutes or so.
- 2.** Lightly butter one side of each piece of bread with a Tbsp of butter. The buttered sides will be the outside of the sandwich.
- 3.** Spread the fig jam on the unbuttered side of one piece of bread. Layer the brie, 2 Tbsp caramelised onion (reserve any remaining for an additional sandwich or another use) and Gruyere cheese on top. Spread the Dijon mustard over the unbuttered side of the second slice of bread and place on top of the sandwich, making sure that the buttered side is facing out.
- 4.** Heat a small frypan over medium-low heat. Melt 1 Tbsp of butter and add the sandwich to the frypan. Cook for two to three minutes on one side, then flip. Cook for another two to three minutes or until the cheese is melted and the bread is golden and toasty. If the frypan appears dry when it's time to flip the sandwich, add the last Tbsp of butter.
- 5.** Remove the sandwich from heat and serve immediately.





# Fried "Chicken" Sandwich

*A classic Southern recipe, but with a vegan twist.*

Prep Time:  
**20 min**

Cook Time:  
**6 min**

Serves:  
**1**

## Ingredients:

### FOR THE FRIED "CHICKEN":

- ¼ cup panko breadcrumbs
- ¼ cup almond flour
- 1 Tbsp Bragg Nutritional Yeast
- ¼ tsp paprika
- ¼ tsp mustard powder
- ½ tsp salt
- 1 egg (or 1 vegan flax egg\* mixed with water)
- 1 large whole oyster mushroom
- 3 Tbsp avocado oil (or other oil suitable for pan frying)

### FOR THE SANDWICH:

- 1 brioche bun
- Pickles
- Shredded cabbage
- Vegan mayonnaise
- Grain mustard



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## Preparation:

- 1.** Add panko breadcrumbs, almond flour, nutritional yeast, paprika, mustard powder and salt in a bowl. Stir to combine.
- 2.** Beat egg and add to a separate shallow bowl (or flax egg, if using).
- 3.** Add the oyster mushroom to the bowl with the egg and turn to coat evenly. Dip into the panko breadcrumb mixture and coat thoroughly, being careful to leave the whole mushroom intact.
- 4.** Heat oil over medium heat in a small frypan. When the oil is hot, add the mushroom and cook for three to four minutes per side or until the mushroom is tender and the outer crust is golden brown. Transfer to a paper towel to drain and sprinkle lightly with salt.
- 5.** Assemble sandwich between the bun slices with pickles, cabbage, mayonnaise and grain mustard. Serve immediately.

\* To make a flax egg, combine 1 Tbsp of ground flaxseed with 3 Tbsp of water in a small bowl. Mix until thick.



# BBQ Jackfruit Flatbread

*Easy to make, easier to store, and even easier to bring along for your day's adventure ahead.*

Prep Time:  
**20 min**

Cook Time:  
**6 min**

Serves:  
**1**

## Ingredients:

### FOR THE BBQ JACKFRUIT:

- 1 Tbsp Bragg Extra Virgin Olive Oil
- 1 can jackfruit, drained
- ¼ tsp sea salt
- Pinch of black pepper
- ½ cup BBQ sauce

### FOR THE FLATBREAD:

- 2 homemade or store bought flatbreads
- 2 Tbsp Bragg Extra Virgin Olive Oil
- 1 clove garlic, minced
- Pinch of sea salt
- 1/4 cup chopped pineapple
- 2 Tbsp thinly sliced red onion
- 2 Tbsp thinly sliced jalapeño
- 2 Tbsp fresh corriander leaves



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## Preparation:

- 1.** Add Olive Oil to a frypan over medium heat. Season jackfruit with salt and pepper and add to the frypan. Cook, stirring occasionally, until browned, about seven minutes.
- 2.** Stir in the BBQ sauce and continue to cook for another two to three minutes. Remove from heat.
- 3.** Heat the oven to 170° C. Toast the flatbread until crisp and warmed through (10 min).
- 4.** Remove flatbreads from the oven. In a small bowl, combine 2 Tbsp of olive oil and garlic. Brush flatbreads with garlic olive oil. Season with salt.
- 5.** Top the flatbreads with the BBQ jackfruit followed by the red onion, pineapple, and corriander.





# Vegan Spicy "Tuna" Avocado Rolls

*A fresh way to add protein to your day.*

Prep Time:  
**45 min**

Cook Time:  
**20 min**

Makes:  
**2 rolls (8 slices)**



**PAIRS WELL  
WITH COCONUT  
AMINOS TOO!**

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## Ingredients:

### FOR THE RICE:

- 1 cup short grain sushi rice
- 2 cups water
- 2 Tbsp rice vinegar
- 2 tsp sugar
- 1/3 tsp salt

### FOR THE VEGAN "TUNA":

- 1/2 cup water
- 1 large tomato
- 1/2 cup water
- 1 small square nori or seaweed
- 1 Tbsp rice vinegar
- 2 Tbsp Bragg All Purpose Seasoning
- 1/2 tsp lemon juice

### FOR THE SUSHI:

- 2 sheets nori
- 1/2 large or 1 small avocado, sliced
- 1 small cucumber, julienned
- 2 Tbsp vegan mayonnaise
- 1 Tbsp sriracha
- Pinch of salt

## Preparation:

### MAKE THE SUSHI RICE:

- 1.** Stir together the rice and water in a large saucepan. Cover with a tight-fitting lid and cook until the water reaches a simmer. Reduce heat to low and cook for 15-18 mins or until all of the liquid is absorbed and the rice is tender. Remove from the heat and let the rice steam for an additional 10 minutes with the lid on.
- 2.** While the rice is cooking, heat the rice vinegar, sugar and sea salt together in a small saucepan over medium-high heat, stirring, until sugar has dissolved, about one to two minutes. When the rice is cooked, drizzle the vinegar mixture over it, gently folding it into the rice to combine. Set aside the rice to cool completely.

### MARINATE THE VEGAN "TUNA":

- 3.** Add the tomato to a small pot of boiling water and boil until the skin starts to peel away from the flesh, about two to three minutes. Transfer the tomato to a bowl of ice water to stop the cooking.
- 4.** Peel the skin off the tomato and slice it into 8 pieces. Remove and discard the seeds.
- 5.** Combine all the water, nori, rice vinegar, all purpose seasoning and lemon juice in a small bowl. Add the tomato slices and marinate for 30 minutes.

### MAKE THE SPICY MAYONNAISE:

- 6.** In a separate small bowl, combine the vegan mayonnaise, sriracha and salt.
- 7.** Drain the tomato slices from the marinade and toss with half of the spicy mayonnaise.
- 8.** Place a sheet of nori on a bamboo sushi mat with the rough side facing up. Evenly spread and press down half of the sushi rice over the nori, leaving about an 2½ cm bare at the top. Add half of the avocado, cucumber and marinated tomato slices in neat horizontal rows.
- 9.** Start from the bottom of the nori sheet and begin to tightly roll, tucking in the filling ingredients and pressing to seal it closed. Place the sushi roll seam side down and repeat with remaining ingredients.
- 10.** Using a clean, sharp knife, carefully cut each roll into 8 pieces. Wipe the knife clean with a damp towel after each cut.
- 11.** Serve with a side of all purpose seasoning and the remaining spicy mayonnaise.





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# Dinner

*There's no better way to end a day than with a dinner made with ingredients that are fresh, seasonal, and delicious. That is, until you see the desserts in the next chapter.*





# Thai Curry Butternut Squash Soup

*For those that love soup and those that don't – here's a way to satisfy.*

Prep Time:  
**30 min**

Cook Time:  
**60 min**

Serves:  
**6**

## Ingredients:

### FOR THE CHILLI OIL:

- ¼ cup Bragg Extra Virgin Olive Oil
- 2 cloves garlic, sliced
- 1 Tbsp crushed red chilli flakes

### FOR THE SOUP:

- 1 Tbsp coconut oil
- 1 onion, chopped
- 1 tsp fresh ginger
- 1 Tbsp red curry paste
- 1 medium butternut squash, peeled, seeded and cut into cubes
- 4 cups vegetable broth
- 2 Tbsp Bragg Coconut Aminos
- ½ cup full fat coconut milk
- Salt, to taste
- Juice of 1 lime



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## Preparation:

### MAKE THE CHILLI GARLIC OIL:

- 1.** Add chilli flakes to a small heat-safe bowl; set aside.
- 2.** Heat olive oil in a medium pot over medium heat. Add garlic and cook, stirring often, until garlic is just beginning to turn light golden, about two minutes.
- 3.** Once the garlic is crisp and golden, remove the pot from the heat and immediately pour the oil and garlic into the bowl with the chilli flakes. Set aside to cool.

### MAKE THE SOUP:

- 4.** Heat the coconut oil in a pot over medium heat. Add the onion and cook until soft and translucent, about five to seven minutes. Add the ginger and curry paste and cook for another two minutes, stirring.
- 5.** Add the butternut squash, 4 cups vegetable broth and coconut aminos. Simmer until squash is tender, about 20 minutes.
- 6.** Remove from heat and blend the mixture until smooth, either by carefully transferring it to a blender (in batches if necessary) or directly in the pot using an immersion blender.
- 7.** Once smooth, stir in the coconut milk and lime juice. Taste and add salt if needed. Serve with chilli garlic oil.



# Mac & Cheese

*Break away from the box and dairy with this delicious, yet simple recipe for vegan mac & cheese.*

Prep Time:  
**20 min**

Cook Time:  
**6 min**

Serves:  
**1**

## Ingredients:

- Elbow macaroni or pasta of choice
- 1 cup of cashews
- 1 cup of diced potatoes
- 1 cup of filtered water
- ½ cup of Bragg Nutritional Yeast
- 3 tbs of Bragg Apple Cider Vinegar
- 1 tsp of onion powder
- 1 tsp of salt



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## Preparation:

- 1.** To make "cheese" sauce, bring water to a boil in a small pot then add potatoes and cashews. Cook until potatoes are fork tender (about 20 minutes).
- 2.** Begin to cook pasta of choice.
- 3.** Drain cashews and potatoes. Add to blender with Yeast, ACV, onion powder and salt. Blend until cheese sauce is creamy and smooth.
- 4.** Once pasta is ready drain and pour in cheese sauce. Stir well, serve and enjoy.





# Penne with Creamy Tomato Sauce

*Never underestimate some penne with a delicious sauce.  
Especially when said sauce is vegan!*

Prep Time:  
**20 min**

Cook Time:  
**30 min**

Serves:  
**3-4**



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**Ingredients:**

- 1 box protein rich pasta (lentil, chickpea, etc.)
- 4 small zucchini; thinly sliced
- 1 small onion; finely diced
- 2 cloves garlic; chopped
- 1 cup of spinach; chopped
- 1 cup unsweetened almond milk
- 1 cup tomato sauce
- 2 Tbsp tomato paste
- 1 lemon; juiced
- Bragg Extra Virgin Olive oil
- Salt and pepper to taste
- ¼ cup Bragg Nutritional Yeast
- 1 tsp chilli flakes



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**Preparation:**

- 1.** Heat Preheat oven to 220° C.
- 2.** Cook pasta al dente and set aside. (tip: rinse pasta under water while straining to get ride of the chewy texture).
- 3.** Line a baking tray with baking paper and place zucchini on top. Drizzle with olive oil and season with salt and pepper. Bake for 15-20 min and check halfway through. Once ready, place under grill for one minute.
- 4.** In a pan, sauté onion for three minutes and add garlic.
- 5.** Once onion is translucent, add tomato paste and saute for two minutes.
- 6.** Add tomato sauce and almond milk.
- 7.** Add chopped spinach and cover for two minutes.
- 8.** Add lemon, nutritional yeast, pasta and incorporate into the sauce.
- 9.** Serve & enjoy!





# Butternut Squash & Lentil Chilli

*End the day with a filling, tasty, and healthy chilli.*

Prep Time:  
**30 min**

Cook Time:  
**45 min**

Serves:  
**6-8**



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## Ingredients:

- 1 Tbsp Bragg Extra Virgin Olive Oil
- 1 large onion, finely chopped
- 1 red capsicum, diced
- 3 garlic cloves, minced
- 1 jalapeño pepper, seeded and diced (optional)
- 3 tsps chilli powder
- 2 tsps cumin
- 2 tsps oregano
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 1 Tbsp tomato paste
- 1 cup dry green lentils
- 1 can diced tomatoes
- 1 Tbsp Bragg Apple Cider Vinegar
- 1 Tbsp Bragg Coconut Aminos
- 3 cups vegetable broth
- 1 bay leaf
- 3 cups cubed butternut pumpkin (about ½)



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## Preparation:

- 1.** Heat olive oil in a large pot over medium heat. Add onions and capsicum and cook until the vegetables begin to soften, about five to six minutes.
- 2.** Add garlic and jalapeño and cook, stirring, for another minute.
- 3.** Add chilli powder, cumin, oregano, salt, pepper and tomato paste. Cook for about one minute.
- 4.** Add lentils, tomatoes, apple cider vinegar, coconut aminos, vegetable broth and bay leaf. Bring to a simmer, then reduce heat to low and simmer for 20 minutes.
- 5.** Add butternut squash and continue to simmer for another 15-20 minutes or until lentils and pumpkin are tender. Taste and add more salt if needed. Discard the bay leaf and serve with toppings of choice.



# How to Avoid that Post-Meal Slump



Food is fuel. But sometimes, what we eat can make us feel like our gas tank is running on empty. Did someone say carb coma?

Carbs have a bit of a reputation. Whether you love or hate them, they are hard to avoid on a daily basis. Not to mention, they are mighty delicious. If you find yourself overindulging in that bread basket, your best bet is a pre-meal shot of our Apple Cider Vinegar. Why? Let's consume some science and get to the bottom of it.

## **Food For Thought:**

After a carb-heavy meal, that starch is converted into good ol' glucose. A lot of the time, that sugar rush pumps its way through your body and gives you a burst of energy to tackle that neverending to-do list with no problem. Win-win.

Other times, that large dose of glucose in your body can result in a condition that nobody wants: a sugar slump. The name says it all.

If you are pre-diabetic, this can push you into full-blown diabetes as your pancreatic cells become overworked. And if this happens regularly, your red blood cells, skin collagen, and elastin fibres may suffer, leaving you open to major cardiovascular disease risk factors. Your skin collagen and elastin fibres may stop working, which would result in premature aging and wrinkles.

## **How Does ACV Come Into Play?**

The good news is our good stuff (aka acetic acid) can help fight the dreaded sugar slump. The clinically proven amount of acetic acid found in our Apple Cider Vinegar can stop you from a possible sugar snoozefest before you even finish your meal.

**How?**

Disaccharidase is an enzyme that plays a big role in the last step of carb consumption and letting glucose run free throughout your body. When you take a pre-meal shot of our Apple Cider Vinegar, the acetic acid slows this enzyme down and in turn, reduces the sugar available in your intestine. Less sugar means less chance of sugar slump happening.

Plus, the acetic acid helps get that blood pumping into skeletal muscles and helps the right amount of sugar enter your cells for that coveted boost of energy.

So, instead of just accepting the post-meal slump from your starch nemesis, make sure to reach for your Apple Cider Vinegar first.







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# Desserts

*Be it for the party, the end of a long workday,  
or a treat for your kid – dessert brings bliss.*





# Mocha Avocado Cupcakes

*When you mix mocha with avocado – you get quite the delicious cupcake.*

Prep Time:  
**15 min**

Cook Time:  
**18-20 min**

Makes:  
**24**



@sweets\_you\_can\_eat

## Ingredients:

### FOR THE CAKE:

- 2 avocados (1 cup packed)
- 8 large eggs, at room temp
- $\frac{2}{3}$  cup dried dates, rough chopped
- $\frac{2}{3}$  cup coconut sugar
- $\frac{2}{3}$  cup maple syrup
- $\frac{1}{2}$  cup Bragg Extra Virgin Olive Oil
- 1 Tbsp vanilla
- $1\frac{1}{4}$  cups unsweetened cocoa powder
- 1 cup almond flour
- 2 Tbsp espresso powder or finely ground coffee
- 2 tsps baking soda
- 1 tsp salt

### FOR THE FROSTING:

- $1\frac{1}{2}$  cups strong, extra hot coffee
- $\frac{1}{2}$  cup dried dates, rough chopped
- 3 large ripe avocados (about  $1\frac{1}{2}$  cups packed)
- 1 Tbsp vanilla
- A pinch of salt
- $\frac{1}{4}$  cup dark cocoa powder
- $\frac{1}{2}$  cup maple syrup
- $\frac{1}{2}$  cup plant-based milk (rice, almond or soy)
- 1 cup semisweet chocolate chips

## Preparation:

### MAKE THE CAKE:

- 1.** Preheat oven to  $170^{\circ}$  C Line two 12-tin cupcake pans with cupcake papers.
- 2.** Combine avocados, eggs, dates, coconut sugar, maple syrup, olive oil and vanilla into a large bowl. Using a hand blender or stand mixer, blend until completely smooth, two minutes.
- 3.** Add cocoa powder, almond flour, espresso powder, baking soda and salt. Blend again until smooth.
- 4.** Using a large ice cream scoop, scoop batter into prepared cupcake tins, filling each to just below the lip of the tin. Bake for 18-20 minutes, until the top is set, and a toothpick inserted in the centre of the cake comes out mostly clean. Do not overbake the cupcakes, they continue to firm up as they cool.

### MAKE THE FROSTING:

- 5.** Prepare dates by removing pits and roughly chopping them. Make  $\frac{1}{2}$  cup extra strong, extra hot coffee in a large mug or small bowl and add dates to soak for 15 minutes.
- 6.** Place avocados, soaked dates, coffee liquid, vanilla and a pinch of salt into a food processor or blender. Blend on medium until smooth and creamy, about one minute. Scoop avocado batter into a bowl and add cocoa powder, stir into a smooth paste.
- 7.** In a small saucepan: combine maple syrup and milk, heat over low until liquid is steaming. Remove saucepan from heat. Pour chocolate chips into the liquid to melt. Do not stir for a few minutes while the chocolate melts in the hot liquid.
- 8.** Finally, stir the warm chocolate/milk syrup until it becomes glossy and thickened and add into the avocado batter and stir until smooth.
- 9.** Once the cupcakes are cooled, spread  $1\frac{1}{2}$  to 2 Tbsp frosting over each cupcake.





# Apple Cider Donut Cakes

*A way to make a donut bite a healthy part of your day.*

Prep Time:  
**15 min**

Cook Time:  
**18-20 min**

Makes:  
**24**



@whiskinthesouthern



## Ingredients:

- 2 Tbsp unsalted butter
- 2 cups unbleached all-purpose flour
- 1 cup whole wheat flour
- 1½ tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp baking soda
- ¾ tsp. kosher salt
- 1 cup granulated white sugar
- ½ cup light brown sugar, packed
- ¾ cup apple juice
- ¼ cup Bragg Apple Cider Vinegar
- ¾ cup Bragg Extra Virgin Olive Oil
- ¾ cup unsweetened applesauce
- 2 tsp vanilla extract
- 3 large eggs, room temperature.
- ¼ cup granulated white sugar or icing sugar (for topping)
- 1 tsp ground cinnamon (for topping)



@whiskinthesouthern

## Preparation:

### MAKE THE CAKE:

- 1.** Preheat oven to 170° C.
- 2.** Butter and flour a muffin tin, set aside.
- 3.** Whisk together flours, baking powder, cinnamon, baking soda and salt, in a large bowl and set aside.
- 4.** In a small bowl, whisk together both sugars, apple juice, apple cider vinegar, olive oil, applesauce, vanilla and eggs. (You do not need to use an electric mixer).
- 5.** Gradually whisk egg mixture into flour mixture. Be careful not to overmix.
- 6.** Pour batter into prepared tin.
- 7.** If using muffin tins, line with muffin liners then fill ¾ way up.
- 8.** Bake 20-30 minutes. You want a tester to come out clean or with a few crumbs.
- 9.** Let cool in tins for fifteen minutes, then turn out on rack.
- 10.** Meanwhile stir together ¼ cup white sugar and 1 tsp cinnamon.
- 11.** Brush warm cake with melted butter. Then generously sprinkle with cinnamon sugar mixture.





# Ube Cake

*This soft and fluffy ube cake is topped with the most delicious coconut cream frosting!*

Prep Time:  
**20 min**

Cook Time:  
**30 min**

Serves:  
**8-10**

@bakingishealthy





**Ingredients:****FOR THE CAKE:**

- 2 cups non dairy milk
- 2 Tbsp Bragg Apple Cider Vinegar
- 2 cups mashed ube
- 1 Tbsp vanilla extract
- ⅓ cup date sugar (or other granulated sweetener)
- 1⅔ cup sorghum flour
- 2 Tbsp tapioca or arrowroot starch
- 3½ tsps baking powder

**FOR THE FROSTING:**

- 3½ cups mashed ube
- ½ cup coconut cream (from a can of coconut milk)
- ½ cup date sugar (or other granulated sweetener)
- pinch of salt



@bakingishealthy

**Preparation:****MAKE THE CAKE:**

- 1.** Preheat oven to 170° C and grease two cake pans with oil or cooking spray.
- 2.** In a large bowl, whisk the milk, vinegar, ube, vanilla extract, sweetener, and salt.
- 3.** Fold in the flour, starch, and baking powder with a spatula until very well mixed.
- 4.** Distribute the batter evenly between the cake pans, then tap the pans against a surface so that the batter spreads out.
- 5.** Bake for about 30 mins, until a toothpick inserted in the centre of a cake comes out clean (check out the picture of how the cake layers should look after baking above this recipe).
- 6.** Remove from the oven and let cool for about 10 mins.
- 7.** Then very carefully transfer the layers to a cooling rack and let cool for at least 45 minutes prior to frosting.

**MAKE THE FROSTING AND ASSEMBLE:**

- 8.** In a food processor fitted with the metal blade, blend the frosting ingredients together until smooth and well distributed. A creamy purple frosting should form.
- 9.** Place one of the cake layers on a cake stand and insert baking paper underneath the sides of the layer so that the cake stand doesn't get messy from the frosting.
- 10.** Using a spatula, spread part of the frosting over the layer.
- 11.** Place the next layer on top of the frosted layer.
- 12.** Spread the rest of the frosting neatly all over the cake and decorate as necessary.





# Apple Cider Caramel & Dark Chocolate Bark

*A holiday treat so simple, yet so delicious. Try this recipe and see how fast it disappears!*

Prep Time:  
**20 min**

Cook Time:  
**20 min**

Serves:  
**8**



@lepetitcheffb



## Ingredients:

### FOR THE APPLE CIDER CARAMEL:

- 1 cup apple juice
- 2 Tbsp Bragg Apple Cider Vinegar
- ¼ cup sugar
- ¼ cup light brown sugar
- ¼ cup full fat coconut milk
- 1 Tbsp vegan butter
- ¼ tsp vanilla extract
- Pinch of salt

### FOR THE BARK:

- 1½ cups dark chocolate chunks
- 2-4 Tbsp apple cider
- Caramel
- 2 Tbsp almond slivers
- Large pinch of flaky sea salt



@lepetitchefsb

## Preparation:

### MAKE THE APPLE CIDER CARAMEL:

- 1.** In a medium saucepan, bring the apple juice and apple cider vinegar to a boil over medium high heat and boil, stirring occasionally, until the juice reduces to about ¼ cup, about 10-15 minutes.
- 2.** Reduce the heat to medium-low and add the sugar and brown sugar. Boil until the sugar dissolves, then whisk in the coconut milk and vegan butter.
- 3.** Reduce heat to medium-low heat and cook, whisking constantly, until the mixture thickens, about three to five minutes. Remove from heat and stir in the vanilla extract and salt. Set aside to cool. Caramel will be somewhat thin at this point, but as it cools it will thicken.

### MAKE CHOCOLATE BARK:

- 4.** Line a large baking tray with baking paper. Melt the chocolate in a heat-safe bowl in the microwave in 30 second intervals, stirring between each interval. Alternatively, melt chocolate in a heat-safe bowl set over a pot of gently simmering water, stirring until melted (make sure the water does not touch the bottom of the bowl).
- 5.** Once the chocolate is melted, spread evenly onto the prepared baking tray, reserving about 2 Tbsp to drizzle over the top.
- 6.** Drizzle 1-2 Tbsp of the reserved cider caramel over the chocolate, then sprinkle the slivered almonds evenly over the top.
- 7.** Drizzle another 1-2 Tbsp each of the caramel and reserved chocolate over the almonds. Top with flaky sea salt.
- 8.** Place the tray in the refrigerator to chill for at least four hours or overnight. Once chilled, break into pieces.





# **Bragg Hacks**

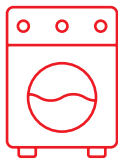
*In case you hadn't heard...*



## Bragg Cleaning Hacks: Laundry Cleaner

### CLEAN YOUR WASHING MACHINE:

1. Add 2 cups of ACV and let the machine run without any clothes. Voila!



### EVEN CLEANER LAUNDRY:

1. Add 1 cup of ACV with each load for odour-free and germ-free laundry.



## Fruit Fly Trap

1. Pour 1 cup of ACV into the open jar.
2. Add a few drops of dish soap.
3. Place open jar in infested area of home.



## Bragg Home Hacks: Garden Fertilizer

- 1.** In a 40L bucket, pour 300ml of Bragg Apple Cider Vinegar.
- 2.** Fill the rest of the bucket with water and stir thoroughly.
- 3.** Using a watering can or sprayer, water at the base of the plant.



**TIP:** Use on your acid-loving plants like camelias, rhododendrons, azaleas, blueberries, and gardenias.

## Produce Wash



Grab your Bragg ACV and fill a bowl with water.



Add 2-3 tablespoons of ACV to the bowl of water. Mix well.



Place all produce you can fit into the bowl and let soak for five minutes.



After five minutes, remove produce and let dry before putting away.





## Bragg Beauty Hacks: Face Mask

- 1.** Mix 1 tablespoon of Bragg ACV with 1 tablespoon of Aztec Clay Mask into a mixing bowl. Stir the solution as it is bubbling.
- 2.** Apply the mask to face, avoiding the eyes.
- 3.** Let the mask sit for 10-20 minutes, depending on the sensitivity of the skin.
- 4.** Use a washcloth to remove the mask and follow with moisturiser.



## Makeup Brush Cleaner

- 1.** In a bowl, add ¼ cup dish soap.
- 2.** Add 30ml cup Bragg Extra Virgin Olive Oil to the bowl.
- 3.** Swirl each brush in the mixture for two minutes, then rinse.
- 4.** Let brushes dry.



## Bragg Beauty Hacks:

# Foot Soak

- 1.** In a container, add ⅓ cup Bragg Apple Cider Vinegar.
- 2.** Add 2 cups hot water.
- 3.** Add ⅓ cup epsom salt
- 4.** Optional: Mix in a few drops of your favourite essential oil

**Tip:** Apple Cider Vinegar is antibacterial and antifungal. It may help to fight stinky feet, athlete's foot and treat pesky warts!



# Hair Mask

- 1.** Combine 3 parts water.
- 2.** After shampooing, pour solution over hair.
- 3.** Massage into scalp for 2-3 minutes.
- 4.** Rinse and condition.

REDUCES  
FRIZZINESS, CLEANSSES  
THE SCALP & HELPS  
FIGHT DANDRUFF!





# Community Thanks!

It is an understatement to say the Bragg marketing team could produce this book without the incredible contributions from far and wide. Be it the recipes sent through Instagram or the emails to the website. We are ever eager to hear your thoughts, ideas, and most important – your recipes.

So when you make a recipe, either from this book or something new, don't hesitate to send a note. It is often these recipes are inspirational to our team and once tried, receive rave reviews.

We cannot thank you enough.

- The Bragg Team