

A top-down view of a white bowl filled with a hearty lentil soup. The soup has a rich, reddish-brown broth and is packed with ingredients including lentils, yellow corn kernels, and cubed potatoes. It is garnished with finely chopped green herbs. In the background, another bowl of the same soup is partially visible on the left, and a gold-colored spoon rests on the right. The bowl sits on a white textured surface, possibly a napkin, with some small food particles scattered around.

Top 10 Plant-based Recipes

Delicious and nourishing favorites you're going to love

becoming you
— with juice

follow along:



Welcome!

Hi, I'm Julie, holistic health coach, mom of nine, and the creator of [Becoming You With Julie!](https://becomingyouwithjulie.com)



This space was built during a deep transition in my life, a time when I was rebuilding everything from the inside out.

And it all started in the kitchen.

Because I believe food is more than what's on our plate.
It's how we reset, build better habits, feel good in our bodies, and create a life that truly supports us.

Maybe you're here because you're working on building better habits.
Or maybe you're just looking for easy, delicious meals that make you feel good.
Either way, I'm so excited you're here.

And it doesn't have to be perfect to be powerful. Sometimes, a simple, nourishing recipe is exactly what we need to feel a little more like ourselves again.

I've always been inspired by the Blue Zones: Long-living communities around the world where people eat close to the earth, move naturally, and live with deep purpose.

Meals that aren't perfect, but intentional. Rooted in plants, shared in community, and woven into daily life as a source of energy, joy, and connection.

That's what I believe in, too.

That great food leads to great habits, and great habits create a great life.

It's not about restriction, but intuition. Listening to your body and honoring it with food that makes you feel good.

Not perfect. Not polished.

Steady, deeply nourishing, and for real life—the kind where some days you feel grounded and other days you're barely holding it together.

Inside this guide, you'll find 10 of my go-to recipes—ones I make on the busiest days, the messiest weeks, or when I just want something that tastes really good.

These recipes aren't just my most popular—they're the ones I lean on, too.

They're comforting. Plant-based. And made for real life.

If you're here for food that feels like care—food that supports who you're becoming—then you're in the right place.

Whether you try one recipe or all ten, I hope they bring a little comfort, nourishment, and ease to your kitchen.

And I hope you come back to them whenever you need a reset.

You don't have to do everything. Just start here.

With food that feels like care.

With gratitude,



Follow along on [Pinterest](#), [Instagram](#), [YouTube](#), [Facebook](#), and [TikTok](#)!

I'd love to see what you make! Tag your creations [@becomingyouwithjulie](#) or use [#becomingyouwithjulie](#) on Instagram!

Just so you know, I sometimes use affiliate links for products I love. If you decide to try them, it may support my work at no extra cost to you. Thank you! :)



Lentil Vegetable Soup



Save this recipe!

This lentil vegetable soup is hearty, deeply nourishing, and layered with savory, tangy richness-made from whole, simple ingredients.

Prep Time 15 minutes Cook Time 45 minutes Makes 7 servings

- 1 heaping cup green or brown lentils, rinsed and picked over
- 4 cups water, for cooking lentils
- 2 bay leaves
- 1 Tbsp [sea salt](#), measured into a small bowl, added gradually
- 1 Tbsp extra virgin olive oil
- 1 medium yellow onion, finely diced
- 1 large carrot, finely diced
- 3 celery stalks, finely diced
- 4 cloves garlic, minced
- 1 large Yukon Gold potato, finely diced
- 1 tsp dried thyme
- 1/4 tsp red pepper flakes
- 6 cups water
- 2 [vegan bouillon cubes](#)
- (1) 28oz can crushed tomatoes
- 1 Tbsp [Tamari](#)
- 1 tsp maple syrup
- 1 Tbsp [tahini](#)
- Black pepper, to taste
- 1-2 light splashes balsamic vinegar, to taste
- 1 cup frozen corn, optional
- 1-2 handfuls baby spinach, optional

1. **Cook lentils:** In a small pot, combine lentils, 4 cups water, and bay leaves. Bring to a boil, then simmer partially covered for 25 minutes. Skim foam if needed. Remove bay leaves when done.
2. **Sauté veggies:** While lentils cook, heat oil in a large soup pot over medium. Add onion, carrot, celery, and a pinch of salt. Sauté 7–10 minutes until soft and golden. Add water in splashes if dry. Stir in garlic and cook 30–60 seconds until fragrant.
3. **Add broth & potatoes:** Add 6 cups water, vegan bouillon cubes, potatoes, thyme, red pepper flakes, and a few more pinches of salt. Bring to a boil, then simmer partially covered for 15 minutes.
4. **Add tomatoes & lentils:** Stir in crushed tomatoes, cooked lentils, Tamari, and maple syrup. Simmer 5 more minutes, partially covered, until potatoes are tender.
5. **Finish:** Turn off heat. Stir in tahini, remaining salt from the bowl, black pepper, and balsamic vinegar to taste.
6. **Optional add-ins:** For creaminess, blend a portion with an immersion blender. Stir in corn or baby spinach if using.
7. **Taste & serve:** Let sit 5–10 minutes, then taste and adjust seasoning. Ladle into bowls, drizzle with olive oil, sprinkle flaky salt if desired, and serve with crusty bread. Enjoy!

Notes

- After resting, taste the soup again to make sure it has the right balance of salt, acidity, and seasoning. Add any final adjustments if necessary.

Hibiscus Tea Strawberry Lemonade



Save this recipe!

The best hibiscus tea strawberry-lemonade refresher is a top pick in hibiscus drinks recipes. Perfect for summer and beyond, it's delicious and healthy in the best of ways.

Prep Time 5 minutes Cook Time 5 minutes Makes 2 servings

- 2 cups water
- 2 hibiscus tea bags, OR 2 Tbsp of dried hibiscus flowers
- 1/2 cup strawberries
- 1/4 cup lemon juice, freshly squeezed
- 2-3 Tbsp maple syrup, adjust to taste
- Optional toppings: Extra sliced strawberries and lemon slices, and/or fresh mint leaves.

1. **Hibiscus tea:** In a tea kettle, start by bringing your water to a boil. Once boiling, remove from heat, and place hibiscus tea bags (OR dried hibiscus flowers) into the kettle. Steep for 5-7 mins (the longer it sits, the stronger your tea will be). Then, take out the tea bags (or strain out the flowers), and let the tea cool.
2. **Strawberry puree:** Wash and slice your strawberries and add them to a blender along with 1/4 cup of the cooled hibiscus tea. Puree (blend until smooth), and optionally strain through a fine mesh sieve or nut milk bag for a smoother texture.
3. In a large pitcher, combine the remaining cooled hibiscus tea, strawberry puree, lemon juice, and maple syrup. Stir to combine. Taste and adjust to your liking: For more sweetness, add more syrup, and for more tartness, add more lemon juice. Pour over ice and garnish with lemon slices, more fresh strawberries, and a sprig or two of mint. Enjoy!

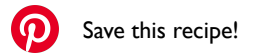
Notes

- You can brew the hibiscus tea up to 2-3 days in advance and store it in the refrigerator. This will save time when you're ready to make the lemonade. If the tea is already made and chilled, the recipe takes about 10 mins to prepare.





Healthy Nachos Recipe in a Bowl



Healthy Nachos Bowls are sure to please. Featuring lettuce, cabbage, beans, nacho cheesy sauce, guacamole, salsa, and jalapeños. It's a delicious and healthy crowd-pleasing meal.

Prep Time 10 minutes Cook Time 0 minutes Makes 4 servings

- 2 cans whole beans, drained and lightly salted OR 3 cups [Refried Instant Pot Beans](#)
- 2 heads romaine lettuce, diced
- 1 cup diced red cabbage, OR green
- 8 Tbsp [salsa](#)
- 1 batch [pico de gallo](#), OR 1 large onion and 2 tomatoes, diced
- 1 cup [nacho cheesy sauce](#)
- 5 Tbsp [guacamole](#), OR 1 sliced avocado
- 5 Tbsp [sour cream](#)

1. Fill the bowl partway with diced lettuce and cabbage. Add a scoop of beans (without the liquid) in a corner.
2. Add your tomatoes, onions, or pico de gallo in the other corners.
3. In the center, add your guacamole, sour cream, and salsa.
4. Drizzle Nacho Cheese Sauce to your liking.
5. Top with jalapeños and green onions if using.
6. Add some chips on the side, or crush some on top. Enjoy!

Notes

-Optional toppings: Pickled jalapeños, pickled onions, cilantro, green onions, baked tortilla chips, bell peppers

The Best Egg Roll Dipping Sauce



Save this recipe!

A simple, irresistible egg roll dipping sauce recipe bursting with sweet, spicy, and garlicky flavors!

Prep Time 5 minutes Cook Time 10 minutes Makes 2 servings

- 1/4 cup sugar, see notes
- 2 Tbsp white vinegar
- 1 tsp salt
- 3 dried chile de árbol peppers, OR japones
- 7 peeled garlic cloves
- 1/4 cup water

1. Start by placing the sugar (or your chosen sweetener), white vinegar, salt, dried Chile de Árbol, peeled garlic cloves, and water into your blender. Blend on medium-high until everything is well combined and smooth.

2. Pour the mixture into a small saucepan and bring it to a boil over medium-high heat.

3. Once boiling, reduce the heat and let it simmer on low for 10 mins or until the sauce thickens and bubbles begin to form. Stir occasionally to prevent sticking to the bottom of the pan.

Notes

- Sweetener: White sugar is my go-to for this sauce. See the full post for alternate sweeteners.
- We usually double or triple the recipe as it disappears fast.
- You can adjust garlic and chiles depending on your preference.





Best Homemade Guacamole



Save this recipe!

Indulge in the ultimate homemade guacamole experience. Delicious and good for you. Ideal for gatherings and everyday meals!

Prep Time 10 minutes Cook Time 0 minutes Makes 4 servings

- 3 avocados, pitted
- 1 lime, squeezed, *more or less to your liking*
- 1 Roma tomato, *diced*
- 1/4–1/2 cup red or white onion, *finely diced, depending on how much you like*
- 1/4–1/2 bunch cilantro, *minced, optional*
- 1/2 jalapeño with seeds removed, *diced, optional*
- 1–2 cloves garlic, *finely minced, optional*
- 1 tsp sea salt, *adjust to your liking*

1. Add peeled and pitted avocados, squeezed lime, and salt to a large bowl.
2. Mash with a fork or masher, or blend with an immersion blender, depending on the level of creaminess you prefer.
3. Add the remaining ingredients and stir to incorporate.
4. Adjust flavors to your liking. Add more lime or salt to taste.
5. Place in a serving bowl or molcajete.
6. Serve right away with chips, tortillas, or veggies (cauliflower is terrific for dipping).
7. Enjoy!

Vegan Lasagna Soup



Save this recipe!

This protein-packed vegan lasagna soup is comfort in a bowl-While this recipe has a few steps, it's surprisingly simple and largely hands-off. A little active prep, and then the oven and stove take care of the rest!

Prep Time 10 minutes Cook Time 40 minutes Makes 6 servings

- 1 batch [Vegan Tofu Sausage Crumbles](#), optional but highly recommend

LASAGNA SOUP

- 1 Tbsp olive oil, OR water
- 1 yellow onion, finely chopped
- 1 small carrot, grated
- 1 stalk celery, finely diced
- 4 cloves garlic, minced
- 1 tsp sea salt, placed in a small bowl to add gradually
- Splash red wine, OR vegetable broth
- 5 cups [low-sodium vegetable broth](#)
- (1) 28oz can whole tomatoes, mashed or blended, or crushed
- (1) 6oz can tomato paste
- 2 tsp dried basil
- 1.5 tsp dried oregano
- 1/2 tsp crushed red pepper
- 7 [lasagna sheets](#), broken into large pieces, for GF see Notes
- 1/4 cup fresh basil leaves, torn
- 2 tsp [Tamari](#), OR soy sauce
- Splash balsamic vinegar, optional

CASHEW CREAM

- 1/2 cup [unsalted and unroasted cashews](#)
- 1/2 cup water
- Pinch of [sea salt](#)

1. **Soak cashews:** Cover with hot water and soak for 15–20 mins.

2. **Prepare [Vegan Tofu Sausage Crumbles](#) (optional):** Or use store-bought vegan sausage.

3. **Sauté aromatics:** Heat oil in a large pot over medium. Add onion + pinch of salt. Sauté 5–7 min until golden. Add carrot and celery; cook 2–3 min. Stir in garlic and cook 1 more min.

4. **Deglaze:** Add splash of red wine or broth to lift any browned bits.

5. **Add base:** Stir in broth, tomatoes (mashed or crushed), tomato paste, basil, oregano, crushed red pepper, and more salt. Bring to a gentle boil, then lower to a rolling simmer. Partially cover and simmer for 10 mins.

6. **Blend cashew cream:** Drain soaked cashews. Blend with 1/2 cup water and a pinch of salt until smooth.

7. **Add pasta:** Stir in broken lasagna noodles (see Notes for GF). Simmer 8–10 mins, stirring often to prevent sticking.

8. **Finish soup:** Stir in vegan sausage crumbles, 3 Tbsp cashew cream, and fresh basil. Warm through. Season with Tamari, balsamic (if using), or more salt to taste.

9. **Serve:** Ladle into bowls. Top with more cashew cream, basil, and vegan parmesan. Serve with crusty bread and enjoy!

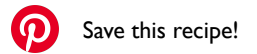
Notes

- Make sausage crumbles ahead or bake while soup simmers.
- Add extra broth if soup thickens too much.
- For gluten-free: cook GF noodles separately and stir in before serving.





Crispy Vegan Taquitos



These vegan taquitos honor traditional Mexican flavors with a crispy, plant-based spin. They're easy to customize, meal prep-friendly, and perfect for sharing with the whole family.

Prep Time 30 minutes Cook Time 30 minutes Makes 6 servings

- 2 tsp neutral oil, (canola/avocado) OR water
- 1 small onion, diced
- Pinch of salt
- 1 medium tomato, chopped
- 1 stalk celery, diced
- 1 jalapeño, diced
- 2 cloves garlic, minced
- 1/4 cup low-sodium vegetable broth, for deglazing
- (1) 15oz can black or pinto beans, drained and rinsed, OR 1.5 cups homemade beans
- 2 cups low-sodium vegetable broth, OR water and omit vegan bouillon cube
- 1 vegan bouillon cube
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp cumin
- Pinch of cayenne pepper, optional
- 1/4 tsp smoked paprika
- 1/2 tsp Mexican oregano, optional
- 1 tsp sea salt, divided, or to taste
- 4 Tbsp [Queso Salsa](#)
- 21 small corn tortillas
- Oil for brushing or spraying, optional, for extra crispiness

1. Prepare salsa: To save time, boil the salsa ingredients while chopping and cooking the mirepoix. Alternatively, prepare the salsa during the 20-min bean simmer for a more relaxed pace.

2. Make the filling: Heat oil (OR water) in a large skillet over medium heat. Add onion, and a pinch of salt. Sauté for 5 mins. Stir in tomato, celery, and jalapeño. Cook 5–7 mins more. Add garlic and cook for 1 additional min. Deglaze with broth. Add the beans, low-sodium vegetable broth, vegan bouillon cube, all spices, and 1/2 tsp salt. Stir well and mash slightly with a fork or masher. Simmer uncovered for 20 mins, stirring occasionally. Then, stir 4 Tbsp of the queso salsa into the beans and, optionally, blend with an immersion blender for a creamy texture. Taste and add remaining salt as needed. Turn off heat.

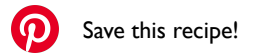
3. Assemble the taquitos: Heat tortillas in a skillet for 10–15 seconds per side to keep them soft and rollable. To each tortilla, add 2 Tbsp of filling near one edge and roll tightly. Place seam-side down, securing with a toothpick if needed. Brush or spray with oil for extra crispiness.

4. Cook the taquitos: Preheat your air fryer to 390°F. Arrange taquitos in a single layer in the basket and cook for 6–8 mins, flipping halfway through. You can also bake these taquitos: Preheat your oven to 425°F, and bake for 12–15 mins, flipping halfway through. Once done, let them cool slightly and remove toothpicks if you used them. Serve with the remaining salsa and top with shredded lettuce, diced onion, lime, guacamole, and/or vegan sour cream. Enjoy!

Notes

- Remove seeds from jalapeño before dicing for less heat

Chickpea Soup



A nourishing, plant-based noodle soup. Packed with protein-rich chickpeas and an array of spices, it's the perfect way to ignite your day and nourish your soul.

Prep Time 10 minutes Cook Time 20 minutes Makes 4 servings

- 1 onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 3 cloves garlic, minced
- 1 Tbsp oil, OR water
- 7 cups water + 2 [vegan bouillon cubes](#)
- 1/8 tsp cayenne, OR 1/4 tsp red pepper flakes
- 1 tsp thyme
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp paprika
- 1 can chickpeas (garbanzo beans), drained and rinsed, about 1.5 cups
- 4oz pasta, (angel hair or spaghetti; about 1/4 of a 16 oz package)
- 2 tsp [Tamari](#), more to taste
- 2 tsp [tahini](#)
- 1 tsp maple syrup
- 1 tsp salt or to taste
- 15 turns black pepper

1. **Prep Veggies:** Dice the onion, carrot, and celery. Mince the garlic.
2. **Sauté:** In a large pot over low to medium heat, warm oil (or water), then add onion, carrot, and celery. Cook for 5–7 mins until softened.
3. **Add garlic:** Stir in the minced garlic and cook for 30 seconds, just until fragrant—don't let it burn.
4. **Add broth:** Pour in 7 cups water and add 2 vegan bouillon cubes. Or use 7 cups vegetable broth instead for a richer base.
5. **Season:** Stir in cayenne (or red pepper flakes), thyme, garlic powder, onion powder, and paprika.
6. **Add chickpeas:** Add drained chickpeas and mix well.
7. **Simmer:** Bring to a boil. If using spaghetti, wait to add it until boiling. Reduce to a rolling simmer and partially cover the pot.
8. **Add pasta:**
 - **For angel hair:** Simmer the soup first for 10–12 mins. Raise heat slightly, add pasta, and cook 2–4 mins or until al dente.
 - **For spaghetti:** Add to boiling soup, reduce to a rolling simmer, and cook 10–12 mins or follow package instructions.
9. **Finish soup:** Turn off heat. Stir in Tamari, tahini, maple syrup, salt (start with 1 tsp and adjust from there), and black pepper (about 15 turns).
10. **Adjust & serve:** Taste and adjust seasoning. Add water 1/2 cup at a time if soup is too thick.

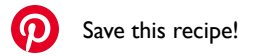
Notes

- Make-ahead tip: To prevent soggy noodles, cook pasta separately and add just before serving.





Vegan Chocolate Chip Cookies



Soft, chewy, and perfectly sweet, these easy vegan chocolate chip cookies are packed with gooey chocolate in every bite. Simple to make and full of melt-in-your-mouth goodness!

Prep Time 10 minutes Cook Time 27 minutes Makes 6 servings

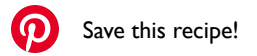
- 1 cup + 1 Tbsp oat flour, 110g, for homemade see Notes
- 3/4 cup all-purpose flour, 110g
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/3 cup vegan butter, melted, 75g
- 1/2 cup light brown sugar, firmly packed, 110g
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- 2 Tbsp plant-based milk, almond, oat, or soy milk work
- 1/3 cup vegan chocolate chips, I love Enjoy Life brand for cookies

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a medium bowl, combine oat flour, all-purpose flour, baking soda, and salt. Set aside.
3. In a separate medium bowl, whisk the melted butter and brown sugar for 2–3 mins until smooth, glossy, and slightly thickened.
4. Whisk in maple syrup, vanilla, and non-dairy milk.
5. Gradually stir the dry ingredients into the wet until just combined. Then, fold in vegan chocolate chips (be careful not to overmix).
6. Refrigerate for at least 30 mins to 24 hours (optional, but highly recommended). If chilled over an hour, let the dough sit at room temperature for 5–10 mins or until it's soft enough to scoop.
7. Scoop 2 Tbsp (57g) of dough per cookie and place on the baking sheet, leaving 2 inches between each. Bake for 10–11 mins (depending on your oven), rotating halfway if needed, until the edges are slightly firm. The centers will still look soft when you take them out—but they'll firm up as they cool.
8. Cool on the baking sheet: Let cookies cool on the sheet for 10 mins before transferring to a rack to finish cooling.

Notes

-To make homemade oat flour, blend raw rolled oats in a blender on high until it becomes a fine meal.

Crispy Air Fryer Sweet Potato Wedges



Air fryer sweet potato wedges seasoned to perfection, with edges cooked to crispy golden goodness. Easy to make and a perfect snack or a healthy side dish for dinner. A crispy anytime treat with less oil and all the natural sweetness of sweet potatoes.

Prep Time 10 minutes Cook Time 12 minutes Makes 6 servings

- 2 medium-large orange sweet potatoes, skin on for more nutrients, cut into wedges
- 1.5 Tbsp avocado oil, or your preferred oil, such as extra virgin olive oil
- 1 tsp maple syrup
- 1 Tbsp [nutritional yeast](#)
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp smoked paprika
- 1/8 tsp cayenne pepper, optional, for heat
- 1/4 tsp black pepper
- 1/2 tsp [sea salt](#)
- 1 Tbsp cornstarch, optional for extra crispiness
- Chopped fresh parsley to garnish

1. Preheat the air fryer to 375°F (190°C) for the best results. Wash and dry the sweet potatoes well. Then slice off the ends. Cut them into 1/2-inch wedges for uniform cooking.

2. In a large [mixing bowl](#), toss the wedges with avocado oil and maple syrup.

3. In a small bowl [whisk](#) together the remaining seasonings and cornstarch.

4. Add the seasonings to the sweet potatoes and give them a good shake to coat evenly.

5. Place the seasoned wedges in a single layer in the air fryer basket, making sure they're not touching. If needed, cook in batches. Cook at 375°F for 12 mins, checking at the 10-min mark, as air fryers can vary. If needed, add a few more minutes for extra crispiness. Flip the wedges at the 6-min mark for even cooking.

6. Sprinkle with a pinch or two of sea salt. Serve with your favorite dipping sauce. Our favorites are [creamy vegan chipotle sauce](#) or [creamy maple dijon dressing](#) — or enjoy them on their own!



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