

20 Vegan Mother's Day Recipes to Treat the Greatest Woman in Your Life



By Kirsten Nunez of *Bustle*

Treating Mom to delicious grub on Mother's Day is half the fun. This year, consider whipping up **healthy vegan Mother's Day recipes** to celebrate. They're worth making even if your mother isn't vegan, thanks to the unique nature of these recipes. It doesn't hurt that they're nutritious, too.

Creating vegan dishes is another fun way to try something new with your mother. This would be especially fun if you're both adventurous foodies. You can also personalize and adjust each dish to her liking. To top it off, you'll be able to impress her with your kitchen skills. *Look ma, I'm a grown up!*

You can also **eat in the comfort of your own home.** And while it's nice to have someone else make the food for you, restaurants can get crazy on Mother's Day. The long waits, the frazzled waiters, the crowds... you know the deal.

Of course, we can't forget about the mother-like figures out there. I'm talking about **aunts, guardians, family friends, and grandmothers.** They deserve good eats, too.

To get you started, I've compiled **20 of the best vegan recipes** on the web.

This list starts with **breakfast**, runs through **lunch and dinner**, and ends with **dessert**.

HAPPY EATING!

1. Swedish Pancake Cake



If you're looking to surprise Mom the moment she rolls out of bed, look no further. [Green Kitchen Stories](#) created this amazing pancake recipe, complete with layers of sliced bananas, raw date syrup, and berries. **To make it completely vegan, use your favorite egg substitute and opt for coconut-based cream.**

2. Sarah B's Breakfast Cookie Bars



Cookies for breakfast? Count me in, please.

These breakfast cookie bars by **Sarah B** from *My New Roots* boasts a can of white beans, chia seeds, and a medley of amazing fruits.

Find the recipe at [Green Kitchen Stories](#).

3. Apple & Oats Biscuits

For a healthy batch of biscuits, try this scones-inspired biscuit recipe by [Green Kitchen Stories](#).

It features a light and fluffy texture paired with nutty flavors. Mom will absolutely love waking up to these.



4. Banana Bread Smoothie



Banana bread seems to be one of those things that every mother just seems to love. And with this easy recipe by [Ari's Menu](#), she can have her bread and drink it, too.

5. Chia Parfait & Autumn Apple Crunch



Whether you're looking for a brunch component or a delicious snack, [Green Kitchen Stories](#) has you covered.

Make this parfait vegan by using coconut or soy yogurt. And while it has "autumn" in the title, don't hesitate to make this for Mother's Day.

I have a feeling it will be a year-long favorite.

6. Zesty Baked Kale Chips

Ah, kale chips. They're a tried-and-true favorite that Mom will be sure to love.

For a recipe that stands out from the crowd, try these zesty chips by [A Spicy Perspective](#).

It brings in cumin, chili powder, and curry for a flavorful kick.



7. Baked Zucchini Chips



To mix things up, consider making a batch of zucchini chips to couple with the kale version.

Simply toss both kinds in a bowl and serve.

[A Spicy Perspective](#) has the low-down.

8. Creamy Coconut Cashew Spaghetti Squash "Alfredo" with Roasted Cauliflower

Dinner time is all about fueling up on delicious goodness after a long day of Mom-approved activities.

For a dish that is sure to hit the spot, try [Half Baked Harvest's](#) spaghetti squash "Alfredo."

Made with a creamy coconut cashew sauce, this one will deliver some serious flavor.



9. Simple Coconut Quinoa and Lentil Curry with Lime Mango



Apparently, coconut is the star of vegan eats.

This recipe by [Half Baked Harvest](#) features a coconut quinoa and lentil curry made from scratch.

While the original uses a Greek yogurt-based curry, **trying soy or coconut yogurt** would be worth a shot.

10. Vegan Chili

If Mom loves hearty, flavorful dishes, she'll adore this vegan chili recipe by [A Spicy Perspective](#).

Serve it over a bed of tortilla chips, a baked potato, or a bowl of quinoa.

Or just eat it out of the pot. I won't judge you.



11. Maple Cream Sweet Potato Soup with Cheddar Cinnamon Sugar Twist



Looking for a side dish or just another way to make Mom proud? Try your hand at this unique soup concoction by [Half Baked Harvest](#).

The post features options for making a vegan option.

For example, **instead of using cheddar, you can use a soy-based version.** Awesome.

12. Kale Pesto



If you're pressed for time, whip up this five-minute five-ingredient kale pesto from [A Spicy Perspective](#).

Simply skip the Parmesan and go for soy cheese or nutritional yeast.

Serve it as a dip or tossed with some pasta. Yum!

13. Oil-Free, Yeast-Free Spelt Pizza Crust



Treat your pizza-loving Momma to this vegan version by [Oatmeal with a Fork](#).

Made with spelt flour, it uses zero oil and yeast. Better yet, you can make a pesto version using the last recipe.

14. Decadent Beet Chocolate Cake



For the chocolate-loving vegan momma, try this luscious cake from [Green Kitchen Stories](#). Just make sure to **swap out the eggs for applesauce or another favorite egg substitute**. It's one of those desserts that will make her heart skip a beet... pun intended.

15. Vegan Chocolate Cake with Creamy Chocolate Almond "Buttercream"



You can also turn to [Half Baked Harvest](#) for a coconut-oil based caked topped off with almond "buttercream."

The chocolate ganache is even made with pumpkin puree; it's enough to make any vegan swoon.

16. Mocha Black Bean Mousse Cake



Just kidding, I'm not done with the chocolate cakes yet. This version by [Green Kitchen Stories](#) uses black beans as a base, resulting in a superb fudgy dessert. Mom's going to be real impressed with this one.

17. Vegan Oreos

Oh yeah... vegan Oreos are a thing. It's all thanks to the wonders of coconut oil and the clever mind of [Adventures in Cooking](#).

Serve these babies with a glass of coconut, soy, or rice milk for the ultimate vegan treat.



18. Chocolate Chip Oatmeal Pumpkin Bars



Pumpkin is a magical ingredient that eliminates the need for eggs. Unsurprisingly, they are a must-have for vegan baking.

This recipe by [Oatmeal with a Fork](#) is the perfect example.

Featuring a low-sugar profile and chocolate chips, these bars will be a winner on Mother's Day (and every day).

19. Vegan Mango Coconut Scones



For a fancy ending to a wonderful meal, try [Adventures in Cooking's](#) vegan mango coconut scones.

Even the glaze is made with coconut milk.

How's that for healthy sweet eats?

20. Three-Ingredient Roasted Banana Coconut Milk Ice Cream

Wrap up Mother's Day with a big bowl of creamy roasted banana coconut milk ice cream, thanks to [Ari's Menu](#).

The best part is that you'll only need three ingredients.

I have a feeling this would make a delicious addition to those pumpkin bars or scones.



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