

ONE BITE

VEGAN MAGAZINE

Perfect Creamy
Turmeric
Latte

IG WORTHY
FIG & COCONUT
CREAM TOAST

Swirly Cinnamon Rolls
with Tofu Icing

Rich Arugula-Pecan

CHEESY
SPREAD

*Tofu Spread with
Dried Tomatoes*

Smoky Baba Ganoush Dip



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Mushroom & Bean Spread Toast

By: Nia Damalos



Hello Loves, I have been working on minimizing my meat and dairy intake for different reasons. Until I actively tried to change my habits, I never realized how much I ate! I don't believe in one way of eating, I believe everyone has different body types. However, I do believe in trying different things and that a

healthy detox is always a good idea! With that being said, this vegan mushroom & pea toast has been my jam!

I love gourmet toast, the options are endless! They can either be sweet or savory, perfect for breakfast, lunch or a snack. I go through phases with mushrooms, eat them all the time or never

at all and let's just say I'm currently in a mushroom phase (or was last week – my phases have been changing faster since I've been pregnant haha).

This gourmet toast has a cannellini bean spread and is then topped with sautéed mushrooms and peas. It maybe took me 20 minutes to make. Also, if you have the spread made already from your first go round, it maybe takes 10-15 minutes. Let's get to ittt!

Mushroom & Bean Spread Toast Recipe

INGREDIENTS:

- One 15 oz can of organic cannellini beans
- half of a lemon (add more if desired)
- 5-6 garlic cloves (half whole/ half minced)
- One container of sliced organic mushrooms
- About 1 cup of peas
- 2 tbsp Olive oil
- Salt & pepper
- 4 slices of artisan whole wheat toast



INSTRUCTIONS:

1. The bean spread is one 15 ounce can of organic cannellini beans, 2-3 garlic cloves, start with half of a lemon (add more if desired), salt and pepper to taste. Blend all those ingredients together in a food processor or blender and then place in fridge to chill. Depending how you like the consistency of your spread, you can always add water or olive oil to loosen it up.
2. Preheat oven to 350 degrees (for toast).
3. Heat olive oil to medium heat and saute garlic until translucent and then add the mushrooms in. Add some salt and pepper for taste. For the peas I used organic frozen ones that I just had to heat up in microwave or oven. After the mushrooms were cooked through, I added the peas at the end to blend the flavors.
4. Once the oven has heated to 350 degrees, I toasted the bread for about 5 minutes just to warm it up.
5. Take out the bread and spread the bean spread, then top with the sautéed mushrooms and peas! Enjoyyy



ABOUT THE AUTHOR

Hi, I'm Nia! A hat obsessed, wannabe chef, mama-to-be, wife to Savva, fashion crazed Florida gal who loves all that life has to offer! Find my recipes and more on my website, niadamalos.com!

