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## Celebrating Mother's Day and New Beginnings

### Embracing Love, Health, and Delicious Recipes for Generations

Hi ,

This Mother's Day feels extra special for me — it's my first as a Nanna!

Welcoming our newest little family members this past year has filled my heart (and my kitchen!) in ways I never could have imagined. It's a reminder that nurturing — whether it's children, gardens, relationships, or even dreams — is truly the sweetest work we do.

#### Recipe

To celebrate this special occasion, I'm excited to share a recipe that's ideal for a cozy Mother's Day brunch or dessert: [Vegan Apple Torte](#) (Torta di Mele). This delightful Italian dessert, which is both whole food plant-based and gluten-free, offers a lightly sweet flavor with just the right amount of spice. You can bake it in a 8-inch or 9-inch round cake pan or create 9 mini cakes using a muffin pan. It's a family favorite!



#### Quick Kitchen Tip

I like to use a **melon scooper** to quickly and neatly core a halved apple — it's an easy way to get the job done. The scooper's design makes it simple to remove the apple's core with precision, saving time during prep and ensuring a clean, even result. Plus, it adds a touch of fun to the process!

#### Little Sprouts

Becoming a Nanna has inspired me to think even more about the legacy of love and health we pass down. I'm excited to announce a brand-new section at [PLANTifull Fare](#) called "[Little Sprouts](#)" filled with kid-friendly plant-based recipes. My first is [Baby Sweet Potato and Blueberry Mini Pancakes](#). These recipes will help the next generation fall in love with real food. I can't wait to share more with you.



#### Flourish

Speaking of inspiration, one of my favorite ways to recharge is by tuning into the "[Age Like a Badass Mother](#)" podcast by my dear friend, Lauren Bernick. Lauren's wit, honesty, and

heart-centered interviews with amazing women (and men 😊) make this podcast a must-listen. She seeks to understand why some people age like depleted versions of their former selves while some age like badass mothers. Irreverent, provocative, engaging, and entertaining, *Age Like a Badass Mother* is the anti-aging podcast you didn't know you needed.

Thank you for being a part of this growing [PLANTifull Fare](#) community. Wishing you a joyful and nurturing Mother's Day whether you're celebrating yourself or someone you love.

Peas n health,

~ Donna



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*PS ~ If you are in the Austin, TX area please reply to [let me know](#) if you are interested in meeting in-person during the month of May for a whole food plant-based Potluck.*

*PSS ~ And if you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Your support means the world to me!*

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## Ready to start?

My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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