

# *Revolution* RECIPES

HEALTHY AND **WARM**



COOKBOOK

Vol. **8**

SLOW COOKER AND PRESSURE COOKER RECIPES

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## *Introduction*

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a collection of plant-based meal ideas, using a slow cooker or pressure cooker, that are tried and proven favorites. Healthy should taste good, too! All of these recipes are clean (meaning no refined sugars, preservatives, food dyes, or processed-food ingredients), gluten-free, dairy-free, and mostly oil-free, too! Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up “flexitarian,” the common goal for optimal health is to eat MORE VEGETABLES—so there are plenty of recipes in here for everyone!

We want to thank all of our recipe contributors and Dawn J. Williamson for designing and assembling this cookbook.

*From our family to yours,  
The Healthy Living Revolution Team*

"THE MORE **PLANT FOODS**  
YOU EAT, THE  
*healthier*  
YOU WILL BE." - DR. MITRA RAY

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# PANTRY STAPLES

## SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric

## GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It's not only tasty but also has many anti-inflammatory and anti-microbial properties. If you're out of fresh garlic, here are some substitutes for 1 clove: ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes.

## ONIONS

In addition to health benefits, onions are full of flavor, which is why they're used as the base for many of these recipes. If you're in a hurry or out of onions, you can substitute 1 Tbsp. dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

## GINGER

Ginger is a powerful nutritional herb that supports digestive health in addition to helping reduce pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes; it should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substitute ⅛ tsp. ground ginger.

## FRESH HERBS

Fresh herbs have that ability to make a dish go from "blah" to zing! Growing your own on your backyard Tower Garden is the best way to have fresh herbs for cooking. Just cut what you need and eliminate all the herbs wasting away in your fridge. Herbs that grow great on the tower and are commonly used in these recipes include basil, cilantro, parsley, dill, rosemary, and thyme.

## BRAGG LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Most people don't realize that soy sauce is not gluten-free though. We recommend that you try one of these listed substitutions: Bragg liquid aminos, coconut aminos, or tamari.

## FULL-FAT CANNED COCONUT MILK

With its creamy texture and natural sweetness, coconut milk might taste like it should be bad for you, but it's not! It can build up the body's immune system, help with weight loss, increase energy, plus lower cholesterol and blood pressure. It's a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA-free and read the label to make sure it's organic with no added sugars.

## ORGANIC VEGETABLE BROTH

## BALSAMIC / RED WINE VINEGAR

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# PRESSURE COOKER SPICED APPLE CIDER

RECIPE CONTRIBUTOR: DAWN WILLIAMSON



7 medium apples, cored and quartered  
(Ok to leave skin on. Mix Granny Smith, Honey  
Crisp & Gala apples for best flavor)  
1 orange, peeled and cut into segments  
1 lemon, peeled and cut into segments  
½ cup fresh cranberries  
2 cinnamon sticks  
½ tsp. whole cloves  
1 whole star anise (optional)  
1 inch chunk fresh ginger, sliced (optional)  
¼ - ½ cup sweetener of choice (coconut sugar,  
maple syrup, honey etc.)  
Enough water to cover fruit



1. Place apples, orange, lemon and cranberries into pressure cooker. Add cinnamon sticks, whole cloves, star anise (if using), ginger (if using) and sweetener. Pour in enough water to cover all.
2. Secure the lid and cook on high pressure for 15 minutes. Allow to naturally release. (If you're in a rush, you can do a quick release after 10 minutes).
3. Mash the fruit with a potato masher to release the juices. Taste the juice and add more sweetener as necessary.
4. Carefully strain the solids from the liquids using a fine mesh sieve. Discard solids and store cider in an airtight container for up to 1 week or freeze for later use.

*Makes approximately 5 servings.*

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# PRESSURE COOKER TURMERIC COCONUT MILK

RECIPE ADAPTED FROM: [FOODISAFOURLETTERWORD.COM](http://FOODISAFOURLETTERWORD.COM)



- 1 can (13.5 oz.) coconut milk
- 3 cups water
- 2 tsp. turmeric
- 3 whole cloves
- 2 cinnamon sticks
- ½ tsp. ginger
- Pinch of ground black pepper
- 2 Tbsp. honey or maple syrup (plus more to taste)

1. Add coconut milk, water, turmeric, cloves, cinnamon sticks, ginger and black pepper into the pressure cooker.
2. Set to manual / high pressure for 15 minutes. Wait 10 minutes for a natural pressure release then switch the valve to venting to release the pressure.
3. Strain out the cinnamon sticks and cloves. Add the honey and mix well with a whisk. Add more honey to taste.
4. Store in a glass jar in the refrigerator for up to 7 days. When you're ready to re-heat, shake up the jar and warm it up in a small sauce pan.

*Makes approximately 8 servings.*



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# SLOW COOKER CHAI TEA LATTE

RECIPE ADAPTED FROM: [SWEETPEASANDSAFFRON.COM](http://SWEETPEASANDSAFFRON.COM)



3 cinnamon sticks  
15 green cardamom pods; split open,  
seeded and lightly crushed  
40 whole peppercorns (roughly 1 tsp.)  
25 whole cloves  
4 inches of fresh ginger, sliced  
64 oz. (2 quarts) unsweetened almond milk  
2-4 Tbsp. maple syrup (optional)  
4-8 black tea bags (optional)  
Dairy-free coconut whipped cream (optional)



1. Place the cinnamon sticks, cardamom pods, peppercorns, cloves and ginger slices on a square of cheesecloth. Use kitchen twine to tie it shut. (You can add spices without the cheesecloth and pour through a fine strainer before serving but they can end up making a really unappetizing sediment).
2. Place in a 6 qt. slow cooker and add unsweetened almond milk. Add in maple syrup and tea bags (optional) and stir.
3. Cook on Low for 4 hours. Remove the bag of spices and serve immediately topped with coconut whipped cream (optional) and cinnamon.

*Makes approximately 8 servings.*

## NOTE:

For a caffeine free version of this drink, omit the black tea or use a decaffeinated tea.



## PRESSURE COOKER BREAKFAST STUFFED SWEET POTATOS

ADAPTED FROM: [THELIVEINKITCHEN.COM](http://THELIVEINKITCHEN.COM)

1 cup water  
2-6 sweet potatoes  
Pure maple syrup  
Almond butter  
Pecans, chopped  
Blueberries  
Chia seeds



1. Place the steamer rack in your pressure cooker and add 1 cup water.
2. Place the sweet potatoes on the rack and seal the lid, making sure the release valve is in the proper position.
3. Set the pressure cooker to manual high pressure for 15 minutes. It will take a few minutes to come up to pressure.
4. Once the time is up, allow the pressure to release naturally for 10 minutes. Turn the release valve to release any leftover pressure. Once the float valve has dropped, open the lid and remove the sweet potatoes.
5. When it is cool enough to handle, cut the sweet potatoes and mash the flesh with a fork. Drizzle with maple syrup and almond butter, then sprinkle with pecans, blueberries, chia seeds and any of your other favorite toppings.

*Makes approximately 2-6 servings.*



# SLOW COOKER OVERNIGHT BANANA BREAD STEEL CUT OATS

RECIPE ADAPTED FROM: WELLPLATED.COM

- 1½ cups gluten-free steel cut oats  
(do not substitute quick cooking, instant, or rolled oats)
- 4 cups water
- 2 cups dairy-free milk
- 2 large ripe bananas, mashed
- 3 Tbsp. ground flaxseed meal (optional nutritional boost)
- 3 Tbsp. chia seed (optional nutritional boost)
- 3 Tbsp. hulled hemp seeds (optional nutritional boost)
- 2 tsp. pure vanilla extract
- 1½ tsp. ground cinnamon
- ½ tsp. nutmeg (grate your own for enhanced flavor)
- ½ tsp. salt



## TOPPINGS

- |  |  |
|--|--|
| Vanilla Complete by Juice Plus+® powder<br>(stir into warm oats) | Nut butter                                     |
| Walnuts or other nuts, chopped and toasted                       | Fresh or dried berries                         |
| Bananas, sliced  | Unsweetened coconut flakes                     |
| Raisins  | Maple syrup or honey                           |
| Dairy-free chocolate chips                                       | Any other toppings you enjoy with banana bread |

1. Place all ingredients, except toppings, into the bottom of a 4-to-6-quart slow cooker and stir to combine.
2. Cover and cook on low for 7-8 hours (overnight for a hot breakfast that's ready when you wake up) or on high for 4 hours, until the oats are soft but maintain a bit of chew. Remove cover and stir to evenly combine the ingredients. Enjoy warm with desired toppings.

*Makes approximately 4-6 servings.*

## NOTES

Overnight steel cut oats can be refrigerated for up to 1 week or frozen for up to 2 months. To reheat, top desired amount with a few tablespoons of water or milk, then warm in the microwave or in a small saucepan until hot. If frozen, let thaw overnight in the refrigerator first.



## PRESSURE COOKER HUMMUS

RECIPE ADAPTED FROM: EVERYDAYMAVEN.COM

- 1 lb. dried garbanzo beans, rinsed
- 12 cups water
- 3 cups cooked garbanzo beans, warm
- ½ cup bean cooking liquid, warm
- ¼ cup tahini
- 2 medium garlic cloves
- 1 large lemon, juiced (approx. 4 Tbsp. lemon juice)
- 1 tsp. salt
- ½ tsp. ground cumin
- ¼ tsp. smoked paprika
- ¼ cup extra virgin olive oil
- Za'atar (optional)



1. Place garbanzo beans in pressure cooker along with water. Close lid, set vent to sealed and set pressure cooker to manual for 35 minutes. Beans should be slightly mushy when done.
2. Allow pressure cooker to naturally release pressure when done (this can take up to ½ hour). If you are pressed for time, allow pressure cooker to release pressure naturally for at least 15 minutes and then do a slow quick pressure release.
3. Carefully drain the beans, making sure to reserve the liquid.
4. Transfer 3 cups of warm, drained, cooked garbanzo beans to a food processor or blender fitted with a chopping blade. Add all other ingredients except olive oil.
5. Process until smooth and slowly add the olive oil, 1 Tbsp. at a time. Hummus should be smooth, creamy and taste almost whipped.
6. Serve topped with Za'atar (optional), smoked paprika and a splash of olive oil. Store in a sealed container in the refrigerator for up to 5 days.

*Makes approximately 12 servings.*

### NOTES

1 lb. of dry garbanzo beans yields about 9 cups of cooked garbanzo beans. This recipe intends to make extra beans. Portion off 3 cups of beans plus ½ cup of bean liquid in glass containers and place in the freezer to make additional batches of hummus. Just make sure to slightly warm the beans and liquid before processing for hummus so it's nice and light!



## PRESSURE COOKER BEET SALAD

RECIPE ADAPTED FROM: YANGSNOURISHINGKITCHEN.COM

1½ lb. beet roots (any color)  
2 cups water  
¼ cup extra virgin olive oil  
¼ cup balsamic vinegar  
¼ tsp. sea salt or Himalayan salt  
¼ tsp. ground black pepper  
Pinch of fresh or dried herbs  
(parsley, oregano, dill, chives)



1. Place beets on a trivet inside the pressure cooker. (You can use a steamer basket too, as long as the beets are not submerged in the water.)
2. Fill bottom of pressure cooker with 2 cups water. Close the lid and pressure valve.
3. Set pressure cooker to high pressure cooking for 15 minutes. It will take a few minutes for the pressure cooker to come up to pressure. After it indicates that cooking is done, let the pressure cooker naturally release pressure. (If you are under time constraints to serve the beets, increase the cooking time to 20 minutes under high pressure cooking, and manually release pressure by opening the valve when cooking is complete.)
4. Open the lid. Remove the beets and let them cool slightly. Quickly rinse the beets in cold water to speed up the cooling process if necessary.
5. Lightly rub off the skin of the cooked beet roots with hands or a paper towel. Cut into cubes.
6. Place cut beets into a large bowl, add extra virgin olive oil, balsamic vinegar, salt and pepper, and fresh or dried herbs of choice. Mix all ingredients and let marinate for 10 minutes before serving.
7. Store leftovers in the refrigerator.

*Makes approximately 6 servings.*



## SLOW & PRESSURE COOKER APPLESAUCE

ADAPTED FROM: [THESIMPLEVEGANISTA.COM](http://thesimpleveganista.com)



- 3 lbs. apples (about 6-7 Fuji, Gala, Granny Smith, Honey Crisp, or Delicious); peeled, quartered, cored and the quarters cut in half
- 1 small lemon, juiced
- ½ cup water
- 1 cinnamon stick  
or ½–1 tsp. ground cinnamon (optional)



### SLOW COOKER:

1. Place apples in the bottom of the slow cooker. Add lemon, water and cinnamon (optional). Cover with lid.
2. Set the slow cooker on high for 4 hours, stirring once or twice. Let cool a few minutes, remove cinnamon stick.
3. Mash or puree mixture. If cooking with the skins on, use an immersion blender right in the pot to puree the mixture, or transfer to a blender or food processor to puree until desired consistency. When cooking without the skins, mash with a potato masher, back of a fork or a slotted spoon.

### PRESSURE COOKER:

1. Place apples in the bottom of the pressure cooker. Add lemon juice, water and cinnamon (optional).
2. Attach lid, and make sure vent is in the sealed position. Push the pressure cooker button, and manually set the time for 6 minutes.
3. When done, let the steam vent on it's own, (takes about 6 minutes). Move the vent to open, being careful not to burn yourself as there may still be steam left. Remove lid and let cool. Remove cinnamon stick.
4. Mash or puree mixture. If cooking with the skins on, use an immersion blender right in the pot to puree the mixture, or transfer to a blender or food processor to puree until desired consistency. When cooking without the skins, mash with a potato masher, back of a fork or a slotted spoon.
5. Store applesauce in the refrigerator for up to 7 days, or freeze for up to 2 months.

*Makes approximately 4-6 servings.*

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## SLOW COOKER VEGGIE-LOADED MARINARA SAUCE

ADAPTED FROM: EPICURIOUS.COM



2 carrots, chopped  
2 celery stalks, chopped  
1 yellow onion, chopped  
1 red bell pepper, chopped  
2 large cloves garlic, minced  
2 (28 oz.) cans whole peeled tomatoes,  
drained and crushed with your hands  
2 Tbsp. tomato paste  
1 bay leaf  
1 tsp. dried oregano  
½ cup fresh basil, chopped  
½ tsp. salt  
Pinch freshly cracked pepper



1. Combine all ingredients in the slow cooker and cook on low for 6 hours.
2. Remove the bay leaf and blend with an immersion blender or high powered blender to the desired consistency. Adjust seasonings to taste.

*Makes approximately 6 servings.*



# SLOW & PRESSURE COOKER VEGETABLE BROTH

ADAPTED FROM: TASTYTHIN.COM



- 1 gallon size bag of veggie scraps (frozen or raw)  
(carrot and celery ends/peels, onion ends/peels, potato/  
parsnip peels, fresh herbs, bell pepper pieces, broccoli/  
cauliflower stalks, or whatever you have on hand)
- 1 tsp. turmeric powder
- 2 tsp. minced garlic
- 1 tsp. kosher salt optional
- Onion, chopped
- 1 tsp. Peppercorns, whole (or more to taste)
- 8-9 cups water



## PRESSURE COOKER

1. Place veggie scraps into the pressure cooker. Add turmeric, garlic, salt, onion, peppercorns and water; being sure to stay below the max level of the pot.
2. Manually set timer for 30 minutes. When cycle is complete, flip the valve to allow for slow natural release. (Release takes about an 1½ hours.) Remove lid and strain liquid through a fine mesh strainer into a large bowl. Discard or compost solids.
3. Pour into glass canning jars to freeze. HINT: Measure out 1 cup, 2 cup and 3 cup jars so you can easily thaw only what you need for each recipe. Do not fill jars up all the way as broth will expand.
4. Label jar lids and let them cool to room temperature with the lids on loosely. Once cool, tighten the lids and put them in the freezer.

## SLOW COOKER

1. Add vegetable scraps to slow cooker and cover with water. Add seasonings. Cook on high for 5-6 hours or low for 7-8 hours.
2. Remove lid and strain liquid through a fine mesh strainer into a large bowl. Discard or compost solids. Follow steps 3 and 4 above.

*Makes approximately 8-14 cups.*

## NOTES

Add your vegetable scraps to a 1 gallon freezer bag as you prepare meals. Once it's full, you're ready to make this delicious, healthy broth. You can use fresh vegetables as well.



# SLOW & PRESSURE COOKER TACO SOUP

RECIPE ADAPTED FROM: PIPINGPOTCURRY.COM



- 1 Tbsp. olive oil
- 1 cup yellow onion, diced
- 3 cloves garlic, minced
- 1 can (14.5 oz) tomatoes, diced
- 1 can black beans, rinsed and drained (about 1¼ cups)
- 1½ cup corn, frozen
- 1 cup red bell pepper, diced
- 1 cup green bell pepper, diced
- 1 jalapeno, finely diced
- 3 Tbsp. taco seasoning (or use recipe below)
- ½ tsp. salt (adjust to taste)
- 2½ cups vegetable broth (See recipe on pg.110)



## OPTIONAL TOPPINGS

- Cilantro leaves, chopped
- Avocado, sliced or cut into small pieces
- Dairy-free cheddar cheese, shredded
- Dairy-free sour cream or dairy-free Greek yogurt
- Gluten-free tortilla chips
- Red onion, diced
- Jalapeno, sliced
- Lime juice

## TACO SEASONING

- 3 tsp. paprika
- 6 tsp. cumin
- 3 tsp. oregano
- 1½ tsp. salt

Mix all ingredients together.

## PRESSURE COOKER:

1. Add the ingredients to your pressure cooker in this order: oil, onion, garlic, tomatoes, black beans, corn, red bell peppers, green bell peppers, jalapeño, taco seasoning, salt, and vegetable broth. Do not stir. Close lid with vent in sealing position. Set on pressure cook mode for 6 minutes at high pressure.
2. When the pressure cooker beeps, let the pressure release naturally. Open the lid. Taste and adjust salt if needed. Serve with any of the optional toppings above or add your own.
3. Store for about 4 days in the refrigerator. Freeze in small portions in airtight containers. When ready to eat, reheat in the microwave or on the stove.

**SLOW COOKER:** Cook on low setting for 8 to 10 hours or on high for 3 hours. Then follow steps 2-3.

*Makes approximately 6 servings.*

# SLOW COOKER CHUNKY TOMATO SOUP

RECIPE CONTRIBUTOR: CATHY WILLIAMSON



2 cups onion, roughly chopped  
2 Tbsp. olive oil  
¼ tsp. salt  
Pinch of black pepper  
2 cloves garlic, minced  
2 lbs. tomatoes, chopped and peeled or 1 can (28 oz.)  
unseasoned tomatoes, diced with juice  
¼ tsp. smoked paprika  
Pinch of red pepper flakes (optional)  
½ tsp. dried basil  
1 Tbsp. honey or maple syrup  
1 cup low sodium vegetable broth (recipe on pg. 110)  
2 bay leaves



## OPTIONAL TOPPINGS

Cilantro, chopped  
Basil, chopped  
Avocado, sliced or cut into small pieces  
Red onion, diced

Dairy-free cheddar cheese, shredded  
Dairy-free sour cream or dairy-free Greek yogurt  
Gluten-free tortilla chips

1. Toss onion in a large pan with olive oil over medium heat. Sprinkle with salt and pepper. Stir and let cook for a few minutes until soft.
2. Add garlic. Let cook for a couple more minutes until soft and fragrant.
3. Add tomatoes, including juice, to pan.
4. Add smoked paprika, red pepper flakes (optional), basil, and honey. Stir, taste and adjust as needed. Flavors will become stronger while slow cooking.
5. Add to slow cooker. Stir in vegetable broth and bay leaves. Set on low for 4 hours.
6. Remove bay leaves and serve. Top with your favorite toppings. If you like your soup creamier, pour into a blender and blend to desired consistency.

*Makes approximately 4 servings.*

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# SLOW COOKER AVOCADO-LIME WHITE CHILI

RECIPE ADAPTED FROM: JENELIZABETHSJOURNALS.COM



2 Tbsp. olive oil  
½ medium onion, diced  
3 cloves garlic, minced  
1 small zucchini, diced  
1 green bell pepper, diced  
2 bay leaves  
Pinch sea salt (to taste)  
1 can (15 oz.) cannellini beans, thoroughly drained and rinsed  
1 can (15 oz.) garbanzo beans, thoroughly drained and rinsed  
1 Tbsp. dried oregano  
2 tsp. cumin  
½ tsp. crushed red chili pepper flakes  
1 cup vegetable broth (see recipe pg. 110)  
1 cup frozen sweet corn, thawed  
1 lime  
1½ avocados, quartered and sliced



## OPTIONAL TOPPINGS:

Gluten-free tortilla chips, crushed (optional)  
Shredded dairy-free cheddar cheese (optional)  
Cilantro, chopped (optional)

1. Set slow cooker to low heat. Add olive oil, onion, garlic, zucchini, bell pepper, and bay leaves. Season with salt and stir until well combined. Cover and cook, stirring occasionally for 2 hours.
2. Add two thirds of the cannellini and garbanzo beans to a food processor. Pulse until beans are roughly chopped.
3. Add the oregano, cumin, chili flakes, broth, corn, and roughly chopped and whole beans to the slow cooker. Season with salt and stir until well combined. Cover and cook, stirring occasionally, for 3 hours.
4. Squeeze the juice from the lime and drizzle all over the avocado slices. (Don't skip this step!)
5. Transfer the chili to serving bowls. Top each bowl of chili with the avocado slices, crushed tortilla chips (optional), shredded Dairy-free cheddar cheese (optional), chopped cilantro (optional), and serve.

*Makes approximately 4-6 servings.*



## PRESSURE COOKER CHICKPEA BOLOGNESE SPAGHETTI SQUASH

RECIPE ADAPTED FROM: EATINGBYELAINE.COM

- 1 spaghetti squash (approx. 3 lbs.),  
halved crosswise, seeds and stem removed
- 1 cup water
- 2 Tbsp. extra virgin olive oil
- 2 large shallots, diced
- 1 tsp. salt
- ¼ tsp. black pepper
- 4 cloves garlic, minced
- 1 can (15 oz.) garbanzo beans, drained and rinsed
- 24 oz. marinara sauce (or use recipe on pg 109)
- Mushrooms, sliced (optional to taste)
- Hemp seeds (optional for added protein)
- ½ cup fresh parsley or basil, chopped (plus more for garnish)



1. Place spaghetti squash in the steamer basket or rack of your 6-quart pressure cooker along with 1 cup of water beneath the steamer basket. Close the lid, turn the valve to sealed and manual cook on high pressure for 7 minutes.
2. While the squash is cooking, sauté shallots in olive oil, salt and pepper over medium-low heat until translucent and fragrant (about 3 minutes). Add in garlic, mushrooms (optional), hemp seeds (optional), parsley or basil (optional) and sauté for another minute. Add in the chickpeas and gently mash half of them with a potato masher (this creates a varied texture and is not required but is recommended). Stir everything together and sauté for another minute. Pour in the marinara sauce and let it simmer for 2-3 minutes. Taste and adjust seasonings if needed. Set aside.
3. When the squash is finished in your pressure cooker, press off and manual release. Safely remove the lid to allow the squash to cool before handling. Use a fork to gently shred each half of the squash until thin translucent spaghetti-like strands appear. Place the squash into a bowl. Top with a generous amount of the chickpea bolognese and garnish with more fresh parsley or basil. Serve hot!
4. Store leftovers in an airtight container in your refrigerator for up to 5 days.

*Makes approximately 4-6 servings.*

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# SLOW COOKER QUINOA STUFFED BELL PEPPERS

ADAPTED FROM: VEGANHEAVEN.ORG



6 bell peppers (orange, yellow, and red)  
1 cup quinoa, uncooked  
1 cup black beans or kidney beans, cooked  
2 cups canned diced tomatoes  
2 tsp. cumin  
1 tsp. paprika  
½ tsp. smoked paprika  
2 cloves garlic, minced  
Red pepper flakes, to taste  
Pinch of salt  
Pinch of black pepper  
¾ Water

## TOPPINGS:

Green onions, diced  
Guacamole  
Salsa  
Lime juice, freshly squeezed  
Cilantro, fresh  
Parsley, fresh



1. Cut off bell pepper tops; discard seeds and membranes. In a large bowl, combine the rest of the ingredients, except the water. Evenly divide the mixture into the bell peppers.
2. Fill your slow cooker with water. Place filled bell peppers in the slow cooker and cook for 3 hours on high or 6 hours on low.
3. Serve topped with green onions, guacamole, salsa, fresh lime juice, cilantro and parsley.

*Makes approximately 6 servings.*



## PRESSURE COOKER INDIAN COCONUT RICE PUDDING

ADAPTED FROM: EASYCOOKINGWITHMOLLY.COM

2 Tbsp. coconut oil (ghee if non-vegan)  
1 cup rice (any short-grain white rice),  
washed and drained  
1 can coconut milk  
1 cup nut milk (cashew or almond)  
½ cup water  
1 pinch cardamom  
¼ cup coconut sugar

### GARNISH:

4 Tbsp. pistachios, chopped  
¼ cup shredded coconut, unsweetened



1. Turn pressure cooker to sauté mode. Add coconut oil and rice. Sauté for 1 minute.
2. Add can of coconut milk, nut milk, water, coconut powder, cardamom, coconut sugar and stir to combine. Close the lid with the pressure valve to sealing.
3. Press the porridge button and cook for 10 minutes. Once the timer goes off, allow natural pressure release.
4. Open the lid carefully and stir. Transfer to a serving bowl or individual bowls.
5. Top with chopped pistachios and shredded coconut.
6. Serve warm or cold.

*Makes approximately 4 servings.*

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# PRESSURE COOKER "BAKED" APPLES

RECIPE ADAPTED FROM: WALLFLOWERKITCHEN.COM



8 Tbsp. gluten-free whole oats  
1 tsp. ground cinnamon  
¼ tsp. nutmeg  
¼ tsp. allspice  
4 Tbsp. coconut sugar  
3 Tbsp. raisins, (optional)  
6 Gala apples, whole  
4 Tbsp. apple juice (or water)



1. In a medium bowl; combine oats, spices, sugar and raisins (optional).
2. Chop the tops off the apples and use a melon baller to carve out the insides.
3. Spoon the oat mixture into the apples until they are filled to the top.
4. Place the apples inside the slow cooker with a few tablespoons of apple juice (or water) to cover the bottom of the bowl.
5. Choose the manual setting on your pressure cooker and cook for 3 minutes on high pressure, making sure the steam valve is locked.
6. Once the timer has finished, press stop and release the steam. Once the steam has been released, carefully open the lid and serve the apples immediately. The longer they sit in the heat, the mushier they will get, so best to serve them quickly!
7. For an indulgent dessert, serve with a scoop of vegan ice cream or just serve as is for breakfast or as a treat.

*Makes approximately 8 servings.*

# SLOW COOKER GLUTEN-FREE MOLTEN LAVA CAKE

RECIPE ADAPTED FROM: MYNATURALFAMILY.COM



2 cups oat flour  
1½ cups coconut palm sugar  
6 Tbsp. cocoa powder  
1 Tbsp. baking powder  
1 tsp. salt  
1 cup coconut milk  
4 Tbsp. coconut oil, melted  
2 tsp. vanilla

## FOR THE LAVA

¾ cup coconut palm sugar  
½ cup cocoa powder  
¼ cup honey  
2 cups boiling hot water



1. Grease the slow cooker bowl.
2. In a mixing bowl, whisk together the oat flour, sugar, cocoa, baking powder, and salt.
3. Add the coconut milk, coconut oil, and vanilla to the bowl and whisk in until a smooth batter is formed. Pour the batter into the greased slow cooker and spread to level.
4. In a small bowl, combine the coconut palm sugar and cocoa powder. Sprinkle over the top of the cake batter in the slow cooker.
5. Mix together the honey and boiling water. Pour over the top of the cake, cover with a lid, and cook on high for 1½-2 hours. Cake is done as soon as it is puffed and firm on the top. The liquid chocolate lava will be on the bottom of the cake.

*Makes approximately 4-6 servings.*

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