

vegan tater tots recipe

Vegan Tater Tots Recipe: Crispy, Delicious, and Homemade

Vegan tater tots recipe is one of those delightful discoveries that can instantly elevate your snack game or complement a meal with crispy, golden bites of potato goodness. Whether you're a longtime vegan or simply looking to incorporate more plant-based meals into your diet, making your own vegan tater tots at home is surprisingly easy and rewarding. Plus, you get the satisfaction of knowing exactly what's going into your food—no preservatives, no hidden dairy, just wholesome ingredients and crispy perfection.

If you've ever wondered how to make vegan tater tots that rival the frozen store-bought variety, this article will walk you through everything you need to know—from choosing the right potatoes to seasoning tips and baking techniques. Let's dive into the world of homemade vegan tater tots!

Why Make Vegan Tater Tots at Home?

Many commercial tater tots are not vegan due to the presence of dairy, eggs, or animal-based additives. By making your own vegan tater tots, you can avoid those unwanted ingredients and customize the flavor and texture to your liking. Homemade versions are often healthier, too, as you can control the amount of oil and salt used.

Another great reason to make tater tots from scratch is the fun of cooking. It's a simple recipe that doesn't require fancy tools, and it's a great way to get kids involved in the kitchen. Plus, nothing beats the aroma of fresh potatoes baking in the oven.

Choosing the Right Potatoes for Perfect Vegan Tater Tots

The type of potato you use can significantly impact the texture of your tater tots. Russet potatoes are the ideal choice because of their high starch content, which helps the tots hold together and crisp up nicely. Waxy potatoes like red or Yukon gold tend to be more moist and may result in softer tots.

When preparing your potatoes, it's important to cook them just right. You want to parboil or lightly steam the potatoes until fork-tender but not mushy. This ensures they mash easily without turning into a paste. After cooking, allow the potatoes to cool completely, as this helps reduce moisture and makes shaping the tots easier.

Ingredients for a Delicious Vegan Tater Tots

Recipe

Creating vegan tater tots involves simple, everyday ingredients. Here's what you'll need:

- **Russet potatoes:** The star ingredient, for fluffy and crispy texture.
- **Flaxseed meal or chia seeds:** Used as a vegan egg substitute to bind the mixture.
- **All-purpose flour or gluten-free flour:** Helps hold the tots together.
- **Onion powder and garlic powder:** For a subtle savory boost.
- **Salt and pepper:** To taste.
- **Olive oil or avocado oil:** For baking or frying and adding crispness.

Additional seasonings like smoked paprika, nutritional yeast, or fresh herbs can also be added to take your vegan tater tots to the next level.

Flax Egg: The Vegan Binding Agent

Since traditional tater tots may contain eggs, it's important to replicate that binding quality in a vegan recipe. Flax eggs are a simple, natural alternative. To make one flax egg, combine 1 tablespoon of flaxseed meal with 3 tablespoons of water, stir well, and let it sit for 5-10 minutes until it becomes gelatinous. This mixture helps bind the shredded potatoes and flour together so your tots hold their shape during cooking.

Step-by-Step Guide to Making Vegan Tater Tots

Making vegan tater tots is straightforward but paying attention to the details ensures the best results. Here's a step-by-step guide:

1. **Prep the potatoes:** Peel and cut the russet potatoes into chunks. Boil or steam them until just tender, about 10 minutes.
2. **Cool and mash:** Drain and cool the potatoes completely. Then, mash them lightly or grate them for a more textured tot.
3. **Mix ingredients:** In a large bowl, combine the cooled potatoes, flax egg, flour, and seasonings. Mix until evenly combined but don't overwork the potatoes.
4. **Shape the tots:** Using your hands, form small cylinders or ovals about the size of

traditional tater tots.

5. **Cook:** Place the tots on a parchment-lined baking sheet. Brush or spray with oil for extra crispness. Bake in a preheated oven at 425°F (220°C) for 20-25 minutes, flipping halfway through, until golden and crispy.

Alternatively, if you prefer a crispier exterior, you can pan-fry the tots in a small amount of oil over medium heat until browned on all sides.

Tips for Crispy Vegan Tater Tots

Achieving that perfect crispy exterior while keeping the inside soft isn't difficult if you follow a few key tips:

- **Remove excess moisture:** After cooking and before mixing, drain and press the potatoes to remove as much moisture as possible.
- **Don't overmix:** Overworking the potatoes can make your tots dense and gummy.
- **Use enough oil:** Lightly brushing or spraying the tots with oil before baking helps create a crispy crust.
- **Flip halfway through baking:** This ensures even browning on all sides.
- **Use parchment paper or a non-stick baking mat:** Prevents sticking and makes cleanup easier.

Serving Suggestions and Pairings

Vegan tater tots are incredibly versatile and can be served in many ways. They make a perfect snack or side dish for casual meals.

Classic Dips and Sauces

Pair your vegan tater tots with plant-based dips such as:

- Vegan ketchup or barbecue sauce
- Cashew-based ranch dressing

- Spicy sriracha mayo made from vegan mayonnaise
- Guacamole or avocado crema

These dips elevate the flavor and add a creamy or tangy contrast to the crispy tots.

Meal Ideas Featuring Vegan Tater Tots

Incorporate vegan tater tots into your meals for extra comfort and crunch:

- **Vegan tater tot breakfast bowl:** Top tots with sautéed veggies, avocado, and tofu scramble.
- **Tater tot casserole:** Layer tots with vegan cheese, plant-based ground meat, and veggies, then bake until bubbly.
- **Loaded tots:** Add vegan chili, jalapeños, and vegan cheese sauce on top for a decadent treat.

These ideas show just how versatile vegan tater tots can be beyond a simple side dish.

Storing and Reheating Leftover Vegan Tater Tots

If you have leftovers, store cooled vegan tater tots in an airtight container in the refrigerator for up to 3 days. To reheat, place them on a baking sheet and warm in a preheated oven at 375°F (190°C) for about 10 minutes to regain crispiness. Avoid microwaving if possible, as this can make them soggy.

For longer storage, you can freeze uncooked tots on a baking sheet, then transfer to a freezer bag. Bake them directly from frozen, adding a few extra minutes to the cooking time.

Making vegan tater tots from scratch is a gratifying and delicious way to enjoy this classic comfort food without compromising your plant-based lifestyle. With a few simple ingredients and some basic kitchen skills, you can create crispy, flavorful tots that everyone will love—whether served as a snack, side dish, or part of a creative vegan meal. Give this vegan tater tots recipe a try and discover just how tasty homemade can be!

Frequently Asked Questions

What ingredients do I need to make vegan tater tots?

To make vegan tater tots, you typically need potatoes, all-purpose flour or a gluten-free alternative, cornstarch, nutritional yeast for flavor, onion powder, garlic powder, salt, pepper, and oil for frying or baking.

How do you make crispy vegan tater tots?

To make crispy vegan tater tots, parboil the potatoes first, then grate and squeeze out excess moisture. Mix with flour and seasonings, shape into tots, and either deep fry in hot oil or bake at a high temperature, flipping halfway through.

Can I bake vegan tater tots instead of frying them?

Yes, you can bake vegan tater tots for a healthier option. Preheat your oven to 425°F (220°C), place the tots on a baking sheet lined with parchment paper, lightly spray with oil, and bake for about 20-25 minutes, turning them halfway through for even crispiness.

What is a good vegan dipping sauce for tater tots?

A popular vegan dipping sauce for tater tots is vegan ranch made with vegan mayo, plant-based milk, garlic powder, onion powder, dill, and lemon juice. Other options include ketchup, BBQ sauce, or a spicy vegan aioli.

Can I make gluten-free vegan tater tots?

Yes, to make gluten-free vegan tater tots, substitute regular flour with gluten-free flour or cornstarch. Ensure all other ingredients are gluten-free and handle the tots carefully to maintain their shape during cooking.

How long does it take to prepare vegan tater tots from scratch?

Preparing vegan tater tots from scratch usually takes about 45 minutes to 1 hour, including boiling the potatoes, cooling, grating, mixing, shaping, and cooking them either by frying or baking.

Are vegan tater tots healthier than regular tater tots?

Vegan tater tots can be healthier if made with whole, natural ingredients and baked instead of fried. They contain no animal fats or dairy, making them lower in cholesterol, but the overall healthiness depends on cooking method and ingredients used.

Additional Resources

Vegan Tater Tots Recipe: A Crispy, Plant-Based Delight

vegan tater tots recipe has emerged as a popular alternative for those seeking a plant-based twist on a classic comfort food. These golden, crispy bites, traditionally made from grated potatoes and deep-fried until crunchy, are a nostalgic favorite across many households. However, the vegan adaptation not only caters to those avoiding animal products but also opens doors to healthier, more allergen-friendly variations. This article explores the nuances of crafting the perfect vegan tater tots, analyzing ingredient choices, cooking methods, and nutritional considerations, all while maintaining the signature texture and flavor.

The Essence of a Vegan Tater Tots Recipe

At the heart of any successful vegan tater tots recipe lies the balance between texture and taste. Traditional tater tots rely heavily on dairy or eggs as binding agents, which pose challenges for vegan cooks. Achieving the right consistency without these ingredients requires innovative substitutions and an understanding of potato chemistry.

The primary ingredient remains the humble potato, typically russet or Yukon Gold varieties due to their starch content and moisture levels. Starch acts as a natural binder, essential for holding the tots together during frying or baking. In vegan recipes, common binders include flaxseed meal, chia seeds, or commercial egg replacers, each offering distinct pros and cons in terms of flavor neutrality, texture, and ease of use.

Ingredient Selection and Preparation Techniques

The choice of potatoes is pivotal. Russet potatoes, with their high starch and low moisture content, are often favored because they yield a fluffier interior and crisper exterior after cooking. Conversely, waxy potatoes, such as red or fingerling potatoes, tend to be waxier and less suitable for tots due to their tendency to hold more moisture, which can cause sogginess.

Preparation typically involves parboiling or steaming the potatoes to soften them without fully cooking, followed by cooling to reduce moisture and facilitate shredding or mashing. Some recipes advocate for grating raw potatoes directly, but this method often necessitates thorough draining and pressing to remove excess liquid, which is crucial to prevent tots from falling apart.

Binding Agents in Vegan Tater Tots

Without eggs, the binding function must be fulfilled by plant-based alternatives. Flaxseed meal mixed with water forms a gel-like substance that mimics egg binding properties. Similarly, chia seeds soaked in water serve the same purpose. These natural binders are

rich in omega-3 fatty acids and fiber, adding nutritional benefits beyond just functionality.

Other options include:

- **Arrowroot or cornstarch:** These starches help absorb excess moisture and improve crispiness.
- **Vegan mayonnaise or aquafaba:** Occasionally used for moisture and binding, though aquafaba can impart a slight bean flavor.
- **Ground oats or breadcrumbs:** These provide bulk and texture, assisting in holding the mixture together.

The choice of binder often depends on dietary preferences, availability, and desired texture.

Cooking Methods: Frying vs. Baking vs. Air Frying

The cooking method significantly influences the final texture and health profile of vegan tater tots. Deep-frying, the traditional approach, produces the crispest tots but involves higher fat content and calories, which may not align with health-conscious or oil-restrictive diets.

Baking offers a lower-fat alternative, with the potential trade-off of reduced crispiness. To optimize texture in the oven, recipes often recommend preheating a baking sheet, using parchment paper, and occasionally flipping the tots to ensure even browning. Spraying the tots lightly with oil before baking can enhance the crust without excessive greasiness.

Air frying represents a middle ground, combining the crisp texture of frying with significantly less oil. This method has gained popularity due to its convenience and ability to replicate deep-fried results more healthfully. Air fryers circulate hot air around the tots, creating a crunchy exterior while keeping the interior tender.

Comparative Analysis of Cooking Methods

Cooking Method	Crispiness	Health Impact	Ease of Use	Cooking Time
Deep-Frying	Very High	High Fat	Moderate	5-7 minutes
Baking	Moderate	Low Fat	Easy	20-25 minutes
Air Frying	High	Low Fat	Easy	15-20 minutes

This table can guide cooks in selecting the preparation style that best fits their priorities, whether focusing on texture, health, or convenience.

Flavor Enhancements and Variations

While classic tater tots are seasoned simply with salt, vegan versions offer ample room for creative flavoring. Incorporating herbs, spices, or nutritional yeast can elevate the taste profile, adding depth and umami notes.

Popular seasoning options include:

- Smoked paprika for a subtle smoky undertone
- Garlic powder and onion powder for savory richness
- Fresh chopped herbs like rosemary or thyme for aromatic freshness
- Nutritional yeast to introduce a cheesy, nutty flavor without dairy

Moreover, some recipes experiment by adding finely diced vegetables such as bell peppers, jalapeños, or scallions, contributing both color and flavor complexity.

Nutritional Considerations

Vegan tater tots, depending on preparation, can be a comparatively healthy snack or side dish. Potatoes provide vitamin C, potassium, and dietary fiber, but the cooking method heavily influences the caloric and fat content.

Deep-fried tots, while delicious, may contain upwards of 150-200 calories per serving, with significant saturated fat from the frying oil. Baking or air frying reduces fat content by 50% or more, making the dish more suitable for weight-conscious individuals.

Additionally, the use of whole-food binders like flaxseed enhances the fiber and omega-3 profile, contributing to cardiovascular health. Conversely, store-bought vegan tater tots often include preservatives and additives, making homemade versions a preferable choice for clean eating advocates.

Practical Tips for Perfect Vegan Tater Tots

Mastering vegan tater tots requires attention to detail. Here are essential pointers for optimal results:

1. **Drain Excess Moisture:** After grating or mashing potatoes, press the mixture with a clean kitchen towel to remove water, preventing sogginess.

2. **Use Fresh Ingredients:** Avoid pre-shredded potatoes with additives; fresh potatoes yield better texture and flavor.
3. **Chill the Mixture:** Refrigerate the potato mix for 30 minutes before shaping to improve binding.
4. **Uniform Size:** Shape tots evenly to ensure consistent cooking.
5. **Preheat Cooking Surface:** Whether frying or baking, a hot surface helps achieve crispiness.

These strategies collectively enhance the structural integrity and mouthfeel of the finished product.

Storage and Reheating

Vegan tater tots can be prepared in batches and stored in the refrigerator or freezer. Refrigerated tots should be consumed within 3-4 days, while freezing extends shelf life up to 3 months. For reheating, air frying or oven baking is preferred to restore crispiness, as microwaving tends to produce a soggy texture.

The ability to prepare and store these tots in advance is particularly advantageous for meal prepping, enabling quick access to a satisfying snack or side dish without compromising quality.

In exploring the vegan tater tots recipe, it becomes evident that this plant-based rendition successfully marries tradition with contemporary dietary needs. By carefully selecting ingredients, using innovative binders, and employing versatile cooking techniques, home cooks and chefs alike can produce crispy, flavorful tots that stand up to their conventional counterparts. Whether enjoyed plain, seasoned, or incorporated into creative dishes, vegan tater tots continue to carve a niche in the evolving landscape of modern comfort foods.

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vegan tater tots recipe: *Cooking for Kids - A Healthy Vegan Cookbook with 25 Recipes Kids*

Love Serena Day, 2020-05-14 It's hard satisfying children's cravings these days as they are increasingly exposed to fast food, junk food, unhealthy snacks and soft drinks. An unhealthy diet is bad for the brain and places a lot of stress on the immune system. *Cooking and Kids: A Healthy Vegan Cookbook with 25 Recipes Kids Love* is loaded with delicious meals that kids go crazy for. The recipes are also packed with nutrients and are completely vegan. This is a fun way to experience veganism with your kids and it may even stick for life! This book is the gateway to healthy, wholesome, kid-approved meals—which they can make along with you and with enough practice, they can make them all on their own! In this kids cookbook (quite suitable for adults as well), renowned author of “Herbal Medicine for Everyone: The beginner's guide to healing common illnesses with 20 Medicinal Herbs” and “20 Amazing Lotion Bars: How to Make Beautiful and Organic Lotion Bars With Ease!,” Serena Day, brings parents everything they need to win the hearts and minds of their kids with some of the most delicious meals ever imagined. In addition they are recipes that the whole family can join along in making together! Kids can become exceptional chefs, they simply need your help in building confidence cooking. You can use this guide with your kids to help them build the valuable skills they need to live a healthy and happy vegan lifestyle. They will gain expertise as the recipes progress from easy to medium to hard. With “Cooking and Kids: A Healthy Vegan Cookbook with 25 Recipes Kids Love” you'll get:

- A Vegan Mom's Guide to Fun and Healthy Meals for the Kids overviews the main issues around what it really means to be vegan and why vegan meals for kids can be just as fun as non-vegan alternatives.
- Ideas for Feeding a Vegan Child outlines some of the best ways to approach teaching our kids why eating as a vegan is so great. It also discusses things like calories, nutritional considerations and how kids can explain their diet to friends without getting made fun of.
- 21 Kid-Friendly Ideas and Recipes to Get Kids Loving Vegan Foods is packed full of loads of amazing ideas that really work when it comes to endearing kids to the appeal of a vegan diet and lifestyle.
- 25 Recipes Kids Love for breakfast treats like Blueberry Blast Banana Bread, healthy snacks like Smashed Silly Face Guacamole, family dinners like Lasagna Rollups, and yummy desserts like Peanut Butter Surprise Brownies. Watch and be amazed as we drive our kids crazy with some delicious new meals that are incredibly healthy, fun and exciting. It's also time to work with our kids and teach them how to become skilled and talented chefs in the kitchen using the fun and delicious recipes from *Cooking and Kids: A Healthy Vegan Cookbook with 25 Recipes Kids Love*.

vegan tater tots recipe: Epic Vegan Quick and Easy Dustin Harder, 2021-05-11 Accessible. Affordable. Delicious. These three words are at the heart of *Epic Vegan Quick and Easy*, a cookbook of simple one-pot and one-pan meals perfect for anyone who wants to dive into plant-based cooking. Veteran author and creator of *The Vegan Roadie* series, Dustin Harder serves as your guide to all things vegan, showing you how to use straightforward ingredients and techniques to make every meal epic. This book tells you how to create your own masterpieces by adding exciting flavors and textures, stacking layers upon layers of ooey-gooney goodness, and putting variety at your fingertips. No matter where you are on your food journey, the collection of epic recipes in this book will serve as your road map to enjoying flavor-packed, plant-based cooking. Vegetarian, vegan, flexitarian, occasionally meatless—all are welcome here! Create fast and delicious dishes such as: Beyond the Cinnamon Roll Sheet-Pan Pancakes Effortless Buttered Pan Biscuits Sesame Thai Chili Cauliflower Bites Made in Minutes Mini Pizza Cups Cherry Limeade Cobbler Bars Stress Free Reuben Burger Crafty One Pot Mac and Cheese Toasty Pear and Walnut Arugula Flatbread Spiced Hot Chocolate S'mores Brownies From quick breakfast bites to lunch breaks and sweet treats, these recipes cover every meal of the day, as well as scrumptious snacks, apps, and entrees. You'll also find great nutrient-rich staples, sheet-pan meals, and meal prep combos that require very little time and, better yet, minimal clean up! It's time to relax, play with your food and get epic with *Epic Vegan Quick and Easy*.

vegan tater tots recipe: The Herbivorous Butcher Cookbook Aubry Walch, Kale Walch, 2022-08-16 75 vegan recipes for meat alternatives and tasty dishes from cult favorite vegan butcher shop *The Herbivorous Butcher*. Think of any go-to American meat-focused cookbook. Now, imagine

it vegan. From the Guamanian brother-sister duo behind the acclaimed and beloved vegan butcher shop, The Herbivorous Butcher, here are 75 innovative recipes for plant-based meats and standout vegan dishes. These are butcher shop classics (but so much healthier) such as Pork Chops, Ground Beef, and Chicken Cutlets that taste and chew as good as the real thing—perfect for vegans as well as anyone who wants to eat less meat. Use these base recipes (or store-bought substitutes) to prepare super-tasty, hearty dishes that are—yep—totally vegan: Cherry-Glazed Rib Rack, Nashville Hot Popcorn Chicken, Kale's Very Fine Lasagna, BLT Couscous Crust Quiche, and more. With a chapter on bases, butters, and sauces that will elevate your vegan dishes, plus beautiful photography and entertaining stories, this book is a glimpse of the future—and the future tastes delicious.

AUTHORS WITH SERIOUS KNOW-HOW: Siblings Aubry and Kale Walch opened The Herbivorous Butcher in 2016, which quickly gained a cult following in their local Minneapolis and beyond. Their products are now sold in regional Whole Foods locations, and they ship a wide range of products to all 50 states and Puerto Rico. Their fans have been ardently asking for their recipes—and here they are, for the first time, in this book. **EAT LESS MEAT:** Whether for health, political, or environmental convictions, more and more people are eating less meat and embracing alternative proteins. The Herbivorous Butcher Cookbook offers achievable recipes for making meat substitutes at home, as well as recipes for delicious dishes using those homemade meat substitutes (or store-bought substitutes if you're in a pinch!). **RECIPES MADE AT HOME FROM REAL INGREDIENTS:** These recipes were originally developed in home kitchens by home cooks using widely available ingredients, such as vital wheat protein and soy. Perfect for: Vegans, vegetarians, and those looking to consume less meat Environmentalists Fans of The Herbivorous Butcher shop and products

vegan tater tots recipe: Mastering the Art of Vegan Cooking Annie Shannon, Dan Shannon, 2015-05-12 Annie and Dan Shannon, the authors of *Betty Goes Vegan*, are back. In their new book, they show readers how to cook creatively and thriftily with recipes, sidebars, and tips on stocking a pantry and using ingredients creatively. Most recipes result in leftover ingredients and servings that can be reused in multiple ways, reducing waste in your kitchen while keeping your meals fresh and flavorful. Inspired by the recipes and cost-saving techniques used during the Depression and World War II and paying a vegan homage to Julia Child, The Shannons have figured out how to get the most out of what you've already invested so that you can spend less and get more. With recipes like Korean Kimchi BBQ Burgers, Vegan Yankee Pot Roast, Not-cho Everyday Chili Dogs, and Savannah Pecan Pies, *Mastering the Art of Vegan Cooking* offers a way to make eating vegan both affordable and delicious.

vegan tater tots recipe: The I Love Trader Joe's Plant-Based Cookbook Kris Cramer, 2023-06-27 Just as Trader Joe's is the ultimate one-stop shop to stock up on tasty, eclectic foods for all dietary lifestyles, so too is the *I Love Trader Joe's Plant-Based Cookbook*! Designed for veteran vegetarians, fresh vegans, and curious carnivores alike, this handy cookbook comes with easy-to-follow recipes for delicious, animal-free dishes, including: Tasty Tofu Scramble; Tuscan Tomato Soup; Almond-Glazed Green Beans; Coconut Curry Polenta; Tempeh Tacos; African Peanut Stew; Pasta with Creamy Tapenade; Roasted Carrot Risotto; Pumpkin Spice Cobbler. Packed with simple instructions, full-colour photos, and newly updated vegan versions of recipes, the *I Love Trader Joe's Plant-Based Cookbook* takes the guesswork out of cooking no matter who's at your table.

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Instagram-worthy at the same time. Are you into playing with your food? Epic Vegan does just that, encouraging home cooks to think outside of the box. Author Dustin Harder, host and creator of the original vegan travel culinary series, *The Vegan Roadie*, is your culinary coordinator for the adventure ahead, sharing recipes that everyone from beginner cooks to experienced chefs can create at home. How does it work? Recipes are built from the ground up, so you can stop at just the biscuit, or go beyond to the Deep Dish Brunch Pizza with Garlicky Cheddar Biscuit Crust—the choice is yours! Also included are recreations of fast-food classics, like Norito's Los Tacos and Cray Cray Bread (you know you can't resist). Every creation is a flavor sensation guaranteed to wow your friends and your taste buds. The level of indulgence is up to you to decide! What does an Epic Vegan recipe sound like? Here are just a few examples: Festive Cheesy Spinach Bread Savory Cheddar Fondue Waffle Bowl Monte Cristo Rolls Crab Rangoon Pizza Double Stacked Cookie Dough Cake Bacon Macaroni and Cheese Blue Burger Hushpuppy Phish Filet Sandwich Pumpkin Cream Cheese Latte Shake Cheesesteak Baked Potato Bowl Fried Chicken n Waffle Benedict Sandwich Stuffed Crust Meatball Parm Pizza Almost Famous Buffalo Chicken Lasagna Churro Cup Sundaes Epic Vegan offers a choose-your-own-adventure approach for you to become a kitchen warrior in your own home, your own way. Playing with your food has never been more fun, or more epic!

vegan tater tots recipe: Air Fryer Cooking: 29 Delicious Vegetarian Airfryer Recipes Recipe This, Air Fryer Cooking: 29 Delicious Vegetarian Airfryer Recipes Welcome to my wonderful world of Air Fryer Cooking & this is my range of vegetarian recipes. Whether you are a vegetarian or not you'll love the variety of recipes in this ebook. We kick start things off with our potato recipes featuring all our favourite fries recipes. It even has some incredibly tasty vegetable fries. We then move onto more potato recipes before going down the route of amazing things you can make with vegetables and then cook in the airfryer. My personal favourite is the recipe for the cauliflower cheese tater tots. They also feature a lot of cheese (my biggest food addiction) so not very suitable for vegans. If you're looking for air fryer recipes that are meat and fish free then you've come to the right place!

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vegan tater tots recipe: *Healthy Vegan Air Fryer Cookbook* White, Dana Angelo, 2020-09-01 You don't have to give up fried foods just because you're vegan! Wondering what your air fryer can do? How about quickly making foods that use less oil than deep frying and thus have less fat than their traditional deep-fried counterparts? With this book, you can go even further by making foods that contain only vegan ingredients. Plus, every recipe has nutritional data to show you how low in calories and fat each meal is. You can make pizza, tacos, and, yes, even cake—all without compromising your eating habits and without needing to submerge your food in unhealthy oil. Not only can this appliance fry foods, but it can also bake, roast, and grill. So if you were hesitant to use your air fryer before, now you can put it to good use by making all your vegan favorites quickly, easily, and healthfully. *Healthy Vegan Air Fryer Cookbook* includes these features:

- 100 vegan recipes with low calories, low fat, and all-natural ingredients
- Healthier recipes for breakfast, dinner, sides, snacks, and even desserts
- Detailed nutritional data for every recipe, including calories, fat, carbs, fiber, and sodium
- Expert dietary information from Dana Angelo White, nutritionist for the Food Network, on being vegan

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Weight Loss, Dr. Emma Tyler breaks down the Keto Vegan Diet into a simple to understand and easy to follow weight loss and healthy eating plan that anyone can use to lose additional body weight and improve their overall health and wellness. Inside her weight loss guide, Emma will teach you about the following aspects of the Keto Vegan Diet: What the Keto Vegan Diet is. Major Health Benefits of Following the Keto Vegan Diet. What Foods Should be Eaten when Following the Keto Vegan Diet. What Foods Should be Avoided or Minimized on the Keto Vegan Diet. A Simple & Nutritious 7-Day Ketogenic Vegan Diet Meal Plan. How to Grocery Shop to Lose Weight. How Exercise can Increase Weight Loss with the Keto Vegan Diet. Lifestyle Benefits of Losing Weight on the Ketogenic Vegan Diet. Plus so much more... Let Emma help you take control of your weight and guide you through the process of losing extra pounds and maintaining your body weight by using the tried and tested Keto Vegan Diet and its easy to follow eating plan to improve your quality of life in as little as just 2 weeks.

vegan tater tots recipe: *Home-Cooked Vegan Comfort Food* Celine Steen, Joni Marie Newman, 2013-09-01 Hearty, comforting meal recipes that will satisfy vegans, vegetarians and omnivores alike, perfect for entertaining family and friends. Calling all insatiable appetites! To anyone who's ever thought "a meal without meat is a terrible thing to eat," we've got news for you: You're about to sink your teeth into some of the best food you've ever eaten. Food that happens to be vegan but is so full of hearty flavor and taste that even your non-vegan guests—and family members—will be left wondering if they just ate a meatless meal or a Thanksgiving feast. Inside, you'll be treated to a vast collection of more than 200 "secret weapon" recipes from authors Celine Steen and Joni Marie Newman, two plant-based pros who know what it takes to wow the socks off of anyone with straight-up great food. From Banana Split Waffles to Ultimate Patty Melts, they'll show you (and your meat-loving guests) that eating vegan doesn't mean sacrificing flavor, but rather enhancing it using the natural flavors found in fruits, vegetables, grains, spices, herbs, and more. Recipes include: Baked Cinnamon Sugar Donut Holes, Hearty Breakfast Bowl, Chocolate Stout Chili, Sweet Potato Po' Boys, Five-Cheese Baked Macaroni and Cheese, Crispy Burritos con Carne, Garlic Truffle Fries, Sun Dried Tomato, Garlic, and Basil Flatbread, Strawberry Cream Pretzel Pie, White Chocolate Almond Bars, Peanut Butter Rocky Road Pound Cakes Whether you're looking to impress or indulge—or both!—Home-Cooked Vegan Comfort Food is your ultimate source for mean and mouthwatering eats at every meal.

vegan tater tots recipe: **Unbelievably Vegan** Charity Morgan, 2022-01-18 NATIONAL BESTSELLER • 100+ big, bold, sock-you-sideways plant-based vegan recipes from the star of Unbelievably Vegan on Max "Charity is taking a practical approach to a plant-based diet. . . . She provides support and encouragement as she guides you through this exploration."—Venus Williams, from the foreword Whether you're new to plant-based eating or already a convert, when you cook vegan with Charity Morgan, private chef to elite athletes and rock stars, you may be leaving out the meat, dairy, and eggs, but you won't be missing out on the flavor and indulgence of all your favorite comfort foods. In her first cookbook, Charity lays out a plan for anyone who wants to eat less meat—whether they are looking to go completely vegan or just be a little bit more meat-free. Pulling inspiration from her Puerto Rican and Creole heritage as well as from the American South, where she lives with her family, Charity's recipes are full of flavor. Think Smoky Jambalaya; hearty Jerk-Spiced Lentils with Coconut Rice & Mango Salsa; Jalapeño-Bae'con Corn Cakes with Chili-Lime Maple Syrup; and a molten, decadent Salted Caramel Apple Crisp. Unbelievably Vegan offers more than 100 recipes for living a meat-free life without giving up your favorite comfort foods. Charity guides readers on how to use oyster mushrooms to stand in for chicken and how to spice walnuts to taste like chorizo! She proves that vegan food can be fun, filling, healthy, and above all else unbelievably delicious.

vegan tater tots recipe: *Vegan Diner* Julie Hasson, 2011-03-08 Presents 125 vegan recipes that include such categories as breads, soups, side dishes, main entrées, desserts, and sauces.

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and the planet.

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Favourites Recipe This, When you first buy an Airfryer you're probably wondering what on earth you are going to cook in it! Well in this Airfryer Recipe Cookbook we will be sharing with 211 tried and tested Airfryer recipes that have all been made in either our standard Philips Airfryer or our XL Digital Philips Airfryer. We love Airfryer cooking and it has made such a good impact on our lives. We want to share with you the huge variety of recipe ideas, with you so that you can fall in love with Airfryer Cooking too. It includes all kinds of Airfryer recipes including chicken, potatoes, vegetarian, vegan, desserts and our famous Airfryer KFC fakeaway range. So lets get Airfrying!

vegan tater tots recipe: Two Dollar Radio Guide to Vegan Cooking: The Yellow Edition

Jean-Claude van Randy, Eric Obenauf, 2020-09-07 The Two Dollar Radio Guide to Vegan Cooking series is a distinctively imaginative spin on cookbooks that combine equal parts vegan-cheffing prowess, humorous stories of adventure and mystery, and punk rock. Imagine Parts Unknown with Anthony Bourdain, but focused on hyping vegan food, crossed with Scooby Doo. Two Dollar Radio Headquarters in Columbus, Ohio, has become a vegan comfort food mecca thanks to celebrity chefs Jean-Claude van Randy and Speed Dog (with constructive criticism from Eric Obenauf). In this Two Dollar Radio Guide to Vegan Cooking: The Yellow Edition, the executive vegan chefs unearth a fount of vegan-cheffing knowledge. In addition to exquisite recipes and vegan life hacks, they—like every long-winded blogger whose recipe posts you've had to extensively scroll through—view food as a story: nary a meal is prepared without recalling an epic adventure, such as when Speed Dog summited Old Goat Mountain in Banff, armed with nothing more than a sack full of cherry Ring Pops and a wily pack burro. We are all explorers, vegan food explorers. Join us on this culinary journey—crafting delectable recipes and solving mysteries—as we slay Vegan Hunger Demons. This Guide to Vegan Cooking is for you if: * You're looking for satisfying comfort food; * You're interested in a vegan diet but are having trouble giving up cheese; * You're (vegan) fishing for accessible recipes that don't require hard-to-find ingredients you can't pronounce; * You crave ADVENTURE.

vegan tater tots recipe: Gluten-Free Family Favorites

Kelli Bronski, Peter Bronski, 2018-04-03 "A great collection of easy, foolproof recipes for those of us who would like to get dinner (and maybe even dessert!) on the table as often as possible."—Silvana's Kitchen Cooking and sharing meals is something every family should be able to enjoy together—however many family members eat gluten-free. If your household is avoiding gluten, this book will lead the way to recreating your family's old favorites, and introduce you to a few new ones, too! Gluten-Free Family Favorites makes gluten-free cooking fun, with 75 recipes designed to meet your family's everyday needs (and wants!), including: Breakfasts to start the day off right (French Toast Sticks, Banana Mini Muffins, Sweet Potato Pancakes) Snacks and sides that satisfy (Cashew Coconut Chia Squares, Soft Pretzels) Balanced dinners (Pumpkin Gnocchi Nuggets, Spaghetti Bolognese, Quesadillas) Familiar classics (Personal Pizzas, Fish Sticks, Chicken Fingers) Tasty treats (Apple Cider Donuts, Waffle Cones, Chocolate Peanut Butter Brownies) Each kid-tested and -approved recipe includes "Kids Can" tips to get kids themselves helping with the cooking, plus modifications for families avoiding other allergens or eating a vegetarian or vegan diet. Authors Kelli and Peter Bronski also teach the ins and outs of a gluten-free diet, including how to maintain a gluten-free kitchen, avoid cross-contamination, reduce the higher grocery bills that can come with a gluten-free diet, and empower children to select and prepare food for themselves.

vegan tater tots recipe: Meatless Monday Recipes

Natalia Corres, 2013-03-12 This is a compilation of recipes from my examiner.com column, where I report on sustainable living. I consider going meatless at least one day a week as a viable way to prove out sustainability in one's personal life as well as in the community. Enjoy!

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