

BIG BOX

# *VeGAN* HOLIDAY

cookbook



**EASY VEGAN  
RECIPES FOR THE  
FESTIVE SEASON**



**KREG STERNS**



# Happy Holidays!



**H**ello. My name is Kreg and I've been vegan since 1994. Not that being vegan for any specified time makes you more or less vegan, but I remember when there was only one (maybe two) brands of soymilk and forget about any kind of decent vegan cheese!

I started Big Box Vegan after getting laid off from my job at Whole Foods Market where I was a graphic artist for 14 years. It was all my wife Kimmy's idea (and she never lets me forget that), but I'm glad I listened and started finding vegan items at stores in Sarasota, Florida where we've lived for over 21 years.

Along with being a graphic artist, I'm also an amateur vegan baker and cook and have been developing recipes for years just out

of necessity. This led to starting the recipe blog in 2019 and the companion Instagram account [bigboxveganeats](#) where I feature recipes, meals and more.

I have 3 crazy chihuahuas all named after Japanese foods (Sake, Moka and Mochi) and I jog, practice yoga and workout when not stuffing my gob full of delicious vegan treats. I grew up just outside of NYC in the suburbs and was very lucky to have access to one of the greatest cities in the world. My wife and I have been vegan together for all this time and I am glad to have the support of a vegan partner. It must be hard for those in mixed relationships. Stay strong, they'll hopefully come around!

As a recipe developer I've had 2 recipes included in Rip Esselytyn's book "My Beef with Meat" having attended an Engine 2 immersion program in 2010. I've always enjoyed creating recipes and have always said I can pretty much make anything vegan. These are some of favorite vegan holiday recipes that I make year after year and I hope you enjoy them as much as my friends and family!

Kreg

Look for these boxes throughout the book for additional recipes on my website!



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# STARTERS



With such large meals prepared at the holidays, starters or appetizers are often overlooked but for some, they're the best part of the celebration! I usually put out easy things to nosh on including good olives, nuts and dips (which can all be store-bought and that's fine!), but sometimes an elaborate charcuterie board or a delicious soup or salad is a great way to kick off the festivities.







# ROASTED DELICATA SQUASH AND CORN SALAD

An easy autumnal salad made with delicata squash that doesn't even need peeling as the skin is tender enough to eat! Crunchy toasted pepitas finish it off and you can make this oil free but watch the squash closely as it cooks so it doesn't burn. **SERVES 4**

1 medium delicata squash, washed, ends trimmed and sliced

1 tablespoon olive oil (optional)

1/2 teaspoon dried thyme

sprinkle of salt & pepper

1 ear of fresh corn, cooked (or 1/2 cup frozen corn thawed)

6 cups of fresh arugula

1/4 cup good balsamic vinegar (see notes)

1/4 cup toasted pepitas (raw green pumpkin seeds)

flaky salt & freshly ground pepper to finish

**1.** Preheat your oven to 400° F. Toss the sliced squash in the oil (omit for oil free version), and place on a lined baking sheet. Sprinkle with thyme, salt and pepper and roast for 15-20 minutes or until tender and lightly browned. Let cool.

**2.** Cut the corn off the cob. Add the arugula to a large serving bowl or plate and add toss with the vinegar.

**3.** Add the corn, and toasted pepitas and finish with a sprinkling of flaky salt and pepper to taste.

**4.** Serve immediately.



**NOTES:** You can use another squash if Delicata is not available. If you don't have a thick syrupy balsamic vinegar, boil regular balsamic and reduce it by half to create a thicker, sweeter vinegar. Make sure to let it cool before using.



# EASY CHARCUTERIE AND CHEESE BOARD

This is a really easy way to create a large appetizer people will love and remember. Everything is store bought so it's just assembling it all on a cutting board or tray and it's good to go. You can change it up any way you'd like but I always include a star cheese item, fruit, a fake meat and crudite vegetables and crackers. **SERVES 10-12**

1 package of a soft vegan cheese (I used Miyokos classic chive)

1/4 cup fig spread

Pistachios or other toasted nuts

Fresh fruit (I used holiday grapes and pears)

A vegan sliced meat (I used Renegade Foods vegan fennel salami)

Vegan crackers

Crudite vegetables

**1.** Arrange everything nicely on a large cutting board or tray.

**2.** Top the cheese wheel with fig spread and the nuts.



**NOTES:** I like Dalmatia brand orange fig spread, but you could even use a jam or a red pepper jelly if you cannot find it. If you don't want to use a prepared cheese wheel, vegan cream cheese works just as well. Offering gluten free crackers is always nice for those avoiding it, and use your favorite fruits and veggies!







# CURRIED ROASTED VEGETABLE SOUP

This is a quick and easy way to use up any leftover roasted vegetables for a simple lunch or supper. You can make this using mild curry powder or go as hot as you'd like using a spicier mix. Make sure to use full-fat coconut milk here for the best flavor. **SERVES 4**

- 2 cups roasted vegetables
- 2 teaspoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon cinnamon
- 2 cloves garlic minced
- 1 teaspoon grated fresh ginger
- 3 cups vegetable stock
- 1 can full-fat coconut milk

1. Heat the oil in a heavy bottomed sauce pan or Dutch oven on medium heat. Add the garlic and ginger and cook for a minute then add all of the spices and sauté for a few minutes to toast them and bring out their flavor. This step is crucial.
2. Add the roasted vegetables and cook for a few minutes to warm them stirring constantly so they don't burn.
3. Add vegetable stock and stir. Reduce the heat and let the soup simmer for 20 minutes on low heat partially covered.
4. Add the coconut milk and using an immersion hand blender, blitz until no large chunks remain (you can process the solids in a regular blender as well).
5. Taste and adjust salt and pepper if needed and if the soup seems to thick, add more stock. Most containers are 4 cups, so you should have extra if not using home made.



**NOTES:** Roasting brings out the flavor and sweetness in root vegetables, but if you don't have any on hand, you can use frozen butternut squash. You can make this is spicy as you want by either using a spicy curry powder or adding cayenne pepper to taste. You can use a vegan half and half if you don't want to use coconut milk.



GET MY ROASTED  
VEGGIES RECIPE  
ON PAGE 24!





Main dishes can be a little harder for vegans during the holidays as most are based around meat. Although I've used a vegan meat in each of the following recipes, you could certainly leave it out of the stuffing surprise and stromboli to make it completely veggie.

Other ideas are a vegetable lasagna, stuffed butternut squash or simply using one of the many holiday roasts available at the supermarket. No need to make it yourself!

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# MAINS



# STUFFED TURK'Y ROULADE WITH HERBS

You can buy so many vegan poultry substitutes now for a turkey but with a quick hack, you can create your own show-stopping centerpiece for your holiday meal. It's a simple but stunning take on a roulade or a dish cooked or served in the form of a roll. Fresh herbs make all the difference here, so invest in some as they can last quite a while in the fridge and are a great garnish to make your dishes festive. **SERVES 6-8**

2 packages of Gardein chicken scallopini cutlets, thawed overnight in the fridge

4 tablespoons extra virgin olive oil

1/4 cup flat leaf parsley, coarsely chopped

3 tablespoons coarsely chopped rosemary

2 tablespoons coarsely chopped sage leaves

2 tablespoons fresh thyme leaves pulled off the stems

1 teaspoon freshly grated lemon zest

1 tablespoon fennel seeds, chopped

Two cloves garlic

Salt & pepper

**1.** Take the completely thawed Gardein cutlets out of the fridge and place in a bowl. With clean hands, mash them together until you create one big ball.

**2.** In a small bowl combine 3 tablespoons of the olive oil, the herbs, grated zest, chopped fennel seeds and garlic.

**3.** On a parchment paper lined baking sheet place the ball of mashed Gardein "meat" on the pan and spread out into a rough rectangle approximately 9"x12" in size.

**4.** Spread the herb mixture all over the meat with a spoon or pastry brush. Sprinkle with salt and pepper. Rollup from the shorter side into a tight jelly roll. You can tie up the roll with cooking twine or place it seam side down on the pan. Spread the remaining tablespoon of oil over it completely and sprinkle again with salt and pepper.

**5.** Preheat the oven to 375° and bake for 30 minutes. Let rest for 10 minutes then slice and serve.



**NOTES:** I have not tried any other fake meat other than Gardein brand for this roulade but I would imagine others would work as long as they're a plain style non-breaded meat. If you can't find the scallopinis then you could most likely use the pieces but you might need three bags. If you don't have access to fresh herbs use dried, but it might not taste the same.







# SPICY SAUSAGE STUFFING "SURPRISE"

Some families have arguments over what type of stuffing to serve at the holidays and often serve different ones to appease everyone. This stuffing has an added extra surprise beneath the crusty top layer and it's...mac and cheese! This is sure to please everyone and stop any bickering in its tracks. **SERVES 8**

Vegan mac & cheese, 8 servings or my full baked recipe at [bigboxvegan.com](https://bigboxvegan.com)

4 vegan spicy Italian sausages

1 medium onion diced

2 stalks celery diced

1/2 green pepper diced

6 cups dried cubed white bread

2 tablespoons vegan butter

1/2 teaspoon poultry seasoning

1 cup vegetable broth

Salt & pepper to taste

**1.** Make a full recipe of my vegan baked mac & cheese and layer it in an oblong buttered baking dish and set aside.

**2.** Cook the sausages in a large frying pan and break them down into crumbles using a fork until cooked. Remove from the pan and set aside keeping the drippings in the pan.

**3.** Melt the vegan butter in the pan with the sausage drippings over medium heat. Add onion, celery and green pepper and cook for 5 minutes or until starting to brown.

**4.** Add the bread to a large mixing bowl and pour the vegetable mixture into it and mix well. Add the sausage, poultry seasoning and salt and pepper. Pour just enough vegetable broth in until it's moist. If you like your stuffing mushier, add more.

**5.** Layer on top of the mac and cheese and bake at 350° for about 30 minutes covered loosely with tin foil. If a crunchy top is desired, remove the foil and cook for an additional 10 minutes.



**NOTES:** You can use any mac & cheese here, but a baked version is best. My recipe is on my website and is the most requested one by my friends and family. You can use any vegan Italian sausage you prefer, but if you only have plain, add a little Italian seasoning and red pepper flakes while cooking to make it taste spicy.





# BROCCOLI RABE AND SAUSAGE STROMBOLI

This is a relatively quick and easy appetizer to make during the holidays and it's always a crowd pleaser. Using store bight pizza dough is half the battle and it's just a quick cooking of the broccoli rabe and sausage and you'll be celebrating with guests rather than sitting by the stove! If you don't like broccoli rabe (some find it too bitter), you can use frozen or fresh spinach instead. **SERVES 6-8**

1 store bought pizza dough (enough for one full sized pizza)

1 bunch fresh broccoli rabe (rapini)

1 package of spicy Italian style vegan sausages (I used Beyond Meat brand)

3 tablespoons extra virgin olive oil

6 cloves of garlic, peeled and sliced

1/2 teaspoon salt

Freshly ground pepper

8 oz vegan mozzarella style cheese, shredded

3 tablespoons vegan parmesan cheese

**1.** Wash the broccoli rabe well and cut off the hard woody stems 2-3 inches from the bottom of the bunch. Chop the rest into 2" pieces and set aside.

**2.** In a large sauté or frying pan, heat the oil on medium-high heat until hot. Add the garlic and saute for a minute until just starting to brown. Add the broccoli rabe and with tongs flip constantly to coat all pieces. Add 1-2 tablespoons of water to the pan with the salt and pepper and cook until just wilted –about 5 minutes. Remove from the pan and place in a bowl.

**3.** Cook the sausages in the same pan on medium heat mashing them with a fork to create crumbled pieces. When almost done, add the broccoli rabe back, stir together and turn off the heat and let cool slightly.

**4.** Roll out the pizza dough into a 12"x9" rectangle and sprinkle with the cheeses. Add the sausage mixture evenly over the dough and roll up from the long side.

**5.** Rub a little olive oil on the top of the roll and bake at 425° for 30-35 mintes or until brown. Cut into slices and serve warm.



**NOTES:** Use your favorite store bought pizza dough or make one from scratch. If you don't like broccoli rabe, use frozen or fresh spinach instead. Use a fatty style vegan sausage for more flavor. Serve with marinara sauce if desired.



# SIDES



I literally could just eat sides for my holiday meal as they're more like mains for most vegans. The idea that a meal needs to be centered around a protein is so antiquated, so if you're like me, you'll enjoy these dishes. Lots of carbs here, not going to lie, but it's the holidays right? January is for reducing our waistlines so raise a glass and know that no animals were harmed in the making of your holiday feast!







# MY AUNT NIKKI'S PLAIN BREAD STUFFING

I have such fond memories of my Aunt Nikki. She was raised Mennonite and was the best cook in our family. I was so excited when we would have Thanksgiving at her house as this would always be on the menu. While I never got the exact recipe from her before she passed, this comes pretty close to her version, but it's of course vegan. Don't even get me started on her amazing apple pie. **SERVES 8**

1 loaf dense white bread, cubed and dried

1 large onion, chopped

3 ribs celery, diced

1/2 cup (1 stick) vegan butter

1 - 1 1/2 cups vegan chicken broth

1/2 teaspoon poultry seasoning

1/2 teaspoon dried thyme

1/4 cup chopped fresh parsley  
(or 1 tablespoon dried)

1 teaspoon salt

**1.** Prepare the bread cubes. They need time to dry out. I cut them into a medium sized cube then lay out on sheet pans and cook them in a 175° oven for 90 minutes then let them stay in the cool oven overnight until completely dried out.

**2.** In a large pot (big enough to hold it all - I suggest at least a 6 qt size) melt the vegan butter. Add the onion and celery and cook on medium heat until cooked down about 7-8 minutes. Add the seasonings and salt and cook for 1-2 minutes.

**3.** This step is important. Most recipes have you add the broth now then mix in the bread. You're going to add the bread now and on low heat combine it with the butter mixture so it soaks in first.

**4.** Add the broth and parsley and mix well. If it seems too dry, add a little more broth.

**5.** Place in a buttered dish, cover loosely with foil and bake for 35 minutes at 350°. Take off the foil and bake another 10 minutes.



**NOTES:** Use a good dense white bread, nothing too airy and light. I use powdered chicken-style broth powder added to warm water rather than a vegetable stock. It has more flavor and salt. This needs to be saltier than you think before it bakes so test and adjust as needed to your own taste.



# ROASTED WINTER VEGETABLES

I make trays of these roasted vegetables almost every weekend in the fall and winter. Not only are they great on their own, but you can make soups, salads and sides from these all week long! You can also mix up the selection to whatever's available making this versatile and delicious to boot. **SERVES 6**

1 large butternut squash, peeled and diced

1 large sweet potato, peeled and diced

1 large yellow onion, thickly sliced

2 large red or gold potatoes, diced

Other root vegetables of your choosing

2 teaspoons salt

Fresh thyme sprigs or 1 teaspoon dried

2 tablespoons vegan butter, melted

2 tablespoons extra virgin olive oil

1/4 teaspoon freshly ground pepper

**1.** Preheat your oven to 425°. Place all of the prepared vegetables into a large mixing bowl.

**2.** Drizzle cooled melted butter and olive oil over all of the vegetables.

**3.** Add all of the seasonings and with clean hands mix them together completely coating them all well.

**4.** Divide the vegetables onto two parchment lined baking pans. You want to leave room between the vegetables so that they roast and do not steam. Bake for 45 minutes or until golden brown and tender.

**5.** If using fresh thyme, you can run your fingers backwards across the stem removing the tender leaves for serving or discard the sprigs completely.



**NOTES:** If you've never cut a hard squash, I suggest Googling the process so you don't cut yourself. It's not hard, but best to follow some steps for safety. I used whole baby rainbow carrots which look beautiful when roasted but you can use regular carrots and cut them into large chunks.





# PERFECT MASHED POTATOES

Mashed potatoes are a dish I love, but truth be told, I only make them during the fall and winter months. This is a classic recipe, and although there's a few tips for success, they're relatively easy to make especially if you have some help in peeling the potatoes!

**SERVES 8**

3 pounds potatoes (waxy red or Yukon Gold work best), peeled and roughly cubed

1 tablespoon plus 2 teaspoons salt

1 cup vegan half & half (see notes)

4 tablespoons vegan butter

1/3 cup vegan sour cream

1/4 teaspoon freshly ground pepper

**1.** Place the peeled and cubed potatoes in a large pot and cover with cold water and add the tablespoon of salt. Bring to a boil, then simmer for 20 minutes until a fork pierces the potatoes easily.

**2.** When fully cooked, drain the potatoes and immediately add the vegan butter so it begins to melt..

**3.** Add the remaining ingredients and using a hand mixer whip until light and fluffy.

**4.** Taste to adjust salt if needed (potatoes need a lot of salt).

**5.** Serve immediately or keep warm by placing a bowl on top of simmering water for up to an hour until ready to serve. Stir by hand to lighten them up before serving. Sprinkle some more cracked pepper on top if desired.



**NOTES:** Potatoes need salt. Salting the cooking water adds salt from the inside so when you add salt later they just don't taste salty. Vegan half and half is more readily available now ( I can think of three brands), but if you can only find heavy cream, you can thin it a bit with plain unsweetened alternative milk or just use all milk but note they will not be as creamy.







# SAVORY MUSHROOM GRAVY

It's somewhat hard to make an authentic tasting gravy as most rely on the drippings from meat (gross!) but I've found that roasting mushrooms, onions and garlic together first intensifies their flavor and adds a robust umami richness to gravy. Using a good vegetable broth and wine is also key. You can leave this somewhat chunky or strain if you want a really smooth gravy. **SERVES 8**

1 - 10 oz package of cremini mushrooms

1 medium onion

6 cloves unpeeled garlic

2 tablespoons olive oil

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 cup vegan butter

2 tablespoons all purpose flour

1/4 cup tawny port, sweet vermouth or red wine

1 3/4 cups vegetable broth

1/2 teaspoon poultry seasoning

1 teaspoon soy sauce

1 tablespoon vegan cream (optional)

**1.** Slice onions 1/4" thick. Clean mushrooms and slice in half for small and in quarters for large. Place the mushrooms, onions and unpeeled garlic cloves on a large sheet pan lined with parchment paper. Drizzle the olive oil over everything and sprinkle on the salt and pepper. Toss lightly. Bake at 375° for a half hour until the veggies are browned.

**2.** Melt the vegan butter in a medium saucepan over medium heat. Add the flour and cook for a few minutes to remove the raw taste of the flour. Add the port or wine and whisk. Gradually add the stock and whisk constantly. Add the poultry seasoning, soy sauce. Cook on low heat until bubbling and thickened.

**3.** Add the mushrooms and onions and squeeze the garlic out of the skins into the pot. Simmer on low heat for 10 minutes.

**4.** Add the cream (if using) last. Using an immersion blender, purée the veggies slightly (you still want some texture). If you want a completely smooth gravy, strain it into a bowl. Adjust salt and pepper if needed.



**NOTES:** You can use white button mushrooms or larger portabellos just make sure they're evenly sized. If you have dark soy sauce (available at Asian markets) – even better. You can place the solids in a regular blender if you don't have an immersion blender. If the gravy seems to thick, thin with a little more broth.



# LEFTOVER STUFFING AND POTATO CAKES

This is an easy and tasty way to use up leftover stuffing and mashed potatoes. All you need is a little liquid vegan egg and you're ready to go. These are particularly good with vegan sour cream and red pepper jelly and make a quick lunch or side for the days after the holidays when you don't want to cook anything fussy. **SERVES 6-8**

Equal portions of leftover bread stuffing and mashed potatoes (I used about 2 cups of each)

4 oz liquid vegan egg like Just Egg

1 teaspoon fresh or dried thyme

Salt & pepper to taste

Equal parts olive oil and vegan butter to fry

**1.** Place the stuffing and mashed potatoes in a medium sized mixing bowl. Add the vegan egg, thyme, salt and pepper and mix well with a spoon or clean hands.

**2.** In a large frypan, heat the oil and butter over medium heat until hot. Form the cakes using a large ice cream scoop or spoon and flatten slightly with the palms of your hands.

**3.** Place cakes into the oil and butter and cook for 3-5 minutes on each side. Don't crowd the pan and work in batches of about 4 cakes at a time.

**4.** Transfer to a paper towel lined pan to drain and keep warm in a low oven if not serving immediately.

**5.** Sprinkle with a last hit of salt and serve with vegan sour cream or gravy.



**NOTES:** If you cannot find a liquid vegan egg, aquafaba (the liquid from canned chickpeas) should work to bind the mixture together. Since everyone's mashed potatoes and stuffing may have different salt levels, make sure to taste before blindly adding more salt. These can be made in advance and warmed later for serving.







Although I love pies and cakes as much as the next vegan, I decided to include two more unusual recipes for dessert as trying something new can be scary yet fun during the holidays.

Some stay stick to the tried and true, but if you're feeling adventurous, you might want to give one of these a go. The rainbow cookies can be colored to any scheme you prefer or left plain and not colored at all! They'll taste just as delicious.



# SWEETS





# PUMPKIN WHITE CHOCOLATE MOUSSE TRIFLE

If you're looking for a showstopper dessert for the holidays, look no further! This looks as good as it tastes and is relatively easy to make. You can make my pumpkin bread from scratch or buy a mix or pre-made one at the store to make it even easier! There are many choices for vegan whipped cream alternatives out there, but I would hesitate using one dispensed from a can as it may deflate easily. **SERVES 6-8**

1 recipe of my coffeehouse style pumpkin bread found at [bigboxvegan.com](http://bigboxvegan.com), cubed

1 cup vegan white chocolate chips

1 cup canned pumpkin purée (not canned pumpkin pie mix)

1/2 teaspoon vanilla extract

1/2 teaspoon pumpkin pie spice

1/4 teaspoon salt

1 tub of vegan whipped cream or 3 cups whipped vegan cream

**1.** Melt the white chocolate chips in the microwave or on top of the stove using a double boiler until melted.

**2.** Transfer the chocolate to a food processor or blender and add the pumpkin, vanilla, spices and salt. Mix until completely blended and smooth. Transfer to a bowl.

**3.** Fold in half of a tub of vegan whipped cream or about 1 1/2 cups.

**4.** Using 6-8 glasses or jars, layer the mousse, cubed pumpkin bread and more vegan whipped cream. End with a dollop of whipped cream and a sprinkling of cinnamon sugar if desired.

**5.** Keep refrigerated until time to serve.



**NOTES:** Use any pumpkin bread you'd like, but my recipe is a winner. If you don't have pumpkin pie spice, mix together 4 teaspoons ground cinnamon, 2 teaspoons ground ginger, 1 teaspoon ground cloves and 1/2 teaspoon ground nutmeg.



# EASY ITALIAN RAINBOW COOKIES

I've been trying to crack this recipe for years having grown up on these cookies in NY and I've always failed until now. The secret was right there in front of me, use my recipe for Tandy Cakes and with a few adjustments, they're the perfect vegan recreation of these amazing cookies. Feel free to eat as large slices or as the smaller traditional pieces. They're easy to assemble as they're only two layers too! **SERVES 18-24**

1 recipe of my Tandy Cakes which you can find at [bigboxvegan.com](http://bigboxvegan.com) with the following adjustments:

Add 1 teaspoon almond extract to the cookie batter

1/2 cup apricot or seedless raspberry jam

Red & green food coloring (optional)

Substitute one 8-10 oz package of almond paste for the peanut butter

Vegan chocolate sprinkles (optional)

- 1.** Make a full recipe of my vegan copycat Tandy Cakes adding the almond extract to the batter. You should have four cups, so if coloring the batter, remove two cups to another mixing bowl. Using a natural food coloring, color one half green and one half red and set aside.
- 2.** Prepare two half sheet pans by spraying first with cooking spray (to hold down the parchment) and line with parchment paper making sure it goes up the sides of the pan.
- 3.** Pour each color into the prepared pans and bake according to the directions.
- 4.** When done (and still warm) add the jam evenly over one layer then refrigerate both until cool.
- 5.** Roll out the almond paste between two layers of parchment or wax paper roughly the size of the half sheet pan. Lay on top of the jam. Coat with the chocolate topping and then immediately add the sprinkles if using.
- 6.** Refrigerate until set, then trim off the edges on all sides and cut into squares.



**NOTES:** We preferred the flavor of apricot jam here hands down, but feel free to use raspberry if you like. Make sure to use almond paste and not marzipan which contains way more sugar. Natural food coloring and vegan sprinkles can be found at Whole Foods Market. You can cut these into any size you'd like which will obviously affect the number of servings.



GET THE BASIC  
COOKIE RECIPE  
ON THE BLOG!



# THANK YOU

I want to thank my friends and family for tasting all of the many recipes and offering advice and suggestions. I knew how much work would be involved so that's why I decided to test the waters and release a mini-book of recipes for my first attempt. Hats off to anyone creating a book containing hundreds of recipes! Most of all, I would like to thank my wife and partner Kimmy who started this whole ball rolling with the suggestion of an Instagram account featuring vegan finds at bigger retailers. We've been obsessed with food and food shopping most of our lives and this is natural extension of that. I also want to thank you for following me on various social channels and supporting veganism, love and compassion. Have a wonderful holiday season!

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All recipes and photos by Kreg Sterns.

