

CELEBRATE LIFE BY HOSTING A HEALTHFUL PLANT-BASED PARTY



What if you and your guests were to finish a party healthier than when the party began? When you follow Melanie's recommendations, from now on, you can host parties full of delicious options that improve the health of you and your guests.

When you host a party, you are celebrating life. Melanie talks you through a wide variety of ways to nourish yourself and your loved ones with healthful foods to enjoy during the time you spend together. She gives you many ideas that you can research on your own, and adds some of her favorite recipes to delight your inspiration and taste buds!

APPETIZERS

Make different dips and pair them with veggie sticks, healthy crackers or homemade chips.

Melanie's personal favorites are those dips made out from legumes. Here are some examples:

1. Black bean dip with "Pico de Gallo"
2. Different variations of hummus
3. Edamame dip
4. White bean, lime & dill dip

You can also prepare dips with different whole sources of good fatty acids, such as guacamole, cashew dips, pesto dips, etc.

Melanie shares with you two recipes she learned from Chef Ashley Madden:



Spring Edamame and Green Pea Hummus

Ingredients

- ▶ 1 1/2 cups frozen organic shelled edamame
- ▶ 1 1/2 cups frozen green peas
- ▶ 2 garlic cloves
- ▶ 3 tablespoons well-stirred almond butter
- ▶ 3-4 tablespoons freshly squeezed lemon juice
- ▶ 1/4 teaspoon red pepper flakes
- ▶ 1/2 teaspoon salt
- ▶ 1/4-1/2 cup water

Procedure

1. Boil both edamame and green peas in a pot till softened.
2. Once cool, add them to a high-speed blender together with all the other ingredients.
3. Add water as needed while processing to reach a smooth, creamy texture.



Unforgettable French Onion Dip

Ingredients

- ▶ 1 cup cashews, soaked in water for 2-3 hours
- ▶ 1 cup cooked or canned baby or cannellini beans, drained and rinsed
- ▶ 2 tablespoons freshly squeezed lemon juice
- ▶ 1 tablespoon apple cider vinegar
- ▶ 1/4 cup dehydrated minced onion
- ▶ 1 1/4 teaspoon onion powder
- ▶ 2 teaspoons nutritional yeast
- ▶ 1 teaspoon salt
- ▶ 1/2-3/4 cup water

Procedure

1. Drain the cashews and discard the soaking liquid.
2. Add all of the ingredients to a high speed blender.
3. Blend with patience while adding water as needed to reach a dip-like texture
4. Transfer to a serving bowl and garnish with roasted onions, fresh herbs or cashews.



DRINKS

First and above every other option, please offer water.
That's your essential party drink.

Additional options Melanie recommends for your next gathering:

- ☉ Flavored water with fruits and herbs
- ☉ Natural coconut water
- ☉ Homemade lemonade with dates and mint
- ☉ Frozen smoothies with different types of fruits: mango, watermelon, pineapple, etc.
- ☉ Mocktails (drinks without alcohol) made out from sparkling water, coconut milk and/or natural juices.

Melanie shares some delicious beverage recipes:



Watermelon Margarita

Ingredients

- ▶ 1 1/2 cup fresh watermelon
- ▶ 3 pre-soaked dates (in 1/2 a cup of water for at least 10 minutes)
- ▶ Juice of 1 freshly squeezed lemon
- ▶ 1/2 can unflavored sparkling water
- ▶ Pinch of salt
- ▶ 3-5 ice cubes

Procedure

Add all the ingredients in a blender until you like the consistency



Frozen Mango Mocktail

Ingredients

- ▶ 1 cup of frozen mango
- ▶ 3 pre-soaked dates (in 1/2 a cup of water for at least 10 minutes)
- ▶ Juice of 1/2 of a freshly squeezed lemon
- ▶ 1/2 can unflavored sparkling water
- ▶ Pinch of salt

Procedure

Add all the ingredients in a blender until you like the consistency



Virgin Piña Colada

Ingredients

- ▶ 1 cup frozen pineapple
- ▶ 5 pre-soaked dates (in 1/2 a cup of water for at least 10 minutes)
- ▶ 1 cup whole coconut milk

Procedure

Add all the ingredients in a blender until you like the consistency



MAIN COURSES

Melanie recommends that you consider choosing a theme or style and based on that, select the recipes for your main courses.

Here are some options you can choose from:

Barbeque Party Ideas

1. Using Your Grill:

- ⊗ Corn on the cob
- ⊗ Skewers with tofu and veggies
- ⊗ Grilled avocado
- ⊗ Grilled potatoes paired with plant based mayo (“vegannaise”)
- ⊗ Roasted pineapples
- ⊗ Barbequed tempeh “ribs”
- ⊗ Smoked portobello mushrooms

2. Fresh green salad

3. “Pico de Gallo”



Japanese party Ideas

1. Plant-based sushi rolls
2. Pulled jackfruit baos
3. Miso soup
4. Stir fried vegetables and tofu
5. Spring rolls
6. Wakame salad

Indian Party Ideas

1. Lentil dahl
2. Different sorts of curries
3. Chickpea tikka masala
4. Brown rice
5. Turmeric rice
6. Sauteed vegetables
7. Naan
8. Bombay potatoes

Mexican Party Ideas

1. Tempeh tacos
2. Corn on the cob
3. Legume-based dips
4. Tofu burritos
5. Guacamole
6. "Pico de gallo"
7. Plant-based sour cream
8. Air fried nachos
9. Fresh salad
10. Grilled veggies

Italian Party Ideas

1. Bruschettas
2. Pizza with lots of vegetables and homemade sauces
3. Pastas with lots of vegetables and homemade sauces
4. Veggie casseroles
5. Plant-based lasagna

Lebanese Party

1. Different sorts of hummus
2. Babaganoush
3. Fresh salads
4. Tabouli
5. Fattoush salad
6. Almond rice
7. Lebanese lentils & rice
8. Plant-based labneh
9. Falafels
10. Grilled veggies
11. Zaatar bread
12. Homemade moussaka
13. Lebanese potatoes
14. Green bean tomato stew
15. Cabbage rolls
16. Lentil kibbeh



DESSERTS

I would suggest you keep it simple and just come up with one or two options.

It could be a fresh fruit salad, homemade cookies, mousses or a plant-based cake.

You could also skip it and just stay with the natural drinks offered, after the main course.

It will be up to you but it's not something necessary every time you host a meeting or party.

DIGESTIVE INFUSIONS OR TEAS

You can have a selection of different teas for people to enjoy as a way to finish the meal.

1. Matcha tea
2. Hibiscus infusions
3. Chai latte
4. Golden milk

SOME FINAL THOUGHTS FOR YOU

Coming up with a healthful plant-based party invites you to:

1. Slow down
2. Use natural ingredients
3. Level up your creativity
4. Create a very interesting memory for your guests to hold long after your event, because everything was delicious and nourishing.

You are planting some healthy seeds into the lives of your friends and family members, which is a very positive influence in their lives.