

GRAB & COOK APPETIZERS

Simple appetizers you can pick up at the store and heat in your oven for the perfect homemade taste



VEGGIE SPRING ROLLS

These tasty spring rolls really hit the spot - everyone loves them, not just plant based eaters
Look for a brand of frozen **VEGGIE SPRING ROLLS** with only plant based ingredients.
Heat in the oven or countertop air fryer according to package. Serve with the included packet of sauce.



VEGETABLE DUMPLINGS

These dumplings can be naturally plant based and everyone will enjoy them
You can find **VEGETABLE DUMPLINGS** (also called Gyoza) in the freezer section at many stores. Check the package label for only plant based ingredients. Easy to prepare on the stove or countertop air fryer. Serve with a side of **PLANT BASED DIPPING SAUCE** or **SOY SAUCE**.



CRAB-LESS CAKES WITH VEGAN TARTER

Crispy on the outside and soft on the inside, these cr'b cakes will keep you coming back
Quick pan fry a package of frozen **PLANT BASED CRAB CAKES** and serve with a side of savory **PLANT BASED CREAMY TARTER SAUCE**. Make your own sauce with vegan mayo, a scoop of relish, and a dollop of ketchup all to taste.

**Note: may be most appealing to those accustomed to plant-based flavors & textures*



BUFFALO CHICKEN-LESS WINGS

Simply heat and serve these plant based wings, spicy but usually not over the top, so all will love
Heat a package of **BUFFALO CHICKEN-LESS WINGS** according to package instructions in the oven or air fryer. Serve with a **VEGAN RANCH DRESSING** or similar dip. Season it up with a splash of Frank's Red Hot for an authentic wing flavor.

**Note: may be most appealing to those accustomed to plant-based flavors & textures*



COCKTAIL MEAT(LESS)BALLS

Basic ingredients combine for a savory meat-less appetizer that tastes just like the original
In saucepan over medium heat add one package **MEATLESS MEATBALLS** of choice, one (12 oz) jar **HEINZ CHILI SAUCE**, and one jar **GRAPE JELLY** (double-check to make sure it is plant based). Cook for 20-30 or longer to soak up the savory sauce.

**Note: may be most appealing to those accustomed to plant-based flavors & textures*

**Always check food labels to ensure they're plant-based/vegan. Many products may be suitable, even without certification, while others you might think are vegan, aren't.*

Beginner Plant-Based Foods

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