



ENTREPRENEUR
MEAL PLAN

MOCKTAILS + MUNCHIES

SIMPLE WAYS TO ADD A FESTIVITY TO YOUR DAY

BRANDY COCHRANE + SHEREE JONES



CURATORS OF THE NO HOLIDAY MIXER



RECIPES INSIDE

MOCKTAILS

ACORNIA ORANGE MINT SPITZER
THE MUDSLIDE

SAVORY MUNCHIES

WALDORF CHICKPEA SALAD ON CUCUMBER
SUN DRIED TOMATO SALSA ON SWEET
POTATO CRISPS WIT SMASHED CHICKPEAS

SWEET MUNCHIES

CHOCOLATE DIPPED TORTILLA CHIPS
GINGERBREAD OAT ENERGY BALLS

BONUS RECIPE

CASHEW CHEESE LOG
SELF COMINTMENT



MOCKTAILS



FIZZY MOCKTAILS

ARONIA BERRY ORANGE MINT SPITZER

INGREDIENTS

1/2 cup aronia berry juice
1 tbsp pomegranate molasses
3-5 fresh mint leaves
juice of 1/3 lemon
1/2 cup seltzer water
juice from half a small orange

DIRECTIONS

1. In a cocktail shaker, muddle mint and then add in the aronia berry juice, pomegranate molasses, lemon juice and mint leaves.
2. Muddle to get a more intense mint flavor or shake to combine for something more subtle.
3. Strain the mixture into a cup with or without ice.
4. Finish drink with seltzer.
5. Squeeze juice from the orange. Garnish with an orange slice and mint leaves, if available.
6. Enjoy



CREAMY MOCKTAILS

THE MUDSLIDE

INGREDIENTS

1/2 cup raw cashews
1/2 cup coconut milk
4 dates
1tsp vanilla extract
1/4 cup chocolate chips
2tsbp coconut milk
1 tsp coffee extract

DIRECTIONS

1. Soak cashews in hot water for 30-60 minutes.
2. Add cashews, coconut milk, and dates to blender and blend until smooth.
3. Meanwhile melt chocolate chips and milk in microwave for 30 seconds until melted and then stir until smooth.
4. Take the chocolate and drizzle it in a glass and pour in your blended mudslide into the cup. Drizzle with remainder of chocolate or add a shot of coffee if desired.





SAVORY MUNCHIES

WALDORF CHICKPEA SALAD ON CUCUMBER

INGREDIENTS

Roasted Chickpeas

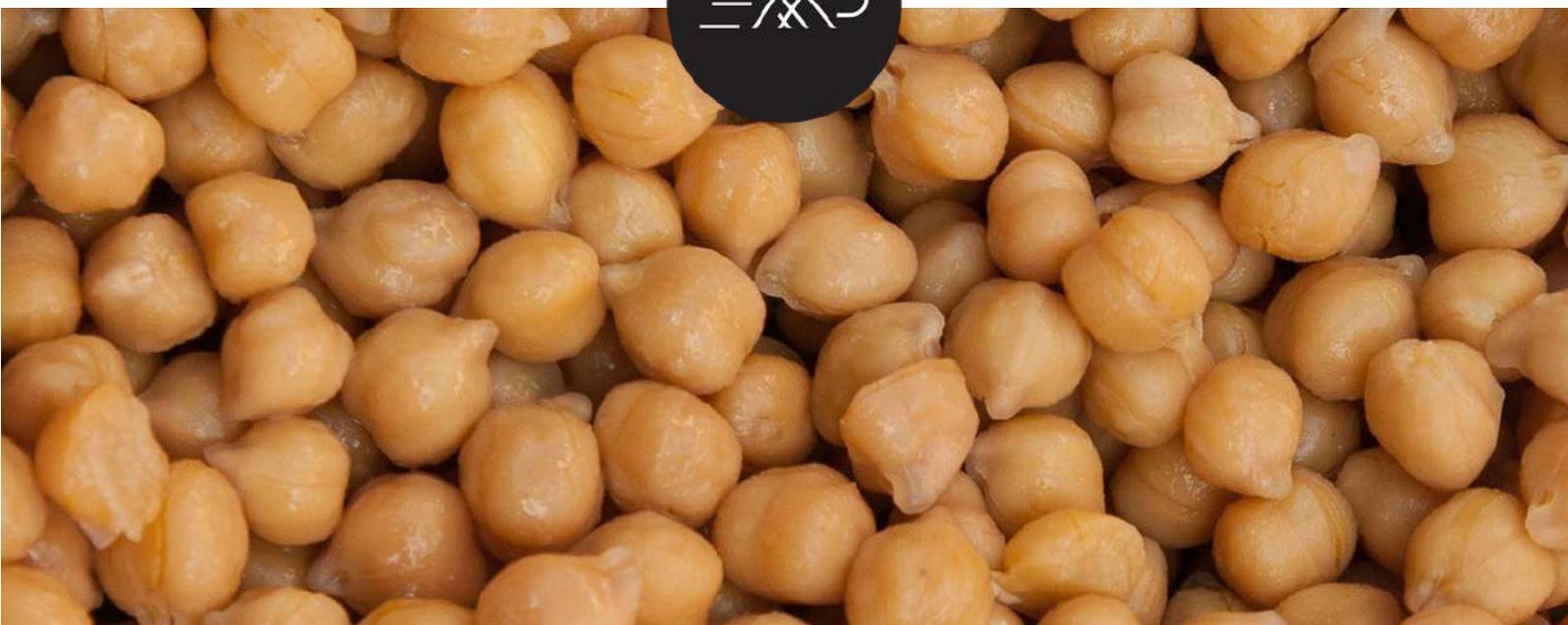
1 (15-oz) can chickpeas,
drained and rinsed
garlic powder, black
pepper, sage and rosemary

Salad

1/4 cup vegan mayonnaise
1 tbsp lemon juice
1 honey crisp apple, diced
1 cup red grapes, halved
2 stalks celery, chopped
1/3 cup broken walnuts
salt and fresh cracked
black pepper to taste
1 cucumber

DIRECTIONS

1. Heat oven to 400° and season chickpeas to taste. Spread on a baking sheet and roast until slightly dry but not super crunchy and still a little soft. About 15-20 minutes.
2. Remove chickpeas from oven and let cool. About 5 minutes.
3. Smash chickpeas roughly and add all remaining ingredients and mix.
4. Season to taste with additional garlic powder and black pepper and serve on a cucumber slice.



SUN DRIED TOMATO SALSA ON SWEET POTATO DISKS WITH SMASHED CHICKPEAS

INGREDIENTS

Sweet Potato Disks

1 small and thin sweet potato
1tsp tahini
sprinkle of garlic powder and smoked paprika

Smashed Chickpeas

1 (15-oz) can chickpeas, drained and rinsed
1/4 cup dijon mustard

Sun dried Tomato Salsa

1/4 cup sun-dried tomatoes, drained and chopped
1/4 cup yellow peppers, small diced
2-3 tbsp, chopped red onions small
4-6 leave of cilantro fine chopped
Juice from half a lemon

DIRECTIONS

1. Heat oven to 400°. Slice sweet potatoes into medium thick pieces and rub with tahini. Season with garlic powder and smoked paprika.
2. While potatoes are in the oven, mix together ingredients for the sun dried tomato salsa and set aside to marinate.
3. Smash chickpeas with a fork or potato masher and until mostly smashed but not fully. Add in dijon mustard and stir.
4. Remove sweet potatoes from the oven and let cool.
4. Top with smashed chickpeas and then top chickpeas with sun dried tomatoes.



EXD



SWEET MUNCHIES



CHOCOLATE DIPPED TORTILLA CHIPS

INGREDIENTS

Tortilla Chips

2 corn tortillas

Chocolate Dip

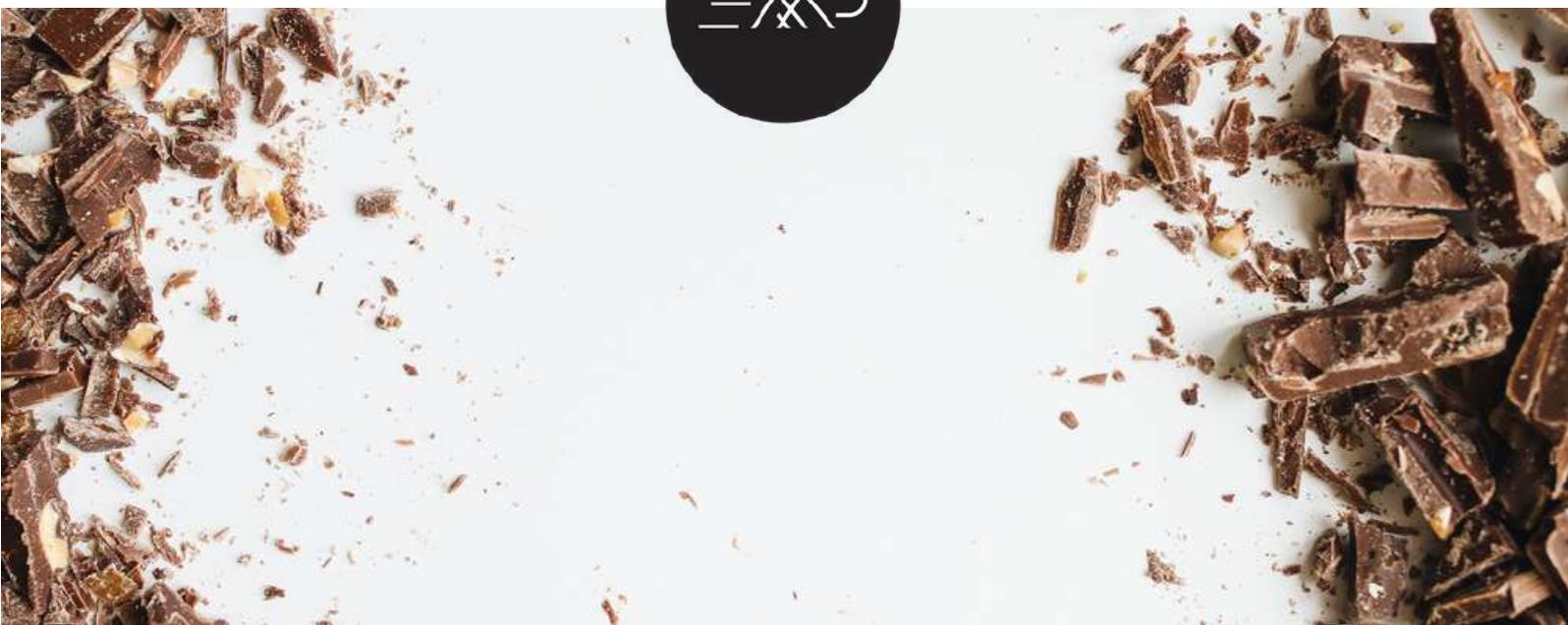
2 cups dark dairy-free
chocolate or chocolate chips
1 (15-ounce) can coconut milk
1/2 tsp vanilla extract

Toppings Options

Walnuts
Sea Salt
Goji Berries

DIRECTIONS

1. Heat oven to 375°. Cut each tortilla into 6 equal parts, spread them on a baking sheet and place in the oven until lightly browned and crunchy. Watch them as they burn quickly.
2. While tortillas are in the oven, put chocolate and milk in a bowl and place in the microwave in 30 second increments until softened and shiny. Stir in vanilla extract.
3. Dip crunchy tortilla chips in chocolate dip and lay on a plate.
4. Enjoy as is or top with walnuts, sea salt or a dried fruit of your choice.



GINGERBREAD OAT ENERGY BALLS

INGREDIENTS

1/2 cup peanut butter
1/4-1/2 cup coconut milk
1/2 cup oats
1 tablespoon molasses
1 teaspoon cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon cloves

DIRECTIONS

1. Stir peanut butter in a bowl with coconut milk until light and creamy
2. Add the molasses, cinnamon, ginger, nutmeg, and cloves and stir until combined. Lastly, add oats crunched with your hands.
3. Roll into 1-inch balls and place on a plate or cookie sheet
4. Store in an airtight container in the fridge.





BONUS

CASHEW CHEESE LOG

INGREDIENTS

Cashew Cheese Base

2 1/4 cups raw cashews
2 1/2 tbsp fresh lemon juice*
2 tbsp nutritional yeast water, just enough to blend the cashews
1 tsp onion granules

Cheese Log

2 cups of Base Cashew Cheese
1 1/2 tbsp shallot, minced
1 tbsp fresh chives, thinly sliced
3 tbsp fresh parsley, chopped
2 tbsp fresh basil, chopped

DIRECTIONS

Cashew Cheese Base

1. Place the cashews into a bowl and cover with water. Let soak overnight.

2. To make the cream cheese simply blend together the cashews, water, and lemon juice until you reach a really smooth consistency. Next, add the remaining ingredients and stir to combine. Taste for seasoning, adding lemon juice and/or salt, if needed.

3. Place this mixture into a bowl and loosely cover with a piece of cheesecloth, or cover with plastic wrap and poke a few holes in it. Let sit at room temperature for 12 hours.

Cheese Log

1. In small bowl, combine all the Cashew Cheese Base with all other cheese ingredients well.

2. Roll cheese in log and finished with your desired option.



EXPD



SELF COMINTMENT

SPICY GINGER, MINT + LIME SPITZER

INGREDIENTS

1/2 cup ginger beer
3-5 fresh mint leaves
1/4 cup lime seltzer water
1-2 slices of jalapeño

DIRECTIONS

1. In a cocktail shaker, muddle mint and then add in the ginger beer, lime seltzer and mint leaves.
2. Muddle to get a more intense mint flavor or shake to combine for something more subtle.
3. Strain the mixture into a cup with or without ice.
4. Finish drink with extra seltzer if needed.
5. Garnish with an jalapeños slice and mint leaves, if available.
6. Enjoy



