

Party Foods 2025

Mini Pot Pies

3 packages crescent roll dough

- 1 medium onion, chopped small
- 1 12 oz package mixed vegetables
- 1 can diced potatoes, drained and rinsed
- 1 15 oz can chickpeas, drained and rinsed
- 2-2 ½ cups gravy

Sauté the onion in a little oil or water until soft. Cook the mixed vegetables according to package directions. In a bowl, mix together the onion, mixed veggies, chickpeas and gravy.

Spray 24 muffin cups with nonstick cooking spray. Preheat oven to 375 degrees. Open the crescent roll dough. Take one of the triangles of dough and carefully stretch out to fit in a muffin cup as best you can. Add about 3 tbsp of the filling and then fold the dough over the top to seal your pot pie. It's OK if it's not covered completely. Repeat until you have 24 pot pies. Bake for 18-20 minutes, until golden on top. These are good hot or at room temperature for serving.

Instant Gravy Mix

- 1 cup quick or rolled oats
- ½ cup nutritional yeast flakes
- 1 Tbsp dried thyme
- 1 Tbsp dried marjoram or oregano
- 2 tsp salt
- 1 tsp coriander
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp turmeric

Blend together. Store in an airtight container.

To make gravy, take ¾ cup of the mix and lightly toast it in a pan over medium heat. When it smells fragrant, stir in 2 ¼ cup of water and continue to stir until it comes to a boil and thickens.

Festive Stuffed Mushrooms

- 1 pound white or cremini mushrooms, cleaned, stems removed, chopped and set aside
- 1 Tbsp extra virgin olive oil or 2+ Tbsp water or veggie broth
- 1 large or 2 small shallots, finely chopped
- ½ of a red bell pepper, finely chopped
- 2 cloves of garlic, minced or pressed
- 2 cups spinach, finely chopped
- ½ tsp salt
- ½ cup panko bread crumbs
- 1/3 cup Follow Your Heart Parmesan shreds, optional

Brush a cookie sheet that has sides with a little extra virgin olive oil or cooking spray. Place the mushroom caps on the cookie sheet. (Slice a little off the bottom if they do not want to sit up straight and chop them and add them to the chopped stems.). Set aside while assembling the stuffing. Preheat oven to 400 degrees.

Heat the oil or water over medium heat in a nonstick frying pan. Add the chopped mushroom stems, shallots, and red bell pepper. Sauté until soft, about 5 minutes. Add the garlic, spinach, and salt. Continue to cook until the spinach wilts. Remove from the heat and place in a bowl. Stir in the bread crumbs and the vegan cheese shreds if using. Place a spoonful in each mushroom cap. Place the mushrooms in the oven and bake for 20 minutes or until golden on top. Can be served hot or at room temperature.

Cookie Dough Dip

- 1 15 oz can chickpeas, drained and rinsed
- ½ cup nut butter, any type
- ¼ cup liquid sweetener
- ½ cup vegan chocolate chips

In a high-speed blender or food processor, blend the chickpeas, nut butter, and sweetener. Place in a bowl and stir in the chocolate chips. Serve with graham crackers.

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Spinach Artichoke Dip

1 large or 2 small shallots, finely chopped
3 cloves of garlic, minced or pressed
4 cups fresh spinach, chopped
1 can artichoke hearts, chopped
¼ cup vegan mayo
8 oz vegan cream cheese
1 Tbsp nutritional yeast
½ tsp garlic powder
1 tsp onion powder
½ tsp salt
1 Tbsp tapioca starch+ 1 Tbsp water
¼ cup vegan parmesan, optional

In a nonstick frying pan, heat some extra virgin olive oil or water and sauté the shallots until soft. Add the garlic and sauté for a minute more. Add the spinach and cook until wilted. Add the artichokes, vegan mayo, cream cheese, garlic and onion powders and salt. Stir together until well combined. When bubbly, add the tapioca starch mixture. Stir until slightly thickened. Place in a small baking dish and top with the vegan parmesan, if using. Bake at 400 degrees for 5 minutes. Turn the oven to broil and cook for 3-5 minutes, until browned on top.

Happy Truffles

½ cup agave nectar or honey
¼ cup carob or cocoa powder
1 cup almond or peanut butter
½ cup ground flaxseed
1 cup chopped walnuts

In a medium sized bowl, mix together the liquid sweetener and the carob powder. Stir in the nut butter until well mixed. Add the ground flax and walnuts. After everything is well incorporated, roll into small balls. Roll the balls in more carob or cocoa powder, coconut, sesame seeds, or ground walnuts.

Cranberry Bliss Cookies

1/3 cup pure maple syrup
¼ cup applesauce
1 tsp vanilla
Zest of half an orange
1 ½ cups oat flour
½ tsp nonaluminum baking powder
Pinch of salt
¼ cup dried cranberries, chopped
¼ cup dairy free white chocolate chips

Preheat oven to 350 degrees. Spray a cookie sheet or cover with parchment paper.

In a medium sized bowl, mix together the maple syrup, applesauce, vanilla, and orange zest. Stir in the oat flour, baking powder and pinch of salt. Stir in the oat flour, baking powder and salt. Mix until just combined. Stir in the cranberries and white chocolate chips. Scoop out by tablespoon onto prepared cookie sheet. Wet your hand and flatten out the tops. Bake for 10 minutes. Cool on a cookie rack and then top with cream cheese icing.

Cream Cheese Icing

¼ cup nondairy cream cheese
1 cup powdered sugar
½ tsp vanilla
Nondairy milk as needed

Mix together the cream cheese, powdered sugar and vanilla. Splash in a little nondairy milk to get a consistency for dipping the cookies in. Dip the tops of the cookies in the icing and top with chopped dried cranberries for garnish if desired.