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Vegan Recipes

SNAP - Supplemental Nutrition Assistance Program

Nutrients to Keep in Mind

The daily recommended amount for the average healthy adult is listed below.

Vitamin B12: check for foods and drinks fortified with Vitamin B12 since it is only naturally found in animal products. Fortified foods may include veggie burgers, soymilk, and nutritional yeast.

Protein: be creative with protein packed entrees for each meal

Iron: consume foods like beans, fortified cereals and nuts/nut butters with Vitamin C-rich foods and drinks to increase absorption

Vitamin D: drink fortified plant-based milk or orange juice

Calcium: fortified plant milk and orange juice, white beans, black eye peas, tofu,

USDA Myplate does acknowledge that vegan diets can meet one's nutritional needs. However, it may be helpful to speak with your primary care physician if starting a new vegan diet to make sure you are meeting all your *personal* nutrition needs, and if you should take a supplement for Vitamin B12 (found in animal products) or any other supplement.



Dairy Alternatives

Silk products
Soy Delicious Products
Daiya Products
Spinach (calcium)
White Beans (calcium)
Black eye peas
Tofu (calcium)
Fortified orange juice
(Vitamin D & Calcium)

Protein Alternatives

Beans
Split peas
Tofu
Seitan
Protein-fortified plant-based milk
Nuts/Nut butters
Seeds
Sunflower Seed Butter

Grains

Check for egg-free, dairy free options for the following:
Bread
Waffles
Bagels
Egg free pasta



Common Vegan USDA Products

Chickpeas: Chickpea Kale Salad (+ dressing including red wine vinegar + herbs/spices + lemon juice + olive oil)

Peanut Butter: Peanut Butter cookies (+flour + sugar + applesauce + baking soda + salt)

Brown Lentils: BBQ "Meat"balls (+mushrooms/onions + brown rice + cilantro + oats + breadcrumbs+ herbs)

Green Lentils: Split Pea Soup: (+ potatoes + carrots + celery + herbs/spices + veg broth + water)

Yellow Lentils: (+ chopped onion + spices + vegetable broth + tomato paste + Asian chilli paste + rice)

100% Juice: Smoothie (+ banana + frozen berries + spinach)



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Peanut Butter Cookies: <https://chocolatecoveredkatie.com/secret-peanut-butter-cookies/>

BBQ Lentil Balls: <https://veganwithcurves.com/bbq-lentil-balls/>

Green Split Peas: <https://monkeyandmekitchenadventures.com/vegan-split-pea-potato-soup/>

Yellow Split Pea Dal: www.connoisseursveg.com

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