

# Thanksgiving Recipes By Great American Raw Vegan Chefs



## Thanksgiving Recipes by Great American Raw Vegan

**Chefs** by Judy Pokras

★★★★★ 5 out of 5

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## The Ultimate Guide to a Plant-Powered Thanksgiving Feast

Thanksgiving is a time for family, friends, and food. But for those who are looking to celebrate with a cruelty-free and healthy feast, finding the right recipes can be a challenge.

That's why we've put together this comprehensive guide to Thanksgiving recipes from some of the best raw vegan chefs in America. These recipes are all delicious, nutritious, and easy to make, so you can focus on enjoying your time with loved ones.

### Appetizers

- Raw Vegan Stuffed Mushrooms

- Raw Vegan Spinach Artichoke Dip
- Raw Vegan Crudités with Cashew Dip

## **Raw Vegan Stuffed Mushrooms**



These stuffed mushrooms are a delicious and easy-to-make appetizer. They're filled with a flavorful mixture of quinoa, vegetables, and herbs.

## **Ingredients:**

- 12 large mushrooms
- 1 cup quinoa, cooked
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 1/4 cup chopped parsley
- 1/4 cup chopped thyme
- 1/4 cup olive oil
- Salt and pepper to taste

## **Instructions:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Remove the stems from the mushrooms and chop them finely.
3. In a large bowl, combine the chopped mushroom stems, quinoa, onion, celery, carrot, parsley, thyme, olive oil, salt, and pepper. Mix well.
4. Fill the mushroom caps with the quinoa mixture.
5. Bake for 20-25 minutes, or until the mushrooms are tender.

## **Raw Vegan Spinach Artichoke Dip**



This spinach artichoke dip is creamy, cheesy, and packed with flavor. It's perfect for dipping vegetables, crackers, or chips.

**Ingredients:**

- 1 head of cauliflower, chopped
- 1 cup



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