



# Complete Collection of NYC-Inspired Vegan Recipes

*Discover the plant-based side of the Big Apple! From quick weekday breakfasts to decadent weekend brunches, this collection brings the spirit of New York City to your vegan kitchen.*

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## Shopping List for All Recipes

### Bakery & Grains

- All-purpose flour
- Rye bread
- Whole-grain bread
- Vegan cookies (for crust)
- Granola (or ingredients for homemade)
- Rolled oats
- Baking powder
- Day-old bread (for French toast)
- Muffin tins
- Bagels (optional for shortcut)

### Sweeteners & Spreads

- Sugar
- Maple syrup
- Powdered sugar
- Peanut butter

### Oils & Fats

- Neutral oil (canola, sunflower, etc.)
- Coconut oil
- Vegan butter or margarine

### Vegan Dairy

- Plant-based milk (almond, oat, soy, etc.)
- Vegan cream cheese
- Vegan yogurt

### Proteins

- Firm tofu
- Tempeh or seitan
- Silken tofu
- Vegan cheese (optional)

## Fruits & Veggies

- Bananas
- Apples
- Blueberries (fresh or frozen)
- Spinach (fresh)
- Berries (fresh or frozen)
- Lemons
- Tomatoes
- Lettuce
- Bell peppers
- Onions
- Avocados
- Radishes

## Nuts & Seeds

- Pecans
- Walnuts or almonds (optional)
- Chia seeds
- Cashews (raw, for soaking)
- Sesame seeds
- Poppy seeds

## Canned & Jarred Goods

- Sauerkraut
- Pickles

## Other

- Nutritional yeast
- Yeast (dry, for bagels/donuts)
- Baking powder
- Everything bagel seasoning
- Cinnamon
- Vanilla extract
- Dried raisins
- Dates (pitted)
- Vegan Russian dressing (or ingredients: vegan mayo, ketchup, pickles)
- Salt & pepper

# Quick Weekday Breakfasts

## 1. New York-Style Vegan Bagels

**Prep Time:** 20 min (plus 1h30 resting)

**Cook Time:** 25 min

**Total Time:** 1h55

### **Summary:**

Classic chewy bagels inspired by New York bakeries, 100% vegan and perfect for breakfast sandwiches or a quick snack anytime.

### Ingredients:

- 500g flour (all-purpose)
- 1 packet (7g) dry yeast
- 300ml warm water
- 2 tbsp sugar
- 1½ tsp salt
- 1 tbsp maple syrup (for poaching)
- Sesame or poppy seeds, or everything bagel seasoning

### Instructions:

1. Mix yeast, sugar, and warm water. Let sit 5 min until foamy.
2. Add flour and salt. Knead into a soft dough.
3. Cover and let rise 1 hour.
4. Divide into 8 balls, poke a hole in each center, and shape into bagels.
5. Boil water with maple syrup. Poach each bagel 1 min per side.
6. Place on a baking tray, sprinkle with seeds. Bake at 210°C/410°F for 20–25 min.
7. Serve with vegan cream cheese, avocado, cucumber, or tomato.

### Notes:

For extra flavor, add dried onion or garlic to the dough. Bagels freeze well – just toast to refresh.

## 2. NYC Deli-Inspired Overnight Oats

**Prep Time:** 5 min

**Cook Time:** –

**Total Time:** 5 min (plus overnight rest)

### Summary:

A creamy, make-ahead breakfast reminiscent of classic NYC deli flavors, loaded with apples, raisins, and pecans.

### Ingredients:

- ½ cup rolled oats
- ½ cup plant milk
- 1 tbsp chia seeds
- 1 apple, diced
- 1 tbsp raisins
- 1 tbsp chopped pecans
- 1 tbsp maple syrup

### Instructions:

1. Combine all ingredients in a jar.
2. Refrigerate overnight.
3. Stir and enjoy in the morning.

### Notes:

Switch pecans for walnuts or almonds. Add a sprinkle of cinnamon for a cozy touch.

## 3. SoHo Granola Bowl

**Prep Time:** 5 min

**Cook Time:** —

**Total Time:** 5 min

### Summary:

Quick, filling, and stylish—just like breakfast in SoHo. Crunchy granola, creamy vegan yogurt, and fresh fruit.

### Ingredients:

- 1 serving granola (homemade or store-bought)
- 1 cup plain vegan yogurt
- Fresh fruit (berries, banana)
- Pinch of cinnamon

### Instructions:

1. Layer yogurt in a bowl.
2. Top with granola, fruit, and cinnamon.

### Notes:

Mix up the fruit with whatever is in season, or add nut butter for extra energy.

## 4. Vegan Blueberry Muffins

**Prep Time:** 10 min

**Cook Time:** 25 min

**Total Time:** 35 min

### Summary:

Moist, fluffy muffins bursting with blueberries – NYC coffee shop style but totally plant-based.

### Ingredients:

- 1½ cups flour
- ½ cup sugar
- 2 tsp baking powder
- ¼ cup neutral oil
- ¾ cup plant milk
- 1 tsp vanilla extract
- ¾ cup blueberries

### Instructions:

1. Preheat oven to 350°F/180°C.
2. Mix flour, sugar, and baking powder. Add oil, plant milk, and vanilla, stir until just combined.
3. Gently fold in blueberries.
4. Divide into muffin tins. Bake 25 min.
5. Cool before eating.

### Notes:

Use frozen berries if fresh aren't available. Sprinkle sugar on top for a crunchy crust.

## 5. Greenwich Village Smoothie

**Prep Time:** 5 min

**Cook Time:** –

**Total Time:** 5 min

### Summary:

A green smoothie inspired by the health-conscious vibe of Greenwich Village, with peanut butter for a New York twist.

### Ingredients:

- 1 banana
- 1 handful fresh spinach
- 1 tbsp peanut butter
- 2 pitted dates
- 1 cup almond milk

### Instructions:

1. Blend all ingredients until smooth.
2. Pour into a glass and enjoy.

### Notes:

Add a scoop of vegan protein powder for a more filling breakfast.

## Weekend Brunches

### 6. Brooklyn Fluffy Vegan Pancakes

**Prep Time:** 10 min

**Cook Time:** 15 min

**Total Time:** 25 min

#### Summary:

Tall, fluffy pancakes just like a Brooklyn brunch spot. Perfect with maple syrup and berries.

#### Ingredients:

- 1½ cups flour
- 2 tsp baking powder
- 2 tbsp sugar
- Pinch of salt
- 1 cup plant milk
- 2 tbsp neutral oil
- 1 tsp vanilla extract

#### Instructions:

1. Mix flour, baking powder, sugar, and salt.
2. Add plant milk, oil, and vanilla. Stir gently.
3. Pour batter onto a hot, greased pan. Cook 2–3 min per side.
4. Serve with maple syrup, berries, and pecans.

### Notes:

Don't over-mix; lumps are fine. Add chocolate chips or blueberries for variety.

### 7. Vegan "Egg Sandwich" Tofu Scramble

**Prep Time:** 10 min

**Cook Time:** 10 min

**Total Time:** 20 min

#### Summary:

A protein-packed tofu scramble served NYC-style in a soft roll, reminiscent of classic breakfast carts.

#### Ingredients:

- 7 oz (200g) firm tofu
- ½ onion, chopped
- ½ bell pepper, diced
- 1 tsp turmeric

- 1 tbsp nutritional yeast
- Salt and pepper
- Vegan brioche bun or soft roll, lettuce, tomato

#### Instructions:

1. Crumble tofu. Sauté onion and bell pepper in a pan.
2. Add tofu, turmeric, nutritional yeast, salt, and pepper. Cook 5 min.
3. Serve in a bun with lettuce and tomato.

#### Notes:

Try black salt (kala namak) for an “eggy” flavor. Add vegan cheese for a classic touch.

### 8. New York Avocado Toast

**Prep Time:** 5 min

**Cook Time:** —

**Total Time:** 5 min

#### Summary:

Trendy, nutritious, and delicious — NYC’s take on avocado toast with radish and everything bagel seasoning.

#### Ingredients:

- 2 slices toasted whole-grain bread
- 1 ripe avocado
- Lemon juice
- Sliced radish
- Sesame seeds or everything bagel seasoning

#### Instructions:

1. Mash avocado with lemon juice, salt, and pepper.
2. Spread on toast, top with radish and seeds.

#### Notes:

Add chili flakes or microgreens for extra flavor and color.

### 9. New York-Style Vegan Cheesecake

**Prep Time:** 20 min (plus 4h chilling)

**Cook Time:** 40 min

**Total Time:** 5h

#### Summary:

Creamy, rich, and decadent, just like in NYC diners — this vegan cheesecake uses cashews and silken tofu for a plant-based twist.

### Ingredients:

- **Crust:** 1½ cups vegan cookies, crushed; ¼ cup melted coconut oil
- **Filling:** 1½ cups soaked cashews (4h), 9 oz (250g) silken tofu, ½ cup plant milk, ½ cup sugar, 2 tbsp lemon juice, 1 tsp vanilla

### Instructions:

1. Mix cookie crumbs and coconut oil; press into a springform pan. Chill.
2. Blend all filling ingredients until smooth.
3. Pour onto crust. Bake at 320°F/160°C for 40 min.
4. Cool, then refrigerate at least 4 hours.
5. Top with berry sauce if desired.

### Notes:

For a gluten-free version, use GF cookies for the crust.

## 10. Upper East Side Vegan French Toast

**Prep Time:** 5 min

**Cook Time:** 10 min

**Total Time:** 15 min

### Summary:

Decadent French toast, veganized – perfect for a luxurious NYC brunch.

### Ingredients:

- 4 slices day-old bread
- 1 cup plant milk
- 2 tbsp flour
- 2 tbsp maple syrup
- ½ tsp cinnamon
- 1 tsp vanilla extract
- Oil for frying

### Instructions:

1. Whisk milk, flour, maple syrup, cinnamon, and vanilla.
2. Dip bread slices into mixture.
3. Fry in a pan until golden on both sides.
4. Serve with fruit and extra maple syrup.

### Notes:

Any sturdy bread works – try challah or brioche for extra decadence.



## 11. Vegan Reuben Sandwich

**Prep Time:** 10 min

**Cook Time:** 10 min

**Total Time:** 20 min

### Summary:

A vegan take on the iconic NYC Reuben: tangy, hearty, and satisfying.

### Ingredients:

- 4 slices rye bread
- 3.5 oz (100g) tempeh or seitan, sliced and grilled
- 4 tbsp sauerkraut
- 2 tbsp vegan Russian dressing (vegan mayo + ketchup + chopped pickles)
- Pickles

### Instructions:

1. Grill tempeh/seitan.
2. Toast rye bread, spread with dressing.
3. Add tempeh/seitan, sauerkraut, pickles. Top with second slice.

### Notes:

Add vegan cheese slices for extra richness.

## 12. NYC-Style Vegan Donuts

**Prep Time:** 25 min (plus 1h30 rising)

**Cook Time:** 15 min

**Total Time:** 2h10

### Summary:

Soft, fluffy, and sweet—just like the donuts from NYC's best bakeries, but totally plant-based.

### Ingredients:

- 2 cups flour
- ¼ cup sugar
- 1 packet (7g) dry yeast
- ½ cup warm plant milk
- 3 tbsp melted vegan butter or margarine
- Pinch of salt
- Oil for frying
- Glaze: powdered sugar + plant milk or melted chocolate

### Instructions:

1. Mix yeast, sugar, and warm milk. Let sit 5 min.
2. Add flour, salt, melted butter. Knead. Let rise 1h.
3. Roll out dough, cut out donuts. Let rise 30 min.

4. Fry in hot oil until golden. Drain.
5. Dip in glaze.

#### Notes:

Donuts can also be baked for a lighter version, but frying gives the classic texture.

## Bonus: NYC Vegan Drinks

### Vegan Cold Brew

**Prep Time:** 5 min (+12h steep)

**Cook Time:** —

**Total Time:** 12h5

#### Summary:

Smooth, rich cold brew coffee, perfect with oat milk.

#### Instructions:

1. Steep ground coffee in cold water for 12 hours.
2. Strain and serve over ice with oat milk.

#### Notes:

Store in the fridge for up to 3 days.

### Vegan Matcha Latte

**Prep Time:** 5 min

**Cook Time:** 5 min

**Total Time:** 10 min

#### Summary:

A creamy, energizing matcha latte with your choice of plant-based milk.

#### Instructions:

1. Whisk 1 tsp matcha with a splash of hot water.
2. Add 1 cup steamed plant milk and sweeten to taste.

#### Notes:

Try with oat or almond milk for a classic NYC café flavor.

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