

The background of the entire page is a dark, almost black, color. On the left side, there are several branches of green leaves, likely from a tree or shrub, extending from the top left towards the bottom left. The leaves are small and oval-shaped, with visible veins. The lighting is soft, highlighting the texture of the leaves against the dark background.

THE
mello

COOKBOOK
FREE BONUS RECIPES



Some beautiful free recipes to be
shared and devoured.

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& *Rabbit Food*

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'HONEY' SMOKED BOURBON JACKFRUIT

Prep Time: 5 min | Total Time: 15 min | Serves: 5-7 Hungry Bunnies

INGREDIENTS

HONEY BOURBON SAUCE

2 Tbs olive oil
1 yellow onion, chopped small
4 cloves garlic, minced
1½ C fresh ripe pineapple, crushed
¼ C apple cider vinegar
3 tablespoons English mustard
¼ C bee free honey
¼ C Worcestershire sauce
2 tsp liquid smoke
2 tsp smoked paprika
¼ C bourbon

TOPPINGS

1 kg jackfruit drained, rinsed, and pulled
1 C honey bourbon sauce
Green apple
Follow your heart smoked Gouda
Steamed kale
English mustard
Piccalilli or relish
Bread of choice

INSTRUCTIONS

1. Heat the olive oil and add in the onion. Saute until golden brown, 10 to 15 minutes.
2. Add the garlic and saute until fragrant.
3. Add in all of the other in the remaining ingredients for the sauce and bring the mixture to a boil. Reduce to a simmer and cook un-covered for 20 minutes so the sauce thickens.
4. Using an immersion blender, blend up the mixture until smooth.
5. Drain and rinse the jackfruit, shred it up with a fork or with your fingers.

Heat a small skillet to medium and add enough olive oil to generously coat the surface. Transfer the jackfruit to the hot skillet and cook 2 to 3 minutes, stirring occasionally, until jackfruit is somewhat crispy. Add the barbecue sauce and bring the mixture to a gentle boil. Reduce the heat and simmer and cook 10 minutes, adding more sauce if necessary. Taste the mixture for flavor and add more sauce and/or sea salt to taste.

Add the cabbage, lime juice, olive oil, garlic, and sea salt to a mixing bowl. Stir well to combine so that all of the cabbage is coated in olive oil and lime juice. Set aside until ready to use (Note: this part of the recipe can be prepared up to 2 days ahead of time).

Toast the buns and add desired amount of BBQ jackfruit, cabbage slaw, avocado, and sliced peaches. Serve alongside your favorite side dish(es).



BLONDIES

Prep Time: 10 min | Total Time: 35 min | Serves: 12 Hungry Bunnies

INGREDIENTS

½-1 C coconut sugar (according to your sweet tooth)
1 flax egg
1 C oat flour (oats blended until flour forms)
¼ tsp baking powder
⅛ tsp baking soda
⅓ C chopped walnuts or ⅓ C peanut butter swirled in
1 C dairy free mini chocolate chips
5 Tbs olive oil or 5 Tbs apple butter (to make this recipe fat free)
¼ C plant milk or nut milk
⅛ tsp pink Himalayan salt

INSTRUCTIONS

- 1.** Preheat your oven to 350 F. Add the sugar, oat flour, baking powder, baking soda, and salt to your food processor. Pulse until incorporated. You can also mix these in a bowl by hand.
- 2.** Slowly add in the olive oil or apple butter and plant milk and the flax egg. Pulse or mix by hand a few more times, you want everything to be well combined.
- 3.** Remove the mixture from the food processor and stir in chocolate chips and walnuts. If you are using a bowl than you may add in these ingredients and stir them in by hand.
- 4.** Transfer the mixture to an 8x8 baking dish that has been lightly greased with coconut oil or olive oil. If you skipped the walnuts and would like to use peanut butter you may swirl it in at this point.
- 5.** Place in the oven and bake at 350 F for 17-20 minutes. Keep an eye on them, depending on your oven they may cook quickly.
- 6.** Test to see if they are complete by inserting a toothpick. Allow to cool completely before serving.



DRAGONFRUIT & PINEAPPLE COBBLER

Prep Time: 15 min | Total Time: 1 hour 15 min | Serves: 5 Hungry Bunnies

INGREDIENTS

¼ C + 2 Tbs olive oil
½ C + 2 Tbs sugar
1 C self-rising flour
2 Tbs puree dragon fruit
1 C almond milk
pineapple slices for decoration

INSTRUCTIONS

- 1.** Preheat the oven to 350 F. Apply olive oil to a 3 quart baking.
- 2.** In a bowl, mix the sugar, flour and milk then add the oil.
- 3.** Pour the batter into the baking dish then place the pineapple slices over top, this is optional.
- 4.** Sprinkle some coconut sugar over the top and then place in the oven and bake for 1 hour or until golden brown and bubbly.
- 5.** Serve with coconut whipped cream or sweet cashew cream.



CARAMELIZED BANANA WALNUT PANCAKES

Prep Time: 10 min | Total Time: 20 min | Serves: 5-7 Hungry Bunnies

INGREDIENTS

1/3 C crushed walnuts
1 1/2 C spelt flour
1 1/2 Tbs baking powder
1 1/2 C almond milk
3 Tbs maple syrup
3 Tbs sunflower butter
1/8 tsp pink salt
1/2 tsp pure vanilla extract

CARAMELIZED BANANAS

Banana
Brown sugar
1-2 Tbs vegan butter

INSTRUCTIONS

- 1.** Mix the dry ingredients and then add the wet. Whisk until incorporated and then set aside. Allow the mixture to fluff up while you make your caramelized bananas, this ensures the pancakes are super fluffy.
- 2.** Slice bananas however you'd like. Pour some brown sugar onto a plate, this will coat them. Roll the bananas in the brown sugar, until they are completely coated.
- 3.** Apply 1-2 Tbs of vegan butter to a medium size nonstick pan, and heat the pan over medium high heat. Add the sugar coated bananas.
- 4.** Cook them until they are light golden brown, about 4-5 minutes, then flip them, reduce the heat and allow them to cook for an additional minute. Remove from the pan and set aside so you can make your pancakes.
- 5.** Heat a large skillet or griddle and begin pouring in 1/2 C worth of pancake batter. Cook thoroughly and serve with caramelized banana topping.



EPIC LENTIL TEMPEH BURGERS

Prep Time: 20 min | Total Time: 45 min | Serves: 7-10 Hungry Bunnies

INGREDIENTS

1 Large red onion, sautéed
1 Large yellow onion, sautéed
6 cloves garlic, sautéed
1 C veggie broth, for sauteeing
½ C roasted bell peppers
2 C cooked brown lentils
3 Tbs Worcestershire sauce
1 C sun-dried tomatoes, soaked
& re-hydrated
1 C dried mushrooms, soaked & re-hydrated
1 pack of tempeh
1 C walnuts, crushed
1 C of oats
Pink salt & pepper to taste
3 tsp liquid smoke

INSTRUCTIONS

- 1.** Begin by adding your sautéed onions, sautéed garlic, 1 C of oats to a bowl and set to the side.
- 2.** In your food processor, add roasted peppers, brown lentils, Worcestershire sauce, sun dried tomatoes, mushrooms and tempeh. Blend until well combined and crumbly.
- 3.** Add the mixture to the bowl, along with everything else and mix using your hands.
- 4.** Once everything is well incorporated, place the bowl in the fridge for about 30 minutes to an hour so. You want the mixture to become more dense, this is ideal for forming patties.
- 5.** Form patties and pan fry them in a small amount of avocado oil. This should take about 5 minutes on each side, covering with a lid on the second side to ensure the patties cook through a bit. You want the outside to have a little bit of a crisp.
- 6.** (Optional) Bake at 350 F. for 10 minutes, flipping in between. You may bake these longer but I liked that they still had a softness to them.



BAKED BUFFALO TEMPEH

Prep Time: 20 min | Total Time: Overnight | Serves: 4-8 Hungry Bunnies

INGREDIENTS

3 8oz packs of tempeh
2 C Franks Red Hot
2 C Unsweetened Plant Milk
2 Tbs Frontier Co-Op Organic Adobo Seasoning Blend

**Adjust the amount of cashew cream according to how mild, or how spicy you'd like these to be. Use ½ C for more heat and use 1 C for more medium.*

INSTRUCTIONS

- 1.** To remove bitterness from the tempeh, bring a saucepan filled with 1 inch of water to a low boil over medium heat. Steam tempeh for a total of 10, flipping once at the halfway point.
- 2.** Rinse, pat dry, and slice the tempeh in half lengthwise then cutting into small triangles. The smaller the pieces, the better they can soak up the marinade. Set aside while you create your marinade.
- 3.** Mix marinade by adding Franks Red Hot as well as Plant milk to a bowl. Whisk together until incorporated. Add in your seasoning, and adjust to your liking.
- 4.** Add the sliced tempeh to the marinade and toss to coat. Then cover and refrigerate for at least 3 hours, but this works best if you marinate overnight. 24 hours definitely infuses the most flavor!
- 5.** While marinating, toss/stir occasionally to ensure even coating. (Just before baking, drizzle with additional sauce)
- 6.** Once marinated, preheat oven to 375 F. and line a baking sheet with parchment paper or a silpat mat. Add tempeh and reserve any leftover marinade to brush/coat the tempeh once baked. Bake for 30 minutes. Remove from oven and brush/coat with any remaining marinade.



SMOKEY CHOCOLATE BBQ, SEITAN RIBS

Prep Time: 30 min | Total Time: 3 hours | Serves: 7-10 Hungry Bunnies

INGREDIENTS

DRY

2¼ C vital wheat gluten
½ C garbanzo flour
¼ C nutritional yeast

WET

1 Large red onion, sautéed
4-6 garlic cloves, sautéed
1½ C vegetable broth, for sautéing
½ C cooked chickpeas
1-¼ C Samuel Smith's organic chocolate stout, or Guinness
½ C sun-dried tomatoes, soaked to soften
3 Tbs roasted red peppers, pureed
1 Tbs chipotle peppers, in adobo sauce
½ Tbsp Worcestershire sauce
3-4 tsp liquid smoke
1 Tbs Frontier co-op Creole seasoning
3 tsp paprika
1 tsp allspice
¼ tsp pink salt
5 C BBQ sauce

**Recipe adapted from Gaz Oakley*

INSTRUCTIONS

- 1.** In a blender add, sautéed onions, sautéed garlic, chickpeas, 1 C of beer, sun-dried tomatoes, roasted red peppers, chipotle peppers, Worcestershire sauce, seasonings and salt.
- 2.** Blend to combine the mixture should be similar to a thick sauce, yet creamy. If you need to add more liquid, go ahead and add in the additional ¼ C of beer. Add the mixture to a bowl and set aside.
- 3.** Preheat your oven to 325 F and then grab a second bowl. In that new bowl, whisk together the dry ingredients. Slowly stir in the creamy component, then begin mixing everything together with your hands.
- 4.** Knead the mixture for about 10 minutes then form into small slabs, "racks" or "steaks" you can honestly shape them however you want, it does not matter.
- 5.** If you would like for there to be grill marks on your slabs of seitan then go ahead and heat up a grill pan to high heat. Grill or sear the pieces about 2-3 minutes on each side or until grill marks appear.
- 6.** Place into a Pyrex baking dish and coat with BBQ sauce. You want the pieces to be submerged, that way the flavor really soaks in. Sear the remaining pieces and continue to add them to the dish.
- 7.** Bake for 2 hours, checking them frequently, flipping them every 30 minutes and reapplying BBQ sauce if they get dry. Allow to cool, serve with more BBQ sauce.



LEMON BLUEBERRY BASIL CRUMB

Prep Time: 10 min | Total Time: 65 min | Serves: 6-8 Hungry Bunnies

INGREDIENTS

CRUMB

3 C of gluten free oats
2 C Cashew meal
2 C gluten free oat flour
2 Tbs fresh ground ginger (or to taste, I personally LOVE ginger)
1/8-1/4 tsp Salt
2 Tbs cinnamon
2/3-1 C coconut oil, add based on consistency
1/2 Cup coconut sugar (or to taste)
1 Sprig of fresh vanilla bean

BASE

2 Lb of Blueberries, fresh or frozen
2 Cups of cherries, fresh or frozen
2 lemons, juiced
2 Tbs lemon zest
3 Tbsp arrowroot
2/3 Cup coconut sugar (optional)
1 Tbs grated ginger
1/2-1 Tbs cinnamon
1/2 Cup fresh basil, for garnish (small palm full)

INSTRUCTIONS

- 1.** Start by preheating your oven to 350 F. Lets begin with the crumb! Add your dry ingredients to a food processor, gluten free oats, cashew meal, gluten free flour, salt, coconut sugar. Pulse lightly about 2-3 times until mixed.
- 2.** Grate your ginger and add that to your dry ingredients, along with 2/3 Cup of the coconut oil and the fresh vanilla bean. Pulse 2 more times and check the consistency. You want the mixture to be thick and crumbly, similar to coffee cake. Taste and adjust, adding more sugar or coconut oil if needed. Set mixture aside.
- 3.** In a very large bowl add your blueberries and cherries along with everything else needed for the base, except the basil! Mix carefully and set aside.
- 4.** Take your large baking dish and line with parchment paper. Add in some of the crumb mixture and begin pressing it along the bottom. You want to create a thin "crust" that will cradle all the berries.
- 5.** Begin layering the berries, and the rest of the crumb. I like to have a layer of berries, chunks of the crumb, another layer of berries, then more crumb until I run out of berries. But be sure to leave some crumb for the top!
- 6.** Once you run out of berries begin to add your little basil leaves. Let them snuggle in with all the berries and get ready to bake! Add in your remaining crumb along the top. Place in your 350 F. oven and bake for 45-50 minutes (depending on your oven) or until the crumb is browned.



PUMPKIN SAGE PASTA

Prep Time: 15 min | Total Time: 20 min | Serves: 4-6 Hungry Bunnies

INGREDIENTS

1 tsp coconut oil
1 yellow onion
4 cloves of garlic
1- $\frac{3}{4}$ C pumpkin purée
Handful of sun-dried tomatoes
 $\frac{1}{2}$ -1 tsp of cayenne pepper
1 C almond milk
1 Tbs fresh sage leaves
Black bean spaghetti

INSTRUCTIONS

- 1.** Sauté onions and garlic in the coconut oil until softened and fragrant. Add to a blender and purée with pumpkin, and all of the other ingredients.
- 2.** Once your pasta is finished cooking drain the water and add in the sauce. Stir in sauce until it heats up and you are ready to go!
- 3.** Garnish with sage and sun-dried tomatoes and prepare to fall in love



BUFFALO BLUE PIZZA

Prep Time: 10 min | Total Time: 30 | Serves: 4-6 Hungry Bunnies

INGREDIENTS

10 oz field roast 'Buffalo' wings
¼ C vegetable broth
Whole Foods whole grain pizza dough
Vegan blue cheese
Scallions
Persian cucumber
Fresh Basil

**If you go to the pizza counter at whole foods you can ask for fresh whole grain pizza dough. This is a great option for a quick dinner.*

INSTRUCTIONS

- 1.** In a medium sized sauce pan, begin heating up the broth and add in the Buffalo wings and the sauce packet. I know that this is not according to the package instructions but I promise it is good.
- 2.** Sauté the Buffalo wings, let them crumble and fall apart a bit. As they defrost chop them small with kitchen scissors and once they are defrosted turn off the gas and set aside.
- 3.** Turn on your grill and set it to about 400 F. Spread out the pizza dough to desired size--this will be a more rustic type of pizza. Toss the pizza dough right on the hot grill and allow the dough to cook.
- 4.** Add on your Buffalo wings, vegan blue cheese, scallions, cucumber, basil, red onion. If you would like more "buffalo sauce" add on some franks red hot.

BUFFALO SAUCE

Prep Time: 5 min | Total Time: 5 min

INGREDIENTS

1 C Franks red hot
1 C cashew cream

INSTRUCTIONS

- 1.** Whisk together until well incorporated.



STUFFED CABBAGE ROLLS

Prep Time: 25 min | Total Time: 85 min | Serves: 10 Hungry Bunnies

INGREDIENTS

2 Large Savoy cabbage, wilted leaves removed, boiled and cooled
Marinara sauce
3 Cups cooked brown lentils (1¼ Cup dry)
1 Cup brown rice, cooked
1 Large onion, chopped small
1-2 Tablespoons olive oil, or butter for sautéing
2-4 cloves or garlic
2 Tablespoon parsley
1 teaspoon paprika
1 teaspoon adobo seasoning
¼ Cup of raisins
1 Tablespoon fresh oregano
¼-½ Cup of fresh basil
1½ Cup shredded zucchini
2 Carrots, shredded

INSTRUCTIONS

- 1.** Preheat your oven to 350 F. Sort through the boiled and cooled cabbage. Separate the whole leaves for wrapping and set aside the small or torn ones. We will be adding these excess leaves to the marinara sauce.
- 2.** Add the extra torn cabbage to your sauce and set aside. In a large cast iron skillet begin to heat some olive oil or butter. Add in your onions, garlic, zucchini, carrots some pink salt and pepper to taste. Allow everything to saute on medium, high heat, you want the liquid to cook out as much as possible. Once the liquid begins to cook out, add in the seasoning and the herbs, and the raisins and cook for an additional 5 minutes. Remove from the heat and set aside.
- 3.** Remove the mixture from the stove and transfer to a food processor. Add in the lentils and the rice. Pulse until well incorporated, this will be your stuffing.
- 4.** Transfer the mixture to a bowl, taste and adjust seasoning to your liking. Prepare your baking dish, by spooning in tomato sauce so that it coats the bottom of the dish.
- 5.** Divide the mixture or 'filling' evenly among the whole cabbage leaves. Roll and if you need to, secure them with toothpicks or string. Place them into the baking dish, seam side down. Align them so that they fill the dish but are not stacking upon one another.
- 6.** Before placing them into the oven, cover them with a little more of the tomato sauce, to your liking. Place in the oven and bake at 350 F for 45-60 minutes.



CAULIFLOWER CARBONARA

Prep Time: 10 min | Total Time: 30 min | Serves: 6-8 Hungry Bunnies

INGREDIENTS

1 Tbs olive oil
1 Large onion, sautéed
2 Tbs garlic, minced, sautéed
1 C creamy cauliflower sauce
pasta of choice
1 C peas, steamed
½ C parsley, minced
6 Tbs nutritional yeast
1 Tbs bread crumbs
Pink salt and pepper to taste
Oven roasted cherry tomatoes

INSTRUCTIONS

- 1.** Heat up a large skillet and sauté your onions and garlic. Set aside.
- 2.** Bring a large pot of salted water to a boil and add in your pasta. Once the pasta is finished cooking, drain it and reserve some of the pasta water.
- 3.** Mix in the creamy cauliflower sauce, steamed peas, parsley, nutritional yeast, oven roasted tomatoes, bread crumbs, salt and pepper.

CREAMY CAULIFLOWER SAUCE

Prep Time: 10 min | Total Time: 10 min

INGREDIENTS

2 C steamed cauliflower
2¼ C vegetable broth
½ C olive oil
salt and pepper to taste

INSTRUCTIONS

- 1.** Add your everything to your high speed blender and puree until smooth.



MEXICAN SALAD JAR

Prep Time: 15-20 min | Total Time: 30 min | Serves 1-2 Hungry Bunnies

INGREDIENTS

Bell Pepper

Red Onion

Sun Dried Tomato

Cherry Tomato

Mushrooms

Walnuts

Carrots

Celery

Garlic

Beets

Lime Juice

Cumin

Cayenne

Nutritional Yeast

Paprika

INSTRUCTIONS

1. Blend all of the ingredients until crumbly

2. Begin to fill your jar

3. I added spinach, heirloom tomato, guacamole, and topped with some extra onions and mushrooms.



ZOODLES

Prep Time: 15-20 min | Total Time: 20 min | Serves 1-2 Hungry Bunnies

INGREDIENTS

3 zucchinis spiralized
2 carrots spiralized (or more zucchinis)
1-2 bell peppers
2 large tomatoes
Garlic scapes
Scallions
Raw unhulled sesame seeds
1 avocado
(Black sesame seeds so it looks super fancy)
Top with braggs liquid aminos and enjoy!

INSTRUCTIONS

1. Mix everything and top with braggs liquid aminos and enjoy!





For more recipes don't forget to check out my cookbooks and E-books.

Be sure to tag **#giannaciaramello** so I can see everything you recreate!