

COOKING WITH TOYA • HOLIDAY DIGITAL RECIPE COLLECTION (VOLUME 2)

Cooking With Toya: The Holiday Plant-Based Soul Food Digital Recipe Book

8 Cozy, Festive, 100% Plant-Based Holiday Recipes With Chicagoland & Down-South Soul

“You don’t miss the meat, baby—you miss the seasoning and the love in the pot! When you change your food, you elevate your energy behind the chair, on your walks, and in your life.” — Toya Knowles

Welcome to my holiday kitchen! Whether you are hosting Thanksgiving, Christmas Eve, or welcoming the New Year with Hoppin’ John and collard greens, these 8 plant-based recipes prove you never have to sacrifice flavor, comfort, or tradition to honor your health and peace.

Holiday Recipe 01: Rosemary-Maple Glazed Lentil & Walnut Holiday Roast

Prep Time: 15 mins • Bake Time: 40 mins • Servings: 6–8 slices | Inspired by Chapter 6: When You Change Your Food

Why Your Body & Crown Love This Dish: Toasted walnuts supply plant-based omega-3s that nourish scalp elasticity, while brown lentils and flaxseed provide hearty protein and fiber for your holiday centerpiece.

Ingredients:

- 2.5 cups Cooked Brown or Green Lentils, cooled slightly
- 1 cup Toasted Walnuts, finely chopped
- 1 cup Rolled Oats (pulsed into coarse flour)
- 1 medium Yellow Onion, diced + 2 stalks Celery, finely diced + 1 cup grated Carrot
- 3 cloves Garlic, minced + 2 tbsp Fresh Rosemary & Thyme, finely chopped
- 2 tbsp Ground Flaxseed whisked with 5 tbsp Warm Water (flax binder)
- 2 tbsp Tomato Paste + 1.5 tbsp Coconut Aminos + 1 tsp Smoked Paprika
- Rosemary-Maple Glaze: 3 tbsp Ketchup or Tomato Paste, 2 tbsp Pure Maple Syrup, 1 tbsp Balsamic Vinegar, 1 tsp Smoked Paprika

Step-by-Step Kitchen Directions:

1. Preheat oven to 375°F and line a standard loaf pan with parchment paper. Stir the ground flaxseed and warm water together and let sit 5 minutes to thicken.
2. Sauté the diced onion, celery, grated carrot, garlic, rosemary, and thyme in a skillet for 6 minutes until soft.

3. Mash half of the cooked lentils in a large bowl, then fold in the remaining whole lentils, chopped toasted walnuts, oat flour, sautéed vegetables, flax binder, tomato paste, coconut aminos, and smoked paprika.
4. Press the mixture firmly into the prepared loaf pan. Whisk the Rosemary-Maple Glaze ingredients together and brush generously across the top.
5. Bake for 38 to 42 minutes until firm and caramelized around the edges. Let rest 10 minutes before slicing into thick holiday medallions.

Mirror Affirmation (Speak Out Loud Twice): “Every meal I prepare is an act of love for my body and my future.”

Holiday Recipe 02: Warm Spiced Pear, Pecan & Cinnamon Morning Quinoa Bowl

Prep Time: 5 mins • Cook Time: 15 mins • Servings: 2–3 bowls | Inspired by Chapter 4: Morning Routine

Why Your Body & Crown Love This Dish: Quinoa is a complete plant protein containing all nine essential amino acids needed for keratin hair structure, paired with warm winter pears and Georgia pecans.

Ingredients:

- 1 cup White or Tri-Color Quinoa, rinsed well
- 2 cups Unsweetened Almond or Oat Milk
- 2 Ripe Bosc or Anjou Pears, diced
- 1/3 cup Toasted Georgia Pecans, chopped
- 1.5 tsp Ceylon Cinnamon + 1/4 tsp Cardamom + 1 tsp Pure Vanilla Extract
- 1.5 tbsp Pure Maple Syrup + pinch of Sea Salt

Step-by-Step Kitchen Directions:

1. Combine the rinsed quinoa, almond milk, cinnamon, cardamom, and sea salt in a saucepan. Bring to a boil, reduce heat to low, cover, and simmer for 12 minutes.
2. Fold the diced pears and vanilla extract into the warm pot, re-cover, and let steam for 3 more minutes until the pears are warm and tender.
3. Fluff with a fork, spoon into warm bowls, and top with toasted pecans and a drizzle of pure maple syrup.

Mirror Affirmation (Speak Out Loud Twice): *“I begin my winter mornings in warmth, stillness, and unshakable peace.”*

Holiday Recipe 03: Chicagoland Smoky Collard & Black-Eyed Pea Potlikker Soup

Prep Time: 12 mins • Simmer Time: 25 mins • Servings: 6 bowls | Inspired by Chapter 3: The Great Release

Why Your Body & Crown Love This Dish: Dark leafy collards and black-eyed peas deliver folate, iron, and vitamin C to strengthen hair roots and immunity through cold winter months.

Ingredients:

- 1 large bunch Fresh Collard Greens, stems removed and sliced into thin ribbons
- 2 cans (15 oz each) Black-Eyed Peas, rinsed and drained
- 1 can (15 oz) Fire-Roasted Diced Tomatoes
- 1 Yellow Onion, diced + 2 Carrots, diced + 2 stalks Celery, diced
- 4 cloves Garlic, minced
- 4 cups Rich Vegetable Broth
- 1.5 tbsp Smoked Paprika + 1 tsp Dried Thyme + 1 Bay Leaf + 1 tbsp Apple Cider Vinegar

Step-by-Step Kitchen Directions:

1. In a soup pot over medium heat, sauté the onion, carrots, and celery in 1 tablespoon avocado oil for 5 minutes until softened. Add the garlic, smoked paprika, and thyme and stir for 1 minute.
2. Pour in the vegetable broth, fire-roasted tomatoes, black-eyed peas, collard green ribbons, and bay leaf.
3. Bring to a gentle boil, reduce heat to low, cover, and simmer for 20 to 25 minutes until the collards are silky tender.
4. Remove bay leaf, stir in the apple cider vinegar for brightness, and serve steaming hot.

Mirror Affirmation (Speak Out Loud Twice): *“I release the weight of this past year and keep only the wisdom and the love.”*

Holiday Recipe 04: Crispy Sage & Butternut Squash Cast-Iron Cornbread Dressing

Prep Time: 15 mins • Bake Time: 30 mins • Servings: 8 servings | Inspired by Chapter 7: Recycled Relationships & Boundaries

Why Your Body & Crown Love This Dish: Roasted butternut squash adds natural sweetness, beta-carotene, and moisture while fresh garden sage and celery deliver classic Down-South holiday aroma.

Ingredients:

- 6 cups Day-Old Plant-Based Cornbread, cubed and lightly toasted
- 2 cups Cubed Butternut Squash, roasted until tender
- 1 large Onion, diced + 3 stalks Celery, finely diced + 3 cloves Garlic, minced
- 2 tbsp Fresh Sage, finely chopped + 1 tbsp Fresh Thyme + 1 tsp Poultry Seasoning
- 2 to 2.5 cups Warm Vegetable Broth
- 2 tbsp Ground Flaxseed whisked with 5 tbsp Warm Broth
- 2 tbsp Melted Plant-Based Butter or Avocado Oil

Step-by-Step Kitchen Directions:

1. Preheat oven to 375°F and grease a 10-inch cast-iron skillet. Sauté the onion, celery, garlic, fresh sage, thyme, and poultry seasoning in plant butter until tender and fragrant.
2. In a large bowl, gently fold together the toasted cornbread cubes, roasted butternut squash, sautéed herb aromatics, and flaxseed mixture.
3. Drizzle in the warm vegetable broth 1/2 cup at a time until the dressing is moist and custard-like but not soupy.
4. Transfer to the cast-iron skillet and bake uncovered for 28 to 32 minutes until the top is golden brown and the edges are irresistibly crispy.

Mirror Affirmation (Speak Out Loud Twice): “My peace is non-negotiable, and I protect my joy in every gathering.”

Holiday Recipe 05: Roasted-Garlic Whipped Yukon Golds & Mushroom Thyme Gravy

Prep Time: 15 mins • Cook Time: 35 mins • Servings: 6 servings | Inspired by Chapter 1: Manifesting Your Mindset

Why Your Body & Crown Love This Dish: Roasting a whole head of garlic transforms sharp allicin into sweet, heart-healthy prebiotic goodness, paired with mineral-rich baby bella mushrooms.

Ingredients:

- 2.5 lbs Yukon Gold Potatoes, peeled and cut into even chunks
- 1 whole head Garlic (top sliced off, drizzled with oil, wrapped in foil, and roasted at 400°F for 35 mins)
- 1/2 cup Warm Unsweetened Almond or Oat Milk + 2 tbsp Olive Oil or Plant Butter + Sea Salt & White Pepper
- For the Mushroom Gravy: 8 oz Baby Bella Mushrooms (sliced thin), 1 Shallot (minced), 2 tbsp Gluten-Free or All-Purpose Flour, 2 cups Vegetable Broth, 1 tbsp Coconut Aminos, 1 tbsp Fresh Thyme

Step-by-Step Kitchen Directions:

1. Boil the Yukon Gold potatoes in salted water for 15 to 18 minutes until fork-tender. Drain well and return to the warm pot.
2. Squeeze the soft, caramelized cloves of roasted garlic directly into the potatoes. Mash with warm plant milk, olive oil, sea salt, and pepper until cloud-fluffy.
3. For the gravy: Sauté the sliced mushrooms and minced shallot with fresh thyme for 6 minutes until deeply browned. Sprinkle flour over the mushrooms, stir 1 minute, then slowly whisk in vegetable broth and coconut aminos. Simmer 4 minutes until glossy and velvety.

Mirror Affirmation (Speak Out Loud Twice): *“I expect goodness, abundance, and peace to meet me at every turn.”*

Holiday Recipe 06: Silver Crown Cranberry-Hibiscus & Ginger Immunity Punch

Prep Time: 5 mins • Steep Time: 15 mins • Servings: 6–8 glasses | Inspired by Chapter 8: Big Kid At Heart

Why Your Body & Crown Love This Dish: Hibiscus petals and tart cranberries are packed with anthocyanins and vitamin C, supporting natural collagen synthesis for healthy hair and radiant skin.

Ingredients:

- 4 cups Water + 4 Hibiscus Tea Bags (or 1/3 cup dried hibiscus petals)
- 1 thumb Fresh Ginger Root, sliced + 2 Cinnamon Sticks + 4 Whole Cloves
- 1.5 cups 100% Unsweetened Tart Cranberry Juice
- 1/2 cup Fresh squeezed Orange Juice + 3 tbsp Pure Maple Syrup
- 1.5 cups Chilled Sparkling Water + Fresh Cranberries, Orange Wheels & Rosemary Sprigs for garnish

Step-by-Step Kitchen Directions:

1. Bring water, sliced ginger, cinnamon sticks, and cloves to a boil in a pot. Turn off heat, add hibiscus tea bags, and steep for 15 minutes until deep ruby red.
2. Remove tea bags and spices. Stir in the cranberry juice, fresh orange juice, and maple syrup. Chill in the refrigerator (or serve warm in mugs!).
3. Right before serving, top with chilled sparkling water and garnish each glass with fresh cranberries, an orange wheel, and a sprig of rosemary.

Mirror Affirmation (Speak Out Loud Twice): *“I celebrate my life with a clear mind, a joyful heart, and a radiant spirit.”*

Holiday Recipe 07: Christmas Eve Soulful Baked Mac & Butternut-Cashew Cheese

Prep Time: 15 mins • Bake Time: 22 mins • Servings: 6–8 servings | Inspired by Chapter 2: Embracing Your Flaws

Why Your Body & Crown Love This Dish: A velvety, dairy-free golden cheese sauce crafted from vitamin-rich butternut squash, raw cashews, and B-vitamin nutritional yeast that leaves you feeling light and energized.

Ingredients:

- 1 lb Cavatappi or Elbow Pasta, cooked al dente
- 1.5 cups Cooked Cubed Butternut Squash
- 1 cup Raw Cashews (soaked in hot water for 15 minutes and drained)
- 1.5 cups Unsweetened Plant Milk or Vegetable Broth
- 1/3 cup Nutritional Yeast + 1 tbsp Dijon Mustard + 1 tbsp Lemon Juice
- 1 tsp Smoked Paprika + 1 tsp Garlic Powder + 1 tsp Onion Powder + 1/2 tsp Turmeric + 1.5 tsp Sea Salt
- Golden Herb Crust: 1/2 cup Panko Breadcrumbs tossed with 1 tbsp Olive Oil, Smoked Paprika, and finely chopped Parsley

Step-by-Step Kitchen Directions:

1. Preheat oven to 375°F. In a high-speed blender, blend the cooked butternut squash, drained soaked cashews, plant milk, nutritional yeast, Dijon mustard, lemon juice, smoked paprika, garlic powder, onion powder, turmeric, and sea salt until silky smooth.
2. Fold the warm al dente pasta into the velvety golden cheese sauce in a large bowl, then transfer to a lightly oiled baking dish.
3. Sprinkle the seasoned herb breadcrumbs evenly across the top and bake for 20 to 22 minutes until bubbling and golden crisp.

Mirror Affirmation (Speak Out Loud Twice): *“I am whole, I am deeply loved, and I lack no good thing.”*

Holiday Recipe 08: New Year's Prosperity Hoppin' John & Garlic Collard Ribbons

Prep Time: 10 mins • Cook Time: 25 mins • Servings: 4–6 bowls | Inspired by Chapter 9: Choosing Love Every Day in the New Year

Why Your Body & Crown Love This Dish: A cherished Southern New Year tradition symbolizing prosperity (collard greens) and good fortune (black-eyed peas), made 100% plant-based and heart-healthy.

Ingredients:

- 2 cans (15 oz each) Black-Eyed Peas, rinsed and drained
- 3 cups Cooked Long-Grain Brown Rice
- 1 Red Bell Pepper, diced + 1 Yellow Onion, diced + 2 stalks Celery, diced
- 3 cloves Garlic, minced + 1 tbsp Smoked Paprika + 1 tsp Cajun/Creole Seasoning + 1 tsp Dried Thyme
- 1.5 cups Vegetable Broth
- 1 large bunch Collard Greens, cut into fine ribbons and sautéed with garlic and a splash of apple cider vinegar

Step-by-Step Kitchen Directions:

1. In a large skillet over medium heat, sauté the onion, red bell pepper, and celery for 5 minutes until tender. Add the garlic, smoked paprika, Creole seasoning, and thyme.
2. Stir in the black-eyed peas and vegetable broth. Simmer uncovered for 12 to 15 minutes until the broth thickens into a savory potlikker glaze.
3. Fold in the warm cooked brown rice and serve alongside bright garlic-braised collard ribbons to welcome your blessed new year.

Mirror Affirmation (Speak Out Loud Twice): *“I step into my new season with faith, discipline, and overflowing love.”*

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