



==== *Liv B's* ====

Vegan **ON A** Budget

112 Inspired & Effortless
Plant-Based Recipes

Olivia Biermann

Table of Contents

INTRODUCTION

STAPLES & SAUCES

Simplified Nut Milk 2 Ways
Marinara Sauce
Veggie Gravy
Creamy Hummus Dressing
Orange Almond Butter Sauce
Thai Peanut Sauce
Spicy Lime Mayo
Vegan “Honey” Mustard Dip
Cheese Sauce
Vegan Ricotta 2 Ways
Best-Ever Tofu Cubes
Seitan “Sausage” Crumbles
Sliceable Seitan
Vanilla Almond Butter
Caramel Sauce

BREAKFAST & BRUNCH

Tropical Green Smoothie
Strawberry Citrus Smoothie
Pre-Workout Berry Smoothie
Post-Workout Choco Smoothie
Smoothie Bowls
Spiced Coconut Granola
Overnight Muesli
Empty-Jar Overnight Oats
Blueberry Pie Oatmeal
Cinnamon Peach Oatmeal

Warm Apples and Almond Butter Bowl

Half-Baked Cookie Dough Pancakes

Mini Chocolate Lava Pancakes

Breakfast Tea Biscuits

Almond Butter Toast with Caramelized Bananas

Crispy Avocado Open-Face Sandwiches

Southwest Scramble Toast

Chickpea Scramble

Savory Breakfast Bowls

Crispy Breakfast Potatoes

SNACKS & SMALL BITES

Crispy Tofu Dippers

Avocado Fried Toast

Sweet and Salty Popcorn

Cheesy Warm Nachos

Maple Cinnamon Pecans

Spicy Mango Salsa

5-minute Guacamole

Vegan Snack Board with Easy Spreadable Cheese

Sundried Tomato and Spinach Pinwheels

Chocolate Chia Pudding

Chocolate Dipped Fruit-Pops

Chocolate Chip Banana Bread in a Mug

Snickerdoodle Mug Cake

SOUPS & SIDES

Famous Lasagna Soup

Takeout Thai Curry Coconut Soup

Cheesy Vegetable Soup

East Coast-Style Chowder

Roasted Butternut Squash Soup

Cream of Mushroom Soup

Sesame Mixed Vegetables

Coconut Rice

Sweet Sriracha Roasted Cauliflower

Ginger-Glazed Carrots

Broccoli with Cheese Sauce

Perfectly Photogenic Roasted Veggies

Cheesy Toasted Garlic Bread

Roasted Mini-Potatoes with Basil Cream Sauce

Super Fluffy Mashed Potatoes

Baked Sweet Potato Fries with Curry Mayo

Cajun Spiced Wedges

Crispy Baked Onion Rings

SANDWICHES, WRAPS & SALADS

Buffalo Chickpea Wrap

Grilled Cheese Sandwiches

Sweet Sriracha Cauliflower Wraps

Chickpea Tuna Pita Pockets

BBQ Tofu-Stuffed Pitas

Sweet Potato Salad with Spiced Maple Dressing

Thai Spiral Noodle Salad

Basil, Tomato and Parmesan Pasta Salad

Broccoli Quinoa Salad with Creamy Cashew Dressing

Simple Apple and Kale Salad

Summery Quinoa Salad

Caesar Salad with Garlicky Croutons

Strawberry Spinach Salad with Buttermilk Dressing

MAINS

Saucy Seitan Sandwich

Spicy “Sausage” Tacos

Untraditional “Chicken” Parmesan

Black Bean and Corn Tacos

Lentil Chili

Hawaiian-ish Pizza

Caprese Pizza

Mac and Cheese Bake

Maple Curry Penne

Red Pepper Fettuccini

Lemon Asparagus Risotto

Sweet Chili Tofu and Rice Bowls

Spaghetti Squash Pad Thai

Vegetable Fried Rice

Dragon Noodles

Chickpea, Lentil and Sweet Potato Curry

SWEETS

My Favorite Banana Bread

Carrot Cake with Cream Cheese Frosting

Fast and Fluffy No-Rise Cinnamon Rolls

Chewy Chocolate Chip Cookies

No-Bake Brownie Bites

Chocolate Walnut Cookie Bars

Edible Cookie Dough

Deep-Dish Apple Pie with Caramel Sauce

Gingerbread with Caramel Sauce

Chocolate Raspberry Mini Cakes

Rosalie’s Peach Cobbler

Strawberry Shortcake

Chocolate Zucchini Cupcakes with Mocha Frosting

Vanilla Birthday Cupcakes

Marble Freezer Fudge

ACKNOWLEDGMENTS

INDEX



Introduction

Cooking and eating are two of my favorite pastimes. But to be honest, I really don't love spending tons of time in the kitchen. My favorite kind of meals are the ones that are easy, simple and taste absolutely delicious despite putting in minimal effort. Every time I follow a recipe, I ask myself: How can I simplify this? One of my biggest annoyances while cooking is trying to make a recipe that has an unnecessarily long and complicated ingredients list and an even more complicated set of instructions. There is always a fear that after spending money and time on a fancy recipe, it might turn out to be a total flop. I like to avoid this by staying away from "fancy" ingredients or extra steps that might be confusing: I want you to be able to flip through this book and make the recipes without a struggle. I also want you to be able to find the ingredients at your grocery store and not have to go to a specialty health food store. But make no mistake: just because I keep a budget in mind when creating recipes, doesn't mean the food is boring, plain or bland. I am here to show you that you can eat on a budget but still make incredibly delicious and fun plant-based meals that make you feel amazing.

Like most other areas of my life, the contents of this book are focused on balance. I absolutely love fruits, veggies, grains, starches, nuts and seeds. There seem to be endless combinations of even the simplest ingredients that never get old. However, there is also no denying that I LOVE treats of all kinds: chocolate, cookies, pies, cakes — the list goes on. I grew up in a family that viewed cooking as a way to show love for each other and enjoy one another's company. Recipes were passed down from grandmothers to mothers and then to me and I am so happy to be able to veganize them and share them with you. There is a mix of everything in this book: family recipes, my own favorite recipes, some of my

most popular YouTube recipes, and a few happy accidents that turned out even more amazing than what I had intended in the first place.

Going vegan single-handedly changed the course of my life. In my first year of college, I developed some tough and undiagnosed digestive problems. Throughout that year I saw doctors, naturopaths, underwent tests, and elimination diets. After discovering that lactose intolerance was causing some of my digestive issues I decided to give up dairy. The next year, I ended up giving up red meat, then all meat and eventually fish and eggs. My transition to a vegan diet and lifestyle was slow, but soon became one of my biggest passions. In 2015, I started a food blog and YouTube channel called Liv's Healthy Life to document the food I was eating and all the fun recipes I tried out. In the summer of 2016 one of my YouTube videos, "Vegan School Lunch Ideas in a Bento Box" went viral and people began finding my channel by the thousands. In a few months it grew from 4,000 subscribers to 250,000 and I was doing YouTube full-time while finishing my communications degree. Now, with over 630,000 subscribers my YouTube channel has become "Liv B" and encompasses all things vegan food and lifestyle.

I wouldn't be where I am today without everyone who has ever watched my videos, made a recipe or supported me in some way. Having the opportunity to create this book and share these recipes with you has been a dream come true. I hope this book inspires you to get in the kitchen and start creating some really great vegan food. All my love!

Liv





Strawberry Citrus Smoothie

• SERVES 2 •   • TIME: 5 MINUTES •

Smoothies are a go-to breakfast for me. They are quick to make, super nutritious, and can be different every day depending on what you put in it. Since this is a light smoothie, I like to make it to go along with something else like Chickpea Scramble (page xx) or pancakes.

1½ (375 mL) cups orange juice
2 tbsp (30 mL) ground flax seeds
1 cup (250 mL) frozen strawberries

1 frozen banana, chopped

Blender

1. Pour the orange juice into a blender. Add the ground flax, strawberries and banana. Blend on high speed for 1 minute, until smooth.
2. Pour into two glasses; serve.

MY TIP

If you are looking to make this smoothie a bit more filling, try adding a serving of protein powder or 2 tbsp (30 mL) chia seeds before blending. Both options will give it more staying power and keep you fuller longer.

Five-Minute Guacamole

• MAKES 1½ CUPS (375 ML) •   • TIME: 5 MINUTES •

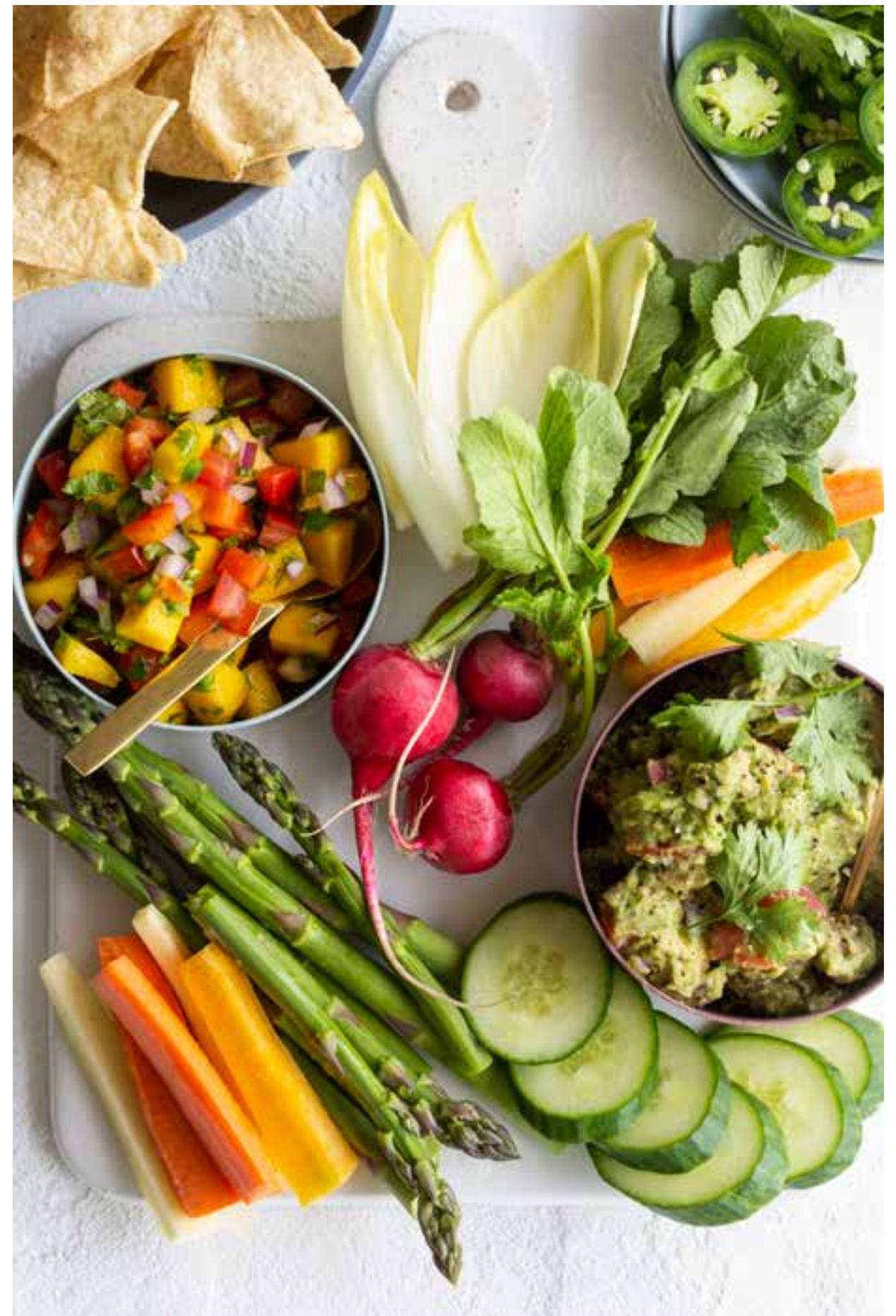
What's better than guacamole? Guacamole that only takes five minutes to make! This recipe goes with my nachos (page xx), black bean and corn tacos (page xx) and makes a great dip for plain corn chips.

- | | |
|--|------------------------------------|
| 2 large ripe avocados, halved | ¼ tsp (1 mL) salt |
| 2 tbsp (30 mL) freshly squeezed lime juice | ¼ tsp (1 mL) freshly ground pepper |

1. Scoop avocado into a medium bowl. Mash the avocado with a fork until mostly smooth with a few lumps remaining. Add the lime juice, salt and pepper; stir to combine. Serve.

MY TIP

Take this recipe a step further and add ¼ cup (60 mL) minced red onion and ½ cup (125 mL) fresh diced tomato for a chunky, flavorful dip.



MY TIP

Be sure to read the ingredients list on your curry paste, as some brands contain seafood.



Takeout Thai Curry Coconut Soup

• SERVES 4 •  • TIME: 30 MINUTES •

Making takeout recipes at home is something I love doing on my YouTube channel. They are super popular because it is an easy way to save money and eat a little bit healthier. Thai is on my regular takeout rotation and this recipe was inspired by yellow curry, which I always order.

2 tbsp (30 mL) coconut oil	½ tsp (2 mL) ground ginger
2 garlic cloves, minced	2 cups (500 mL) vegetable broth
½ cup (125 mL) green onions, chopped	1 cup (250 mL) water
1 cup (250 mL) chopped red bell pepper	1 can (14 oz/398 mL) full-fat coconut milk
1 cup (250 mL) chopped broccoli	3 tbsp (45 mL) brown sugar
1 medium carrot, chopped	4 oz (125 g) rice vermicelli noodles
3 tbsp (45 mL) yellow curry paste (see My Tip)	

1. Heat a medium pot over medium heat. Add the oil and heat until shimmering. Add the garlic and green onion; cook for 3 minutes, stirring frequently, until garlic is just beginning to brown. Add the bell pepper, broccoli and carrot; cook for 3 to 4 minutes, stirring occasionally, until softened slightly.
2. Add the curry paste, ground ginger, vegetable broth, water, coconut milk and brown sugar; stir until combined and curry paste is completely dissolved. Reduce heat to low and simmer for 10 minutes, stirring occasionally, until soup has thickened slightly.
3. In the meantime, cook the rice noodles in a separate medium pot according to package directions. Drain.
4. Add the noodles to the curry mixture and stir to combine. Divide evenly between 4 bowls. Serve.

Sweet Sriracha Roasted Cauliflower

• SERVES 4 •  • TIME: 30 MINUTES •

This cauliflower recipe is a nice change from typical roasted veg because of its unique sweet and hot flavor. It makes a great side dish for Chickpea, Lentil and Sweet Potato Curry (page xx), and I use it in Sweet Sriracha Cauliflower Wraps (page xx).

2 tbsp (30 mL) Sriracha sauce

¼ cup (60 mL) pure maple syrup or agave nectar

1 large head of cauliflower, chopped into florets

1 tbsp (15 mL) vegetable oil

¼ tsp (1 mL) salt

Rimmed baking sheet, lined with parchment paper or foil

1. Preheat the oven to 425°F (220°C).
2. Whisk together the Sriracha sauce and maple syrup in a small bowl. Set aside.
3. Combine cauliflower and oil in a large bowl; toss to coat.
4. Spread out cauliflower in an even layer on prepared baking sheet, setting the bowl aside. Bake in preheated oven for 10 minutes, until cauliflower begins to brown.
5. Remove from oven, setting the baking sheet aside, and add cauliflower back to bowl. Drizzle with sweet Sriracha sauce and toss to coat.
6. Spread cauliflower out in an even layer on the baking sheet, sprinkle with salt and bake for another 15 minutes, until tender.
7. Remove from oven; serve.

MY TIP

Store cauliflower in an airtight container in the fridge for up to three days. To reheat, bake in an oven preheated to 350°F (180°C) for 15 minutes, or heat in microwave for 1 minute until heated through.





Caesar Salad with Garlicky Croutons

• SERVES 4 •  • TIME: 20 MINUTES •

Croutons are the key ingredient to this salad and I was late to learning how fast and easy it is to make your own. They definitely taste better than the ones I used to buy in a package! Making croutons is a great way to use bread that is a few days old, so I like to make this salad near the end of the week.

Caesar Dressing

3 garlic cloves
¼ cup (60 mL) vegan mayonnaise
2 tsp (10 mL) white vinegar
2 tsp (10 mL) Dijon mustard
2 tbsp (30 mL) fresh lemon juice
¼ tsp (1 mL) freshly black ground pepper
⅓ cup (75 mL) olive oil

Salad

2 cups (500 mL) cubed bread or baguette
¼ cup (60 mL) vegan butter, melted
¼ tsp (1 mL) garlic powder
1 large head romaine lettuce, chopped
¼ cup (60 mL) soy bacon bits (optional)

Blender and rimmed baking sheet

1. Preheat the oven to 350°F (180°C).
2. **CAESAR DRESSING:** Combine the garlic, vegan mayonnaise, vinegar, Dijon mustard, lemon juice, pepper and olive oil in a blender. Blend on high speed for about 1 minute, until smooth.
3. **SALAD:** Place the cubed bread in a large bowl; add melted vegan butter and garlic powder and toss to coat.
4. Spread out cubed bread in an even layer on the baking sheet. Bake in preheated oven for 15 minutes, flipping half way through, until golden brown. Remove from oven and set aside to cool slightly.
5. Combine lettuce, soy bacon bits (if using) and croutons in a large salad bowl. Add the dressing and gently toss to combine using two forks or salad tongs.

BBQ Tofu-Stuffed Pitas

• SERVES 4 •  • TIME: 20 MINUTES •

Not to sound, well basic, but as a vegan I almost always have leftover tofu and a few lingering veggies in my fridge and it can be challenge figuring out creative ways to use them. This recipe came about in a clean-out-the-fridge moment and to say I was pleasantly surprised with the result is an understatement, since it's now in this book!

- | | |
|--|---|
| 1 tbsp (15 mL) olive oil | ¼ cup (60 mL) vegan mayonnaise |
| ½ cup (125 mL) chopped white onion | 2 cups (500 mL) romaine lettuce, shredded |
| 12 oz (375 mL) firm tofu, pressed and cubed (see My Tip) | 1 large carrot, shredded |
| ½ cup (125 mL) vegan BBQ sauce | 1 cup (250 mL) alfalfa sprouts or microgreens |
| 4 medium pita pockets | |

1. Heat a large frying pan on medium heat. Add the oil and onion; cook for about 5 minutes, stirring frequently, until translucent. Add the tofu cubes and cook for 3 minutes, until beginning to brown.
2. Reduce heat to medium-low. Add vegan BBQ sauce and stir to combine. Cook for 5 minutes, stirring frequently, until tofu is coated and the sauce has thickened slightly. Remove from heat.
3. Cut the pita pockets in half and open to prepare for fillings. Evenly divide the vegan mayonnaise, lettuce, carrot, sprouts and tofu between each. Serve.

MY TIP

The manufacturing process leaves quite a bit of moisture content in the tofu. In order to get the best texture, I like to press my tofu to remove the excess moisture. Place the tofu on a clean, folded dishtowel. Place another clean folded dishtowel on top, followed by a heavy book or frying pan. Let stand for 5 to 10 minutes while the towels absorb the moisture. Proceed with recipe.





Red Pepper Fettuccini

• SERVES 4 •  • TIME: 30 MINUTES •

This is a great weeknight Italian dinner recipe that makes even better leftovers. The peppers add sweetness while the cashews create the most luxurious creamy sauce. I love serving this fettuccini with a side of garlic bread (page xx) and a light salad, like my spinach salad (page xx).

1 tbsp (15 mL) olive oil

½ cup (125 mL) chopped Spanish onion

2 garlic cloves, chopped

3 cups (750 mL) chopped red bell pepper

10 oz (300 g) fettuccini

¾ cup (175 mL) unsweetened almond milk

½ cup (125 mL) raw cashews

½ tsp (2 mL) salt (approx.)

¼ tsp (1 mL) freshly ground black pepper (approx.)

High-powered blender

1. Heat a large frying pan over medium heat. Add the oil, onions and garlic; cook for 3 to 4 minutes until the onions are translucent. Add the bell pepper; cook for 5 minutes, until soft. Remove from heat.
2. Cook pasta according to the package directions. Drain and set aside.
3. Add the onion mixture, almond milk and cashews to blender, setting the frying pan aside. Blend on high speed for about 2 minutes, until smooth and creamy.
4. Pour the sauce back into frying pan and heat on low. Add the salt and pepper; stir to combine. Simmer for 5 to 10 minutes, stirring consistently, so the sauce doesn't stick to the pan, until thickened slightly. Taste and adjust the salt and pepper to your liking.
5. Divide pasta between 4 bowls and evenly pour sauce over each.

Edible Cookie Dough

• MAKES 1¼ CUPS (375 ML) COOKIE DOUGH •  • TIME: 10 MINUTES •

Like many kids, my favorite part of baking cookies was sneaking the dough while my mom wasn't looking. Although, thinking back, I'm sure she would also sneak a taste of cookie dough while I wasn't looking! This version is actually safe to eat raw, since it doesn't contain raw eggs or flour. Serve by itself or on top of pancakes, ice cream or graham crackers.

¼ cup (60 mL) vegan margarine	1¾ cup (425 mL) oat flour (see My Tip)
½ cup (125 mL) lightly packed brown sugar	¼ tsp (1 mL) salt
2 tbsp (30 mL) almond milk or soy milk	¼ cup (60 mL) vegan chocolate chips
½ tsp (2 mL) vanilla extract	

1. Combine the vegan margarine and brown sugar in a medium bowl; cream until smooth and combined. Add the almond milk and vanilla extract; stir to combine.
2. Whisk together the oat flour, baking soda and salt in a separate medium bowl. Add the flour mixture to the brown sugar mixture; stir until well combined. Add chocolate chips and stir to combine.
3. Serve immediately or store in an airtight container in the refrigerator for up to 1 week or the freezer up to 1 month.

MY TIP

If you can't find oat flour, don't fear! You can make your own by easily blending 1-¾ cup (425 mL) large flake (old-fashioned) rolled oats or quick-cooking rolled oats in a blender or food processor until it becomes a fine flour-like consistency. Use a sifter to sift the flour as there will be pieces of oat hull that need to be removed to achieve the smoothest cookie dough consistency.



Eating Vegan on a Budget Has Never Tasted – or Looked – So Good

Olivia Biermann isn't your typical YouTube vegan cooking star. Although eating is one of her favorite hobbies, she doesn't love spending a lot of time in the kitchen. The meals she loves the most those are that are simple to make and taste absolutely delicious, despite putting in minimal effort. She avoids "fancy" ingredients. Olivia is here to show you that you can eat plant-based on a budget and still make incredibly mouth-watering and fun meals that will make you feel amazing.

Liv B's Vegan on a Budget is filled with 112 simple recipes from breakfast to dessert that share Olivia's passion for inspired and effortless vegan food. With a focus on balance between health and comfort and sweet and savory, you'll find tons of tasty recipes with beautiful full-colour photos, including Tropical Green Smoothie, Half-Baked Cookie Dough Pancakes, Spicy Mango Salsa, Famous Lasagna Soup, Ginger-Glazed Carrots, Sweet Sriracha Cauliflower Wraps, Spaghetti Squash Pad Thai, No-Bake Brownie Bites and Deep-Dish Apple Pie with Caramel Sauce. She also includes easy-to-follow icons that identify which recipes are gluten-free, portable, and great for gatherings to help simplify your time in the kitchen.

Cooking vegan food doesn't have to be struggle. Let Olivia share how easy it is to eat yummy plant-based meals that are fast and simple, using accessible ingredients you can find anywhere— without breaking the bank.



OLIVIA BIERMANN is the twenty-four-year-old creator and host of the Liv B channel on YouTube, which has over 630,000 subscribers and gets over a million monthly views. Launched in late 2015, Olivia wants to share her passion for teaching people how to cook simple and delicious plant-based recipes that use readily available and inexpensive ingredients. She lives in Halifax, Nova Scotia. *Liv B's Vegan on a Budget* is her first book.

 YouTube subscribers: 630,000+ | Average monthly views: 1 million+



95,000+ followers



4,400+ followers



3,000+ likes



Average monthly views: 15,000+ | Email subscribers: 18,000+

ISBN: 978-0-7788-0625-7

7.5 x 10

Format: Trade paperback with flaps

Full color throughout with 100 photos

\$24.95 US / \$29.95 CAD

February 2019

224 pages

MARKETING & PUBLICITY:

Robert Rose will launch a highly targeted marketing and publicity campaign across North American platforms.

- Extensive national and regional print and online publicity campaign.

- Blogger and reviewer campaign targeting all food, health and lifestyle sites.

- Strategic social media campaign including all author and publisher platforms and channels (YouTube, Site, Facebook, Pinterest, Twitter, Instagram).

- Digital sample, shareable graphics, and recipe feature campaign.

- Exploring select author appearances and influencer collaborations.

- Pitching for relevant print & online roundups and catalogues.

PUBLICITY CONTACT

Martine Quibell | Publicity Manager

mquibell@robertrose.ca

416-322-6552 x 3133

ORDERING INFORMATION

Firefly Books Ltd.

service@fireflybooks.com

US Orders: 1-800-387-5085 (USA)

Canada Orders: 1-800-387-6192 (Canada)

ADVANCED UNCORRECTED PROOF



www.robertrose.ca