

Sunday Morning Health Corner

Easter Vegan Dishes

Including **vegan dishes** on your Easter menu is a delightful way to blend our rich cultural traditions with healthier plant-based approaches.

Know the basics:

- **Don'ts:** eggs, dairy, meat, poultry, or seafood.
- **Do's:** fruits, vegetables, nuts and nut butters, whole grains.
- **Swap:** olive oil for butter; beans or tofu for meat; maple syrup for honey; and almond or soy milk instead of cow's milk and cream
- **Include** a salad for vegans who only eat raw food..

Fortunately, meat-free doesn't have to mean missing out on flavor or tradition. This Easter, spread joy, not cholesterol! Your guests will be coming back for (vegan) seconds.

For inspiration and recipes visit

BlackGirlsEat.com



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