

VEGAN AND VEGETARIAN SAMPLE MENU

VEGETARIAN RECIPES

Caprese Skewers:

Cherry tomatoes, mini mozzarella balls, fresh basil leaves, balsamic glaze

Stuffed Peppers:

Mini bell peppers, cream cheese, fresh herbs (like chives or parsley), salt, pepper

Cucumber Bites with Hummus:

Cucumbers, hummus, cherry tomatoes, fresh dill

Bruschetta:

Baguette, tomatoes, garlic, fresh basil, olive oil, balsamic vinegar, salt, pepper

Mini Quiche Cup:

Puff pastry sheets, eggs, milk, grated cheese, spinach, cherry tomatoes, salt, pepper

Feta and Watermelon Bites:

Watermelon, feta cheese, fresh mint leaves, balsamic glaze

VEGAN RECIPES

Avocado Toast Bites:

Whole grain bread, ripe avocados, lemon juice, salt, red pepper flakes

Vegan Pinwheels:

Tortillas, hummus, shredded carrots, spinach leaves, bell peppers

Stuffed Dates:

Medjool dates, almond butter, crushed pistachios

Roasted Chickpeas:

Canned chickpeas, olive oil, smoked paprika, garlic powder, salt, pepper



AFRICAN VEGAN AND VEGETARIAN FINGER FOODS

Samosas:

Phyllo dough, potatoes, peas, carrots, onions, garlic, ginger, spices (cumin, coriander, turmeric), oil.

Kelewele:

Ripe plantains, ginger, garlic, cayenne pepper, oil for frying.

Akara:

Black-eyed peas, onions, bell peppers, salt, oil for frying.

CARRIBEAN VEGAN AND VEGETARIAN FINGER FOODS

Jamaican Vegetable Patties:

Flour, turmeric, coconut oil, water (for the pastry); mixed vegetables (carrots, peas, potatoes), spices (cumin, coriander, thyme).

Callaloo Fritters:

Callaloo (or spinach), flour, baking powder, onions, garlic, spices, oil for frying.

Chickpea and Avocado Salad Cups:

Canned chickpeas, avocado, cherry tomatoes, red onion, lime juice, cilantro, mini phyllo cups or lettuce leaves.

