



VEGAN ROSH HASHANAH RECIPES

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Roasted Butternut Squash & Apple Soup

BY MADDIE - @thejewishvegan



Ingredients

Roasted Squash & Apples

- Butternut squash, deseeded and chopped into 1-inch pieces
- 6 Gala apples, chopped into 1-inch pieces
- 2 Tbsp olive oil
- Dash of salt and sprinkle of pepper

Soup Ingredients

- 4 cups water
- 1 tsp onion powder
- 1 tsp garlic powder
- ¼ tsp cayenne pepper, to taste

Cashew Cream

- 1 cup cashews
- ½ cup water
- 2 Tbsp nutritional yeast
- 2 Tbsp olive oil
- 4 Tbsp vegetable broth (or sub additional water)
- ½ Tbsp apple cider vinegar
- Salt & pepper to taste



Directions

- Preheat the oven to 425°F. Mix the butternut squash, apples, olive oil, salt, and pepper together.
- Add the apples and butternut squash to a parchment paper-lined tray in a single layer (use 2 trays if needed). Place in the oven for 55 minutes, flipping the squash and apples after 20 minutes. If using 2 trays, switch which rack the trays are on after flipping.
- While the apples and squash are roasting, boil the cashews in water for 15 minutes. Drain and add to a blender with the rest of the ingredients. Blend until smooth and creamy. Set aside.
- Once the squash and apples finish roasting, add them to a blender in batches. Blend until smooth and fully combined. After each batch, pour into a pot until everything is blended.
- In the pot, add the rest of the soup ingredients. Heat over medium heat to bring to a simmer. Let simmer uncovered for 10 minutes. Serve hot with cashew cream poured on top as desired.



QUICK & EASY STUFFED CABBAGE

BY ALICIA - @vamosvegan



Ingredients

- 1 head of organic cabbage
- 1 package of Beyond Meat (or other vegan protein)
- 1 medium-size jar of pasta sauce
- 1 cup of raisins or to taste



Directions

- Shred the cabbage into small pieces. Spray a large baking dish with Pam and layer the shredded cabbage in the bottom.
- Next, layer the Beyond Meat on top and cover with half the jar of pasta sauce. Sprinkle half the raisins on top.
- Place another layer of the shredded cabbage on top and repeat with the vegan meat, pasta sauce, and raisins.
- Bake at 350° for around 40 minutes, or until everything is bubbling nicely.
- Enjoy! Quick and easy and VEGAN!



Raw Vegan Cashew Dill Dip

BY SAMANTHA - @morticiamua



Ingredients

- 3/4 – 1 cup hot water
- 1 cup raw cashews
- 1 Tbsp lemon juice
- 2 Tbsp apple cider vinegar
- Handful of fresh dill (or 2 tsp dried dill)
- Garlic & onion powder to taste
- Fresh green onion
- 2-3 tsp nutritional yeast
- Sprinkle of red pepper flakes (optional)
- 1 quarter of an avocado (optional)



Directions

- Place all ingredients into the blender, blend for 1 minute, and enjoy!



Vegan Apple & Spice Cake Pops

BY RAQUELA - @theveganmaven



Ingredients

Dry Ingredients:

- 1 1/2 cups all-purpose flour (or gf flour of your choice)
- 1 cup date sugar, coconut sugar, or organic brown sugar
- 1 tsp baking soda
- 1 Tbsp cinnamon

Liquid Ingredients:

- 1 cup organic apple juice
- 2 tsp vanilla extract
- 6 Tbsp avocado or walnut oil
- 1 medium Gala apple, finely chopped

Spice filling:

- 1/2 cup date sugar
- 1 Tbsp Cinnamon
- 1 tsp nutmeg
- 1 tsp walnut oil



Directions

- Combine spice filling ingredients in a small bowl for about 1-2 minutes, until consistency is a smooth paste.
- Whisk together your dry ingredients until well combined with no lumps.
- Combine liquid ingredients in a measuring cup, add to dry ingredients, and stir until smooth, about 1-2 minutes. Be careful not to over-stir!
- Add in chopped apple and gently work into batter until smooth.
- Spoon batter mix into cake pop machine or mini cupcake pan, filling only halfway (about 1/2 tsp).
- Add in the spice filling mixture.
- Spoon in the rest of the batter to cover the spice filling (about 1/2 tsp).
- Bake in a pre-heated oven at 370° for 12-15 minutes.
- Gently dip each cake pop top into date syrup and then into the remainder of the spice filling.
- Garnish with powder sugar or grated walnuts or cashews.





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PlantPathways.org



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HEALTHY, &
COMPASSIONATE
NEW YEAR!**

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