

# 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 with only plant based ingredients. Heat in the oven for about 20 minutes and serve with the included package of sauce.



## Vegetable Dumplings

*Dumplings are always a hit - steam or heat in pan in minutes*

You can find dumplings (also called Gyoza) in the freezer section at many stores. Check the package label for only plant based ingredients. Easy to prepare and delicious. Serve with a side of soy sauce or special Gyoza Dipping Sauce.



## Crab-Less Cakes with Tarter Sauce

*Crispy on the outside and soft on the inside, these cr'b cakes will keep you coming back*

Quick pan fry these Gardein brand "Mini Cr'b Cakes" served with a side of savory plant based tarter sauce. Make your own with v-mayo, a scoop of relish, and a squirt of ketchup all to taste.



## Buffalo Chicken-Less Wings

*Simply heat and serve these plant based wings, spicy but not over the top so all will love*

Heat in the oven or air fryer according to package instructions. Serve with a v-ranch dressing or dip to round out the flavor or spike it up with splashes of Frank's Red Hot for an authentic wing taste.



## Cocktail Meat-Less-Balls

*Basic ingredients combine for a savory meat-less appetizer that tastes just like the original*

In medium saucepan over medium heat add one package Meatless Meatballs of choice, one (12 oz) jar Heinz Chili Sauce, and one jar v-Grape Jelly. Cook for 20-30 or longer to soak up the savory sauce.

*\*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.*

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