



One Pan Freezable Recipes

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Fruits

- 1 Banana
- 1 1/2 tbsps Lemon Juice
- 1 tbsps Lemon Zest

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tsps Cajun Spices
- 1/4 cup Cashews
- 2 tbsps Greek Seasoning
- 2 tsps Smoked Paprika
- 2 tbsps Taco Seasoning

Frozen

- 1/2 cup Frozen Blueberries
- 1 cup Frozen Edamame

Vegetables

- 4 cups Baby Spinach
- 4 Red Bell Pepper
- 1 cup Red Onion
- 1 Yellow Bell Pepper
- 2 Yellow Onions

Boxed & Canned

- 12 ozs Red Lentil Pasta
- 1 1/2 tbsps Tomato Paste
- 1 cup Wild Rice

Baking

- 3/4 tsp Baking Powder
- 1/4 cup Nutritional Yeast
- 3/4 cup Oat Flour
- 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 1/8 lbs Tofu

Condiments & Oils

- 2 tbsps Avocado Oil
- 1/2 oz Avocado Oil Spray
- 3 Garlic Cloves
- 1 oz Sun Dried Tomatoes

Cold

- 10 ozs Potato Gnocchi
- 2 1/4 cups Soy Milk
- 1/4 cup Soy Yogurt

Other

- 1 Egg Replacer
- 1/4 cup Vanilla Protein Powder



Blueberry Lemon Sheet Pan Pancakes

2 servings

20 minutes

Ingredients

1 Banana
 1 Egg Replacer
 1/4 cup Soy Yogurt
 3/4 cup Oat Flour
 1/4 cup Vanilla Protein Powder
 1/4 cup Soy Milk
 2 tbsps Maple Syrup
 1/2 tsp Vanilla Extract
 3/4 tsp Baking Powder
 1/2 cup Frozen Blueberries
 1 tbsp Lemon Zest

Nutrition

Amount per serving	
Calories	377
Fat	5g
Carbs	69g
Fiber	8g
Sugar	24g
Protein	18g
Cholesterol	2mg
Sodium	220mg
Vitamin A	57IU
Vitamin C	10mg
Calcium	246mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 In a large bowl, mash the banana. Once mashed, combine the banana purée with the egg/egg replacer, the yogurt, the maple syrup and the vanilla extract.
- 3 Sift in the oat flour and protein powder and the baking powder. Start mixing, adding the milk gradually until you get a smooth batter.
- 4 Transfer the healthy pancake batter to the prepared baking pan and top with the blueberries and lemon zest.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Before serving, slice your pancakes and place.



Sheet Pan Tofu Fajitas Bowls

4 servings
35 minutes

Ingredients

- 1 cup Wild Rice
- 1 1/4 lbs Tofu (extra firm, pressed. Cubed.)
- 1 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1/2 cup Red Onion (sliced)
- 1 tbsp Avocado Oil
- 2 tbsps Taco Seasoning

Nutrition

Amount per serving	
Calories	335
Fat	12g
Carbs	42g
Fiber	6g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	394mg
Vitamin A	1032IU
Vitamin C	125mg
Calcium	435mg
Iron	5mg

Directions

- 1 Cook the rice according to package instructions.
- 2 Preheat the oven to 425°F degrees. Line a rimmed baking sheet with a silicone mat or parchment paper.
- 3 Add the pressed and cubed tofu, bell peppers, onion, taco seasoning, and oil. Stir until everything is evenly coated, then spread it all out in a single layer.
- 4 Bake for 25 minutes. Serve on top of the cooked rice and serve with salsa.



High-Protein 'Marry Me Pasta'

4 servings

35 minutes

Ingredients

12 ozs Red Lentil Pasta
 1/4 cup Cashews (raw)
 1/4 cup Nutritional Yeast
 2 cups Soy Milk
 1/2 oz Avocado Oil Spray
 2 Yellow Onions (finely sliced)
 2 Red Bell Pepper (thinly sliced)
 1 oz Sun Dried Tomatoes (thinly sliced)
 3 Garlic Cloves (peeled and minced)
 1 1/2 tbsps Tomato Paste
 1 1/2 tsps Cajun Spices
 2 tsps Smoked Paprika
 4 cups Baby Spinach (roughly chopped)
 1 1/2 tbsps Lemon Juice

Nutrition

Amount per serving	
Calories	472
Fat	9g
Carbs	75g
Fiber	23g
Sugar	13g
Protein	30g
Cholesterol	0mg
Sodium	199mg
Vitamin A	5334IU
Vitamin C	88mg
Calcium	256mg
Iron	11mg

Directions

- 1 Soak cashews in boiling water for at least 30 minutes. Place aside.
- 2 Cook the pasta according to the package instructions.
- 3 Prepare the cashew cream: In a blender, add the cashews, nutritional yeast, and soy milk. Blend until smooth.
- 4 Prepare the sauce: Add avocado oil spray and onions to a large saucepan on medium heat. Cook for 5 minutes covered. Add the red bell pepper and sun-dried tomatoes, reduce the heat, and cook covered for 10 minutes, stirring regularly.
- 5 Add the garlic, tomato paste, cajun spices and smoked paprika. Cook for 2 minutes, stirring regularly. Stir in the cashew cream and cook for a further 2 minutes to allow the sauce to thicken.
- 6 Assemble: Add the pasta, spinach and lemon juice to the pot and stir until the spinach is just wilted. Enjoy!



Greek Sheet Pan Gnocchi

3 servings

35 minutes

Ingredients

- 2 tbsps Greek Seasoning
- 1 tbsp Avocado Oil
- 14 ozs Tofu (pressed and cubed)
- 1 cup Frozen Edamame
- 10 ozs Potato Gnocchi (boiled)
- 1 Red Bell Pepper (sliced)
- 1/2 cup Red Onion (sliced)

Nutrition

Amount per serving	
Calories	382
Fat	15g
Carbs	41g
Fiber	6g
Sugar	9g
Protein	24g
Cholesterol	6mg
Sodium	1764mg
Vitamin A	1396IU
Vitamin C	70mg
Calcium	435mg
Iron	5mg

Directions

- 1 Preheat the oven to 400°F.
- 2 On a large baking sheet, spread the tofu, edamame, bell pepper and red onion. Drizzle the Greek Seasoning mixture over top, along with the avocado oil and use your hands to toss the ingredients well until everything is well coated in the seasoning.
- 3 Bake for 35-40 minutes, stopping to stir halfway through, until everything is cooked and golden brown in some places. Remove from the oven. Serve hot alone or with vegan tzatziki, hummus, fresh oregano, or parsley, if desired.