



FOOD & BEVERAGE

# National Vegan Month Recipes

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Vegan

recipes

Cocktail recipes

Classic Cocktail



(Photo: klenova, iStock / Getty Images Plus)

November is National Vegan Month, which is a diet that abstains from the use of animal products.

The good news is the base of most of your cocktails, distilled spirits and liqueurs, are vegan, including gin, vodka, rum, whiskey, bourbon, Canadian whisky, Irish whisky, schnapps, Scotch whisky, and tequila. Stay away from cream liqueurs and mezcal (traditional brands often add larvae), as well as spirits that include honey in the ingredients.

We've rounded up a list of some classic cocktails that are vegan as well as a few food options to add to your menus!

## Classic Cocktails That Are Also Vegan

### Margarita

The number-one on-premise cocktail, the margarita, is vegan if the recipe is kept to its basics—



tequila, lime juice, orange liqueur, and simple syrup. Be sure to use a quality tequila without any pesky non-vegan additives.

## Piña Colada

Same goes for this crowd-pleaser; keep the recipe simple—pineapple juice, white rum, and coconut cream—and your vegan guests can enjoy!

## Cosmopolitan

Cranberry juice, lime juice, Cointreau, and vodka is always a sure bet for a vegan cocktail recipe!

▶ :



Cosmopolitans are a great option for vegan guests. (Maxim Fesenko / GettyImages)

## Martini

As long as you make sure to use a vegan vermouth, that ingredient plus vodka or gin is a great option for your vegan guests.

## Mojitos

Made from mint, lime juice, fruit, and soda water, mojitos are a great vegan classic!

## Vegan Snacks to Add to Your Menus



Photo & recipe: Buena Vida Tapas

### Truffle Brussels Sprouts

Ingredients:

- 1 lb Brussels sprouts, halved
- Oil for frying (canola or vegetable oil)
- 1 tbsp truffle oil
- Salt and pepper to taste

#### Simple Syrup

- ½ cup water
- ½ cup sugar

#### Truffle Agave Sauce

- 1 tbsp truffle shavings

- ¼ cup agave syrup
- 1 tbsp simple syrup

### Vegan Alioli (with tofu)

- ½ cup firm tofu
- ¼ cup olive oil
- 1 tsp xanthan gum
- 1 tsp garlic powder
- 1 tbsp lime juice
- 1 tbsp white vinegar
- Salt to taste

Directions:

For the Brussels Sprouts:

- Heat oil to 350°F (175°C). Fry Brussels sprouts for 3-4 minutes until crispy. Drain and season with salt and pepper.

For the Simple Syrup:

1. Combine water and sugar, heat until dissolved, and cool.

For the Truffle Agave Sauce:

1. Mix agave, truffle shavings, and 1 tbsp of simple syrup.

For the Vegan Aioli:

1. Blend tofu, olive oil, xanthan gum, garlic powder, lime juice, vinegar, and salt until smooth.

To Assemble:

1. Toss Brussels sprouts with truffle oil, drizzle with truffle agave sauce.
2. Finish with a generous drizzle of vegan aioli.



Photo & recipe: Michelle Lainez, Owner, **Chef Michelle & Company**/Courtesy of The Perfect Purée of Napa Valley

## Mango Chia Breakfast Pudding

Ingredients:



### Mango Gelée:

1 ½ cups The Perfect Purée of Napa Valley  
Mango puree, thawed

1 tbsp. lemon juice

1 ½ tsp. agar agar

½ cup sugar

1 cup water



1 large mango, diced

### Coconut Chia Layer:

2 cups The Perfect Purée of Napa Valley Coconut puree, thawed

½ cup chia seeds

1 ½ tbsp. maple syrup (or more to taste for sweeter flavor)

**Directions:**



**Mango Gelée:**

1. Heat 1 cup of water in a small pan. When it reaches a gentle boil, reduce the heat and add the sugar and agar powder. Mix well until the sugar and agar powder is completely dissolved. Stir continuously; if not, the agar will form a thin layer on the bottom of the pan.
2. Add Mango puree to the sugar mixture and stir, adding more sugar to taste if necessary. Remove from heat and add 1 tbsp. of lemon juice.
3. Place the Mango and sugar mixture in a bowl and let cool. Once cooled, toss in the fresh mango and mix. Place 4 ounces in each cup or mason jar and place in the fridge for an hour or until lightly firm.
4. Once firm, top with chia seed layer and enjoy.

**Coconut Chia Layer:**

1. In a large mixing bowl, combine the chia seeds, Coconut purée and maple syrup until well mixed.
2. Cover chia pudding and refrigerate, giving it a shake/stir about every 30 minutes because chia has a tendency to clump. Let the mixture thicken overnight.

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