

# Vegan Easter Grocery List

## Spinach Artichoke Dip

### Ingredients

- ☐ 1 1/2 cups [raw cashews](#) (Boil for 10 minutes or soak for 2-3 hours)
- ☐ 2 cups [unsweetened coconut milk](#) (or unsweetened cashew or almond milk)
- ☐ 2 tbsp fresh lemon juice (about 1 medium lemon)
- ☐ 1 1/2 tbsp [raw apple cider vinegar](#)
- ☐ 1/2 tsp [sea salt](#) (more to taste)
- ☐ 1/4 tsp [black pepper](#)
- ☐ 2-3 tbsp [low-sodium vegetable broth](#)
- ☐ 1 medium red onion diced
- ☐ 3 garlic cloves minced
- ☐ (2) 14 oz cans [artichoke hearts in water](#), rinsed, drained, and roughly chopped
- ☐ 4 tbsp [nutritional yeast](#)
- ☐ 1 tsp [paprika](#)
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1/8 tsp [nutmeg](#)
- ☐ (3) 10 oz bags frozen spinach

## Wild Rice Arugula Salad

### Ingredients

#### Salad -

- ☐ 5 oz baby arugula roughly chopped
- ☐ 1 cup [uncooked wild rice](#)
- ☐ 1 cup pomegranate arils
- ☐ 1 cup green onions sliced
- ☐ 1 cup [unsalted roasted pecans](#) roughly chopped
- ☐ 1 cup [dried cherries](#)

#### Garlic Dijon Dressing -

- ☐ 3 tbsp [dijon mustard](#)
- ☐ 2 tbsp white wine vinegar
- ☐ 1 tbsp [maple syrup](#)
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp fresh garlic minced
- ☐ 1/2 tsp [himalayan pink sea salt](#)
- ☐ 1/4 tsp [black pepper](#)

# Vegan Spanakopita

## Ingredients

- ☐ 2 lbs frozen spinach
- ☐ 1/4 cup + 1 tbsp [olive oil](#)
- ☐ 1 large onion, diced
- ☐ 6 garlic cloves, minced
- ☐ 1/2 tsp [nutmeg](#)
- ☐ 1/4 tsp [pink sea salt](#)
- ☐ 1/8 tsp [black pepper](#)
- ☐ 2 (8 oz) packages of almond ricotta
- ☐ 14 layers vegan fillo dough
- ☐ 1 tbsp lemon juice (or more to taste)

# Roasted Lemon Garlic Asparagus

## Ingredients

- ☐ 1 lb asparagus (about 25-30 stalks that are 1/2 inch thick)
- ☐ 1 tbsp [olive oil](#)
- ☐ 1/4 tsp [dried thyme](#)
- ☐ 1/4 tsp [onion granules](#)
- ☐ 1 tsp lemon zest
- ☐ Himalayan sea salt and pepper to taste
- ☐ 4-5 lemon slices\*
- ☐ 2 garlic cloves, minced
- ☐ 1 tsp [olive oil](#)
- ☐ 1 tbsp fresh lemon juice (juice from half a lemon)
- ☐ 1-2 tbsp vegan parmesan cheese (I use Violife parmesan)

# Vegan Macaroni & Cheese

## Ingredients

- ☐ 4 tbsp vegan butter (I used Miyokos cultured vegan butter)
- ☐ 4 tbsp [flour](#)
- ☐ 3 1/2 cups [unsweetened coconut milk](#) (from a carton)
- ☐ 3 cups vegan cheddar cheese (I used Violife vegan shredded cheddar)
- ☐ 1 tsp [garlic powder](#)
- ☐ 1 tsp [onion powder](#)
- ☐ 1/8 tsp [cayenne pepper](#)
- ☐ 1/4 tsp turmeric powder (Optional)
- ☐ 1/2 tsp [Himalayan pink sea salt](#)
- ☐ 1/4 tsp [black pepper](#) (use white pepper if you don't want to see the specks)
- ☐ 16 oz [elbow noodles](#)

# Scalloped Potatoes Florentine

## Ingredients

- ☐ 1 1/2 cups [raw cashews](#) (soaked or boiled)
- ☐ 2 cups unsweetened almond milk (or unsweetened coconut milk)
- ☐ 1 cup [low-sodium vegetable broth](#) (or water)
- ☐ 1 tsp [garlic powder](#)
- ☐ 1 tsp [onion powder](#)
- ☐ 1 tbsp lemon juice
- ☐ 1/2 cup [nutritional yeast](#)
- ☐ 1 tsp [Himalayan pink sea salt](#)
- ☐ 1/4 tsp [black pepper](#)
- ☐ 2.5 lbs Yukon gold potatoes sliced 1/8-inch thick
- ☐ 1 medium red onion sliced 1/8-inch thick
- ☐ 3 garlic cloves minced
- ☐ 8 oz fresh spinach roughly chopped
- ☐ 2 tbsp chives chopped

## Roasted Balsamic Brussel Sprouts

### Ingredients

- ☐ 1 lb brussel sprouts
- ☐ 1 tbsp [maple syrup](#)
- ☐ 1 tbsp [dijon mustard](#)
- ☐ 1 tbsp [balsamic vinegar](#)
- ☐ 1 tsp [garlic powder](#)
- ☐ 1/2 tbsp [olive oil](#)
- ☐ [sea salt and pepper to taste](#)
- ☐ 1 tbsp vegan parmesan cheese (I use Violife Parmesan cheese)

## Dark Chocolate Truffle Eggs

### Ingredients

- ☐ 14 oz can [chickpeas](#) drained
- ☐ 3 + 2 tbsp [peanut butter](#)
- ☐ 1/3 cup [cacao powder](#) (or cocoa or carob powder)
- ☐ 1/3 cup [maple syrup](#) (or agave or date syrup)
- ☐ 2 tbsp [unsweetened coconut milk](#) (or your favorite unsweetened plant milk)
- ☐ 1/4 tsp [pink sea salt](#) (more to taste)
- ☐ 1/4 cup dairy-free chocolate chips
- ☐ 2 1/2 cups [Dairy-Free Dark Chocolate Chips](#)
- ☐ 1 tbsp [Vegan Sprinkles](#)

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